



**SULPHUR Junior High**

**ROCK CREEK INVITATIONAL**

**Saturday, April 5<sup>th</sup>, 2025**

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

**4 Divisions:** 7<sup>th</sup> Girls, 7<sup>th</sup> Boys, JH Girls(8<sup>th</sup>/9<sup>th</sup>), JH Boys(8<sup>th</sup>/9<sup>th</sup>)

**Awards:**

Medals will be awarded to the first five (5) places in each individual event and top 3 relays. NO TEAM TROPHIES AWARDED

**Field Events:**

Each competitor will have four (4) 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:**\$80.00 per team. \$15 per Individual

**Teams may enter extra athletes per event, with each athlete limited to four events**

**Make checks payable to Sulphur Track.**

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

1019 West 9<sup>th</sup>

Sulphur, OK 73086

**Inclement Weather/Questions:**

**Cody Lawson**

**Emile Heitland**

(580) 465-3114

(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](mailto: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](http://www.twelve1running.com) and [www.athletic.net](http://www.athletic.net).

# Sulphur Bulldogs Invitational

## April 5<sup>th</sup>, 2025

9:00 Coaches Meeting in the Fieldhouse

9:30 Field Events (4 attempts)

10:00 Running Events( All running events are timed finals)

### **FIELD EVENTS 9:30 A.M.**

Shot Put	7 <sup>th</sup> Boys	JH Boys	7 <sup>th</sup> Girls	JH Girls
Discus	7 <sup>th</sup> Girls	JH Girls	7 <sup>th</sup> Boys	JH Boys
High Jump	JH Boys	7 <sup>th</sup> Boys	JH Girls	7 <sup>th</sup> Girls
Long Jump	JH Girls	7 <sup>th</sup> Girls	JH Boys	7 <sup>th</sup> Boys
Pole Vault	7 <sup>th</sup> Boys	JH Boys	7 <sup>th</sup> Girls	JH Girls

### **RUNNING EVENTS 10:00 A.M. (Timed Finals)**

4x100	7 <sup>th</sup> Girls	JH Girls	7 <sup>th</sup> Boys	JH Boys
4x800	7 <sup>th</sup> Girls	JH Girls	7 <sup>th</sup> Boys	JH Boys
100H	7 <sup>th</sup> Girls	JH Girls		
110H	7 <sup>th</sup> Boys	JH Boys		
3200m	7 <sup>th</sup> Girls	7 <sup>th</sup> Boys		
4x200	7 <sup>th</sup> Girls	JH Girls	7 <sup>th</sup> Boys	JH Boys
800m	7 <sup>th</sup> Girls	JH Girls	7 <sup>th</sup> Boys	JH Boys
100m	7 <sup>th</sup> Girls	JH Girls	7 <sup>th</sup> Boys	JH Boys
3200m	JH Girls	JH Boys		
400m	7 <sup>th</sup> Girls	JH Girls	7 <sup>th</sup> Boys	JH Boys
300H	7 <sup>th</sup> Girls	JH Girls	7 <sup>th</sup> Boys	JH Boys
200m	7 <sup>th</sup> Girls	JH Girls	7 <sup>th</sup> Boys	JH Boys
1600m	7 <sup>th</sup> Girls	JH Girls	7 <sup>th</sup> Boys	JH Boys
4x400m	7 <sup>th</sup> Girls	JH Girls	7 <sup>th</sup> Boys	JH Boys