Macomb County CC Championship

Saturday October 14, 2023

Time Schedule

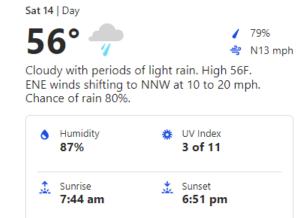|			
7:45 am	Girls Bus departs Dakota	10:30 am	Boys Varsity Race
8:15 am	Boys Bus departs Dakota	11:00 am	Girls JV Race
10:00 am	Girls Varsity Race	11:45 am	Boys JV Race
		12:30 pm	Awards Pavilion by stage

Admission $10 per car (unless you have an annual pass)

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

WEATHER FORCAST FOR SHELBY TWP, MI

Sat 14 | Day

56°   79%   N13 mph

Cloudy with periods of light rain. High 56F.
ENE winds shifting to NNW at 10 to 20 mph.
Chance of rain 80%.

Humidity	UV Index
87%	3 of 11
Sunrise	Sunset
7:44 am	6:51 pm

Course : Stony Creek Eastwood Beach-same course as 2022 county meet

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

Team Awards:
- Teams that place First, Second, and Third in the Boys and Girls Varsity races will receive team awards.

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.
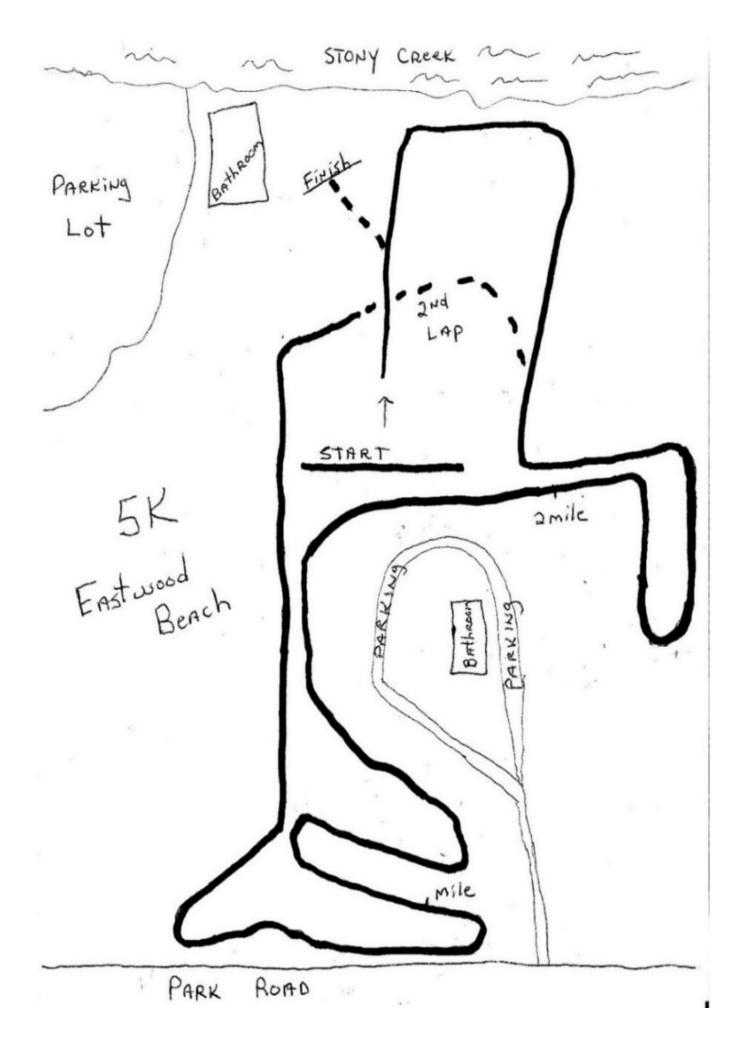
Dakota Varsity Team Results

