

NXR Heartland Championships
Grand Forks Central Cross Country

The Nike Cross Heartland Regionals (NXR) cross country is one of eight regional meets that serve as qualifiers for the annual Nike Team nationals event in Portland.

Nov 11th, Saturday

9:00 AM Leave for Sioux Falls - Coach Allan's House - Leave Dressed To run
 1:30 PM Pick up Race Packets at Course
 Workout on Course
 3:00 PM Arrive at Sioux Falls and check in at Hotel
 Econo Lodge North
 5100 North Cliff Ave, SF, SD, 57014

 5:00 PM We will find a place to go eat

 9:30 PM In your own room
 10:30 PM Lights out

Rising Starts

Grant Martin
 Levi Borboa
 Jaded Halvorson
 Hunter Hoverson
 Lincoln Steele

Boys Open Section 3

Aidan Fiala
 Layton Boaz
 Patrick Humble

Nov 12th, Sunday, RACE DAY

6:00 AM Breakfast
 6:45 AM **Leave for Course**
8:00 AM Boys "Rising Stars" (Fresh/soph), 5k race, GFC
 8:25 AM Boys Open Invite Section 1
 8:50 AM Boys Open Invite Section 2
 9:00 AM RISING STARS AWARDS CEREMONY
9:15 AM Boys Open Invite Section 3
 9:40 AM Boys Open Invite Section 4
 10:05 AM Boys Open Invite Section 4
10:30 AM Girls Open Invite Section 1
 11:00 AM OPEN BOYS INVITE AWARDS CEREMONY
 11:00 AM Girls Open Invite Section 2
 11:30 AM Girls Open Invite Section 3
 Noon Girls Open Invite Section 4
 12:30 PM Competitive Community Race 5k
 12:30 PM GIRLS OPEN INVIT AWARDS CEREMONY
 1:30 PM Championship Boys 5k
 1:00 PM Championship Girls 5k
 3:45 PM Championship Race Awards

 Eat

 4:30 PM Arrive Back in Grand Forks

Open Invite Section 1

Katie Uhler
 Tennasyn Henry
 Emma Brown

Costs

Venmo Knights XC
 \$45 Entry fee
 \$45 room
\$90 Total to Team Account

Coaches/Parents: Athletes will not be able to participate unless the Participant Release Form is signed and returned to NXR.Waivers@nike.com. The form must be signed, scanned and emailed to NXR.Waivers@nike.com prior to the start of your respective regional. If the athlete is a minor, we will need parent/guardian consent – the coach cannot sign on the parent/guardian's behalf.

Download & Print: [Nike Cross Regionals Participant Release](#)

What you will need

Money for meals, about 3 meals
 Running clothes for any kind of weather: Rain, Snow or Sunshine
 Spikes, Warm- up outfit, Towel
 Stuff to read and do during long ride

Signed medical release form -EMAILED to nxr.waivers@nike.com

General Notes:

Race souvenirs and apparel will be available

Directions to Yankton Trail Park XC Course**I-29 from the North or South**

Exit 75 I-229 North to Exit 3 Minnesota Ave. Right <.1 mile to park entrance #1.

Directions to meet headquarters

I-29 Exit 78 (26th Street), Turn east onto 26th St 1/3 mile (26th St becomes Louise Ave)

Turn left into Clubhouse Hotel & Suites, 2320 S. Louise Ave



This 5k course consists of a 2K loop, to be run two times, with a 1K finish loop. The course is modeled after the NTN national course, consisting of moguls and hay bales which athletes must navigate throughout the course.

There is a 60 meter start line which gradually funnels in for about 450 meters to the first left turn. The moguls, which consist of 4 hills about 6 feet tall, are about 650 meters into the course.

The first set of 3 rows of hay bales are located about 1000 meters into the race with the second set being located about 1500 meters into the race.

At 2000 meters, the athletes will be back along the starting straight; they will complete the same loop a second time.

At 4000 meters, the athletes will again be on the starting straight, but this time at about 450 meters they will make a gradual left turn and head back toward the starting line for a 500 meter straightaway into the finish chute.