



PRYOR JUNIOR HIGH



APRIL 7

Track & Field

2022

INVITATIONAL



10AM

RUNNING EVENTS

4 x 100m Relay	Girls
4 x 100m relay	Boys
4 x 800m relay	Girls
4 x 800m relay	Boys
100m hurdles	Girls
110m hurdles	Boys
4 x 200m relay	Girls
4 x 200m relay	Boys
800m run	Girls
800m run	Boys
100m dash	Girls
100m dash	Boys

400m dash	Girls
400m dash	Boys
300m hurdles	Girls
300m hurdles	Boys
200m dash	Girls
200m dash	Boys
1600m run	Girls
1600m run	Boys
4 x 400m relay	Girls
4 x 400m relay	Boys

930AM

FIELD EVENTS

Pole Vault	Boys
Pole Vault	Girls
High Jump	Girls
High Jump	Boys
Long Jump	Boys
Long Jump	Girls
Shot Put	Boys
Shot Put	Girls
Discus	Girls
Discus	Boys



All races and field events will be on rolling schedule with a break between morning and afternoon sessions. A coaches lunch will be provided to all coaches.

ENTRIES/REGISTRATION

Entries MUST be submitted via ENDURO USA (endurousa.com) by Monday April 4th at 11:59pm.

ENTRY FEES

\$90 for each boy's or girl's team, or \$15/individual (if less than four per team).

AWARDS

Awards given to first, second, and third places in all races and events. Plaques awarded to first place teams in each division.

DIVISIONS

7th grade girls, 7th grade boys, 8th grade girls, 8th grade boys. No limit on teams but please call or email our coaches ahead of time to ensure a spot in the meet.

CONTACT

PHS/PJH Girls Coach: Melissa Harlow
harlowm@pryorschools.org | 918.825.3523

PHS Boys Coach: Jamie Nofsinger
nofsingerj@pryorschools.org | 918.864.3840

PJH Boys Coach: Dakota Evans
evansd@pryorschools.org |