

37th Annual Jefferson HS - Cross Country Invitational
Saturday, September 25, 2019
Sterling State Park Monroe, Michigan

STERLING STATE PARK

2799 State Park Road, Monroe, MI 48162
Approximate drive time Via I-94 is 1 hour and 20 minutes

TIME SCHEDULE

7:00 AM Women's Bus departs Dakota
8:00 AM Men's Bus departs Dakota
10:00 AM Women's Division 1
11:00 AM Men's Division 1
12:00 PM Women's JV Race
12:35 PM Men's JV Race
1:10 PM HS Awards Ceremony



AWARDS

-Team trophies will be awarded to the first three (3) teams in each varsity race.
-Individual medals will be awarded to the first thirty (30) places in each varsity race. The top three will be large Olympic style.












PARKING

-IF A CAR OR BUS DOES NOT HAVE THE RECREATION PASSPORT (p) YOU WILL BE CHARGED \$16 FOR ENTRY.

WEATHER FORECAST FOR MONROE 48162

Sat 25 **65°/47°**  AM Showers  58%  WSW 13 mph

TEAMS COMPETING

- | | |
|--|---|
|  Gibraltar Carlson |  Ann Arbor Huron |
|  Monroe |  Canton |
|  Saline |  Grosse Pointe South |
|  Woodhaven-Brownstown |  Macomb Dakota |
|  Wyandotte Roosevelt | Ohio Findlay Owens |
|  Ypsilanti Lincoln |  Toledo Rogers |

37th Annual Jefferson HS - Cross Country Invitational
Saturday, September 25, 2019
Sterling State Park Monroe, Michigan

Dakota Top Times at Sterling State Park

BOYS				GIRLS	
Joseph Jaster	15:42	2018			
Jacob Williams	16:54	2018			
Ethan Soave	17:19	2018			
Jacob Harberts	17:19	2019			
Matthew Singer	17:26	2018			
Alexander Kraus	17:27	2019			
Matthew Singer	17:29	2019			
Christopher Villaire	17:35	2018			
Alexander Kraus	17:40	2018			
Jacob Harberts	17:42	2018			
*New Course for Dakota in 2018				Girls did not run this at this course	

