

## OK RUNNER CLASSIC Saturday, September 30, 2023

The 18<sup>th</sup> 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 8:00 for large classes, and 12:00 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 15 schools in each division will be entered to race.**

- 8:00 Coaches Meeting 5A/6A
- 8:30 5A/6A Varsity Girls (5K) (Top 10 runners)
- 9:00 5A/6A Varsity Boys (5K) (Top 10 runners)
- 9:30 5A/6A JV Girls (5K) (unlimited runners)
- 10:15 5A/6A JV Boys (5K) (unlimited runners)
- 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 12<sup>th</sup> 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, since the meet is on a Saturday. Spectator parking will be located east of the course, off of SE 24<sup>th</sup> Ave. There will be admission for spectators at this meet.**

Awards: Team plaques will be awarded to the first and second place teams in the Varsity Divisions and first place teams in the JV Divisions. Awards will be awarded to the top 25 individual finishers in each race. DEADLINE TO REGISTER FOR RUN IS TUESDAY, SEPTEMBER 26. 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:

- \$80 for each single varsity team (JV included)
- \$150 if school brings both boys & girls team

**IMPORTANT RACE INFO!! This meet will be chip timed for both Varsity & JV races. All teams must e-mail the names of the Varsity & JV runners by Tuesday, September 26, to Scott Monnard at [smonnard@normanps.org](mailto:smonnard@normanps.org). This is not an Enduro timed event.**

Need more Info? You can e-mail/call Scott Monnard at [smonnard@normanps.org](mailto:smonnard@normanps.org) or (405) 420-5951

#### Mail Entries to:

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