

Mariner Invitational

Friday August 20, 2021

7:30 am Girls Bus departs
8:00 am Boys Bus departs
8:00 am Gate Open
9:00 am Coaches Meeting
9:30 am Girls Race
10:15 am Boys Race
11:00 am Awards



11:30 am Team BBQ- Hosted by the Harvey's
5:30 pm Team Dinner at Immanuel Lutheran Men's Clubhouse
21 & Romeo Plan -hosted by the Palmers
Boys = Drinks Girls = Desserts

The Course: Columbus County Park
1670 Bauman Road
Columbus, MI 48063

There is construction on Gratiot and Palms Rd (completely shut down), but there are detour signs to follow or have fun navigating your own back roads journey. Please allot time for this.

There is plenty of woods (shade) and a shallow river crossing, With all the rain, the river crossing they do twice is about knee deep and there are a few thick mud spots enroute...a true cross country experience. This challenging course covers a wide range of straights, woods, hills, and mostly dirt trails.

BOX Assignments: TBD

WEATHER FORCAST for Columbus MI

Fri 20

86°/61°



Sunny

8%

NNE 5 mph

Teams competing

 Almont

 Austin Catholic

 Goodrich

 Grosse Pointe South

 Harper Woods

 Lapeer

 Macomb Dakota

 Macomb Lutheran North

 Marine City

 Marine City Cardinal Mooney

 Memphis

 Port Huron

 Richmond

 Warren Cousino

Awards

- Medals to top 20 in each race
- Trophy to 1st and 2nd place teams

Dakota Team Results					
<u>BOYS</u>			<u>GIRLS</u>		
<u>YEAR</u>	<u>PLACE</u>	<u>PTS</u>	<u>YEAR</u>	<u>PLACE</u>	<u>PTS</u>
2004	4 th of 17	152	2004	5 th of 17	165
2005	8 th of 16	222	2005	7 th of 15	212
2006	2 nd of 16	73	2006	15 th of 16	nts
2007	6 th of 15	195	2007	8 th of 15	229
2008	3 rd of 15	118	2008	9 th of 14	244
2011	3 rd of 14	101	2011	4 th of 16	113
2012	4 th of 15	95	2012	2 nd of 14	68
2013	3 rd of 16	83	2013	4 th of 12	117



Dakota Top Times at Columbus County Park	
BOYS	GIRLS
New course for Dakota	





DAKOTA CROSS COUNTRY

Pre-Race Planning Sheet



Name: _____ Grade: _____ Year: 2021

Race: Marine City Invite Course: Columbus County Park

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**



DAKOTA CROSS COUNTRY
Post-Race Analysis Form



Name: _____ Grade: _____ Year: 2021

Race: Marine City Invite

Course: Columbus County Park

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? _____

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 (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!

