

Post a PR Last Chance Race

November 2, 2016

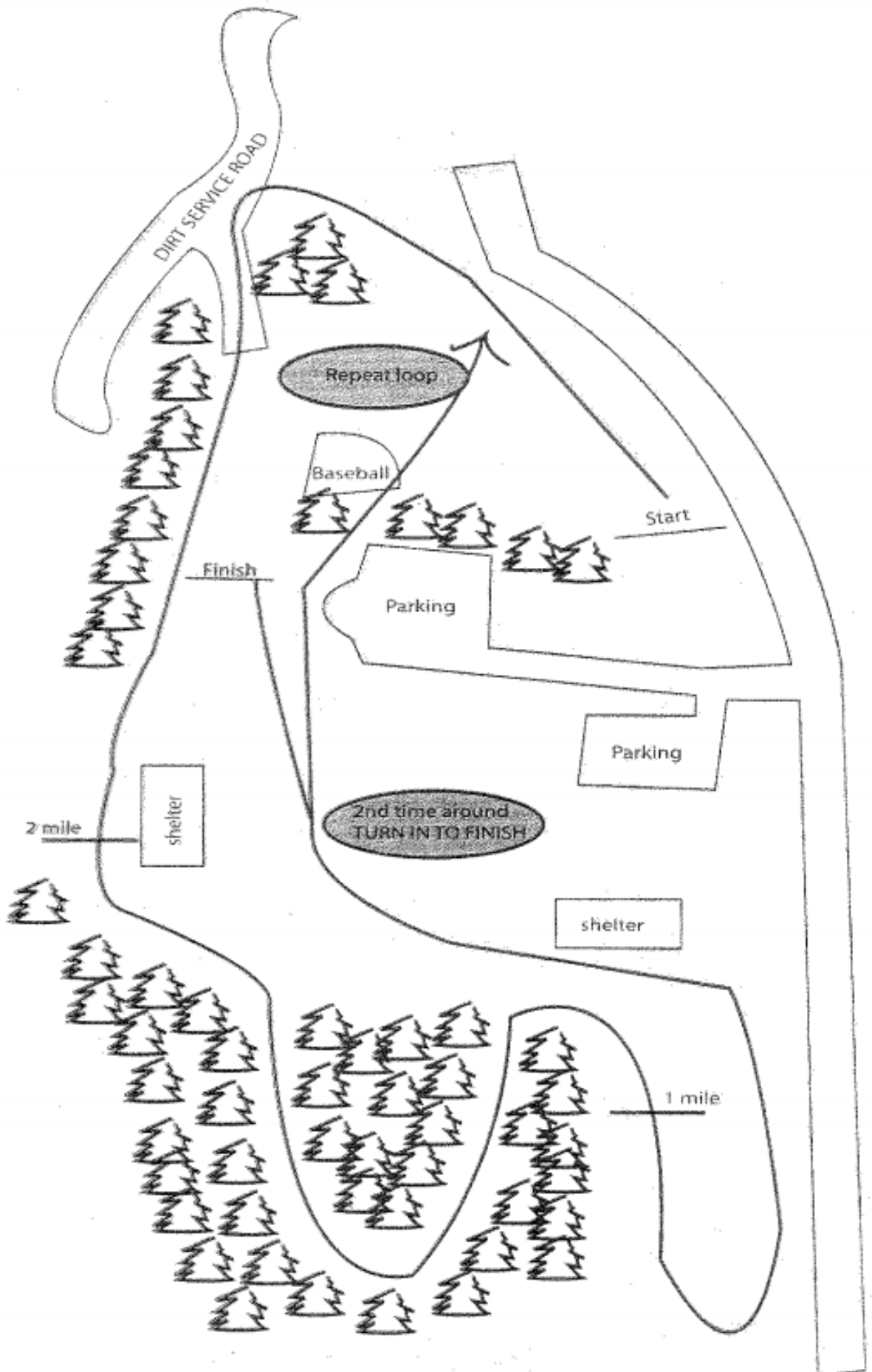
12:01 PM Students excused from school
 12:30 PM Bus Departs
 3:45 PM BOYS Race #1 (under 18:30)
 4:10 PM GIRLS Race #1 (under 23:00)
 4:35 PM BOYS Race #2
 5:05 PM GIRLS Race #2



