

11TH ANNUAL GOLDEN GRIZZLIES CROSS COUNTRY INVITATIONAL

FRIDAY AUGUST 30, 2019

COURSE: (4K) --Northeast corner of Campus of Oakland University

AWARDS: Top 15, Top 3 teams

TIME SCHEDULE

8:25 am	Arrive at Dakota to load bus
8:45 am	Bus Departs Dakota
9:15 am	Girls JV
9:50 am	Boys JV
10:25 am	Girls Varsity
11:00 am	Boys Varsity
12:00 pm	Awards



Dakota Top Times at Oakland University

Joe Jaster	12:51	2018
Jacob Williams	14:01	2018
Matthew Singer	14:10	2018
Jacob Harberts	14:29	2018
Ethan Soave	14:35	2018
*2018 was the 1 st year at this course		

Past Results

2018 9th of 24 teams

Dakota Cross Country

Men's Pre-Race Schedule



Minutes 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) Get additional instruction
55	10:05	10 min light jog
45	10:15	Stretch / restroom
30	10:30	5 min Progressive run
25	10:35	Ind. Stretching / restroom
20	10:40	Change shoes/put jersey on
18	10:42	3 minute jog to starting line
15	10:45	Arrive at Starting Line
10	10:50	Run-outs / Strides /Drills
3	10:57	Team Huddle
2	10:58	Strip down to Uniform
0	11:00	Bang!!!!

Post-Race schedule

Minutes After Race		What To Do
0 min	11:15-11:18	Catch breath, cheer on team, get water
5 min	11:20-11:23	Meet with Coach at predetermined point on course
15 min	11:30-11:33	Return to tent, change shoes/clothes
15 min	11:30-11:33	Check in with family/friends at the tent
20 min	11:35	Cool Down w/ team (5-20 min) cheering other runners
40 min	n/a	Report to start of (next) Race
45 min	12:00	Stretch
50 min	n/a	Cheer on other runners in groups at various locations
		8 min Abs / core strength /lower leg exercises
		Clean up Tent /Garbage

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