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Flint Kearsley

M I T C A

NEWSLETTER

No. 1 MARCH 1974

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CONGRATULATIONS TO JIM LONG, KALAMAZOO CENTRAL

1973 President of M.I.T.C.A. for directing a very successful Annual Meeting and Clinic. Site of the clinic was Western Michigan University. It was on Saturday, January 28th, 1964, that President Norb Badar directed the 6th annual meeting and clinic at Western. The members of the Executive Board and many of the Past Presidents contributed much to assure the success of this 16th Annual Meeting and Clinic.

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PRESIDENT DON MARSH WILL TAKE THE CLINIC TO Central Michigan University in 1975. Second Vice President Tom Gauerke will direct the second annual Distance Running Clinic at Macomb County Community College this coming fall. More information will available in the next newsletter.

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WOMEN'S DIVISION MEETING AT MITCA CLINIC

Thirty-nine persons involved in coaching Women's Track were in attendance. The following people were named to the MITCA WOMEN'S TRACK AND FIELD COACHES:

- Mary Lou Bucherri-----Grosse Pointe North
- Karyn Cribley-----Grand Ledge
- Dobbie Hunt-----Fremont
- George Prosperi-----Detroit Country Day
- Judy Hecker-----Fowlerville
- Patti Sholler-----Otsego
- Lee Averill (Chairman)-----West Bloomfield

All of the above people will be involved in coaching track and field for women in their high schools, with exception of Lee Averill.

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REGIONAL CLINICS FOR WOMEN'S TRACK AND FIELD

- March 16th-----West Bloomfield
 - March 23rd-----Grand Ledge
 - March 23rd-----Otsego
- Karyn Cribley, Patti Sholler and Lee Averill will be the Clinic Directors.

Rules Information; Basic Techniques for the Various Events; Injury Treatment; and, Meet Organization and Management will be discussed on the programs.

* * * * *

WOMEN TRACK COACHES - - SEND YOUR BEST RESULTS to Dick Beyst, Lincoln Park High School, 1701 Champaign, Lincoln Park, Michigan 48146, so that he can use the information for his GLASS TRACK LISTING. Get some publicity for your program and for your competitors.

* * * * *

WOMEN'S FINAL STATE CHAMPIONSHIP MEETS

There will be two classes in 1974 "A-B" and "C-D"

The location of the sites is not available at this time.

* * * * *

TWO MILE RELAY - Jan. 18th, 1974 - - M.S.U.

- 1. Flint Northern-----3:02.6
- 2. Ann Arbor Pioneer-----3:03.6
- 3. Kalamazoo Loy Morris-----3:17.4
- 4. Flint Kearsley-----3:19.9
- 5. Ann Arbor Huron-----N.T.
- 6. Grosse Pointe North-----3:32.3
- 7. Ann Arbor Pioneer (B-Team)-----3:32.4

DISTANCE MEDLEY RELAY - Febr. 7th - - M.S.U.

- 1. Kalamazoo Loy Morris-----10:33.3
- 2. Kalamazoo Central-----10:41.7
- 3. Grosse Pointe North-----10:45.2
- 4. Ann Arbor Pioneer-----10:46.2
- 5. Flint Kearsley-----10:49.0
- 6. Flint Northern-----10:49.3
- 7. Portage Northern-----N.T.

ONE MILE RELAY - - - Febr. 8th - - - M.S.U.

- 1. Flint Northern-----3:29.4
- 2. Ann Arbor Huron-----3:34.2
- 3. Mt. Clemens-----3:35.3
- 4. Linden-----N.T.

- 1. Ann Arbor Pioneer-----3:31.0
- 2. Grand Blanc-----3:31.0
- 3. Westland John Glenn-----3:36.9
- 4. Ypsilanti-----3:43.8

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STATE CHAMPIONSHIP USTIF TRACK AND FIELD MEET

Indoor novice (19 years of age and under) will be held on Friday Evening, March 15th, 1974 at Michigan State University. Burt Smith, Athletic Director of M.S.U., has been very cooperative in providing the excellent facilities.

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1/17/74

SPRINT MEDLEY RELAY - Febr. 8th - - - -E.M.U.

1. Flint Northern-----3:41.7
2. Westland John Glenn-----3:42.3
3. Ann Arbor Huron-----3:43.3
4. Ann Arbor Pioneer-----3:43.5
5. Mt. Clemens-----3:51.6
6. Mt. Clemens-----N.T.
7. Ypsilanti-----N.T.
8. Linden-----N.T.

Grand Blanc fell on 2nd leg and was not able to continue

ONE MILE RUN - - Febr. 22nd - - - - -E.M.U.

