



MHSAA Division 1 State Finals

Saturday November 5<sup>th</sup>, 2016

Michigan International Speedway

12626 US-12

Brooklyn, Michigan 49230

|          |                                  |
|----------|----------------------------------|
| 9:30 AM  | Bus Departs Dakota High School   |
| 12:00 PM | Arrive at MIS                    |
| 2:00 PM  | Division 1 Boys Race             |
| 3:00 PM  | Division 1 Girls Race            |
| 3:45 PM  | Awards                           |
| 6:30 PM  | Arrive at Dakota HS              |
| 7:00 PM  | Dinner for the qualifiers at TBD |

All Spectators must purchase a ticket (\$8.00) e-tickets can be purchased at <http://www.mhsaa.com/tickets>

AWARDS: TOP 30 Medals and ALL-State honors

Trophies to the TOP 2 teams

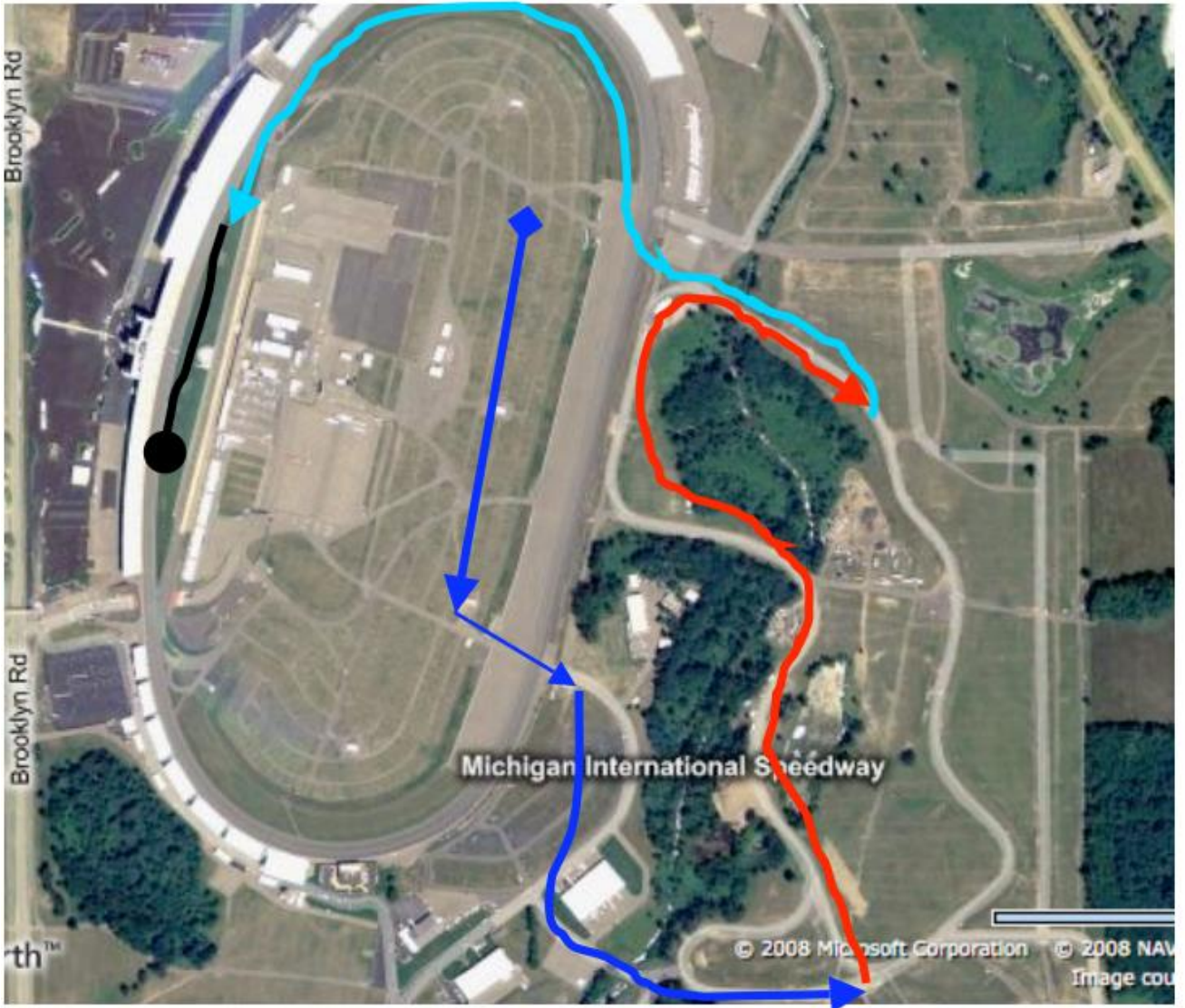
Academic ALL-State honors (must be in the Top 50% of the field and have over a 3.8 GPA)

