

Time Schedule

7:51	Arrive @ DHS
7:59	Bus Leaves
10:00	Girls Varsity Race
10:45	Boys Varsity Race
11:30	Girls JV Race
12:15	Boys JV Race
1:00	Awards

Macomb County CC Championship



Course

Stony Creek Baypoint Beach-Mt. Vernon

Individual Awards: Individuals in the boys and girls race will receive awards as follows:

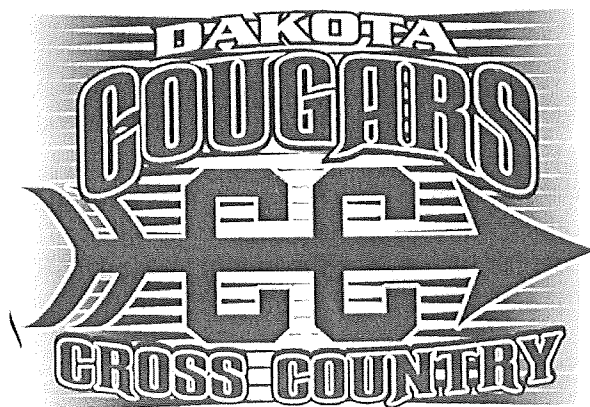
- 1 - 7, Gold Medal - First Team All County, 8 - 14, Silver Medal - Second Team All County, 15 - 21, Bronze Medal - Third Team All County
- Ribbons will be awarded to the top 15 finishers in the Boys and Girls JV Races. The JV race will be for High School runners only. In order to compete in the JV race you must have 5 runners start the Varsity Race.

Team Awards:

- Teams that place First, Second, and Third in the Boys and Girls Varsity races will receive team awards.
- A Trophy to the First Place Team JV Race.

Academic All County Cross Country Athlete Awards: Academic Awards will be presented to the top 21 boys and girls from the varsity races based on their G.P.A. from the end of the last school year. In order to be considered for the Academic Award, an athlete's G.P.A. must be recorded on your entry sheet, and must be based on a 4.0 G.P.A. scale. To be eligible an athlete must meet the following requirements:

- Athletes must finish in the top 50% of their varsity race.
- Athletes must have at least a 3.5 G.P.A. through the end of the last school year.
- Ninth graders are not eligible for the Academic Award.
- Any athlete that meets the other criteria and has a 3.8 or higher G.P.A. will automatically earn the Award.
- A JV runner with a time that would place them in the top 50% of the varsity race and meet the other criteria are also eligible to receive the Academic Award.



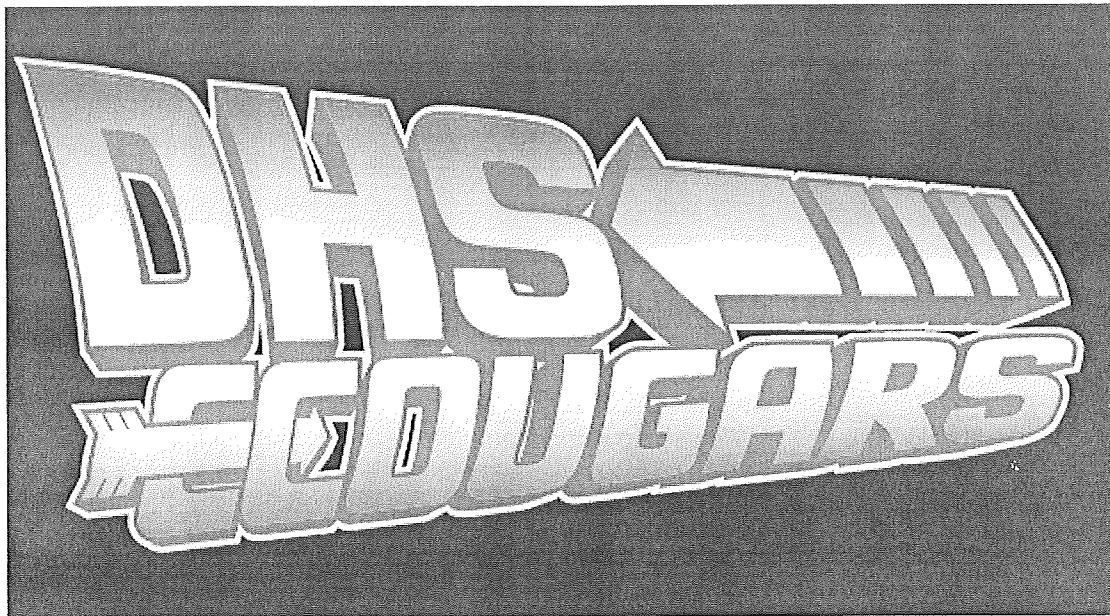
A Banquet for athletes named ALL COUNTY (top 21) will be on November 17th at Zuccaro's Holiday House

Tickets will be available for parents and other athletes after the meet on Saturday. See Coach Zarzycki ...

