

**SULPHUR 7<sup>th</sup> and 8<sup>th</sup> GRADE  
ROCK CREEK INVITATIONAL**

***TUESDAY April 23th, 2024***

*Starting time 10:00p.m. Coaches meeting at 9:15 a.m.*

**4 DIVISIONS:** 7TH GIRLS, 8TH GIRLS  
7TH BOYS, 8TH BOYS

**ENTRY FEE:** \$85 EACH TEAM  
\$ 15 INDIVIDUAL - 3 OR LESS

**AWARDS:** Medals for top FIVE places. INCLUDING RELAYS

**TRACK:** OMNI-TRACK rubber surface. ¼ inch PYRAMID spikes or less ONLY!

**PARTICIPATION:** 3 contestants per events; 1 relay team per school.

**\*\*\*\*Coaches, if you plan on attending our track meet, please be aware of the following items that our timing company requires.**

**1) You must notify me (terry.neal@sulphurk12.org) that you plan to attend our meet and**

**2) THIS IS A SEEDED MEET-enter all athletes at [www.enduroussa.com](http://www.enduroussa.com) by 1:00PM the day before the meet.**

**SPECIFY THE DIVISION IN WHICH THEY WILL BE COMPETING  
7TH GIRLS, 8TH GIRLS, 7TH BOYS, 8TH BOYS**

**FACILITIES:** NO DRESSING ROOMS  
BATHROOMS ARE AVAILABLE.  
CONCESSION STAND WILL BE OPEN

**NO TEAM CAMPS ON THE TRACK INFIELD.**

**Questions/Weather:** Call Terry Neal 618-0029 / Cody Lawson 580-465-3114  
Make Checks payable to: Sulphur Track

Mail checks to: c/o Terry Neal  
Sulphur High School  
700 West Broadway  
Sulphur, OK 73086

**ROCK CREEK INVITATIONAL TRACK MEET**  
**April 23th, 2024**

**FIELD EVENTS: BEGIN AT 10:00**

**SHOT PUT:** 7 BOYS, 8 BOYS, 8 GIRLS, 7 GIRLS  
**DISCUS:** 8 GIRLS, 7 GIRLS, 7 BOYS, 8 BOYS  
**LONG JUMP:** 7 GIRLS, 8 GIRLS, 8 BOYS, 7 BOYS  
**HIGH JUMP:** 8 BOYS, 7 BOYS, 7 GIRLS, 8 GIRLS  
**POLE VAULT:** 7&8 BOYS, 7&8 GIRLS

**RUNNING EVENTS: STARTS 10:30 P.M**

**ORDER:** 7TH GIRLS, 7TH BOYS, 8TH GIRLS, 8TH BOYS

3200 METER RELAY –COMBINED 7/8 ONE DIVISION Enter as 8th grade  
400 METER RELAY  
100 METER HURDLES  
110 METER HURDLES  
800 METER RUN  
800 METER RELAY  
100 METER DASH  
400 METER DASH  
300 METER HURDLES  
200 METER DASH  
1600 METER RUN  
1600 METER RELAY

Heating will be done prior to each event.

**NO TEAM CAMPS ON THE TRACK INFIELD.**