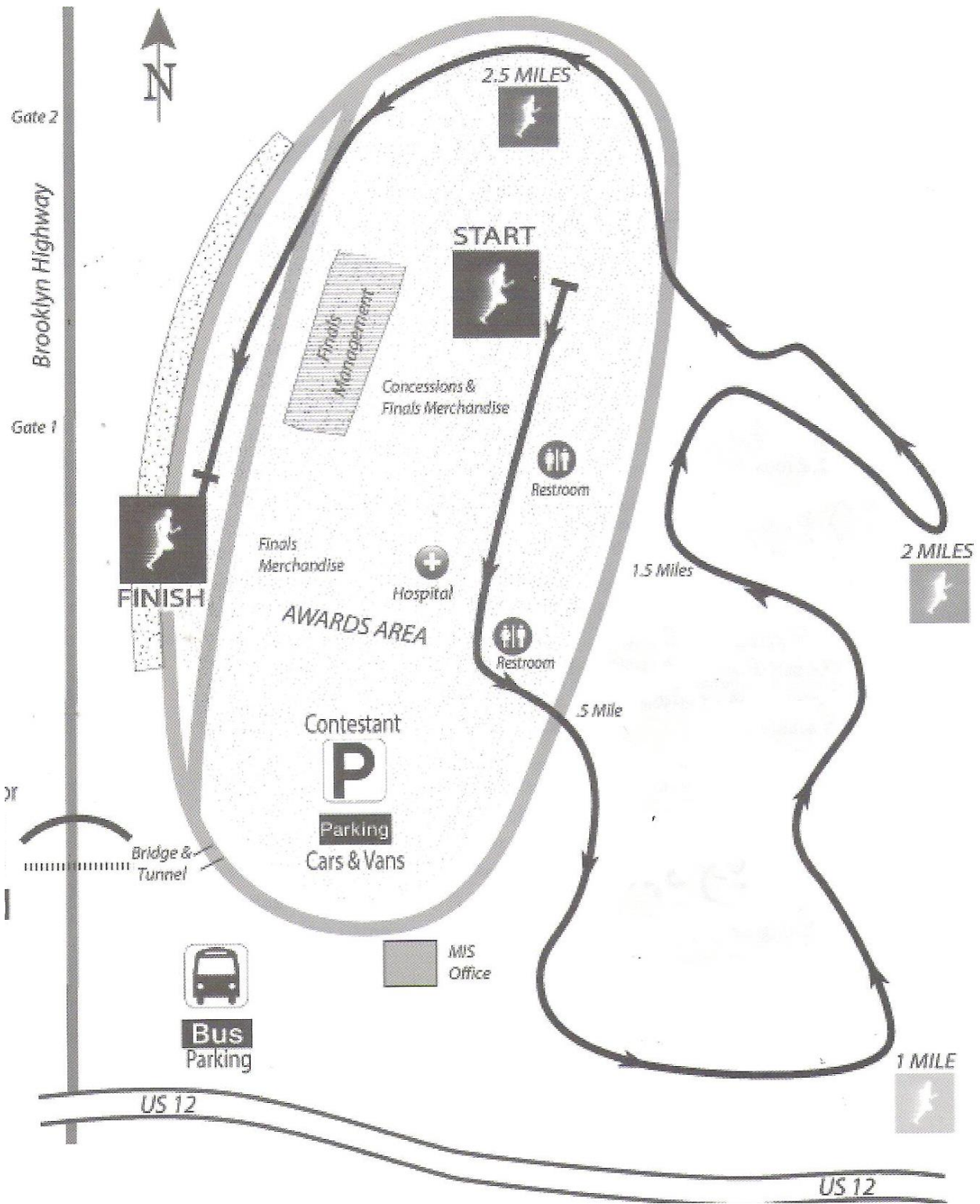
## Dakota Top Times at Michigan International Speedway