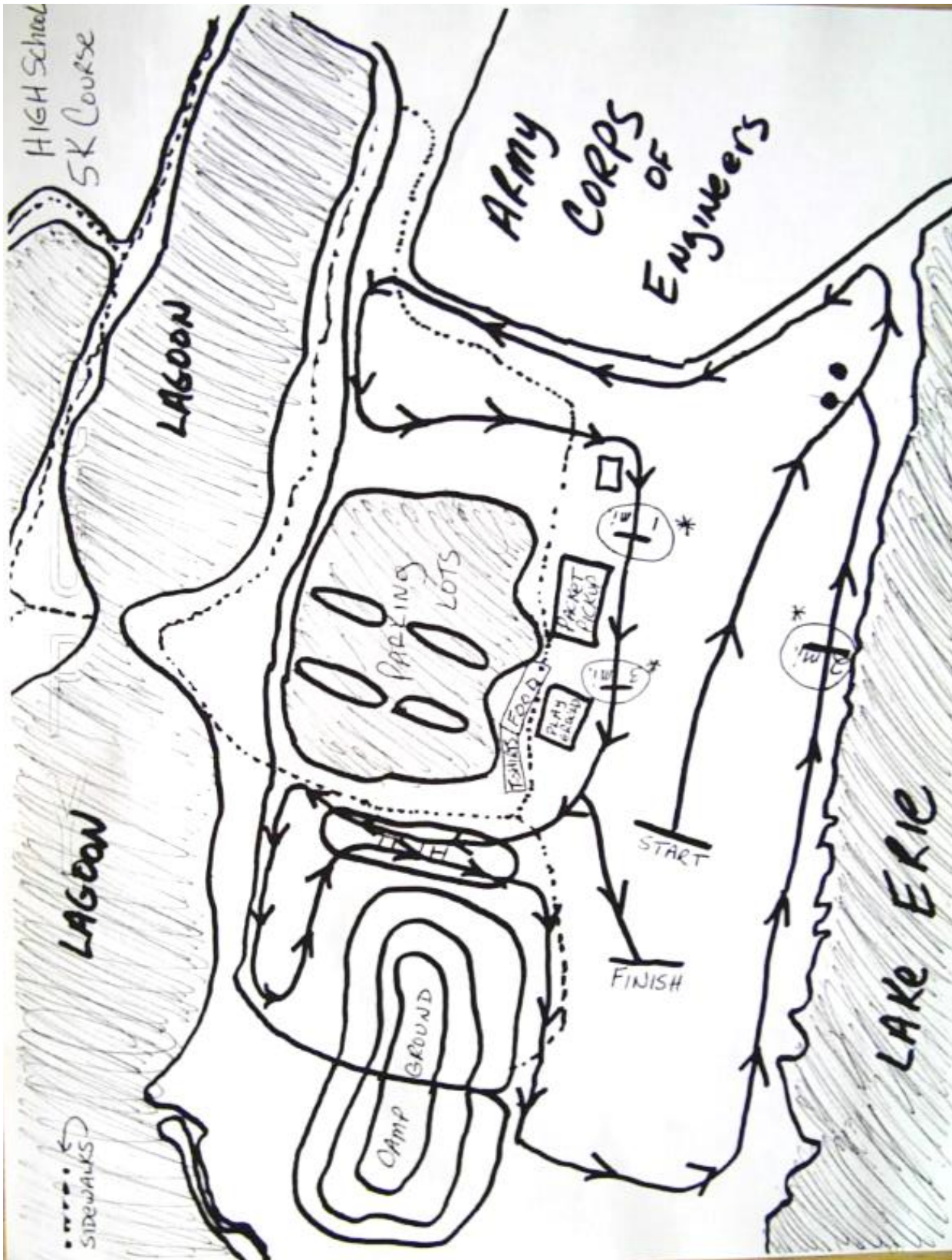


Do it now.

SOMETIMES LATER
BECOMES NEVER.



37th Annual Jefferson HS - Cross Country Invitational
Saturday, September 25, 2019
Sterling State Park Monroe, Michigan



37th Annual Jefferson HS - Cross Country Invitational
Saturday, September 25, 2019
Sterling State Park Monroe, Michigan



DAKOTA CROSS COUNTRY

Pre-Race Planning Sheet



Name: _____ Grade: _____ Year: 2021

Race: Monroe Jefferson Invite

Course: Sterling State Park

What is your Personal Record time for cross country?

What training or mental benefit do you hope to gain by running in this race?

What is your race plan for the first mile of the race, in terms of time or position?

What will you do if the race goes out *slower* than expected?

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

What will help you be mentally prepared to move up (pass runners) during the last 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**

37th Annual Jefferson HS - Cross Country Invitational
Saturday, September 25, 2019
Sterling State Park Monroe, Michigan



DAKOTA CROSS COUNTRY
 Post-Race Analysis Form



Name: _____ Grade: _____ Year: 2021

Race: Monroe Jefferson Invite Course: Sterling State Park

What was your overall Place? _____ Time? _____

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?			Yes		No
Did you pass more people in the race than passed you?			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 100?			Yes		No

What were the strengths of 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 **focus** last week? A B C D E

How would you grade your **commitment** 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 next race?

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

37th Annual Jefferson HS - Cross Country Invitational
 Saturday, September 25, 2019
 Sterling State Park Monroe, Michigan

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	
55 min	10 min light jog on course (w/ training groups)	
45 min	Stretch / restroom	
30 min	5 min Progressive run	
25 min	Dynamic Stretching / restroom	
20 min	Change shoes/put jersey on	
18 min	3-minute jog to starting line	
15 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) away from the course
45 min	Static Stretching, Rolling (10 minutes minimum)
55 min	Clean up Tent /Garbage
	Abs / core strength /lower leg exercises
	Attend Awards
On bus	Complete post-race analysis form
At home	Ice, additional stretching, etc.

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