

# JUNIOR VARSITY MAC-COUNTY CHAMPIONSHIPS



Date: Wednesday May 18, 2022

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

Medals: Top 8 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.

4:00 Scratches/Substitutions Due

4:15 Coaches Meeting

4:30 Field Events Begin:

Pole Vault (Girls 1<sup>st</sup>) 5' 0" / 7' 0"

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

Discus (Girls 1<sup>st</sup>) 4 throws no finals

Shot Put (Boys 1<sup>st</sup>) 4 throws No finals

Long Jump (Girls 1<sup>st</sup>) 4 jumps No finals

4:30 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

2K Steeple Chase (30"/36") (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 17<sup>th</sup> 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. (\$20)

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 Wednesday May 18, 2022 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 6/2/21

## 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	Maygan Stramer-9	Dakota	29' 7"	2021
Pole Vault	Stefanie St. Pierre-10	Dakota	8' 3"	2019

## TRACK

5000m	Allison Ferguson-12	Dakota	22:12.27	2021
100m Hurdles	Alonjanae Malone-9	Chippewa Valley	17.12	2019
100m	Malasia Vu-9	Anchor Bay	13.52	2019
4x200m	Warren Regina (Grace Oluwole-11, Kennedy Scharf-9, Katrina Kennedy-11, Ayva Marugi-9)		1:57.37	2021
1600m	Rachel Patterson-12	Dakota	6:07.36	2019
4x100m	Anchor Bay (Mackenzie Adams-9, Erika Dominas-9, Malasia Vu-9, Evelyn Slabaugh-11)		55.40	2019
400m	Alonjanae Malone-9	Chippewa Valley	1:06.24	2019
300m Hurdles	Taea Dalglish-9	Anchor Bay	53.38	2019
800m	Lauren Koski-9	Lutheran High North	2:44.79	2021
200m	Malasia Vu-9	Anchor Bay	28.38	2019
2K Steeple Chase (30")	Jessica Jarski-11	Warren Regina	8:35.94	2021
4x400m	Anchor Bay (Ashley MacPherson-11, Clair Burcicki-11, Vivian Damm-9, Hannah Cilluffo-10)		4:50.40	2019

# JV-MAC County Meet Records –Boys

Updated 6/2/21

## 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	Jamie Leinhos-9	Utica	10' 0"	2021

## 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-11, Donte' Lanier-10, Draven Wilson-10, Torrey Williams-11)		1:38.74	2019
1600m	Cameron Stermer-11	Dakota	4:53.41	2019
4x100m	Chippewa Valley (Zachery Simko-11, Donte' Lanier-10, Darrel Hawkins-10, Torrey Williams-11)		46.32	2019
400m	Jeremy Matzinger-11	Dakota	54.77	2019
300m Hurdles	Jordan Vernon-10	Dakota	45.09	2019
800m	Jacob Vohs-11	Dakota	2:12.59	2021
200m	Cameron Raybon-12	Dakota	24.26	2019
2K Steeple Chase (36")	Benjamin Dawson-11	Eisenhower	7:33.18	2021
4x400m	Dakota (Aiden Gowland-10, Jacob Vohs-11, Owen Clancy-10, Carson Gilbertson-10)		3:59.72	2021

**Teams entered as of 12-1-21**

**Macomb Dakota**

**Boys Girls**