| BOYS            |             |                   |             | Race Stats          |                     |
|-----------------|-------------|-------------------|-------------|---------------------|---------------------|
| <u>Name</u>     | <u>Time</u> | <u>Place</u>      | <u>Year</u> | <u>Winning Time</u> | <u># of Runners</u> |
| Nick Culbertson | 15:46.8     | 20 <sup>th</sup>  | 2010        | 15:13.9             | 246                 |
| Jordan Staley   | 16:01.7     | 40 <sup>th</sup>  | 2010        | 15:13.9             | 246                 |
| Ryan Sucharski  | 16:14.5     | 29 <sup>th</sup>  | 2001        | 15:11.3             | 238                 |
| Ryan Sucharski  | 16:24.8     | 75 <sup>th</sup>  | 2000        | 14:10.4             | 246                 |
| Blake Ryan      | 16:24.8     | 100 <sup>th</sup> | 2010        | 15:13.9             | 246                 |
| Brendan Koch    | 16:29.7     | 96 <sup>th</sup>  | 2015        | 15:10.4             | 248                 |
| Brad Bates      | 16:33.5     | 78 <sup>th</sup>  | 2013        | 15:13.7             | 262                 |
| James Hoefler   | 16:38.2     | 123 <sup>rd</sup> | 2015        | 15:10.4             | 248                 |
| Phil Baldick    | 16:39.5     | 111 <sup>th</sup> | 2007        | 15:26.9             | 249                 |
| Stephen Orr     | 16:42.1     | 138 <sup>th</sup> | 2010        | 15:13.9             | 246                 |
| Nick Culbertson | 17:01.2     | 167 <sup>th</sup> | 2008        | 15:18.6             | 240                 |
| Phil Baldick    | 17:02.9     | 170 <sup>th</sup> | 2008        | 15:18.6             | 240                 |
| Kyle Allinder   | 17:20.9     | 135 <sup>th</sup> | 2009        | 15:28.5             | 237                 |
| Tim Szymanski   | 17:31.4     | 220 <sup>th</sup> | 2010        | 15:13.9             | 246                 |
| Alex Fauer      | 17:34.0     | 222 <sup>nd</sup> | 2010        | 15:13.9             | 246                 |
| Vince Ferranti  | 17:36.2     | 168 <sup>th</sup> | 2009        | 15:28.5             | 237                 |
| Blake Ryan      | 17:40.8     | 174 <sup>th</sup> | 2009        | 15:28.5             | 237                 |
| Nick Culbertson | 17:48.2     | 191 <sup>st</sup> | 2009        | 15:28.5             | 237                 |
| Will Saiz       | 17:51.7     | 232 <sup>nd</sup> | 2013        | 15:13.7             | 262                 |
| James Courtney  | 17:57.35    | 227 <sup>th</sup> | 2005        | 15:34.25            | 251                 |
| Kyle Lewis      | 18:00.4     | 209 <sup>th</sup> | 2009        | 15:28.5             | 237                 |
| Zack Thomas     | 18:06.5     | 237 <sup>th</sup> | 2010        | 15:13.9             | 246                 |
| Stephen Orr     | 18:06.7     | 215 <sup>th</sup> | 2009        | 15:28.5             | 237                 |
| Jordan Staley   | 18:22.8     | 228 <sup>th</sup> | 2009        | 15:28.5             | 237                 |

## Dakota Top Times at Michigan International Speedway

| GIRLS               |             |                   |             | Race Stats          |                     |
|---------------------|-------------|-------------------|-------------|---------------------|---------------------|
| <u>Name</u>         | <u>Time</u> | <u>Place</u>      | <u>Year</u> | <u>Winning Time</u> | <u># of Runners</u> |
| Marah Pugh          | 18:39.6     | 30 <sup>th</sup>  | 2013        | 17:31.1             | 240                 |
| Jenni Culbertson    | 18:50.4     | 18 <sup>th</sup>  | 2002        | 17:43.6             | 235                 |
| Kayla Dobies        | 19:37.3     | 113 <sup>th</sup> | 2015        | 17:28.2             | 242                 |
| Christina Micale    | 19:42.1     | 133 <sup>rd</sup> | 2012        | 17:07.9             | 228                 |
| Janell Herrick      | 19:53.7     | 121 <sup>st</sup> | 2005        | 17:41.0             | 238                 |
| Jennie Froelich     | 19:58       | 123 <sup>rd</sup> | 1998        | 17:51               | 277                 |
| Kayla Dobies        | 20:00.5     | 125 <sup>th</sup> | 2014        | 17:19.0             | 244                 |
| Christina Micale    | 20:49       | 207 <sup>th</sup> | 2010        | 17:00.2             | 243                 |
| Jennie Froelich     | 20:53.2     | 89 <sup>th</sup>  | 1997        | 19:07.1             | 280                 |
| Jennie Froelich     | 21:18       | 211 <sup>th</sup> | 1999        | 17:55.5             | 282                 |
| Kristen Leszczynski | 21:44.0     | 181 <sup>st</sup> | 1997        | 19:07.1             | 280                 |