1. Keith Young (Flint Northern)----4:23.0
2. Steve Varner (Flint Northern)----4:25.3
3. Chip Hadler (A.A. Pioneer)-----4:26.8
4. Mike McGuire (Farmington)-----4:27.4
5. Scott Minor (Kalamazoo Central)---4:28.2
6. Peter Csethik (A.A. Pioneer)-----4:30.6
7. Greg Savicki (Kalamazoo Loy Nor.)4:31.3
8. Dennis Neurohr (Flint Kearsley)---4:32.4
9. Dan Zemper (Howell)-----4:33.5
10. Harold Carter (Ypsilanti)-----4:33.9
11. Bryan Lilly (Kalamazoo Loy Nor.)-4:34.8
12. Greg Giltrow (A.A. Pioneer)-----4:33.7

880 YARD RELAY - - Febr. 22nd - - - - -E.M.U.

1. Pontiac Central-----1:34.0
2. Flint Northern-----1:35.5
3. Ann Arbor Pioneer-----1:36.8
4. Detroit Pershing-----1:37.1
5. Mt. Clemens-----N.T.
6. Detroit Kettering-----D.N.F.

55 YARD HIGH HURDLES - Febr. 22nd - - -E.M.U.

1. Kevin Jackson (Pontiac Cent.)----:08.2
2. Iirdie Shields (Flint Northern)---:08.3
3. Bernie Mayville (Flint Kearsley)--:08.3
4. Billy Mitchell (Pontiac Cent.)---:08.3
5. Stan Langston (Flint Northern)---:08.3

DISTANCE MEDLEY RELAY - March 1st - - -E.M.U.

1. Flint Northern-----10:25.0
2. Ann Arbor Pioneer-----10:32.4
3. Ann Arbor Huron-----10:34.2
4. Kalamazoo Loy Norrix-----10:37.4
5. Grosse Pointe North-----N.T.
6. Birmingham Brother Rice-----10:55.0

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ANN ARBOR SESQUICENTENNIAL CELEBRATION

The city of Ann Arbor in conjunction with the Ann Arbor Track Club, The Huron Valley Road Runners and the Ann Arbor Y.M.C.A. will play host to a 15 mile run. The run will be Saturday, May 25th, 1974 and in connection with Sesquicentennial Celebrations. For information contact:

Larry Steeb
2025 Huron Parkway # 201
Ann Arbor, Michigan 48104
1 (313) 971-4223

CORRECTION ON ALL-STATE CROSS COUNTRY TEAM

The name of Bill Wilson of Adrian was omitted from the Class "C-D" All-State Listing. The name of David Null of the Watervliet Cross Country Team was mistakenly listed in fourth place. Bill Wilson had the fourth best time in the State Championships with a time of 15:30. An All-State Certificate has been sent to Bill and MITCA is very sorry for the error. (David Null of Watervliet was listed 8th with a time of 15:45)

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ONE MILE RELAY QUALIFICATIONS FOR COBO HALL EASTERN MICHIGAN UNIVERSITY - FEBR. 21, 1974

City Schools

1. Detroit Cass Tech-----3:33.0
2. Detroit Central-----3:33.6
3. Detroit Mackenzic-----3:34.4
4. Detroit Northern-----3:36.2
5. Detroit Kettering-----3:36.2
6. Detroit Bishop Borgese-----3:38.5
7. Detroit Catholic Central-----3:39.2
8. Birmingham Brother Rice-----3:40.4
9. Harper Woods Bishop Gallagher--3:41.5
10. Detroit Pershing-----3:41.6

Suburban Schools

1. Mt. Clemens-----3:41.3
2. Pontiac Central-----3:41.3
3. Grosse Pointe North-----3:42.5
4. Ann Arbor Huron-----3:43.5
5. Ann Arbor Pioneer-----3:43.6
6. Westland John Glenn-----3:42.8
7. Livonia Churchill-----3:43.7
8. Ecorse-----3:43.9
9. South Lyon-----3:43.9
10. St. Clair Shores Lakeview-----3:46.2
11. Warren Fitzgerald-----3:46.5
12. Inkster Cherry Hill-----3:46.9
13. Melvindale-----3:47.4
14. Livonia Stevenson-----3:48.7
15. Birmingham Groves-----3:40.0

Nineteen City Schools and thirty-four Suburban Schools Competed. The top four schools in each group will compete at Cobo Hall on Friday Evening. The Suburban teams will run at 8:55 and the City Schools will run at 9:39.

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THE MACKINAW TRAILS MARATHON, SPONSORED BY the Marathon Oil Company in conjunction with the SAGINAW TRACK CLUB will be run on Saturday June 15th, 1974. This run is open to all age groups (Men, Women, Boys, Girls) with no limitation on age. For information contact: The Saginaw Track Club 5456 Adrian, Saginaw, Mich. 48603

THE FOLLOWING LETTER FROM ANDREW T. RYAN OF
Ann Arbor was sent to your Newsletter writer.

2/5/74

Dear Kermit:

Since you were the first one to contact me regarding the clinic at Kalamazoo last Month, I am writing to you to pass on to your membership and your committee my deep gratitude for the kindness shown to me, and the beautiful plaque. Frankly, I did not expect anything like that and I am sure I did not do an adequate job of thanking the group that evening. The plaque has an honored place among my mementos and I group your association with the members of the squads that I coached.

