

20th Annual Dakota Cougars Track & Field Invitational



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

Date: Saturday, May 11, 2024

Time: 9:00 am

Admission: \$7 includes a meet program. Gates open at 8:00 am **NO CASH GO FAN** will be used

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. **NO CASH** -credit or debit card only!

Trainer: An athletic trainer will be available from 9:00 am to 5:30 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 competing in 2023: Bridgeport, Center Line, Chippewa Valley, Detroit Cass Tech, Detroit East English, Detroit Martin Luther King, DeWitt, Eastpointe, Ferndale University, Fraser, Grosse Pointe North, Harrison Twp. L'Anse Creuse, Hazel Park, Lake Orion, Macomb Dakota, Macomb L'Anse Creuse North, Madison Hts. Lamphere, Pontiac Notre Dame Prep, Romeo, Southfield Arts & Tech, St. Clair Shores South Lake, Sterling Heights, Sterling Hts. Stevenson, Troy Athens, Utica, Utica Ford, Warren Mott

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

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

Girls 1st in High Jump, Discus, Long Jump, Pole Vault

SP/Disc/LJ: 4 attempts-NO FINALS

High Jump: Boys start at 5' 4" > 5'7" > 5'10" > 6' 0";RAQ 5-10

Girls start at 4' 4" > 4'7" > 4'10" > 5'0" ; RAQ 4-10

Pole Vault: Boys start at 8'0" > 9'0" >9' 6" then 6" raises; RAQ 12-3

Girls start at 6'0" > 7'0" > 7'6" then 6" raises; RAQ 9-0

Number of entries: You will be allowed 2 entries in all varsity running events, 3 entries in all field events, 3 entries in the 300-meter hurdles and 3200m Run. Unlimited entries in JV and 9th grade 1600m and 800m. Please limit JV relays to no more than 4 teams per school and 15 in the JV an 9th Grade 200m Dash. **Please submit entries for JV or 9th 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 later that **Thursday May 9th, 2024 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. 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 the north end.

Relay Exchange Zones: We are asking that each team help with the monitoring of the exchange zones.

4 x 100: Exchange 1 Stevenson, Fraser

Exchange 2 GPN, L'Anse Creuse

Exchange 3 Romeo, Ford

4 x 200: Exchange 1,3 South Lake, Troy Athens

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 Jenkins (Stevenson), Mike Timpa (Dakota), Kevin Storai (Fraser)

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.

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 (\$20)**

Men's Meet Records Updated 5-15-23

| <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 | Robert Galan-12 (1:59.4) Alex Habarth-10 (2:01.2) Aidan Daly-10 (2:05.5) Cameron Sherrill-12 (1:58.1) | 8:04.43 | L'Anse Creuse | 5-13-23 |
| 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 | Zachary Mylenek-11 | 10.86 | Notre Dame Prep | 5-13-23 |
| 800m Relay | Chiebuka Onwuzurike-11 DeLano Madison-12 Grant Perry-12 Jeremiah Hollis-11 | 1:30.62 | Brother Rice | 5-9-15 |
| 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 | Colton Howell-10 | 4:33.89 | Dakota | 5-13-23 |
| 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 th 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 | Michael Davis-Hawkins | 21.93 | Detroit Cass Tech | 5-13-23 |
| 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 |

Women's Meet Records Updated 5-15-23

| <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 Alexandra Johnson-12 | 14.4 14.69 | Utica Lake Orion | 5-10-08 5-14-11 |
| JV High Hurdles | Hailee Seifert-9 Mia Dagati-12 | 17.49 17.49 | Eisenhower Dakota | 5-14-11 5-14-22 |
| 100m Dash | Ke'vina Finch-12 | 12.27 | L'Anse Creuse | 5-13-23 |
| 800m Relay | Paris Williams-10 Laida Hawkins-9 Lindsay Johnson-11 Kai Allen-11 | 1:42.09 | Detroit Cass Tech | 5-13-23 |
| 1600m Run | Hannah Meier-10 | 4:53.5 | Grosse Pointe South | 5-14-11 |
| 9 th Grade 1600m | Autumn Thompson-9 | 5:21.27 | Dewitt | 5-14-22 |
| 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 | Ayla Holben-9 | 2:28.44 | Dewitt | 5-14-22 |
| JV 800m Run | Lindsay Harvey-10 | 2:31.08 | Dakota | 5-15-21 |
| 200m Dash | Alysson Bodenbach-12 Jasmine Brathwaite-12 | 25.2 25.29 | Chippewa Valley Grosse Pointe South | 5-10-08 5-10-14 |
| 9 th Grade 200m | A'Khari Jemison-9 | 27.40 | Detroit Cass Tech | 5-13-23 |
| 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 |

DAKOTA HIGH SCHOOL ATHLETICS

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

20th 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, 2024 DAKOTA COUGAR INVITE:

- ___: ONE TEAM = \$150
- ___: BOYS & GIRLS TEAMS = \$300
- ___: INDIVIDUAL ATHLETE = \$20 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