Dakota at Stony Creek BayPoint-Mt. Vernon					
BOYS			GIRLS		
Ian Demrose	16:25	2014	Kayla Dobies	18:52	2014
James Hoefler	16:36	2014	Kayla Dobies	19:59	2014
Ian Demrose	16:43	2014	Marisa Weller	20:12	2014
Brendan Koch	16:55	2014	Kaitria LaFleure	20:47	2014
Danny Knapp	16:56	2014	Marisa Weller	21:02	2014
Jake Kalahar	17:00	2014	Lauren Valente	21:12	2014
Nick Brooks	17:21	2014	Monica Micale	21:33	2014
Mitch MacDonald	17:26	2014	Monica Micale	21:50	2014
Chase Fedolak	17:26	2014	Alexis Penzien	21:56	2014
Chase Fedolak	17:35	2014	Kaitria LaFleure	22:25	2014
Sawyer Kisha	17:38	2014	Sarah Regener	22:28	2014
Zachary MacDonald	17:51	2014	Lauren Valente	22:40	2014
Jacob Kalahar	17:52	2014	Emily Rhodes	22:44	2014
Josh Jaster	17:56	2014	Ally Slone	22:58	2014
Brendan Koch	17:58	2014	Rachel Sliger	23:08	2014
Course Record			Course Record		
Mickey Davey-DLS	15:29	2014	Karenna Duffey-LCN	17:44	2014
<i>This was new course for '14</i>					

Dakota Varsity Team Results					
BOYS			GIRLS		
<u>YEAR</u>	<u>PLACE</u>	<u>PTS</u>	<u>YEAR</u>	<u>PLACE</u>	<u>PTS</u>
1996		Nts	1996		nts
1997	24 th of 27	Nts	1997	8 th of 24	215
1998	15 th of 27	408	1998	10 th of 23	284
1999	10 th of 27	282	1999	6 th of 26	212
2000	7 th of 27	204	2000	11 th of 25	291
2001	4 th of 28	163	2001	8 th of 26	240
2002	12 th of 28	355	2002	4 th of 26	154
2003	4 th of 27	169	2003	10 th of 26	236
2004	11 th of 27	293	2004	8 th of 26	222
2005	6 th of 27	263	2005	6 th of 25	200
2006	4 th of 27	124	2006	15 th of 24	342
2007	10 th of 26	271	2007	12 th of 25	339
2008	2 nd of 27	135	2008	11 th of 24	336
2009	1 st of 27	67	2009	5 th of 24	176
2010	1 st of 27	55	2010	5 th of 23	160
2011	3 rd of 25	164	2011	5 th of 24	137
2012	2 nd of 25	90	2012	6 th of 25	160
2013	2 nd of 26	83	2013	6 th of 25	194
2014	1 st of 24	81	2014	5 th of 23	153
2015			2015		

Dakota JV 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>
1998	5 th	135	1998		Nts
1999	4 th	88	1999		Nts
2000	3 rd of 14	62	2000	---	---
2001	1 st of 15	29	2001	8 th of 12	Nts
2002	n/a	Nts	2002	n/a	Nts
2003	7 th of 15	161	2003	7 th of 14	186
2004	9 th of 19	248	2004	11 th of 16	Nts
2005	8 th of 21	153	2005	12 th of 16	Nts
2006	2 nd of 21	43	2006	11 th of 14	Nts
2007	10 th of 17	Nts	2007	9 th of 17	231
2008	4 th of 16	129	2008	13 th of 17	Nts
2009	4 th of 21	134	2009	8 th of 19	231
2010	3 rd of 20	76	2010	12 th of 16	Nts
2011	2 nd of 19	64	2011	8 th of 16	218
2012	4 th of 18	86	2012	4 th of 15	156
2013	1 st of 19	38	2013	7 th of 15	224
2014	1 st of 20	28	2014	5 th of 18	146
2015			2015		





MACOMB COUNTY CROSS COUNTRY TRACK COACHES ASSOCIATION

2015
ALL MACOMB COUNTY
CROSS COUNTRY
AWARDS BANQUET

TUESDAY NOVEMBER 17TH, 2015
ZUCCARO'S HOLIDAY HOUSE
16 MILE ROAD WEST OF GROESBECK
20400 S NUNNELEY
DINNER WILL BE AT 6:30PM

**ATHLETES THAT EARNED ALL
COUNTY HONORS ARE INVITED TO
ATTEND FREE OF CHARGE.**

TICKETS CAN BE PURCHASED AT:
Hanson's Running Shop
8409 Hall Rd. Utica, Mi. 48317
(586) 323-9683

