

Post a PR Last Chance Race

November 1, 2017

12:01 PM Students excused from school

12:30 PM Bus Departs

3:45 PM GIRLS Race #1 (over 23:00)

4:15 PM BOYS Race #1 (over 19:30)

4:40 PM GIRLS Race #2 (below 23:00)

5:05 PM BOYS Race #2 (below 19:30)



Course : Huron Meadows Metropark

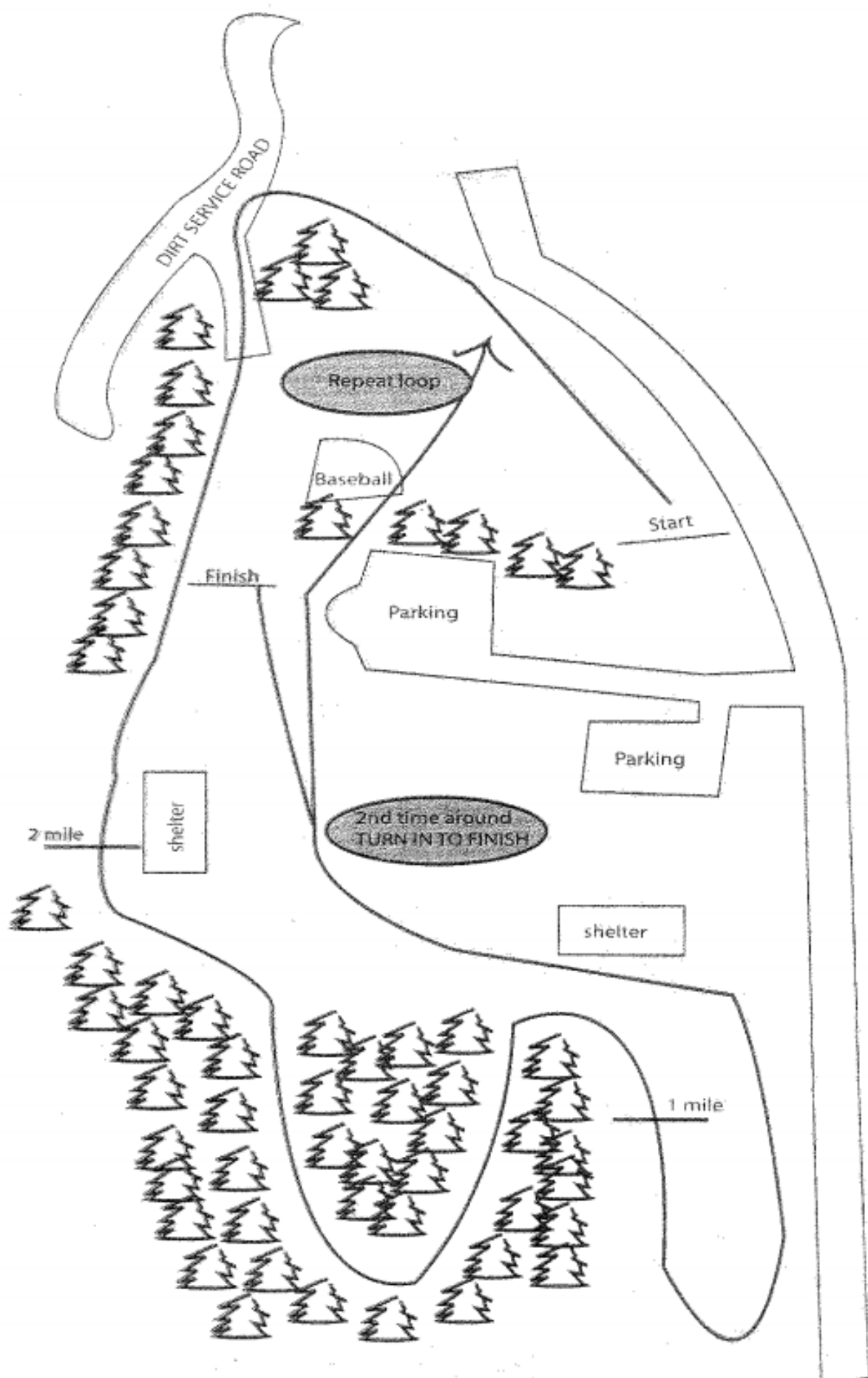
Awards: TOP 100 in each race

WEATHER FORECAST FOR CENTER LINE 48015

HIGH/LOW	PRECIP	WIND	CONDITIONS
41°/33°	20%	WSW 12 mph	Mostly Cloudy



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	Rylie Yager	20:12	2016
Zachary MacDonald	16:54	2016	Ally Slone	20:24	2016
Brendan Koch	16:59	2014	Marisa Weller	20:30	2014
Chase Fedolak	17:02	2014	Rylie Yager	20:43	2016
Jimmy Hoeffler	17:03	2014	Kaitria LaFleure	21:14	2014
Tom Szymanski	17:10	2016	Monica Micale	21:24	2014
David Walker	17:12	2016	Rachel Sliger	21:55	2016
Jake Kalahar	17:21	2014	Sam Dobies	21:59	2016
Danny Knapp	17:28	2014	Lauren Valente	22:00	2014
David Carnago	17:32	2016	Ashley Brown	22:01	2016
Brendan Mousseau	17:40	2016	Samantha Dobies	22:11	2016
Kyle Fedolak	17:45	2016	Ashley Brown	22:14	2016
Sawyer Kisha	17:46	2016	Chloe Chirco	22:30	2016
Mitch MacDonald	17:48	2014	Liz Gray	22:31	2016
Kyle Fedolak	17:50	2016	Heidi Palmer	22:31	2016
Zachary MacDonald	17:59	2014	Liz Gray	22:54	2016
Sawyer Kisha	18:01	2014	Heidi Palmer	22:59	2016
<i>This is the 3rd time Dakota ran at this course.</i>					



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	3:20	4:10	5 min light jog
50	3:25	4:15	Stretch / restroom
35	3:40	4:30	10 min Warm-up on course
25	3:50	4:40	Ind. Stretching / restroom
20	3:55	4:45	Change shoes/put jersey on
