

Last Chance Challenge

2:00 PM Bus Departs

4:30 PM Girls Race

5:00 PM Boys Race

Course : Warren Mott High School

3131 12 Mile Rd, Warren, MI 48092

Awards: TOP 150

Dakota Top Times at Warren Mott HS					
BOYS			GIRLS		
Ian Demrose	16:59	2014	Kayla Dobies	20:11	2013
Brennan Buckner	17:01	2013	Lauren Burnett	20:20	2012
Ian Demrose	17:36	2013	Marisa Weller	20:45	2013
Brendan Koch	17:39	2014	Marisa Weller	20:49	2014
Jimmy Hoefler	17:46	2014	Monica Micale	21:05	2013
Nick Brooks	17:47	2013	Kaitria LaFleure	21:25	2013
Brendan Koch	17:49	2013	Kaitria LaFleure	21:34	2014
Chase Fedolak	17:55	2014	Monica Micale	21:41	2014
Mitch MacDonald	17:57	2014	Lauren Valente	21:58	2014
Alex Fauer	17:59	2012	Kayla Dobies	21:46	2012
Jacob Bonacorsi	17:59	2013	Emily Gibbings	21:55	2012
Jacob Kalahar	18:02	2013	Lauren Valente	22:02	2013
Jacob Kalahar	18:08	2014	Sarah Regener	22:13	2014
Zack Thomas	18:13	2012	Katie Gross	22:17	2012
Brad Bates	18:18	2012	Addison Pavlica	22:18	2013
Travis Artman	18:21	2013	Alexis Penzien	22:33	2014
Sawyer Kisha	18:21	2014	Alexis Penzien	22:44	2013
Noah Vallee	18:22	2013	Sara Tyngel	22:49	2013
Josh Jaster	18:22	2014	Marisa Weller	23:01	2012
Calvin Suida	18:27	2013	Alecia King	23:39	2012
			Sarah Szymanski	23:39	2013

**DAKOTA COUGARS
CROSS COUNTRY**

**LAST CHANCE CHALLENGE
WARREN MOTT HIGH SCHOOL
TUESDAY, OCTOBER 28, 2014**

WEATHER:
Light Wind
Partly Sunny 65°

		<u>Time</u>	<u>Mile</u>	<u>2 mile</u>	<u>(split)</u>	<u>3 mile</u>	<u>(split)</u>	<u>pace</u>	<u>Place</u>
Marisa	Weller	20:49	6:19	13:15	6:56	20:06	6:50	6:42	2
Kaitria	LaFleure	21:34	6:20	13:36	7:16	20:49	7:12	6:56	7
Monica	Micale	21:41	6:37	13:54	7:17	20:56	7:02	6:59	9
Lauren	Valente	21:58	6:29	13:49	7:20	21:12	7:22	7:04	12
Sarah	Regener	22:13	6:40	14:04	7:24	21:27	7:22	7:09	15
Alexis	Penzien	22:33	6:43	14:16	7:33	21:46	7:29	7:15	19
Emily	Rhodes	23:41	6:58	14:59	8:01	22:52	7:52	7:37	41
Rachel	Sliger	23:55	7:01	15:16	8:15	23:05	7:49	7:42	44
Addison	Pavlica	23:57	7:15	15:10	7:55	23:07	7:56	7:42	45
Lana	Amatangelo	24:33	7:20	15:34	8:14	23:42	8:07	7:54	53
Allyson	Slone	24:42	7:02	15:20	8:18	23:51	8:28	7:57	54
Sarah	Verellen	24:45	7:30	15:41	8:11	23:54	8:11	7:58	55
Rachel	Randazzo	24:52	7:17	15:37	8:20	24:00	8:21	8:00	59
Tara	Metcalfe	26:01	7:30	16:13	8:43	25:07	8:51	8:22	81
Amber	Mousseau	26:09	7:44	16:32	8:48	25:15	8:41	8:25	85
Elizabeth	Gray	27:08	8:19	17:33	9:14	26:12	8:39	8:44	100
Alexis	Stillwell	27:34	8:20	17:34	9:14	26:37	9:02	8:52	106
Julianne	Koleci	27:43	8:26	17:47	9:21	26:45	8:58	8:55	108
Kami	Karas	27:50	8:20	17:49	9:29	26:52	9:03	8:57	109
Linn	Olsen	27:53	8:29	17:43	9:14	26:55	9:11	8:58	110
Marissa	Blair	28:10	8:28	18:01	9:33	27:12	9:10	9:04	113
Hanna	Burton	28:42	8:27	18:04	9:37	27:42	9:36	9:14	115
Stephanie	Ung	30:56	8:52	18:50	9:58	29:52	10:56	9:57	122
Megan	Bukowski	32:20	9:46	20:31	10:45	31:13	10:41	10:24	130

