

# 9<sup>th</sup> Annual Dakota Cougars Track & Field Invitational



Dakota High School Stadium  
21051 21 Mile Road  
Macomb, MI 48044  
(586) 723-2800

**Date:** Saturday, May 11, 2013

**Time:** 10:00 am

**Admission:** \$5 includes a meet program. Children under 10 are free. Gates open at 9:00 am

**Concessions:** will be available at the south end of the Stadium.

**Tee Shirts:** Meet t-shirts will be sold starting at 9 am and will be sold until they run out. Supplies will be limited and they will be \$15.

**Trainer:** Our athletic trainer will be available from 9:30 am to 4:30 pm

**Scoring:** This meet will not be scored; the intent is to have athletes have individual best performances for regional entries.

**Awards:** Medals will be given to the top 8 in individual events and top 4 in Relays. Medals will be passed out at the end of the meet.

**Teams so far for 2013:** Avondale, Brother Rice, Chippewa Valley, Dakota, De La Salle, Ford, Grosse Pointe North, Grosse Pointe South, Lamphere, L'anse Creuse, L'anse Creuse North, South Lake, Utica , Warren Woods Tower

## **Order of events/ Time Schedule:** *(Girls 1<sup>st</sup> in all Running events)*

<b>9:15 am</b>	Coaches Meeting	100m dash (Finals)
<b>10:00 am</b>	Field Events Begin	800m Relay
<b>10:00 am</b>	9 <sup>th</sup> Gr. 1600m Run	1600m Run
	JV 1600m Run	400m Relay
	High Hurdles (Qualifiers)	400m Dash
	JV High Hurdles	300m Hurdles*
	100m Dash (Qualifiers)	9 <sup>th</sup> Gr. 800m Run
	9 <sup>th</sup> Gr. 200m Dash	JV 800m Run
	JV 200m Dash	800m Run
	200m Dash (Qualifiers)	200m Dash (Finals)
	3200m Relay	3200m Run
	--20 min Break--	JV 1600m Relay
	National Anthem	1600m Relay
	High Hurdles (Finals)	

*We will be on a rolling time schedule and run ahead if possible!*

**Field Events:** Boys 1<sup>st</sup> in Pole Vault, Shot Put

Girls 1<sup>st</sup> in Discus, Long Jump

**\*\*Dual high jump pits will be used\*\***

SP/Disc/LJ: 3 attempts, top 9 go to finals for 3 attempts

High Jump: Boys start at 5' 2">5'5">5'8">5'11"/Girls start at 4'2">4'5">4'8">4'11"

Pole Vault: Boys start at 9' 0" with 6" raises; Girls start at 6'6" with 6" raises

**Number of entries:** You will be allowed 2 entries in all varsity running events, 3 entries in all field events and unlimited entries in JV and 9<sup>th</sup> grade races. \*3 entries will be permitted in the 300-meter hurdles. Please limit JV relays to no more than 4 teams per school. **You do not have to submit entries for JV or 9th grade events, but you can and this will give us an idea of how many kids will be running.** They will be clerked at the beginning of the event. **WILD CARD: We are permitting one wild card entry per team in any individual event.**

**\*\*Entries:** Please submit entries on [www.athletic.net](http://www.athletic.net) later than Thursday May 9<sup>th</sup>, 2013. Substitutions may be made the day of the meet if necessary.\*\*

**Seeding of races/field events:** This will be done from the entries received on [athletic.net](http://athletic.net). If you make a substitution the day of meet, that athlete may run in same seeded position.

**Coaches Meeting:** Scratches and substitutions will be due at the coaches meeting at 9:15 am in the track storage room on the north end of the stadium under the stands.

**Relay Exchange Zones:** We are asking that each team help out with the monitoring of the exchange zones. 4 x 100: Exchange 1 Utica, WWT  
Exchange 2 L'anse Creuse, Brother Rice  
Exchange 3 Lamphere, Chippewa Valley  
4 x 200: Exchange 1,3 Ford

**Rules:** All MHSAA and NFHS Track and Field rules and Limitations will govern this meet. This includes uniform rules for relay teams, jewelry rules, especially rubber bracelets, and the no false start rule.

**Equipment:** Starting blocks will be provided. Poles for the Pole Vault will be checked in before the event, as well as vaulter weight. Shot Puts & Discus **will not** be weighed in: we are using the honor system.

**Appeals Committee:** Jim Cleverly, Ken Seidenwand, Megan Berry, Dan Simeck

**Contact Information:** If you have any questions, please call Mike Timpa at Dakota High School 723-2951 or email at [mtimpa@cvs.k12.mi.us](mailto:mtimpa@cvs.k12.mi.us).

## Online Entry Instructions

*This meet is using free online registration at Athletic.net!*

**Athlete Registration will be locked on 5/9/2013 at 9:00 PM (Pacific)**

**Follow the 4 steps below to get started:**

## 1. [Sign up for a free coach account](#)

(if you do not have one)

- Go to: [www.athletic.net](http://www.athletic.net)
- Click on '[Sign up](#)' in the upper right-hand corner
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

## 2. Add meets to your season calendar

- Login to Athletic.net using your email address and password
- Click "**Coach Tools**" under the main navigation bar
- Click "**Team Home**"
- Click "**Add Meet**" above your calendar box
- Where it says "Meet ID:" enter **178056** and click **Add**
- Review the information and click **Save and Continue >**
- You may need to click **Save and Continue >** again
- Repeat this process for the rest of your season calendar  
(You can also add other meets, even if you don't know the Meet ID. Just select your state and click "**Next >**" instead of entering your meet ID.)
- Verify that your calendar is correct. Use the Edit button next to meets to make corrections

## 3. Enter team roster

- Click "**Coach Tools**"
- Click "**Edit Athletes**"
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option

## 4. Register athletes for the 9th Annual Dakota Cougars Invitational

- Locate **9th Annual Dakota Cougars Invitational** on your team's main track and field page and click on the meet name
- In the blue dropdown, click "**Register Athletes**"
- Click on an event name, or athlete name to begin registering
- Choose the correct division to enter athlete in
- Click "**Save Changes**"
- Use the boxes on the bottom of the page to add additional athletes to your roster

You can use the meet registration feature of Athletic.net for all your meets. You can print out and fax the entries, or the host team can download them from the website, all for free.

### Tips

- Large teams often have each of their coaches sign in to register the athletes they are responsible for.
- By printing and faxing your entries, you can use the meet registration feature of Athletic.net even if the host isn't using the site to download entries!