

Center Line Freshman Sophomore Classic

October 22, 2019

1:40 PM Dismissed from 6th hour
 2:00 PM Girls & Boys Departs Dakota
 2:30 PM Middle School Bus departs
 4:15 PM Girls 9th-10th Grade Race
 4:45 PM Boys 9th-10th Grade Race
 5:15 PM Middle School Race (2.1 Miles)
 5:30 PM Awards (Top 30 in each race earn medals, ribbons to the rest)
 Trophies to the TOP 2 teams

Dakota Top Times at Center Line High School					
BOYS			GIRLS		
Nick Culbertson	16:06	2010	Hannah Faustyn	19:08	2016
Brad Bates	16:14	2013	Lauren Burnett	19:17	2012
Jordan Staley	16:27	2010	Hannah Faustyn	19:28	2017
Blake Ryan	16:34	2010	Christina Micale	19:35	2012
Alex Fauer	16:36	2012	Janell Herrick	20:05	2005
Will Saiz	16:42	2013	Emma Myziuk	20:09	2018
David Carnago	16:42	2017	Rylie Yager	20:13	2016
Phil Baldick	16:43	2007	Janell Herrick	20:14	2006
Joseph Jaster	16:46	2017	Marisa Weller	20:20	2013
Josh VanSlambrouck	16:48	2017	Katelyn Slone	20:21	2018
Brennan Buckner	16:49	2013	Tara Geralt	20:29	2008
Ian Demrose	16:51	2013	Christina Micale	20:33	2010
Zack Thomas	16:52	2012	Kathryn Ugorowski	20:36	2011
Danny Knapp	16:55	2014	Janell Herrick	20:39	2005
Nick Fowler	17:00	2006	Kayla Dobies	20:39	2013
James Courtney	17:01	2005	Angie Giordimaina	20:41	2004
Stephen Orr	17:01	2010	Christina Micale	20:41	2011
James Courtney	17:03	2004	Kathryn Ugorowski	20:47	2010
Nick Culbertson	17:04	2008	Tara Geralt	20:48	2009
David Walker	17:05	2015	Marisa Weller	20:48	2013

