NXR Heartland Championship
November 9-10, 2024

Departure: See the timeline for details.

Van 1: Coach Moenster—Grant, Brayden, Jack M, William, Davis, Caleb, Ian, Landon, Luke
Van 2: Coach Faulkner—Paige, Greer, Macy, Mila, Ana, Ben, Drew, Jeremiah, Oliver, Caden
Self-drive convoy: If you want to follow the team in your car—we leave the BVHS lot at 8am.

Prerace Dinner: Saturday, Nov 9th, 6-7pm, Best Western Ramkota, 3200 W Maple St, Sioux Falls, SD 57107

-All athletes should attend even if you are at another hotel
-Attire is craziest shirt you can find (a fun shirt…no profanity/offensive language)

Prerace Breakfast: Sunday, Nov 10th, Boys 6:15am or earlier, Girls 8am or earlier, Best Western Ramkota.

-Only athletes staying at Best Western Ramkota will attend this breakfast. All others are on your own.

Uniforms: NXR Runners:

-Warm ups: As desired. Team yellow shirt
-Race: NXR jersey, pink shorts or black shorts, underlayers should be black if possible. Hat and gloves should be black if worn.
Other: Have rain gear and warm layers available. Hat and gloves. Have more than you think you'll need.

Races: There are races all day beginning at 8:15am and going through 2:30pm. The "championship" races are at 1:40pm and 2:10pm for those that want to watch.

BV Ambush NXR Boys Open Division 4: 9:55am. Box 25-26.
BV Ambush NXR Girls Open Division 2: 11:40am. Box 19.

Scoring and medals: Traditional scoring. Top 2 teams and top 5 individuals in the championship race go to NXN. All the open divisions are combined for overall scoring and place.

Livestream: View the race live here if you can't attend. Subscription required.

Community Race: There is a community 5k at 1:10pm for those interested.

Return: See the timeline for details. Our departure time is flexible based on interest to watch the championship race/weather/etc.

Directions/Parking/Course Map/Entries/Splits/Results: See www.bvhsxc.com for full meet details and results.

NXR Heartland: See https://nxrhl.runnerspace.com for additional meet details.

NXR 2024 Expanded Itinerary

Please review this plan in detail. Let us know if you have questions or need to make alternate arrangements.

*****The trip to Sioux Falls and the NXR race is not a school sanctioned/sponsored event. Athletes and parents are required to sign the BV Ambush trip release form and the NXR waiver.*****

Individual packing list:

-There are 11 people in each van. Only one seat is open. DO NOT BRING A LARGE SUITCASE!
-Pack light. One SMALL duffle bag/backpack. One spikes/race day bag. Space on vans is limited!
-Note: You may not wear school uniform, warm-ups, or any school issued items to the starting line. Team T-shirt is ok because you own it.
-Lunch/snacks/drinks for Saturday's drive (we will not stop to purchase lunch)
-Clothes for Sat/Sun
-Toiletries
-Sleeping bag, small air mattress, etc if not doubling up. Rooms are all double queen beds.
-Running shoes/spikes
-NXR ersey/shorts
-Base layer/tights/rain gear/etc as needed for predicted weather
-Water bottle
-Snacks for race day
-T-shirt for shirt exchange (Brings a XC team t-shirt to exchange if desired. Coach will have some available too)
-Money ($10-15 lunch Sun; $10-15 dinner Sun; extra $ for snacks, drinks, t-shirt etc)

Team gear:

-1 tent, tent sides, stakes, 1 tarp, 1 water bottles, first aid, snacks, spikes, clipboards, stopwatches, wheel

Room Assignments:

1	2	3	4	5	6	7
Coach Moenster	Abbey	Alli	Brayden	Ben	Davis	Caleb
	Macy	Ana	Drew	Jeremiah	Caden	William
	Madison	Greer	Grant	Luke	Ryan	Ian
	Mila	Paige	Landon	Oliver		

8	9 (Family)	10 (Family)	11 (Family)	Other Hotels	Runners at Other hotels
Jack M	Mandy Crook	Robin Phillips	Carrie Blasi	Faulkner Family	Max
Jude	Maeve	George Phillips	Gary Blasi	Bates Family	Nikita
Mason	Jack			Bedell Family	Santi
				Gencarelli Family	
				Suttmoeller Family	
				Ramstad Family	
				Mitchell Family	

Guidelines

-The primary purpose of this trip is to race at the highest level possible in a marquee post-season event.

