

## Meet Details for NXN Midwest Regional:

Distance: **3.1mi/5K race**

Location: LaVern Gibson Championship Cross Country Course, Terre Haute, IN

Read more: <http://nxrmw.runnerspace.com/>

**Bus Time: 10am on Saturday, November 10**

Races Begin: **10:30am EST** on Sunday, November 11

10:30am Community 5k race

11:00am Middle School 3k Challenge (Boys & Girls run together: Grades 6th -8th)

11:20am Free Kids 400 meter Race (Ages 3 to 11)

11:25am National Anthem

11:30am Boys F/S Race

12:00pm Girls F/S Race

12:30pm Boys Open Invitational 1

1:00pm Boys Open Invitational 2

1:30pm Girls Open Invitational

2:00pm Boys Championship Race

2:30pm Girls Championship Race

3:00pm Awards Ceremony

**\*ALL RACE TIMES ARE LOCAL EASTERN STANDARD TIME ZONE**

Saturday, November 10:

- 10:00 am CST—Load bus and be on the road. Will stop for **lunch bring \$**
- 3:30/4:00 pm **EST**—Arrive at LaVern Gibson for practice
- 5:00 pm **EST** – Packet Pick-up & Ice Cream social @ Wabash Valley Family Sports Center
- 6:00 pm **EST**—Depart for hotel – Super 8 Paris, Illinois 11642 IL-1, Paris, IL 61944 (217) 463-8888
- 6:00 pm CST—Arrive at Hotel
- 7:00 pm CST—**Dinner - Bring \$**
- 9:30 pm CST—Athletes in own room and lights out!

Sunday, November 11:

- 7:00 am CST – Shakeout Run + Breakfast
- 8:00 am CST – Depart for course
- 11:30am Boys F/S Race
- 12:00pm Girls F/S Race
- 12:30pm Boys Open Invitational 1
- 1:00 pm Boys Open Invitational 2
- 1:30 pm Girls Open Invitational
- 2:00 pm Boys Championship Race
- 2:30 pm Girls Championship Race
- 3:00 pm Awards Ceremony
- 3:30pm EST – Head for Home – **stop for food on way bring \$**
- 6:30-7:30pm CST range – Arrive at OEHS

### Things to Bring:

Practice clothes  
Dinner clothes  
Toiletries  
HRC Uniform  
Spikes

Running shoes  
Change of clothes  
Warmup clothes  
Water, Gatorade  
Snacks for race day

Specific Breakfast Items  
A pillow for the bus  
**Money for lunch & dinner**  
**Saturday + dinner Sunday**  
Money for t-shirts at the race

