

# **Itinerary for Nike Heartland**

## **Preview Cross Country Meet**

**Friday, September 8, 2023** - 11:45AM - Excused from class

12:00PM - Charter Bus departs for Sioux Falls, South Dakota from MHS Pagel Center

4:00PM - Jog course at Yankton Trails Park

5:00PM - Arrival, check into hotel TBA

6:00PM - Dinner from Olive Garden delivered

9:30PM - Lights out

### **Saturday, September 9**

7:30AM - Breakfast in hotel lobby

10:00AM - Varsity Race (S Fries, Chose, Thomas, T Vos, Laninga, Schneider, Horvick, Baustert, Barry)

11:00AM - JV Race (Arevalo, Nordstrom, Cummings, Leighton, Wayman, Krishna, Ostendorf, D Romero, Kraus, Palm, Fischer, Debrey)

12:00PM - Awards

1:30PM - Depart for home (stop to eat at Subway - bring your own money)

6:00PM - Arrive back at MHS

What to bring - Filled out and signed permission slip, race uniform/warmups, spikes, running shoes, change of clothes, game face, healthy snacks, game face, water bottles, lunch money for way back, healthy bag lunch for Friday's bus ride.

Coach Renlund's cell/text number - 952-217-3731