

**10th ANNUAL ANN ARBOR RUNNING COMPANY
"COACHING LEGENDS CLASSIC" CROSS COUNTRY MEET
SEPTEMBER 28, 2019
HURON MEADOWS METRO PARK**

TIME SCHEDULE

8:30 AM Girls Arrive at Dakota
 8:45 AM Girl's Bus Departs
 9:00 AM Boys Arrive at Dakota
 9:15 AM Boy's Bus Departs
 9:00 AM-11:10 AM---other races for smaller schools
 11:45 AM Women's Varsity Race (GOLD)
 12:15 PM Men's Varsity Race (GOLD)
 12:40 PM Women's JV Race (GOLD)
 1:15 PM Men's JV Race (GOLD)
 1:35 PM **Assemble for the awards in the Parking lot by the stage**
 1:45 PM AWARDS presentation for GOLD Division Top 4 Teams & Top 5 runners.
 Acknowledgement of the Legends Coaches.



AWARDS

Medals to the **TOP 100** in each race, including the JV races.
 Team Trophies to the TOP 4 Varsity Teams

PARKING (this is from the meet director)

There is an admission fee of \$10.00 to get in the park unless you have a Metro Park Sticker.
HAVING EXACT CHANGE HELPS SPEED UP THE ENTRY TO THE PARK PROCESS!
 You will be directed by park officials as to where to park. Be prepared to walk a bit and allow ample time for this to happen. *There are ALWAYS issues on US 23 and in this area so again, allow ample time.*
THERE WILL BE TRAFFIC CONGESTION! Plan accordingly and leave on time. It will not be a good day to be late.

WEATHER FORECAST FOR BRIGHTON 48116

HIGH/LOW	PRECIP	WIND	CONDITIONS
70° /56°	40%	N 9 MPH	SHOWERS



TEAMS COMPETING

AA PIONEER (W)	LIVONIA FRANKLIN
AA HURON	MACOMB DAKOTA
BIRMINGHAM SEAHOLM	NORTHVILLE (G)
BRIGHTON	PLYMOUTH
DETROIT CATHOLIC CENTRAL (B)	SALEM (G)
FARMINGTON HILLS MERCY (G)	SALINE (G)
FLUSHING	TOLEDO ST. FRANCIS (B)
FRASER (B)	TROY
GROSSE POINTE NORTH	WALLED LAKE CENTRAL
HOLT	WALLED LAKE NORTHERN
LIVONIA CHURCHILL (B)	



