

Nike Heartland Preview @ YANKTON TRAIL PARK Saturday, September 10, 2022
FINAL MEET INFORMATION

Coaches,

Here is the information for the 2021 Nike Heartland Preview. We are excited to be hosting each team and athlete at our event. Please know that the safety of all athletes, coaches, spectators, and staff is our number one priority. Along with safety, our team is committed to making sure athletes have a great meet experience. Of course, we need the help of every coach to be sure we can accomplish this goal. Please pass this information on to all athletes, parents, and fans who will be attending our meet.

Start Time: 9:45am Middle School Boys-3k (unlimited entries-big loop and finish loop)
10:05am Middle School Girls-3k (unlimited entries-big loop and finish loop)
10:30am Varsity Boys-5,000M (unlimited entries)
11:00am Varsity Girls-5,000M (unlimited entries)
11:30am JV Boys-5,000M (unlimited entries)
12:00pm JV Girls-5,000M (unlimited entries)
12:30pm Awards Ceremony

Course Description: Flat/short hills

Load Bus: 8:00AM Leave by 8:15(At the track field house) Athletes are expected to ride the bus to the meet but can leave with parents if necessary after competing/cooling down. No note is necessary for this meet as we are in town but please let a coach know so we do not leave anyone behind. Bus will return to WHS at approx. 1:00PM

Timing: **Timing:** Gold Medal Timing, our new, full-service timing company will be timing the meet this year. We will be using bib chips, so a chip will be attached to each bib number. Please remind athletes to pin bib on the front of the jersey using 4 pins. In addition, please remind athletes, DO NOT WRINKLE BIB NUMBER.

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

Results: Thanks to a partnership with athletic.net, GMT will be providing live results as the meet is taking place. Can't make it to the meet? Follow each race in real time at <https://live.athletic.net/meets/17571>

Final Results: At the conclusion of the meet, final results will be available here:

<https://www.athletic.net/CrossCountry/meet/206758/info>

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

T-Shirts: *Coaches, please let your athletes know that we will be selling NIKE meet apparel, long sleeve tees, shorts sleeve tees, and a limited supply of 2021 XC hoodie/long sleeve tees at the meet. Cash or Credit will be accepted.*

Course Markings: Nike pennant will mark parts of the course. A solid white line will mark other parts of the course. ALL SPECTATORS MUST STAY BEHIND WHITE COURSE LINE AND PENNANT AT ALL TIMES.