

MHSAA Regional Meet

Friday October 27, 2023

12:30 pm Girls excused from class
12:50 pm Girls Bus departs
1:00 pm Boys excused from class
1:30 pm Boys Bus departs
3:10 pm Coaches Meeting
4:00 pm Girls Varsity Div. 1 Race
5:00 pm Boys Varsity Div. 1 Race
5:30 pm Open Race for HS Boys
5:35 pm Open Race for HS Girls
6:30 pm Awards (in the stadium at FL)



The Course: Anchor Bay High School
6319 County Line Rd.
Fair Haven, MI 48023

Admission: Spectators will pay \$7 per person or \$10 per vehicle, carpool if possible!
<https://gofan.co/event/1186820?schoolId=MI9885>

NO DOGS ALLOWED!!!

BOX Assignments: Boys #4 Girls #8

WEATHER FORCAST for Fairhaven, MI

69°/46°



Mostly Cloudy

24%



SW 13 mph

Teams competing Div.1

Clinton Twp. Chippewa Valley
Fraser
Grosse Pointe North
Grosse Pointe South
Harrison Township L'Anse Creuse
Macomb Dakota
Macomb L'Anse Creuse North
New Baltimore Anchor Bay
Port Huron

Port Huron Northern
Rochester Hills Stoney Creek
Romeo
Roseville
St. Clair Shores Lakeview
Utica Eisenhower
Warren DeLaSalle
Warren Woods Tower

Regional Site History for Dakota

1996-1999	Royal Oak Kimball
2000-2001	Springfield Oaks, Holly
2002-2003	Stony Creek Eastwood Beach
2010	Metro Beach
2008, 2017-2018	Algonac High School
2004-07,09,11-12,14, 19, 2022	Goodells County Park
2013, 2015-2016, 2020-2021, 2023	Anchor Bay High School

Awards

- Run for one award, the honor of attending the state meet!
- Medals to top 15 in Varsity.
- Trophy to the Regional Champion Team
- 7 medals to the winning team members
- **Top 3 teams qualify. Top 7 individuals not on a team qualify!**
- (a 4th place can qualify if they have 4 in the Top 20)
- 40 medals for each Open Race (JV)

Dakota Top Times at Anchor Bay HS					
BOYS			GIRLS		
Chase Fedolak	15:46	2016	Jayden Harberts	18:09	2020
Joshua VanSlambrouck	16:08	2016	Hannah Faustyn	18:40	2016
Zachary MacDonald	16:10	2016	Kayla Dobies	18:43	2015
James Hoefler	16:11	2015	Jayden Harberts	18:58	2020
Joshua Jaster	16:11	2016	Emma Myziuk	19:01	2020
Brendan Koch	16:12	2015	Jayden Harberts	19:22	2021
Jacob Harberts	16:19	2020	Marah Pugh	19:36	2013
David Walker	16:25	2016	Allyson Slone	19:41	2016
Mitchell MacDonald	16:33	2016	Hannah Faustyn	20:02	2015
Thomas Szymanski	16:39	2016	Rylie Yager	20:09	2016
Zachary MacDonald	16:39	2016	Hannah Faustyn	20:11	2016
Bradley Bates	16:44	2013	Katelyn Slone	20:17	2020
Joshua Jaster	16:52	2016	Mariah Belmont	20:32	2021
Thomas Szymanski	16:53	2016	Ava LaMilza	20:46	2020
Jacob Harberts	16:53	2020	Emma Myziuk	20:50	2020
Joshua Jaster	16:54	2015	Chelsea Harvey	20:55	2020
Matthew Singer	16:58	2020	Lindsay Harvey	20:58	2020
Sawyer Kisha	17:00	2016	Kayla Dobies	21:04	2013
William Saiz	17:03	2013	Allyson Slone	21:08	2016
Bradley Bates	17:04	2013	Katelyn Slone	21:09	2020

DAKOTA COUGARS BOYS STATE QUALIFIERS

2000	Ryan Sucharski
2001	Ryan Sucharski
2005	James Courtney
2007	Phil Baldick
2008	Phil Baldick, Nick Culbertson
2009	Nick Culbertson, Kyle Allinder, Stephen Orr, TEAM (Blake Ryan, Jordan Staley, Kyle Lewis, Vince Ferranti)
2010	Nick Culbertson, Blake Ryan, Stephen Orr, Jordan Staley TEAM (Zachary Thomas, Alex Fauer, Tim Szymanski)
2013	Brad Bates, Will Saiz,
2015	Brendan Koch, James Hoefler
2016	Mitch MacDonald, Zachary MacDonald TEAM (Josh Jaster, Tom Szymanski, David Walker, Sawyer Kisha, Chase Fedolak)
2018	Joseph Jaster
2019	Jacob Harberts
2020	Jacob Harberts
2022	Carter Fox, Jack Mathers
2023	YOU!!!



