

2022 JV Fall Festival
Tuesday, October 18, 2022

The 1st Annual JV Fall Festival will be hosted by Norman High School and be held at the track at Norman High School. This will be a 3200-meter race on the track and will give cross country junior varsity runners one last opportunity to run a PR at a shorter distance and on a fast surface.

Registration: Coaches are the only people that can register a runner. Coaches will email the names of the runners with their 5K PR by the deadline (Friday, October 14), so we can properly seed them and determine how many heats we will have.

Heats will be determined by athlete's personal best 5K time this cross country season, and not by gender. It depends on the number of runners registered, but the plan is to start the first heat at 6:30 p.m. It will be a rolling schedule after that first heat. We will attempt to keep each heat limited to about 25 runners. It will all depend on the number of registered runners.

Heats and starting times for each heat will be posted on www.ohstrack.com by Monday, October 17.

This is only an example:

6:30 p.m.	All runners that run between 24:00 – 30:00
6:45 p.m.	All runners that run between 22:30 – 24:00
7:15 p.m.	All runners that run between 21:00 – 22:30
7:30 p.m.	All runners that run between 20:00 – 21:00
7:45 p.m.	All runners that run between 19:00 – 20:00
8:00 p.m.	All runners that run faster than 19:00 (if the number is more than 25, we will run another heat at 8:15 p.m.)

Entry Fee:

\$80 per team (unlimited entries per gender; must be from same school)

\$150 per school (unlimited entries for both boys and girls; must be from same school)

\$10 for an individual (must be registered by coach; no student athlete/parent registration will be accepted)

Need more info? Coaches (not parents or student athletes) 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
Norman, Ok. 73069