



OKLAHOMA CITY UNIVERSITY STARS MILE NIGHT 2023

FRIDAY, MAY 19TH • PRIBIL STADIUM AT BISHOP MCGUINNESS CATHOLIC HIGH SCHOOL

PRESENTED BY THE SIMON GREINER PROGRAM

Events and Schedule

Event schedule below is tentative. The final schedule will be determined by the number of entries, and will be released the week of the event. With the exception of the Elementary 800m, all events will be one mile (1609m).

Registration Deadline

All seeded entries must be submitted to RunSignUp by Wednesday, May 17th, at 11:59 PM. Late entries will be accepted on a case-by-case basis.

Entry Fee

Simon Greiner Foundation is covering registration fees for OKCPS athletes. Contact the race director to receive the coupon code. The other races are priced as follows. All registrations include a commemorative event item (event shirt, backpack, hat, or something similar):

Middle School - \$10 per runner

High School - \$15 per runner

Adult/Open and Elite/Collegiate - \$20 per runner

Spectator entry - FREE

Heat Sheets

Heat sheets and target times for each heat will be announced as early as possible after registration closes, no later than Thursday, May 18th, at 9 PM.

Entry Standards

Elite standards are 4:15 for men, 4:55 for women. **Please make sure to include an honest seed time when registering, this is how we will build heat sheets and give every runner the best possible shot at a fast time.** All high school-aged athletes will be placed in high school heats. We are exploring the option of having pacers for each high school heat's target time to provide an environment conducive to fast times.

Packet Pickup

Packet pickup will be on-site at Bishop McGuinness Catholic High School's Pribil Stadium. Packet pickup will begin one hour prior to the first race and will close 15 minutes before each race's start time.

Results

MacDonald Timing will provide fully automatic timing. Results will be published as soon as possible after the last event on ohstrack and TFRS.



TENTATIVE SCHEDULE

Packet pickup opens (all heats) **5:30 PM**

Elementary School 800m (1 heat) **6:30 PM**

Packet pickup closes at 6:15 PM

Girls' Middle School Mile (1 - 2 heats) **6:40 PM**

Packet pickup closes at 6:25 PM

Boys' Middle School Mile (2 heats) **7:00 PM**

Packet pickup closes at 6:45 PM

Scissortail Running Adult Open Mile (2 heats) **7:30 PM**

Packet pickup closes at 7:15 PM

OK Runner Girls' High School Mile (2 - 3 heats) **8:00 PM**

Packet pickup closes at 7:45 PM

OK Runner Boys' High School Mile (3 - 4 heats) **8:30 PM**

Packet pickup closes at 8:15 PM

Simon Greiner Program Elite Women's Mile (1 heat) **9:20 PM**

Packet pickup closes at 9:05 PM

Simon Greiner Program Elite Men's Mile (1 heat) **9:30 PM**

Packet pickup closes at 9:15 PM