



**MHSAA Middle School Regional
Zone 3
Hosted by DAKOTA HIGH SCHOOL
SATURDAY - OCTOBER 10, 2026**

Location: Dakota High School
21 mile road & Hydenreich

Admission: \$7 per person via GO FAN
(athlete and coaches are free) Seniors and Elementary aged children are free)
<https://gofan.co/>

Event Maximum of 1000 total athletes, only enter runners who will compete!

9:00 am **Packet Pickup**

10:00 am **Boys MHSAA MS D1 Race** (8 runners per school)

10:25 am **Boys MHSAA MS D234 Race** (15 runners per school)

10:50 am **Girls MHSAA MS D1 Race** (8 runners per school)

11:15 am **Girls MHSAA MS D234 Race** (15 runners per school)

11:40 pm **Boys MS Open Race** (sub 18 min runners)

12:05 pm **Girls MS Open Race** (sub 21 min runners)

12:30 pm **Boys-Girls MS overflow Race** (unlimited entries)

1:00 pm **AWARDS (or ASAP)**

****ADAPTIVE ATHLETES ARE ELIGIBLE TO COMPETE IN THEIR
RESPECTIVE RACES.****

MHSAA Races are for 6th, 7th and 8th graders from member schools.

NO PETS ALLOWED ON OR NEAR THE COURSE.

Awards: Top 20 individuals earn medals in each race

Trophies for 1st place Team in each Division

50 medals in each race for the Open Races (provided by Dakota XC)

There will be no medals for the overflow races.

MHSAA apparel will be sold at the meet by EA Graphics.

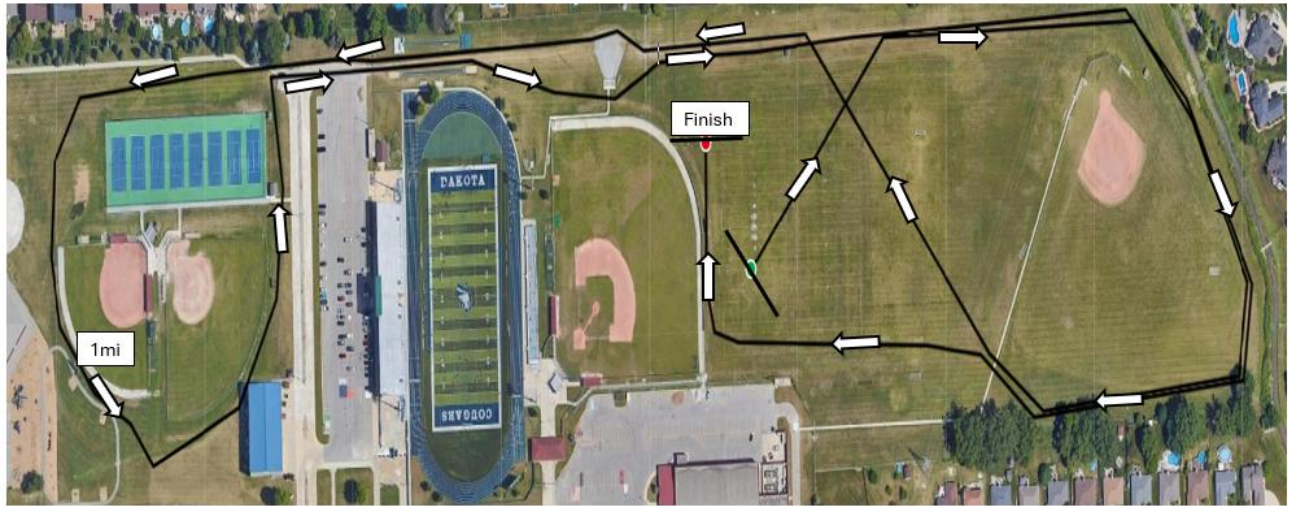
Concessions will be available.

Course: Grass, loop(s) around practice fields, a tennis court & softball fields

Entries: Done on athletic.net before 10/06, 8 pm

(we will use chip timing at the finish line provided by
Eastside Racing Company)

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



Start will be on the JV football field.

From the start the course runs diagonally across the practice fields towards the houses.

The course turns right and runs behind the JV baseball diamond following the perimeter of the fields.

When the runners cross the sidewalk, the course runs diagonally towards the houses, turning left out the gate behind the baseball diamond.

The course then runs past the pole vault runways and completes a counterclockwise 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 finishes near the starting line.