

DAKOTA COUGARS XC CARNIVAL OF RACES THURSDAY - OCTOBER 6, 2022



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 9th-10th 5K**

4:35 pm **Boys 11th -12th 5K**

4:55 pm **Girls 9th-10th 5K**

5:20 pm **Girls 11th-12th 5K**

5:00 pm **MS Packet Pickup**

6:00 pm **Boys Middle School 2 mi**

6:15 pm **Girls Middle School 2 mi**

6:00 pm **Elementary Packet Pickup**

6:30 pm **Boys/Girls Elementary 1 mi**

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

Entries: Done on athletic.net before 10/4, 9 pm
(we will use chip timing at the finish line)

- We will be giving out medals in the chute
- 25 medals in each race
- For more information, contact: Mike Timpa: mtimpa@cvs.k12.mi.us

Entry Fees

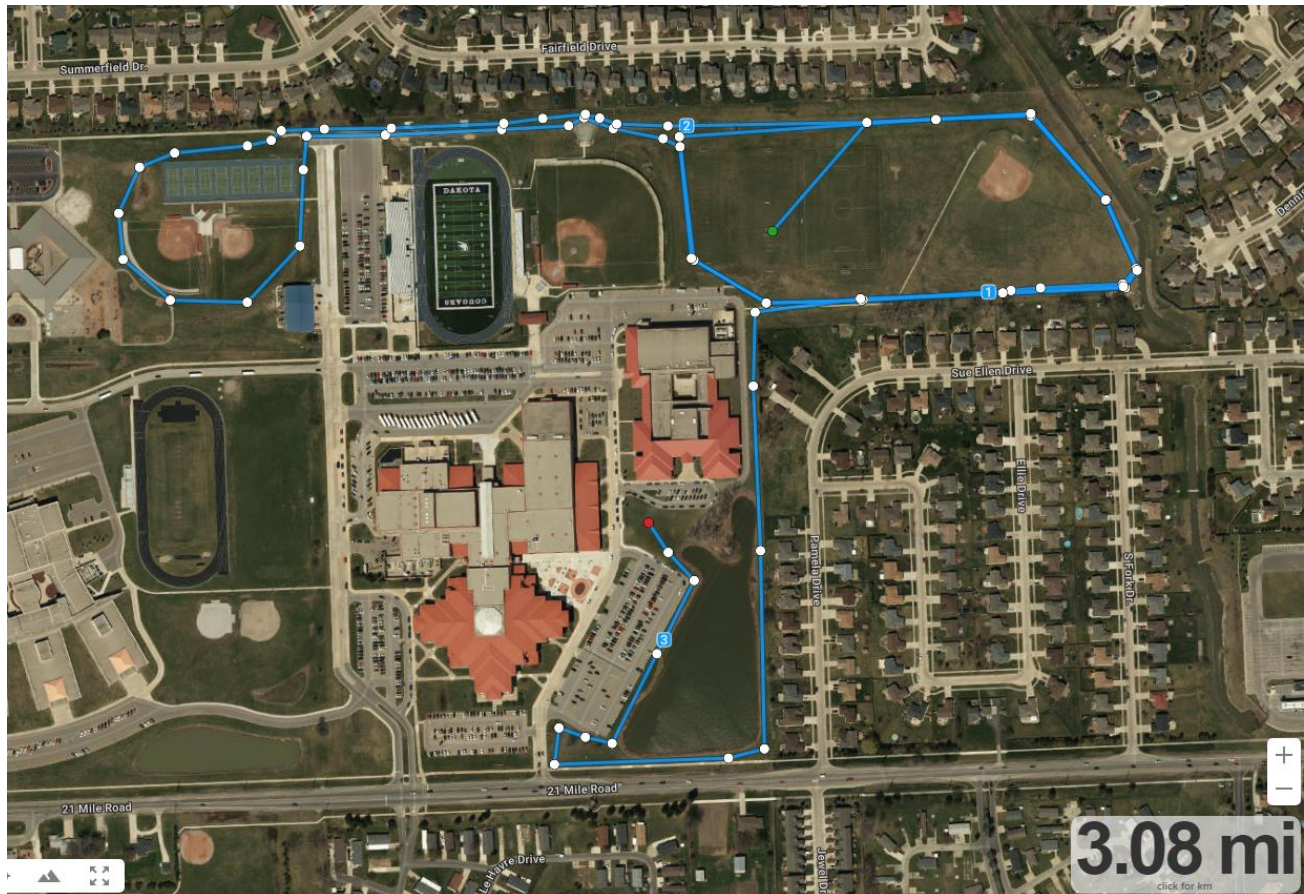
High school Boys team.....\$75 _____
High school Girls team.....\$75 _____
Middle school Boys team.....\$75 _____
Middle school Girls team.....\$75 _____
Elementary school Boys team.....\$25 _____
Elementary school Girls team.....\$25 _____
HS/MS Individual runner.....\$15 _____
Elem. Individual Runner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

