

MHSAA Regional Meet

Time Schedule:

8:00 am Busses Depart
10:00 am Girls Varsity Div. 1 Race
10:45 am Boys Varsity Div. 1 Race
11:30 am Girls JV Open Race
12:15 pm Boys JV Open Race
12:45 pm Awards



The Course: Anchor Bay High School
6319 County Line Road
Ira, MI 48023

Spectator Parking: Spectators will pay a \$5 entry fee or \$10 per car.
NO PETS ALLOWED!!!

Teams competing Div.1

Anchor Bay	Lapeer	Port Huron Northern
Clarkston	L'Anse Creuse North	Rochester
Dakota	Ortonville Brandon	Rochester Adams
Eisenhower	Oxford	Romeo
Lake Orion	Port Huron	Stoney Creek

Awards

- Run for one award, the honor of attending the state meet!
- Medals to top 15, they also qualify to finals.
- Trophy to the Regional Champion Team
- 7 medals to the winning team members
- Top 3 teams qualify; a 4th place team will qualify if 4 runners are in the top 20.
- 50 medals in each open race

Regional Site History for Dakota

1996-1999	Royal Oak Kimball
2000-2001	Springfield Oaks, Holly
2002-2003	Stony Creek Eastwood Beach
2004-07,09,11-12,14	Goodells County Park
2008	Algonac High School
2010	Metro Beach
2013, 2015	Anchor Bay High School

Dakota Top Times at Anchor Bay HS					
BOYS			GIRLS		
Brad Bates	16:44	2013	Marah Pugh	19:36	2013
Will Saiz	17:03	2013	Kayla Dobies	21:04	2013
Brad Bates	17:04	2013	Marisa Weller	21:25	2013
Brennan Buckner	17:07	2013	Kayla Dobies	21:37	2013
Will Saiz	17:09	2013	Marisa Weller	21:44	2013
Brennan Buckner	17:24	2013	Monica Micale	21:51	2013
Ian Demrose	17:31	2013	Monica Micale	22:15	2013
Jacob Bonacorsi	17:41	2013	Lauren Valente	22:18	2013
Ian Demrose	18:21	2013	Kaitria LaFleure	22:28	2013
This was 1 st year Dakota ran at this course					



Dakota Team Results					
BOYS			GIRLS		
<u>YEAR</u>	<u>PLACE</u>	<u>PTS</u>	<u>YEAR</u>	<u>PLACE</u>	<u>PTS</u>
1996	17 th	nts	1996	17 th	nts
1997	15 th	nts	1997	12 th	nts
1998	13 th	368	1998	7 th	187
1999	9 th	241	1999	6 th	182
2000	7 th	183	2000	14 th	nts
2001	8 th	178	2001	12 th	307
2002	9 th	245	2002	7 th	195
2003	5 th	149	2003	11 th	270
2004	12 th	262	2004	11 th	256
2005	5 th	189	2005	10 th	235
2006	4 th	142	2006	13 th	317
2007	11 th	248	2007	13 th	354
2008	5 th	155	2008	13 th	386
2009	2 nd	70	2009	7 th	219
2010	1 st	49	2010	4 th	104
2011	10 th	226	2011	8 th	173
2012	6 th	160	2012	7 th	176
2013	8 th	181	2013	9 th	217
2014	8 th	162	2014	8 th	223
2015			2015		

Dakota Cross Country



Girl's Pre-Race Schedule

Min. Before Race	V	JV	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	9:05	10:35	5 min light jog
50	9:10	10:40	Stretch / restroom
35	9:25	10:55	10 min Warm-up on course
25	9:35	11:05	Ind. Stretching / restroom
20	9:40	11:10	Change shoes/put jersey on
15	9:45	11:15	2-3 minute jog to starting line
12	9:48	11:18	Arrive at Starting Line
10	9:50	11:20	Run-outs / Strides /Drills
3	9:57	11:27	Team Huddle
1-2	9:58	11:28	Strip down to Uniform
0	10:00	11:30	Bang!!!!

Post-Race schedule

Min. After Race	V	JV	What To Do...
0 min	10:18-10:20	11:50-12:00	Catch breath, cheer on team, get water
5 min	10:20-10:25	11:55-12:05	Meet with Coach at predetermined point on course
15 min	10:30-10:35	12:05-12:15	Return to tent, change shoes/clothes
15 min	10:35	12:15	Check in with family/friends at the tent
20 min	10:40	12:20	Cool Down w/ team (5-20 min) cheering other runners
40 min	11:00		Report to start of JV Race
45 min	11:05	12:45	Stretch
50 min	11:05-finish	12:45- finish	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	V	JV	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	9:50	11:20	5 min light jog
50	9:55	11:25	Stretch / restroom
35	10:10	11:40	10 min Warm-up on course
25	10:20	11:50	Ind. Stretching / restroom
20	10:25	11:55	Change shoes/put jersey on
15	10:30	12:00	2-3 minute jog to starting line
12	10:33	12:03	Arrive at Starting Line
10	10:35	12:05	Run-outs / Strides /Drills
3	10:42	12:12	Team Huddle
1-2	10:43	12:13	Strip down to Uniform
0	10:45	12:15	Bang!!!!

Post-Race schedule

Min. After Race	V	JV	What To Do...
0 min	11:00-11:02	12:32-12:40	Catch breath, cheer on team, get water
5 min	11:02-11:07	12:40-12:45	Meet with Coach at predetermined point on course
15 min	11:07-11:22	12:45-12:55	Return to tent, change shoes/clothes
15 min	11:22	12:55	Check in with family/friends at the tent
20 min	11:27	1:00	Cool Down w/ team (5-20 min) cheering other runners
40 min	11:47		Report to start of JV Race
45 min	11:52	1:25	Stretch
50 min	11:57-finish		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.