15	4:00	4:50	2-3 minute jog to starting line
12	4:03	4:53	Arrive at Starting Line
10	4:05	4:55	Run-outs / Strides /Drills
3	4:12	5:02	Team Huddle
1-2	4:13	5:03	Strip down to Uniform
0	4:15	5:05	Bang!!!!

Post-Race schedule

Min. After Race			What To Do...
0 min	4:35	5:25	Catch breath, cheer on team, get water
5 min	4:40	5:30	Meet with Coach at predetermined point on course
15 min	4:50	5:40	Return to tent, change shoes/clothes
15 min	4:50	5:40	Check in with family/friends at the tent
20 min	4:55	5:45	Cool Down w/ team (5-20 min) cheering other runners
40 min	5:05	n/a	Report to start of JV Race
45 min	5:20	6:10	Stretch
50 min	5:25	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



Women'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	3:45	5 min light jog
50	2:55	3:50	Stretch / restroom
35	3:10	4:05	10 min Warm-up on course
25	3:20	4:15	Ind. Stretching / restroom
20	3:25	4:20	Change shoes/put jersey on
15	3:30	4:25	2-3 minute jog to starting line
12	3:33	4:28	Arrive at Starting Line
10	3:35	4:30	Run-outs / Strides /Drills
3	3:42	4:37	Team Huddle
1-2	3:43	4:38	Strip down to Uniform
0	3:45	4:40	Bang!!!!

Post-Race schedule

Min. After Race			What To Do...
0 min	4:10	5:00	Catch breath, cheer on team, get water
5 min	4:15	5:05	Meet with Coach at predetermined point on course
15 min	4:25	5:15	Return to tent, change shoes/clothes
15 min	4:25	5:15	Check in with family/friends at the tent
20 min	4:30	5:20	Cool Down w/ team (5-20 min) cheering other runners
40 min	4:40	n/a	Report to start of JV Race
45 min	4:55	5:55	Stretch
50 min	5:00	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.