

MHSAA Pre-Regional 18-1

Tuesday, October 20, 2020

Time Schedule

2:50 pm	Boys Check in
3:00 pm	Boys bus departs
3:30 pm	Girls Check in
3:45 pm	Girls bus departs
5:00 pm	Boys Varsity Race
5:45 pm	Girls Varsity Race



<u>Teams</u>	<u>Boys Lineup</u>	<u>Girls Lineup</u>
Anchor Bay	Harberts	Harberts
Chippewa Valley	Singer	Myziuk
Dakota	Moceri	Slone
Fraser	Bryant	L. Harvey
L'Anse Creuse	Villaire	LaMilza
L'Anse Creuse North	Mathers	C. Harvey
Port Huron	Ott	Ferguson
Port Huron Northern	ALT (Kraus)	ALT (Garbarino)
Romeo-host		



BOX Assignments – Boys (Box #6) Girls (Box #6)

WEATHER FORECAST FOR WASHINGTON, MI

Tue 20

55°/45°



AM Showers

50%

ESE 7 mph

Course

Hevel Elementary and Romeo High School 62300 Jewell Rd. Washington, MI 48094

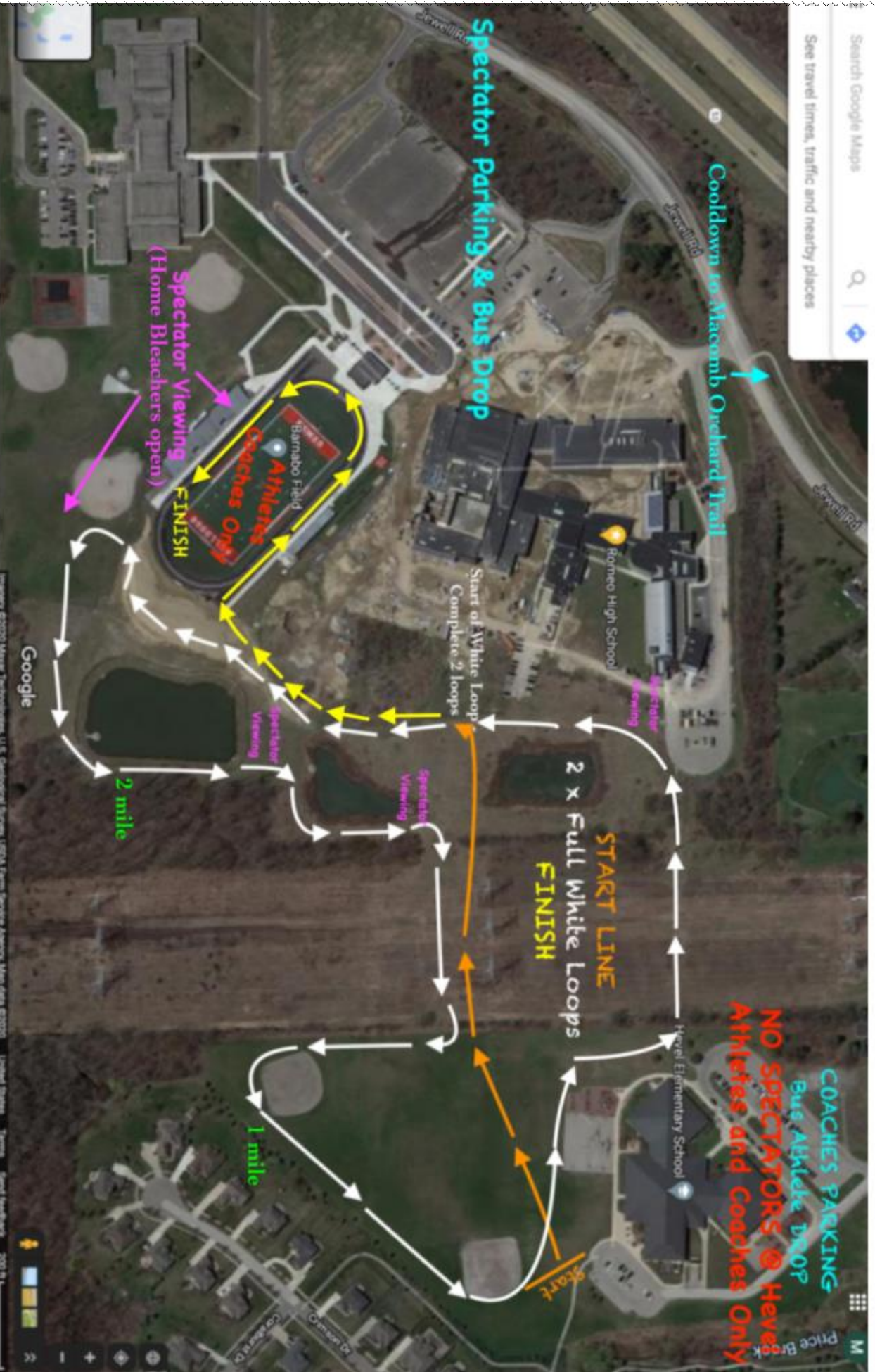
Spectators should go to Romeo High School. There will be a \$10 fee per vehicle entering the Romeo High School Facility to ensure meet officials and timers are paid appropriately. **No spectators will be allowed at Hevel where the team camps are**, but the rest of the course will be fully open to spectators.

