

Center Line Freshman Sophomore Classic

October 23, 2018

1:45 PM Dismissed from 6th hour
 2:00 PM Bus Departs Dakota
 4:15 PM Boys 9th-10th Grade Race
 4:45 PM Girls 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

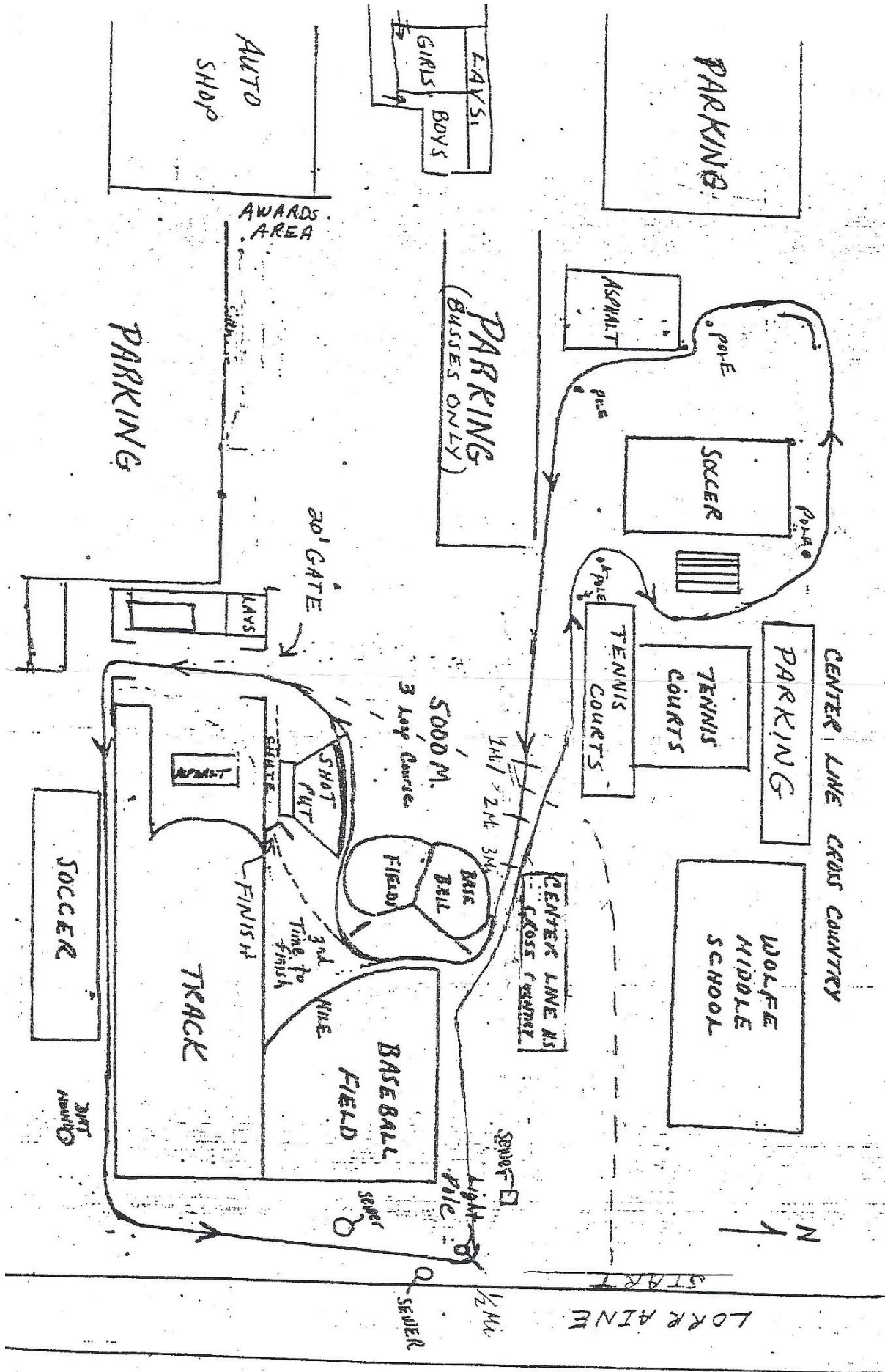
Dakota Top Times at Center Line High School					
BOYS			GIRLS		
Nick Culbertson	16:06	2010	Hannah Faustyn	19:08	2016
Brad Bates	16:14	2013	Lauren Burnett	19:17	2012
Jordan Staley	16:27	2010	Hannah Faustyn	19:28	2017
Blake Ryan	16:34	2010	Christina Micale	19:35	2012
Alex Fauer	16:36	2012	Janell Herrick	20:05	2005
Will Saiz	16:42	2013	Rylie Yager	20:13	2016
David Carnago	16:42	2017	Janell Herrick	20:14	2006
Phil Baldick	16:43	2007	Marisa Weller	20:20	2013
Joseph Jaster	16:46	2017	Tara Geralt	20:29	2008
Josh VanSlambrouck	16:48	2017	Christina Micale	20:33	2010
Brennan Buckner	16:49	2013	Kathryn Ugorowski	20:36	2011
Ian Demrose	16:51	2013	Janell Herrick	20:39	2005
Zack Thomas	16:52	2012	Kayla Dobies	20:39	2013
Danny Knapp	16:55	2014	Angie Giordimaina	20:41	2004
Nick Fowler	17:00	2006	Christina Micale	20:41	2011
James Courtney	17:01	2005	Kathryn Ugorowski	20:47	2010
Stephen Orr	17:01	2010	Tara Geralt	20:48	2009
James Courtney	17:03	2004	Marisa Weller	20:48	2013
Nick Culbertson	17:04	2008	Heidi Palmer	20:49	2017
David Walker	17:05	2015	Emily Gibbings	20:50	2012
Brad Bates	17:06	2012	Kayla Dobies	20:50	2012

