

HANSON'S INVITATIONAL

SATURDAY, OCTOBER 2, 2021

FREEDOM HILL COUNTY PARK

14900 Metro Pkwy, Sterling Heights, MI 48312

Time Schedules:

9:45 am-Men's Bus Departs Dakota
11:30 am-Men sub 19 min
11:55 am-Men between 19 min and 21 min
12:20 pm-Men over 21 min
1:00 pm- Men's Awards

MS-NO BUS report to Freedom Hill by 12:30 pm
1:30 pm- 7th /8th Girls -faster than 18 min for 2 mi
1:50 pm-7th /8th Boys -faster than 18 min for 2 mi
2:10 pm- 6th Girls & slower than 18 min for 2 mi
2:40 pm- 6th Boys & slower than 18 min for 2 mi

HS Awards: Medals to top 50 in each Division 1 regardless of which race. T-Shirts to the top 20. Plaques and T-shirts to the champion, Plaque for the runner-up.

MS Awards: Medals to the Top 20 in the Faster Races and Top 10 in the Slower Races

Parking: \$5 parking charge for all vehicles

Course: Runs the perimeter of the amphitheater and parking lot areas, grass, some gravel and 1 steep incline along with another smaller hill.

Box Assignments: Men = TBD

Dakota Team Results					
BOYS			GIRLS		
YEAR	PLACE	PTS	YEAR	PLACE	PTS
1997	17 th of 17	nts	1997	9 th of 11	nts
1998	14 th of 19	395	1998	9 th of 14	242
1999	7 th of 11	186	1999	8 th of 9	200
2000	8 th of 11	197	2000	7 th of 7	189
2001	7 th of 14	186	2001	6 th of 10	175
2002	13 th of 14	298	2002	7 th of 10	176
2003	7 th of 13	184	2003	8 th of 10	189
2020	8 th of 22	201	2020	6 th of 19	150
2021					

WEATHER FORCAST: SATURDAY

Sat 02

72°/54°



Partly Cloudy

24%

S 6 mph



DAKOTA CROSS COUNTRY

Pre-Race Planning Sheet



Name: _____ Grade: _____ Year: 2021

Race: Hanson's Invite Course: Freedom Hill County Park

What is your Personal Record time for cross country?

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

What is your race plan since everyone in the race has about the same PR as you?

What will you do if you are leading the race?

What is the one thing you will **FOCUS** on during the last mile of the race?

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

What plans do you have for adapting to unplanned events?

What is your individual expectation as far as Time and 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**

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	
55 min	10 min light jog on course (w/ training groups)	
45 min	Stretch / restroom	
30 min	5 min Progressive run	
25 min	Dynamic Stretching / restroom	
20 min	Change shoes/put jersey on	
18 min	3-minute jog to starting line	
15 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) away from the course
45 min	Static Stretching, Rolling (10 minutes minimum)
55 min	Clean up Tent /Garbage
	Abs / core strength /lower leg exercises
	Attend Awards
On bus	Complete post-race analysis form
At home	Ice, additional stretching, etc.

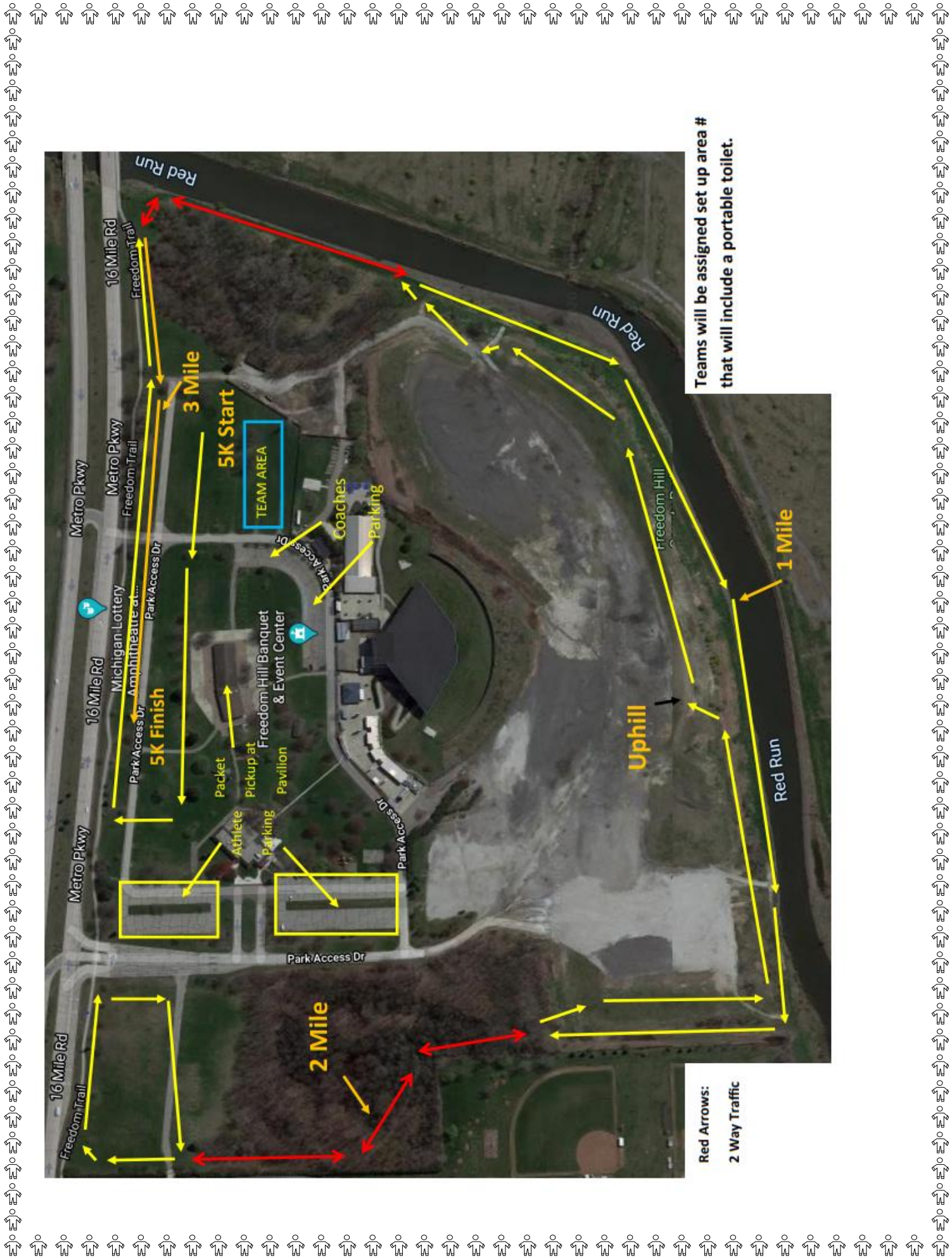
Note: Your race is not finished until you exit the chute!





Teams will be assigned set up area # that will include a portable toilet.

Red Arrows:
2 Way Traffic



“The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things.”

– Ronald Reagan





Brother Rice



Harrison Twp. L'Anse Creuse



Lake Shore St. Clair Shores



Lakeview St. Clair Shores



Roseville



Royal Oak



Sterling Heights



Sterling Heights Stevenson



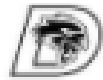
Troy Athens



Warren Cousino



Clarkston



Macomb Dakota



Port Huron Northern



Rochester



Rochester Hills Stoney Creek



Utica Eisenhower



Utica Ford



Auburn Hills Avondale



Bloomfield Hills



Novi