

Nike Heartland Preview @ *YANKTON TRAIL PARK* Saturday, September 13, 2025
FINAL MEET INFORMATION

Start Time **Tentative Schedule**

9:00 AM – Middle School Boys (3K, unlimited entries)

9:25 AM – Middle School Girls (3K, unlimited entries)

9:45 AM – Middle School Awards

9:50 AM –JV Boys (4K, unlimited entries)

10:15 AM –JV Girls (4K, unlimited entries)

10:40 AM – Varsity Boys (5K, unlimited entries)

11:05 AM – Varsity Girls (5K, unlimited entries)

11:40 AM – JV & Varsity Awards

Course Description: Flat/short hills

Reminder: We do not have bussing to this meet. Athletes must find their own transportation to the meet. Athletes should arrive at minimum 90 minutes prior to their race.

Timing: **Timing:** Gold Medal Timing. We will be using bib chips so please remind athletes to pin bib on the front of the jersey using 4 pins. 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: Follow each race in real time www.thegoldmedaltiming.com Just click on the Heartland Preview link.

Final Results: At the conclusion of the meet, final results will be available at www.thegoldmedaltiming.com

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

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.