

# 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 2022, the event saw AJ Antonelli run 4:19 to win the boys' full Mile, with 8 more runners under 4:30, while Cayden Brickman ran 5:20 to win the girls' full Mile, with 8 more runners under 5:40. Overall, 60 boys broke 5 minutes for the full Mile, while 28 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:** Thursday, April 20th, 2023

**Schedule:** Estimated Start Time 5:00 to 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 Tuesday, April 18th at 6 PM.

**Entry Fee:** \$10 per athlete; max of \$180 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](mailto: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.
- **Limited concession** is planned currently, so athletes and teams may want 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)  
6:20 PM: Event 2 Girls 1 Mile Run (HS) Section 1 of 6  
6:30 PM: Event 3 Boys 1 Mile Run (HS) Section 1 of 12  
6:40 PM: Event 3 Boys 1 Mile Run (HS) Section 2 of 12  
6:50 PM: Event 2 Girls 1 Mile Run (HS) Section 2 of 6  
7:00 PM: Event 3 Boys 1 Mile Run (HS) Section 3 of 12  
7:10 PM: Event 3 Boys 1 Mile Run (HS) Section 4 of 12  
7:20 PM: Event 2 Girls 1 Mile Run (HS) Section 3 of 6  
7:30 PM: Event 3 Boys 1 Mile Run (HS) Section 5 of 12  
7:40 PM: Event 3 Boys 1 Mile Run (HS) Section 6 of 12  
7:50 PM: Event 2 Girls 1 Mile Run (HS) Section 4 of 6  
8:00 PM: Event 3 Boys 1 Mile Run (HS) Section 7 of 12  
8:10 PM: Event 3 Boys 1 Mile Run (HS) Section 8 of 12  
8:20 PM: Event 2 Girls 1 Mile Run (HS) Section 5 of 6  
8:30 PM: Event 3 Boys 1 Mile Run (HS) Section 9 of 12  
8:40 PM: Event 3 Boys 1 Mile Run (HS) Section 10 of 12  
8:50 PM: Event 2 Girls 1 Mile Run (HS) Section 6 of 6  
9:00 PM: Event 3 Boys 1 Mile Run (HS) Section 11 of 12  
9:10 PM: Event 3 Boys 1 Mile Run (HS) Section 12 of 12

### **Mile Night Coaches’ Comments & Testimonials:**

“Thank you again for hosting such an awesome event on Friday! It was a huge highlight for our kids and I had a lot of boys that had run at [another meet] earlier in the day commenting that they wished they’d run at Mile Night, even in the wind.” - Coach Pletan, Edmond North

“I have a freshman runner who was unsure about track. She’s had an average season and I thought we may lose her for cross country. But at Mile Night, after her race, she came up to me so excited about her race and asked if we could come back next year and caught the bug for running again.” - Coach Lewelling, Lincoln Christian

“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><b>OMN HS Boys 1 Mile History</b>            Sub 4:30 - 15            Sub 4:40 - 28            Sub 4:50 - 62            Sub 5:00 - 106</p>	<p><b>OMN HS Girls 1 Mile History</b>            Sub 5:30 - 11            Sub 5:40 - 15            Sub 5:50 - 27            Sub 6:00 - 47</p>
<p><b>Top 30 Boys 1 Mile Times</b>            4:17.10 - Gabe Simonsen, Mustang, 2021            4:19.66 - AJ Antonelli, Deer Creek, 2022            4:22.67 - Keegan Thomas, Stillwater, 2022            4:23.76 - Brenden Roubeaux, Mustang, 2021            4:24.76 - David Boulanger, Westmoore, 2022            4:24.88 - Andrew Smithwick, Lincoln Christian, 2022            4:25.81 - David Boulanger, Westmoore, 2021            4:27.00 - Gilbert Velez, Deer Creek, 2022            4:27.05 - Josh Cherry, Edmond Memorial, 2022            4:27.15 - Halen Biggs, Westmoore, 2021            4:27.82 - Shawn Rutledge, Union, 2021            4:28.07 - Ethan Stovall, OCS, 2022            4:28.32 - Ryan McLaughlin, Harding, 2022            4:28.82 - Carson Royce, Edmond North, 2021            4:29.03 - Jaxson Brooks, Lincoln Christian, 2022            4:31.33 - Gilbert Velez, Deer Creek, 2021            4:31.56 - Cameron Langdon, Mustang, 2022            4:31.58 - Tanner Bailey, Piedmont, 2022            4:31.58 - Nathan Deboutez, Westmoore, 2021            4:34.40 - Jackson Davis, Edmond Memorial, 2022            4:34.85 - Mason Barney, Guthrie, 2021            4:36.51 - Nathan Deboutez, Westmoore, 2022            4:37.21 - Luke Weathers, Deer Creek, 2021            4:37.36 - AJ Antonelli, Deer Creek, 2021            4:38.86 - Braxton Bussell, Meeker, 2022            4:38.97 - Gideon Hays, Owasso, 2021            4:39.55 - Riley Randall, Meeker, 2022            4:40.02 - Hayden Wolfe, Deer Creek, 2021            4:40.12 - Jack Ray, OCS, 2022            4:40.31 - Tyler Schwarz, Deer Creek, 2022</p>	<p><b>Top 30 Girls 1 Mile Times</b>            5:20.65 - Cayden Brickman, Stillwater, 2022            5:21.02 - Kinley Kite, Norman North, 2021            5:22.31 - Kinley Kite, Norman North, 2022            5:23.96 - Lily Scheck, Piedmont, 2022            5:25.00 - Audrey Hill, Edmond Santa Fe, 2021            5:28.09 - Sadie Wedge, Deer Creek, 2022            5:28.56 - Elizabeth Booth, Owasso, 2022            5:28.65 - Tabi Fox, Deer Creek, 2021            5:29.55 - Natalie Duggan, Edmond Santa Fe, 2022            5:29.68 - Eden Haack, Westmoore, 2022            5:29.95 - Ginger Macinnis Pierce, Westmoore, 2021            5:30.13 - Daisy Enriquez, Santa Fe South, 2021            5:34.90 - Tabi Fox, Deer Creek, 2022            5:36.37 - Jesenia Ramirez, Westmoore, 2021            5:39.13 - Gabriella Degeorge, Lincoln Christian, 2022            5:40.13 - Madison Manning, Deer Creek, 2022            5:40.35 - Madison Manning, Deer Creek, 2021            5:40.50 - Isabel Lynch, Stillwater, 2021            5:40.53 - Lydia Dolezal, Stillwater, 2022            5:43.87 - Sydnie Cox, Piedmont, 2022            5:46.13 - Emily Caldwell, Piedmont, 2022            5:46.54 - Grace Lagge, Edmond North, 2021            5:46.85 - Leisel Kehoe, Edmond North, 2021            5:47.05 - Emily Schneider, Yukon, 2021            5:47.20 - Blake Miller, Norman North, 2022            5:47.56 - Harper Barlow, Yukon, 2021            5:49.73 - Lizzy Nowlin, Edmond North, 2021            5:50.39 - Paris Taylor, Westmoore, 2022            5:50.42 - Isabella Little, Westmoore, 2021            5:51.06 - Brooklyn Garafola, Owasso, 2022</p>