

2019 OK Runner Classic Saturday, September 21, 2019

The 14th annual OK Runner Classic will be hosted by Norman High School and be held at the NHS Soccer Complex located directly behind Irving Middle School. A coaches meeting will be held at 8:30 for large classes, and 11:30 for small classes. There will be two high school divisions (5A/6A & 2A/3A/4A races) that will each have a varsity division and a junior varsity division. **Only the first 20 schools in each division will be entered to race.** This will be the site of the Class 5A/6A Regional Meet.

8:30 Coaches Meeting 5A/6A
9:00 5A/6A Varsity Girls (5K)
9:30 5A/6A Varsity Boys (5K)
10:00 5A/6A JV Girls (5K)
10:30 6A JV Boys (5K)
11:00 5A JV Boys (5K)
11:30 Coaches Meeting 2A/3A/4A
12:00 2A/3A/4A Varsity Girls (2 miles)
12:30 2A/3A/4A Varsity Boys (5K)
1:00 2A/3A/4A JV Girls (2 miles)
1:30 2A/3A/4A JV Boys (5K)

Directions: **From the North:** I-35 South merge left at the 1st Norman exit, US-77 S via exit 113 for about 2 miles. Turn left (East) on Robinson for 2.5 miles. Turn Right (South) on 12th Ave. and drive 1 mile to Alameda. Take a left (east) on Alameda and travel about $\frac{3}{4}$ of a mile to Vicksburg. Turn right (south) and Irving Middle School will be on your left. **From the South:** EAST Highway 9 exit off of I-35 (108A) and travel east for 3.5 miles until you come to 24th Avenue, take a left (North) for 2 miles. Once you come to Alameda street, take a left (west) for about $\frac{1}{4}$ mile to Vicksburg. Turn left (south) and you will see Irving Middle School on the left. **Bus parking will be at Irving Middle School this year, since the meet is on a Saturday. Spectator parking will be located east of the course, off of SE 24th Ave. There will be admission for spectators this year.**

Awards: Team plaques will be awarded to first place teams in Varsity Divisions. Medals will be awarded to the top 20 individual finishers in each race. DEADLINE TO REGISTER FOR RUN IS TUESDAY, SEPTEMBER 17 (if there is still room at that point). Any teams that are interested in participating in the meet need to e-mail Scott Monnard at smonnard@norman.k12.ok.us

Entry Fee:

\$75 for each single varsity team (JV included)
\$140 if school brings both boys & girls team

IMPORTANT RACE INFO!! All teams must e-mail only the names of the varsity runners that will be running, and please distinguish division (girls or boys). The deadline once again is Tuesday, September 17, and varsity names must be e-mailed to Scott Monnard at smonnard@norman.k12.ok.us. Names of junior varsity are not needed for this meet.

Need more Info? You can e-mail/call Scott Monnard at smonnard@norman.k12.ok.us (405) 420-5951

Mail Entries to:
Norman High School
(Attn: Bo Maynes)
911 W. Main Street
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