Dakota Team Results					
<u>BOYS</u>			<u>GIRLS</u>		
<u>YEAR</u>	<u>PLACE</u>	<u>PTS</u>	<u>YEAR</u>	<u>PLACE</u>	<u>PTS</u>
1996	17 th	nts	1996	17 th	nts
1997	15 th	nts	1997	12 th	nts
1998	13 th	368	1998	7 th	187
1999	9 th	241	1999	6 th	182
2000	7 th	183	2000	14 th	nts
2001	8 th	178	2001	12 th	307
2002	9 th	245	2002	7 th	195
2003	5 th	149	2003	11 th	270
2004	12 th	262	2004	11 th	256
2005	5 th	189	2005	10 th	235
2006	4 th	142	2006	13 th	317
2007	11 th	248	2007	13 th	354
2008	5 th	155	2008	13 th	386
2009	2 nd	70	2009	7 th	219
2010	1 st	49	2010	4 th	104
2011	10 th	226	2011	8 th	173
2012	6 th	160	2012	7 th	176
2013	8 th	181	2013	9 th	217
2014	8 th	162	2014	8 th	223
2015	7 th	147	2015	10 th	244
2016	3 rd	95	2016	8 th	205
2017	8 th	218	2017	10 th	316
2018	7 th	184	2018	11 th	238
2019	7 th	183	2019	7 th	163
2020	5 th of 8*	132	2020	4 th of 8*	94
2021	12 th of 16	289	2021	3 rd of 15	117
2022	4 th of 19	132	2022	3 rd of 17	81

DAKOTA COUGARS GIRLS STATE QUALIFIERS

1997	Jennie Froelich, Kristen Leszczynski
1998	Jennie Froelich
1999	Jennie Froelich
2002	Jenni Culbertson
2005	Janell Herrick
2010	Christina Micale
2011	Marah Pugh
2012	Christina Micale
2013	Marah Pugh
2014	Kayla Dobies
2015	Kayla Dobies,
2016	Hannah Faustyn,
2020	Jayden Harberts, Emma Myziuk
2021	Jayden Harberts, Mariah Belmont
	TEAM (Ava LaMilza, Chelsea Harvey, Lindsay Harvey, McKenna Goike, Mylene Pham)
2022	Jayden Harberts, Ava LaMilza
	TEAM (Mariah Belmont, Lidia Clancy, Julia Timpa, Lindsay Harvey, Tori Trumper)
2023	<i>you!!!</i>



DAKOTA CROSS COUNTRY
Post-Race Analysis Form



Name: _____ Grade: _____ Year: 2023

Race: MHSAA REGIONAL Course: Anchor Bay High School

How would you grade your race? A+ A B+ B C+ C D E

Grade your mental preparation for this race: A B C D E

Was your thinking **positive and focused** during the warm-up? Yes No

Did you follow your race plan that you created? Yes No

Did you compete fiercely down the stretch? Yes No

Did you move up in the last mile? Yes No

Did you move up in the last 300? Yes No

What were the strengths of your race?

What were some points for improvement during your race?

What **ONE WORD** would you use to describe your race?

Was this the same word as you picked PRERACE? Yes No

How would you grade your training last week? A B C D E

How would you grade your nutrition last week? A B C D E

How would you grade your **focus** last week? A B C D E

How was your sleep last week? A B C D E

Is there anything differently **you** plan to do in preparation for the next race?

Is there anything your coaches can do to help you achieve your goals in the future (track season or next cross-country season)?

Is there anything else you would like to tell us or want us to know?