-Athletes traveling to NXR are expected to continue training after the regular season ends to stay race ready.

-No hot tub/swimming prior to the race. No activities that will negatively impact running performance.

-Boys will not be in girls' rooms and vice versa. Use the hotel lobby or common areas to socialize.

-Light out at 10pm. Runners will not leave their rooms after 10pm. No excessive noise after 10pm. Create an environment that allows your roommates and you to sleep.

-While we do not anticipate any problems, if a coach or chaperone has reason to believe that an athlete has not met these expectations, we will contact parents and the athlete will not be allowed to run in the race. No refunds will be issued, and the athlete may not be invited on future trips.

Locations and Directions:

Rental vans pick up/return: Hertz Overland Park; 7271 West 105th, Overland Park, KS

Saturday team lunch stop: I-29 Rest Area 36;

Yankton Trail Park: Nike Cross Regional Heartland; 3901 S Minnesota Ave, Sioux Falls, SD 57108

Team hotel: Best Western Ramkota; 3200 W Maple St, Sioux Falls, SD 57107

NXR Parking: Info here Travel time to/from hotel to Yankton Trail Park is 15 minutes without traffic/parking.

Sunday team dinner to go: Casey's /Wendy's/Sonic in Council Bluffs; 3501 W Broadway, Council Bluffs, IA 51501

See the full timeline on the next page

Nov 8-10	NXR	Notes
Friday 11/8		
NLT 6:00pm	**Parents/Coaches pick up vans**	Hertz Overland Park
Saturday 11/9		
7:45am	**Arrive BVHS**	Eat breakfast prior or bring it
8:00am	**Depart BVHS**	
11:30-12:00	Picnic Lunch at I-29 Rest Stop 36	Bring lunch
2:30pm	Arrive at Yankton Trail Park	
2:30-4:00pm	Practice	Run then turn in t-shirts
4:00-5:00pm	T-Shirt exchange/Ice cream/Nike runners	
5:00pm	Check into hotel	
6:00-7:00pm	Team dinner at Best Western Ramkota	All athletes and any RSVP
7:15pm	Team meeting in lobby	All athletes
10:00pm	Lights out	
Sunday 11/10		
6:15am	Boys breakfast hotel lobby	
7:15am	**Boys depart hotel in vans 1 and 2 and cars**	Need additional drivers
8:00am	Girls Breakfast hotel lobby	
9:00am	**Girls depart hotel in Van 2 and cars**	Van 2 returns and picks up
9:55am	**Boys Open Section 4 Race Start**	
11:40am	**Girls Open Section 2 Race Start**	
1:10pm	Community Race Start	Register prior
1:40-2:30	Boys and Girls Champioship Races	Watch championship races?
NLT 2:30pm	Depart Yankton Trail Park	
5:30pm	Dinner at Caseys/Wendys/Sonic	Order to go
NLT 9:00pm	**Arrive BVHS**	
Boys Race Timeline		
8:55am	Race meeting	
9:00am	Standard warm up	10-12 min run
9:20am	Dynamic warm up	
9:30am	Final instructions	
9:35am	Speed warm up	Report to start, spikes on
9:45am	Build ups	
9:55am	**Race start**	
10:20am	Cooldown	Begins 5 mins after race
Girls Race Timeline		
10:40am	Race meeting	
10:45am	Standard warm up	10-12 min run
11:05am	Dynamic warm up	
11:15am	Final instructions	
11:20am	Speed warm up	Report to start, spikes on
11:30am	Build ups	
11:40am	**Race start**	
12:05pm	Cooldown	Begins 5 mins after race