

# Macomb county CC Championship

Friday, October 9, 2020 & Saturday October 10, 2020

## Friday's Time Schedule

10:30 am	Dismissed from class
11:15 am	Boys check in
11:30 am	Bus Leaves
1:30 pm	Boys Varsity Race
2:00 pm	Boys JV Race 1 (sub 20:45)
2:30 pm	Boys JV Race 2 (sub 24:45)

## Saturday's Time Schedule

10:45 am	Girls check in
11:00 am	Bus Leaves
1:00 pm	Girls Varsity Race
1:30 pm	Girls JV Race 1 (sub 27:00)
2:00 pm	Girls JV Race 2 (over 27:00)
4:30 pm	Team Picnic @ Dakota's Courtyard



BOX Assignments – Boys (Box #6) Girls (Box #9)

## WEATHER FORCAST FOR STERLING HEIGHTS, MI

Fri 09

74°/61°



Sunny

10%

S 12 mph

Sat 10

78°/52°



Partly Cloudy

10%

WSW 11 mph

## Course

Freedom Hill County Park--14900 Metro Pkwy, Sterling Heights, MI 48312

**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.

## Dakota Top Times at Freedom Hill

BOYS			GIRLS		
Jacob Harberts	16:54	2020	Jayden Harberts	18:50	2020
Matthew Singer	16:58	2020	Emma Myziuk	20:23	2020
Alfonso Mocerri	17:45	2020	Ava LaMilza	21:24	2020
Nicholas Bryant	17:58	2020	Katelyn Slone	21:41	2020
Carter Fox	18:10	2020	Allison Ferguson	22:05	2020
Alexander Kraus	18:28	2020	Lindsay Harvey	22:14	2020
Christopher Villaire	18:40	2020	Chelsea Harvey	22:35	2020
Owen Clancy	18:45	2020	Nicole Campbell	23:49	2020
Jack Mathers	18:53	2020	McKenna Goike	23:56	2020
Connor Whitaker	18:54	2020	Alondra Rosales	24:12	2020
*new course in 2020					



## 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	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
2018	3 <sup>rd</sup> of 26	117	2018	3 <sup>rd</sup> of 24	129
2019	2 <sup>nd</sup> of 27	119	2019	4 <sup>th</sup> of 28	118

# 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	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
2018	2 <sup>nd</sup> of 19	53	2018	3 <sup>rd</sup> of 13	72
2019	2 <sup>nd</sup> of 22	45	2019	2 <sup>nd</sup> of 17	39





**DAKOTA CROSS COUNTRY**  
Pre-Race Planning Sheet



Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Year: 2020

Race: MACOMB COUNTY MEET OF CHAMPIONS Course: Freedom Hill County Park

If you ran this race last year, what was your Place? \_\_N/A\_\_ What was Your Time? \_\_N/A\_\_

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 the one thing you will **FOCUS** on during the second mile of the race? \_\_\_\_\_

What is your **POSITIVE PHRASE** will you use to get you through 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?

\_\_\_\_\_

**Amazing** Awesome **Bold** Boundless **Brave** Breakout **Champion** Competitive **Confident** Daring **Dazzling**  
Determined **Electrified** Elite **Enjoyable** Epic **Exquisite** Fabulous **Fascinating** Fast **Fearless** Focused **Fun**  
Great **Grit** Happy **Hardworking** Impressive **Joy** Kick A\$\$ **Legendary** Lively **Marvelous** Masterful  
**Motivating** Natural **Optimistic** Outstanding **Phenomenal** Poised **Polished** Positive **Powerful** Prepared  
**Quality** Quick **Refute** Relaxed **Remarkable** Rewarding **Skillful** Smart **Spirited** Strong **Success** Super  
**Superb** Talented **Terrific** Thrilling **Upbeat** Vibrant **Victorious** Wonderful **X-cellent** Yes **Zealous**



**DAKOTA CROSS COUNTRY**  
Post-Race Analysis Form



Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Year: 2020

Race: MACOMB COUNTY MEET OF CHAMPIONS Course: Freedom Hill County 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? \_\_\_\_\_

\_\_\_\_\_

# PRE-RACE SCHEDULE

Minutes Before Race	What To Do	
At Home or on the bus	Adjust spikes	
Upon arrival	Set up tent/ Find Bathrooms	
10 Minutes after arrival	Meet w/ Coaches (Put race # on Uniform) Get additional instruction	
<b>55 min</b>	10 min light jog on course (w/ training groups)	
<b>45 min</b>	Stretch / restroom	
<b>30 min</b>	5 min Progressive run	
<b>25 min</b>	Ind. Stretching / restroom	
<b>20 min</b>	Change shoes/put jersey on	
<b>18 min</b>	3-minute jog to starting line	
<b>15 min</b>	Arrive at Starting Line	Run-outs, Strides, Drills
<b>10 min</b>	Team Huddle (6' apart)	
<b>2 min</b>	Strip down to Uniform	
<b>0 min</b>	Bang!!!!	

# POST-RACE SCHEDULE

Minutes after Race	What To Do
0 min	Catch breath, cheer on team, get water, <b>put on a mask</b>
10 min	Meet with Coach at predetermined point on course
15 min	Return to tent, change shoes/clothes
15 min	Check in with family/friends <b>using physical distancing</b>
25 min	Cool Down <b>w/ groups (5-20 min) away from the course</b>
45 min	Static Stretching, Rolling (10 minutes minimum)
55 min	Clean up Tent /Garbage
	Depart from the area
At home	Abs / core strength /lower leg exercises
	Complete post-race analysis form

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



10% LUCK  
20% SKILL  
15% CONCENTRATED  
POWER OF WILL  
5% PLEASURE  
50% PAIN  
AND 100% REASON  
TO REMEMBER THE NAME  
FORT MINOR

RUN-RUN-AS-FAST-AS-YOU-CAN-TUMBLR.COM

**...DAKOTA COUGARS!**