

### Time Schedule

7:59	Boys Bus Leaves
8:44	Girls 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
6:00	Team Dinner at Slone's



### BOX Assignments – Boys (Box # 11) Girls (Box # 16)

#### WEATHER FORECAST FOR UTICA, 48316

<i>HIGH/LOW</i>	<i>PRECIP</i>	<i>WIND</i>	<i>CONDITIONS</i>
78° / 68°	40%	SW 10 MPH	SCATTERED THUNDERSTORMS



### Course

Stony Creek Eastwood Beach (Reverse Course)

### 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.

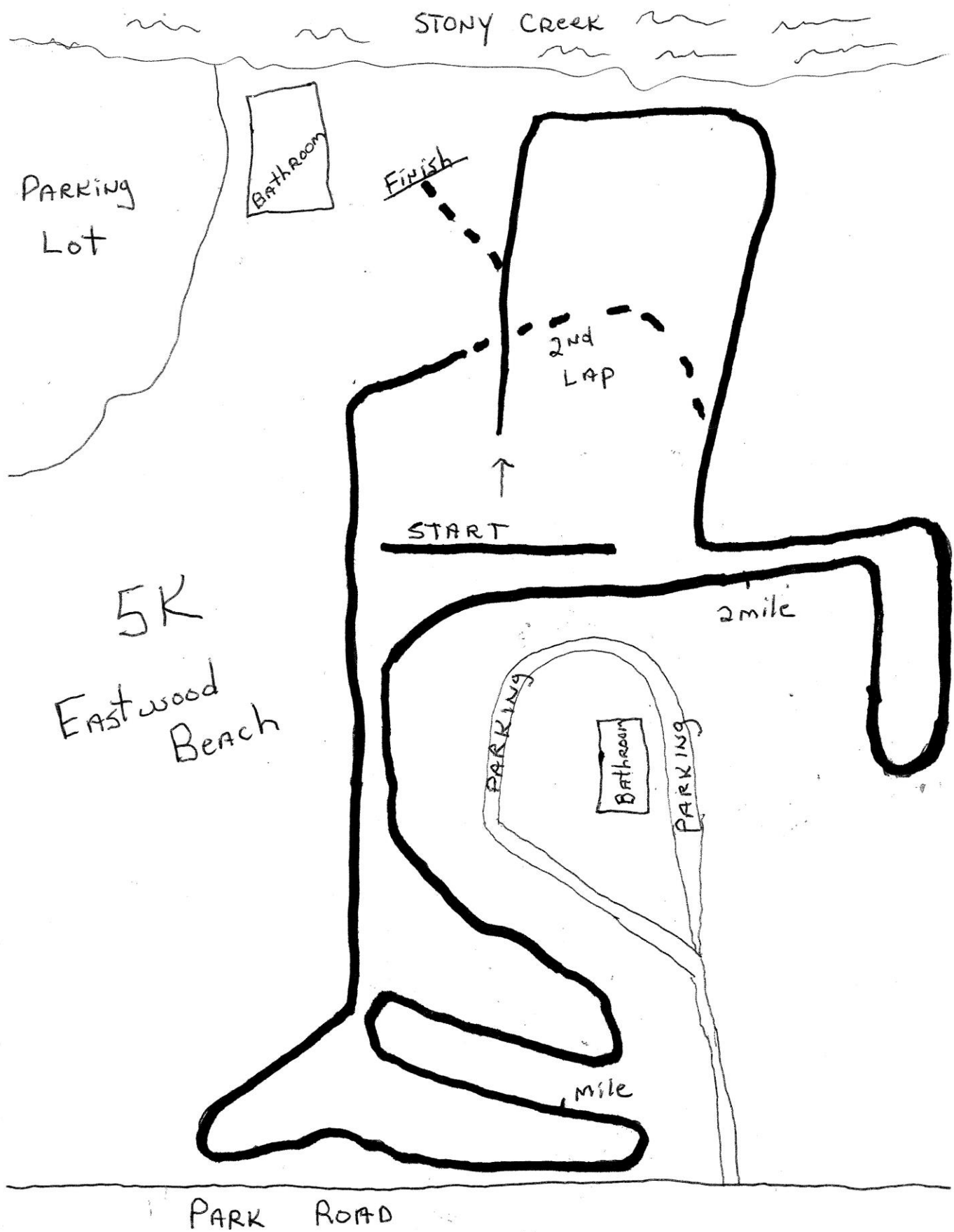
**Academic All County Cross Country Athlete Awards:** Academic Awards will be presented to the top 21 boys and girls from the varsity races based on their G.P.A. from the end of the last school year.

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 13<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 ... \$20 at the meet.



<b>Dakota Varsity Team Results</b>					
<b><u>BOYS</u></b>			<b><u>GIRLS</u></b>		
<b><u>YEAR</u></b>	<b><u>PLACE</u></b>	<b><u>PTS</u></b>	<b><u>YEAR</u></b>	<b><u>PLACE</u></b>	<b><u>PTS</u></b>
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	1 <sup>st</sup> of 29	54	2016	5 <sup>th</sup> of 26	117
2017	4 <sup>th</sup> of 27	140	2017	3 <sup>rd</sup> of 28	149

<b>Dakota JV Team Results</b>					
<b><u>BOYS</u></b>			<b><u>GIRLS</u></b>		
<b><u>YEAR</u></b>	<b><u>PLACE</u></b>	<b><u>PTS</u></b>	<b><u>YEAR</u></b>	<b><u>PLACE</u></b>	<b><u>PTS</u></b>
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	1 <sup>st</sup> of 21	19	2016	2 <sup>nd</sup> of 16	47
2017	3 <sup>rd</sup> of 22	75	2017	3 <sup>rd</sup> of 18	51

# 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	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
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	10:15-10:17	11:48-12:05	Catch breath, cheer on team, get water
5 min	10:20-10:22	11:53-12:10	Meet with Coach at predetermined point on course
15 min	10:30-10:32	12:03-12:20	Return to tent, change shoes/clothes
20 min	10:37	12:25	Check in with family/friends at the tent
25 min	10:42	12:30	Cool Down w/ team (5-20 min) cheering other runners
45 min	11:05	n/a	Report to start of JV Race
50 min	11:10	12:55	Stretch
55 min	11:15-finish	n/a	Cheer on other runners in groups at various locations
	1:00	1:00	Attend Awards Presentation
			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.**

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



[www.handymancabin.com](http://www.handymancabin.com)

### **Dakota Top Times at Stony Creek Eastwood Beach (Reverse Course)**

<b>BOYS</b>			<b>GIRLS</b>		
Jacob Williams	18:04	2017	Hannah Faustyn	20:09	2017
Matthew Singer	18:44	2017	Rylie Yager	21:31	2017
Nathan Vohs	18:49	2017	Heidi Palmer	22:42	2017
Kyle Fedolak	19:04	2017	Katelyn Slone	23:23	2017
Jacob Sand	19:19	2017	Emma Myziuk	23:28	2017
Jacob Harberts	19:39	2017	Lauren Campbell	23:31	2017
Ethan Soave	19:42	2017	Izabella Gowen	23:40	2017
**new course in 2017					