

Sulphur Bulldogs
Rock Creek Invitational
Friday, March 14, 2008

Track Coaches: We are holding our Rock Creek Invitational Track meet on March 14, 2008. The meet will begin at 9:00 am. There will be a coaches meeting at 8:45 am.

Meet Information:

- 4 Divisions: JH Girls and Boys; HS Girls and Boys
Class 4A and below as established by OSSAA for track
- All running events will be F.A.T. All events start at 9:00 am.
- Entry Fee: \$75 each JH team; \$75 each HS team; \$10 individual
- Track: Omni-track rubber surface; 1/4" spikes or less ONLY!
- Participation: 3 contestants per event; 1 relay team per school
- Awards: Medals for top FIVE places (including relays)
- Facilities: No dressing rooms; bathrooms are available; concession stand will be open

How To Enter:

- Coaches - Go to www.sulphurtrack.com for instructions.
- **We will be using Meet Manager software for timing, so you must go to our website and follow the instructions to get your roster submitted.**
- Make checks payable to: Sulphur High School
- Mail entries and checks to: Sulphur High School
Terry Neal
700 W. Broadway
Sulphur, OK 73086

Questions/Weather: Call Terry Neal: 580-618-0029; Mart Leming: 580-471-4001;
Tracy Elderd: 580-618-2507; Jeff Nye: 580-618-0019

Order of Events

Field Events begin at 9:00

Shot Put: JH Boys, HS Boys, HS Girls, JH Girls
Discus: HS Girls, JH Girls, JH Boys, HS Boys
Long Jump: JH Girls, HS Girls, HS Boys, JH Boys
High Jump: HS Boys, JH Boys, JH Girls, HS Girls
Pole Vault: JH Boys, HS Boys, HS Girls, JH Girls

Running Events begin at 9:00 - All Timed Finals

400 Meter Relay - all divisions
3200 Meter Relay - all divisions
100 Meter Hurdles - JH Girls, HS Girls
110 Meter Hurdles - JH Boys, HS Boys
800 Meter Run - all divisions
800 Meter Relay - JH Girls, HS Girls
3200 Meter Run - all divisions
100 Meter Dash - all divisions
400 Meter Dash - all divisions
300 Meter Hurdles - all divisions
200 Meter Dash - all divisions
1600 Meter Run - all divisions
1600 Meter Relay - all divisions



Heating will be done prior to each event. **NO TEAM CAMPS ALLOWED ON THE TRACK INFIELD.**