

# DAKOTA COUGARS XC CARNIVAL

## SATURDAY - OCTOBER 24, 2020



Sponsored by:  
Dakota Cross Country &



**EASTSIDE**  
RACING COMPANY

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

**21 Mile road east entrance, by the 9<sup>th</sup> Grade Center**

10:00 am **HS Packet Pickup**

11:00 am **Boys 9<sup>th</sup>-10<sup>th</sup> Grade 5K**

11:30 am **Boys JV 5K**

12:00 pm **Girls 9<sup>th</sup>-10<sup>th</sup> & JV 5K**

12:00 pm **MS Packet Pickup**

1:00 pm **Boys Middle School 1.75 mi**

1:20 pm **Boys JV Middle School 1.75 mi**

1:40 pm **Girls Middle School 1.75 mi**

2:00 pm **Girls JV Middle School 1.75 mi**

1:20 pm **Elementary Packet Pickup**

2:20 pm **Boys Elementary 1 mi**

2:40 pm **Girls Elementary 1 mi**

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

**Entries:** Done on athletic.net before 10/22, 9 pm  
(we will use chip timing at the finish line)

- Athletes must stay at their team camps until it is time to race
- Athletes must wear masks at all times, except during warm ups and during the race
- Limit of 2 spectators per athlete, with mask
- Spectators must stay away from the team camps, start and finish line

- Due to the uncertainty of this event, we will only be giving out medals in the chute.
- No other awards, this year. We have increased the number of medals to 30. (subject to change based on # of runners)
- We have added 4 races, to give more athletes a chance to run.
- IF, this event is canceled any payments received will be refunded in full.
  - For more information, contact:
  - Mike Timpa: [mtimpa@cvs.k12.mi.us](mailto:mtimpa@cvs.k12.mi.us)



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 look 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.





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.  
The runners will then exit the gate and turn left to begin the pond loop.  
Complete the pond loop with the finish at the top of the hill .



From start the runners will run the shorter loop of the field then exit the gate and turn left to begin the pond loop.

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

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

**Entry Fees**

High school Boys team.....	\$50_____
High school Girls team.....	\$50_____
Middle school Boys team.....	\$50_____
Middle school Girls team.....	\$50_____
Elementary school Boys team.....	\$25_____
Elementary school Girls team.....	\$25_____
Individual runner.....	\$10_____
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