

Pryor High School

4th annual

Mike Adair

Invitational 2025

Monday, March 31st



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

• Entries

- Entries **MUST** be submitted **via ATHLETIC.NET** by Thursday, 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 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/PJH Boys Coach: Jamie Nofsinger**
nofsingerj@pryorschools.org | 918.864.3840
- **PHS/PJH Girls Coach: Melissa Harlow**
harlowm@pryorschools.org | 918.825.3523

*Rolling Schedule