At my stage in life I know that there is nothing more valuable than friends.

My best wishes for your group and my very best to your committee.

Sincerely,

/s/ Tim Ryan

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REGIONAL SITES - - - - - May 17th & 18th

- Class "A" Farmington
Flint Northwestern
Kalamazoo Central
Lansing Waverly
Ypsilanti
Southgate Schafer
Grosse Pointe North
Warren Fitzgerald
Sterling Heights Stevenson
Rochester

- Class "B" Sturgis
Michigan Center
Southgate Schafer
Clarenceville
Oxford
Fenton
Ovid-Elsie
Hudsonville
Muskegon Orchard-View
West Branch Ogemaw Heights

- Class "C" Watervliet
Galesburg Augusta
Whitmore Lake
Lutheran East
Haslett
Muskegon Oak "idge
St. Louis
Bad Axe
Benzie Central

- Class "D" Sturgis
Whitmore Lake
Bad Axe
Muskegon Orchard View
Benzie Central
Potoskey

STATE CHAMPIONSHIP SITES-----JUNE 1st, 1974

- "A" Flint Northwestern High School
- "B" Michigan State University
- "C" Central Michigan University
- "D" Caro or Middleville Thornapple Kellogg

- * - * - * - * - * - * - * - * - *

THE ORDER OF EVENTS FOR TRACK & FIELD IN 1974

There is no change from that of 1973

- * - * - * - * - * - * - * - * - *

LONG DISTANCE RUNNING CLINIC NOTES FOR SALE

The clinic notes from the FIRST ANNUAL LONG DISTANCE CLINIC which was held last November at Jackson High School will be on sale at Coto Hall on Friday, March 8th. The price is \$2.00.

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NUMBER OF HIGH SCHOOLS BY CLASSES-----1973-74

| | |
|-----------------------|------------|
| Class "A"..... | 179 |
| Class "B"..... | 188 |
| Class "C"..... | 178 |
| <u>Class "D".....</u> | <u>167</u> |

T O T A L . . . 712

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MITCA MEMBERSHIP AT THE PRESENT TIME

381 Men and Women

- * - * - * - * - * - * - * - * - *

SUMMER FEDERATION TRACK AND FIELD MEETS

If there is to be a summer program for track and field, it is necessary for several coaches to manage these meets. The number of summer meets has been steadily declining over the years. Part of this is due to the lack of cooperation from many of the coaches who do not manage meets. They like to send their athletes and/or if they come they just want to watch and not do any work. It takes a lot of time and effort to put on one of these meets and a lot of help is needed. If you would be willing to sponsor one of these meets please contact Carl W. Krieger of Flint Central High School or the writer of this Newsletter.

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I HOPE THAT YOU ENJOY
THE CLINIC AND THE
NATIONAL COLLEGIATES

- * - * - * - * - * - * - * - * - *

BEST WISHES FOR A SUCCESSFUL TRACK SEASON

ROAD RUNNERS CLUB OF AMERICA
BOYS AND GIRLS AGE GROUP
NATIONAL ONE MILE RUN CHAMPIONSHIP
SPONSORED BY THE SAGINAW TRACK CLUB

For the following ages: 9 and under, 10-11, 12-13 and 14-15. In addition, special open races will be conducted for other runners.

DATE: Saturday, June 8, 1974, at 5:00 p.m.

LOCATION: Dwight D. Eisenhower High School, Saginaw, Michigan. The high school is located on Center Road between Shattuck and McCarty in Saginaw Township (Northwest part of Saginaw). Saginaw is approximately 100 miles northwest of Detroit. When approaching Saginaw on I 75 and 23, take I 675 and exit on Davenport. Davenport then becomes State which in turn runs into Center. If flying, Tri-City Airport serves the Saginaw area and is 15 minutes drive from Eisenhower School.

TRACK: All weather. You can wear flats, tennis shoes or 1/8" spikes.

AWARDS: TROPHIES TO ALL FINISHERS

FACILITIES: Come dressed to run. Restroom and shower facilities available.

LODGING: Holiday Inn West - State Street between Mackinaw and Morson 793-2080
Curry's Hotel - West State Street 793-1400
Holiday Inn East - Holland Avenue exit on I 75 755-0461
Ramada Inn East - Holland Avenue exit on I 75 753-2461
Howard Johnson - Bay City exit on I 75 686-0840

SCHEDULE OF

EVENTS: Starting Time 5:00 p.m.

| | |
|-------------------|-----------------------------|
| 9 and under girls | 14-15 girls |
| 9 and under boys | 14-15 boys |
| 10-11 girls | 16 and over girls and women |
| 10-11 boys | 16-29 men |
| 12-13 girls | 30-39 men |
| 12-13 boys | 40 and over men |

ENTRY

REQUIREMENTS: 1. Two (2) dollars entry fee (checks payable to Saginaw Track Club)
2. Copy of birth certificate

FOR

INFORMATION: David Youngblade - 9832 Sonora, Freeland, Michigan 48623, 517-799-0684
Roger Hanson - 3865 Hospital Rd., Saginaw, Michigan 48603, 517-792-1815

DIVISION OF

PARTICIPATION: Participant's age on the day of the meet will determine age group division (If you become 10 on June 8th, you will run in the 10-11 division).

