



## Cross Country Dual Meet



# **MASKS ARE REQUIRED AT ALL TIMES EXCEPT FOR RUNNING THE RACE**

Date: SATURDAY SEPTEMBER 26, 2020

Race Location: Dakota High School

Race Time: Men's race 10:00 AM

Men report to Dakota at 8:30 AM

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

Women report to Dakota at 10:00 AM

Women's races 11:30 AM

Who: **Dakota vs. Grosse Pointe North & Utica (Boys)**

- 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 Men will wear their light BLUE practice jersey's, since GPN is Green as well.
- Athletes who drive themselves to the race, please park in the Pond Lot, we will save spots near the 9<sup>th</sup> grade center and track for parents and 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 **ONLY 2 spectators per athlete, PERIOD!**

- 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 Men's race. At the conclusion of the Men's race, the boys will complete a cool-down and stretch away from the race course and then leave Dakota after stretching.
- 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, up close.



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## 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

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## DAKOTA CROSS COUNTRY Race Planning Sheet



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

Race: Dual w/ Grosse Pointe North & Utica (boys only)

Course: Dakota High School

If you ran this course last time, what was your Place? \_\_\_\_\_ What was Your Time? \_\_\_\_\_

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

\_\_\_\_\_

What **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 Focused Strong Excellent Bold Fast Determined Powerful Grit Awesome Brave Skillful Fearless**

Outstanding **Epic** Competitive **Smart** Hardworking **Relaxed** Great **Exquisite** Talented **Vibrant** Bold

**Elite** Enjoyable **Electrified** Fascinating **Refute** Happy **Breakout** Confident **Fabulous** Boundless **Daring**

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## DAKOTA CROSS COUNTRY Post Race Analysis Form



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

Race: Dual w/ Grosse Pointe North & Utica (boys only) Course: Dakota High School

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? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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### 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</b> (5-20 min) <b>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

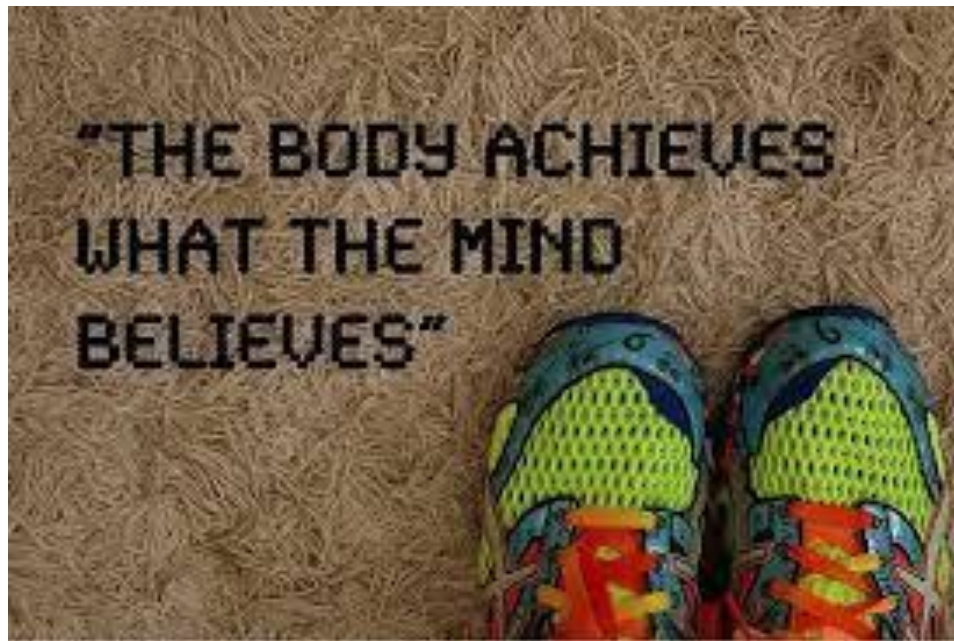
**Note: Your race is not finished until you exit the chute.**





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<b>Dakota Top Times at Dakota High School</b>					
<b>BOYS</b>			<b>GIRLS</b>		
Jacob Harberts	17:03	2020	Jayden Harberts	18:46	2020
Matthew Singer	17:23	2020	Jayden Harberts	19:25	2020
Jacob Harberts	17:50	2020	Emma Myziuk	21:06	2020
Nicholas Bryant	17:57	2020	Katelyn Slone	21:10	2020
Alexander Kraus	18:02	2020	Emma Myziuk	21:15	2020
Alfonso Moceri	18:03	2020	Lindsay Harvey	22:09	2020
Alfonso Moceri	18:09	2020	Allison Ferguson	22:11	2020
Jack Mathers	18:12	2020	Ava LaMilza	22:13	2020
Carter Fox	18:21	2020	Allison Ferguson	22:25	2020
Matthew Singer	18:21	2020	Lindsay Harvey	22:31	2020
<b>**New Course in 2020</b>					



<b>Top Times at Dakota High School</b>						
<b>BOYS</b>				<b>GIRLS</b>		
Elijah Dicerbo	Fraser	16:30	2020	Jayden Harberts	Dakota	18:46 2020
Jacob Harberts	Dakota	17:03	2020	Jayden Harberts	Dakota	19:25 2020
Connor Mackenzie	Armada	17:20	2020	Isabella Agrusso	Marian	20:39 2020
Matthew Singer	Dakota	17:23	2020	Maya Harb	Marian	20:54 2020
Jacob Harberts	Dakota	17:50	2020	Emma Myziuk	Dakota	21:06 2020
Alec Albrecht	Armada	17:54	2020	Emma Bowen	Stevenson	21:10 2020
Nicholas Bryant	Dakota	17:57	2020	Katelyn Slone	Dakota	21:10 2020
Alexander Kraus	Dakota	18:02	2020	Emma Myziuk	Dakota	21:15 2020
Alfonso Moceri	Dakota	18:03	2020	Erin Siver	Marian	21:20 2020
Alfonso Moceri	Dakota	18:09	2020	Emily Plouff	Fraser	21:27 2020
Jack Mathers	Dakota	18:12	2020	Ainslie Vanneste	Marian	21:30 2020
Justin Roose	Fraser	18:17	2020	Jasimine Alfaro	Richmond	21:51 2020
Carter Fox	Dakota	18:21	2020	Isabella Prezzato	Marian	21:56 2020
Matthew Singer	Dakota	18:21	2020	Lindsay Harvey	Dakota	22:09 2020
Christopher Villaire	Dakota	18:25	2020	Allison Ferguson	Dakota	22:11 2020