Varsity Winner

Megan Greb-Romeo 20:24

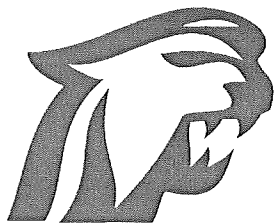
Total Finishers 145

TOP 5 TIME GAP: 1:24

Dakota's Athlete of the Meet:

Linn Olsen

Sarah Regener



DAKOTA CROSS COUNTRY

Race Planning Sheet



Name: _____ Grade: _____ Year: 2015

Race: LAST CHANCE CHALLENGE

Course: Warren Mott High School

If you ran this race last year, 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 your plan for the second mile of the race? _____

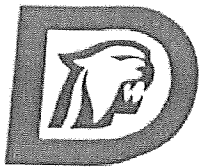
What is your plan for the third mile of the race? _____

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? _____



DAKOTA CROSS COUNTRY
Post Race Analysis Form



Name: _____ Grade: _____ Year: 2015

Race: LAST CHANCE CHALLENGE

Course: Warren Mott 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
-----	----

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
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How would you grade your nutrition last week?

A	B	C	D	E
---	---	---	---	---

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? _____

Dakota Cross Country

Girl's Pre-Race Schedule

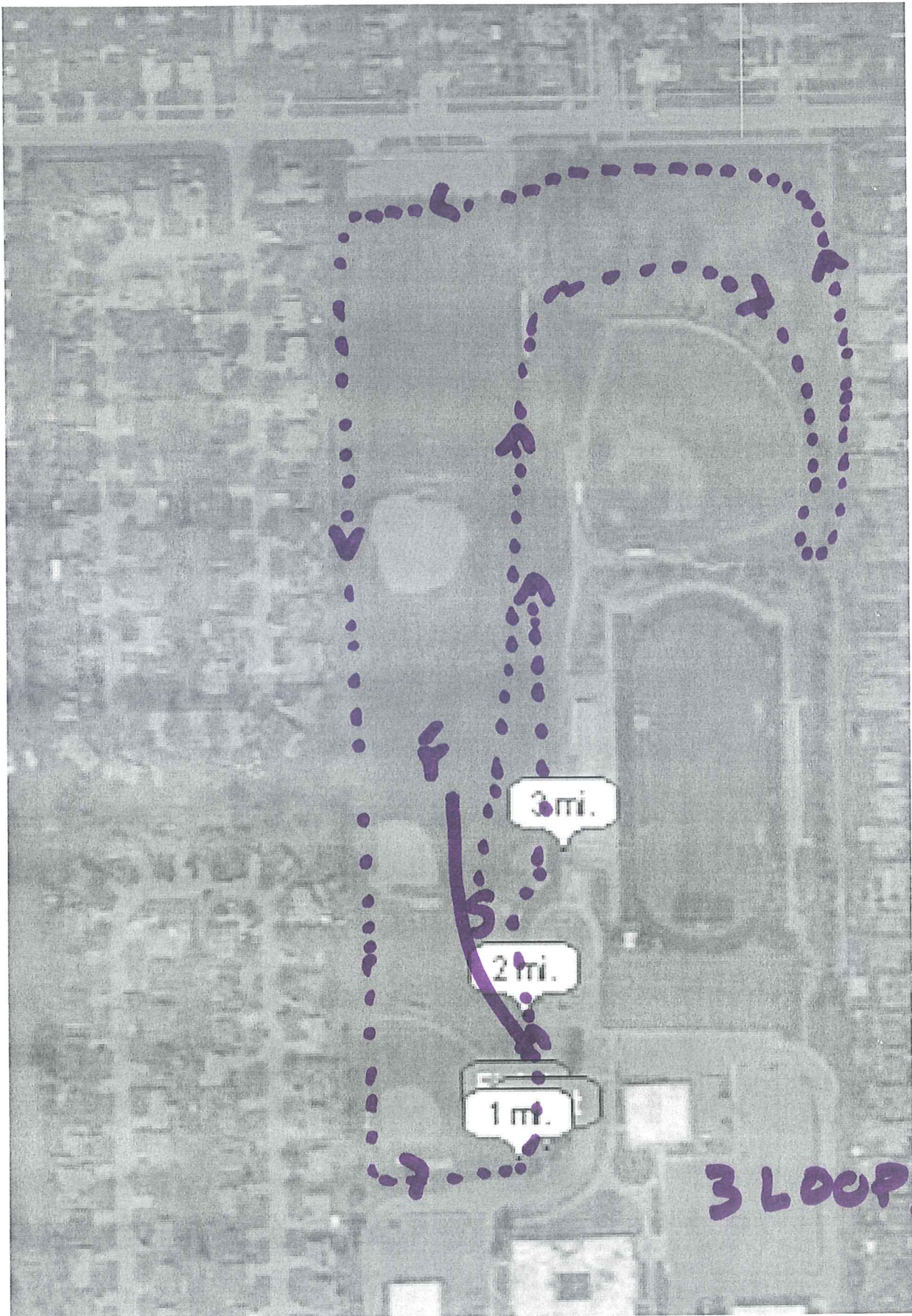


Min. Before Race	V	What To Do...
At Home or On bus		Adjust spikes
Upon arrival		Set up tent/ Find Bathrooms
10 Minutes after arrival		Meet w/ Coach (Put race # on Uniform) Get additional instruction
55	3:35	5 min light jog
50	3:40	Stretch / restroom
