

Dakota Cross Country

Men's Pre-Race Schedule



Min. Before Race	<u>V</u>	<u>JV</u>	<u>What To Do...</u>
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	3:50	5:05	5 min light jog
50	3:55	5:10	Stretch / restroom
35	4:10	5:25	10 min Warm-up on course
25	4:20	5:35	Ind. Stretching / restroom
20	4:25	5:40	Change shoes/put jersey on
15	4:30	5:45	2-3 minute jog to starting line
12	4:33	5:48	Arrive at Starting Line
10	4:35	5:50	Run-outs / Strides /Drills
3	4:42	5:57	Team Huddle
1-2	4:43	5:58	Strip down to Uniform
0	4:45	6:00	Bang!!!!

Post-Race schedule

Min. After Race	<u>V</u>	<u>JV</u>	<u>What To Do...</u>
0 min	5:00-5:05	6:20-6:30	Catch breath, cheer on team, get water
5 min	5:05-5:10	6:25-6:35	Meet with Coach at predetermined point on course
15 min	5:15-5:20	6:35-6:45	Return to tent, change shoes/clothes
15 min	5:15-5:20	6:35-6:45	Check in with family/friends at the tent
20 min	5:20-5:25	6:40-6:50	Cool Down w/ team (5-20 min) cheering other runners
40 min	5:40-5:45	n/a	Report to start of JV Race
45 min	5:45-5:50	7:05-7:15	Stretch
50 min	5:50-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.

Dakota Cross Country



Women's Pre-Race Schedule

Min. Before Race	<u>V</u>	<u>JV</u>	<u>What To Do...</u>
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	3:20	4:20	5 min light jog
50	3:25	4:25	Stretch / restroom
35	3:40	4:40	10 min Warm-up on course
25	3:50	4:50	Ind. Stretching / restroom
20	3:55	4:55	Change shoes/put jersey on
15	4:00	5:00	2-3 minute jog to starting line
12	4:03	5:03	Arrive at Starting Line
10	4:05	5:05	Run-outs / Strides /Drills
3	4:12	5:12	Team Huddle
1-2	4:13	5:13	Strip down to Uniform
0	4:15	5:15	Bang!!!!

Post-Race schedule

Min. After Race	<u>V</u>	<u>JV</u>	<u>What To Do...</u>
0 min	4:35-4:40	5:40-5:45	Catch breath, cheer on team, get water
5 min	4:40-4:45	5:45-5:50	Meet with Coach at predetermined point on course
15 min	4:50-4:55	5:55-6:00	Return to tent, change shoes/clothes
15 min	4:50-4:55	5:55-6:00	Check in with family/friends at the tent
20 min	4:55-5:00	6:00-6:05	Cool Down w/ team (5-20 min) cheering other runners
40 min	5:15-5:20	n/a	Report to start of JV Race
45 min	5:20-5:25	6:25-6:30	Stretch
50 min	5:25-finish	6:30-finish	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.