BEFORE 11/09/14 TICKETS WILL BE:
\$15.00

AFTER 11/09/14 TICKETS WILL BE:
\$20.00

**TICKETS CAN BE PURCHAED TODAY AT THE
COUNTY MEET FOR \$10.00.**
SEE MIKE TIMPA FROM DAKOTA FOR INFO

IF YOU HAVE ANY QUESTIONS PLEASE CONTACT BILL BEACH AT (586) 228-9074 OR MARK A URQUHART AT (586) 532-8699

Dakota Cross Country



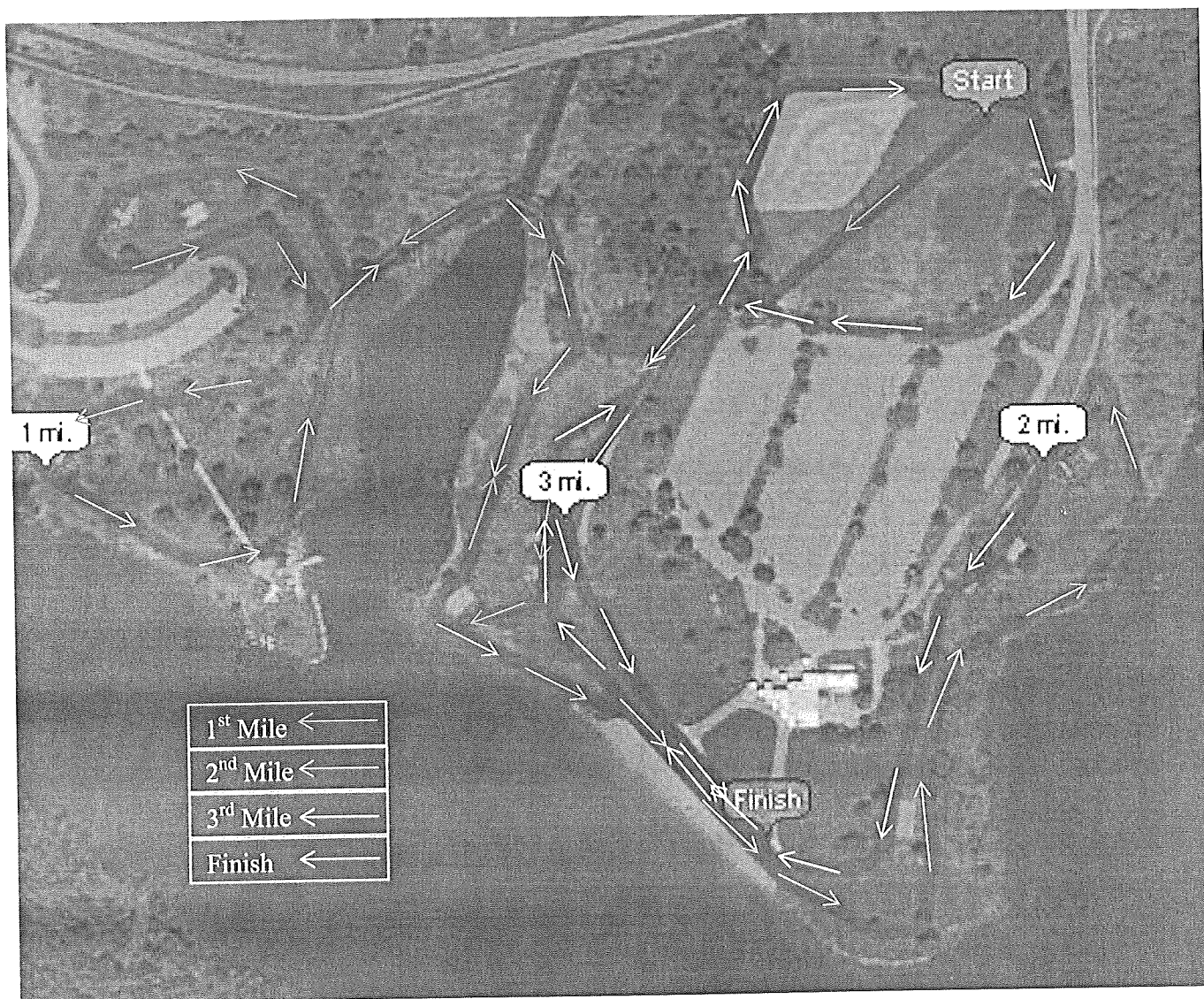
Girl's Pre-Race Schedule

Min. 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	9:05	10:35	5 min light jog
50	9:10	10:40	Stretch / restroom
35	9:25	10:55	10 min Warm-up on course
25	9:35	11:05	Ind. Stretching / restroom
20	9:40	11:10	Change shoes/put jersey on
15	9:45	11:15	2-3 minute jog to starting line
12	9:48	11:18	Arrive at Starting Line
10	9:50	11:20	Run-outs / Strides /Drills
3	9:57	11:27	Team Huddle
1-2	9:58	11:28	Strip down to Uniform
0	10:00	11:30	Bang!!!!