	BOYS			GIRLS	
YEAR	PLACE	PTS	YEAR	PLACE	PTS
1996		nts	1996		nts
1997	24th of 27	nts	1997	8th of 24	215
1998	15th of 27	408	1998	10th 0f 23	284
1999	10th of 27	282	1999	6th of 26	212
2000	7th of 27	204	2000	11th of 25	291
2001	4th of 28	163	2001	8th of 26	240
2002	12th of 28	355	2002	4th of 26	154
2003	4th of 27	169	2003	10th of 26	236
2004	11th of 27	293	2004	8th of 26	222
2005	6th of 27	263	2005	6th of 25	200
2006	4th of 27	124	2006	15th of 24	342
2007	10th of 26	271	2007	12th of 25	339
2008	2nd of 27	135	2008	11th of 24	336
2009	1st of 27	67	2009	5th of 24	176
2010	1st of 27	55	2010	5th of 23	160
2011	3rd of 25	164	2011	5th of 24	137
2012	2nd of 25	90	2012	6th of 25	160
2013	2nd of 26	83	2013	6th of 25	194
2014	1st of 24	81	2014	5th of 23	153
2015	1st of 26	72	2015	4th of 23	109
2016	1st of 29	54	2016	5th of 26	117
2017	4th of 27	140	2017	3rd of 28	149
2018	3rd of 26	117	2018	3rd of 24	129
2019	2nd of 27	119	2019	4th of 28	118
2020	3rd of 27	101	2020	5th of 28	109
2021	6th of 28	199	2021	3rd of 24	103
2022	3rd of 26	107	2022	3rd of 27	100

Dakota JV Team Results

YEAR	BOYS PLACE	PTS	YEAR	GIRLS PLACE	PTS
1998	5th	135	1998		Nts
1999	4th	88	1999		Nts
2000	3rd of 14	62	2000	---	---
2001	1st of 15	29	2001	8th of 12	Nts
2002	n/a	Nts	2002	n/a	Nts
2003	7th of 15	161	2003	7th of 14	186
2004	9th of 19	248	2004	11th of 16	Nts
2005	8th of 21	153	2005	12th of 16	Nts
2006	2nd of 21	43	2006	11th of 14	Nts
2007	10th of 17	Nts	2007	9th of 17	231
2008	4th of 16	129	2008	13th of 17	Nts
2009	4th of 21	134	2009	8th of 19	231
2010	3rd of 20	76	2010	12th of 16	Nts
2011	2nd of 19	64	2011	8th of 16	218
2012	4th of 18	86	2012	4th of 15	156
2013	1st of 19	38	2013	7th of 15	224
2014	1st of 20	28	2014	5th of 18	146
2015	1st of 21	28	2015	2nd of 19	59
2016	1st of 21	19	2016	2nd of 16	47
2017	3rd of 22	75	2017	3rd of 18	51
2018	2nd of 19	53	2018	3rd of 13	72
2019	2nd of 22	45	2019	2nd of 17	39
2020	2nd of 22	56	2020	1st of 16	53
2021	2nd of 20	79	2021	5th of 19	147
2022	3rd of 23	61	2022	3rd of 18	71

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

BOYS			GIRLS		
Carter Fox	16:19	2023	Jayden Harberts	18:26	2023
Matthew Singer	16:31	2019	Jayden Harberts	18:28	2022
Simon Davis	16:32	2023	Jayden Harberts	18:35	2021
Colton Howell	16:38	2023	Mariah Belmont	19:19	2021
Lucas LaMilza	16:38	2023	Mariah Belmont	19:25	2023
Jack Mathers	16:43	2022	Jayden Harberts	20:01	2020
Carter Fox	16:46	2022	Hannah Faustyn	20:09	2017
Joseph Jaster	16:49	2018	Emma Myziuk	20:10	2019
Jacob Harberts	16:49	2019	Ava LaMilza	20:23	2022
Matthew Singer	17:04	2019	Lidia Clancy	20:30	2022
Jacob Harberts	17:06	2019	Heidi Palmer	20:34	2018
Alfonso Moceri	17:08	2019	Emma Myziuk	20:37	2018
Ethan Soave	17:17	2018	Heidi Palmer	20:43	2019
Noah Redman	17:22	2023	Heidi Palmer	20:44	2019
Alexander Kraus	17:23	2019	Katelyn Slone	20:46	2018
Simon Davis	17:24	2022	Katelyn Slone	20:54	2019
Carson Gilbertson	17:28	2022	Ava LaMilza	20:55	2019
Jacob Williams	17:32	2018	Chelsea Harvey	21:04	2021
Cameron Stermer	17:33	2019	Lidia Clancy	21:10	2023
Alexander Kraus	17:34	2019	Lindsay Harvey	21:13	2021
Andrew Scheloske	17:39	2023	Katelyn Slone	21:25	2019
Jacob Harberts	17:41	2018	Chelsea Harvey	21:25	2019

**new course in 2017

STONY CREEK

PARKING
Lot

Bathroom

Finish

2ND
LAP

START

5K

Eastwood
Beach

PARKING

Bathroom

PARKING

2mile

mile

PARK ROAD

DAKOTA CROSS COUNTRY
Pre-Race Planning Sheet

Name: _____   **Grade:** _____   **Year:**___2023___

Race: MACOMB COUNTY MEET OF CHAMPIONS   **Course:** Stoney Creek Eastwood Beach

If you ran this course this year what was your time? _____   What is your PR? _____

Now that it is the playoffs, how will your approach to racing change?