SEEDING OF

HEATS: The race director will have the sole responsibility and ultimate decision as to which runners are to be placed in the seeded heats.

ENTRY DEADLINE: June 3, 1974 postmark. No late or telephone entries accepted.
No exceptions!

Letters presented for consideration -- Five letters sent to the M.H.S.A.A. for consideration by the Committee were read. Suggestions accepted by the Committee were incorporated in the Recommendations to the Representative Council or were placed in the format for the 1974 Meets.

Recommendations -- Jim Long, President of the Michigan Interscholastic Track Coaches Association and Committee Member Jack Grant, presented MITCA recommendations to the Committee. After considerable discussion it was decided to present the following for Representative Council consideration at its May, 1974 meeting.

- (1) Consider holding all Final Track Meets at High School facilities in the Lower Peninsula (11-3)
- (2) The Committee requests that two mile contestants be permitted to run another event of any distance. The present M.H.S.A.A. HANDBOOK provides that a contestant who participates in a two mile run may be allowed to participate in one other track event of less than 880 yards. It is recommended that item 5 and 6 in the Limitations of Competition be deleted. The same running options would also apply to the 440, 880, or mile participant. (unanimous)
- (3) Add the discus on an optional basis to be agreed upon by competing teams or Leagues. (unanimous)
- (4) Add the discus to Regional and Final State Meets as soon as possible. (unanimous)
- (5) Request the M.H.S.A.A. keep state records as well as State Meet Records. This would include development of criteria, etc. (unanimous)
- (6) Eliminate the 180 Yard Low Hurdles and add the 330 Yard Intermediate Hurdles in 1976. Recommend that the Intermediate Hurdles be run as an optional event in place of the Low Hurdles in 1975. (8-5)
- (7) Due to Meet postponements, etc., the Committee requests regulations be changed to permit schools to compete in separate meets on successive days with a limitation of three Meets per any five day period and only one Meet per day. (unanimous)

1-313-646-9561
 Jim Lambe
 31245 Foxboro Way
 Birmingham, Michigan 48010

Dear Coach:

For many years the Michigan Interscholastic Track Coaches Association has compiled and distributed an all time high school track and field listing. In recent years, an effort has been made to improve this listing. Such efforts have been hampered by a serious lack of cooperation from the coaches of this State. In 1972, of the eighty-seven coaches whose athletes qualified for the listing, only two coaches took the initiative in reporting the necessary information.

In an effort to improve this situation, this form letter will explain what coaches should do to insure the inclusion of their athletes on the listing. If it becomes clear that large numbers of coaches are still unwilling or incapable of cooperating, the listing will either be dropped or drastically reduced in size.

When reporting marks, please include the date the mark was achieved, the name of the meet involved (if it was a dual, tri or quad meet, list opposing schools), and the site of the meet. In track events, list round of competition (prelims, semis or final - the first round is always considered as prelims rather than semis). In addition, note whether or not the time won the heat that it was run in. In the dashes, hurdles and long jump, note wind conditions. If no wind gauge was present, simply point out those marks achieved during a tailwind and describe its force (slight, strong, etc.) If an athletes best mark was wind-aided, list his best non wind-aided mark. Remember that the official time should always be reported as the correct time. Clockings taken by non-officials should only be used if no official time was taken.

Following are the minimum reporting standards. Report your individuals' or relay teams' best marks if they are equal to or better than the first column. If the best mark was achieved more than once, report all the occasions involved. If the individuals or relay teams have equaled or bettered the marks listed in the second column, report all marks which meet the reporting standard.

I N D O O R A L L T I M E L I S T

| | <u>Top Ten Names</u> | <u>Top Ten Marks</u> |
|---|----------------------|-----------------------|
| 60 Yard Dash | :06.3 | :06.2 |
| 440 Yard Dash | :52.7 | :52.4 |
| 880 Yard Run | 2:02.1 | 2:01.9 |
| One Mile Run | 4:25.0 | 4:22.2 |
| Two Mile Run | 9:34.0 | 9:31.5 |
| 60/65 Yard High Hurdles (5 hurdles) | :07.9 | :07.8 |
| 70 Yard High Hurdles (6 hurdles) | :08.7 | :08.6 |
| High Jump | 6' 5" | 6' 5" |
| Pole Vault | 13' 8" | 13' 8 $\frac{1}{4}$ " |
| Long Jump | 22' 5" | 22' 6 $\frac{1}{2}$ " |
| Shot Put | 57' $\frac{1}{2}$ " | 57' 5 $\frac{1}{4}$ " |
| 880 Yard Relay | 1:34.2 | 1:34.2 |
| One Mile Relay | 3:31.0 | 3:29.6 |
| Two Mile Relay | 8:11.4 | 8:11.4 |
| Sprint Medley Relay (440-220-220-440) | 2:32.5 | 2:32.5 |
| Distance Medley Relay (880-440-1320-Mile) | 10:50.8 | 10:50.8 |
| 240 Yard Shuttle Hurdle Relay (16 L.H.) | :28.9 | :28.8 |

