

# LAST CHANCE TO RUN FAST

WEDNESDAY - NOVEMBER 1, 2023

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



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

4:00 PM **GIRLS 5K SUB 25:00**  
4:25 PM **BOYS 5K SUB 20:30**  
4:45 PM **GIRLS 5K OVER 25:00**  
5:20 PM **BOYS 5K OVER 20:30**  
6:20 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.**

PLEASE HAVE ATHLETES STAY AWAY FROM THE TIMING MATS WHEN NOT RACING.

- 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
- THE MEET IS INTENDED FOR RUNNER WHO HAVE NOT QUALIFIED TO THE STATE FINALS
- MHSAA UNIFORM RULES WILL BE ENFORCED. No COSTUMES!
- T-SHIRTS WILL BE FOR SALE-CREDIT CARDS ONLY!

**LAST CHANCE TO RUN FAST INVITE ENTRY FEES**

HIGH SCHOOL BOYS TEAM.....\$75\_\_\_\_\_

HIGH SCHOOL GIRLS TEAM.....\$75\_\_\_\_\_

INDIVIDUAL RUNNER.....\$15\_\_\_\_\_

TOTAL DUE.....\$\_\_\_\_\_

**FOR MORE INFORMATION, CONTACT:**

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**FULL FRONT: 11" x 9.8"**



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**

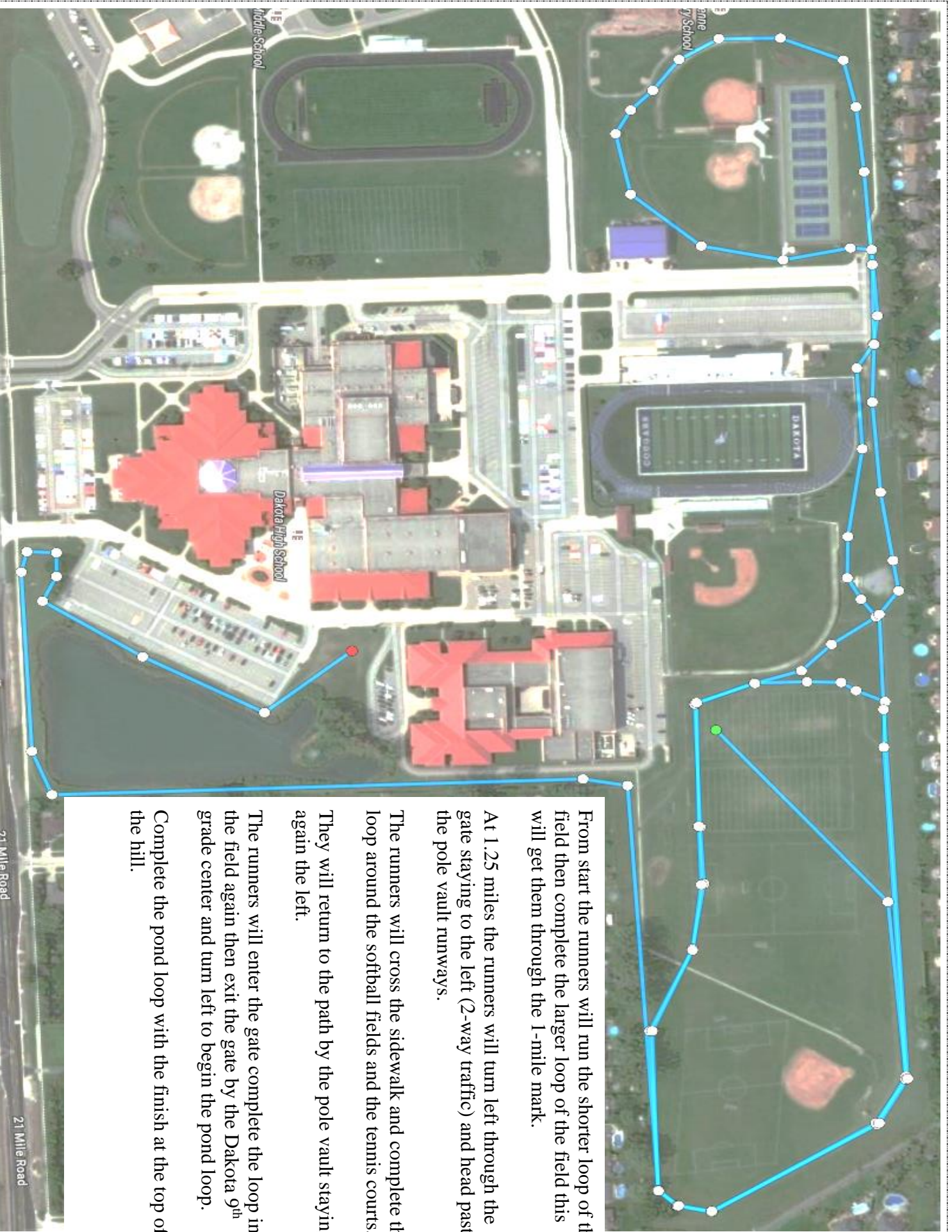
# PAST CHAMPIONS

YEAR	RUNNER	SCHOOL	TIME	TOTAL FINISHERS
2020	RYAN WARE	DEARBORN DIVINE CHILD	17:29	106
	EMMA BOWEN	STERLING HTS. STEVENSON	20:39	80
2021	CARTER FOX	DAKOTA	17:51	92
	MADLINE RICHMAN	UTICA	21:07	58
2022	LUCAS KARBEL	WALLED LAKE NORTHERN	16:27	285
	ABBY FIFIELD	UTICA	20:17	168

## Top 25 Times Dakota High School – XC Course

<u>BOYS</u>					<u>GIRLS</u>				
1	Trent McFarland	Utica	15:43	2022	Jayden Harberts	Dakota	18:46	2020	
2	Thomas Westphal	Anchor Bay	16:01	2022	Jayden Harberts	Dakota	19:17	2023	
3	Vincent Guaresimo	Romeo	16:02	2022	Mariah Belmont	Dakota	19:19	2023	
4	Carter Boullard	St. Clair	16:21	2022	Jayden Harberts	Dakota	19:25	2020	
