



MHSAA DIVISION 1 STATE FINALS
Friday, November 6, 2020
MICHIGAN INTERNATIONAL SPEEDWAY
12626 US-12
BROOKLYN , MI 49230

Thursday




3:00 pm Practice
 7:00 pm Arrive at Hotel Courtyard Jackson 2010 Bondsteel Dr, Jackson, MI 49202
 9:00 pm Team Meeting -parents welcome.
 10:30 pm LIGHTs OUT

Friday

7:00 am Depart Hotel (**Jacob**)
 8:00 am Packet Pickup /Entrance Opens for **D1 Boys**
 8:30 am Depart Hotel (**Jayden & Emma**)
 9:30 am Division 1 Boys Section 1 Race (**Individual** and 3rd place teams)
 9:30 am Packet Pickup /Entrance Opens for **D1 Girls**
 11:00 am Division 1 Girls Section 1 Race (**Individual** and 3rd place teams)
 11:00 am Awards pick up in Media Center
 11:30 am **D1 Boys** teams and individuals must depart from MIS
 12:30 pm Awards pick up in the Media Center
 1:00 pm **D1 Girls** teams and individuals must depart from MIS
 3:30 pm Team mean on the way home

BOX Assignments – Boys (Box ??) Girls (Box ??)

WEATHER FORCAST FOR BROOKLYN, MI

9 am	51°	 Sunny	5%	SW 6 mph
10 am	55°	 Sunny	5%	SW 7 mph
11 am	59°	 Sunny	5%	SW 7 mph

Awards:

TOP 30 athletes by time earn ALL-State honors
 Academic ALL-State honors (must be in the Top 50% of the field and have over a 3.8 GPA)

SPECTATORS Must remain in the Grandstand and wear a mask!





DAKOTA CROSS COUNTRY

Pre-Race Planning Sheet



Name: _____ Grade: _____ Year: 2020

Race: STATE FINALS Course: MICHIGAN INTERNATIONAL SPEEDWAY

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: STATE FINALS Course: MICHIGAN INTERNATIONAL SPEEDWAY

