

MHSAA Regional Meet

Time Schedule:

7:30 am	Boys bus departs	Noon	Boys JV Open Race
8:30 am	Girls bus departs	12:30 pm	Girls JV Open Race
10:00 am	Boys Varsity Div. 1 Race	1:15 pm	Awards
11:00 am	Girls Varsity Div. 1 Race	6:00 pm	Team Diner at Jemma's

The Course: Algonac High School
5200 Taft Road
Algonac, MI 48001



Admission:

Spectators will pay a \$5 entry fee.

NO DOGS ALLOWED!!!

BOX Assignments: BOYS #3 GIRLS #15

WEATHER FORECAST FOR ALGONAC, MI 48001

<i>HIGH/LOW</i>	<i>PRECIP</i>	<i>WIND</i>	<i>CONDITIONS</i>
45° / 38°	70%	NE 10mph	SHOWERS

Teams competing Div.1

Auburn Hills Avondale	L'Anse Creuse North	Stoney Creek
Clarkston	Oxford	Romeo
Chippewa Valley	Port Huron	Eisenhower
Anchor Bay	Port Huron Northern	Ford II
Lake Orion	Rochester	Utica
Dakota	Rochester Adams	

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.
- 25 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
2010	Metro Beach
2013, 2015-2016	Anchor Bay High School
2008, 2017-2018	Algonac High School

Dakota Top Times at Algonac

BOYS			GIRLS		
Jeff Green	16:17	2003*	Jenni Culbertson	19:31	2002
Phil Baldick	16:23	2008	Hannah Faustyn	19:56	2017
Nick Culbertson	16:24	2008	Jacqui Culbertson	20:17	2003*
Josh VanSlambrouck	16:30	2017	Rylie Yager	20:33	2017
David Carnago	16:36	2017	Angie Giordimaina	20:47	2003*
Chris Vagasky	16:38	2003*	Alyssa Reeves	21:07	2003*
Vince Ferranti	16:44	2008	Jenni Culbertson	21:12	2000
Karl Dunn	16:45	2003*	Tara Geralt	21:21	2008
Bryan Neate	16:46	2003*	Sarah Ball	21:23	2008
Joe Jaster	17:04	2017	Jenni Culbertson	21:26	2001
Jimmy Moylan	17:08	2003*	Chelsea Piper	21:27	2008
Rob Mette	17:10	2001	Heather Johnston	21:28	2002
Jake Williams	17:18	2017	Emma Myziuk	21:34	2017
Kyle Fedolak	17:19	2017	Julie Sachs	21:38	2000
Chris Vagasky	17:22	2002	Jennie Froelich	21:44	1999
Jacob Harberts	17:27	2017	Jenny Buczec	21:46	2003*
Kevin King	17:32	2008	Heidi Palmer	21:50	2017
Kyle Allinder	17:35	2008	Bianca Jarbo	21:57	2003*
Stephen Orr	17:36	2008	Katie Slone	22:04	2017
Rob Mette	17:45	2000	Brenna Fauer	22:19	2017
Rob Mette	17:51	1999	Katie Madinksy	22:32	2008

