

17th Annual Dakota Cougars Track & Field Invitational



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

Date: Saturday, May 15, 2021

Time: 9:00 am

Cost: Boys or Girls Team

Total= \$150 paid to Dakota HS Track & Field

Both Teams

\$300 paid to Dakota HS Track & Field

Send 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 6 in individual events and top 2 in relays (passed out at the end of the meet).

Order of events:

(Girls 1st in all Running events)

9:00 am

9th Gr. 1600m Run
"Open" 1600 meter Run
9th Gr. 200m Dash
"Open" 200m Dash
9th Gr. 800m Run
"Open" 800 meter Run
"Open" 1600 meter Relay

Noon

100 meter Dash (Qualifiers)
Boys High Hurdles (Qualifiers)
Boys "Open" High Hurdles
Girls High Hurdles (Qualifiers)
Girls "Open" High Hurdles

3200 meter Relay
200 meter Dash (Qualifiers)
"Open" 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 1st in High Jump, Pole Vault, Shot Put

Girls 1st in High Jump, Discus, Long Jump

SP/Disc/LJ: 3 attempts, top 7 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 the 300-meter hurdles, 3 entries in all field events, 15 entries in the 9th Grade 200m Dash and 15 entries in the “Open” 200m Dash and unlimited entries in other 9th grade & “Open” races. Please limit “Open” 1600m relay to no more than 4 teams per school. “Open” events will be clerked at the beginning of the event. Please make sure your athlete knows their seed times.

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 13th at 9 pm. Substitutions may be made the day of the meet if necessary. Please enter anyone who might run in a “Open” 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 “Open” 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 17th 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: _____

2021 Record: _____

2021 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 17th Annual Dakota Cougars Invitational! Good luck!

DAKOTA HIGH SCHOOL ATHLETICS

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

17th 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 15, 2021 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

Boys Meet Records Updated 5-13-19

<u>EVENT</u>	<u>NAME</u>	<u>MARK</u>	<u>SCHOOL</u>	<u>DATE</u>
High Jump	Brandon Piwinski-11	6' 9"	De La Salle	5-10-14
Long Jump	Stanley Williams-12	22' 0½"	Chippewa Valley	5-14-16
Shot Put	Chris Stokes-12	54' 11"	Chippewa Valley	5-15-10
Discus	Patrick Nauert-12	166' 9"	Grosse Pointe South	5-13-17
Pole Vault	Dan Leone-12	15' 1"	Grosse Pointe North	5-13-17
3200m Relay	Conner Hinebaugh-12 (2:01.7) Glen Scott-11 (2:00.1) Zac Freeland-11 (2:03.3) Chris Scott-11 (2:02.3)	8:07.4	Utica	5-14-11
110m Hurdles	DeAndre Henderson-11	14.17	Grosse Pointe North	5-12-07
JV High Hurdles	Nebosa Marcetta-11	16.17	Utica	5-11-13
100m Dash	DeLano Madison-11	10.93	Brother Rice	5-10-14
800m Relay	Colin Cote-12 Kevin Lee-9 Christian Espinosa-11 Tyler Garrison-12	1:30.65	De La Salle	5-10-14
1600m Run	Ben Miller-11	4:21.5	De La Salle	5-10-08
9 th Grade 1600m	Preston Navarre	4:40.33	GPN	5-12-18
JV 1600m Run	Andrew Nelson-11	4:39.0	Romeo	5-12-12
400m Relay	Chiebuka Onwuzurike DeLano Madison Grant Perry Jeremiah Hollis	43.35	Brother Rice	5-9-15
400m Dash	Jaylin Golson	48.15	Madison	5-9-15
300m Hurdles	Fred Crittendon-12	37.38	Utica	5-11-13
800m Run	Nick Thomas-12	1:55.0	Brother Rice	5-10-08
9 th Grade 800m	Chase Fedolak-9	2:07.50	Dakota	5-10-14
JV 800m Run	Joey Tavalieri-9	2:06.32	Fraser	5-13-17
200m Dash	Jamal McTear-12	22.05	Ferndale	5-14-11
9 th Grade 200m	Riley Maher-9	23.79	Brother Rice	5-11-13
JV 200m Dash	Kevin Lee-12	23.53	De La Salle	5-13-17
3200m Run	Ben Miller-12	9:28.1	De La Salle	5-09-09
1600m Relay	Marty Bulger-12 (51.3) Torin Wile-12 (51.9) Emanuel Price-11 (52.2) Justin Flynn-12 (50.9)	3:26.65	Brother Rice	5-11-13
JV 1600m Relay	Brendan Sulkowki (54.1) Robert Kroll (53.7) Kevin Lee-12 (58.9) Semaj Shelton (55.7)	3:42.45	De La Salle	5-13-17