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? _____

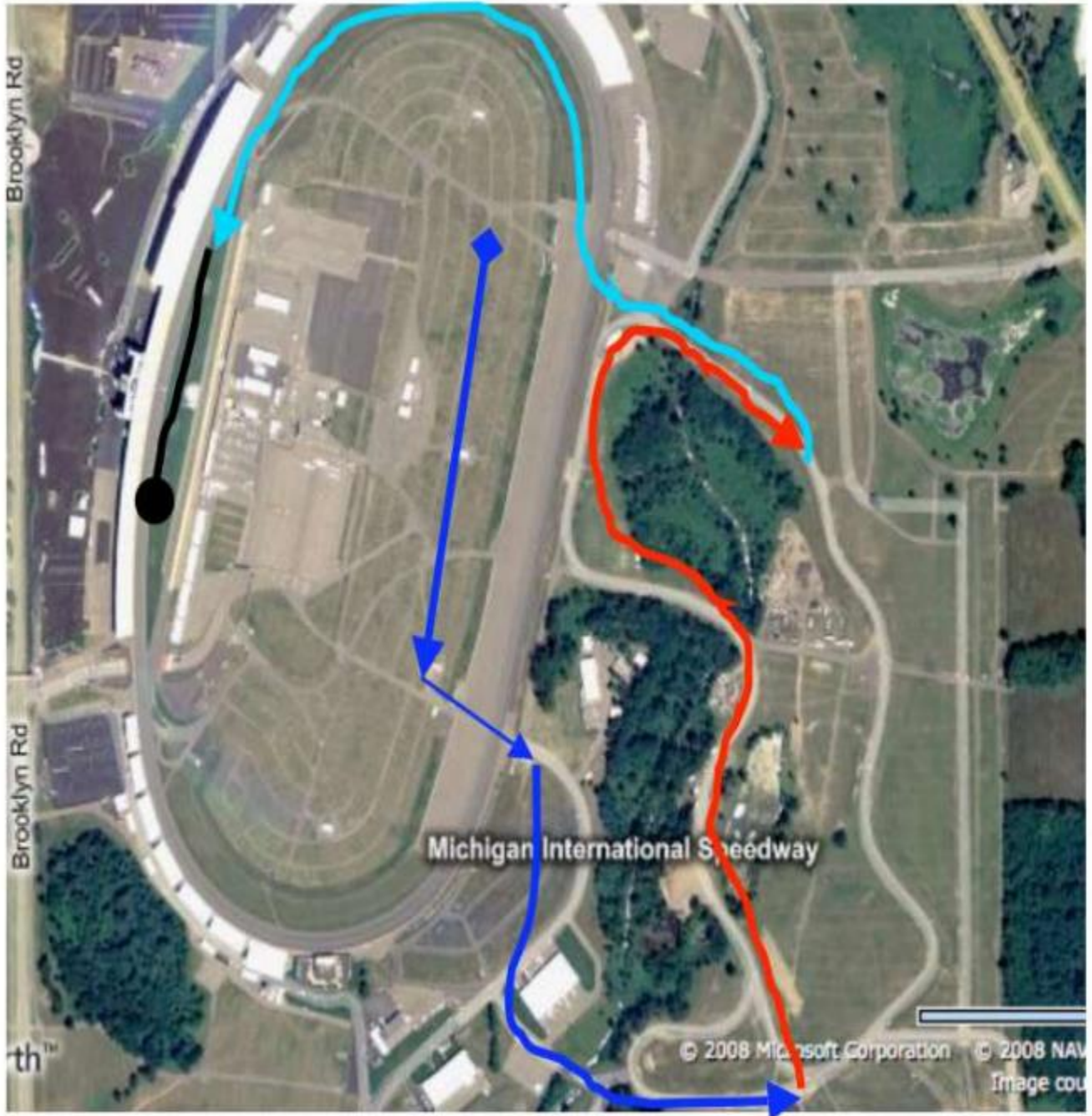
PRE-RACE SCHEDULE

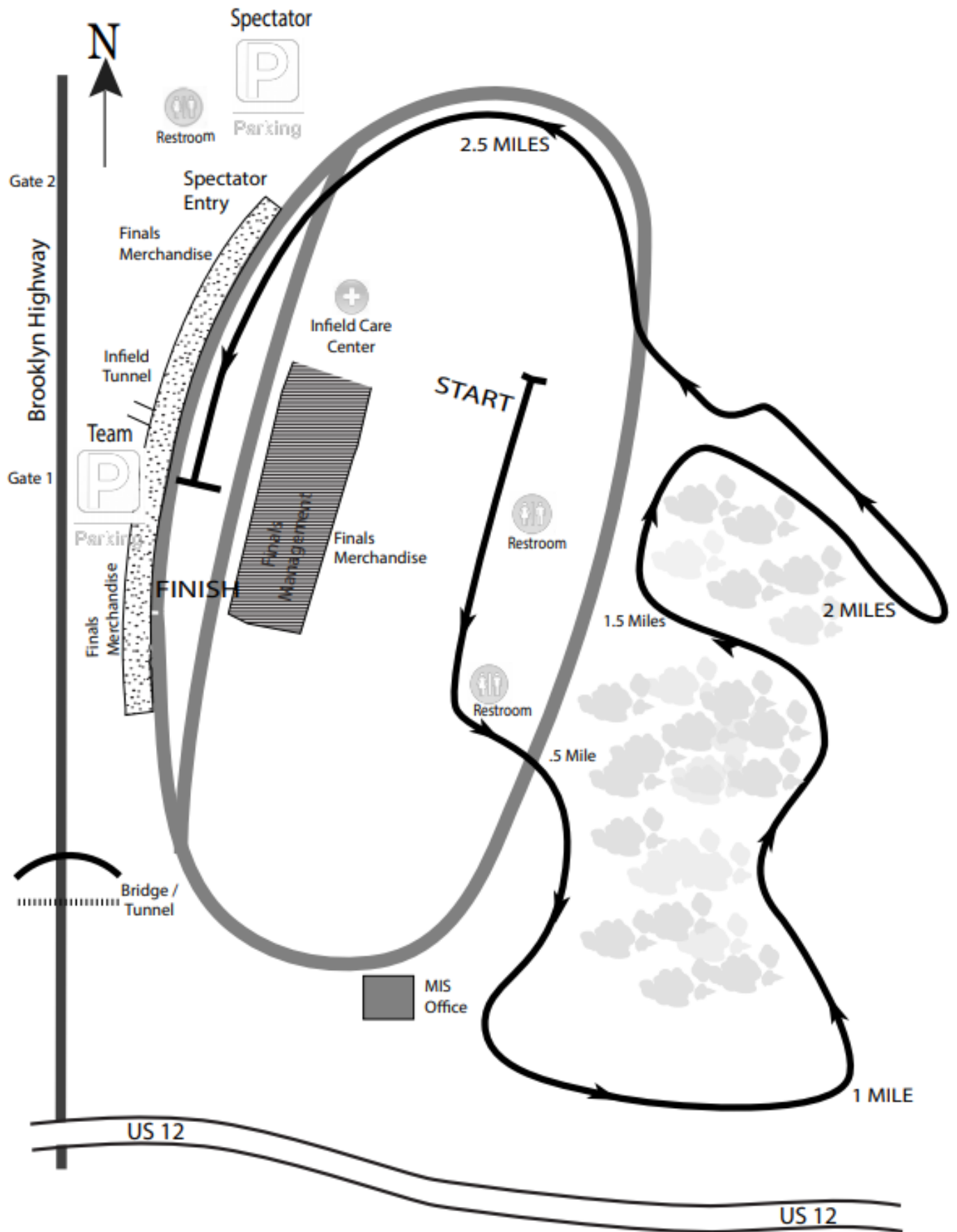
Minutes Before Race	What To Do	
At Home or on the bus	Adjust spikes	
Upon arrival	Set up tent/ Find Bathrooms	
10 Minutes after arrival	Meet w/ Coaches (Put race # on Uniform) Get additional instruction	
55 min	10 min light jog on course (w/ training groups)	
45 min	Stretch / restroom	
30 min	5 min Progressive run	
25 min	Ind. Stretching / Dymamic Drills / restroom	
20 min	Change shoes/put jersey on	
18 min	3-minute jog to starting line	
15 min	Arrive at Starting Line	Run-outs, Strides, Drills
10 min	Team Huddle (6' apart)	
2 min	Strip down to Uniform	
0 min	Bang!!!!	

