



# 2023 SUMMER SHOWCASE

Hosted by Norman High School

- Date: Saturday, August 19, 2023
- Who: Any 2A/3A/4A/5A/6A schools **(15 school limit)**
- Place: NHS Cross Country Course (behind Irving Middle School)  
125 Vicksburg Ave. Norman, Oklahoma 73071
- What: An early opportunity to get a 3200-meter race in before the season really ramps up. It will be two loops on our mile course. This will be a chip-timed race for each runner in all four divisions to ensure that everyone will get a time.
- Time:
- |      |   |
|------|---|
| 7:45 | Coaches Meeting                           |
| 8:15 | Varsity Girls (10 runners; 3200 meters)   |
| 8:40 | Varsity Boys (10 runners; 3200 meters)    |
| 9:00 | JV Girls (unlimited runners; 3200 meters) |
| 9:30 | JV Boys (unlimited runners; 3200 meters)  |

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, with spectator parking located east of the course, off of SE 24th Ave. There will be admission for spectators at this meet.**

Awards: A team plaque will be awarded to first place teams in Varsity Divisions & JV Divisions. Medals will be awarded to the top 25 runners in each division. **DEADLINE TO REGISTER FOR RUN IS TUESDAY, AUGUST 15. Any teams that are interested in participating in the meet need to e-mail Scott Monnard at [smonnard@normanps.org](mailto:smonnard@normanps.org)**

Entry Fee: \$90 for each single varsity team (JV included) or \$160 if school brings both boys & girls team.

Mail Entries to:  
Norman High School (Attn: Shane Austin)  
911 W. Main Street  
Norman, Ok. 73069