

Dakota Cougars
Track & Field Invitational
2005



Saturday, May 14, 2005

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

The Dakota Track and Field Team would like to thank the following sponsors for their support in this meet.

**Signature Sports & Promotions
44432 Reynolds Drive
Clinton Township, MI 48036
(586) 465-5900**

The Dakota High School Booster Club

**Mike Fusco
Dakota High School A.D.**

Dakota Track and Field Parents /Volunteers

T-shirts (Front)



T-Shirts are available under the concourse by the concessions stand for \$10

Order of events/ Time Schedule:

(Girls 1st in all Running events)

9-9:30 am Shot/ Disc Weigh in
9:15 am Coaches Meeting
10:00 am Field Events Begin
10:00 am High Hurdles (Semis)
3200 meter Relay
100 meter Dash (Semis)
JV 1600 meter Run
200 meter Dash (Semis)
--30 min Break--
12:15 pm National Anthem
High Hurdles (Finals)
100 meter dash (Finals)
JV 800 Meter Relay
800 meter Relay
1600 meter Run
400 meter Relay
400 meter Dash
300 meter Hurdles
JV 800 meter Run
800 meter Run
200 meter Dash (Finals)
3200 meter Run
JV 1600 meter Relay
1600 meter Relay

We will be on a rolling time schedule and run ahead if possible!



Teams Competing
Chippewa Valley

Boys Stadium Records

<u>EVENT</u>	<u>NAME</u>	<u>MARK</u>	<u>SCHOOL</u>	<u>DATE</u>
High Jump	Nick Craft-12	6' 4"	Romeo	5-14-02
Long Jump	Jon Rejc-12	20' 5"	Mott	4-23-02
Shot Put	Kyle Cook-12	51' 9.75"	Dakota	4-23-02
Discus	Billy Eisenhardt-12	140' 8.5"	Dakota	5-4-04

Pole Vault	Brian Hinz-12	14' 1"	Dakota	5-25-04
3200m Relay	Rob Mette-11	8:25.0	Dakota	5-15-01
	Jimmy Dunn-11			
	Ryan Sucharski-11			
	Brad Schick-11			
110m Hurdles	Jarron Jackson	15.1	L'anse Creuse	5-5-98
100m Dash	Giles	11.2	LCN	4-29-97
	Brian Grant-11		Dakota	4-21-98
	Marcus Lancaster-11		Dakota	5-10-05
800m Relay	Ryan Spaulding-12	1:34.4	Dakota	5-10-05
	Nick Fowler-10			
	Mike Puhalla-10			
	Marcus Lancaster-11			
1600m Run	Jeff Steadfast-10	4:34.5	Saint Clair	5-18-04
400m Relay	Jon Magnotte-11	44.4	Dakota	5-18-99
	Erik Fox-12			
	Brian Grant-12			
	Mark Natale-12			
400m Dash	Rob Kleinschmidt	51.2	Utica	5-15-01
300m Hurdles	Eric Christy-12	40.0	Saint Clair	5-18-04
800m Run	Brad Schick-12	1:58.2	Dakota	4-22-02
200m Dash	Thelmas	22.3	Port Huron	5-16-00
3200m Run	Jimmy Dunn-10	10:32.0	Dakota	5-11-00
1600m Relay	Rob Mette-12	3:34.3	Dakota	5-14-02
	Jimmy Dunn-12			
	Ryan Sredzinski-12			
	Brad Schick-12			

Updated 5-11-05

Girls Stadium Records

<u>EVENT</u>	<u>NAME</u>	<u>MARK</u>	<u>SCHOOL</u>	<u>DATE</u>
High Jump	Suzy Bozin	5' 4"	Romeo	4-21-98
Long Jump	Lisa LaPerriere-10 Andrea de la Garza-10	16' 3"	Dakota	5-10-05
Shot Put	Michelle Fowler	40' 10"	Romeo	4-21-98
Discus	Portis	110' 11"	Port Huron	5-16-00
Pole Vault	Lindsey Jones-12	11' 3"	Saint Clair	5-25-04
3200m Relay	Stephanie Sayler-12 Melissa Moncion-12 Rebecca Propst-9 Theresa Bongiovanni-12	9:59.8	Romeo	5-14-02
100m Hurdles	Erin Miller-10	16.6	Dakota	5-4-99
100m Dash	Tanisha Johnson-11	12.5	Dakota	4-26-05
800m Relay	Tanisha Johnson-11 Shannon Murray-11 Andrea de la Garza-10 Jessica Lobaido-11	1:49.2	Dakota	5-10-05
1600m Run	Theresa Bongiovanni-9	5:29.0	Romeo	5-18-99
400m Relay	Nikki Hyry Heather Parslow Danielle Linenger Suzy Bozin	52.2	Romeo	5-18-99
400m Dash	Jennie Froelich-11	1:01.8	Dakota	5-18-99
300m Hurdles	Jenny Buczek-12	48.8	Dakota	5-18-04
800m Run	Theresa Bongiovanni-12	2:24.7	Romeo	5-14-02
200m Dash	Tanisha Johnson-11	26.9	Dakota	4-12-05
3200m Run	Julia Schmidt-12	11:35.0	Romeo	5-18-99
1600m Relay	Melissa Dunn-12 Rachel Wells-12 Jenny Buczek-10 Monica Dunn-12	4:19.0	Dakota	5-14-02

Updated 5-11-05

Order of events/ Field Events:

The following field events will begin at 10:00 am

Boys Pole Vault
Boys High Jump
Boys Shot Put
Girls Long Jump
Girls Discus

The opposite gender will begin when the above are finished.

Awards:

Top 6 placed in all individual events
Top 4 places in all Relays
No team scores will be kept.

