

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



**Date: Friday, April 10, 2015**

**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 9<sup>th</sup> and 10<sup>th</sup> 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**

**Entries will be submitted on athletic.net by April 9<sup>th</sup> at 1 pm.** Substitutions can be made the day of the meet. You may enter 3 individuals in each event and **2 relays per school.** Exhibition heats may be run in the 100, 200, and high hurdles if there are contestants. They will not be able to medal from these heats. You do not need to enter these athletes in athletic.net, but you can by using the JV selection. You may also have exhibition athletes in the field events and circle races.

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