4TH ANNUAL RUSS SCHUCHMAN

JV FALL FESTIVAL

NORMAN HIGH SCHOOL
OCTOBER 22ND, 2026

RUSS SCHUCHMAN

JV FALL FESTIVAL 2026

This event will be hosted by Norman High School and held at the Norman High School Track. It will be a 3200-meter race on the track, giving 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 who can register a runner. Coaches will email the names of the runners with their 5K PR by the deadline (Friday, October 16th) so we can properly seed them and determine how many heats we will have. Heats will be determined by the athlete's personal best 5K time this cross-country season, not by gender.

Our plan is to start the first heat at 6:30 pm. 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.

Here is an example of how runners would be grouped for start times based on their times:

6:30pm: 24:00 – 30:00
6:45pm: 22:30 – 24:00
7:00pm: 21:00 – 22:30
7:15pm: 20:00 – 21:00
7:30pm: 19:00 – 20:00
7:45pm: Sub 19:00

*Times are just estimates. We will adjust once we receive all the entries and make the necessary adjustments accordingly. If the number exceeds 25, we will run another heat at 8:15 pm.

Heats and starting times for each heat will be posted on **www.ohstrack.com** by Monday, October 19th.

Entry Fee:
S80 per team (unlimited entries per gender; must be from the same school)
S150 per school (unlimited entries for both boys and girls; must be from the same school)
S10 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 email/call Scott Monnard at smonnard@normanps.org or can call at (405) 420-5951

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