OUTDOOR ALL TIME LIST

| | <u>Top Fifty Names</u> | <u>Top Ten Marks</u> |
|---------------------------|------------------------|----------------------|
| 100 Yard Dash | :09.8 | :09.6 |
| Wind Aided 100 | :09.7 | Report only best |
| 220 Yard Dash (Straight) | :21.7 | :21.0 |
| Wind Aided 220 (Straight) | :21.6 | Report only best |
| 220 Yard Dash (Turn) | :22.1 | :21.5 |
| Wind Aided 220 (Turn) | :22.0 | Report only best |
| 440 Yard Dash | :49.5 | :48.2 |
| 880 Yard Run | 1:55.5 | 1:53.2 |
| One Mile Run | 4:20.0 | 4:14.5 |
| Two Mile Run | 9:32.0 | 9:18.3 |
| 120 Yard High Hurdles | :14.5 | :13.9 |
| Wind Aided High Hurdles | :14.4 | Report only best |
| 180 Yard Low Hurdles | :19.4 | :18.9 |
| Wind Aided Low Hurdles | | Report only best |
| High Jump | 6' 5" | 6' 8" |
| Pole Vault | 13' 8" | 14' 7" |
| Long Jump | 22' 9 3/4" | 23' 6 1/2" |
| Wind Aided Long Jump | 22' 10" | Report only best |
| 440 Yard Relay | :44.0 | :43.3 |
| 880 Yard Relay | 1:29.7 | 1:28.1 |
| One Mile Relay | 3:23.4 | 3:20.9 |

| | <u>Top Ten Names</u> | <u>Top Ten Marks</u> |
|---|----------------------|----------------------|
| Two Mile Relay | 8:02.6 | 8:02.6 |
| Four Mile Relay | 18:28.7 | 18:23.9 |
| Sprint Medley Relay (440-220-220-440) | 2:27.0 | 2:27.0 |
| Sprint Medley Relay (440-22-220-880) | 3:36.3 | 3:36.3 |
| Distance Medley Relay (880-220-440-Mile) | 7:46.4 | 7:46.4 |
| Distance Medley Relay (880-440-1320-Mile) | 10:33.6 | 10:35.1 |
| 480 Yard Shuttle Hurdle Relay (40 L.H.) | :57.0 | :57.0 |
| 480 Yard Shuttle Hurdle Relay (40 H.H.) | :64.2 | :64.2 |

Following are the State outdoor records for Sophomore, Juniors and Seniors. Records must not be wind-aided. When reporting class records be sure to turn in all the information which is required for the All Time List. Be sure to report the athletes' birthdate, as there are age limitations for each class.

| | <u>SOPHOMORES</u> | <u>JUNIORS</u> | <u>SENIORS</u> |
|--------------------------|-------------------|----------------|----------------|
| 100 Yard Dash | :09.7 | :09.6 | :09.4 |
| 220 Yard Dash (Straight) | :21.0 | :20.6 | :20.6 |
| 220 Yard Dash (Turn) | :21.3 | :21.3 | :20.6 |
| 440 Yard Dash | :49.4 | :48.3 | :47.7 |
| 880 Yard Run | 1:56.2 | 1:52.5 | 1:50.9 |
| One Mile Run | 4:16.1 | 4:13.2 | 4:11.1 |
| Two Mile Run | 9:26.8 | 9:13.6 | 9:08.6 |
| 120 Yard High Hurdles | :14.5 | :13.9 | :13.5 |
| 180 Yard Low Hurdles | :19.5 | :18.9 | :18.3 |
| High Jump | 6' 7" | 6' 8 1/4" | 6' 9" |
| Pole Vault | 14' 0" | 14' 3 1/2" | 15' 3/4" |
| Long Jump | 23' 3" | 24' 3 3/4" | 24' 3 3/4" |
| Shot Put | 59' 2" | 63' 10" | 64" 10 3/4" |

Please make a genuine effort to cooperate by supplying accurate and complete information. If there is anything in this letter which confuses you, call me up or drop me a line. Or, ask a fellow coach in your area. Please help. It is hypocritical to urge your athletes to work hard if you are unwilling to see to it that they obtain due recognition for this hard work.

