

MHSAA Regional Meet

Time Schedule:

9:15 am	Busses Depart
Noon	Boys Varsity Div 1 Race
12:30 pm	Girls Varsity Div 1 Race
1:15 pm	Boys Open Race
1:45 pm	Girls Open Race
2:30 pm	Awards



The Course: Goodells Co. Park
8345 County Park Dr.
Goodells, MI 48027

Spectator Parking: Spectators will pay a \$5 entry fee or \$10 per car.
NO PETS ALLOWED!!!

Teams competing Div.1

Anchor Bay	Lapeer	Rochester Adams
Dakota	Oxford	Romeo
Eisenhower	Port Huron	Stevenson
Ford II	Port Huron Northern	Stoney Creek
Lake Orion	Rochester	Utica

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
2004-2007, 2009, 2011-2012, 2014	Goodells County Park
2008	Algonac High School
2010	Metro Beach
2013	Anchor Bay High School

Dakota Top Times at Goodells County Park					
BOYS			GIRLS		
James Courtney	16:30	2005	Christina Micale	19:12	2012
Phil Baldick	16:42	2007	Janell Herrick	19:34	2005
Brad Bates	16:45	2012	Marah Pugh	19:44	2011
Alex Fauer	16:51	2012	Lauren Burnett	19:46	2012
Zack Thomas	16:53	2012	Kathryn Ugorowski	20:10	2011
Stephen Orr	16:56	2011	Kayla Dobies	20:13	2012
Colin Driscoll	16:56	2012	Jessica Lobaido	20:28	2005
Alex Fauer	17:05	2011	Christina Micale	20:34	2011
Nick Culbertson	17:09	2009	Katie Gross	20:53	2012
Tim Szymanski	17:21	2011	Angie Giordimaina	21:15	2004
Kyle Allinder	17:26	2009	Emily Gibbings	21:17	2012
Eddie Roginski	17:29	2005	Kathryn Ugorowski	21:22	2009
Nick Brooks	17:35	2012	Janell Herrick	21:26	2006
Stephen Orr	17:38	2009	Emily Gibbings	21:26	2011
Vince Ferranti	17:43	2007	Megan Pittoors	21:33	2007
Colin Driscoll	17:43	2011	Marissa Camilleri	21:41	2011
Blake Ryan	17:44	2009	Kellyn Jackson	21:43	2005
Chris Fisher	17:46	2005	Jessica Lobaido	21:44	2004
Phil Baldick	17:50	2006	Rachal Pugh	21:47	2011
Jordan Staley	17:51	2009	Tara Geralt	21:55	2009



Dakota Team Results					
<u>BOYS</u>			<u>GIRLS</u>		
<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			2014		

Dakota Cross Country



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	11:05	12:20	5 min light jog
50	11:10	12:25	Stretch / restroom
35	11:25	12:40	10 min Warm-up on course
25	11:35	12:50	Ind. Stretching / restroom
20	11:40	12:55	Change shoes/put jersey on
15	11:45	1:00	2-3 minute jog to starting line
12	11:48	1:03	Arrive at Starting Line
10	11:50	1:05	Run-outs / Strides /Drills
3	11:57	1:12	Team Huddle
1-2	11:58	1:13	Strip down to Uniform
0	Noon	1:15	Bang!!!!

Post-Race schedule

Min. After Race	V	JV	What To Do...
0 min			Catch breath, cheer on team, get water
5 min			Meet with Coach at predetermined point on course
15 min			Return to tent, change shoes/clothes
15 min			Check in with family/friends at the tent
20 min			Cool Down w/ team (5-20 min) cheering other runners
40 min			Report to start of JV Race
45 min			Stretch
50 min			Cheer on other runners in groups at various locations
			Abs / core strength
			Clean up Tent /Garbage

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

Goodells County Park

Regional



Map



Lapeer Rd. Entrance

Starting Line

North Parking Lot

West Exhibit Barn

East Exhibit Barn

Awards

Victory Center

Finish Line

2 Mile

1 Mile

Center Parking

East Parking Lot

County Park Drive

5k Course Map Key

- Red Flag indicates a left turn
- Yellow Flag indicates right turn
- Blue Flag indicates straight ahead

1 Mile
2 Mile
3 Mile

