



# Saturday October 1<sup>st</sup>, 2022

6:00 am Boys Bus  
10:00 am D1/Elite JV Boys  
11:00 am D1/Elite V Boys

6:00 am Girls Bus  
10:30 am D1/Elite JV Girls  
11:30 am D1/Elite V Girls




## COURSE:

Shepherd High School  
Cross Country Course  
321 S. 4<sup>th</sup> St.  
Shepherd, MI 48883

## AWARDS:

Medals to top 40 in Varsity races  
Medals to top 30 in JV races  
Top 2 team trophies  
Top 10 shirts in each Varsity race

## Weather

Sat 01 **67°/48°**  Mostly Sunny  7%  ENE 5 mph

## Teams Competing

Ann Arbor Skyline  
Clare  
Clio  
Detroit Catholic Central  
Forest Hills Central  
Forest Hills Northern  
Frankenmuth (Girls)  
Freeland  
Goodrich  
Grand Ledge  
Grand Rapids Covenant Christian  
Hart  
Holt  
Lapeer

Livonia Churchill  
Macomb Dakota  
New Baltimore Anchor Bay  
Northville  
Okemos  
Salem  
Shepherd  
Traverse City Central  
Traverse City St. Francis  
Traverse City West  
Utica  
Waterford Mott  
White Lake Lakeland  
Woodhaven Brownstown

Dakota's  
Box Number

#21

## Spectator Parking

CARS ARE NOT TO PARK ON VILLAGE OF SHEPHERD STREETS! They will be towed! We have plenty of parking onsite but some of it is a small walk to the Track & Field Stadium. We ABSOLUTELY cannot have them parking illegally or on streets. We will have workers trying to discourage this but please encourage those coming to act appropriately



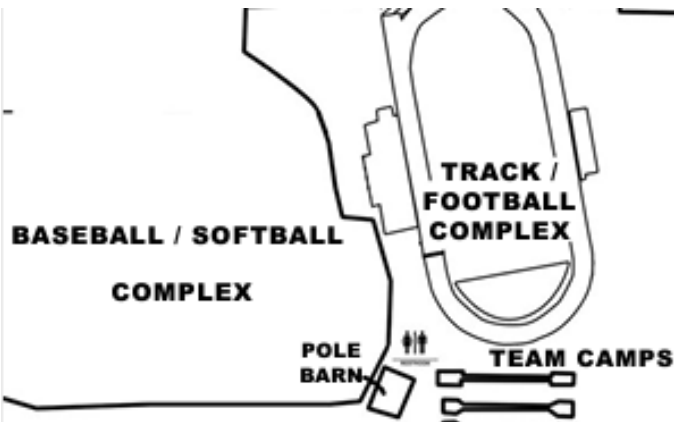
# PRE-RACE SCHEDULE

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	
<b>60 min</b>	<b>10 min light jog on course (w/ training groups)</b>	
<b>55 min</b>	<b>Stretch / restroom / foam roll</b>	
<b>35 min</b>	<b>7 min Progressive run</b>	
<b>28 min</b>	<b>Dynamic Stretching / restroom</b>	
<b>25 min</b>	Change shoes/put jersey on	
<b>18 min</b>	3-minute jog to starting line	
<b>15 min</b>	<b>Arrive at Starting Line</b>	Run-outs, Strides, Drills
<b>10 min</b>	Team Huddle	
<b>2 min</b>	Strip down to Uniform	
<b>0 min</b>	Bang!!!!	








