

Saturday (November 11th)

- 6:45am – Arrive at BVSU to help load vans. Space will be at a premium so make sure you pack efficiently.
- 7:00am – 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. Bring money for lunch when we stop around 11am.
- 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. NXN gear should be available for purchase at the course that day.
- 3:30pm – Leave the course & check into to the hotel (Hyatt Place Sioux Falls – South, 4935 W Lake Shore Blvd Sioux Falls, SD 57106). Runners can shower, get dressed & ready for dinner.
- 5:30pm – Pack up the Vans and head to the NXR-Heartland Pre-Dinner (Ramkota Exhibit Hall 3200 W. Maple St.). Bring a clean T-shirt for the T-shirt Exchange.
- 7:30pm – Leave Dinner & Head Back to the Hotel
- 8:30pm – Team meeting in the Lobby of our Hotel after we return from 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 Lunch & Dinner on Sunday.

NXR Heartland Website

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

Sunday (November 12th)

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 4 Runners” will meet in the lobby & head to the course. We will set up a camp site. We will keep the vans open to avoid the cold for runners who are racing later in the day.

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

8:40am – “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.

9:40am – Boys Open Section 4 Box #? (Liam, Max, Eugene, James, Kai, Austen, Zach, Charlie, Patrick, Parker, Dylan) – 11:00am Awards for the Boys Open Division

10:30am – Girls Open Section 1 Box #? (Alex, Stella, Skyler, Kiley, Avery, Katie, Ava, Emma, Bailey, Samantha) – 12:30pm Awards for the Girls Open Division

11:20pm – Load up the Vans with everyone & drive to a spot for lunch. We may have a few options based on what is around. Bring money to pay for your own lunch.

12:15pm – Leave Lunch & head back to the course for the boys to begin their warmup.

1:30pm – Boys Championship Box #? (Canyon, Crew, Alex, Elijah, Cameron, Gabe)

2:00pm – Campsite Teardown &/or Awards

2:30pm – Head back to BVSU. We will stop for dinner on the way back, but will probably take it to go. Athletes may ride home with their parents just communicate with the coaches before you leave.

9:30pm – Arrive back at BVSU. Unload the vans and thank you for a GREAT season!

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Black Racing shorts for the meet

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