

OKLAHOMA MILE NIGHT

Coaches, we would like to invite you and your athletes to participate and compete in the Oklahoma Mile Night, hosted by Deer Creek High School in Edmond, Oklahoma.

The Oklahoma Mile Night is a night of distance running to showcase and celebrate Oklahoma distance athletes. The goal of the meet is to give Oklahoma distance athletes at all levels, from Elite high school distance athletes to JV athletes who may not get another opportunity to race this season, a chance to run a personal best in the FULL MILE (1609m). The evening will include multiple Mile races on the track, heated accurately by time and structured in size, to facilitate athletes achieving new personal best times. In 2018, the event saw Jed Helker run 4:13 for 1600m, as well as 6 more runners under 4:30, while Sophia Maag ran 5:18 for 1600m for girls. In 2019, the event saw 5 dip under 4:30, as well as 18 total under 4:40. Furthermore, during the 2019 track season, the Deer Creek Track hosted a meet where 40 boys ran sub 5 minutes and 19 girls ran sub 6 minutes for 1600m, at night under the lights, like we will be doing here this year. While this past year has been unorthodox and this year's date was in part due to the only relative open week on the track calendar, our hope and desire is to make this an event, which in future years, the entire Oklahoma distance running community can and will attend on a date all can circle on their calendars. Please join us!!! Fast Track, Fast Runners - Distance Running Celebration.

Event: Full Mile (1609 meters) - we have the official full Mile start line on our track.

Date: Saturday, May 1st, 2021

Schedule: Estimated Start Time 6:00 PM
(estimated - final timeline once entries close & based on number of heats)

Location: Deer Creek High School; 6101 NW 206th, Edmond, OK 73012

Entry Times: Entry Times must be **accurate** for seeding/heating purposes and **verifiable**.
Times will be checked/authenticated based on Enduro's database.

Registration: Registration will be done through **EnduroUSA.com** and should be done by school coaches as this is an OSSAA event like any other track meet and counts toward athletes' meet total for the track season. Registration will close Thursday, April 29th at 6 PM.

Entry Fee: \$10 per athlete; max of \$150 per school (boys & girls) for unlimited entries.
Please make checks payable to Deer Creek High School XC/Track; Attn: Coach Riden;
Deer Creek High School, 6101 NW 206th, Edmond, OK 73012

Contact Information: Coach David Riden davidriden@dcsok.org (405) 627-5541

- This meet will be **seeded and pre-heated** in advance, so there will be **no congregating** at heating benches. Athletes will report to the starting line no more than 10 minutes before the start of their event or heat.
- **Campsites** will be in designated grass areas around/outside the track facility & stands to properly distance.
- When not competing, athletes must stay at their campsite. Any athlete who leaves their campsite to use the restroom or for any reason other than warming up, will need to **wear a mask and observe social distancing** during that time.
- All warming up and/or cooling down must be done **outside the track facility**, not on the infield.
- There may be an **admission** gate for spectators per our district policy, not to exceed \$5.
- **No concession** is planned currently, so athletes and teams will need to bring their own food and water.