



About

Stars Mile Night is created to promote the sport of Track and Field through a non-stop action-filled Mile Race Night for the whole family. It will feature races in multiple divisions (Adults Open, Elementary School, Middle School, High School, and Elite Sub 4 Minute Mile Attempt). In partnership with Simon Greiner Program, Oklahoma City University Cross Country/Track & Field is proud to offer a fun-filled healthy event that empowers individuals and inspires our youth to stay active.

Simon Greiner Elite Mile – Sub 4 Minute Mile Attempt

The Sub 4 Minute Mile has been a barrier chased by many since the first time it was broken by at the time Med School Student name Roger Banister that devoted his life to breaking the barrier that was deemed IMPOSSIBLE. On the morning of May 6th, 1954 on a cinder track at Oxford University Banister made the impossible possible by running 3:59.04. Since then there have only been 647 Americans breaking the Barrier. There are no records of an Outdoor Sub 4-Minute Mile run on Oklahoma Soil. On May 19th, 2022, STARS MILE NIGHT will attempt to make history by hosting the first-ever outdoor Sub-4-Minute Mile on Oklahoma Soil.

Open Divisions

The open division will feature multiple heats throughout the night that allow our Oklahoma City Community members young, old, experienced, or novice to take on the challenge of running the mile and find out the age-old question "How fast can you run One Mile?"

Order of Events

Elementary school 1/2 Mile

Middle School Mile

Adult Open

High School Mile

Elite Mile

Simon Greiner Program

The Simon Greiner Program enthusiastically promotes the sport of Cross Country and Track & Field in Oklahoma City Public Schools. The program's mission consists of helping OKCPS students succeed in life and reach their full potential by creating new and expanded opportunities to participate and excel in cross country and Track & Field.

Partners

