JUNIOR VARSITY
MAC-COUNTY CHAMPIONSHIPS

Date: Tuesday May 14, 2019

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

Medals: Top 6 Individuals & Top 3 Relays, distributed at the end of the meet.

Team Awards: Trophy for the Top Division 1 and Division 2-3-4 teams

**Any athlete not competing in the Regionals or Varsity league meet are eligible.**

We will attempt to get a time for all athletes, but, as always, it is a good idea to time your own athletes. We will be using a FAT system.

3:00 Scratches/Substitutions Due
3:15 Coaches Meeting
3:30 Field Events Begin:
   Pole Vault(Boys 1st) 7' 0” / 5’ 0”
   High Jump(Girls 1st) 3’9” / 4’9”
   Shot Put (Girls 1st) TOP 7 to finals
   Long Jump (Boys 1st)TOP 7 to finals
   Discus (Boys 1st) TOP 7 to finals

3:30 5000m (Coaches keep laps splits) 400m Dash
      High Hurdles (Timed Finals) Low Hurdles
      100m Dash (Timed Finals) 800m Run
      4 x 200m Relay 200m Dash
      1600m Run 4 x 400m Relay
      4 x 100m Relay

- You may enter 3 individuals in each event and 1 relay per school.
- Entries must be submitted to athletic.net by May 12th at 5 pm.
- Substitutions can be made the day of the meet.
- Enter your athletes in athletic.net  If you think they may run, enter them, it is easier to scratch them, than it is to add them to the system.

A limited # of commemorative t-shirts will be available for purchase. ($15)

We would appreciate any help you or your athletes could give us with the hurdles.

Send checks to Dakota HS, 21051 21 Mile Road, Macomb MI 48044 c/o Mike Timpa

Cost:  Boys or Girls Team  Both Teams  Individuals
       $125 paid to Dakota HS Track & Field  $250 paid to Dakota HS Track & Field  $15 per athlete

Contact: Mike Timpa at mtimpa@cvs.k12.mi.us or 586.723.2951 or Dakota Athletics at 586.723.2800
This document constitutes an agreement to participate in the following event.

**JV MAC-COUNTY**

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

**TRACK & FIELD CONTRACT / PAYMENT**

ENTRY FEE FOR TUESDAY MAY 14, 2019 JV MAC-COUNTY CHAMPIONSHIPS:

___: ONE TEAM = $125  
___: BOYS & GIRLS TEAMS = $250  
___: INDIVIDUAL ATHLETE = $15 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