

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 2021, the event saw Gabe Simonsen run 4:17 to win the boys' full Mile, with 5 more runners under 4:30, while Kinley Kite ran 5:22 to win the girls' full Mile, with 5 more runners under 5:40. Overall, 47 boys broke 5 minutes for the full Mile, with an astounding 29 under 4:50, while 19 girls broke 6 minutes for the full Mile. We have music playing the entire night, adding to the fun & festive atmosphere! We announce and update the races as they unfold, and every race is a barnburner! Our hope and desire is to make this an event that 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: Friday, April 22nd, 2022

Schedule: Estimated Start Time 5:30 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 Wednesday, April 20th at 6 PM.

Entry Fee: \$10 per athlete; max of \$160 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 check in at the 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.
- 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 bottles (although we will have water cooler jugs from which they can refill water bottles).

Oklahoma Mile Night Schedule of Events/Races:

(TBD by numbers of athletes and heats each year)

(Reference heat sheets for “Events” & “Sections”)

*****(*Below is last year’s Schedule of Event/Races for an idea*)*****

6:00 PM: Event 1 Mixed Mile Run (Open/Middle School)
6:15 PM: Event 2 Girls 1 Mile Run (HS) Section 1 of 3
6:30 PM: Event 3 Boys 1 Mile Run (HS) Section 1 of 6
6:45 PM: Event 3 Boys 1 Mile Run (HS) Section 2 of 6
7:00 PM: Event 3 Boys 1 Mile Run (HS) Section 3 of 6
7:15 PM: Event 2 Girls 1 Mile Run (HS) Section 2 of 3
7:30 PM: Event 3 Boys 1 Mile Run (HS) Section 4 of 6
7:45 PM: Event 3 Boys 1 Mile Run (HS) Section 5 of 6
8:00 PM: Event 2 Girls 1 Mile Run (HS) Section 3 of 3
8:15 PM: Event 3 Boys 1 Mile Run (HS) Section 6 of 6

Mile Night Coaches’ Comments & Testimonials:

“It was a blast! My kids had a great time! I wish more meets were like that. We will definitely plan on coming back next year. Thank you again for hosting it! It was awesome!” - Coach Collins, Owasso

“Every single one of my kids had a fantastic time! Running a bunch of PR’s sure helped. It is a great event and I think it can turn into a must attend meet in the near future.” - Coach Koscinski, Norman North

“All of my runners had a blast and loved the environment! I think that HS distance running is getting stronger every year and showcasing that is so important!” - Coach Lewis, Edmond Santa Fe

Oklahoma Mile Night History

<p>OMN HS Boys 1 Mile History Sub 4:30 - 6 Sub 4:40 - 13 Sub 4:50 - 29 Sub 5:00 - 46</p>	<p>OMN HS Girls 1 Mile History Sub 5:30 - 4 Sub 5:40 - 6 Sub 5:50 - 13 Sub 6:00 - 19</p>
<p>Top 25 Boys 1 Mile Times 4:17.10 - Gabe Simonsen, Mustang, 2021 4:23.76 - Brenden Roubeaux, Mustang, 2021 4:25.81 - David Boulanger, Westmoore, 2021 4:27.15 - Halen Biggs, Westmoore, 2021 4:27.82 - Shawn Rutledge, Union, 2021 4:28.82 - Carson Royce, E. North, 2021 4:31.33 - Gilbert Velez, Deer Creek, 2021 4:31.58 - Nathan Deboutez, Westmoore, 2021 4:34.85 - Mason Barney, Guthrie, 2021 4:37.21 - Luke Weathers, Deer Creek, 2021 4:37.36 - AJ Antonelli, Deer Creek, 2021 4:38.97 - Gideon Hays, Owasso, 2021 4:40.02 - Hayden Wolfe, Deer Creek, 2021 4:41.62 - Lucas Cisneros, Deer Creek, 2021 4:41.80 - Chris Lehew, E. North, 2021 4:42.48 - Andrew Waller, Mustang, 2021 4:43.09 - Tyler Goza, E. North, 2021 4:43.48 - Luke Robeson, E. North, 2021 4:44.65 - Ian Busking, Owasso, 2021 4:45.14 - Kylun Semien, Westmoore, 2021 4:45.71 - Jaden Redmond, E. North, 2021 4:46.47 - Sage Anderson, Owasso, 2021 4:47:33 - Francisco Santos, Owasso, 2021 4:47.45 - Tyler Schwarz, Deer Creek, 2021 4:47.48 - Chase Cone, E. Memorial, 2021</p>	<p>Top 25 Girls 1 Mile Times 5:21.02 - Kinley Kite, Norman North, 2021 5:25.00 - Audrey Hill, E. Santa Fe, 2021 5:28.65 - Tabi Fox, Deer Creek, 2021 5:29.95 - Ginger Macinnis Pierce, Westmoore, 2021 5:30.13 - Daisy Enriquez, Santa Fe South, 2021 5:36.37 - Jesenia Ramirez, Westmoore, 2021 5:40.35 - Madison Manning, Deer Creek, 2021 5:40.50 - Isabel Lynch, Stillwater, 2021 5:46.54 - Grace Lagge, E. North, 2021 5:46.85 - Leisel Kehoe, E. North, 2021 5:47.05 - Emily Schneider, Yukon, 2021 5:47.56 - Harper Barlow, Yukon, 2021 5:49.73 - Lizzy Nowlin, E. North, 2021 5:50.42 - Isabella Little, Westmoore, 2021 5:53.66 - Julia Reed, Deer Creek, 2021 5:53.98 - Harley Woody, Westmoore, 2021 5:55.04 - Savanna Starr, Norman North, 2021 5:56.49 - Kailan Parks, Yukon, 2021 5:57.50 - Payton Fox, Norman North, 2021 6:08.23 - Grace Parises, Deer Creek, 2021 6:08.78 - Paris Taylor, Westmoore, 2021 6:09.51 - Nora England, Yukon, 2021 6:11.69 - Emely Garcia, Westmoore, 2021 6:12.18 - Lily Thomas, E. North, 2021 6:17.30 - Cambree Kuranoff, E. Santa Fe, 2021</p>