WEATHER FORECAST FOR CENTER LINE 48015

HIGH/LOW	PRECIP	WIND	CONDITIONS
49°/40°	0%	NN 15 mph	Mostly Cloudy



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October 23, 2018**

Dakota Cross Country



Men's Pre-Race Schedule

Min. Before Race	9/10	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	3:20	5 min light jog
50	3:25	Stretch / restroom
35	3:40	10 min Warm-up on course
25	3:50	Ind. Stretching / restroom
20	3:55	Change shoes/put jersey on
15	4:00	3 minute jog to starting line
12	4:03	Arrive at Starting Line
10	4:05	Run-outs / Strides /Drills
5	4:10	Team Huddle
2	4:13	Strip down to Uniform
0	4:15	Bang!!!!

Post-Race schedule

Min. After Race	V	What To Do...
0 min	4:31-4:40	Catch breath, cheer on team, get water
5 min	4:36-4:45	Meet with Coach at predetermined point on course
15 min	4:46-4:55	Return to tent, change shoes/clothes
20 min	5:00	Check in with family/friends at the tent
25 min	5:05	Cool Down w/ team (5-20 min) cheering other runners
45 min		Report to start of JV Race
50 min	5:30	Stretch
55 min		Cheer on other runners in groups at various locations
	5:30	Attend Awards Presentation
		Abs / core strength
		Clean up Tent /Garbage

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

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Women's Pre-Race Schedule

Min. Before Race	9/10	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	3:50	10 min light jog
45	4:00	Stretch / restroom
30	4:15	5 min Progressive Warm-up on course
25	4:20	Ind. Stretching / restroom
20	4:25	Change shoes/put jersey on
15	4:30	3 minute jog to starting line
12	4:33	Arrive at Starting Line
10	4:35	Run-outs / Strides /Drills
5	4:40	Team Huddle
2	4:43	Strip down to Uniform
0	4:45	Bang!!!!

Post-Race schedule

Min. After Race	V	What To Do...
0 min	5:04-5:15	Catch breath, cheer on team, get water
5 min	5:09-5:20	Meet with Coach at predetermined point on course
15 min	5:19-5:30	Return to tent, change shoes/clothes
20 min	5:35	Check in with family/friends at the tent
25 min	5:40	Cool Down w/ team (5-20 min) cheering other runners
45 min		Report to start of JV Race
50 min	6:05	Stretch
55 min		Cheer on other runners in groups at various locations
	5:30	Attend Awards Presentation
		Abs / core strength

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