



Cross Country Dual Meet



MASKS ARE REQUIRED AT ALL TIMES EXCEPT FOR RUNNING THE RACE

Date: SATURDAY SEPTEMBER 12, 2020

Race Location: Dakota High School

Race Time: Men's race 10:00 am arrive at 8:45 am

Meet near the exterior doors to the Men's locker room

Women's race 11:30 am arrive at 10:15 am

Meet near the exterior doors to the Women's locker room

Who: **Dakota vs. Fraser & Marian**

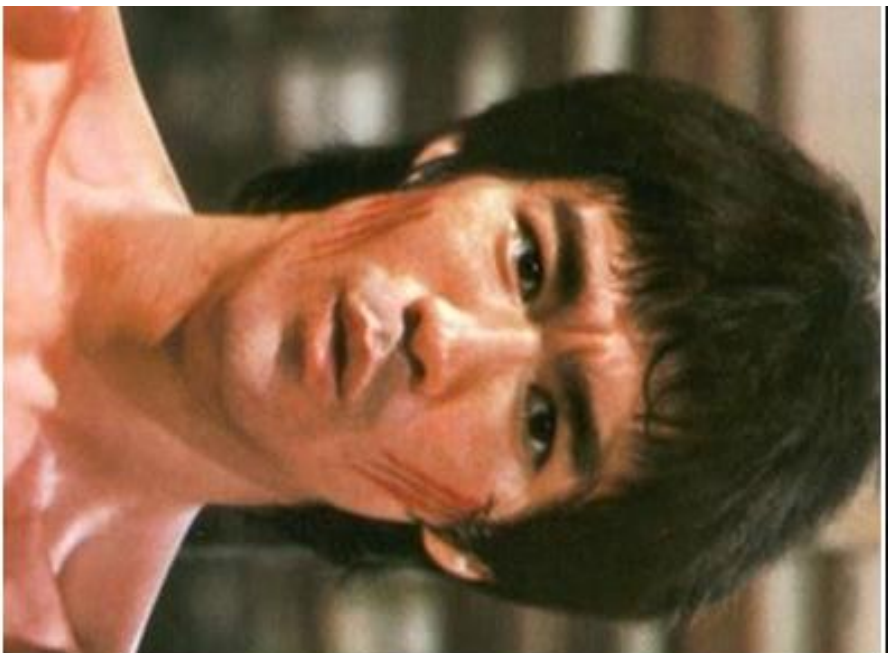
- Please complete the daily health questions and temperatures will be taken upon arrival to the park.
- **Bring plenty of WATER. No water will be provided.**
- Bring your Dakota CC sling bag with you as a place to store items when running.
- Dakota's Men and Women will wear their Green uniforms, issued at practice on Monday!
- Athletes who drive themselves to the race, please park in the pond lot. We will save spots near the 9th grade center and Track for the other teams.

The races will follow all MHSAA guidelines and will be limited to a maximum of 70 runners per race. As per MHSAA rules and guidelines there will be **no spectators on the course.**

- To keep the number of people at the course to a minimum, the girls will meet and complete their warm-up in a different location away from the boy's race. At the conclusion of the boy's race, the boys will complete a cool-down and stretch away from the race course and then leave Dakota after stretching. The Dakota Administration wants to make sure that the races are following all State and MHSAA guidelines.
- Parents if interested in volunteering for the home meets please use the sign up genius that was sent through remind. Only select **one timeslot** to give other parents the opportunity to watch their child run.



Cross Country Dual Meet



Practice makes perfect. After a long
time of practicing, our work will
become natural, skillfull, swift, and
steady.

— *Bruce Lee* —

AZ QUOTES

Cross Country Dual Meet

COURSE MAP:



From the start runners will run the shorter loop of the field then complete the larger loop of the field this will get them through the 1 mile mark.

At 1.25 miles the runners will turn left through the gate staying to the left (2-way traffic) and head past the pole vault runways.

The runners will cross the sidewalk and complete the loop around the softball fields and the tennis courts. They will return to the path by the pole vault staying again the left.