Gate 2

Brooklyn Highway

Gate 1

**FINISH**

**START**

**AWARDS AREA**

Contestant  
**P**

Parking  
Cars & Vans

**Bus  
Parking**

MIS  
Office

Bridge &  
Tunnel

Concessions &  
Finals Merchandise

Finals  
Merchandise

Hospital

Restroom

Restroom

.5 Mile

1.5 Miles

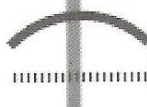
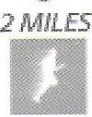
2 MILES

1 MILE

2.5 MILES

US 12

US 12





**DAKOTA CROSS COUNTRY**  
Race Planning Sheet



Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Year: 2016

Race: MHSAA STATE FINALS Course: Michigan International Speedway

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: 2016

Race: MHSAA STATE FINALS Course: Michigan International Speedway

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? \_\_\_\_\_  
\_\_\_\_\_

# Dakota Cross Country

## Girl's Pre-Race Schedule



| Min. Before Race         |      | 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)<br>Get additional instruction |
| 55                       | 2:05 | 5 min light jog   |
| 50                       | 2:10 | Stretch / restroom  |
| 35                       | 2:25 | 10 min Warm-up on course  |
| 25                       | 2:35 | Ind. Stretching / restroom  |
| 20                       | 2:40 | Change shoes/put jersey on  |
| 15                       | 2:45 | 2-3 minute jog to starting line                                     |
| 12                       | 2:48 | Arrive at Starting Line   |
| 10                       | 2:50 | Run-outs / Strides /Drills  |
| 5                        | 2:55 | Team Huddle   |
| 2                        | 2:58 | Strip down to Uniform   |
| 0                        | 3:00 | Bang!!!!  |

## Post-Race schedule

| Min. After Race | V    | What To Do...   |
|-----------------|------|---|
| 0 min           | 3:18 | Catch breath, cheer on team, get water                |
| 5 min           | 3:23 | Meet with Coach at predetermined point on course      |
| 15 min          | 3:33 | Return to tent, change shoes/clothes                  |
| 15 min          | 3:33 | Check in with family/friends at the tent              |
| 20 min          | 3:38 | Cool Down w/ team (5-20 min) cheering other runners   |
| 40 min          | n/a  | Report to start of JV Race                            |
| 45 min          | 4:03 | Stretch   |
| 50 min          | n/a  | Cheer on other runners in groups at various locations |
|                 |      | Abs / core strength                                   |
|                 | 3:45 | Report to Awards                                      |
|                 |      | Clean up Tent /Garbage                                |

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

# Dakota Cross Country

## Men's Pre-Race Schedule



| Min. Before Race         |      | 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)<br>Get additional instruction |
| 55                       | 1:05 | 5 min light jog   |
| 50                       | 1:10 | Stretch / restroom  |
| 35                       | 1:25 | 10 min Warm-up on course  |
| 25                       | 1:35 | Ind. Stretching / restroom  |
| 20                       | 1:40 | Change shoes/put jersey on  |
| 15                       | 1:45 | 2-3 minute jog to starting line                                     |
| 12                       | 1:48 | Arrive at Starting Line   |
| 10                       | 1:50 | Run-outs / Strides /Drills  |
| 5                        | 1:55 | Team Huddle   |
| 2                        | 1:58 | Strip down to Uniform   |
| 0                        | 2:00 | Bang!!!!  |

## Post-Race schedule

| Min. After Race | V         | What To Do...   |
|-----------------|-----------|---|
| 0 min           | 2:15-2:17 | Catch breath, cheer on team, get water                |
| 5 min           | 2:20-2:22 | Meet with Coach at predetermined point on course      |
| 15 min          | 2:30-2:32 | Return to tent, change shoes/clothes                  |
| 15 min          | 2:32      | Check in with family/friends at the tent              |
| 20 min          | 2:37      | Cool Down w/ team (5-20 min) cheering other runners   |
| 40 min          | 2:57      | Report to start of GIRLS RACE                         |
| 45 min          | 3:02      | Stretch   |
| 50 min          | 3:07      | Cheer on other runners in groups at various locations |
|                 |           | Abs / core strength                                   |
|                 | 3:45      | Report to Awards                                      |
|                 |           | Clean up Tent /Garbage                                |

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