

Dakota Carnival of Races

Thursday October 6, 2023

2:45 pm Boys arrive at Dakota
3:15 pm Girls arrive at Dakota
4:15 pm Boys 9th-10th /11th -12th Race
4:45 pm Girls 9th-10th Race/11th -12th Race



Please plan to stick around and help with the MS Races and Course take down!!!

The Course: Dakota High School

BOX Assignments: Box #4

T-shirts for Sale: \$15 NO CASH

WEATHER FORCAST for Macomb MI

73°/44°



Mostly Cloudy

24%



SW 11 mph

Teams competing



Auburn Hills Christian



Lakeview St. Clair Shores



Macomb Lutheran North



New Haven



Lake Shore St. Clair Shores



Macomb Dakota

Michigan Athletic Club for
Homeschoolers

Awards

- Medals to top 50 in each race



Dakota Top Times at Dakota High School

BOYS				GIRLS			
Jack Mathers	16:26	2022		Jayden Harberts	18:46	2020	
Carter Fox	16:30	2022		Jayden Harberts	19:25	2020	
Jacob Harberts	17:03	2020		Ava LaMilza	19:38	2022	
Simon Davis	17:05	2022		Ava LaMilza	20:18	2021	
Simon Davis	17:14	2022		Lidia Clancy	20:30	2022	
Carson Gilbertson	17:17	2022		Chelsea Harvey	20:48	2021	
Matthew Singer	17:23	2020		Emma Myziuk	21:06	2020	
Carter Fox	17:25	2021		Katelyn Slone	21:10	2020	
Nicholas Bryant	17:26	2020		Ava LaMilza	21:10	2020	
Jack Mathers	17:27	2022		Lindsay Harvey	21:11	2021	
Carter Fox	17:27	2022		Emma Myziuk	21:15	2020	
Simon Davis	17:29	2022		Tori Trumper	21:22	2022	
Colton Howell	17:29	2022		Mylene Phan	21:28	2022	
Carson Gilbertson	17:31	2022		Mylene Phan	21:28	2022	
Carson Gilbertson	17:34	2022		Julia Timpa	21:29	2022	
Owen Clancy	17:37	2022		Mylene Pham	21:54	2021	
Noah Redman	17:41	2022		McKenna Goike	21:56	2020	
Braden Garrish	17:43	2022		Lindsay Harvey	22:09	2020	
Michael Vogel	17:47	2022		Allison Ferguson	22:11	2020	
Jason Jaster	17:48	2022		Ryann Smitka	22:15	2022	
**New Course in 2020							

Top 25 Times Dakota High School – XC Course

BOYS					GIRLS				
1	Trent McFarland	Utica	15:43	2022	Jayden Harberts	Dakota	18:46	2020	
2	Thomas Westphal	Anchor Bay	16:01	2022	Jayden Harberts	Dakota	19:25	2020	
3	Vincent Guaresimo	Romeo	16:02	2022	Isabella Beck	Eisenhower	19:26	2022	
4	Carter Boullard	St. Clair	16:21	2022	Ava LaMilza	Dakota	19:38	2022	
5	David Harris	St. Clair	16:24	2022	Grace Wessel	M.A.C.H.	20:08	2020	
6	Jack Mathers	Dakota	16:26	2022	Anne May	LHN	20:11	2022	
7	Lucas Karbel	WL Northern	16:27	2022	Abby Fifield	Utica	20:17	2022	
8	Jacob Mauer	Eisenhower	16:29	2022	Ava LaMilza	Dakota	20:18	2021	
9	Elijah Dicerbo	Fraser	16:30	2020	Madeline Richman	Utica	20:24	2021	
10	Carter Fox	Dakota	16:30	2022	Norah Lesner	Utica	20:26	2022	
11	Ethan Muraszewski	Utica	16:32	2022	Grace Wessel	M.A.C.H.	20:27	2021	
12	Zachary Rubicz	Anchor Bay	16:34	2022	Lidia Clancy	Dakota	20:30	2022	
13	Jacob Mauer	Eisenhower	16:38	2022	Courtney Bovair	Carleton Airport	20:32	2022	
14	Tyler Brothers	Eisenhower	16:43	2022	Charlotte Long	Eisenhower	20:33	2021	
15	Evan Rice	WL Northern	16:45	2022	Isabella Agrusso	Marian	20:39	2020	
16	Tyler Brothers	Eisenhower	16:46	2022	Charlotte Long	Eisenhower	20:41	2022	
17	Dylan Distelrath	St. Clair	16:47	2022	Chelsea Harvey	Dakota	20:48	2021	
18	Caleb Kosel	GPN	16:49	2022	Olivia Ebel	LHN	20:50	2022	
19	Derrian Kumfer	Romeo	16:50	2022	Amy Rowan	M.A.C.H.	20:53	2021	
20	Eli Hullinger	Romeo	16:50	2022	Maya Harb	Marian	20:54	2020	
21	David Rochon	GPN	16:59	2022	Brooke McFarland	Utica	20:56	2022	
22	Caleb Kosel	GPN	16:54	2022	Rachel Phillips	Ford	20:57	2022	
23	Nicholas Adams	WL Northern	17:03	2022	Alexandra Metzger	Eisenhower	21:05	2021	
24	Jacob Harberts	Dakota	17:03	2020	Emma Myziuk	Dakota	21:06	2020	
25	Harper Wesley	Utica	17:04	2022	Madeline Richman	Utica	21:07	2021	
25	Logan Davis	Utica	17:04	2022	Lauren Koski	LHN	21:07	2022	

