

HANSON'S INVITATIONAL

SATURDAY, OCTOBER 3, 2020

FREEDOM HILL COUNTY PARK

14900 Metro Pkwy, Sterling Heights, MI 48312

Time Schedule:

Girls Bus - 8:45 am
Girls Varsity - 10:55 am
Girls JV - 11:20 am

Boys Bus - 12:30 pm
Boys Varsity - 2:45 pm
Boys JV - 3:05 pm

Awards: Medals to top 50 in each Division 1 regardless of which race. T-Shirts to the top 20. Plaques and T-shirts to the champion, Plaque for the runner-up.

Course:

NO SPECTATORS ARE ALLOWED!!

Box Assignments: Boys = box 5 Girls = box 8

Dakota Team Results					
BOYS			GIRLS		
YEAR	PLACE	PTS	YEAR	PLACE	PTS
1997	17 th of 17	nts	1997	9 th of 11	nts
1998	14 th of 19	395	1998	9 th of 14	242
1999	7 th of 11	186	1999	8 th of 9	200
2000	8 th of 11	197	2000	7 th of 7	189
2001	7 th of 14	186	2001	6 th of 10	175
2002	13 th of 14	298	2002	7 th of 10	176
2003	7 th of 13	184	2003	8 th of 10	189
2020			2020		

WEATHER FORECAST: SATURDAY

Sat 03

56°/43°



Partly Cloudy

10%

WSW 4 mph



DAKOTA CROSS COUNTRY
Pre-Race Planning Sheet



Name: _____ **Grade:** _____ **Year:** 2020

Race: Hanson's Invite **Course:** Freedom Hill County Park

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 Focused Strong Excellent Bold Fast Determined Powerful Grit Awesome Brave Skillful Epic
Outstanding Fearless Competitive Smart Hardworking Relaxed Great Exquisite Talented Vibrant Bold
Elite Enjoyable Electrified Fascinating Refute Happy Breakout Confident Fabulous Boundless Daring



DAKOTA CROSS COUNTRY
Post-Race Analysis Form



Name: _____ Grade: _____ Year: 2020

Race: Hanson's Invite Course: Freedom Hill County Park

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	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

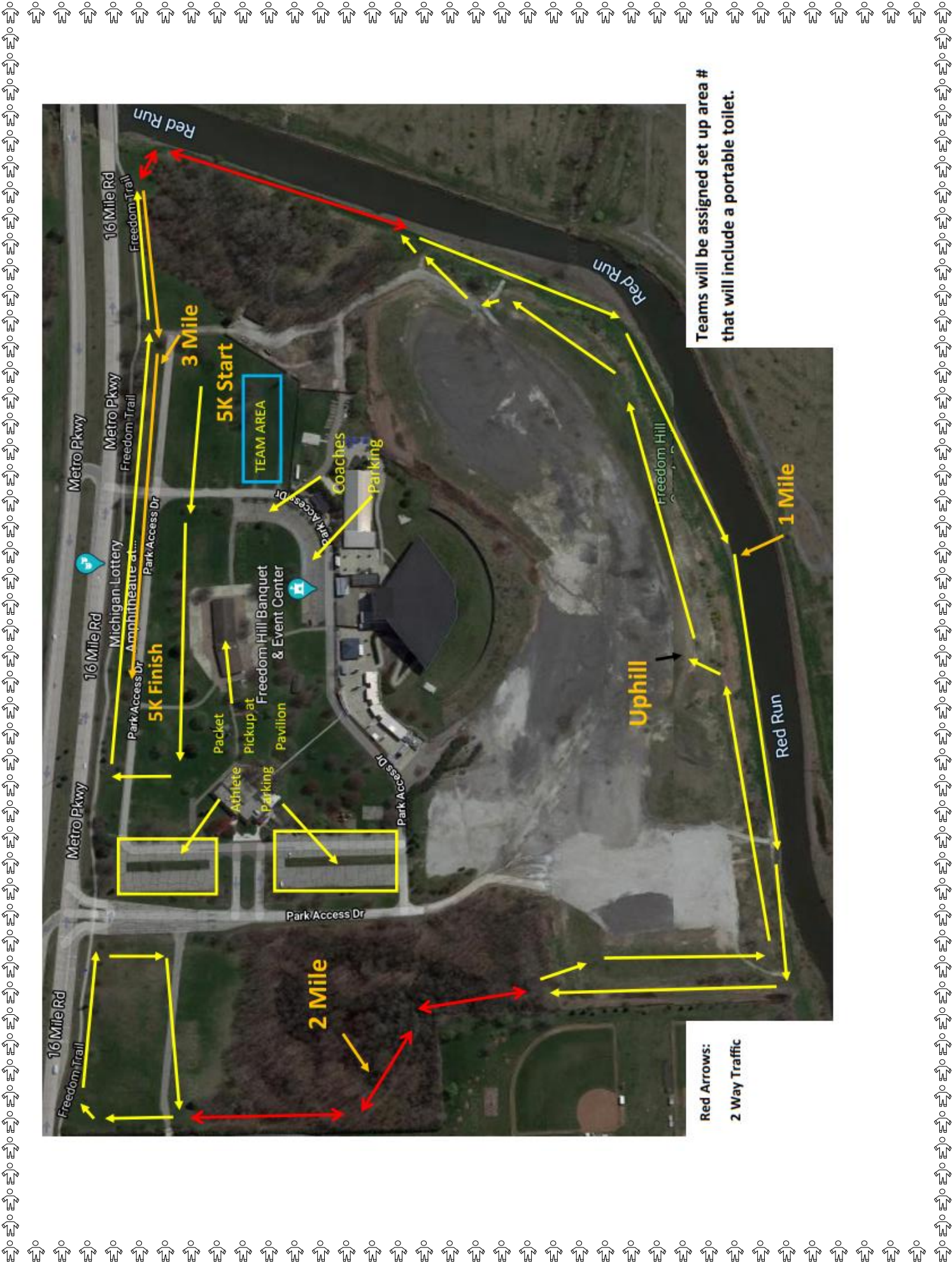
Note: Your race is not finished until you exit the chute.





Teams will be assigned set up area # that will include a portable toilet.

Red Arrows:
2 Way Traffic



“The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things.”

– Ronald Reagan

