

# **Pryor High School** *2nd annual* **Mike Adair** **2023 Invitational** March 30th 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**

**3200m run B**

**4 x 200 relay G/B**

**800m run G/B**

**100m dash G/B**

**3200m run G**

**400m dash G/B**

**300m hurdles G/B**

**200m dash G/B**

**Throwers Relay G/B**

**1600m run G/B**

**4 x 400 relay G/B**

## **Entries/registration**

**Entries MUST be submitted via ENDURO USA**  
([endurouusa.com](http://endurouusa.com)) **by Monday March 27th 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**  
**racess 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)**
- **The *Throwers Relay* will take place after the 200m dash (Donuts for the victors!)**

## **Contact**

**PHS Boys Coach: Jamie Nofsinger**

[nofsingerj@pryorschools.org](mailto:nofsingerj@pryorschools.org) | 918.864.3840

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

[harlowm@pryorschools.org](mailto:harlowm@pryorschools.org) | 918.825.3523

**PJH Boys Coach: Dakota Evans**

[evansd@pryorschools.org](mailto:evansd@pryorschools.org)

## **\*Rolling Schedule**



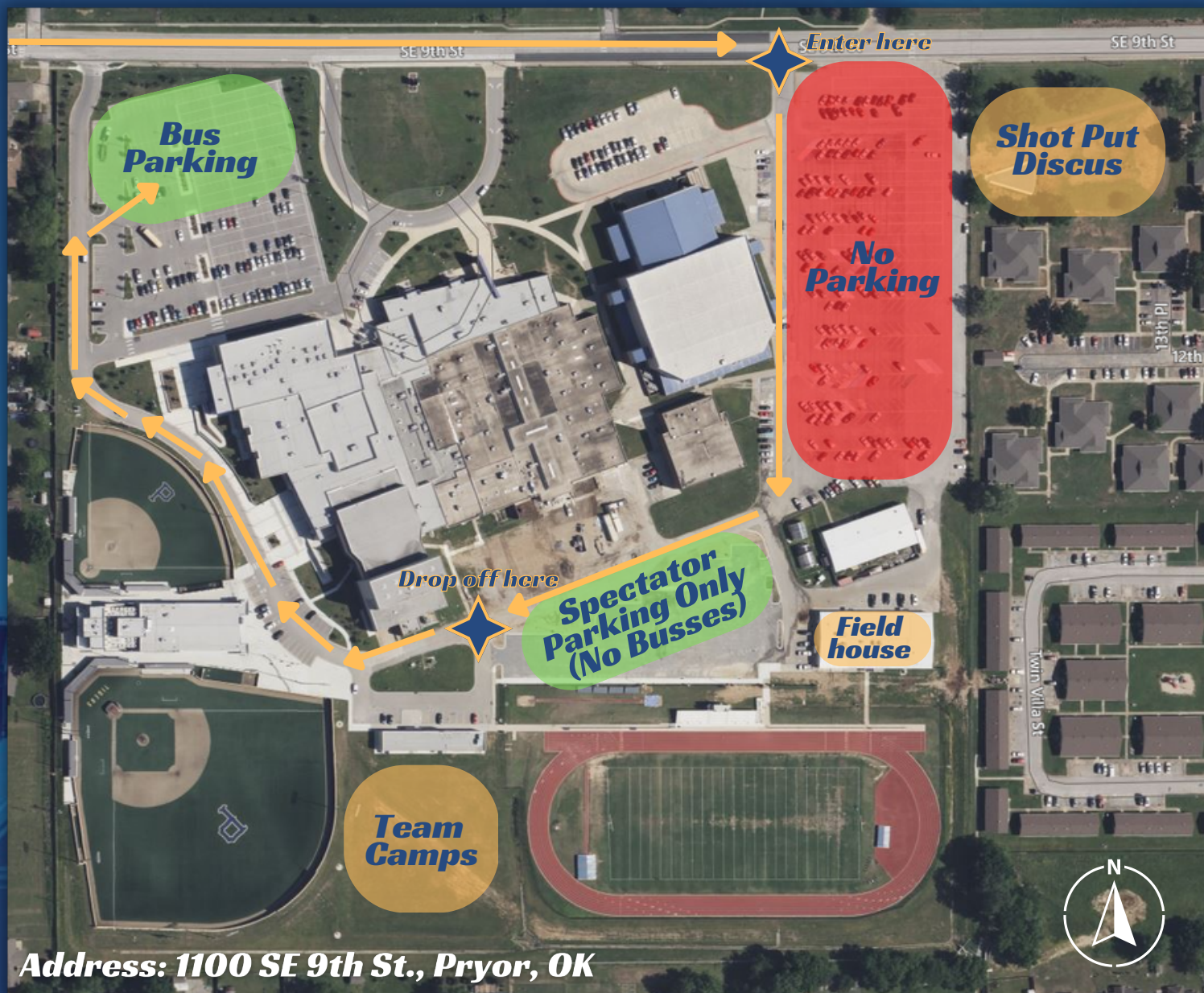
# **Pryor High School**

2nd annual

# Mike Adair

# 2023 Invitational

March 30th 2023



- 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!