

7th & 8th Grade Sulphur Bulldogs
Rock Creek Invitational
Tuesday, April 15, 2008

Track Coaches: We are holding our 7th & 8th Grade Rock Creek Invitational Track meet on April 15, 2008. The meet will begin at 4:30 p.m. ▶ Coaches meeting at 4:15 p.m.

Meet Information:

- 4 Divisions: 7th and 8th Grade Girls; 7th and 8th Grade Boys
Class 4A and below as established by OSSAA for track
- F.A.T. Meet
- Entry Fee: \$60 each team; \$15 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 email or fax a roster to Coach Neal by April 11.

- Make checks payable to: Sulphur High School
- Mail entries and checks to: Sulphur High School
Terry Neal
700 W. Broadway
Sulphur, OK 73086

If there is a chance they will compete, include them on your roster.

Questions/Weather: Call Terry Neal: 580-622-3522; 580-618-0029 (cell);
580-622-4373 (fax)
Email: tneal@sulphur.k12.ok.us

Order of Events

4:30 All Field Events Begin

High Jump: 8th boys, 7th boys, 7th girls, 8th girls
Long Jump: 7th girls, 8th girls, 8th boys, 7th boys
Shot Put: 7th boys, 8th boys, 8th girls, 7th girls
Discus: 8th girls, 7th girls, 7th boys, 8th boys
Pole Vault: 7th boys, 8th boys, 8th girls, 7th girls

4:30 Running Events Begin

TIMED FINALS MEET

Order: 7th girls, 7th boys, 8th girls, 8th boys
400 Meter Relay - all divisions
100 Meter Hurdles - girls 7th / 8th
110 Meter Hurdles - boys 7th / 8th
800 Meter Run - all divisions
800 Meter Relay - girls 7th / 8th
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 - behind the field house.
NO TEAM CAMPS ALLOWED ON THE TRACK INFIELD.