

13th Annual Dakota Cougars Track & Field Invitational



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

Date: Saturday, May 13, 2017

Time: 9:00 am

Cost: Boys or Girls Team

\$75 paid to Dakota HS Athletics

\$75 paid to Dakota HS Track & Field

Total= \$150

Both Teams

\$150 paid to Dakota HS Athletics

\$150 paid to Dakota HS Track & Field

\$300

Due to policies in our district it is necessary to write 2 checks to cover the total. **Send both checks to Dakota HS, 21051 21 Mile Road, Macomb MI 48044 c/o Mike Timpa**

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 (passed out at the end of the meet).

Order of events: (new in 2017)

(Girls 1st in all Running events)

9:00 am

9th Gr. 1600m Run

JV 1600 meter Run

9th Gr. 200m Dash

JV 200m Dash

9th Gr. 800m Run

JV 800 meter Run

JV 1600 meter Relay

Noon

100 meter Dash (Qualifiers)

Girls High Hurdles (Qualifiers)

Girls JV High Hurdles

Boys High Hurdles (Qualifiers)

Boys JV High Hurdles

3200 meter Relay

200 meter Dash (Qualifiers)

JV High Hurdle Finals

--20 min Break--National Anthem

High Hurdles (Finals)

100 meter Dash (Finals)

800 meter Relay

1600 meter Run

400 meter Relay

400 meter Dash

300 meter Hurdles*

800 meter Run

200 meter Dash (Finals)

3200 meter Run

1600 meter Relay

Field Events: Boys 1st in High Jump, Pole Vault, Shot Put
Girls 1st in High Jump, Discus, Long Jump
SP/Disc/LJ: 3 attempts, top 9 go to finals for 3 attempts
High Jump: Boys: 5-4 / 5-7 / 5-10 / 6-0 Girls: 4-4 / 4-7 / 4-10 / 5-0
Pole Vault: Girls: 6-0/ 7-0/ 7-9 /8-6 /9-0 Boys: 9-0 / 10-0 / 11-0 / 11-6 /12-0

Number of entries: You will be allowed 2 entries in all varsity running events, 3 entries in all field events, and unlimited entries in 9th grade & JV races. *3 entries will be permitted in the 300-meter hurdles. Please limit JV 1600m relay to no more than 4 teams per school. JV events will be clerked at the beginning of the event.

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.

Event entries: Will be submitted using athletic.net by Thursday, May 11th at 6 pm. Substitutions may be made the day of the meet if necessary.

Seeding of races: Please submit entry times in athletic.net for all Varsity events and JV relays. Open races will be seeded on the track.

Return this form with payment ASAP!

_____ YES, we plan to attend the 13th Annual Dakota Cougars Track & Field Invitational

_____ NO, we cannot attend this year, but send information for next year.

School: _____ Phone # _____

Boy's Coach _____ Phone # _____

Email Address _____

Girl's Coach _____ Phone # _____

Email Address _____

Return to: Dakota High School, C/o Mike Timpa, 21051 21 Mile Road, Macomb, MI 48044



Dakota Cougars Track & Field Invitational Program Questionnaire

To make the program for the DHS Invite, we need your help by filling out this form and returning it ASAP.
Please return to Mike Timpa by:

- Email: mtimpa@cvs.k12.mi.us or
- Fax: (586)723-2701 or
- Mail: Dakota High School
c/o Mike Timpa
21051 21 Mile Road
Macomb Twp., MI 48044

School Name: _____ Nickname/Mascot: _____

Division: 1 2 3 4

Head Boys Coach: _____

Head Girls Coach: _____

Assist. Coach: _____

Assist. Coach: _____

Assist. Coach: _____

Assist. Coach: _____

Assist. Coach: _____

Assist. Coach: _____

Name of league: _____

Name of league: _____

2016 Record: _____

2016 Record: _____

Team Captains: _____

Team Captains: _____

- Please email a Team Photo and a School Logo to mtimpa@cvs.k12.mi.us

Thank you very much for your time and for attending the 12th Annual Dakota Cougars Invitational! Good luck!

DAKOTA HIGH SCHOOL ATHLETICS

This document constitutes an agreement to participate in the following event.

13th Annual Dakota Cougars Track & Field Invitational

At Dakota High School 21051 21 Mile Road, Macomb MI 48044

TRACK & FIELD CONTRACT / PAYMENT

ENTRY FEE FOR SATURDAY MAY 13, 2017 DAKOTA COUGAR INVITE:

- ___: ONE TEAM = \$150
- ___: BOYS & GIRLS TEAMS = \$300
- ___: INDIVIDUAL ATHLETE = \$15 EACH

Total Payment: _____

Please forward this sheet to the school's athletic director for payment.

School: _____ **Athletic Director** _____

Men's Head Coach: _____ **Phone:** _____

Men's Head Coach: Email address: _____

Women's Head Coach: _____ **Phone:** _____

Women's Head Coach's Email address: _____

Make Checks payable to Dakota High School Track & Field

Mail Checks to: **Dakota High School**
c/o Mike Timpa, Head Coach
21051 21 Mile Road
Macomb, MI 48044

Final information about the meet will be emailed prior to the meet. Most information about the meet can also be found on athletic.net