

LAST CHANCE TO RUN FAST

TUESDAY - NOVEMBER 3, 2020

HOSTED BY **DAKOTA HIGH SCHOOL** & **UTICA HIGH SCHOOL**



LOCATION: LAKE ST. CLAIR METRO PARK
31300 METRO PARKWAY, HARRISON TWP.

2:30 PM **PACKET PICKUP**
3:15 PM **BOYS FASTER THAN 19:30**
3:35 PM **GIRLS FASTER THAN 24:00**
4:00 PM **BOYS BETWEEN 19:30 AND 22:00**
4:20 PM **GIRLS SLOWER THAN 24:00**
4:50 PM **BOYS SLOWER THAN 22:00**
5:21 PM **SUNSET IN HARRISON TOWNSHIP**

COURSE: 2 LOOPS OF THE POINT COURSE, FLAT AND FAST!

ENTRIES: DONE ON ATHLETIC.NET BEFORE 11/1, 11PM
(ENTER ANYONE WHO MIGHT RUN)

*WE WILL USE INDEX CARDS AT THE FINISH, TO KEEP THE COST OF THIS MEET TO A MINIMUM

*COACHES WILL PUT THEIR ATHLETE NAMES/SCHOOL ON THE CARDS AND RETURN ASAP.

- 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
- SPECTATORS MUST STAY AWAY FROM THE TEAM CAMPS, START LINE AND FINISH LINE
- SPECTATORS MUST WEAR A MASK AT ALL TIMES OR **STAY HOME!**
- MEDALS WILL BE HANDED OUT IN THE CHUTE OF EACH RACE. THE # OF MEDALS WILL BE DECIDED BASED ON THE SIZE OF THE FIELD

- OFFICIALS ARE BOB FULCHER AND TOM ESCHMANN
- MHSAA UNIFORM RULES WILL BE ENFORCED. **No COSTUMES!**
- THE UTICA HS TRAINER, ADRIEN BRUDVIG, WILL BE ON SITE!

ENTRY FEES

HIGH SCHOOL BOYS TEAM.....\$35_____

HIGH SCHOOL GIRLS TEAM.....\$35_____

INDIVIDUAL RUNNER.....\$7_____

TOTAL DUE.....\$_____

FOR MORE INFORMATION, CONTACT:
MIKE TIMPA: MTIMPA@CVS.K12.MI.US
CHRIS SCOTT: SCOTT.CHRIS94@GMAIL.COM
MEGAN BERRY: MEGAN.BERRY@UTICAK12.ORG

SCHOOL NAME: _____ COACH _____

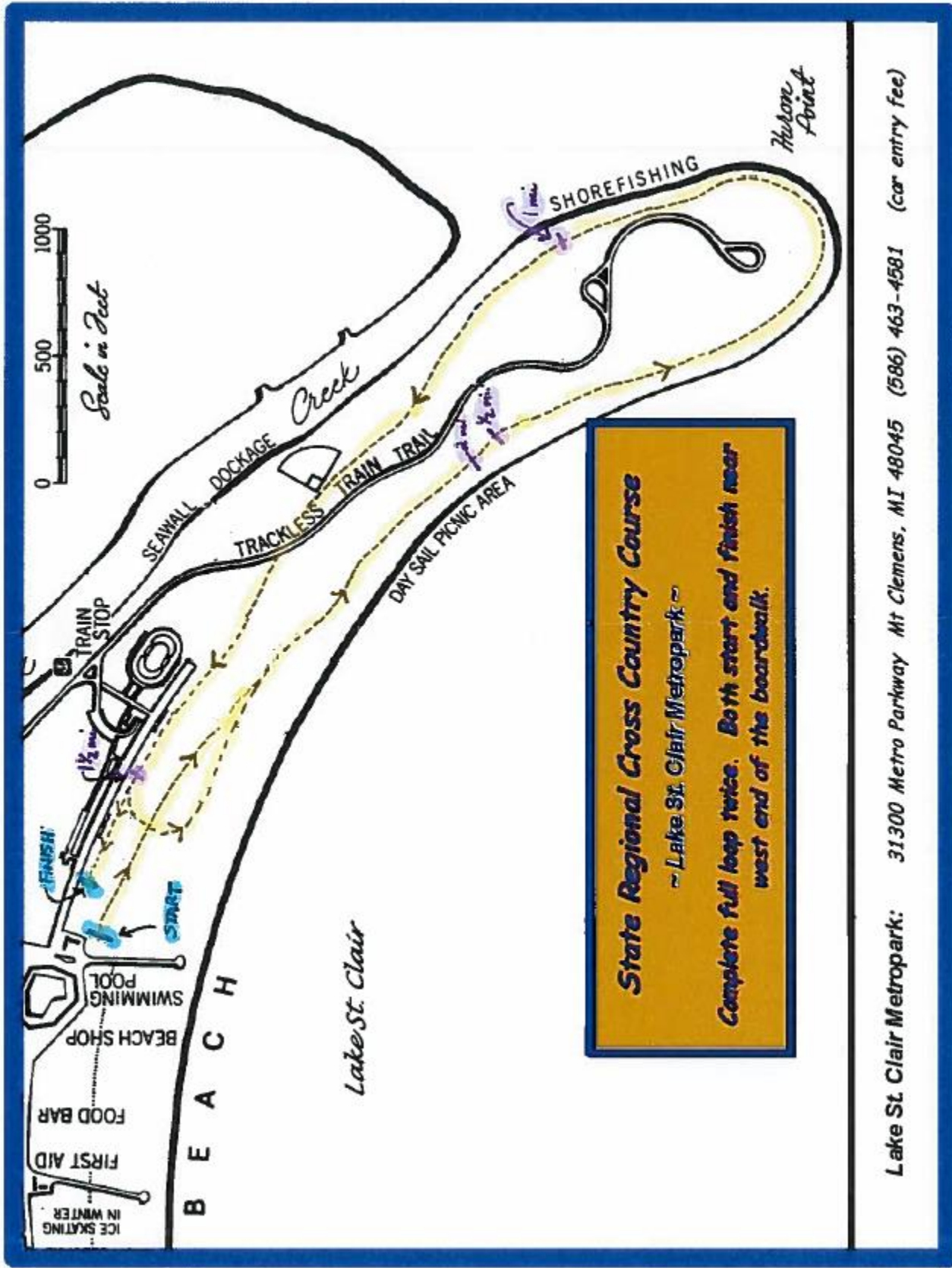
HIGH SCHOOL _____ GIRLS: _____ BOYS: _____ BOTH: _____ APPROX.

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



Lake St. Clair Metropark: 31300 Metro Parkway Mt Clemens, MI 48045 (586) 463-4581 (car entry fee)