



Cross Country Dual Meet



MASKS ARE REQUIRED AT ALL TIMES EXCEPT FOR RUNNING THE RACE

Date: FRIDAY SEPTEMBER 18, 2020 AND
19, 2020

SATURDAY SEPTEMBER

Race Location: **Hevel Elementary and Romeo High School**

Hevel Elementary address: 12700 29 Mile rd., Washington MI 48094

Romeo High School Address: 62300 Jewell Rd. Washington MI, 48094

Race Times: Men's races 3:00 PM, 4:30 PM, 6:00 pm (FRIDAY)

Women's races 9:00 AM, 10:30 AM, NOON, 1:30 PM (SATURDAY)

Who: **MAC RED DIVISION JAMBOREE**

- 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.
- Athletes who drive themselves to the race, please park in the ROMEO HS lot and walk to Hevel Elementary to our team area
- Team camp: each camp will have its own garbage can and bathroom. No visiting other team camps!
- If you race in the 2nd or 3rd race you are allowed to sit at the team camp.
- athletes not in the current race must stay at the team camp. Following your race, it is unlikely that you will be able to return to the team camp. Your equipment/sling bag will be taken from the start of the race to the finish at the Romeo track stadium.
- Race Prep: Varsity runners will be allowed to warm up on/preview the entire course. Junior Varsity athletes will have to warm up near Hevel Elementary and will not be able to preview the entire course.
- 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!** Spectators are not allowed at the team camps and on the football infield (even after the races). Please make sure to wear a mask and avoid congregating on the race course. Best locations to view the race are behind Romeo High School, the Romeo Berm, and outside the Romeo track fence line

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DAKOTA CROSS COUNTRY Race Planning Sheet



Name: _____ Grade: _____ Year: 2020

Race: MAC RED JAMBOREE

Course: Romeo 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 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?

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DAKOTA CROSS COUNTRY Post Race Analysis Form



Name: _____ Grade: _____ Year: 2020

Race: MAC RED JAMBOREE

Course: Romeo 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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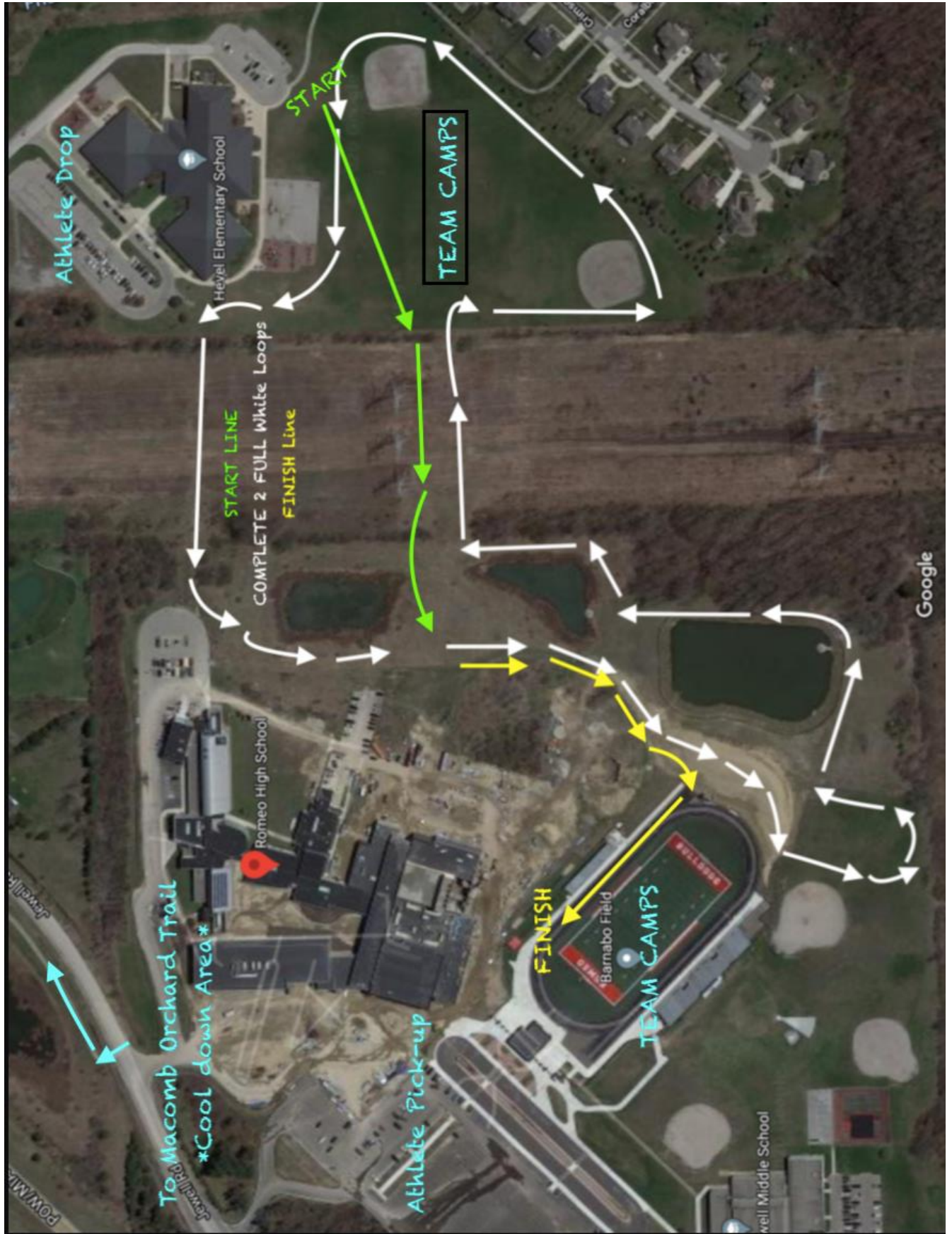


WEATHER FORECAST: FRIDAY & SATURDAY

3 pm **58°**  Partly Cloudy  0%  N 10 mph

Sat 19 **59°/39°**  Mostly Sunny  10%  NE 4 mph

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Coming together is a beginning; keeping together is progress; working together is success.



Henry Ford

AZ QUOTES

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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	
55 min	10 min light jog on course (w/ training groups)	
45 min	Stretch / restroom	
30 min	5 min Progressive run	
25 min	Ind. 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 (6' apart)	
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, put on a mask
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 using physical distancing
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.