

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



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

**Date:** Saturday, May 12, 2018

**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)**

*(Boys 1<sup>st</sup> in all Running events)*

**9:00 am**

9<sup>th</sup> Gr. 1600m Run  
JV 1600 meter Run  
9<sup>th</sup> Gr. 200m Dash  
JV 200m Dash  
9<sup>th</sup> Gr. 800m Run  
JV 800 meter Run  
JV 1600 meter Relay

**Noon**

100 meter Dash (Qualifiers)  
Boys High Hurdles (Qualifiers)  
Boys JV High Hurdles  
Girls High Hurdles (Qualifiers)  
Girls 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

**9:00 AM**

**Field Events:** Girls 1<sup>st</sup> in High Jump, Pole Vault, Shot Put  
Boys 1<sup>st</sup> 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 9<sup>th</sup> 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](mailto:mtimpa@cvs.k12.mi.us).

**Event entries:** Will be submitted using athletic.net by Thursday, May 10<sup>th</sup> at 9 pm. Substitutions may be made the day of the meet if necessary. Please enter anyone who might run in a JV or 9<sup>th</sup> Grade Race. It is easier to scratch them, than it is to add them to the system.

**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 14<sup>th</sup> 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](mailto: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: \_\_\_\_\_

2018 Record: \_\_\_\_\_

2018 Record: \_\_\_\_\_

Team Captains: \_\_\_\_\_

Team Captains: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- Please email a Team Photo and a School Logo to [mtimpa@cvs.k12.mi.us](mailto:mtimpa@cvs.k12.mi.us)

Thank you very much for your time and for attending the 14<sup>th</sup> Annual Dakota Cougars Invitational! Good luck!

**DAKOTA HIGH SCHOOL ATHLETICS**

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

# **14<sup>th</sup> 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 12, 2018 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](http://athletic.net)