

Oklahoma Mile Night

Oklahoma Mile Night is a night of distance running showcase and celebration in Oklahoma. The goal of the meet is to give Oklahoma distance athletes an opportunity to run a personal best in THE MILE.

The evening will include multiple Mile races on the track setup to assist athletes into achieving a new personal best.

There will be multiple division races including Middle School, High School and Open. The meet will conclude with a fun Distance 4X400m (Prius Relay).

Last years' race had multiple athletes run over an 8 sec personal best in their mile, the fastest time on Oklahoma soil was also achieved at this meet (4:13 Jed Helker). The Deer Creek Track has already hosted a meet where 40 boys ran sub 5 minutes and 19 girls ran sub 6 minutes.

Join us!!! Fast Track, Fast Runners, and Distance Running Celebration.

Meet Information

Location: Deer Creek High School

Date: May 21st

Check in will be from 5:30 to 6:30 and we will start running races from 6:45 or later onward to take advantage of the wind dying down in the evening.

Registration Fee: \$10

Website: EnduroUSA.com under their "on the track" events.

Contact

Coach Frezer Legesse

Frezer.legesse@gmail.com

(405) 802-0182

Coach David Riden

davidriden@dcsok.org

(405) 627-5541