SPECTATOR AND MASKS We are pleased to announce that spectators are allowed at competition. Per MHSAA rules, spectators are to **wear a mask while on the course and abide by social distance protocols**. Spectators will not be allowed in the starting area (team camps or on the football field (finish line)). This is again to prevent congregating. Best areas to view are the course areas behind Romeo High School, the Romeo Bern behind the scoreboard, and in the Romeo football stadium outside the track fence line. There's plenty of space to spectate. **Parents if you cannot wear a mask please do not come to the race.**

AWARDS AND RESULTS

There will be no awards at the conclusion of the race. Results will be posted on athletic.net ASAP. **The top 4 finishing teams and top 7 individuals advance to their respective regionals.**

Search Google Maps
See travel times, traffic and nearby places





DAKOTA CROSS COUNTRY

Pre-Race Planning Sheet



Name: _____ Grade: _____ Year: 2020

Race: PRE-REGIONALS

Course: Romeo High School

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: 2020

Race: PRE-REGIONALS

Course: Romeo High School

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	Ind. Stretching / restroom
20 min	Change shoes/put jersey on
18 min	3-minute jog to starting line
15 min	Arrive at Starting Line
10 min	Team Huddle (6' apart)
2 min	Strip down to Uniform
0 min	Bang!!!!

Run-outs,
Strides, Drills

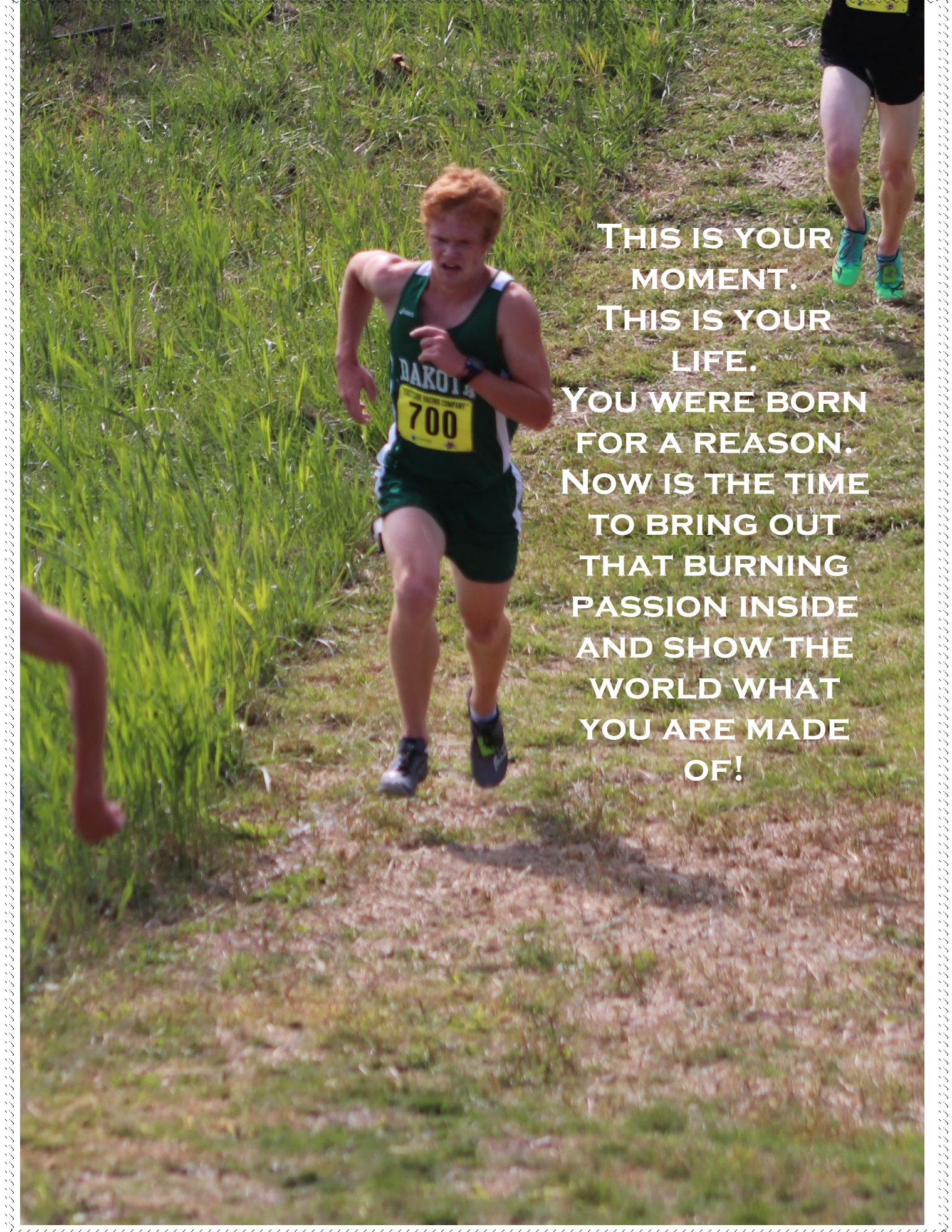
POST-RACE SCHEDULE

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!



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