

# Dakota Cross Country



## Pre-Race Schedule

Minutes Before Race	V	JV	What To Do
At Home or On bus			Adjust spikes
Upon arrival			Set up tent/ Find Bathrooms
10 Minutes after arrival			Meet w/ Coach (Put race # on Uniform) Get additional instruction
55	3:35	4:50	5 min light jog
50	3:40	4:55	Stretch / restroom
35	3:55	5:10	10 min Warm-up on course
25	4:05	5:20	Ind. Stretching / restroom
20	4:10	5:25	Change shoes/put jersey on
15	4:15	5:30	2-3 minute jog to starting line
12	4:18	5:33	Arrive at Starting Line
10	4:20	5:35	Run-outs / Strides /Drills
3	4:27	5:42	Team Huddle
1-2	4:28	5:43	Strip down to Uniform
0	4:30	5:45	Bang!!!!

## Post-Race schedule

Minutes After Race	V	JV	What To Do
0 min	4:45-4:50	6:05-6:15	Catch breath, cheer on team, get water
5 min	4:50-4:55	6:10-6:20	Meet with Coach at predetermined point on course
15 min	5:00-5:05	6:20-6:30	Return to tent, change shoes/clothes
15 min	5:05	6:30	Check in with family/friends at the tent
20 min	5:10	6:35	Cool Down w/ team (5-20 min) cheering other runners
40 min	5:30	n/a	Report to start of JV Race
45 min	5:35	7:00	Stretch
50 min	5:40-finish	7:05- finish	Cheer on other runners in groups at various locations
			Abs / core strength
			Clean up Tent /Garbage

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