



2024 DAKOTA COUGARS CROSS COUNTRY
COACH TIMPA / COACH ROGINSKI
MAC RED DIVISION
www.dhscc.weebly.com



DAKOTA
EISENHOWER

GROSSE POINTE NORTH
FRASER

ST. CLAIR
ROMEO

ANCHOR BAY
UTICA

Men run 1st in 2024

<u>Day</u>	<u>Month</u>	<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Bus</u>
		Fri-Fri Aug 16-23	DHS XC CAMP @ Bambi Lake, Roscommon, MI		
Thu	Aug	22	Birch Run Early Invitational @ Taymouth Twp. Park	4:30/5:15 PM	From camp
Wed	Aug	28	Early Bird Invitational @ Lake St. Clair Metropark	4:30/5:00 PM	2:00 PM
Wed	Sept	4	MAC RED JAMBOREE @ Stony Creek Eastwood Beach	5:00/5:45 PM	2:45/3:30 PM
Sat	Sept	7	MUSKRAT CLASSIC RUN (HS & MS) @ Algonac HS	9:30/10:30 AM	7:15/ 8:15 AM
Sat	Sept	14	55 th Annual HURON INVITE @ Willow Metropark Chestnut Grove	9:05/10:10 AM	6:00/ 7:00 AM
Fri	Sept	20	JAMES CLEVERLEY FRIDAY NIGHT INVITE @ Anchor Bay	4:00/4:30 PM	2:15/2:45 PM
Sat	Sept	21	JACKSON INVITATIONAL @ Ella Sharp Park	9:00/9:40 AM	6:00 AM
Wed	Sept	25	MAC RED DIVISION MEET @ Dakota	4:30/5:15 PM	-----
Sat	Sept	28	BLUEJAY INVITATIONAL @ Shepherd HS	9:30/10:30 AM	6:00 AM
Thu	Oct	3	COUGARS XC CARNIVAL (HS & MS) @ Dakota HS	4:15/4:45 PM	-----
Sat	Oct	12	MACOMB COUNTY MEET @ Stony Creek Eastwood Beach	10:00/10:30 AM	7:45/8:15 AM
Tue	Oct	22	LAKE FENTON 9/10 MEET @ Lake Fenton HS	4:00/4:30 PM	1:30 PM
Sat	Oct	26	MHSAA DIVISION 1 REGIONAL @ Goodells Co. Park	10:00/10:30 AM	7:30 AM
Tue	Oct	29	RUN FAST INVITE @ Dakota HS	4:00/4:20 PM	-----
Sat	Nov	2	MHSAA DIVISION 1 STATE FINALS @ M.I.S.	2:10/3:30 PM	10:00 AM
Tue	Nov	12	ALL COUNTY BANQUET @ Zuccaro's (46601 Gratiot)	6:00 PM	-----
Mon	Nov	25	TEAM AWARDS BANQUET @ Zuccaro's (46601 Gratiot)	6:00 PM	-----

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Men's Remind: TEXT 81010 type @dhsbxc in the message

Coach Roginski, eroginski@cvs.k12.mi.us

Women's Remind: TEXT 81010 type @dgxc in the message