

# DAKOTA COUGARS XC CARNIVAL OF RACES

## FRIDAY - OCTOBER 6, 2023



Sponsored by:  
**Dakota Cross Country &**



**EASTSIDE**  
RACING COMPANY

**Location:** Dakota High School  
21 mile road & Hydenreich

\*\*\*Races may be combined if numbers dictate.

3:45 pm **HS Packet Pickup**

4:15 pm **Boys 5K**

4:45 pm **Girls 5K**

THIS IS THE  
CORRECT RACE  
ORDER for 2023

5:00 pm **MS Packet Pickup**

5:20 pm **Boys Middle School 2 mi**

5:40 pm **Girls Middle School 2 mi**

5:30 pm **Elementary Packet Pickup**

6:00 pm **Boys/Girls Elementary 1 mi**

**Course:** Grass, loop(s) around a field, a tennis court & a pond

**Entries:** Done on athletic.net before 10/3, 9 pm

(we will use chip timing at the finish line)

- We will be giving out medals in the chute
- 50 medals in each HS race, 25 medals in the other races
- For more information, contact: Mike Timpa: [mtimpa@cvs.k12.mi.us](mailto:mtimpa@cvs.k12.mi.us)

**T-shirts will be for sale for \$15 (credit cards preferred)**



FULL FRONT: 11" x 8.6"



○ BASE ○ WHITE ● 332C

**Entry Fees -Dakota Carnival of Races 10/6/23**

High school Boys team.....\$75 \_\_\_\_\_  
High school Girls team.....\$75 \_\_\_\_\_  
Middle school Boys team.....\$75 \_\_\_\_\_  
Middle school Girls team.....\$75 \_\_\_\_\_  
Elementary school Boys team.....\$25 \_\_\_\_\_  
Elementary school Girls team.....\$25 \_\_\_\_\_  
HS/MS Individual runner.....\$15 \_\_\_\_\_  
Elem. Individual Runner (Gr. 5 and younger).....\$5 \_\_\_\_\_  
Total due.....\$ \_\_\_\_\_

**For more information, contact:  
Mike Timpa: [mtimpa@cvs.k12.mi.us](mailto:mtimpa@cvs.k12.mi.us)**

School Name: \_\_\_\_\_ Coach \_\_\_\_\_  
High School \_\_\_\_\_ Middle School \_\_\_\_\_ Elementary School \_\_\_\_\_  
Girls: \_\_\_\_\_ Boys: \_\_\_\_\_ Both: \_\_\_\_\_ Approx. Number \_\_\_\_\_  
Coach's Email \_\_\_\_\_

**Please enclose a check for the total made out to **Dakota High School.****

Mail to: Dakota HS c/o Mike Timpa, 21051 21 Mile Rd, Macomb, MI 48044



From start the runners will run the shorter loop of the field then complete the larger loop of the field this will get them through the 1-mile mark.

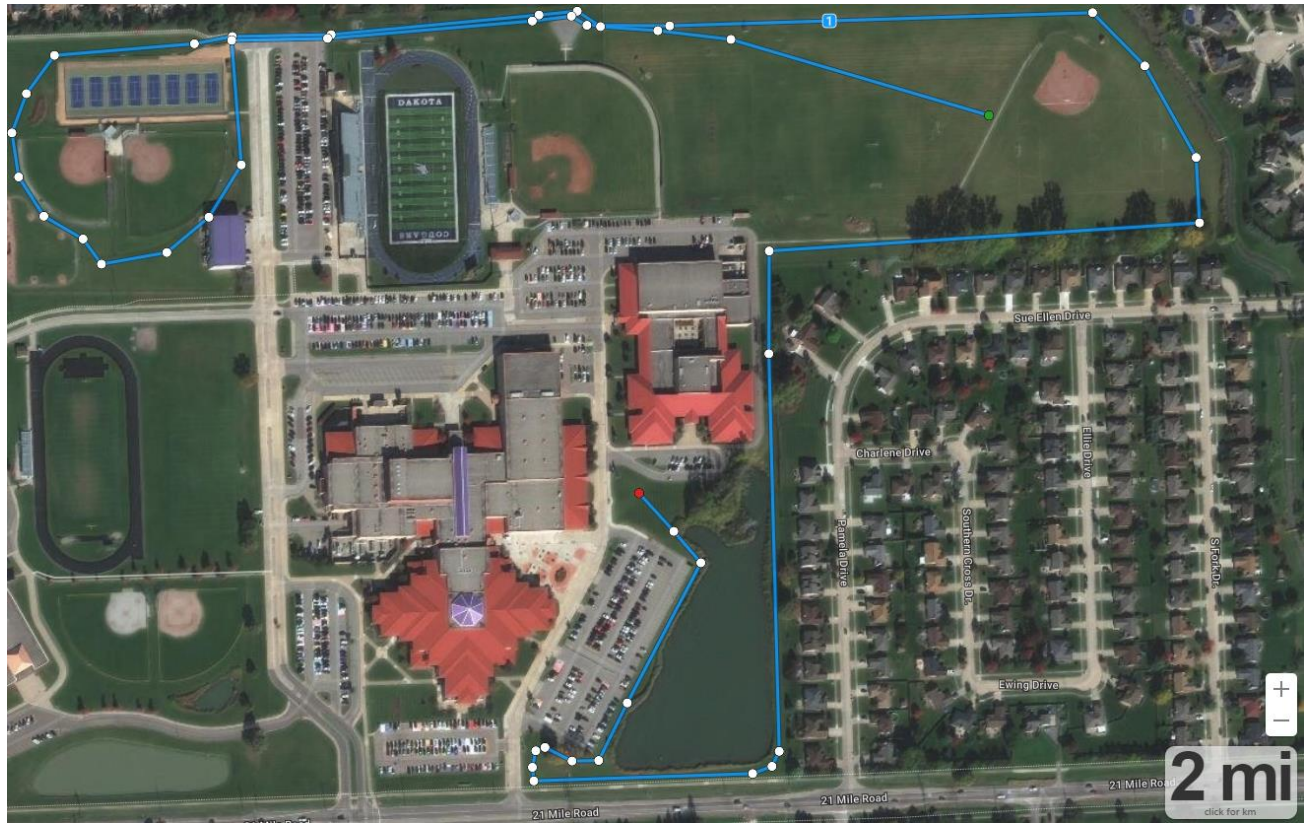
At 1.25 miles the runners will turn left through the gate staying to the left between the fence and the Shot Put circles and head past the pole vault runways.