Post-Race schedule

Min. After Race	V	JV	What To Do...
0 min	10:15-10:20	11:50-12:00	Catch breath, cheer on team, get water
5 min	10:20-10:25	11:55-12:05	Meet with Coach at predetermined point on course
15 min	10:30-10:35	12:05-12:15	Return to tent, change shoes/clothes
15 min	10:35	12:15	Check in with family/friends at the tent
20 min	10:40	12:20	Cool Down w/ team (5-20 min) cheering other runners
40 min	11:00		Report to start of JV Race
45 min	11:05	12:45	Stretch
50 min	11:05-finish	12:45- 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.



Macomb County Cross Country Championship

Baypoint Beach Course

**DAKOTA COUGARS
CROSS COUNTRY**

**MACOMB COUNTY MEET
STONY CREEK BAY POINT -MT. VERNON
SATURDAY, OCTOBER 11, 2014**

WEATHER:
Sunny
60°

	<u>Time</u>	<u>Mile</u>	<u>2 Mile (Split)</u>	<u>3 Mile (Split)</u>	<u>Pace</u>	<u>Place</u>
Kayla Dobies	18:52	5:45	12:09 (6:24)	18:11 (6:02)	6:04	V-6
Marisa Weller	20:12	6:18	13:03 (6:45)	19:30 (6:27)	6:30	V-24
Kaitria LaFleure	20:47	6:32	13:13 (6:41)	20:01 (6:48)	6:41	V-32
Lauren Valente	21:12	6:40	13:31 (6:51)	20:27 (6:56)	6:49	V-40
Monica Micale	21:33	6:37	13:45 (7:00)	20:47 (7:02)	6:56	V-52
Alexis Penzien	21:56	6:42	14:09 (7:27)	21:10 (7:01)	7:04	V-63
Sarah Regener	22:28	6:46	14:19 (7:33)	21:40 (7:21)	7:14	V-81
Emily Rhodes	22:44	6:51	14:49 (7:48)	21:57 (7:08)	7:19	JV-19
Allyson Slone	22:58	6:57	14:48 (7:51)	22:10 (7:22)	7:24	JV-25
Rachel Sliger	23:08	7:09	15:12 (8:03)	22:20 (7:08)	7:27	JV-28
Lana Amatangelo	24:02	7:25	15:31 (8:06)	23:12 (7:41)	7:44	JV-39
Tara Metcalfe	24:20	7:19	15:33 (8:14)	23:30 (7:57)	7:50	JV-43
Amber Mousseau	24:56	7:38	16:03 (8:25)	24:05 (8:02)	8:02	JV-64
Elizabeth Gray	25:37	7:56	16:46 (8:50)	24:44 (7:78)	8:15	JV-79
Rachel Randazzo	26:15	7:41	16:31 (8:50)	25:21 (8:50)	8:27	JV-97
Kami Karas	26:44	8:14	17:00 (8:46)	25:49 (8:49)	8:36	JV-108
Alexis Stillwell	26:48	8:23	17:22 (8:59)	25:53 (8:31)	8:38	JV-110
Hanna Burton	27:51	8:26	17:51 (9:25)	26:54 (9:03)	8:58	JV-127
Julia Koleci	27:56	8:44	18:05 (9:21)	26:58 (8:53)	8:59	JV-128
Marissa Blair	28:24	8:44	18:13 (9:29)	27:25 (9:12)	9:08	JV-133
Stephanie Ung	30:20	8:47	19:24 (9:37)	29:17 (9:53)	9:46	JV-149
Megan Bukowski	31:28	9:31	20:14 (10:43)	30:23 (10:09)	10:08	JV-152

Varsity Winner

Karenaa Duffey 17:44 LCN

Total Finishers

142

TOP 5 TIME GAP:

2:41

TOP TEAMS

Stevenson	43
Eisenhower	110
Lutheran North	119
Regina	128
Dakota	153
Romeo	175
Ford II	199

TOTAL Teams

23

JV Winner

Elise Tisch 21:07 Steve

Total Finishers

JV TOP 5 GAP:

1:36

JV TEAM SCORES

Eisenhower	20
Regina	68
Stevenson	69
Lutheran North	95
Dakota	146
Ford II	172

Dakota's athlete of the Meet:

18

Kayla Dobies, Hanna Burton