**NXR Heartland Championship**
**November 7-9, 2025**

**Departure:** See the timeline for details.

**Van 1-4:** Arrive BVHS at 7:30am. Depart BVHS at 7:45am

**Self-drive convoy**: If you want to follow the team in your car—we leave the BVHS lot at 7:45am.

| | Van 1 | | Van 2 | | Van 3 | | Van 4 | Family Transpo |
|---|---|---|---|---|---|---|---|---|
| D1 | Todd Moenster | D1 | Gary Blasi | D1 | ReAnna Day | D1 | Mike Van Hoecke | Jude |
| D2 | Tanner Faulkner | D2 | | D2 | Nicole Pontillo | D2 | Nicole Van Hoecke | Max |
| 3 | Paige | 3 | Grant | 3 | Will | 3 | Dominick | Carter |
| 4 | Kylie | 4 | Drew | 4 | Tyler | 4 | Matthew | Abbey |
| 5 | Macy | 5 | Brayden | 5 | Caleb | 5 | Ethan | |
| 6 | Alli | 6 | Cohen | 6 | Santi | 6 | Ryan | |
| 7 | Madison | 7 | Patrick | 7 | Jack | 7 | Ian | |
| 8 | Kamryn | 8 | Davis | 8 | Mason | 8 | Jeremiah | |
| 9 | Mila | 9 | Oliver | 9 | Knox | 9 | Ben | |
| 10 | Greer | 10 | Andrew | 10 | Kinsler | 10 | Landon | |
| 11 | Maeve | 11 | Luke | 11 | Leo | 11 | Hyland | |
| 12 | Richa | 12 | Austin | 12 | Asher | 12 | Kaden | |
| 13 | Clare | 13 | | 13 | Nate | 13 | Caden | |
| 14 | Lucille | 14 | | 14 | | 14 | | |
| 15 | Lilly | 15 | | 15 | | 15 | | |
| | | | Tables 1-2 | | Tent 1 | | Tent 2 | |
| | | | | | Team gear | | Team gear | |

**Prerace Dinner:** Saturday, Nov 8th, 6:30pm, Johnny Carinos

-All athletes should attend even if you are at another hotel

-Attire is craziest shirt or hat you can find (a fun shirt/hat…no profanity/offensive language)

**Prerace Breakfast:** Sunday, Nov 9th. See timeline for recommended times. 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. The forecast is VERY cold. Wear layers. Have a hat/gloves and extra socks.

-Race: NXR jersey, pink shorts or black shorts, underlayers should be black or pink if possible but this is not required. Hat and gloves should be black if worn but this is not required. Wear what you want to race comfortably. I will give you recommendations the night before and on the starting line.

Other: Have rain gear/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 2:55pm.

**Boys Open Division 1:** 8:55am. Andrew Thompson. Box 5

**Boys Open Division 6:** 11:00am. All boys except championship. Box 7,8,9

**Girls Open Division 1:** 11:55am. All girls except championship. Box 42

**Girls Championship:** 2:25pm. Championship team. Box 11

**Boys Championship:** 2:55pm. Championship team. Box 10

**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. Top 3 medal. Top individuals in the championship races are awarded all-region status.

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

**Community Race:** There is a community race at 1:55pm for those interested. See the NXR site for registration.

**Return:** See the timeline for details. Our departure time is flexible based on whether we need to go to the awards at 3:20.

**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 2025 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 13-15 people in each van. 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 you refuse to double up in bed.
-Running shoes/spikes
-NXR jersey/shorts
-Base layer/tights/rain gear/etc as needed for predicted weather which is 32 degrees and windy.
-Hat/gloves
-Water bottle
-Snacks for race day. Boosters will provide some snacks also.
-T-shirt for shirt exchange (Brings a XC team t-shirt to exchange if desired.
-Money ($15 lunch Sun; $15 dinner Sun; extra $ for snacks, drinks, t-shirt etc)

**Team gear:**

-1 tent, all tent sides, extra tent sides from the track tent. stakes, hammer, 2 tarps, 3 water bottle sets, first aid, snacks, 1 large team bench. Do not take the water jug. Do not take the tables. Do not take the full meet box.