Sincerely,
/S/ Jim Lambie

PRESIDENT

Don Marsh
Flint Kearsley

M I T C A

SECRETARY-TREASURE

Bob Kent
Pontiac Central

NEWSLETTER

HISTORIAN

Robert Stallcup
Grand Blanc

FIRST VICE PRESIDENT

Elmer Ball
Oxford

No. 2

OCTOBER 1974

SECOND VICE PRESIDENT

Thomas Gauerke
Grosse Pte. North

NEWSLETTER EDITOR

Kermit N. Ambrose
Birmingham Seaholm

JUNIOR HIGH REPRESENTATIVE

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Flint Daly Jr. High

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1974-1975 STATE ASSOCIATION COMMITTEES

As Appointed by the Representative Council
or Executive Committee

GIRLS TRACK COMMITTEE

Meeting - Monday, November 25, 1974

- Cathy Bushouse, Coach-----Rudyard
- Karyn Cribley, Coach-----Grand Ledge
- Sue Gustafson, Coach-----Mendon
- Cathy Markland, Coach----Montrose-Hill McCloy
- Sylvia McCann, Coach-----Detroit Chadsey
- Louise Seffens, Coach-----Oak Park
- Jan Tomaszewski, Coach-----
Scottville Mason County Central
- Sharon Young, Coach-----Walled Lake Western

BOYS TRACK COMMITTEE

Meeting - Monday, December 2, 1974

- Norman Andrew, Coach-----Ishpeming
- Cliff Buckmaster, Ath. Dir.-----Petoskey
- Lee Donley, Coach-----South Lyon
- John Few, Coach-----Detroit Cooley
- Jack Grant, Coach-----Sturgis
- Norman Harris, Coach-----Berrien-Springs
- Howard Lewis, Coach-Mt. Clemens L'Anse Creuse
- John MacKenzie, Coach---Detroit Redford Union
- Donald Marsh, Coach-----Flint Kearsley
- Gary Mast, Coach-----Muskegon Reeths-Puffer
- Louis Miramonti, Coach-----Royal Oak Shrine
- Larry Quellman, Coach-----Oscoda
- Ray Williams, Coach-----Detroit Thurston

CROSS COUNTRY COMMITTEE

Meeting - Monday, June 2, 1975

- William Edwardson, Coach-----Elk Rapids
- Ron Fedraw, Coach-----Livonia Bentley
- Leonard Skrycki, Coach----G. R. West Catholic
- William Swanwick, Coach-----Centreville
- Richard Zulch, Coach-----Royal Oak Kimball
- Managers of Final Cross Country Runs

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CLASSIFICATION OF MICHIGAN HIGH SCHOOLS

Beginning with the 1974-1975 school year, all assignments to fall sports will be based upon the previous school year's classification. The new classification will become effective on January 1, 1975. From that date on, the classification of all schools will be effective from January 1 to December 31.

(Continued - next column)

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Therefore, any change in a school's classification on January 1 will be based on the enrollment as of the fourth Friday count of the first semester.

The classification limits beginning Jan. 1st, 1975 are:

- Class "A"----1433 or more
- Class "B"---- 704 to 1432
- Class "C"---- 357 to 703
- Class "D"----Less than 357

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INTERSTATE MEETS AND TOURNAMENTS

Request for approval must be made at least 30 days prior to the contest.

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1975 LOWER PENINSULA REGIONAL X.C. RUNS

October 25th

1975 LOWER PENINSULA FINAL X.C. RUNS

November 1st

1975 LOWER PENINSULA REGIONAL TRACK MEETS

Boys & Girls May 16th or 17th

1975 LOWER PENINSULA FINAL TRACK MEETS

Boys & Girls May 31st

1976 LOWER PENINSULA REGIONAL TRACK MEET

Boys & Girls May 21st or 22nd

1976 LOWER PENINSULA FINAL TRACK MEETS

Boys & Girls June 5th

- * - * - * - * - * - * - * - * - *

1975 HURON RELAYS-----March 28th & 29th

1975 SPARTAN RELAYS-----April 4th & 5th

1975 MANSFIELD RELAYS-----April 11th & 12th

- * - * - * - * - * - * - * - * - *

READER'S DIGEST-----OCTOBER---1974

RACE FOR LOVE By Judge Keith J. Leenhouts

You will enjoy this story about a runner in the 1972 State Championship Cross Country Run and how this single event was the culmination of an 18-year struggle against failure. Would he fail again? Or would desire--and love--overcome the odds? Don't miss it. Pages 121-125.

- * - * - * - * - * - * - * - * - *

1975 ANNUAL MITCA MEETING AND CLINIC WILL BE HELD ON FRIDAY AND SATURDAY, JANUARY 10th & 11th, at CENTRAL MICHIGAN UNIVERSITY.

MICHIGAN TRACK AND FIELD RULES

MICHIGAN CROSS COUNTRY RULES

In the opinion of the writer of this NEWSLETTER, the rules for the two sports mentioned above are very ambiguous, discriminatory and interpreted in many different ways by coaches and administrators.

Any person should be able to read the rules as presented by the written word and conclude the meaning to be the same as that of any other person. It should not be a matter of some coach or administrator giving his idea or opinion as to what the rule intends to say.

Over the years, there have been so many variations of opinion, with bitter arguments and conflicts, with nothing resolved, that it is time for a general over-hauling of these rules for the State of Michigan.

These rules should be written and worded in such a way that every coach would know exactly what it means and it should also be written in such a way that no coach can start to figure angles to get around the rule. If this is possible, it should be done in the very near future without any delay.

