15th Annual Dakota Cougars Track & Field Invitational

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

Date: Saturday, May 11, 2019

Time: 9:00 am

Cost: Boy 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:
(Girls 1st in all Running events) 3200 meter Relay
9:00 am 200 meter Dash (Qualifiers)
9th Gr. 1600m Run JV High Hurdles Finals
JV 1600 meter Run --20 min Break--National Anthem
9th Gr. 200m Dash High Hurdles (Finals)
JV 200m Dash 100 meter Dash (Finals)
9th Gr. 800m Run 800 meter Relay
JV 800 meter Run 1600 meter Run
JV 1600 meter Relay 400 meter Relay
Noon 400 meter Dash
100 meter Dash (Qualifiers) 300 meter Hurdles*
Boys High Hurdles (Qualifiers) 800 meter Run
Boys JV High Hurdles 200 meter Dash (Finals)
Girls High Hurdles (Qualifiers) 3200 meter Run
Girls JV High Hurdles 1600 meter Relay
9:00 AM  
**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 9th at 9 pm. Substitutions may be made the day of the meet if necessary. Please enter anyone who might run in a JV or 9th 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.

**A limited # of commemorative t-shirts will be available for purchase. ($15)**

Return this form with payment ASAP!

_____ YES, we plan to attend the 15th 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:_________________________


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
Thank you very much for your time and for attending the 15th Annual Dakota Cougars Invitational! Good luck!
DAKOTA HIGH SCHOOL ATHLETICS
This document constitutes an agreement to participate in the following event.

15th 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 11, 2019 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
**Divison 1**

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<td>Boys &amp; Girls</td>
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<tr>
<td>Harrison Twp. L’anse Creuse</td>
<td>Boys &amp; Girls</td>
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<td>Macomb L’anse Creuse North</td>
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**Division 2**

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**Division 3**

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