



Pryor **Middle School** **2025 Invitational**

Tuesday, April 1st

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

Break

400m dash G/B

300m hurdles G/B

200m dash G/B

1600m run G/B

4 x 400 relay G/B

Entries/registration

Entries MUST be submitted via [ATHLETIC.NET](https://athletic.net) by Friday, March 28th 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/PJH Boys Coach: Jamie Nofsinger](mailto:nofsingerj@pryorschools.org)

nofsingerj@pryorschools.org | 918.864.3840

[PHS/PJH Girls Coach: Melissa Harlow](mailto:harlowm@pryorschools.org)

harlowm@pryorschools.org | 918.825.3523

***Rolling Schedule**