



Pryor **Middle School** **2023**

Invitational March 28th 2023

Field Events*

9:30am

Pole Vault B/G

High Jump G/B

Long Jump B/G

Shot Put B/G

Discus G/B

Running Events*

10:00am

4 x 100 relay G/B

4 x 800 relay G/B

100m hurdles G

110m hurdles B

4 x 200 relay G/B

800m run G/B

100m dash G/B

400m dash G/B

300m hurdles G/B

200m dash G/B

1600m run G/B

4 x 400 relay G/B

***Rolling Schedule**

Entries/registration

Entries MUST be submitted via ENDURO USA
(endurousa.com) by Friday March 24th at 9:00pm.

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.

Meet Info

- **Coaches meeting at 9:00am (Fieldhouse)**
- **We will break for 30min after 100m dash, the**
coaches lunch will be at this time. (Fieldhouse)

Contact

PHS Boys Coach: Jamie Nofsinger

nofsingerj@pryorschools.org | 918.864.3840

PHS/PJH Girls Coach: Melissa Harlow

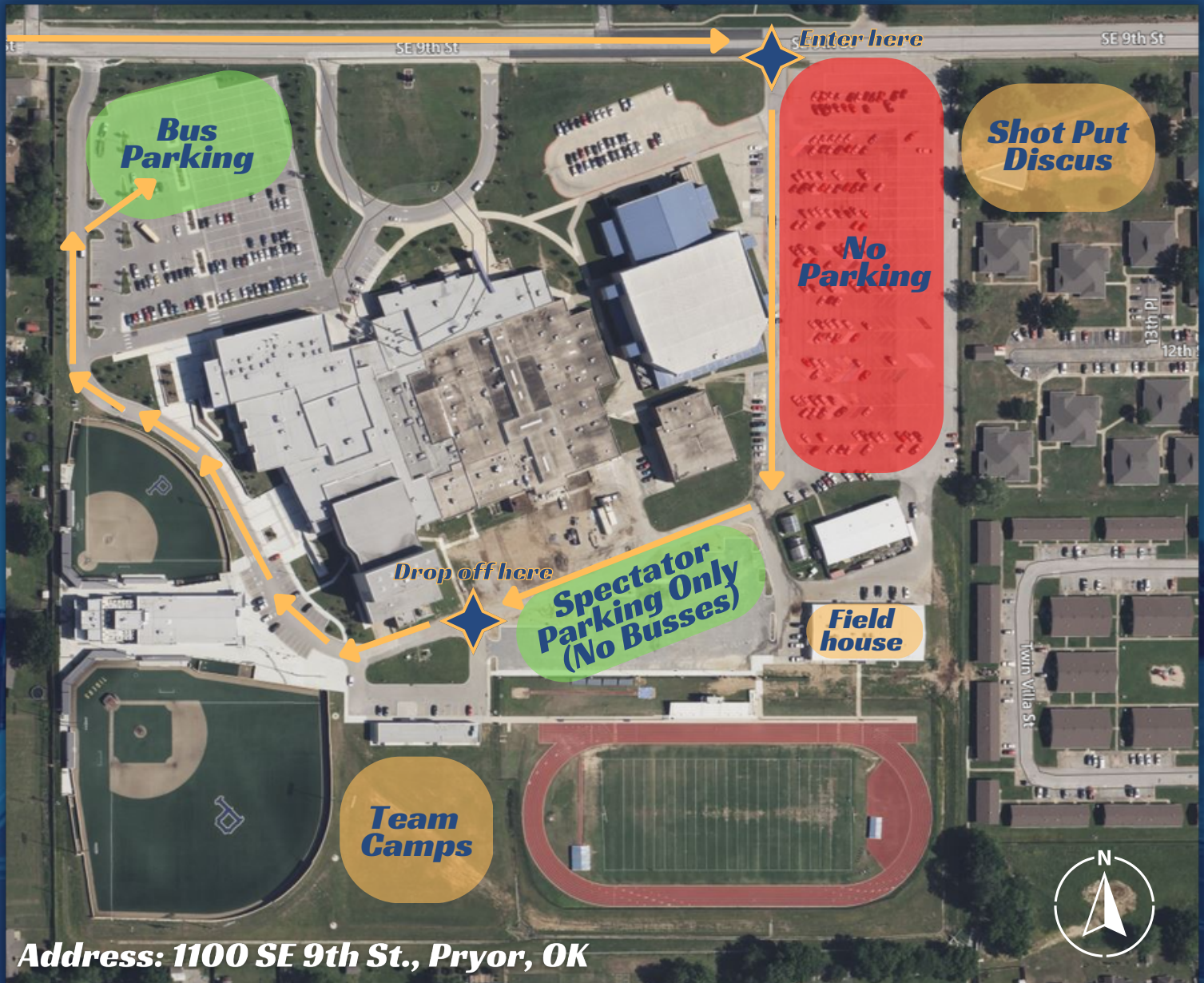
harlowm@pryorschools.org | 918.825.3523

PJH Boys Coach: Dakota Evans

evansd@pryorschools.org

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- **Please enter the campus from the far east entrance off 9th street, drop off athletes and park in designated parking in the Northwest parking lot (Green Area). Spectator ONLY parking in lot north of track.**
- **We appreciate everyone cleaning up and removing all trash as they are leaving the team camp area!**