



PRYOR HIGH SCHOOL



APRIL 12

2022

Mike Adair INVITATIONAL



COACH MIKE ADAIR 1949 - 2020


University of Arkansas Track & Field Alumni
Vietnam Veteran
OTCA Hall of Fame Coach 2004
OK Coach of the Year 89, 90, 93, 97
National Coach of the Year 2001, 2004
Coach of 13 OK State Championship Teams

10AM RUNNING EVENTS

4 x 100m Relay	Girls	3200m run
4 x 100m relay	Boys	400m dash
4 x 800m relay	Girls	400m dash
4 x 800m relay	Boys	300m hurdles
100m hurdles	Girls	300m hurdles
110m hurdles	Boys	200m dash
3200m run	Boys	200m dash
4 x 200m relay	Girls	1600m run
4 x 200m relay	Boys	1600m run
800m run	Girls	4 x 400m relay
800m run	Boys	4 x 400m relay
100m dash	Girls	
100m dash	Boys	

930AM FIELD EVENTS

Girls	Pole Vault	Boys
Girls	Pole Vault	Girls
Boys	High Jump	Girls
Girls	High Jump	Boys
Boys	Long Jump	Boys
Girls	Long Jump	Girls
Boys	Shot Put	Boys
Girls	Shot Put	Girls
Boys	Discus	Girls
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 Saturday April 9th at 11:59pm.

ENTRY FEES

\$100 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

5A and under. 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 |