PRE-RACE SCHEDULE

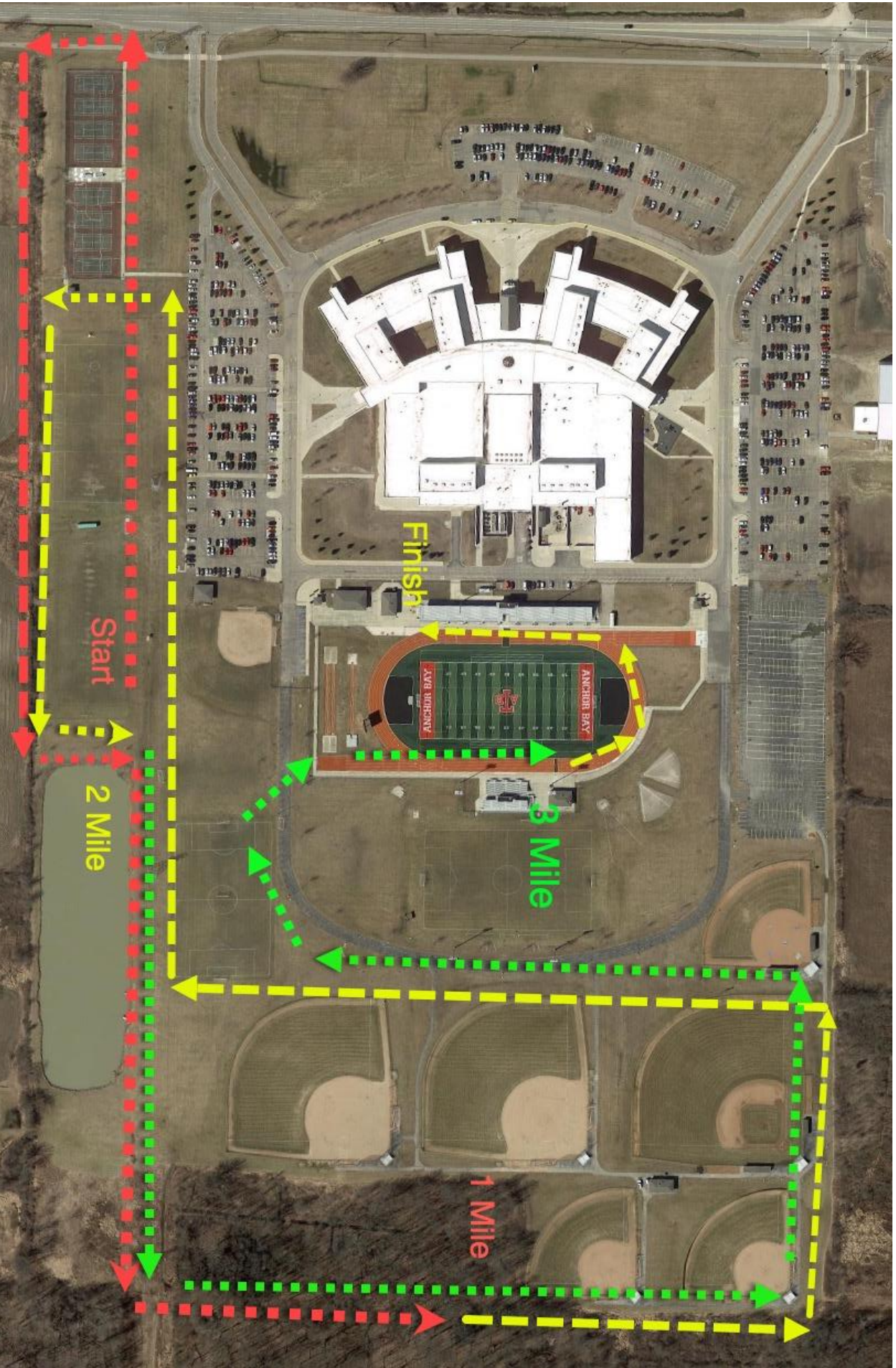
Minutes Before Race	What To Do	
At Home or on the bus	Adjust spikes	
Upon arrival	Set up tent/ Find Bathrooms	
10 Minutes after arrival	Meet w/ Coaches (Put race # on Uniform) Get additional instruction	
60 min	5 min light jog on course (w/ training groups)	
55 min	Stretch / restroom	
40 min	10 min Progressive run	
30 min	Individual 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!!!!	

