

NXR Heartland Website

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

Saturday (November 13th)

7:15am – Arrive at BVSU to help load vans. Space will be at a premium so make sure you pack efficiently.

7:30am – Leave BVSU. Please eat breakfast before you arrive or bring something with you. We will stop for an early lunch in Omaha & along with a few bathroom breaks. Bring money for lunch when we stop around 10:30am.

2:00pm – 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. We will give the runners some time to get NXN gear. There should be a tent selling Nike gear at the site.

3:30pm – Leave the course & go to check out Falls Park. It is a small park with waterfalls. I'd like to take a few pictures if the weather is cooperating with us. We will then head to the hotel & check (SUPER 8 SIOUX FALLS, 2616 E 10TH ST, SIOUX FALLS, SD 57103). Since the NXR Dinner was canceled, we will bring dinner in & 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. We will try to play games if we have the space available

10:30pm – Lights out

Sunday (November 14th)

6:45am – Wake up for Everyone. 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 Runners: Meet in the lobby to head to the course & set up a camp site. We will keep the vans open to avoid the cold for runners who are racing later in the day. We will have our typical warm up & cool down procedures

They will be charging \$10 CASH ONLY for parking this year

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 Lunch & Dinner on Sunday.

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- 9:00am – Girls Open & Boys Championship Runners: Meet in lobby to head to XC course to watch Boys Open Race. We will be checking out of the hotel at that point.
- 9:35am – Boys Open Race #1: We will have 2 teams (Team-A & Team-B). Both Boy's Teams will warmup at 8:45am. See the sheet below for entries.
- 10:30am – Everyone: Pack up in Vans & Go to Lunch (Sandwich Options near the corner of 57th st & Louise st). Boys Open & Championship Runners will eat, Girls Open Runners may want to eat a small amount & save the rest for after their race.
- 11:30am – Everyone: Head back to XC Course
- 1:15pm – Girls Open Race #3: We will have 2 teams (Team-A & Team-B). Both Girl's Teams will warmup at 12:25pm. See the sheet below for entries.
- 2:35pm – Boys Championship: Boys team will need to start their warmup at 1:25pm. See sheet below for entry details.
- 3:45pm – Leave XC Course & head to "Dinner." If we have anyone/teams winning awards, we will stay until the ceremony has concluded.
- 4:45pm – Leave Sioux Falls for BVSU. We will stop for a few gas & restroom breaks on the way back.
- 10:30pm – Arrive back at BVSU. Unload the vans and thank you for a GREAT season!

I am very excited for the opportunity to compete at this meet. Hopefully the Nike Cross National Meet will return in 2022 to fully make this experience meaningful for all high schools in our Regional. Either way it will be very competitive and push us to our limits along with being a fun experience for athletes of all abilities.

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Runners going on the Trip

Boys Open Division #1 (9:35am)

1. Nate Kaestner
2. Cooper Reeves
3. Bailey Stanfield
4. Drake Dombrosky
5. David Boley
6. Noah Stanfield
7. Mitch Quijano (Team B)
8. Liam Wreford (Team B)
9. Henry Bradford (Team B)
10. Max Clark (Team B)
11. Sean Quijano (Team B)

Girls Open Division #3 (1:15pm)

1. Izzy Ross
2. Alex Laurie
3. Lila Schwarz
4. Maryam El-Demerdash
5. Anna Strickland
6. Nicole Giam
7. Grace Zimmerman
8. Addison Willcott (Team B)
9. Ashley Boley (Team B)
10. Stella Malinowski (Team B)
11. Sophia Ellis (Team B)
12. Tigist Quinn (Team B)
13. Cara Mitchell (Manager)

Boys Championship Division (2:35pm)

1. Drew Dombrosky
2. Micah Paschke
3. Tommy Caul
4. Gabe McGee
5. Crew Buehler
6. Canyon Buehler
7. Brenden Duncan

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