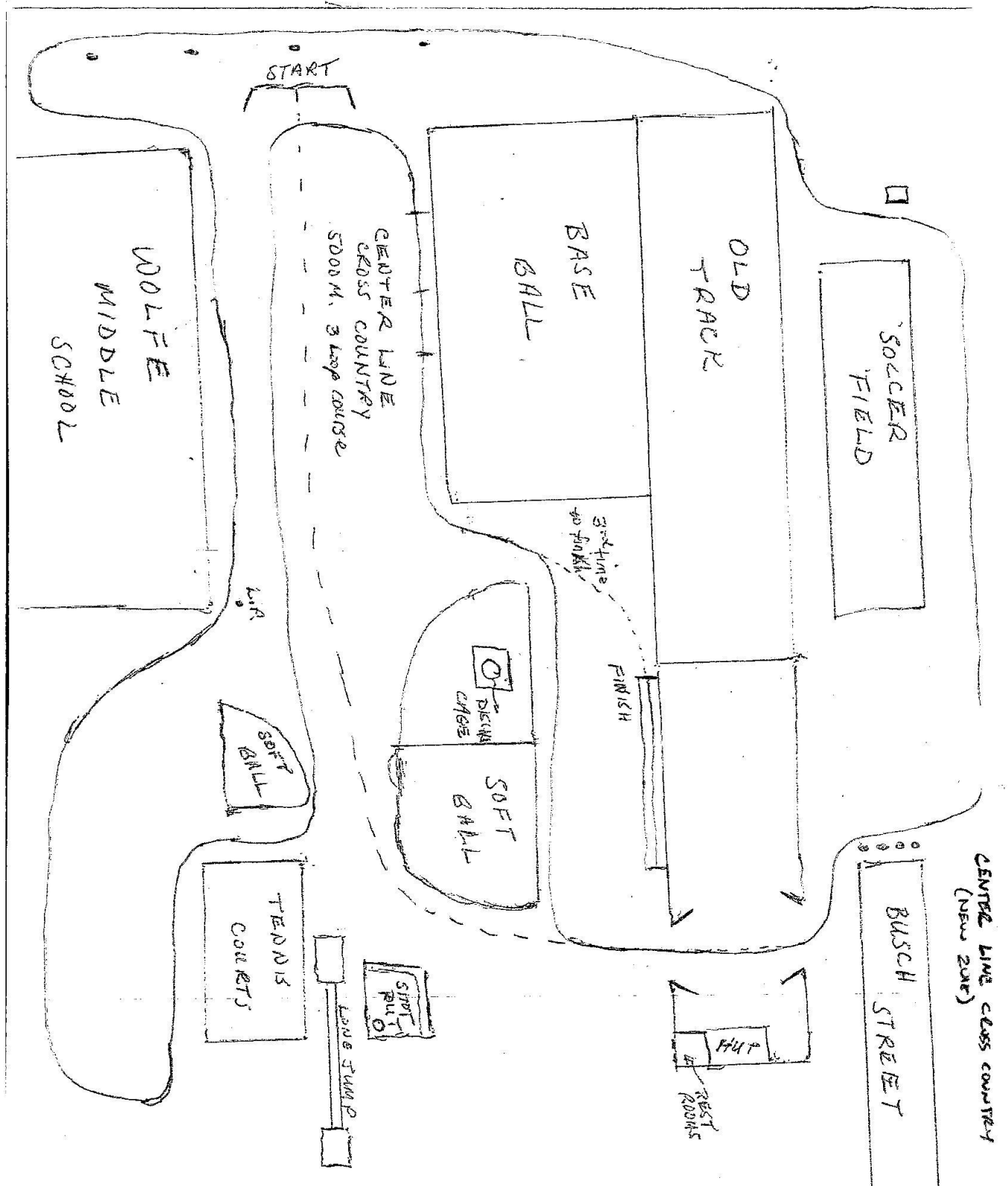
WEATHER FORECAST FOR CENTER LINE 48015

<u>HIGH/LOW</u>	<u>PRECIP</u>	<u>WIND</u>	<u>CONDITIONS</u>
57°/51°	0%	SW 30 mph	Mostly Cloudy



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LORRAINE STREET



Center Line Freshman Sophomore Classic

October 22, 2019

Dakota Cross Country



Men's Pre-Race Schedule

Minutes Before		What To Do
At Home or		Adjust spikes
Upon arrival		Set up tent/ Find Bathrooms
10 Minutes		Meet w/ Coach (Put race # on Uniform)
55	3:50	10 min light jog
45	4:00	Stretch / restroom
30	4:15	5 min Progressive run
25	4:20	Ind. Stretching / restroom
20	4:25	Change shoes/put jersey on
18	4:27	3-minute jog to starting line
15	4:30	Arrive at Starting Line
10	4:35	Team Huddle
2	4:43	Strip down to Uniform
0	4:45	Bang!!!!
		<i>Run-outs Strides Drills</i>

Post-Race schedule

Minutes After Race		What To Do
0 min	5:03-5:10	Catch breath, cheer on team, get water
10 min	5:13-5:20	Meet with Coach at predetermined point on course
15 min	5:18-5:25	Return to tent, change shoes/clothes
15 min	5:25	Check in with family/friends at the tent
30 min	5:40	Cool Down w/ team (5-20 min) cheering other runners
		Report to start of (next) Race
		Cheer on other runners in groups at various locations
50 min	6:00	Stretch
55 min	6:05	8 min Abs / core strength /lower leg exercises
		Clean up Tent /Garbage
		Attend awards ceremony
		Get on the BUS
Note: Your race is not finished until you exit the chute.		

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Women's Pre-Race Schedule



Minutes Before		What To Do	
At Home or		Adjust spikes	
Upon arrival		Set up tent/ Find Bathrooms	
10 Minutes		Meet w/ Coach (Put race # on Uniform)	
55	3:25	10 min light jog	
45	3:30	Stretch / restroom	
30	3:45	5 min Progressive run	
25	3:50	Ind. Stretching / restroom	
20	3:55	Change shoes/put jersey on	
18	3:57	3-minute jog to starting line	
15	4:00	Arrive at Starting Line	<i>Run-outs Strides Drills</i>
10	4:05	Team Huddle	
2	4:13	Strip down to Uniform	
0	4:15	Bang!!!!	

Post-Race schedule

Minutes After Race	What To Do	
0 min	4:35-4:45	Catch breath, cheer on team, get water
10 min	4:45-4:55	Meet with Coach at predetermined point on course
15 min	4:50-5:00	Return to tent, change shoes/clothes
15 min	5:00	Check in with family/friends at the tent
30 min	5:15	Cool Down w/ team (5-20 min) cheering other runners
		Report to start of (next) Race
		Cheer on other runners in groups at various locations
50 min	5:25	Stretch
55 min	5:30	8 min Abs / core strength /lower leg exercises
		Clean up Tent /Garbage
		Attend awards ceremony
		Get on the BUS
Note: Your race is not finished until you exit the chute.		