

Final Meet Information Nike Heartland Preview  
Saturday, September 9, 2023

Coaches,

We cannot wait to host your teams in a couple of weeks. Here is the information for the 2023 Nike Heartland Preview. Please be sure to pass this information on to all athletes, parents, and fans who will be attending our meet.

**Start Time:** 7:30am Course Opens  
9:15am Middle School Boys (3k unlimited entries)  
9:35am Middle School Girls (3k unlimited entries)  
10:00am Varsity Boys-5,000 meters (unlimited entries)  
10:00am MS Awards  
10:00am Varsity Boys-5,000 meters (unlimited entries)  
10:30am Varsity Girls-5,000 meters (unlimited entries)  
11:00am JV Boys- 5,000M (unlimited entries)  
11:30pm JV Girls-5,000M (unlimited entries)  
12:00pm JV/Varsity Awards

**Entries:** Register [HERE](#):

**Please note, the registration site will close on Tuesday Sept. 5<sup>th</sup> @ 5pm CT.**

**In an attempt to monitor race entries, please enter each athlete in a designated race. Only enter athletes who will be competing.**

**Directions:** To Yankton Trail Park

**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.

**Run Thrus:** Course is open from 2pm-5pm on Friday, Sept 8 and opens at 7:30am on race day.

**Entry Fee:** \$100.00 per gender: if running boys and girls, total due is \$200.00. Entry fee is \$25.00 per athlete for teams with less than 5 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 the meet or on meet day when packet is picked up.**

**Payment can be made with credit via athletic.net as well.**

**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.

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

**Live Results:** Thanks to our partnership with athletic.net, GMT will be providing live results. Follow each race in real time [www.thegoldmedaltiming.com](http://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](http://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 JV and Varsity races

**T-Shirts:** *Coaches, please let your athletes know that we will be selling NIKE meet apparel; hoodies, long sleeve tees, and shorts sleeve tees. Cash or Credit will be accepted.*

**Course:** 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.