

# 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 1<sup>st</sup>) 7' 0" / 5' 0"**

**High Jump(Girls 1<sup>st</sup>) 3'9" / 4'9"**

**Discus (Boys 1<sup>st</sup>) TOP 7 to finals**

**Shot Put (Girls 1<sup>st</sup>) TOP 7 to finals**

**Long Jump (Boys 1<sup>st</sup>)TOP 7 to finals**

**3:30 5000m (Coaches keep laps splits)**

**High Hurdles (Timed Finals)**

**100m Dash (Timed Finals)**

**4 x 200m Relay**

**1600m Run**

**4 x 100m Relay**

**400m Dash**

**Low Hurdles**

**800m Run**

**200m Dash**

**4 x 400m Relay**

- You may enter 3 individuals in each event and 1 relay per school.
- **Entries must be submitted to athletic.net by May 12<sup>th</sup> 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**

**\$125 paid to Dakota HS Track & Field**

**Both Teams**

**\$250 paid to Dakota HS Track & Field**

**Individuals**

**\$15 per athlete**

**Contact: Mike Timpa at [mtimpa@cvs.k12.mi.us](mailto:mtimpa@cvs.k12.mi.us) or 586.723.2951 or  
Dakota Athletics at 586.723.2800**

**DAKOTA HIGH SCHOOL ATHLETICS**

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