

21st Annual Dakota Cougars Track & Field Invitational



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

Date: Saturday, May 10, 2025

Time: 9:00 am

Admission: \$7 NO CASH GO FAN <https://gofan.co> (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 \$25. 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 2024: Oakland Christian, Austin Catholic, Center Line, Chippewa Valley, Clintondale, Cass Tech, East English, Martin Luther King, Frederick Douglass, Eastpointe, Ferndale University, Grosse Pointe North, Grosse Pointe South, L'Anse Creuse, Hazel Park, Lake Orion, Dakota, Lamphere, Anchor Bay, Notre Dame Prep, Richmond, Romeo, Roseville, St. Edmund Campion (ON), South Lake, Sterling Heights, Parkway Christian, Stevenson, Troy, Athens, University Liggett, Utica, Eisenhower, Ford, Warren Mott, Ypsilanti Arbor Preparatory

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

8:30 am	Coaches Meeting	200m Dash (Qualifiers)
9:00 am	Field Events Begin	B/G JV High Hurdles Finals
9:00 am	9 th Gr. 1600m Run	--20 min Break-National Anthem
	JV 1600m Run	G/B 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
	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: Girls 1st in High Jump, Shot Put

Boys 1st in Discus, Long Jump, Pole Vault

SP/Disc/LJ: 3 attempts-Top 8 to the FINALS

High Jump: Boys start at 5'4" > 5'7" > 5'9" > 5'10" > 6'0"; RAQ 5-10

Girls start at 4'4" > 4'7" > 4'9" > 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 and 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 than **FRIDAY May 9th, 2025 at 8pm.** This should limit substitutions/scratches but they 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 at the Finish line or in the track garage at the north end of the stadium if it's raining.

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

4 x 100: Exchange 1 Fraser, Notre Dame

Exchange 2 Stevenson, Chippewa Valley

Exchange 3 Utica, Ford

4 x 200: Exchange 1,3 South Lake, Ferndale University

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: Megan Berry (Utica), Diane Montgomery (GPN), Mike Timpa (Dakota), Anthony Jackson (MLK), Terry Wilson (CV)

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 5-11-24

<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	Anthony Buford-12	23' 1"	Frederick Douglas	5-11-24
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	Will Jones-Terrell-10 Chris Estell-12 Noah Morris-12 Shamar Heard-12	1:28.68	Chippewa Valley	5-11-24
1600m Run	Ben Miller-11	4:21.5	De La Salle	5-10-08
9 th Grade 1600m	Preston Navarre-9	4:40.33	GPN	5-12-18
JV 1600m Run	Colton Howell-10	4:33.89	Dakota	5-13-23
400m Relay	Chiebuka Onwuzurike-11 DeLano Madison-12 Grant Perry-12 Jeremiah Hollis-11	43.35	Brother Rice	5-9-15
400m Dash	Jaylin Golson-12	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-12	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	William Sykes-10	23.37	Detroit Cass Tech	5-11-24
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-12 (54.1) Robert Kroll-11 (53.7) Kevin Lee-12 (58.9) Semaj Shelton-11 (55.7)	3:42.45	De La Salle	5-13-17

Women's Meet Records Updated 5-11-24

<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	Anyla Robinson-9	27.21	Detroit Cass Tech	5-11-24
JV 200m Dash	Laila Hawkins-10	26.21	Detroit Cass Tech	5-11-24
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.

21st 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 10, 2025 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