

# 11<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 9, 2015

**Time:** 10:00 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 new 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<sup>th</sup> Gr. 1600m Run

JV 1600 meter Run

High Hurdles (Qualifiers)

JV High Hurdles

100 meter Dash (Qualifiers)

9<sup>th</sup> Gr. 200m Dash

JV 200m Dash

200 meter Dash (Qualifiers)

3200 meter Relay

--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\*

9<sup>th</sup> Gr. 800m Run

JV 800 meter Run

800 meter Run

200 meter Dash (Finals)

3200 meter Run

JV 1600 meter Relay

1600 meter Relay

**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: Starting heights determined by regional additional qualifying standards  
Pole Vault: Starting heights determined by regional additional qualifying standards

**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.  
WILD CARD: we are permitting one wild card entry per team in any individual 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 7<sup>th</sup> at 6 pm. Substitutions may be made the day of the meet if necessary.

**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.

Return this form with payment ASAP!

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\_\_\_\_\_ YES, we plan to attend the 11<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: \_\_\_\_\_

2014 Record: \_\_\_\_\_

2014 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 11<sup>th</sup> Annual Dakota Cougars  
Invitational! Good luck!