



SULPHUR 5th and 6th Grade

ROCK CREEK INVITATIONAL

Wednesday, April 16th, 2025

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

4 Divisions: 5th Girls, 5th Boys, 6th Girls, 6th Boys

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

competitor will have four (4) attempts.

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

Entry Fee: \$80.00 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

April 16th, 2025

9:00 Coaches Meeting in the Fieldhouse

9:30 Field Events (4 attempts)

9:30 Running Events(All running events are timed finals)

FIELD EVENTS 9:30 A.M.

Shot Put	5 th Boys	6 th Boys	5 th Girls	6 th Girls
Discus	5 th Girls	6 th Girls	5 th Boys	6 th Boys
High Jump	5 th Boys	6 th Boys	5 th Girls	6 th Girls
Long Jump	5 th Girls	6 th Girls	5 th Boys	6 th Boys

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

4x100	5 th Girls	6 th Girls	5 th Boys	6 th Boys
4x800	5 th Girls	6 th Girls	5 th Boys	6 th Boys
100H	5 th Girls	6 th Girls		
110H	5 th Boys	6 th Boys		
4x200	5 th Girls	6 th Girls	5 th Boys	6 th Boys
800m	5 th Girls	6 th Girls	5 th Boys	6 th Boys
100m	5 th Girls	6 th Girls	5 th Boys	6 th Boys
400m	5 th Girls	6 th Girls	5 th Boys	6 th Boys
200m	5 th Girls	6 th Girls	5 th Boys	6 th Boys
1600m	5 th Girls	6 th Girls	5 th Boys	6 th Boys
4x400m	5 th Girls	6 th Girls	5 th Boys	6 th Boys