Course : Huron Meadows Metropark

Awards: TOP 100 in each race

Dakota Top Times at Huron Meadows Metro Park					
BOYS			GIRLS		
Ian Demrose	16:12	2014	Hannah Faustyn	19:19	2016
Mitch MacDonald	16:39	2016	Kayla Dobies	19:36	2014
Josh Jaster	16:43	2016	Ally Slone	19:55	2016
Josh VanSlambrouck	16:43	2016	Marisa Weller	20:30	2014
Zachary MacDonald	16:54	2016	Rylie Yager	20:43	2016
Brendan Koch	16:59	2014	Kaitria LaFleure	21:14	2014
Chase Fedolak	17:02	2014	Monica Micale	21:24	2014
Jimmy Hoefler	17:03	2014	Sam Dobies	21:59	2016
Tom Szymanski	17:10	2016	Lauren Valente	22:00	2014
David Walker	17:12	2016	Ashley Brown	22:14	2016
Jake Kalahar	17:21	2014	Liz Gray	22:54	2016
Danny Knapp	17:28	2014	Heidi Palmer	22:59	2016
Sawyer Kisha	17:46	2016	Emily Rhodes	23:08	2014
Mitch MacDonald	17:48	2014	Sarah Regener	23:18	2014
Kyle Fedolak	17:50	2016	Chloe Chirco	23:24	2016
Zachary MacDonald	17:59	2014	Rachel Sliger	23:27	2016
Sawyer Kisha	18:01	2014	Alexis Penzien	23:44	2014
Brendan Mousseau	18:04	2016	Sarah Verellen	24:06	2014
Drew Gustafson	18:06	2016	Sabryn Leidlein	24:06	2016
Tom Szymanski	18:12	2014	Abigail Bartsch	24:31	2016
<i>This is the 2nd time Dakota ran at this course.</i>			Rachel Patterson	24:31	2016





DAKOTA CROSS COUNTRY
Race Planning Sheet



Name: _____ Grade: _____ Year: 2016

Race: Post a PR LAST CHANCE Course: Huron Meadows Metro Park

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: Post a PR LAST CHANCE Course: Huron Meadows Metro 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? _____

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) Get additional instruction
55	3:15	4:10	5 min light jog
50	3:20	4:15	Stretch / restroom
35	3:35	4:30	10 min Warm-up on course
25	3:45	4:40	Ind. Stretching / restroom
20	3:50	4:45	Change shoes/put jersey on
15	3:55	4:50	2-3 minute jog to starting line
12	3:58	4:53	Arrive at Starting Line
10	4:00	4:55	Run-outs / Strides /Drills
3	4:07	5:02	Team Huddle
1-2	4:08	5:03	Strip down to Uniform
0	4:10	5:05	Bang!!!!

Post-Race schedule

Min. After Race	V		What To Do...
0 min	4:30	5:30	Catch breath, cheer on team, get water
5 min	4:35	5:35	Meet with Coach at predetermined point on course
15 min	4:45	5:45	Return to tent, change shoes/clothes
15 min	4:45	5:45	Check in with family/friends at the tent
20 min	4:50	5:50	Cool Down w/ team (5-20 min) cheering other runners
40 min	5:05	n/a	Report to start of JV Race
45 min	5:15	6:15	Stretch
50 min	5:20	n/a	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.

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) Get additional instruction
55	2:50	3:40	5 min light jog
50	2:55	3:45	Stretch / restroom
35	3:10	4:00	10 min Warm-up on course
25	3:20	4:10	Ind. Stretching / restroom
20	3:25	4:15	Change shoes/put jersey on
15	3:30	4:20	2-3 minute jog to starting line
12	3:33	4:23	Arrive at Starting Line
10	3:35	4:25	Run-outs / Strides /Drills
3	3:42	4:32	Team Huddle
1-2	3:43	4:33	Strip down to Uniform
0	3:45	4:35	Bang!!!!

Post-Race schedule

Min. After Race	V		What To Do...
0 min	4:05	4:55-5:00	Catch breath, cheer on team, get water
5 min	4:10	5:00-5:05	Meet with Coach at predetermined point on course
15 min	4:20	5:10-5:15	Return to tent, change shoes/clothes
15 min	4:20	5:15	Check in with family/friends at the tent
20 min	4:25	5:20	Cool Down w/ team (5-20 min) cheering other runners
40 min	4:35	n/a	Report to start of JV Race
45 min	4:50	5:55	Stretch
50 min	4:55	n/a	Cheer on other runners in groups at various locations
			Abs / core strength
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