



SULPHUR Junior High
ROCK CREEK INVITATIONAL
Saturday, April 11, 2026

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

4 DIVISIONS: 7th Girls, 7th Boys, JH Girls (8th/9th), JH Boys (8th/9th)

AWARDS: Medals awarded to the first five (5) places in each individual event and top three (3) relays. No team trophies awarded.

FIELD EVENTS: Each competitor will have four (4) attempts.

CHECK-IN / HEATING: Check in will be done at the EAST end of the track by the goal post.

Warm-ups: Warm ups will be done on the Practice field east of the track.

Concession/Admission: Concessions will be available. Admission will be charged.

PARKING & TEAM CAMPS: Bus parking will be in the Armory parking lot across the street from the practice field. **ALL team camps must be outside the fence — NO EXCEPTIONS**

ENTRY FEES: \$80 per team \$15 per individual *Teams may enter extra athletes per event, with each athlete limited to four (4) events.

PAYMENT: Make checks payable to **Sulphur Track**. Mail payment to:

Sulphur Public Schools % Sulphur Track

1019 West 9th

Sulphur, OK 73086

CONTACT / INCLEMENT WEATHER

Emile Heitland: (580) 320-9313

Kari Seitz: (580)618-5155

ONLINE ENTRIES: Entries must be submitted on [Athletic.net](https://athletic.net) website. NO ADDITIONAL ENTRIES AFTER THE DEADLINE. ENTRIES DEADLINE: Day before the meet @ NOON! TEAMS WILL NOT BE ADDED AT THE MEET.

EVENT SCHEDULE

Coaches Meeting- 9:00am in the Fieldhouse

FIELD EVENTS – 9:30 A.M. (4 attempts)

Shot Put: 7th Boys, JH Boys, 7th Girls, JH Girls

Discus: 7th Girls, JH Girls, 7th Boys, JH Boys

High Jump: JH Boys, 7th Boys, JH Girls, 7th Girls

Long Jump: JH Girls, 7th Girls, JH Boys, 7th Boys

Pole Vault: 7th Boys, JH Boys, 7th Girls, JH Girls

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

4x100- 7th Girls JH Girls 7th Boys JH Boys

4x800- 7th Girls JH Girls 7th Boys JH Boys

100H- 7th Girls JH Girls

110H- 7th Boys JH Boys

3200m- 7th Girls 7th Boys

4x200- 7th Girls JH Girls 7th Boys JH Boys

800m- 7th Girls JH Girls 7th Boys JH Boys

100m -7th Girls JH Girls 7th Boys JH Boys

3200m- JH Girls JH Boys

400m -7th Girls JH Girls 7th Boys JH Boys

300H- 7th Girls JH Girls 7th Boys JH Boys

200m -7th Girls JH Girls 7th Boys JH Boys

1600m- 7th Girls JH Girls 7th Boys JH Boys

4x400m- 7th Girls JH Girls 7th Boys JH Boys