

Nike Heartland Preview @ YANKTON TRAIL PARK Saturday, September 9, 2023  
FINAL MEET INFORMATION

**Start Time:** 9:45am Middle School Boys-3k (unlimited entries-big loop and finish loop)  
10:05am Middle School Girls-3k (unlimited entries-big loop and finish loop)  
10:30am Varsity Boys-5,000M (unlimited entries)  
11:00am Varsity Girls-5,000M (unlimited entries)  
11:30am JV Boys-5,000M (unlimited entries)  
12:00pm JV Girls-5,000M (unlimited entries)  
12:30pm Awards Ceremony

**Course Description:** Flat/short hills

**Load Bus: 7:45AM Leave by 8:00(At the track field house) Athletes are expected to ride the bus to the meet but can leave with parents if necessary after competing/cooling down. No note is necessary for this meet as we are in town but please let a coach know so we do not leave anyone behind. Bus will return to WHS at approx. 1:00PM**

**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:** 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 varsity races

**T-Shirts:** *Coaches, please let your athletes know that we will be selling NIKE meet apparel, long sleeve tees, shorts sleeve tees, and a limited supply of 2021 XC hoodie/long sleeve tees at the meet. Cash or Credit will be accepted.*

**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.