

### Time Schedule

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



**BOX Assingments** – Boys (Box #12) Girls (Box #14)

### 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 25 finishers in the Boys and Girls JV Races. The JV race will be for High School runners only.

### 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.

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 15<sup>th</sup> at Zuccaro's (46601 South Gratiot, Chesterfield Twp. 48051. All county athletes are free of charge.

Tickets will be available for parents and other athletes after the meet on Saturday. See Coach Zarzycki ... \$15 at the meet, \$18 at Hanson's running sho before 11/14. \$20 at the Door.

## Dakota at Stony Creek BayPoint-Mt. Vernon

BOYS			GIRLS		
Ian Demrose	16:25	2014	<b>Kayla Dobies</b>	<b>18:27</b>	<b>2015</b>
<b>Chase Fedolak</b>	<b>16:25</b>	<b>2015</b>	Kayla Dobies	18:52	2014
James Hoefler	16:36	2014	Kayla Dobies	19:59	2014
Ian Demrose	16:43	2014	<b>Hannah Faustyn</b>	<b>20:03</b>	<b>2015</b>
<b>Brendan Koch</b>	<b>16:45</b>	<b>2015</b>	Marisa Weller	20:12	2014
<b>James Hoefler</b>	<b>16:53</b>	<b>2015</b>	<b>Ally Slone</b>	<b>20:31</b>	<b>2015</b>
Brendan Koch	16:55	2014	Kaitria LaFleure	20:47	2014
Daniel Knapp	16:56	2014	<b>Monica Micale</b>	<b>20:53</b>	<b>2015</b>
Jacob Kalahar	17:00	2014	Marisa Weller	21:02	2014
<b>Joshua Jaster</b>	<b>17:06</b>	<b>2015</b>	Lauren Valente	21:12	2014
<b>Mitchell MacDonald</b>	<b>17:10</b>	<b>2015</b>	<b>Izabella Gowen</b>	<b>21:23</b>	<b>2015</b>
<b>Brendan Mousseau</b>	<b>17:10</b>	<b>2015</b>	Monica Micale	21:33	2014
Nicholas Brooks	17:21	2014	Monica Micale	21:50	2014
Mitchell MacDonald	17:26	2014	<b>Rachel Sliger</b>	<b>21:55</b>	<b>2015</b>
Chase Fedolak	17:26	2014	Alexis Penzien	21:56	2014
<b>Course Record</b>			<b>Course Record</b>		
Mickey Davey-DLS	15:29	2014	Karennna Duffey-LCN	17:44	2014
<i>This was new course for '14</i>					

## Dakota Varsity 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>
1996		Nts	1996		nts
1997	24 <sup>th</sup> of 27	Nts	1997	8 <sup>th</sup> of 24	215
1998	15 <sup>th</sup> of 27	408	1998	10 <sup>th</sup> of 23	284
1999	10 <sup>th</sup> of 27	282	1999	6 <sup>th</sup> of 26	212
2000	7 <sup>th</sup> of 27	204	2000	11 <sup>th</sup> of 25	291
2001	4 <sup>th</sup> of 28	163	2001	8 <sup>th</sup> of 26	240
2002	12 <sup>th</sup> of 28	355	2002	4 <sup>th</sup> of 26	154
2003	4 <sup>th</sup> of 27	169	2003	10 <sup>th</sup> of 26	236
2004	11 <sup>th</sup> of 27	293	2004	8 <sup>th</sup> of 26	222
2005	6 <sup>th</sup> of 27	263	2005	6 <sup>th</sup> of 25	200
2006	4 <sup>th</sup> of 27	124	2006	15 <sup>th</sup> of 24	342
2007	10 <sup>th</sup> of 26	271	2007	12 <sup>th</sup> of 25	339
2008	2 <sup>nd</sup> of 27	135	2008	11 <sup>th</sup> of 24	336
2009	1 <sup>st</sup> of 27	67	2009	5 <sup>th</sup> of 24	176
2010	1 <sup>st</sup> of 27	55	2010	5 <sup>th</sup> of 23	160
2011	3 <sup>rd</sup> of 25	164	2011	5 <sup>th</sup> of 24	137
2012	2 <sup>nd</sup> of 25	90	2012	6 <sup>th</sup> of 25	160
2013	2 <sup>nd</sup> of 26	83	2013	6 <sup>th</sup> of 25	194
2014	1 <sup>st</sup> of 24	81	2014	5 <sup>th</sup> of 23	153
2015	1 <sup>st</sup> of 26	72	2015	4 <sup>th</sup> of 23	109
2016			2016		

