

**Pryor High School**

# Mid-America 2023 XC-Festival

September 22nd



## Schedule (times approximate)

- 8:30am Coaches Meeting
- 9:00am Varsity Girls 5k
- 9:30am Varsity Boys 5k
- 10:00am JV Girls 5k
- 10:30am JV Boys 5k
- 11:00am JH Girls 2 mile
- 11:30am JH Boys 2 mile

## Entries/registration

- Entries **MUST** be submitted via **MileSplitOK** ([ok.milesplit.com](http://ok.milesplit.com)) by **Thursday Sept 21st at 9:00p.**
- Instructions for MileSplit entries can be found [here](#).

## Entry Fees/Categories

- Varsity Boys \$100
- Varsity Girls \$100
- JV Boys free with Varsity
- JV Girls free with Varsity
- JH Boys \$75
- JH Girls \$75
- Individual \$15 (if < 5/team)

## Location

- Rogers State University Pryor Campus at Mid-America Industrial Park.
- Address: 2155 OK-69A, Pryor OK

## Awards

- Top 15 in each category
- 1st Place Boys and Girls Team in Varsity, JV, and JH.

Sponsored by:



## Contact

**PHS/PJH Boys Coach: Jamie Nofsinger**

**nofsingerj@pryorschools.org | 918.864.3840**

**PHS/PJH Girls Coach: Melissa Harlow**

**harlowm@pryorschools.org | 918.825.3523**

Timing Services Provided by



Link: [Midwest Timing](#)

**MileSplit**

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Address: Rogers State  
University Pryor Campus,  
2155 OK-69A, Pryor, OK



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