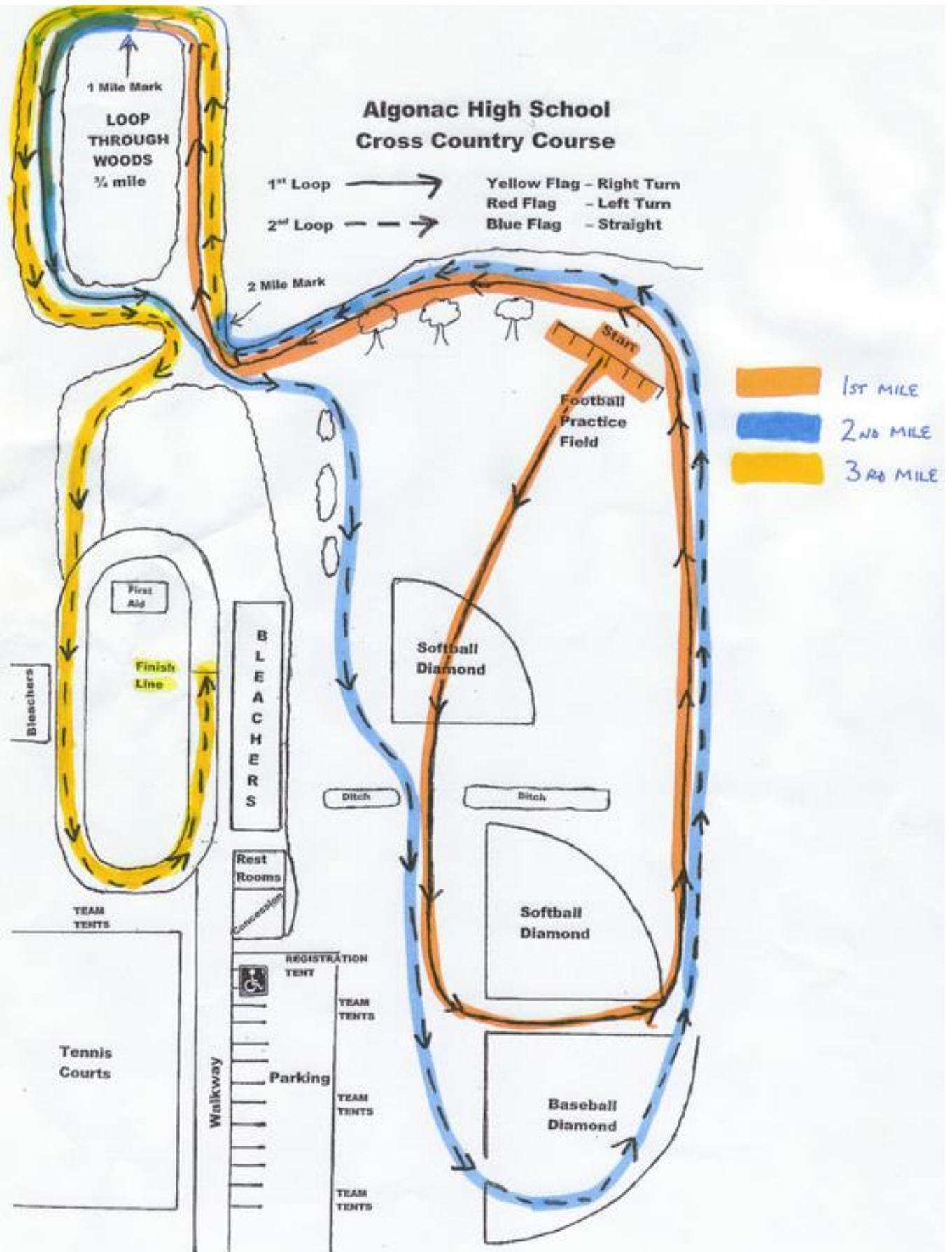
* Short Course



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	7 th	147	2015	10 th	244
2016	3 rd	95	2016	8 th	205
2017	8 th	218	2017	10 th	316

Algonac High School Cross Country Course



Dakota Cross Country

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

Post-Race schedule

Min. After Race	V	JV	What To Do...
0 min	11:19-11:21	12:52-12:59	Catch breath, cheer on team, get water
5 min	11:24-11:26	12:57-1:04	Meet with Coach at predetermined point on course
15 min	11:34-11:36	1:07-1:14	Return to tent, change shoes/clothes
20 min	11:41	1:19	Check in with family/friends at the tent
25 min	11:46	1:24	Cool Down w/ team (5-20 min) cheering other runners
45 min	12:06		Report to start of JV Race/awards
50 min	12:11	1:59	Stretch
55 min	12:16		Cheer on other runners in groups at various locations
	1:15	1:15	Attend Awards Presentation
			Abs / core strength
			Clean up Tent /Garbage

