

JACKSON INVITATIONAL

Saturday, Sept. 23, 2023

Ella Sharp Park

Time Schedule:

Boys + Girls Bus Time – 6:00 am

Girls Varsity– 9:00 am

Boys Varsity –9:40 am

Awards --10:40 am

Awards: Medals to top 25 in each varsity race. Trophies to champion, runner-up teams in both varsity races

Course – The Charlie Janke Course at Ella Sharp Park

2 loops of a community park, with a few sharp turns and section of trail with a small plateau.

Box Assignments: Boys = ____ Girls = ____

Dakota Team Results					
BOYS			GIRLS		
YEAR	PLACE	PTS	YEAR	PLACE	PTS
2001	13 th of 16	310	2001	15 th of 16	337
2002	16 th of 18	420	2002	13 th of 17	293
2003	14 th of 18	362	2003	14 th of 17	306
2022	--	--	2022	5 th of 24	

WEATHER FORCAST: SATURDAY

74°/49°



Sunny

7%

ENE 9 mph

TEAM COMPETING



Traverse City Central



BC Lakeview



East Kentwood



Kalamazoo Loy Norrix



Ann Arbor Skyline



Brighton



Dexter



Hartland



Howell



Jackson



Ann Arbor Pioneer



Brownstown Woodhaven



Dearborn



Dearborn Heights
Crestwood



Saline



Temperance Bedford

Michigan Region 6



Ann Arbor Huron



Livonia Churchill



Northville



Plymouth



Salem

Michigan Region 7



Berkley



Birmingham Seaholm



Royal Oak



White Lake Lakeland

Michigan Region 8



Clarkston



Troy



Utica

Michigan Region 9



Fraser



Macomb Dakota



Romeo



DAKOTA CROSS COUNTRY
Race Planning Sheet



Name: _____ Grade: _____ Year: 2023

Race: Jackson Invitational Course: Ella Sharp Park

If you ran this race last year, what was your Place? _____ What was Your Time? _____

What is your Personal Record time for cross country? _____

This is the challenging course. What are your pre-race expectations leading into the 2nd half of the season?

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

How do you plan to have your race reflect the word that you selected.

What is one thing that you did in practice this week that you can use to benefit your racing?

What is your plan for the first lap of the course (1.5mi)?

What is the one thing you will **FOCUS** on during the second lap of the course? _____

As you enter the final stretch for the last 400m, what will be your **POSITIVE PHRASE**?



DAKOTA CROSS COUNTRY
Post Race Analysis Form



Name: _____ Grade: _____ Year: 2023

Race: Jackson Invitational Course: Ella Sharp 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	
60 min	5 min light jog on course (w/ training groups)	
55 min	Leg swings, foam roll, Stretch / restroom	
40 min	10 min Progressive run	
30 min	Ind. Dynamic Stretching / restroom	
25 min	Change shoes/put jersey on	
20 min	2-minute jog to starting line	
18 min	Arrive at Starting Line	Run-outs, Strides, Drills
10 min	Team Huddle	
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,
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	Cool Down w/ groups (5-20 min)
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 Ella Sharp Park

BOYS			GIRLS		
Ryan Sucharski	2001	16:43	Jayden Harberts	17:55	2022
Jeff Green	2003	17:18	Mariah Belmont	19:36	2022
Chris Vagasky	2002	17:37	Ava LaMilza	19:38	2022
Rob Mette	2001	17:38	Jenni Culbertson	19:41	2002
Chris Vagasky	2003	17:39	Lindsay Harvey	20:25	2022
Karl Dunn	2003	17:59	Lidia Clancy	20:29	2022
Jeff Green	2002	18:02	Jacqui Culbertson	21:03	2003
Bryan Neate	2003	18:15	Heather Johnston	21:18	2002
Chris Geck	2001	18:25	Jenni Culbertson	21:30	2001
Jimmy Moylan	2003	18:25	Tori Trumper	21:44	2022
Jeff Green	2001	18:37	Angie Giordimaina	21:47	2003
Chris Vagasky	2001	18:38	Heather Johnston	21:48	2001

The Charlie Janke Course

@ Ella Sharp Park

Home to the:
Jackson Invitational
Jackson High &
Jackson Lumen Christi
Home Meets
J Chris Jensen Meet
Cascades Conference
Championship
MHSAA Regionals

Key:

- Mile 1
- Mile 2
- Mile 3
- Last 0.1