**For more information, contact:
Mike Timpa: mtimpa@cvs.k12.mi.us**

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



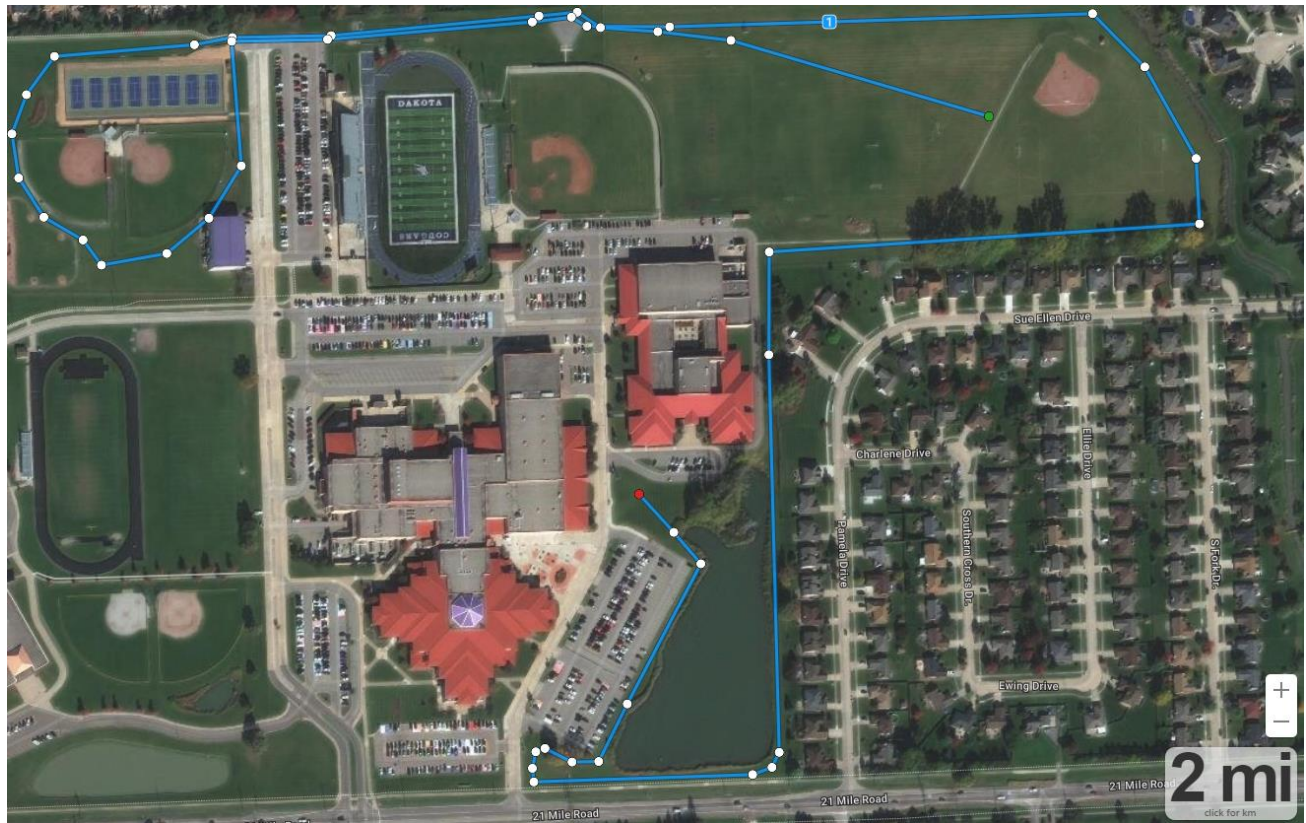
From start the runners will run the shorter loop of the field then complete the larger loop of the field this will get them through the 1 mile mark.

At 1.25 miles the runners will turn left through the gate staying to the left (2-way traffic) 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 9th 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 9th 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.