

Dakota Cross Country



Men's Pre-Race Schedule

Minutes Before Race		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	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
2	10:08	Strip down to Uniform
0	10:10	Bang!!!!

Post-Race schedule

Minutes After Race		What To Do
0 min	10:26-10:36	Catch breath, cheer on team, get water
5 min	10:31-10:41	Meet with Coach at predetermined point on course
15 min	10:41-10:51	Return to tent, change shoes/clothes
15 min	10:41-10:51	Check in with family/friends at the tent
20 min	10:56	Cool Down w/ team (5-20 min) cheering other runners
40 min	n/a	Report to start of (next) Race
45 min	11:21	Stretch as a Team (V & JV)
50 min	n/a	Cheer on other runners in groups at various locations
		8 min Abs / core strength /lower leg exercises
		Clean up Tent /Garbage

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