

FALCON CROSS COUNTRY • Race Critique•

Race: _____ Date: _____

Course: _____ Division: _____

Grade: _____ Name: _____

Weather Conditions: _____

Condition of Course: _____

Finish Time: _____ Overall Finish Place: _____ Finish Place on Team: _____

Describe Warmup: _____

Was Warmup Sufficient? _____ Changes Needed (if any): _____

What was your approx place at 1/4 mi. _____, 1 mi. _____, 2 mi. _____, 2 1/2 mi. _____

How many people did you pass in the second half of the race? _____

How many people passed you in the second half of the race? _____

Describe key strategies you used in race: _____

Post race feelings- Physical: _____

Mental: _____

Emotional: _____

Describe Warm-down: _____

Positive Thoughts: _____

Changes or Improvements Needed: _____
