

# Dakota Cross Country



## Pre-Race Schedule

Minutes Before Race		What To Do
At Home or on the bus		Adjust spikes
Upon arrival	7:30	Set up tent/ Find Bathrooms
10 Minutes after arrival	7:40	Meet w/ Coaches (Put race # on Uniform) Get additional instruction
55	7:50	10 min light jog on course (w/ training groups)
45	8:00	Stretch / restroom
30	8:15	5 min Progressive run
25	8:20	Ind. Stretching / restroom
20	8:25	Change shoes/put jersey on
18	8:27	3-minute jog to starting line
15	8:30	Arrive at Starting Line
10	8:35	Team Huddle (6' apart)
2	8:43	Strip down to Uniform
0	8:45	Bang!!!!

*Run-outs,  
Strides, Drills*

## Post-Race schedule

Minutes after Race		What To Do
0 min	9:00-9:15	Catch breath, cheer on team, get water, <b>put on a mask</b>
10 min	9:10-9:25	Meet with Coach at predetermined point on course
15 min	9:15-9:30	Return to tent, change shoes/clothes
15 min	9:15-9:30	Check in with family/friends <b>using physical distancing</b>
25 min	9:25-9:40	Cool Down w/ <b>groups</b> (5-20 min) <b>away from the course</b>
45 min	9:45-10:00	Static Stretching, Rolling (10 minutes minimum)
55 min		Clean up Tent /Garbage
		Depart from the area
At home		Abs / core strength /lower leg exercises
		Complete post-race analysis form

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