As a means of giving this a start, this writer would like to propose the following:

1. A track team or a cross country team may compete in a maximum of three meets, during a week of seven days, from Sunday to Saturday, inclusive.
2. No team may compete in more than three meets during a period of five consecutive days.

INTERPRETATION: If a team were to have a meet on Thursday, Friday and Saturday, they could not have a meet on Sunday or Monday of the following week.

3. The limitation of competition as set forth by the HIGH SCHOOL ATHLETIC ASSOCIATION and its TRACK AND FIELD RULES COMMITTEE and its CROSS COUNTRY RULES COMMITTEE, will pertain to competition in one day.

INTERPRETATION: The word "DAY" is substituted for the word "MEET".

4. This limitation of competition shall be restricted to distances run and events entered, irregardless of the name of the event.

INTERPRETATION: Today an athlete can not run a 440 leg of a mile relay on a Monday and run another leg of 440 yards in a mile relay on Tuesday, because the event is called the mile relay. If the event on Tuesday was called the middle distance relay, it would be perfectly o.k. to run a leg of 440 yards. The question is: What does the name of an event have to do with limitation of competition?

5. If a meet is to be carried over a two day period, the maximum number of events an athlete could compete in would be four and only three of them may be running events. The limitation of competition on either of the two days are independent of each other.

INTERPRETATION: A miler at the Mansfield relays could run in the four mile relay on Friday and then run a mile or 880 on Saturday, (not both) and also a distance of 440 yards or less, provided there are two or more events of different distances between them.

- * - * - * - * - * - * - * - * - *

COACHES PLEASE GIVE SOME THOUGHT TO THE IDEAS PRESENTED ABOVE. ANY SUGGESTIONS YOU MIGHT HAVE, FOR OR AGAINST WILL BE APPRECIATED. POSSIBLY YOU COULD REWRITE OR REARRANGE THE WORDING TO GIVE IT BETTER MEANING. THIS IS ONLY AN ATTEMPT TO GET SOMETHING STARTED. IF YOU CAN SEE SOME LOOP-HOLES OR A POSSIBILITY OF PROBLEMS, PLEASE CONTACT ME.

- * - * - * - * - * - * - * - * - *

IS THIS A RECORD? Coach Larry Wiltse and his Flint Kearsley cross country team have to the day of this writing amassed a consecutive string of 71 dual, triangular or quadrangular victories. If there is a school with a better record would you please let us know?

- * - * - * - * - * - * - * - * - *

BEST OF WISHES TO ALL OF THE COACHES AND CROSS COUNTRY TEAMS THAT WILL BE ATTEMPTING TO WIN A PLACE IN THE REGIONALS ON OCTOBER 27th, THAT WILL PERMIT THEM TO MOVE ON TO THE STATE FINALS AT EITHER, GRAND BLANC, LINDEN OR HASLETT. GOOD LUCK TO ALL OF YOU.

- * - * - * - * - * - * - * - * - *

RETIREMENT OF CHUCK SWEENEY A very familiar name is missing from the front page of this Newsletter. Chuck Sweeney, who has been the Treasure of MITCA almost from its inception, has moved to Florida where he has established a new home, and acquired a new wife. His new address is:

960 Lucaya Avenue
 Bay Indies
 Venice, Florida 33595

I'm sure that Chuck would enjoy hearing from his many friends in MITCA. Your Newsletter Editor had the pleasure of visiting with Chuck at the Russian-U.S. Track and Field Meet at Duke University this past summer. MITCA is indebted to Chuck for his many years of service and we all wish him well in his new surroundings.

- * - * - * - * - * - * -

M.I.T.C.A. 2ND ANNUAL CROSS COUNTRY CLINIC

Friday & Saturday, November 15th & 16th
 Macomb County Community College
 14500 Twelve Mile Road
 Warren, Michigan 48093

Clinic Headquarters: Georgian Inn
 31301 Gratiot Avenue
 (313) 293-4500 Roseville, Michigan
 Send or call direct 48066
 for room reservations.

RATES: Single-----\$ 16.00
 Twin Double-----\$ 21.50

PROGRAM

- Friday - November 15th
 3:00 - - Registration
 4:00 - - PREVENTION AND CARE OF INJURIES
 COMMON TO DISTANCE RUNNERS
 Dr. Dan Walters - Grand Blanc, Mich.
 6:30 - - DINNER - Georgian Inn
 King George Room
 Coach of the Year Awards
 SPEAKER - Doug Brown
 Harper Woods Notre Dame
 Uni. of Tennessee
 SUBJECT - Setting Goals
 9:00 - - HOSPITALITY - Georgian Inn
 King George Room

- * - * - * - * - * - * -

ABOUT "DOUG BROWN"

Notre Dame High School
 Michigan Cross Country Champ in 1969
 High School All-American in 1970
 Two Mile - - - - 8:57.7
Uni. of Tennessee
 All-American Track 1971, 1972, 1973, 1974
 All-American Cross Country 1972, 1973
 N.C.A.A., Collegiate, American Record
 Holder - Steeple Chase
 Olympian 1972

