

LAST CHANCE TO RUN FAST

TUESDAY - NOVEMBER 1, 2022

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



LOCATION: DAKOTA HIGH SCHOOL
21051 21 MILE ROAD
MACOMB TOWNSHIP, MI 48044

4:00 PM **PACKET PICKUP/COACHES MEETING AT FINISH LINE**
4:20 PM **BOYS 5K SUB 20:30**
4:40 PM **GIRLS 5K SUB 25:00**
5:00 PM **BOYS 5K OVER 20:30**
5:30 PM **GIRLS 5K OVER 25:00**
6:21 PM **SUNSET IN MACOMB TOWNSHIP**

COURSE: 2 LOOPS OF THE PRACTICE FIELDS, THEN A LOOP OF THE TENNIS COURTS AND SOFTBALL FIELD, A LOOP THE PRACTICE FIELDS AGAIN, THEN A LOOP AROUND THE POND WITH A SMALL UPHILL FINISH. FLAT AND FAST!

ENTRIES: DONE ON ATHLETIC.NET BEFORE 10/30, 5 PM
(ENTER ANYONE WHO MIGHT RUN)

***EASTSIDE RACING COMPANY WILL BE TIMING THE MEET.**

- MEDALS WILL BE HANDED OUT IN THE CHUTE OF EACH RACE. 50 MEDALS IN EACH RACE, TOP 3 WILL HAVE A RIBBON WITH THE MEDALS
- MHSAA UNIFORM RULES WILL BE ENFORCED. **No COSTUMES!**
- T-SHIRTS WILL BE FOR SALE-CREDIT CARDS ONLY!

ENTRY FEES

HIGH SCHOOL BOYS TEAM.....\$50_____

HIGH SCHOOL GIRLS TEAM.....\$50_____

INDIVIDUAL RUNNER.....\$10_____

TOTAL DUE.....\$_____

FOR MORE INFORMATION, CONTACT:

MIKE TIMPA: MTIMPA@CVS.K12.MI.US

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FULL FRONT: 11" x 8.2"



BASE WHITE BLACK

SCHOOL NAME: _____ **COACH** _____

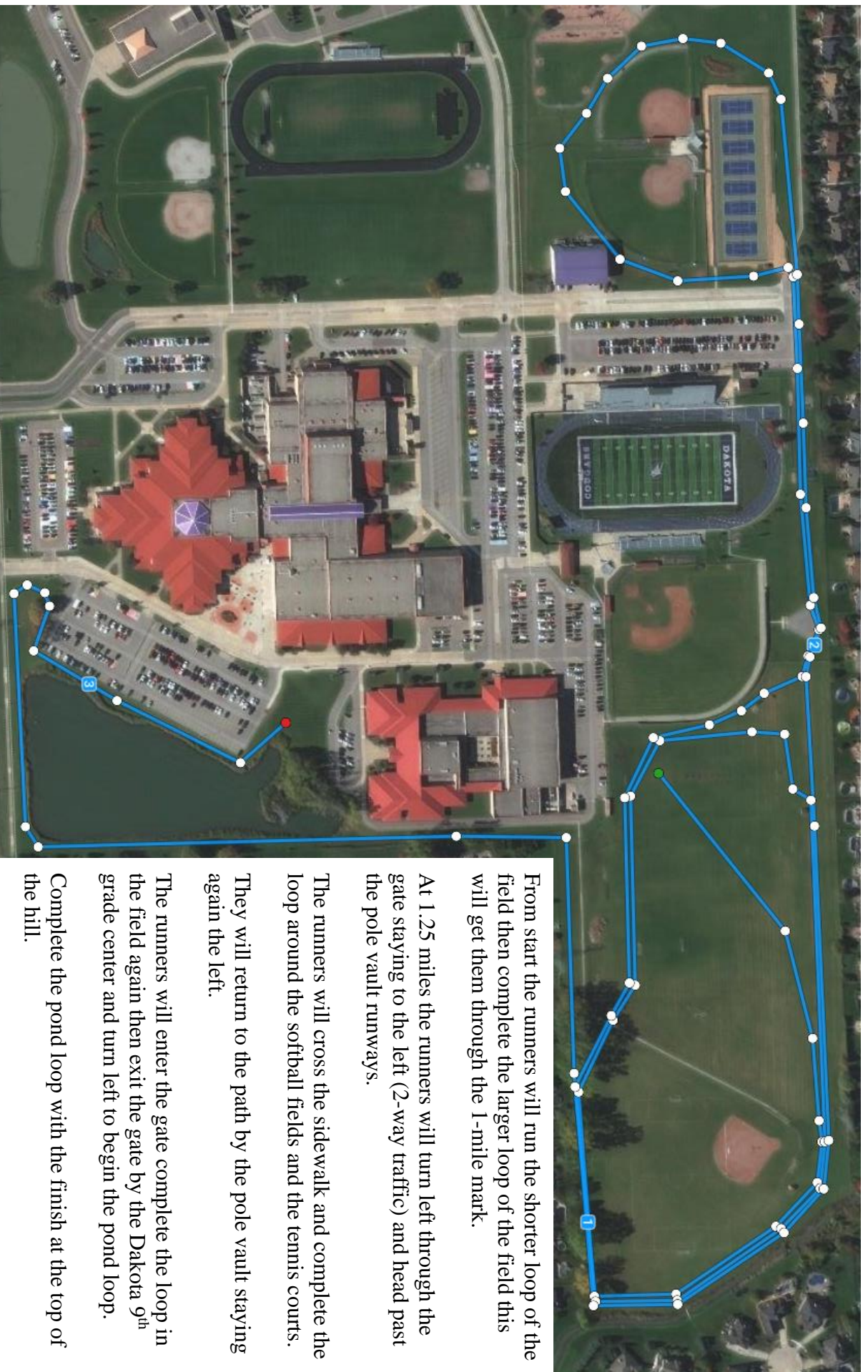
HIGH SCHOOL _____ **GIRLS:** _____ **BOYS:** _____ **BOTH:** _____ **APPROX.**

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



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 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.