Girls Meet Records Updated 5-13-19

<u>EVENT</u>	<u>NAME</u>	<u>MARK</u>	<u>SCHOOL</u>	<u>DATE</u>
High Jump	Mackenzie Frodle-11	5' 5"	Fraser	5-15-10
Long Jump	Tanisha Johnson-12	17' 11 ¼"	Dakota	5-13-06
Shot Put	Kayli Johnson	44' 9.25"	Grosse Pointe South	5-9-15
Discus	Jaevyn Wortham -12	141' 4"	L'Anse Creuse	5-10-14
Pole Vault	Mackenzie Shell-12	13' 0"	Port Huron Northern	5-9-15
3200m Relay	Carmen Engel-11(2:26.6) Christina Firl-10 (2:18.8) Haley Meier-10 (2:18.2) Hannah Meier-10 (2:12.4)	9:16.3	Grosse Pointe South	5-14-11
100m Hurdles	Breanna Peabody-12	14.4	Utica	5-10-08
JV High Hurdles	Hailee Seifert-9	17.49	Eisenhower	5-14-11
100m Dash	Alysson Bodenbach-12 Brenna Butkovich-10	12.4 12.57	Chippewa Valley Dakota	5-10-08 5-14-16
800m Relay	Jillian Flint-11 Lauren Burnett-12 Brina Serafino-9 Shawntes' Gayden-12	1:45.29	Dakota	5-11-13
1600m Run	Hannah Meier-10	4:53.5	Grosse Pointe South	5-14-11
9 th Grade 1600m	Cameron Leonard-9	5:31.10	Grosse Pointe South	5-10-14
JV 1600m Run	Natalie Schaefer-10	5:39.2	Grosse Pointe North	5-12-12
400m Relay	Jasmine Brathwaite-12 Christy Ford-11 Elsie Grever-11 Kayli Johnson-10	49.83	Grosse Pointe South	5-10-14
400m Dash	Sydney Benson-10	57.56	Grosse Pointe North	5-12-12
300m Hurdles	Breanna Peabody-12	44.4	Utica	5-10-08
800m Run	Ersula Farrow-11	2:09.83	Grosse Pointe South	5-10-14
9 th Grade 800m	Katie Kuhr-9	2:33.40	Grosse Pointe South	5-10-14
JV 800m Run	Jessica Russell	2:33.8	Troy	5-14-05
200m Dash	Jasmine Brathwaite-12	25.29	Grosse Pointe South	5-10-14
9 th Grade 200m	Zoe Madden-9	27.59	Grosse Pointe North	5-13-17
JV 200m Dash	Emily Glidden-10	27.3	Eisenhower	5-10-08
3200m Run	Megan Worrel-11	10:58.33	Troy	5-13-17
1600m Relay	Christina Firl-9 (62.1) Andrea DeCresce-9 (65.8) Haley Meier-9 (61.2) Hannah Meier-9 (56.8)	4:06.0	Grosse Pointe South	5-15-10
JV 1600m Relay	Alexis Penzien-9 (66.4) Katie Prestininzi-11(69.2) Olivia Ziembra-10 (65.7) Samantha Felstow-10 67.3)	4:28.81	Dakota	5-11-13

TEAMS ENTERED as of 3/11/21

Division 1

Grosse Pointe North	Boys	Girls
Harrison Twp. L'Anse Creuse	Boys	Girls
Macomb Dakota	Boys	Girls
Macomb L'Anse Creuse North	Boys	Girls
Romeo	Boys	Girls
Utica	Boys	Girls
Utica Eisenhower	Boys	Girls
Utica Ford	Boys	Girls
	8	+ 8 = 16