

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 2023, the event saw Brody Woodcock run 4:22 to win the boys' full Mile, with 12 more runners under 4:35, while Tabitha Fox ran 5:08 to win the girls' full Mile, with 12 more runners under 5:30. Overall, 59 boys broke 5 minutes for the full Mile, while 36 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 26th, 2024

Schedule: Estimated Start Time 5:30 to 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 Milesplit and Elevate Timing, using this link:
<https://ok.milesplit.com/meets/607544-oklahoma-mile-night-2024> or simply go to Oklahoma Milesplit, click calendar, then click on Oklahoma Mile Night.

This 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 23rd at 6 PM.

Entry Fee: \$10 per athlete; max of \$200 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@dcsook.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)
(possibly will run 2 sections if enough additional race day entries)

6:30 PM: Event 2 Girls 1 Mile Run (HS) Section 1 of 6

6:40 PM: Event 3 Boys 1 Mile Run (HS) Section 1 of 10

6:50 PM: Event 3 Boys 1 Mile Run (HS) Section 2 of 10

7:00 PM: Event 2 Girls 1 Mile Run (HS) Section 2 of 6

7:10 PM: Event 3 Boys 1 Mile Run (HS) Section 3 of 10

7:20 PM: Event 3 Boys 1 Mile Run (HS) Section 4 of 10

7:30 PM: Event 2 Girls 1 Mile Run (HS) Section 3 of 6

7:40 PM: Event 3 Boys 1 Mile Run (HS) Section 5 of 10

7:50 PM: Event 3 Boys 1 Mile Run (HS) Section 6 of 10

8:00 PM: Event 2 Girls 1 Mile Run (HS) Section 4 of 6

8:10 PM: Event 3 Boys 1 Mile Run (HS) Section 7 of 10

8:20 PM: Event 3 Boys 1 Mile Run (HS) Section 8 of 10

8:30 PM: Event 2 Girls 1 Mile Run (HS) Section 5 of 6

8:40 PM: Event 3 Boys 1 Mile Run (HS) Section 9 of 10

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 10 of 10

Mile Night Coaches' Comments & Testimonials:

“Thanks so much for putting Mile Night on. It was a beautiful evening with an awesome Oklahoma sunset to run under. Literally all of my guys dropped significant PR's and are super excited. We'll be back next year with a slew of sub 5 guys!”- Coach Nofsinger, Pryor

“Blessed to be there tonight. Thanks for not only amplifying our state, but helping me amplify my distance program. Majority of my team showed up to support and it will be the talk of school tomorrow. Our program will grow from it.” - Eric Lyons, Heritage Hall

“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

OMN HS Boys 1 Mile History Sub 4:30 - 19 Sub 4:40 - 47 Sub 4:50 - 104 Sub 5:00 - 165	OMN HS Girls 1 Mile History Sub 5:30 - 25 Sub 5:40 - 38 Sub 5:50 - 55 Sub 6:00 - 84
Top 40 Boys 1 Mile Times 4:17.10 - Gabe Simonsen, Mustang, 2021 4:19.66 - AJ Antonelli, Deer Creek, 2022 4:22.67 - Keegan Thomas, Stillwater, 2022 4:22.93 - Brody Woodcock, Deer Creek, 2023 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 4:27.95 - Landry Finch, Piedmont, 2023 4:28.07 - Ethan Stovall, OCS, 2022 4:28.32 - Ryan McLaughlin, Harding, 2022 4:28.48 - Reese Fricke, Piedmont, 2023 4:28.82 - Carson Royce, Edmond North, 2021 4:28.98 - Dade Humes, Piedmont, 2023 4:29.03 - Jaxson Brooks, Lincoln Christian, 2022 4:30.14 - Tyler Schwarz, Deer Creek, 2023 4:30.80 - Graham Mitchell, Deer Creek, 2023 4:31.32 - Jackson Fowler, Heritage Hall, 2023 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 4:32.24 - Carson Patten, Mustang, 2023 4:32.44 - Elijah White, Westmoore, 2023 4:32.56 - Braydon Whitthorne, Ardmore, 2023 4:32.94 - Tyler Stephens, Westmoore, 2023 4:34.36 - Jack Lindley, Norman North, 2023 4:34.40 - Jackson Davis, Edmond Memorial, 2022 4:34.80 - Spencer Carlson, Deer Creek, 2023 4:34.85 - Mason Barney, Guthrie, 2021 4:36.29 - Jack Sydnes, Edmond Santa Fe, 2023 4:36.51 - Nathan Deboutez, Westmoore, 2022 4:36.60 - Mason Baker, Westmoore, 2023 4:37.21 - Luke Weathers, Deer Creek, 2021 4:37.36 - AJ Antonelli, Deer Creek, 2021 4:38.09 - Braxton Bussell, Meeker, 2023	Top 40 Girls 1 Mile Times 5:08.60 - Tabitha Fox, Deer Creek, 2023 5:10.80 - Natalie Duggan, Edmond Santa Fe, 2023 5:15.60 - Madelynn Clark, Deer Creek, 2023 5:17.00 - Harper Barlow, Yukon, 2023 5:17.90 - Claire Collins, Piedmont, 2023 5:18.20 - Lily Scheck, Piedmont, 2023 5:19.70 - Audrey Hill, Edmond Santa Fe, 2023 5:20.60 - Graycie Lucas, Deer Creek, 2023 5:20.65 - Cayden Brickman, Stillwater, 2022 5:21.02 - Kinley Kite, Norman North, 2021 5:22.31 - Kinley Kite, Norman North, 2022 5:22.50 - Daigan Miller, Minco, 2023 5:22.50 - Kinley Kite, Norman North, 2023 5:23.96 - Lily Scheck, Piedmont, 2022 5:25.00 - Audrey Hill, Edmond Santa Fe, 2021 5:25.70 - Aaliyah Joshua, Edmond Santa Fe, 2023 5:25.80 - Sadie Wedge, Deer Creek, 2023 5:27.20 - Lilly Woolery, Homeschool, 2023 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 5:30.50 - Kiera Blumhof, Yukon, 2023 5:33.30 - Kenzie Ross, Deer Creek, 2023 5:34.00 - Eva Tice, Westmoore, 2023 5:34.60 - Lydia Dolezal, Stillwater, 2023 5:34.90 - Tabi Fox, Deer Creek, 2022 5:35.10 - Emily Caldwell, Piedmont, 2023 5:36.37 - Jesenia Ramirez, Westmoore, 2021 5:36.60 - Zoey Phillips, Stillwater, 2023 5:36.70 - Kamryn Boller, Guthrie, 2023 5:37.10 - Rachel Caldwell, Piedmont, 2023 5:39.00 - Cadee Shannon, Deer Creek, 2023 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