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

Dakota Cross Country



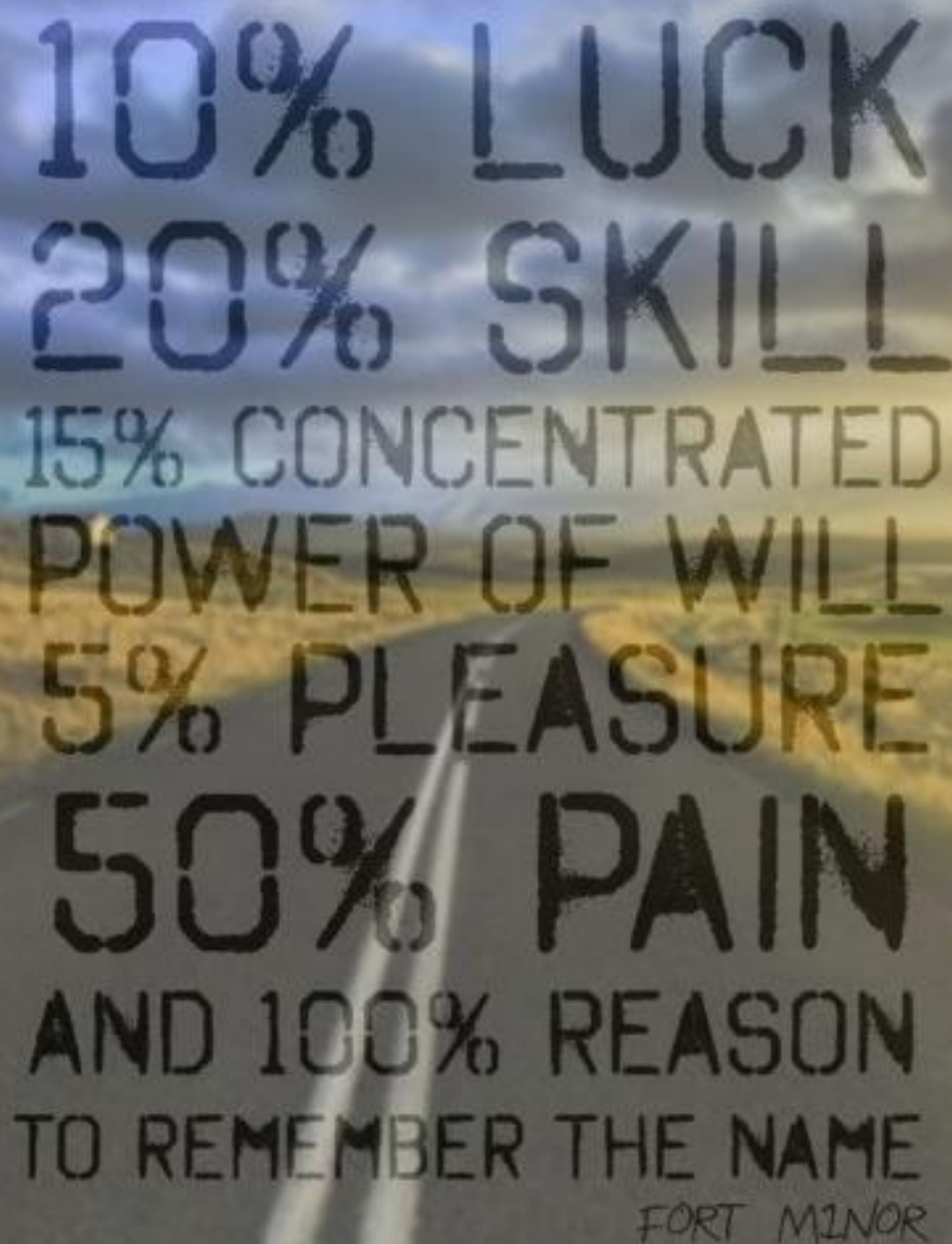
Men's Pre-Race Schedule

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

Post-Race schedule

Min. After Race	V	JV	What To Do...
0 min	10:15-10:17	12:18-12:28	Catch breath, cheer on team, get water
5 min	10:20-10:22	12:23-12:33	Meet with Coach at predetermined point on course
15 min	10:30-10:32	12:33-12:43	Return to tent, change shoes/clothes
20 min	10:37	12:48	Check in with family/friends at the tent
25 min	10:42	12:53	Cool Down w/ team (5-20 min) cheering other runners
45 min	11:02		Report to start of JV Race/Awards
50 min	11:07	1:18	Stretch
55 min	11:12	1:23	Cheer on other runners in groups at various locations
	1:15	1:15	Attend Awards Presentation
			Abs / core strength
			Clean up Tent /Garbage

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

A background image of a two-lane road stretching into the distance under a cloudy sky. The road has white dashed lines and leads towards a horizon. The sky is filled with soft, grey clouds. The overall tone is somewhat somber and contemplative.

10% LUCK
20% SKILL
15% CONCENTRATED
POWER OF WILL
5% PLEASURE
50% PAIN
AND 100% REASON
TO REMEMBER THE NAME
FORT MINOR

RUN-RUN-AS-FAST-AS-YOU-CANTUMBLR.COM