

Silverhawk Cross Country SCOUTING REPORT

MEET: *Nebraska State High School Cross-Country Championships*
DATE: Friday, October 19th, 2018
SITE: Kearney Country Club, 2800 19 th Avenue Kearney, NE 68848
DISTANCE: 5 K

COURSE DESCRIPTION: The Kearney course is a demanding one. It is a course which will "deceive" you if you let it. The main mistake is to start out either too fast or too slow. The course has lots of hills and turns which will tend to slow those runners down that start too fast. The course starts going South, with a run for about 300 to 400 meters across an open flat that will eventually take you down hill. Then you will have a left turn, run a loop around the No. 17 green, then West to the 17th Tee Box. This is the 1000 meter mark. Here you take a right turn and head uphill and climb back towards the starting line. You will run North until you pass beyond the original starting line. The course then takes a right turn and you pass the 1 mile mark shortly before the No. 6 green. You will now run for 200 to 300 meters across a broad flat area, with all your fans cheering you on! After crossing this open flat area, you take one of the steepest downhills on the course. The men will continue out of sight to the far Southeast section of the course. You continue to run on a winding course through the country club. By now, runners who have gone out too fast will start to crash and burn, and runners who have started too slowly will have a furious struggle to catch the front runners. Those runners who have conserved their energy, and have been aware of where their opponents are, will finish well. It is not uncommon to be in 10th to 15th place at the one mile mark, and finish in the top 5 or ten, or even win the meet!

The middle of the course has a lot of up and downhill running and several turns you will make. If the course is muddy at all, then watch out! Wear your spikes! Your footing may be hazardous. Take advantage of the hills and run smart! Remember to **gradually** work your way up nearer and nearer the front of the pack. Be sure to save energy for the last 800 meters of the course. The finish is a slight uphill, just like at Pioneers Park. Then it is a sprint for the finish line. Many runners have been in first place at the start of this hill, and then failed to finish in the top ten simply because that they went out too fast at the beginning and then "crashed and burned!"

The main thing to remember about this course and this meet is to go in with a specific "game plan." Know who you have to finish ahead of, and **KEEP CONTACT** with them in the early parts of the race. Allow yourself to relax, set up your rhythm, and "put the hurt to them" in the latter parts of the race. You will have to be in contact with your opponent to take advantage of this strategy. Don't be distracted by the crowds or any other "sideshows" that are going on. **FOCUS YOUR ATTENTION ON YOUR RACE.** Above all else, lets relax, have some fun, and be proud of the fact that we have a great team, a great tradition, and great support from a lot of our fans!!!

ITINERARY FOR STATE MEET

8:00	Load Bus
8:30 AM	Leave for Kearney (We will stop in Grand Island for shake out)
11:45 PM	Arrive at Kearney Coliseum —Pick up packets/buy T-shirts/gear
12:30PM	Head to camp site on the course
1:45 PM	Girls Start Warm Up
2:30 PM	Girls Race
2:45 PM	Boys Start Warm Up
3:30 PM	Boys Race
4:15 Pm	Awards: UNK Coliseum
6:00 pm	Eat in GI
8:00 Pm	Arrive at LSW