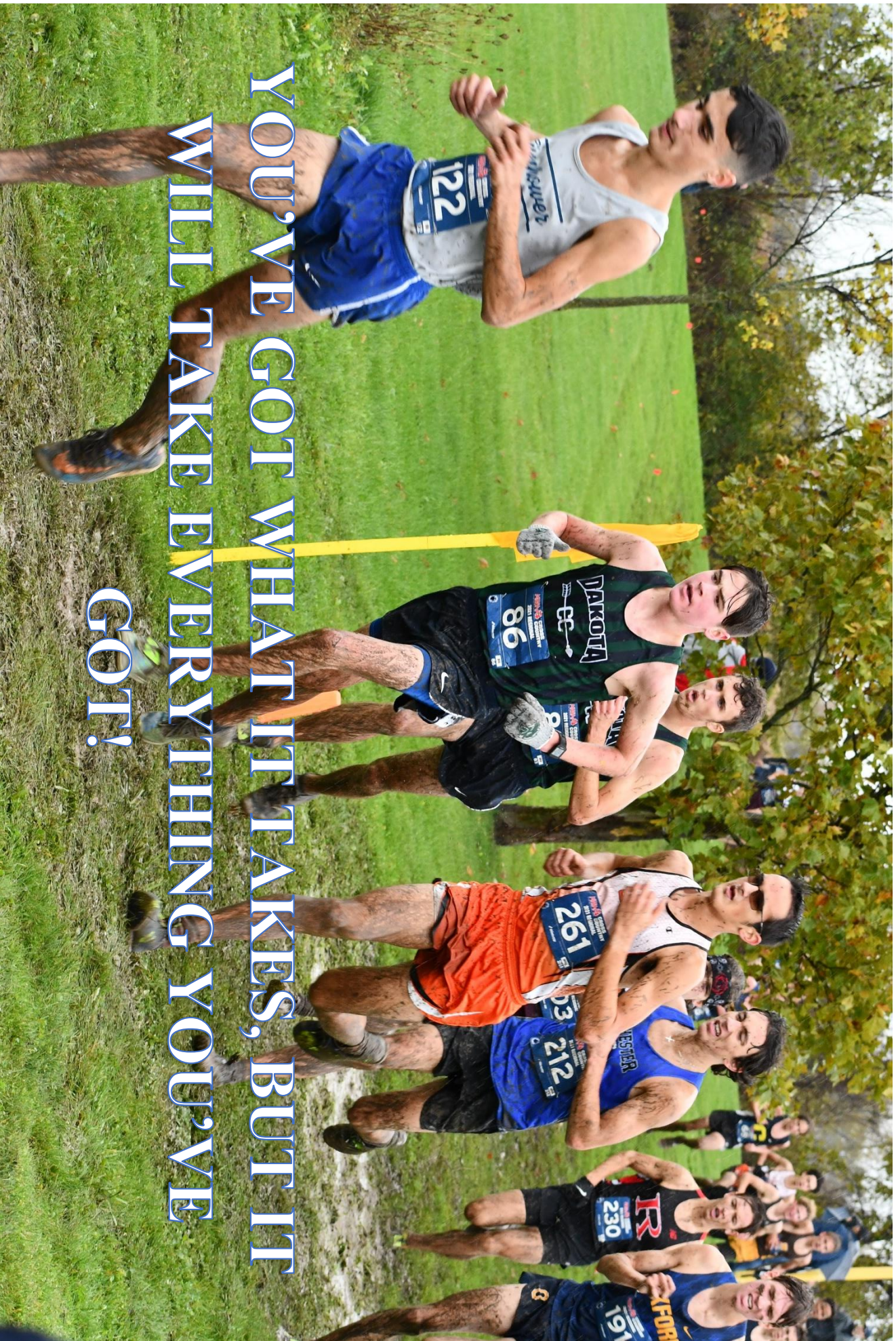
POST-RACE SCHEDULE

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
	Attend Awards
	Abs / core strength /lower leg exercises
On bus	Complete post-race analysis form
At home	Ice, additional stretching, etc.

