

Dakota Cross Country

Women's Pre-Race Schedule



Minutes Before Race	JV	Var	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	2:05	3:05	5 min light jog
50	2:10	3:10	Stretch / restroom
35	2:25	3:25	10 min Warm-up on course
25	2:35	3:35	Ind. Stretching / restroom
20	2:40	3:40	Change shoes/put jersey on
15	2:45	3:45	2-3 minute jog to starting line
12	2:48	3:48	Arrive at Starting Line
10	2:50	3:50	Run-outs / Strides /Drills
3	2:57	3:57	Team Huddle
1-2	2:58	3:58	Strip down to Uniform
0	3:00	4:00	Bang!!!!

Post-Race schedule

Minutes After Race	JV	Var	What To Do
0 min	3:25-3:35	4:20-4:25	Catch breath, cheer on team, get water
5 min	3:30-3:40	4:25-4:30	Meet with Coach at predetermined point on course
15 min	3:40-3:50	4:35-4:40	Return to tent, change shoes/clothes
15 min	3:40-3:50	4:35-4:40	Check in with family/friends at the tent
20 min	3:45-3:55	4:40-4:45	Cool Down w/ team (5-20 min) cheering other runners
40 min	4:00	n/a	Report to start of Varsity Race
45 min	4:10-4:20	5:05-5:10	Stretch
50 min	4:15-finish	n/a	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.