

**DAKOTA HIGH SCHOOL
SPRING BREAK CLASSIC
FRESHMAN-SOPHOMORE INVITATIONAL**



Date: Friday, April 7, 2017

Location: Dakota High School Stadium, 21051 21 Mile Road, Macomb, MI 48044 (WE HAVE A BRAND NEW NAVY BLUE TRACK)

Medals: Top 6 Individuals & Top 2 Relays, distributed at the end of the meet.

No team scores **All 9th and 10th grade athletes are eligible to compete.**

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.

11:15 Scratches/Substitutions Due

11:30 Coaches Meeting

12:00 Field Events Begin:

Long Jump, High Jump, Discus, Shot Put, Pole Vault

12:30

100m Prelims

High Hurdles Prelims

200m Prelims

4 x 800m Relay

High Hurdles

100m Dash

4 x 200m Relay

1600m Run

4 x 100m Relay

400m Dash

Low Hurdles

800m Run

200m Dash

3200m Run

4 x 400m Relay

- You may enter 3 individuals in each event and 2 relays per school.
- **Entries must be submitted to athletic.net by April 6th at 1 pm.**
- Substitutions can be made the day of the meet.
- Exhibition heats may be run in the 100, 200, and high hurdles if there are contestants. You may also have exhibition athletes in the field events and circle races. They will not be able to medal from these heats.
- Enter these athletes in athletic.net, using the JV selection. 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 t-shirts will be available for purchase.

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

\$100 paid to Dakota HS Track & Field

Both Teams

\$200 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.

SPRING BREAK CLASSIC

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

TRACK & FIELD CONTRACT / PAYMENT

ENTRY FEE FOR FRIDAY APRIL 7, 2017 SPRING BREAK CLASSIC:

- ___: ONE TEAM = \$100
- ___: BOYS & GIRLS TEAMS = \$200
- ___: 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

Spring Break Classic Meet Records –Girls

Updated 4/28/16

4x800m	Dakota (Weller 10, LaFleure 10, Micale 10, Valente 10)		10:59.1	2014
100m Hurdles	Erin Rajter 10	Stevenson	16.26	2009
100m	Angelica Floyd 10	Chippewa Valley	12.83	2015
4x200m	Grosse Pointe North (Boles, Thomas, Mathis, Simmons)		1:55.46	2016
1600m	Lauren Sickmiller 10	Grosse Pointe North	5:32.15	2016
4x100m	Dakota (Modock 10, Dobies 10, Schwandt 10, Bradford 10)		54.20	2014
400m	Sydney Benson 10	Grosse Pointe North	59.46	2014
300m Hurdles	Sara Moen 10	Lakeview	49.54	2011
800m	Izabella Gowen 9	Dakota	2:31.73	2016
200m	Bri Jackson 9	Oxford	26.31	2011
3200m	Katelyn Carney 9	Grosse Pointe North	12:11.9	2013
4x400m	Dakota (Gowen 9, Knapp 9, Wojcicki 9, Zefi 9)		4:38.53	2016
Discus	Emily Caretti 10	Cousino	104' 10"	2011
High Jump	Erin Rajter 10	Stevenson	5' 1"	2009
Long Jump	Erika Young 10	Mt. Clemens	16' 4"	2009
Shot Put	Lizzy Maniaci 10	Chippewa Valley	33' 0"	2014
Pole Vault	Jacqueline Williams 10	Lakeview	9' 0"	2009

Spring Break Classic Meet Records –Boys

Updated 4/28/16

4x800m	Catholic Central (Felty 10, Hobson 10, McLaren 10, Smith 10)		8:57.2	2014
100m Hurdles	Duane Waldorf 10	Lakeview	16.39	2009
100m	Hunter Harris 10	Detroit Loyola	11.26	2015
4x200m	Dakota (Aguila 10, Gales 10, Fowler 10, Collier 10)		1:37.18	2014
1600m	Scott Smith 10	Detroit Catholic Central	4:47.14	2014
4x100m	Dakota (Sloan 10, Kelley 10, Rivers 10, Walker 10)		46.54	2016
400m	Jordan Davison 10	Grosse Pointe North	53.17	2014
300m Hurdles	Allen Stritzinger 9	De La Salle	43.86	2014
800m	Chase Fedolak 10	Dakota	2:09.12	2015
200m	Hunter Harris 10	Detroit Loyola	23.36	2015
3200m	Connor Sickmiller 10	Grosse Pointe North	10:19.84	2014
4x400m	Grosse Pointe North (Kolp 10, Brady 10, Butler 10, Davison 10)		3:45.40	2014
Discus	Brett Droski 9	Dakota	126' 6"	2015
High Jump	Austin Julien 10	Dakota	5' 10"	2014
Long Jump	Zach Stadnika 10	Lutheran North	20' 7.5"	2014
Shot Put	Jason Ribbentrop 10	Dakota	46' 2"	2016
Pole Vault	Cody Morgan 10	Dakota	12' 0"	2009