



2025 SUMMER SHOWCASE

Hosted by Norman High School

- Date: Saturday, August 16, 2025
- 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 both divisions to ensure that everyone will get a time. Coaches will designate 7 runners to be varsity and the rest of the runners will be designated junior varsity, but will run in the same race.
- Time: 7:30 Coaches Meeting
8:15 Girls (Varsity & JV)
8:40 Boys (Varsity & JV)

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 12. **Any teams that are interested in participating in the meet need to e-mail Scott Monnard at 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: Scott Monnard)
911 W. Main Street
Norman, Ok. 73069