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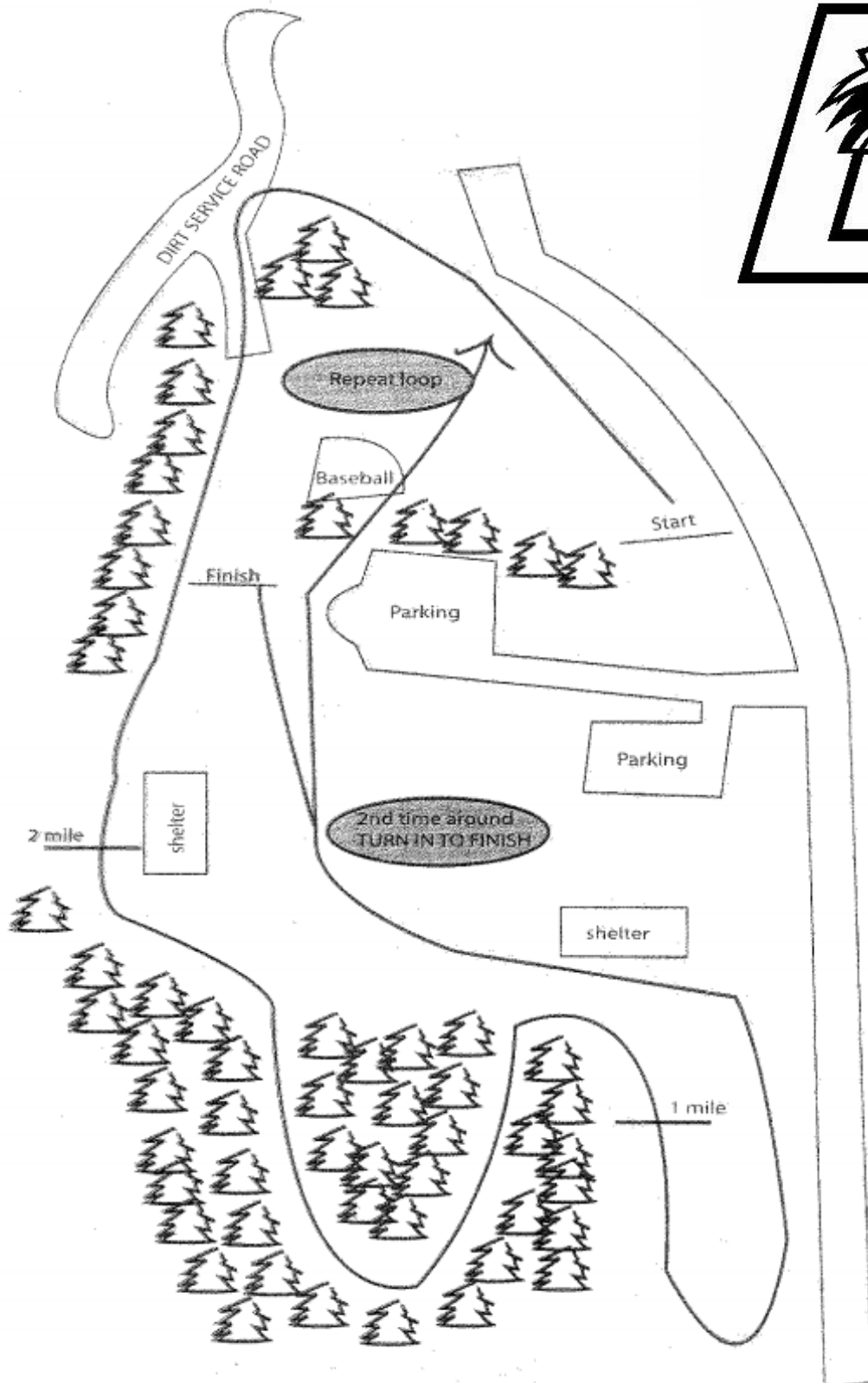
Dakota Top Times at Huron Meadows Metro Park

BOYS			GIRLS		
Ian Demrose	16:12	2014	Hannah Faustyn	19:19	2016
Mitch MacDonald	16:39	2016	Kayla Dobies	19:36	2014
Josh VanSlambrouck	16:40	2017	Ally Slone	19:55	2016
David Carnago	16:42	2017	Hannah Faustyn	20:10	2017
Josh Jaster	16:43	2016	Emma Myziuk	20:10	2018
Josh VanSlambrouck	16:43	2016	Heidi Palmer	20:11	2018
Zachary MacDonald	16:54	2016	Rylie Yager	20:12	2016
Joe Jaster	16:58	2017	Katelyn Slone	20:20	2018
Brendan Koch	16:59	2014	Ally Slone	20:24	2016
Chase Fedolak	17:02	2014	Marisa Weller	20:30	2014
Jimmy Hoefler	17:03	2014	Rylie Yager	20:35	2017
Tom Szymanski	17:10	2016	Rylie Yager	20:43	2016
David Walker	17:12	2016	Kaitria LaFleure	21:14	2014
Jacob Williams	17:14	2018	Heidi Palmer	21:16	2017
Jake Kalahar	17:21	2014	Emma Myziuk	21:23	2017
Danny Knapp	17:28	2014	Monica Micale	21:24	2014
David Carnago	17:32	2016	Rachel Patterson	21:40	2018
Jacob Harberts	17:32	2018	Katie Slone	21:54	2017
Nathan Vohs	17:38	2018	Rachel Sliger	21:55	2016
Ethan Soave	17:39	2018	Sam Dobies	21:59	2016

