



SULPHUR HIGH SCHOOL
ROCK CREEK INVITATIONAL
Saturday, March 8th, 2025

Coaches Meeting: 9:30 a.m. **Field Events:** 10:00 a.m. **Running Events:** 11:30 a.m.

Awards: Medals will be awarded to the first five (5) places in each individual event and top 3 relays. Top six (6) in each event will score, 10-8-6-4-2-1, double for relays, 20-16-12-8-4-2. Plaque will be awarded to top team in each division. **Field**

Events: Each competitor will have three (3) preliminary attempts, top 8 will qualify for finals for three (3) additional attempts. **Heating/Check-in:**

Check-in will be done at the EAST corner of the track by the goal post. **Warm-ups:** Warm-ups will be done on the practice field. **Concession/Admission:** The concession stand will be open. Admission will be charged for spectators. Restrooms are available.

Parking: Bus parking will be in the Armory parking lot located across the street from practice field. ALL team camps will be outside the fence of the track, NO EXCEPTIONS! **Entry Fee:** \$100.00 per team. \$15 per Individual

Make checks payable to Sulphur Track.

Mail payment to: c/o Cody Lawson Sulphur Middle School

1019 West 9th

Sulphur, OK 73086

Inclement Weather/Questions:

Cody Lawson

(580) 465-3114

Emile Heitland

(580) 320-9313

ONLINE ENTRIES: ON-LINE ENTRIES- Coaches must submit all entries on the Athletic.net website:

www.athletic.net — NO ADDITIONAL ENTRIES AFTER THE DEADLINE. —ONLINE

ENTRIES DEADLINE: The on-line ENTRY DEADLINE is the day before the meet @ Noon. TEAMS WILL NOT BE ADDED AT THE MEET. If you need help with your Athletic.net account, please email your questions to jhughes@elginps.net.

MEET TIMING & RESULTS- Timing for the meet is provided by 12:1 Running Timing

Services. Live results are available at www.twelve1running.com and www.athletic.net.

Sulphur Bulldogs Invitational

March 8th, 2025

9:30 Coaches Meeting in the Fieldhouse

10:00 Field Events

11:30 Running Events

FIELD EVENTS 10:00 A.M.

Shot Put Girls/Boys

Discus Boys/Girls

High Jump Boys/Girls

Long Jump Girls/Boys

Pole Vault Girls/Boys

RUNNING EVENTS 11:30 A.M. (Timed Finals)

4x100 Girls/Boys

4x800 Girls/Boys

100H (Girls 33")

110H (Boys 39")

3200m Girls/Boys

4x200 Girls/Boys

800m Girls/Boys

100m Girls/Boys

400m Girls/Boys

300H Girls 30"/Boys 36"

200m Girls/Boys

1600m Girls/Boys

4x400m Girls/Boys