5	David Harris	St. Clair	16:24	2022	Isabella Beck	Eisenhower	19:26	2022	
6	Jack Mathers	Dakota	16:26	2022	Ava LaMilza	Dakota	19:38	2022	
7	Lucas Karbel	WL Northern	16:27	2022	Ava Baltierra	Armada	20:05	2023	
8	Jacob Mauer	Eisenhower	16:29	2022	Grace Wessel	M.A.C.H.	20:08	2020	
9	Elijah Dicerbo	Fraser	16:30	2020	Anne May	LHN	20:11	2022	
10	Carter Fox	Dakota	16:30	2022	Abby Fifield	Utica	20:17	2022	
11	Ethan Muraszewski	Utica	16:32	2022	Ava LaMilza	Dakota	20:18	2021	
12	Zachary Rubicz	Anchor Bay	16:34	2022	Lidia Clancy	Dakota	20:22	2023	
13	Jacob Mauer	Eisenhower	16:38	2022	Madeline Richman	Utica	20:24	2021	
14	Tyler Brothers	Eisenhower	16:43	2022	Norah Lesner	Utica	20:26	2022	
15	Evan Rice	WL Northern	16:45	2022	Grace Wessel	M.A.C.H.	20:27	2021	
16	Tyler Brothers	Eisenhower	16:46	2022	Lidia Clancy	Dakota	20:30	2022	
17	Carter Fox	Dakota	16:46	2023	Courtney Bovair	Carleton Airport	20:32	2022	
18	Dylan Distelrath	St. Clair	16:47	2022	Charlotte Long	Eisenhower	20:33	2021	
19	Caleb Kosel	GPN	16:49	2022	Brooklyn Khon	Armada	20:34	2023	
20	Derrian Kumfer	Romeo	16:50	2022	Isabella Agrusso	Marian	20:39	2020	
21	Eli Hullinger	Romeo	16:50	2022	Charlotte Long	Eisenhower	20:41	2022	
22	David Rochon	GPN	16:59	2022	Chelsea Harvey	Dakota	20:48	2021	
23	Simon Davis	Dakota	16:59	2023	Olivia Ebel	LHN	20:50	2022	
24	Caleb Kosel	GPN	16:54	2022	Amy Rowan	M.A.C.H.	20:53	2021	
25	Noah Redman	Dakota	17:02	2023	Maya Harb	Marian	20:54	2020	

\* New course in 2020



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 9<sup>th</sup> grade center and turn left to begin the pond loop.

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

21 Mile Road

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