

2017 Nike Heartland Preview @ YANKTON TRAIL PARK

Saturday, September 9, 2017

FINAL MEET INFORMATION

Coaches and Athletes,

Here is the information for the 2017 Nike Heartland Preview. We are excited to be hosting each team and athlete at our event.

Here are a few reminders for coaches:

Start Time: 11:00am Varsity Girls-5,000 meters (unlimited entries)
11:30am Varsity Boys-5,000 meters (unlimited entries)
12:00pm JV Boys-5,000 meters (unlimited entries)
12:40pm JV Girls-5,000 meters(unlimited entries)
1:15pm Awards

Entries: **Meet registration will be done on HeadCount. Just click on this link:**

<http://www.headcountreg.com/meet/1510>

We only need your roster, you do not need to enter athletes in a race.

Rosters are due by Tuesday, Sept 5th at 5pm. Please only enter athletes you think will be competing, please do not enter your entire roster unless they will all be running.

Course Site: Yankton Trail Park Sioux Falls, SD.

Directions to Yankton Trail Park XC Course I-90 from the West

Exit 396A I-29 South to Exit 75 I-229 North to Exit 3 Minnesota Ave. Right <.1 mile to park entrance #1.

I-90 from the East

Exit 400 I-229 South to Exit 3 Minnesota Ave. Left .1 mile to park entrance #1.

I-29 from the North or South

Exit 75 I-229 North to Exit 3 Minnesota Ave. Right <.1 mile to park entrance #1.

Course
Description: **Flat/short hills**

Entry Fee: \$80.00 per gender: if running boys and girls, total due is \$150.00. Entry fee is \$25.00 for individuals and unattached athletes.
Please make checks payable to: Nike Heartland and remit payment to:

Heartland Training
5809 S. Drexel Dr
Sioux Falls SD, 57106

Entry fees are due prior to, or day of meet.

Meet Host: Nike Heartland

Timing: We WILL be using chip timing for the meet. Shoe chips will be in your packet with chip and bib assignments. Please make scratches when you pick up your packets. All chips will be collected in the finish corral following each race.

Team Scoring: Your top 5 finishers will be scored with the next 2 as pushers in all races.

Results: Results will be available ASAP at results.dakotatiming.com and at www.dakotatiming.com

Awards: Top 10 finishers in the varsity and top 5 finishers in the JV will receive awards.
Team trophies to boys and girls champions in the varsity races

T-Shirts: *Coaches, please tell your athletes that we will be selling NIKE meet t-shirts for \$20.00 and hoodies for 25 dollars each (cash or check only)*

Course Markings: Nike pennant will mark parts of the course.

Concessions: Concessions will be sold on site benefiting local middle school students.

Meet Contact: Kristi Rieger (605) 376-1743 klrieger13@gmail.com