* New course in 2020





DAKOTA CROSS COUNTRY

Pre-Race Planning Sheet



Name: _____ Grade: _____ Year: 2023

Race: Dakota Carnival of Races Course: Dakota High School

If you ran this race last year, what was your Place? _____ What was Your Time? _____

What is your Personal Record time for cross country?

Being at our home course, how will you use it to your advantage?

What is your race plan since you know the 1000m of the course better than the opponent?

What will you do if you are leading the race?

What is the one thing you will **FOCUS** on during the last mile of the race?

What will help you be mentally prepared to move up (pass runners) during the middle mile?

What plans do you have for adapting to *unplanned events*?

What is your individual expectation as far as Time and place?

What's **one word** you would like someone to use to describe your race in this meet?

Amazing Awesome **Bold** Boundless **Brave** Breakout **Champion** Competitive **Confident** Daring **Dazzling** Determined
Electrified Elite **Enjoyable** Epic **Exquisite** Fabulous **Fascinating** Fast **Fearless** Focused **Fun** Great **Grit** Happy **Hardworking**
Impressive **Joy** Kick A\$\$ **Legendary** Lively **Marvelous** Masterful **Motivating** Natural **Optimistic** Outstanding **Phenomenal**
Poised **Polished** Positive **Powerful** Prepared **Quality** Quick **Refute** Relaxed **Remarkable** Rewarding **Skillful** Smart **Spirited**
Strong **Success** Super **Superb** Talented **Terrific** Thrilling **Upbeat** Vibrant **Victorious** Wonderful **X-cellent** Yes **Zealous**

PRE-RACE SCHEDULE

Minutes Before Race	What To Do	
At Home or on the bus	Adjust spikes	
Upon arrival	Set up tent/ Find Bathrooms	
10 Minutes after arrival	Meet w/ Coaches (Put race # on Uniform) Get additional instruction	
60 min	5 min light jog on course (w/ training groups)	
55 min	Leg swings, foam roll, Stretch / restroom	
40 min	10 min Progressive run	
30 min	Ind. Dynamic Stretching / restroom	
25 min	Change shoes/put jersey on	
20 min	2-minute jog to starting line	
18 min	Arrive at Starting Line	Run-outs, Strides, Drills
10 min	Team Huddle	
2 min	Strip down to Uniform	
0 min	Bang!!!!	

POST-RACE SCHEDULE

Minutes after Race	What To Do
0 min	Catch breath, cheer on team, get water,
10 min	Meet with Coach at predetermined point on course
15 min	Return to tent, change shoes/clothes
15 min	Check in with family/friends
25 min	Cool Down w/ groups (5-20 min)
45 min	Static Stretching, Rolling (10 minutes minimum)
55 min	Clean up Tent /Garbage
	Depart from the area
At home	Abs / core strength /lower leg exercises
	Complete post-race analysis form

Note: Your race is not finished until you exit the chute.

