

14th Annual Dakota Cougars Track & Field Invitational



Dakota High School Stadium
21051 21 Mile Road
Macomb Twp., MI 48044

Date: Saturday, May 12, 2018

Time: 9:00 am

Admission: \$5 includes a meet program. Children under 10 are free. Gates open at 8:00 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: An athletic trainer will be available from 9:00 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 for 2018: Avondale, Center Line, Chippewa Valley, Chandler Park, Dakota, Eisenhower, Ferndale HS, Ferndale University, Fraser, Ford, Grosse Pointe North, Grosse Pointe South, Jalen Rose Leadership Academy, L'anse Creuse, L'anse Creuse North, Lake Shore, Macomb Christian, Michigan Collegiate, Richmond, Romeo, South Lake, Troy, Troy Athens, Utica, Warren Woods Tower

Order of events/ Time Schedule: (*Boys 1st in all Running events*)

8:30 am	Coaches Meeting	200m Dash (Qualifiers)
9:00 am	Field Events Begin	G/B JV High Hurdles Finals
9:00 am	9 th Gr. 1600m Run	--20 min Break-National Anthem
	JV 1600m Run	High Hurdles (Finals)
	9 th Gr. 200m Dash	100m dash (Finals)
	JV 200m Dash	4 x 200m Relay
	9 th Gr. 800m Run	1600m Run
	JV 800m Run	4 x 100m Relay
	JV 1600m Relay	400m Dash
Noon	100m Dash (Qualifiers)	300m Hurdles*
	B High Hurdles(Qual)	800m Run
	B JV High Hurdles	200m Dash (Finals)
	G High Hurdles(Qual)	3200m Run
	G JV High Hurdles	4 x 400m Relay
	4 x 800m Relay	

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

Field Events: Girls 1st in High Jump, Pole Vault, Discus, Long Jump
Boys 1st in High Jump, Shot Put
SP/Disc/LJ: 3 attempts, top 9 go to finals for 3 attempts
High Jump: Boys start at 5' 4" > 5' 7" > 5' 10" > 6' 0"
Girls start at 4' 4" > 4' 7" > 4' 10" > 5' 0"
Pole Vault: Boys start at 8' 0" > 9' 0" > 10' 0" then 6" raises;
Girls start at 6' 0" > 7' 0" > 7' 6" then 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 9th grade races. *3 entries will be permitted in the 300-meter hurdles. Please limit JV relays to no more than 4 teams per school. Please **submit entries for JV or 9th grade events, to give us an idea of how many kids will be running.** They will be clerked at the beginning of the event.

****Entries:** Please submit entries on www.athletic.net later than **Thursday May 10th, 2018 at 9pm.** 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. If you make a substitution the day of meet, that athlete may run in same seeded position, we will not reseed.

Coaches Meeting: Scratches and substitutions will be due at the coaches meeting at 8:30 am in the track storage room under the stadium near north end.

Relay Exchange Zones: We are asking that each team help out with the monitoring of the exchange zones.
4 x 100: Exchange 1 IKE, Lake Shore
Exchange 2 GPN, L'Anse Creuse
Exchange 3 Romeo, Utica
4 x 200: Exchange 1,3 Ford, Fraser

Rules: All MHSAA and NFHS Track and Field rules and Limitations will govern this meet. This includes uniform rules for relay teams 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: George Woods (LC), Diane Montgomery (GPN), Mike Buslepp (Romeo), Mike Timpa (Dakota), Matt Richardson (Troy)

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.

Entry Fees: Please bring entry fees to the meet if you have not already paid. \$150 per team (\$300 for both a boys and girls team), Individuals (\$15)