# POST-RACE SCHEDULE

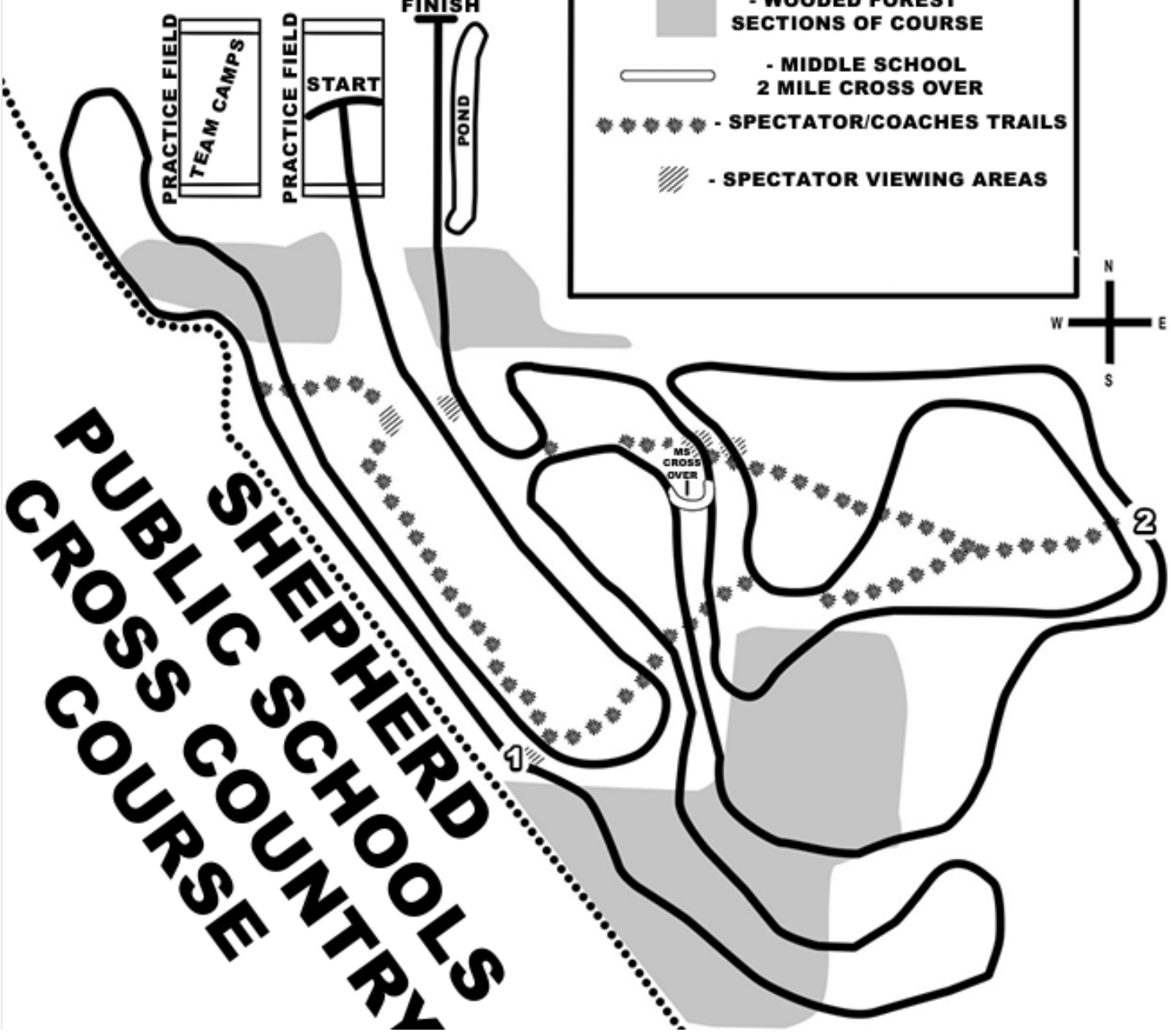
Minutes after Race	What To Do
0 min	Catch breath, cheer on team, get water
10 min	Meet with Coach at predetermined point on course
15 min	Return to tent, change shoes/clothes
15 min	Check in with family/friends
25 min	<b>Cool Down w/ groups (5-20 min) away from the course</b>
45 min	Static Stretching, Rolling (10 minutes minimum)
55 min	Clean up Tent /Garbage
	Abs / core strength /lower leg exercises
	Attend Awards
On bus	Complete post-race analysis form
At home	Ice, additional stretching, etc.

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



### LEGEND

-  - CROSS COUNTRY COURSE TRAIL
-  - MILE ONE
-  - MILE TWO
-  - WOODED FOREST SECTIONS OF COURSE
-  - MIDDLE SCHOOL 2 MILE CROSS OVER
-  - SPECTATOR/COACHES TRAILS
-  - SPECTATOR VIEWING AREAS



**PUBLIC SHERPHERD SCHOOLS CROSS COUNTRY COURSE**