

Pryor High School

3rd annual

Mike Adair

Invitational 2024

Friday, March 29th



Field Events*

9:30am

- Pole Vault B/G
- High Jump G/B
- Long Jump B/G
- Shot Put B/G
- Discus G/B

Track Events*

10:00am

- 4 x 100 relay G/B
- 4 x 800 relay G/B
- 100m hurdles G
- 110m hurdles B
- 3200m B
- 4 x 200 relay G/B
- 800m run G/B
- 100m dash G/B
- (Break)
- 3200m 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

***Rolling Schedule**

• **Entries**

- Entries **MUST** be submitted via **ENDURO USA** (endurousa.com) by Friday March 26th 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.

• **Coaches 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

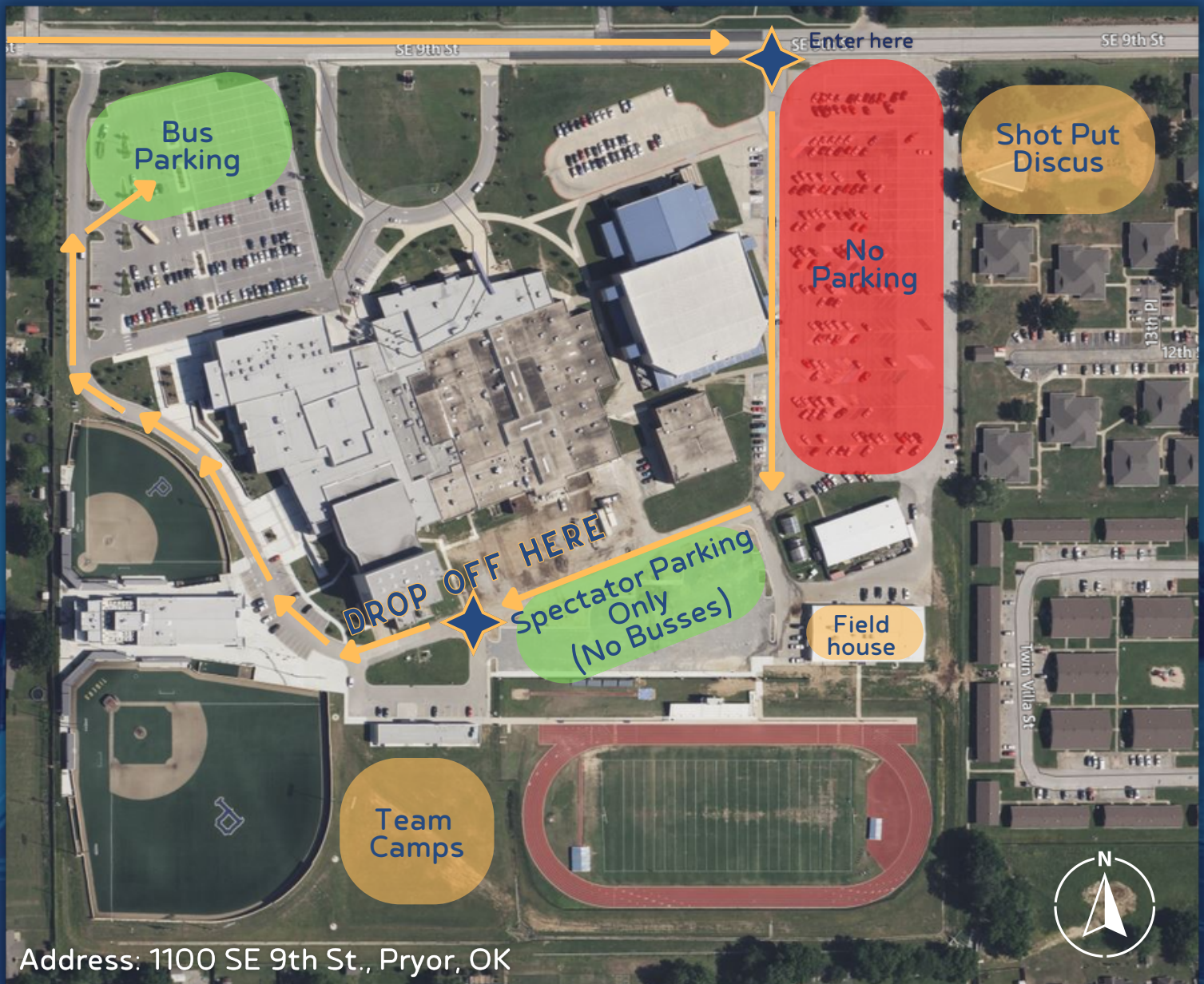
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- Please enter the campus from the far east entrance off 9th street, drop off athletes and park in designated parking in the Northwest parking lot (Green Area). Spectator ONLY parking in lot north of track.
- We appreciate everyone cleaning up and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