The runners will cross the sidewalk and complete the loop around the softball fields and the tennis courts. They will return to the path by the pole vault staying again the left.

The runners will enter the gate complete the loop in the field again then exit and turn left to begin the pond loop.

Complete the pond loop with the finish at the top of the hill.





Start will be near the sidewalk by the JV baseball diamond.

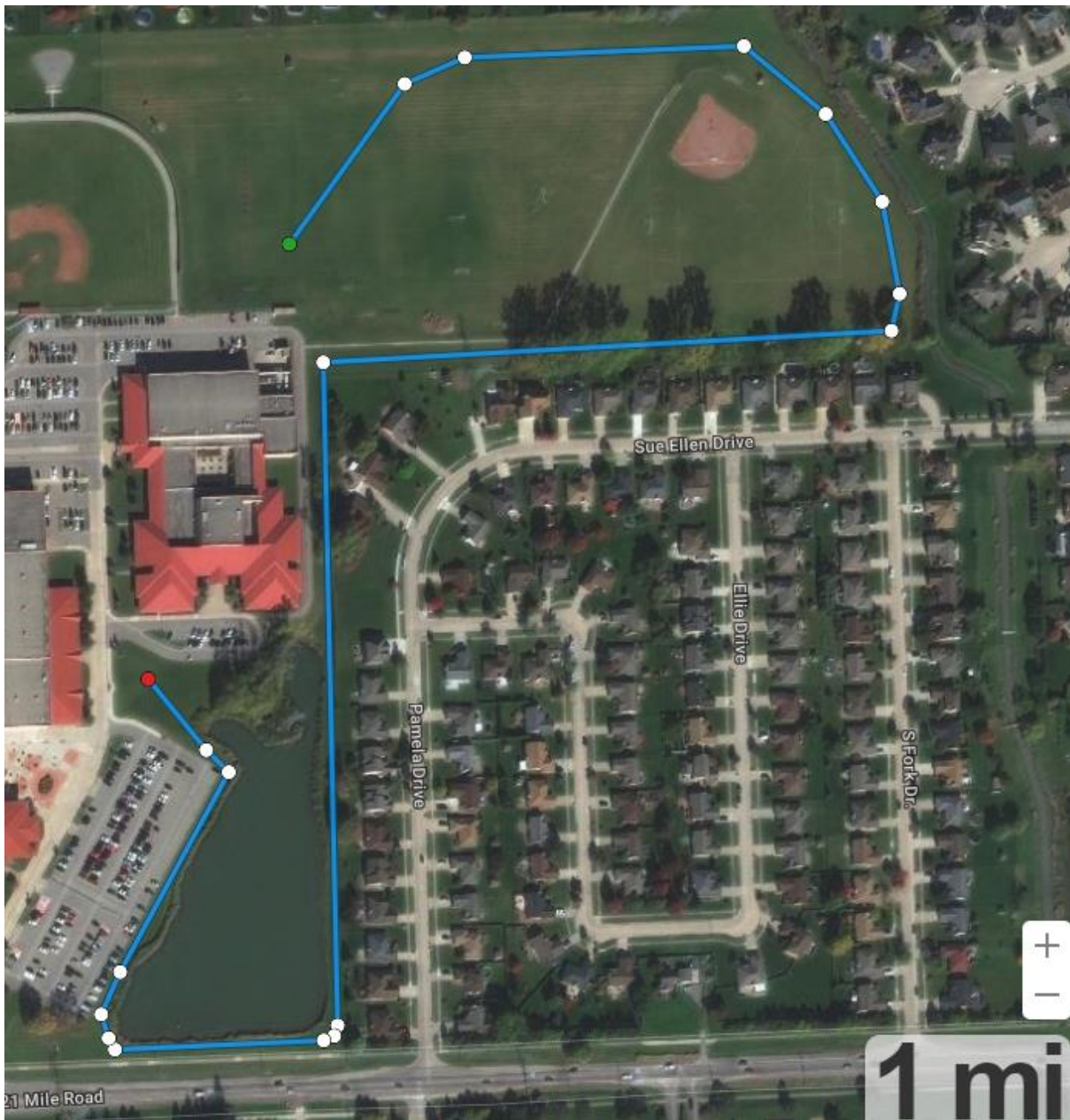
From the start the course runs diagonal towards gate near the shot put sectors behind the varsity baseball diamond.

Runs past the pole vault run ways and completes a loop around the tennis courts and softball diamonds.

It then passes past the pole vault pits (possible 2-way traffic) and re-enters the gate into the practice fields.

The course completes a loop of the entire practice field and exits a gate near the Dakota 9<sup>th</sup> grade center.

Turns left out of the gate and loops around the pond and finishes on the hill.



From start the runners will run the shorter loop of the field then exit the gate by the Dakota 9<sup>th</sup> grade center and turn left to begin the pond loop. Complete the pond loop with the finish at the top of the hill.

The start for the elementary races is .04-.05 miles from the sidewalk in line with the field goal post of the second football field.