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!





Dakota Top Times at Michigan International Speedway

BOYS				Race Stats	
<u>Name</u>	<u>Time</u>	<u>Place</u>	<u>Year</u>	<u>Winning Time</u>	<u># of Runners</u>
Nicholas Culbertson	15:46.8	20 th	2010	15:13.9	246
Jordan Staley	16:01.7	40 th	2010	15:13.9	246
Ryan Sucharski	16:14.5	29 th	2001	15:11.3	238
Ryan Sucharski	16:24.8	75 th	2000	14:10.4	246
Blake Ryan	16:24.8	100 th	2010	15:13.9	246
Brendan Koch	16:29.7	96 th	2015	15:10.4	248
Bradley Bates	16:33.5	78 th	2013	15:13.7	262
James Hoefler	16:38.2	123 rd	2015	15:10.4	248
Philip Baldick	16:39.5	111 th	2007	15:26.9	249
Stephen Orr	16:42.1	138 th	2010	15:13.9	246
Chase Fedolak	16:42.4	76 th	2016	15:24.8	255
Jacob Harberts	16:44.0	111th	2019	15:01.2	245
Mitchell MacDonald	16:58.5	122 nd	2016	15:24.8	255
Nicholas Culbertson	17:01.2	167 th	2008	15:18.6	240
Philip Baldick	17:02.9	170 th	2008	15:18.6	240
Joshua Jaster	17:04.7	137 th	2016	15:24.8	255
Zachary MacDonald	17:08.1	144 th	2016	15:24.8	255
Joe Jaster	17:18.9	167 th	2018	15:13.0	244
Kyle Allinder	17:20.9	135 th	2009	15:28.5	237
Sawyer Kisha	17:21.3	176 th	2016	15:24.8	255
Timothy Szymanski	17:31.4	220 th	2010	15:13.9	246
David Walker	17:33.8	196 th	2016	15:24.8	255
Alex Fauer	17:34.0	222 nd	2010	15:13.9	246
Vincenzo Ferranti	17:36.2	168 th	2009	15:28.5	237
Thomas Szymanski	17:36.2	201 st	2016	15:24.8	255
Blake Ryan	17:40.8	174 th	2009	15:28.5	237
Nicholas Culbertson	17:48.2	191 st	2009	15:28.5	237
William Saiz	17:51.7	232 nd	2013	15:13.7	262
James Courtney	17:57.35	227 th	2005	15:34.25	251
Kyle Lewis	18:00.4	209 th	2009	15:28.5	237
Zachary Thomas	18:06.5	237 th	2010	15:13.9	246
Stephen Orr	18:06.7	215 th	2009	15:28.5	237
Jordan Staley	18:22.8	228 th	2009	15:28.5	237

Dakota Top Times at Michigan International Speedway

GIRLS				Race Stats	
<u>Name</u>	<u>Time</u>	<u>Place</u>	<u>Year</u>	<u>Winning Time</u>	<u># of Runners</u>
Marah Pugh	18:39.6	30 th	2013	17:31.1	240
Jennifer Culbertson	18:50.4	18 th	2002	17:43.6	235
Kayla Dobies	19:37.3	113 th	2015	17:28.2	242
Christina Micale	19:42.1	133 rd	2012	17:07.9	228
Janell Herrick	19:53.7	121 st	2005	17:41.0	238
Jennifer Froelich	19:58	123 rd	1998	17:51	277
Kayla Dobies	20:00.5	125 th	2014	17:19.0	244
Hannah Faustyn	20:46.9	182 nd	2016	17:25.6	244
Christina Micale	20:49	207 th	2010	17:00.2	243
Jennifer Froelich	20:53.2	89 th	1997	19:07.1	280
Jennifer Froelich	21:18	211 th	1999	17:55.5	282
Kristen Leszczynski	21:44.0	181 st	1997	19:07.1	280

**"SUCCESS ISN'T
HOW FAR YOU
GOT, BUT THE
DISTANCE YOU
TRAVELED FROM
WHERE YOU
STARTED"**

-PRE

