

# 15<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 11, 2019

**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:**

*(Girls 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:** Boys 1<sup>st</sup> in High Jump, Pole Vault, Shot Put  
Girls 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 9<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.

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

Return this form with payment ASAP!

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\_\_\_\_\_ YES, we plan to attend the 15<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 15<sup>th</sup> Annual Dakota Cougars Invitational! Good luck!



**DAKOTA HIGH SCHOOL ATHLETICS**

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

# 15<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 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

TEAMS ENTERED as of 5-1-16

**Division 1**

Brother Rice	Boys
Clinton Twp. Chippewa Valley	Boys & Girls
Detroit U of D Jesuit	Boys
Fraser	Boys & Girls
Grosse Pointe North	Boys & Girls
Grosse Pointe South	Boys & Girls
Harrison Twp. L'anse Creuse	Boys & Girls
Macomb Dakota	Boys & Girls
Macomb L'anse Creuse North	Boys & Girls
Port Huron Northern	Boys & Girls
Romeo	Boys & Girls
Troy	Boys & Girls
Utica	Boys & Girls
Utica Eisenhower	Boys & Girls
Utica Ford	Boys & Girls
Warren De La Salle Collegiate	Boys

**Division 2**

Center Line	Boys & Girls
Ferndale	Boys & Girls
St. Clair Shores South Lake	Boys & Girls
Warren Regina	Girls

**Division 3**

Ferndale University	Boys & Girls
Jalen Rose Leadership Academy	Boys & Girls
Madison	Boys & Girls