

**JUNIOR VARSITY
MAC-COUNTY CHAMPIONSHIPS**



Date: Tuesday May 21, 2024

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

Admission: \$5 No Cash, tickets only through GoFan

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

3:30 Scratches/Substitutions Due

3:30 Coaches Meeting

4:00 Field Events Begin:

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

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

Discus (Girls 1st) 4 throws no finals

Shot Put (Boys 1st) 4 throws No finals

Long Jump (Girls 1st) 4 jumps No finals

4:00 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")

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 19th** by 6 pm.
- Substitutions can be made on 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

\$150 paid to Dakota HS Track & Field

Both Teams

\$300 paid to Dakota HS Track & Field

Individuals

\$20 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 May 21, 2024 JV MAC-COUNTY CHAMPIONSHIPS:

- ___: ONE TEAM = \$150
- ___: BOYS & GIRLS TEAMS = \$300
- ___: INDIVIDUAL ATHLETE = \$20 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 6/2/23

FIELD

Discus	Gianah Krok-9	Dakota	95' 10"	2019
High Jump	Lauren Schlackman-10	Dakota	4' 10"	2019
Long Jump	Zhenya Knowlin-10	Anchor Bay	14' 7.5"	2023
Shot Put	Maygan Stramer-9	Dakota	29' 7"	2021
Pole Vault	Stefanie St. Pierre-10	Dakota	8' 3"	2019

TRACK

5000m	Ryann Smitka-9	Dakota	21:23.52	2023
100m Hurdles	Alonjanae Malone-9	Chippewa Valley	17.12	2019
100m	Malasia Vu-9	Anchor Bay	13.52	2019
4x200m	Dakota (Serenity Fulford-10, Kaliah Chau-10, Allison Zoli-9, Camryn Ash-11)		1:56.34	2023
1600m	Mylene Pham-10	Dakota	5:46.69	2023
4x100m	Dakota (Serenity Fulford-10, Haley Fohey-9, Kaliah Chau-10, Laylah King-10)		53.92	2023
400m	Alonjanae Malone-9	Chippewa Valley	1:06.24	2019
300m Hurdles	Taea Dalglish-9	Anchor Bay	53.38	2019
800m	Norah Lesner-10	Anchor Bay	2:40.39	2023
200m	Malasia Vu-9	Anchor Bay	28.38	2019
2K Steeple Chase (30")	McKenna Goike-12	Dakota	8:09.87	2023
4x400m	Chippewa Valley (Ashley MacPherson-11, Clair Burcicki-11, Vivian Damm-9, Hannah Cilluffo-10)		4:39.04	2023

JV-MAC County Meet Records –Boys

Updated 6/2/23

FIELD

Discus	Dylan Weaver-10	Warren DeLaSalle	129' 5"	2019
High Jump	Chris Dotson-10	Dakota	5' 8"	2023
Long Jump	Jonathan Carter-10	Utica	19' 1"	2023
Shot Put	Anthony Presnell-10	DeLaSalle	41' 3"	2023
Pole Vault	Jamie Leinhes-9	Utica	10' 0"	2021

TRACK

5000m	Ryan Hall-11	Utica	17:54.0	2022
100m Hurdles	Tommy Milanov-10	Warren Mott	16.84	2019
100m	James Duke-12	Chippewa Valley	11.70	2023
4x200m	Warren Mott (Daryl Winters-11, Amare Smith-10, Darian Miller-11, Trent Debose-11)		1:36.74	2023
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
2K Steeple Chase (30")	Matthew Jenkins-11	Utica	6:58.69	2023
4x400m	Dakota Tyler Milosavlevski-11 (59.1), Andrew Graves-12 (57.2), RJ Klinger-12 (56.6), Owen Clancy-12 (56.2)		3:56.96	2022

TEAM CHAMPIONS

Year	Men's D1	Men's D 2-3-4	Women's D1	Women's D 2-3-4
2019	Dakota	Lutheran North	Dakota	Lutheran North
2020	----- covid-19 -----			
2021	Dakota	Lutheran North	Dakota	Warren Regina
2022	Dakota	Lutheran North	Warren Mott	Lutheran North
2023	Dakota	Lutheran North	Dakota	Lutheran North