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 <sup>th</sup>	135	1998		Nts
1999	4 <sup>th</sup>	88	1999		Nts
2000	3 <sup>rd</sup> of 14	62	2000	---	---
2001	1 <sup>st</sup> of 15	29	2001	8 <sup>th</sup> of 12	Nts
2002	n/a	Nts	2002	n/a	Nts
2003	7 <sup>th</sup> of 15	161	2003	7 <sup>th</sup> of 14	186
2004	9 <sup>th</sup> of 19	248	2004	11 <sup>th</sup> of 16	Nts
2005	8 <sup>th</sup> of 21	153	2005	12 <sup>th</sup> of 16	Nts
2006	2 <sup>nd</sup> of 21	43	2006	11 <sup>th</sup> of 14	Nts
2007	10 <sup>th</sup> of 17	Nts	2007	9 <sup>th</sup> of 17	231
2008	4 <sup>th</sup> of 16	129	2008	13 <sup>th</sup> of 17	Nts
2009	4 <sup>th</sup> of 21	134	2009	8 <sup>th</sup> of 19	231
2010	3 <sup>rd</sup> of 20	76	2010	12 <sup>th</sup> of 16	Nts
2011	2 <sup>nd</sup> of 19	64	2011	8 <sup>th</sup> of 16	218
2012	4 <sup>th</sup> of 18	86	2012	4 <sup>th</sup> of 15	156
2013	1 <sup>st</sup> of 19	38	2013	7 <sup>th</sup> of 15	224
2014	1 <sup>st</sup> of 20	28	2014	5 <sup>th</sup> of 18	146
2015	1 <sup>st</sup> of 21	28	2015	2 <sup>nd</sup> of 19	59
2016			2016		





7/28/2014 4:15:23 pm

MAIN ST

Baypoint Beach Path

Baypoint Beach Path

2014-07-28T19:49:19Z

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Google earth

1999

Imagery Date: 5/9/2010 42°43'47.84" N 83°05'26.99" W elev 820 ft eye alt 2490 ft

# Dakota Cross Country



## Men'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.**



# Dakota Cross Country



## Women'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	9:50	11:20	5 min light jog
50	9:55	11:25	Stretch / restroom
35	10:10	11:40	10 min Warm-up on course
25	10:20	11:50	Ind. Stretching / restroom
20	10:25	11:55	Change shoes/put jersey on
15	10:30	12:00	2-3 minute jog to starting line
12	10:33	12:03	Arrive at Starting Line
10	10:35	12:05	Run-outs / Strides /Drills
3	10:42	12:12	Team Huddle
1-2	10:43	12:13	Strip down to Uniform
0	10:45	12:15	Bang!!!!

## Post-Race schedule

Min. After Race	V	JV	What To Do...
0 min	11:00-11:05	12:30-12:40	Catch breath, cheer on team, get water
5 min	11:05-11:10	12:40-12:45	Meet with Coach at predetermined point on course
15 min	11:10-11:20	12:45-12:55	Return to tent, change shoes/clothes
15 min	11:20	12:55	Check in with family/friends at the tent
20 min	11:25	1:00	Cool Down w/ team (5-20 min) cheering other runners
40 min	11:45		Report to start of JV Race
45 min	11:50	1:25	Stretch
50 min	11:55-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.**