

54th Annual Huron HSXC Invitational

Saturday September 16, 2023

6:00 am Girls Bus departs Dakota
 7:00 am Boys Bus departs Dakota
 9:05 am Girls Varsity D1 Race
 10:10 am Boys Varsity D1 Race
 10:40 am Girls JV Race
 11:15 am Boys JV Race
 11:45 am AWARDS



The Course: Willow Metropark @ Chestnut Grove
 23200 S Huron Rd, New Boston, MI 48164

The course is 2 loops of the chestnut grove picnic area. Primarily flat and on grass. It runs around several open fields and down by the Huron River. There are a few inclines, but nothing you're not used to.

BOX Assignments: Girls = 4 Boys = 9 JV = 12

WEATHER FORECAST for Shelby Township, MI

72°/56°



Partly Cloudy

7%

SSW 5 mph

Teams competing



Brighton



Belleville



Detroit Renaissance



Berkley



Brownstown Woodhaven



Farmington



North Farmington



Dearborn



Livonia Franklin



South Lyon East



Dearborn Heights
Crestwood



Oak Park



West Bloomfield



Gibraltar Carlson



Wayne Memorial



Fraser



Monroe



Grosse Pointe South



Saline



Macomb Dakota



Ypsilanti Lincoln



**The question isn't "can you?".
It's, will you?"**



**The question isn't "can you?".
It's, will you?"**

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	Stretch / restroom	
40 min	10 min run with pickups	
30 min	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) away from the course
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!





DAKOTA CROSS COUNTRY

Pre-Race Planning Sheet



Name: _____ Grade: _____ Year: 2023

Race: Huron XC Invitational Course: Willow Metropark Chestnut Grove

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**