PROGRAM

- Saturday, November 16th
 8:30 - - Coffee and Rolls
 9:00 - - Cross Country Business and Rules
 Meeting - Larry Wiltse
 10:00 - - Training The Young Runner
 Roger Hanson - Saginaw Eisenhower
 11:00 - - Pre and Post Season Competition For
 Distance Runners - The A.A.U. Pro-
 gram.
 Don Sleeman - Ann Arbor Pioneer
 11:00 - - Training The Female Half Miler and
 Miler
 Lee Averill - West Bloomfield
 12:00 - - Training A High School Distance
 Runner
 Doug Brown - Uni. of Tennessee

- * - * - * - * - * - * -

REGISTRATION INFORMATION

MITCA MEMBERS

Friday & Saturday
 Pre Registration-----\$14.50
 At the Door-----\$16.00
 Saturday only-----\$ 8.00

NON MEMBERS

Friday & Saturday
 Pre Registration-----\$18.00
 Saturday only-----\$10.00

MAKE CHECKS PAYABLE TO M. I. T. C. A.

SEND PRE REGISTRATIONS TO:

Bill Dyer, Cross Country Coach
 Macomb County Community College
 14500 Twelve Mile Road
 Warren, Michigan 48093

- * - * - * - * - * - * -

CLINIC FEES INCLUDE:

Speakers Fees
 Clinic Notes
 Dinner
 Door Prizes
 Hospitality
 Coffee & rolls

- * - * - * - * - * - * -

CROSS COUNTRY COACH OF THE YEAR

NOMINATIONS: Four from Class "A"
 Four from Class "B"
 Four from Class "C"
 Two from Class "D"

- * - * - * - * - * - * -

"Of all the sad words of tongue or pen, the saddest are these, it might have been."

Just remember - "You can't turn the clock back and do it over."

Be ready when your opportunity arrives.

PRE REGISTRATION FORM

NAME _____

CHECK APPROPRIATE SPACE

HOME ADDRESS _____

MITCA MEMBER

CITY _____

FRIDAY & SATURDAY

HOME PHONE NUMBER _____ ZIP _____

\$14.50.....

SCHOOL _____

SATURDAY ONLY

\$ 8.00.....

SCHOOL ADDRESS _____

NON MEMBER

SCHOOL PHONE NUMBER _____ ZIP _____

FRI. & SAT...\$18.00...

SAT. ONLY....\$10.00...

NAME _____

CHECK APPROPRIATE SPACE

HOME ADDRESS _____

MITCA MEMBER

CITY _____

FRIDAY & SATURDAY

HOME PHONE NUMBER _____ ZIP _____

\$14.50.....

SCHOOL _____

SATURDAY ONLY

\$ 8.00.....

SCHOOL ADDRESS _____

NON MEMBER

SCHOOL PHONE NUMBER _____ ZIP _____

FRI. & SAT...\$18.00...

SAT. ONLY....\$10.00...

MAKE CHECKS PAYABLE TO M. I. T. C. A.

LABOR DAY

THANKSGIVING DAY

EASTER SUNDAY

1975---September 1st
 1976---September 6th
 1977---September 5th
 1978---September 4th
 1979---September 3rd
 1980---September 1st
 1981---September 7th
 1982---September 6th
 1983---September 5th

1974---November 28th
 1975---November 27th
 1976---November 25th
 1977---November 24th
 1978---November 23rd
 1979---November 22nd
 1980---November 27th
 1981---November 26th
 1982---November 25th

1975-----March 30th
 1976-----April 18th
 1977-----April 10th
 1978-----March 26th
 1979-----April 15th
 1980-----April 6th
 1981-----April 19th
 1982-----April 11th
 1983-----April 3rd

MEET OF CHAMPIONS

SATURDAY, NOVEMBER 9th, 1974

11:30 A.M.

Open to all runners, in all classes, that qualified for either the upper or lower peninsula State Championship Meet. There is no entry fee. The meet is sponsored by CROSS COUNTRY INVITATIONAL RESULTS. Medals will be awarded to the first 20 finishers. No pre-meet entry is needed, just show up Saturday, Nov. 9th and run. The meet will be held at SHARP PARK, JACKSON, MICHIGAN. Jim Murray, Niles Brandywine High School is the Meet Director. Contact him for additional information. 1 (616) 684-4052.

STATE CHAMPIONSHIPS
GRAND BLANC

CLASS "A" X. C.
SAT., NOVEMBER 2, 1974

| | | |
|-----|--------------------------|-----|
| 1. | Flint Northern | 74 |
| 1 | 15 16 18 24 78 84 | |
| 2. | St. Joseph | 104 |
| 6 | 12 19 31 36 83 111 | |
| 3. | Warren Cousino | 116 |
| 7 | 11 21 32 45 65 89 | |
| 4. | Portage Northern | 156 |
| 9 | 22 39 42 44 106 114 | |
| 5. | