

Dakota Cross Country



Pre-Race Schedule

Minutes Before Race	V	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	9:15	5 min light jog
50	9:20	Stretch / restroom
35	9:35	10 min Warm-up on course
25	9:45	Ind. Stretching / restroom
20	9:50	Change shoes/put jersey on
15	9:55	2-3 minute jog to starting line
12	9:58	Arrive at Starting Line
10	10:00	Run-outs / Strides /Drills
3	10:07	Team Huddle
1-2	10:08	Strip down to Uniform
0	10:10	Bang!!!!

Post-Race schedule

Minutes After Race	V	JV	What To Do
0 min	10:25-10:40		Catch breath, cheer on team, get water
5 min	10:40-10:45		Meet with Coach at predetermined point on course
15 min	10:50-10:55		Return to tent, change shoes/clothes
15 min	10:55-11:00		Check in with family/friends at the tent
20 min	11:00-11:20		Cool Down w/ team (5-20 min) cheering other runners
40 min	n/a		Report to start of JV Race
45 min	11:20-11:35		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.