35	3:55	10 min Warm-up on course
25	4:05	Ind. Stretching / restroom
20	4:10	Change shoes/put jersey on
15	4:15	2-3 minute jog to starting line
12	4:18	Arrive at Starting Line
10	4:20	Run-outs / Strides /Drills
3	4:27	Team Huddle
1-2	4:28	Strip down to Uniform
0	4:30	Bang!!!!

Post-Race schedule

Min. After Race	V	What To Do...
0 min	4:50-5:00	Catch breath, cheer on team, get water
5 min	4:55-5:05	Meet with Coach at predetermined point on course
15 min	5:05-5:20	Return to tent, change shoes/clothes
15 min	5:20	Check in with family/friends at the tent
20 min	5:25	Cool Down w/ team (5-20 min) cheering other runners
40 min		Report to start of JV Race
45 min	5:45	Stretch
50 min	5:50-finish	Cheer on other runners in groups at various locations
		Abs / core strength
		Clean up Tent /Garbage

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



3 LOOPS

Dakota Cross-Country

You are invited to help celebrate the accomplishments of
the Dakota High School Cross Country team.

2015 XC Banquet

Monday November 23, 2015

6:00 PM

Zuccaro's Holiday House

20400 S. Nunneley

Clinton Township, MI 48035

Tickets:

\$15 per person

(Athletes are \$15 as well)

Checks made payable to Dakota High School.

Money is due by November 13, 2015.

Please contact one of the coaches today
and verify the number attending.

Coach Timpa mtimpa@cvs.k12.mi.us

Coach Zarzycki tzarzycki@cvs.k12.mi.us

