

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



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

**Date:** Saturday, May 14, 2022

**Time:** 9:00 am

**Admission:** \$7 includes a meet program. Gates open at 8:00 am

**Concessions:** will be available

**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 \$20.

**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 3 in Relays. Medals will be passed out at the end of the meet.

**Teams for 2021:** Center Line, Ferndale University, Fraser, Grosse Pointe North, L'anse Creuse, Dakota, L'anse Creuse North, Romeo, Utica, Eisenhower, Ford, Warren Mott

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

<b>8:30 am</b>	Coaches Meeting	200m Dash (Qualifiers)
<b>9:00 am</b>	Field Events Begin	B/G JV High Hurdles Finals
<b>9:00 am</b>	9 <sup>th</sup> Gr. 1600m Run	--20 min Break-National Anthem
	JV 1600m Run	G/B High Hurdles (Finals)
	9 <sup>th</sup> Gr. 200m Dash	100m dash (Finals)
	JV 200m Dash	4 x 200m Relay
	9 <sup>th</sup> Gr. 800m Run	1600m Run
	JV 800m Run	4 x 100m Relay
	JV 1600m Relay	400m Dash
	100m Dash (Qualifiers)	300m Hurdles
	G High Hurdles(Qual)	800m Run
	G JV High Hurdles	200m Dash (Finals)
	B High Hurdles(Qual)	3200m Run
	B 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:** Boys 1<sup>st</sup> in High Jump, Shot Put

Girls 1<sup>st</sup> in High Jump, Discus, Long Jump, Pole Vault  
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" >9' 6" then 6" raises;  
Girls start at 6'0" > 7'0" > 7'6" then 6" raises

**Number of entries:** You will be allowed 3 entries in all varsity running events, 3 entries in all field events, 4 entries in the 300-meter hurdles and 3200m Run. Unlimited entries in JV and 9<sup>th</sup> grade 1600m and 800m. Please limit JV relays to no more than 4 teams per school and 15 in the JV an 9<sup>th</sup> Grade 200m Dash. **Please submit entries for JV or 9<sup>th</sup> 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](http://www.athletic.net) later than **Thursday May 12<sup>th</sup>, 2022 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](http://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, LCN  
Exchange 2 GPN, L'Anse Creuse  
Exchange 3 Romeo, Ford  
4 x 200: Exchange 1,3 Utica, y

**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), Megan Berry (Utica)

**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).

**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)**

## Boys Meet Records Updated 5-17-21

<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	John Jackman-12	10.89	Romeo	5-11-19
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 <sup>th</sup> 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	Dominic Suliman-12	1:54.79	Cousino	5-15-21
9 <sup>th</sup> Grade 800m	Chase Fedolak-9	2:07.50	Dakota	5-10-14
JV 800m Run	Andrew Pries-12	2:04.01	Romeo	5-15-21
200m Dash	Jamal McTear-12	22.05	Ferndale	5-14-11
9 <sup>th</sup> 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 5-17-21

<u>EVENT</u>	<u>NAME</u>	<u>MARK</u>	<u>SCHOOL</u>	<u>DATE</u>
High Jump	Micah Martin-11	5' 6"	L'Anse Creuse	5-15-21
Long Jump	Tanisha Johnson-12	17' 11 ¼"	Dakota	5-13-06
Shot Put	Opal Jackson-12	50' 0"	L'Anse Creuse North	5-15-21
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 <sup>th</sup> Grade 1600m	Rachel Felstow-9	5:27.12	Romeo	5-11-19
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 <sup>th</sup> Grade 800m	Rachel Felstow-9	2:29.37	Romeo	5-11-19
JV 800m Run	Lindsay Harvey-10	2:31.08	Dakota	5-15-21
200m Dash	Jasmine Brathwaite-12	25.29	Grosse Pointe South	5-10-14
9 <sup>th</sup> 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 Ziemba-10 (65.7) Samantha Felstow-10 67.3)	4:28.81	Dakota	5-11-13

