**2019 NXR – Southwest Region**

**November 21 - 23, 2019 (Thursday - Saturday)**

Grande Sports Academy – Casa Grande, AZ

**Proposed Schedule:**

**Thursday, November 21th**

* 11:30 am Team Flight to Phoenix – Southwest flight #560 11:30am – 1:25pm

 Come to plane dressed to run

 Athletes and parents book on your own. Athletes need to be at Team run by 3pm.

 Rest is important so steer clear of early am flights

* 1:30 pm Gather at Phoenix Airport Baggage Claim and Pick up Cars
* 3:00 pm Meet and run as a team – Place to be decided by coaches
* 5:00 pm Check into Hotel - Hyatt Place Phoenix Chandler/Fashion Center

 3535 W. Chandler Blvd, Chandler, AZ 85226

* 6:00 pm Dinner on your own
* 8:00 pm Team Meeting at Hotel (athletes and coaches)
* 9:30 pm In Rooms
* 10:00 pm Lights Out

**Friday, November 22nd**

* 8:00 am Breakfast
* 10:30 am Run as a team – Place to be decided by coaches
* 12:00 pm Lunch at the Mall (athletes usually go in groups; drivers/parents on your own)
* 3:00 pm Leave for NXR Course Walk Through
* 4:00 pm NXR Events and Race Course Walk Through (bring T-shirt for shirt exchange)
* 6:00 pm Leave for hotel
* 7:00 pm Team Dinner Olive Garden at Hotel (drivers/parents on your own)
* 8:00 pm Team Meeting and Hand out Race Bibs
* 9:00 pm In Rooms
* 10:00 pm Lights Out

**Saturday, November 23rd**

* 6:00 am First group leaves for race
* 8:30 am Girls & Boys Open Races (exact NXR race times coming soon)
* 10:30 am Championship Races Line Up (exact NXR race times coming soon)
* 12:00 pm Awards
* 2:00 pm Return to Hotel and Lunch
* 7:40 pm Team Flight to Denver Southwest flight #3895 7:40 pm – 9:25 pm
* 9:25 pm Arrive Home – You will need to find your own way home from airport

**Anticipated Costs: (Per Athlete) Paid By Athlete**

* Flights to Phoenix – Southwest Airlines $250 - $300 (Book on your own)
* Hotel – Hyatt Place Phoenix/Gilbert $85.00
* Rental Cars & Gas Money $55.00
* Friday Team Dinner & Race day snacks $15.00
* Lunch, dinner and Movie (Cash) $50.00
* Souvenirs – Shirts, hats, etc. $45.00
* **Estimated Total: $500.00\***

**\* Items in green (totaling $155) will be made out to the MV Booster Club and given to Therese Fitzsimmons.** Plan to books your own flights and send your athlete with cash for other items listed.