What changes (if any) will you make to your race plan from the first time you raced this course?

How do you know that you are prepared for the hills on this course?

Describe how you see your race playing out (mental visualization)?

What will help you be mentally prepared to move up (pass runners) during the middle mile?

What do you see as a goal for your training group and team (V or JV)?

What is the one contribution during the 2nd half of the race to help your team MEET THE GOAL?

What is your individual expectation for this race?

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:___2023___

Race: <u>MACOMB COUNTY MEET OF CHAMPIONS</u>   Course: <u>Stoney Creek Eastwood Beach</u>

What was your overall Place? _____   Time? _____

Reflecting on the race, did your training group/team meet the goal you wrote on the Pre-Race form?   YES   NO
Describe some positive aspects from the race that supported the team goal?

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 get passed in the last 100?	Yes	No

What were two strengths of your race?   What was one point of improvement?

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-

What **ONE WORD** would you use to describe your race?   _____

Was this the same word as you picked PRERACE?		Yes		No	
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 would you grade your *focus* last week?	A	B	C	D	E
How would you grade your *commitment* 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 else you would like to tell us or want us to know?
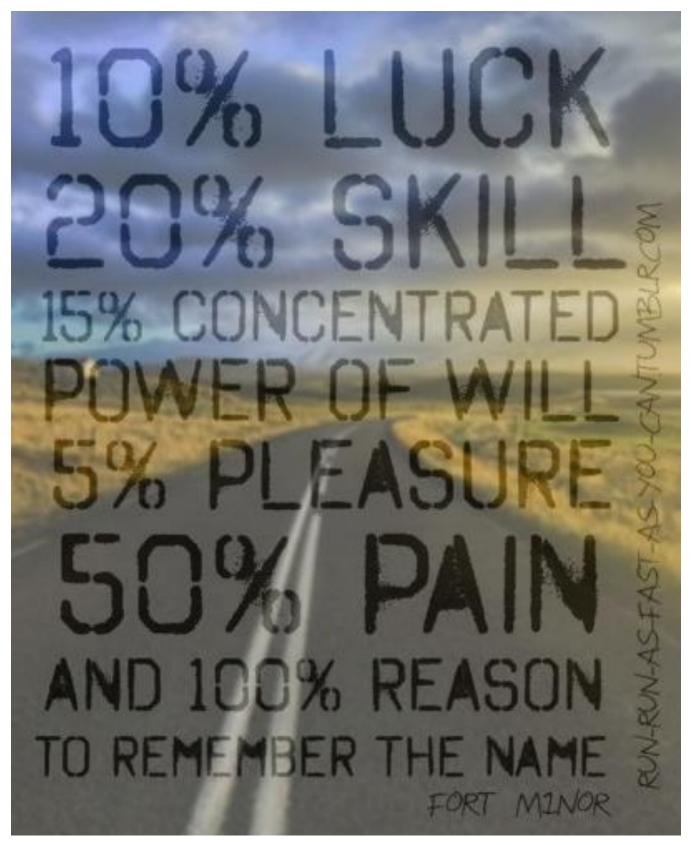
Pre-Race Schedule

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	
60 min	5 min light jog on course (w/ training groups)	
55 min	Leg Swings/ Foam Roll/ Stretch / restroom	
40 min	10 min Progressive run	
30 min	**Ind. Dynamic** Stretching / restroom	
25 min	Change shoes/put jersey on	
20 min	2-minute jog to starting line	
18 min	**Arrive at Starting Line**	**Run-outs, Strides, Drills**
10 min	Team Huddle	
2 min	Strip down to Uniform	
0 min	**Bang!!!!**	

Post-Race schedule

Minutes after Race	What To Do
0 min	Catch breath, cheer on team, get water
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
25 min	Cool Down **w/ groups** (5-20 min)
45 min	Static Stretching, Rolling (10 minutes minimum)
55 min	Clean up Tent /Garbage
	Attend Awards
	Abs / core strength /lower leg exercises
On bus /At Home	Complete post-race analysis form
	Ice, additional stretching, etc.

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

...DAKOTA COUGARS!