## Room Assignments:

| 1 - King (KNH) | 2 - King + PO (FS) | 3 - King + PO (NS) | 4 - King + PO (NS) | 5 - King + PO (NS) | 6 - King + PO (WSTEP) | 7 - King + PO (WSTEP) | 8 - Dbl Queen (QN) | 9 - Dbl Queen (QN) |
|---|---|---|---|---|---|---|---|---|
| Todd Moenster | Paige Faulkner | Madison Wang | Greer Suttmoeller | Abbey Blasi | Jack Murray | Will Brewer | Patrick McCarty | Drew Howell |
| | Alli Phillips | Mila Van Hoecke | Maeve Crook | Lucille Tamasi | Jude Roos | Tyler Lawson | Carter Moser | Grant Warren |
| | Kamryn Fisher | Kylie Page | Richa Kondaparthi | Lilly Johnson | Mason Bedell | Caleb Busta | Davis Ramstad | Brayden Troutman |
| | | Macy Triplett | Clare O'Laughlin | | Knox Williams | Santiago Gencarelli | Oliver Ramsey | Cohen Day |

| 10 - Dbl Queen (QN) | 11 - Dbl Queen (QN) | 12 - Dbl Queen (QN) | 13 - K + DQ (WSTEB) | 14 - King (KN) | 15 - King (KN) | Runners at other hotels | Families traveling | Family hotels |
|---|---|---|---|---|---|---|---|---|
| Landon Aschen Trop | Jeremiah Green | Ethan Choi | Kinsler Burgess | Day Family | Ashley Fisher | | Blasi | Best Western Ramkota |
| Hyland Wright | Ben Compton | Ryan Mitchell | Asher Freeman | | | Max Bates | Bates | |
| Caden Caldwell | Austin Pontillo | Luke Golian | Nate Michell | | | | Phillips | Best Western Ramkota |
| Kaden Fountain | Andrew Thompson | Ian Donaldson | Dominick Hadlock | | | | Faulkners | Fairfield Inn and Suites |
| | | | Leo Kutz | | | | McCarthys | |
| | | | Matthew Barton | | | | Van Hoecke | Glo Best Western |

## 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:

**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.

**Team Dinner:** Johnny Carinnos

**Sunday team dinner to go:** Outside of Council Bluffs exit 47

**See the full timeline on the next page**

**Championship runners may go back and forth from event to watch open races, then get lunch, then return.**

| Nov 7-9 | NXR | Notes |
|---|---|---|
| **Friday 11/7** | | |
| **4:30 PM** | **Parents/Coaches pick up vans** | Enterprise Overland Park |
| **Saturday 11/8** | | |
| **7:30am** | **Arrive BVHS** | Eat breakfast prior or bring it |
| **7:45am** | **Depart BVHS** | Vans 1-4 |
| 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 | |
| 6:10pm | Depart team hotel for team dinner | |
| 6:30pm | Team dinner at Johnny Carinos | |
| 8:00pm | Return to team hotel from dinner | |
| 8:15pm | Team meeting in lobby | All athletes |
| 10:00pm | Lights out | |
| **Sunday 11/9** | | |
| 8:00am | Boys open breakfast hotel lobby | Breakfast open 7-10am |
| **8:40am** | **Boys open depart hotel in Vans 3-4** | Moenster, Blasi |
| 8:15am | Girls open breakfast hotel lobby | |
| TBD | Championship runners breakfast | Eat when you want 7-10am |
| **9:10am** | **Girls open depart hotel in Van 2** | Day |
| 11:00-11:45am | Championship runners lunch at TBD | Location TBD |
| **12:15pm** | **Girls/Boys championship depart for race Van 1** | Van Hoecke |
| **11:00am** | **Boys Open Section 6 Race Start** | |
| **11:55am** | **Girls Open Section 1 Race Start** | |
| **2:25pm** | **Girls Championship Race Start** | |
| **2:55pm** | **Boys Championship Race Start** | |
| 3:20pm | Championship Award Ceremony | TBD |
| 3:45pm | Depart Yankton Trail Park | |
| 6:30pm | Dinner outside of Coucil Bluffs at exit 47 | Order to go |
| **10:00pm** | **Arrive BVHS** | estimate |
| **Boys Open Race Timeline** | | |
| 10:05am | Warm up start | Be at the line 20 prior |
| **11:00am** | **Race start** | |
| 10:20am | Cooldown | Begins 5 mins after race |
| **Girls Open Race Timeline** | | |
| 11:00am | Warm up start | Be at the line 20 prior |
| **11:55am** | **Race start** | |
| 12:05pm | Cooldown | Begins 5 mins after race |
| **Girls Championship Timeline** | | |
| 1:30pm | Warm up start | Be at the line 20 prior |
| **2:25pm** | **Race start** | |
| 2:55pm | Cooldown | Run around during boys race |
| **Boys Championship Timeline** | | |
| 2:00pm | Warm up start | Be at the line 20 prior |
| **2:55pm** | **Race start** | |
| 3:25pm | Cooldown | Begins 5 mins after race |