

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 Get additional instruction
55	8:35	5 min light jog
50	8:40	Stretch / restroom/ (put race # on uniform)
35	8:55	10 min Warm-up on course
25	9:05	Ind. Stretching / restroom
20	9:10	Change shoes/put jersey on
15	9:15	2-3 minute jog to starting line
12	9:18	Arrive at Starting Line
10	9:20	Run-outs / Strides /Drills
3	9:27	Team Huddle
1-2	9:28	Strip down to Uniform
0	9:30	Bang!!!!

Post-Race schedule

Minutes After Race	V	JV	What To Do
0 min	9:48-10:10		Catch breath, cheer on team, get water
5 min	10:10-10:15		Meet with Coach at predetermined point on course
15 min	10:15-10:30		Return to tent, change shoes/clothes
15 min	10:15-10:30		Check in with family/friends at the tent/cheer for boys
25 min	10:30-10:55		Cool Down w/ team (5-25 min) cheering other runners
40 min	n/a		Report to start of JV Race
45 min	10:55-11:15		Stretch
			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.