

Pryor High School 5th annual Mike Adair Invitational 2026

Friday, March 27th



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 (10 Team Limit)**

- **Entries MUST be submitted via ATHLETIC.NET by Wednesday, March 25th 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 Girls Coach: Melissa Harlow**
harlowm@pryorschools.org / 918.825.3523
 - **PHS/PJH Boys Coach: Jamie Nofsinger**
nofsingerj@pryorschools.org / 918.864.3840

***Rolling Schedule**

Pryor High School

5th annual

Mike Adair

March 27th **2026 Invitational**



Address: 1100 SE 9th St., Pryor, OK

- Please enter the campus from the far east entrance off 9th street, drop off athletes and park in designated parking in the FB Stadium (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!

