

Nike Heartland Pre-Regional

Yankton Trails Park – Sioux Falls, SD

Sept. 14, 2024

Emergency #: Coach Wagoner - (605) 838-5149

Schedule:

- 7:45 a.m.- Load Bus at Door W
- 9:50 a.m.- Var. Boys (5k)- Borchers, Sjomeling, Wagoner
- 10:20 a.m.- Var. Girls (5k)- No Entry
- 10:50 a.m.- JV Boys (4k)- Rozmiarek, Carlson, Kallhoff, Haila
- 11:15 a.m.- JV Girls (4k)- Newberg, Smith, Wigg

Important Info for Parents:

Directions to Yankton Trail Park XC Course:

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.

Remember:

- Uniform (top, bottom)
- Training Shoes/Spikes
- Team Shirt/Team Socks
- Water bottle
- Warm-up Pants/Jackets

Thought for the meet:

This meet will be another tough test on our schedule as many of the best teams not only in South Dakota but the region will be competing. Take advantage of great weather and a fast course to chase a new PR.

Map Property of Gold Medal Timing

3000m:
Big Loop + Finish Loop

4000m:
Short Loop+Big Loop+Finish Loop

5000m:
Big Loop + Big Loop + Finish Loop

Short Loop
Big Loop
Finish Loop



Western Ave

Minnesota Ave

Map Property of Gold Medal Timing

Map Property of Gold Medal Timing

Map Property of Gold Medal Timing

Map Property of Gold Medal Timing

**YANKTON
TRAIL
PARK**



Start

Finish

57th Street

**NIKE
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2024**