The runners will enter the gate complete the loop in the field again then exit and turn left to begin the pond loop.

Complete the pond loop with the finish at the top of the hill .

WEATHER FORECAST:

Sat 12

77°/64°



Mostly Cloudy

20%

ESE 10 mph

Cross Country Dual Meet



DAKOTA CROSS COUNTRY Race Planning Sheet



Name: _____ Grade: _____ Year: 2020

Race: Dual w/ Fraser & Marian (Girls only)

Course: Dakota High School

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 your plan for the second mile of the race? _____

What is your plan for 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?

Cross Country Dual Meet



DAKOTA CROSS COUNTRY Post Race Analysis Form



Name: _____ Grade: _____ Year: 2020

Race: Dual w/ Fraser & Marian (Girls only)

Course: Dakota High School

What was your overall Place? _____ Time? _____

Grade your mental preparation for this race:

	A	B	C	D	E
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Was your thinking positive and focused during the warm-up?			Yes		No
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Did you follow your race plan?			Yes		No
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Did you pass more people in the race than passed you?			Yes		No
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Did you compete fiercely down the stretch?			Yes		No
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Did you move up in the last mile?			Yes		No
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Did you move up in the last 400?			Yes		No
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Did you move up in the last 100?			Yes		No
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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
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How would you grade your nutrition last week?	A	B	C	D	E
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How was your sleep last week?	A	B	C	D	E
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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? _____

Cross Country Dual Meet

Dakota Cross Country



Pre-Race Schedule

Minutes Before Race		What To Do
At Home or on the bus		Adjust spikes
Upon arrival	10:15	Set up tent/ Find Bathrooms
10 Minutes after arrival	10:25	Meet w/ Coaches (Put race # on Uniform) Get additional instruction
55	10:35	10 min light jog on course (w/ training groups)
45	10:45	Stretch / restroom
30	11:00	5 min Progressive run
25	11:05	Ind. Stretching / restroom
20	11:10	Change shoes/put jersey on
18	11:12	3-minute jog to starting line
15	11:15	Arrive at Starting Line
10	11:20	Team Huddle (6' apart)
2	11:28	Strip down to Uniform
0	11:30	Bang!!!!

***Run-outs,
Strides, Drills***

Post-Race schedule



Minutes after Race		What To Do
0 min	11:50-12:00	Catch breath, cheer on team, get water, put on a mask
10 min	12:00-12:10	Meet with Coach at predetermined point on course
15 min	12:05-12:15	Return to tent, change shoes/clothes
15 min	12:15	Check in with family/friends using physical distancing
25 min	12:25	Cool Down w/ groups (5-20 min) away from the course
45 min	12:45	Static Stretching, Rolling (10 minutes minimum)
55 min	12:55	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.

Cross Country Dual Meet

Dakota Cross Country

Pre-Race Schedule



Minutes Before Race

What To Do

At Home or on the bus		Adjust spikes	
Upon arrival	8:45	Set up tent/ Find Bathrooms	
10 Minutes after arrival	8:55	Meet w/ Coaches (Put race # on Uniform) Get additional instruction	
55	9:05	10 min light jog on course (w/ training groups)	
45	9:15	Stretch / restroom	
30	9:30	5 min Progressive run	
25	9:35	Ind. Stretching / restroom	
20	9:40	Change shoes/put jersey on	
18	9:42	3-minute jog to starting line	
15	9:45	Arrive at Starting Line	<i>Run-outs, Strides, Drills</i>
10	9:50	Team Huddle (6' apart)	
2	9:58	Strip down to Uniform	
0	10:00	Bang!!!!	

Post-Race schedule

Minutes after Race

What To Do

0 min	10:17-10:27	Catch breath, cheer on team, get water, put on a mask
10 min	10:27-10:37	Meet with Coach at predetermined point on course
15 min	10:32-10:42	Return to tent, change shoes/clothes
15 min	10:42	Check in with family/friends using physical distancing
25 min	10:52	Cool Down w/ groups (5-20 min) away from the course
45 min	11:12	Static Stretching, Rolling (10 minutes minimum)
55 min	11:22	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.