

JUNIOR VARSITY MAC-COUNTY CHAMPIONSHIPS



Date: Tuesday June 1, 2021

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

Medals: Top 5 Individuals & Top 2 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"

Discus (Boys 1st) TOP 6 to finals

Shot Put (Girls 1st) TOP 6 to finals

Long Jump (Boys 1st) TOP 6 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

2000m Steeple Chase (new event)

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 30th at 1 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 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 JUNE 1, 2021 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

JV-MAC County Meet Records –Girls

Updated 5/16/19

FIELD

Discus	Gianah Krok-9	Dakota	95' 10"	2019
High Jump	Lauren Schlackman-10	Dakota	4' 10"	2019
Long Jump	Gabrielle Jones-9	Dakota	14' 4.75"	2019
Shot Put	Gianah Krok-9	Dakota	29' 0"	2019
Pole Vault	Stefanie St. Pierre-10	Dakota	8' 3"	2019

TRACK

5000m	Allison Ferguson-9	Dakota	22:17.11	2019
100m Hurdles	Alonjanae Malone-9	Chippewa Valley	17.12	2019
100m	Malasia Vu-9	Anchor Bay	13.52	2019
4x200m	Dakota (Zoe Morris-9, Brooke Forrey-9, Abigale Simms-11, Mia Dagait-9)		1:57.47	2019
1600m	Rachel Patterson-12	Dakota	6:07.36	2019
4x100m	Anchor Bay (Mackenzie Adams, Erika Dominas, Malasia Vu, Evelyn Slabaugh)		55.40	2019
400m	Alonjanae Malone-9	Chippewa Valley	1:06.24	2019
300m Hurdles	Taea Dalglish-9	Anchor Bay	53.38	2019
800m	Kaitlyn Strukel-11	Dakota	2:50.17	2019
200m	Malasia Vu-9	Anchor Bay	28.38	2019
4x400m	Anchor Bay (Ashley MacPherson, Clair Burcicki, Vivian Damm, Hannah Cilluffo)		4:50.40	2019

JV-MAC County Meet Records –Boys

Updated 5/16/19

FIELD

Discus	Dylan Weaver-10	Warren DeLaSalle	129' 5"	2019
High Jump	Tyler Chenault-12	Anchor Bay	5' 6"	2019
Long Jump	Aiden Dale-9	Dakota	18' 5.5"	2019
Shot Put	Dylan Weaver-10	Warren DeLaSalle	39' 9"	2019
Pole Vault	Matheu Morrison	Anchor Bay	9' 0"	2019

TRACK

5000m	Josh Essenmacher-11	Utica	18:21.17	2019
100m Hurdles	Tommy Milanov-10	Warren Mott	16.84	2019
100m	Cameron Raybon-12	Dakota	11.88	2019
4x200m	Chippewa Valley (Zachery Simko, Donte' Lanier, Draven Wilson, Torrey Williams)		1:38.74	2019
1600m	Cameron Stermer-11	Dakota	4:53.41	2019
4x100m	Chippewa Valley (Zachery Simko, Donte' Lanier, Darrel Hawkins, Torrey Williams)		46.32	2019
400m	Jeremy Matzinger-11	Dakota	54.77	2019
300m Hurdles	Jordan Vernon-10	Dakota	45.09	2019
800m	Michael Jesue-12	Dakota	2:13.54	2019
200m	Cameron Raybon-12	Dakota	24.26	2019
4x400m	Dakota (Casey Carr-9, Jeryl Juarez-10, Benjamin Holman, Jeremy Matzinger-11)		4:01.85	2019

Teams entered as of 3-24-21

Clinton Twp. Chippewa Valley	Boys	Girls	
Grosse Pointe North	Boys	Girls	
Grosse Pointe South	Boys	Girls	
Macomb Dakota	Boys	Girls	
Macomb Lutheran North	Boys	Girls	
New Baltimore Anchor Bay	Boys	Girls	
Sterling Hts. Stevenson	Boys	Girls	
Utica	Boys	Girls	
Utica Eisenhower	Boys	Girls	
Warren DeLaSalle	Boys		
Warren Mott	Boys	Girls	
Warren Regina		Girls	
	11	+ 11	= 22