

Hello Heartland Athletes, Coaches, and Parents,

On behalf of Nike and the entire Heartland team, we are thrilled to be hosting you and your athletes in Sioux Falls this weekend. As you are making your final preparation, here are a few things you will want to know.

This email will only be sent to account holders (the email address that is listed on the account on athletic.net) please be sure to forward this and all other emails from the Nike Heartland on to all athletes and parents that you have registered within your account.

All athletes must complete the [Participant Release Form](#) and return it to [NXR.Waivers@nike.com](mailto:NXR.Waivers@nike.com). If the athlete is a minor, we will need parent/guardian consent – the coach cannot sign on the parent/guardian's behalf.

With record entries again this year, over 4700, it was more difficult than ever to set our Championship fields. Race assignments can be found [HERE](#) Please be sure to check race assignment if you registered a team or an individual for the Championship section. All teams and individuals that did not make the Championship section have been re-assigned to an Open section. It is the athlete's responsibility to know when they race.

Box assignments will be posted [HERE](#) by Thursday at noon CT. Please note, if a team entered multiple athletes in an Open section/Boys Rising Stars, the team will be assigned multiple boxes beside each other. Athletes can fill those assigned boxes in any manner. Teams will be scored according to each team's entries.

Packet pick-up, course run thrus, and retail will begin at Noon and end at 4pm on Saturday, November 11th. The park will not open till noon, PLEASE DO NOT ARRIVE EARLY. There will be no entry into the part until NOON on Saturday.

Nike retail will be open from noon-4pm on Saturday and beginning at 7:00am on race day.

Athletes, come join Nike and TCRC for a course preview shakeout run with Olympian Valerie Constien! Valerie was a member of team USA in 2021 at the Tokyo Olympic games, competing in the 3000m Steeplechase! In addition to the run, Nike and TCRC will have giveaways on site to get ready for race day.

Packets can also be picked up on Sunday. Athletes can pick up packets up to 90 minutes prior to their designated race time on Sunday beginning at 6:30am.

The pre-event dinner is sold out.

Follow the races live at [wayzataresults.com](http://wayzataresults.com). If you can make it on race day, watch the live webcast [HERE](#)

There will be a \$10 charge for every vehicle that enters the park on meet day. We encourage you to pre purchase you pass on Saturday if you are at the course for run thrus and packet pick up. Please have your pass displayed on your rear-view mirror when entering the park on Sunday to help expedite your entry. There is no fee to park on Saturday.

**New this year!** We will have a courtesy shuttle driving around the west side of the park. The shuttle will pick up and drop off spectators who park on that side of the course. There will be 6 stops on the loop and there is no cost to jump on. It will take about 6-8 minute for the shuttle to make a loop back to the main part of the course.

All NXR Heartland meet information can be found [HERE](#)

Safe travels to Sioux Falls this weekend and best of luck to all athletes.

**Kristi Rieger**

NXR Heartland

[NXR Heartland Regional Championships](#)