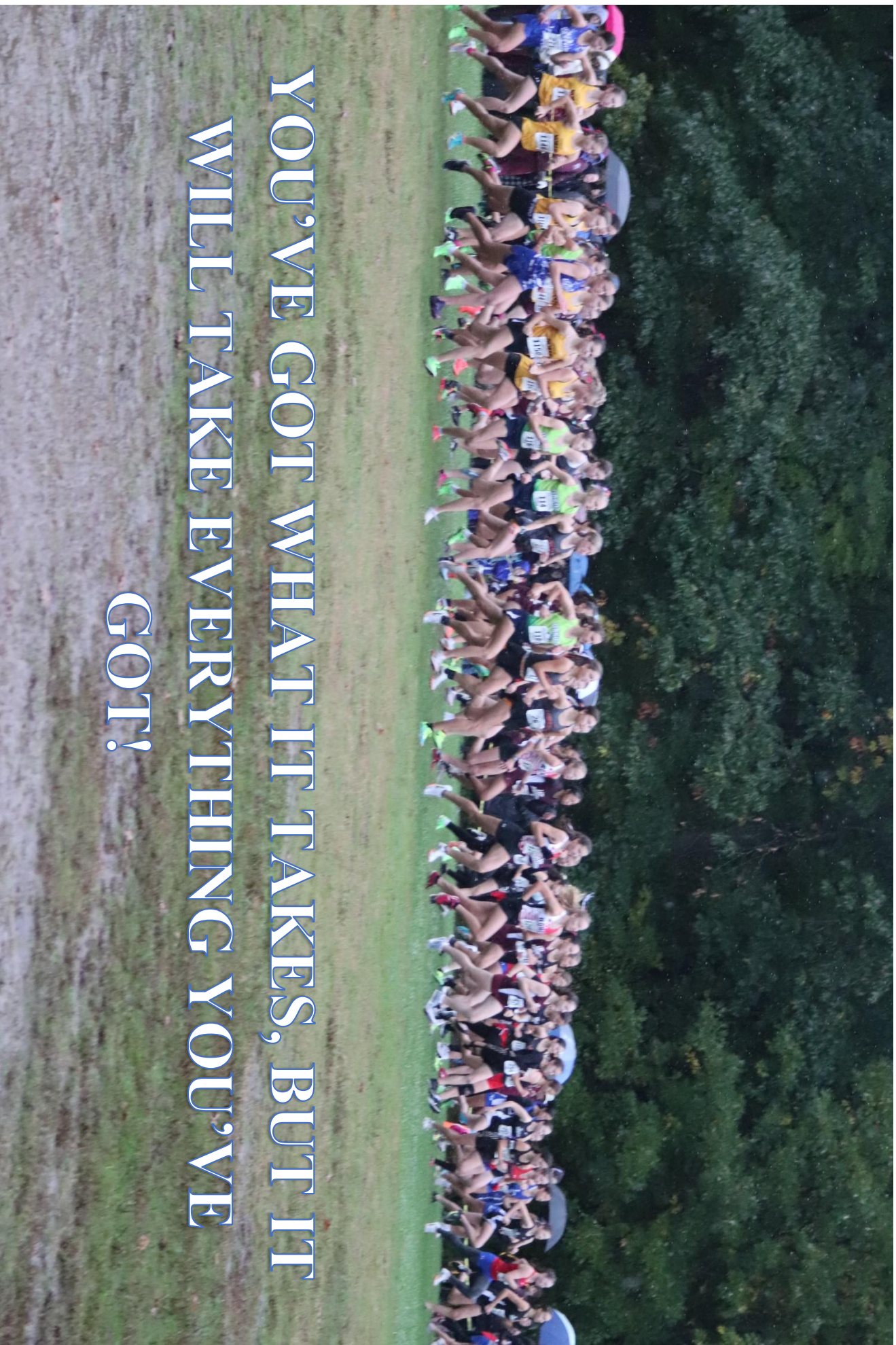
Note: Your race is not finished until you exit the chute.







YOU'VE GOT WHAT IT TAKES, BUT IT
WILL TAKE EVERYTHING YOU'VE
GOT!



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DAKOTA CROSS COUNTRY: PRE-Race Analysis Form

Fill in the blanks with notes or descriptions on how you plan to race this Friday. You should include detailed thoughts about how you will approach each section of the race.

