

NXR Heartland Website

http://nxrhl.runnerspace.com/eprofile.php?do=title&title_id=213&event_id=300

Attached is our trip itinerary for the Sioux Falls, SD. We have 31 athletes running at NXR-Heartland this year. Transportation, Hotels, entry fee & most meals will be included in the cost of the trip. Either the Green or White uniforms can be worn for the race. We are in South Dakota in November, plan on the weather being cold & bring a full-sized coat.

Cost of the Trip - **\$200 per athlete**

-You can make payments by either Venmo @Southwestproject or Check made out to "Aaron Ballew."

Saturday (November 8th)

7:00am – Arrive at BVSU to help load vans. Space will be at a premium so make sure you pack efficiently. We will separate the team out into two 15 Passenger vans & an SUV. Dress ready to run

7:15am – Leave BVSU. Please eat breakfast before you arrive or bring something with you. We will stop for lunch on the way & a few bathroom breaks.

12:00pm – Stop for Lunch in Sioux City, IA. **Bring money for lunch** There are a few options for lunch but do NOT overeat because we will be going directly to the course for our Pre-meet Run.

2:30pm – Arrive at NXR course (Yankton Park, 3901 S Minnesota Ave, Sioux Falls, SD 57108). Runners will check out the course & have a short practice. We will also scout out a location for our team camp. NXN gear should be available for purchase at the course that day.

4:45pm – Leave the course & check into the hotel (Super 8 by Wyndam Sioux Falls 2616 E Tenth St., Sioux Falls, SD 57103).

6:30pm – We will be bringing Dinner in from Olive Garden & eat in the hotel.

8:30pm – Team meeting in the Lobby of our Hotel after dinner. If there are any changes to the schedule, we will address them & make sure the plan for Sunday is good to go. Make sure you pack your gear before going to bed, so everything is ready to go.

10:00pm – Lights out

NEEDS FOR EACH ATHLETE THIS WEEK

1 coat, 2 lighter jackets/sweat shirts, long & short sleeved T-shirts (extra one to donate), Stocking cap, Gloves, extra socks, 2 pairs of sweat pants

Black Racing shorts for the meet

Snacks & a Water bottle

Money for Breakfast & Lunch on Saturday; along with Dinner on Sunday.

Sunday (November 9th)

7:00am – Wake up. Breakfast will be provided by the hotel. After breakfast, start packing up & getting ready for the race. Bring some snacks with you if you get hungry later in the morning.

8:00am – “Boys Open Section 3 Runners” will meet in the lobby & head to the course. We will set up a camp site. We will also keep the vans open to avoid the cold for runners who are racing later in the day. They will be charging **\$15 CASH ONLY for parking** this year

9:00am – “All other” runners will meet in the lobby & load up the vans to head to the XC Course to support the first race of the day. We will NOT be returning to the Hotel.

9:45am – Boys Open Section 3 Box #? (Zeke, Austen, Connor, Paul, Jonathan, Eugene, Coleman, Mason, Charlie, Owen, James, Jack)

11:45am Awards for the Boys Open Division

10-12pm – We will have bread, peanut butter, jelly, turkey, cheese & some condiments to make sandwiches at the campsite along with a snack bin for lunch.

12:10am – Girls Open Section 3 Box #? (Ava, Kiley, Kenzie, Hazel, Skyler)

2:10pm Awards for the Girls Open Division

2:25pm – Girls Championship Box #? (Campbell, Avery, Erica B., Adeline, Katie, Finnleigh, Erica W.)

2:55pm – Boys Championship Box #? (Alex, Cameron, Wyatt, Andrew, Kai, Caleb, Kodi)

3:20pm – Awards for Girls & Boys Championship Division

4:00pm – Stop for dinner **Bring money for Dinner**. We will probably take it to go. Athletes may ride home with their parents just communicate with the coaches before you leave.

11:00pm – Arrive back at BVSU. Unload the vans and thank you for a GREAT season!

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