**WHEN YOUR LEGS
 CAN'T RUN ANYMORE,
 RUN WITH
 YOUR HEART.**



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Women's Pre-Race Schedule

Minutes	What To Do
Before Race	

At Home or			Adjust spikes	
Upon arrival			Set up tent/ Find Bathrooms	
10 Minutes			Meet w/ Coach (Put race # on Uniform)	
55	10:35	11:45	10 min light jog	
45	10:45	11:55	Stretch / restroom	
30	11:00	12:10	5 min Progressive run	
25	11:05	12:15	Ind. Stretching / restroom	
20	11:10	12:20	Change shoes/put jersey on	
18	11:27	12:22	3 minute jog to starting line	
15	11:30	12:25	Arrive at Starting Line	<i>Run-outs Strides Drills</i>
10	11:35	12:30	Team Huddle	
2	11:43	12:38	Strip down to Uniform	
0	11:45	12:40	Bang!!!!	

Post-Race schedule

Minutes	What To Do
After Race	

0 min	12:05-12:10	1:05-1:15	Catch breath, cheer on team, get water
10 min	12:15-12:20	1:15-1:25	Meet with Coach at predetermined point on course
15 min	12:20-12:25	1:20-1:30	Return to tent, change shoes/clothes
15 min	12:25	1:30	Check in with family/friends at the tent
	12:35	N/A	Report to start of (next) Race
30 min	12:40	1:45	Cool Down w/ team (5-20 min) cheering other runners
			Cheer on other runners in groups at various locations
45 min	12:55	2:00	Stretch
50 min	1:00	2:05	8 min Abs / core strength /lower leg exercises
			Clean up Tent /Garbage
	1:45	1:45	Attend awards ceremony
			Get on the BUS
Note: Your race is not finished until you exit the chute.			



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Men's Pre-Race Schedule

Minutes	What To Do
Before Race	

At Home or			Adjust spikes	
Upon arrival			Set up tent/ Find Bathrooms	
10 Minutes			Meet w/ Coach (Put race # on Uniform)	
55	11:20	12:20	10 min light jog	
45	11:30	12:30	Stretch / restroom	
30	11:45	12:45	5 min Progressive run	
25	11:50	12:50	Ind. Stretching / restroom	
20	11:55	12:55	Change shoes/put jersey on	
18	11:57	12:57	3 minute jog to starting line	
15	12:00	1:00	Arrive at Starting Line	<i>Run-outs Strides Drills</i>
10	12:05	1:05	Team Huddle	
2	12:13	1:13	Strip down to Uniform	
0	12:15	1:15	Bang!!!!	

Post-Race schedule

Minutes	What To Do
After Race	

0 min	12:31-12:33	1:33-1:43	Catch breath, cheer on team, get water
10 min	12:41-12:43	1:43-1:53	Meet with Coach at predetermined point on course
15 min	12:46-12:48	1:48-1:58	Return to tent, change shoes/clothes
15 min	12:48	1:58	Check in with family/friends at the tent
30 min	1:00	2:13	Cool Down w/ team (5-20 min) cheering other runners
	1:10	N/A	Report to start of (next) Race
		N/A	Cheer on other runners in groups at various locations
50 min	1:20	2:25	Stretch
55 min	1:25	2:30	8 min Abs / core strength /lower leg exercises
			Clean up Tent /Garbage
	1:45	1:45	Attend awards ceremony
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DAKOTA CROSS COUNTRY
Race Planning Sheet



Name: _____ Grade: _____ Year: 2019

Race: Legends CC Invite

Course: Huron Meadows Metro Park

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

What is your Personal Record time for cross country? _____

What are your pre-race expectations? _____

What is your plan for the first mile of the race? _____

What is your plan for the second mile of the race? _____

What is your plan for the third mile of the race? _____

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

What do you anticipate your motivation will be in the last 0.1 mi? _____

What is your individual expectation as far as Time? _____ As far as place? _____

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



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**DAKOTA CROSS COUNTRY
Post Race Analysis Form**



Name: _____ **Grade:** _____ **Year:** 2019

Race: Legends CC Invite **Course:** Huron Meadows Metro 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 400?

			Yes	No
--	--	--	-----	----

Did you move up in the last 100?

			Yes	No
--	--	--	-----	----

What were the strengths of your race? _____

What were the weak points of your race? _____

What one word would you use to describe your race? _____

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 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? _____

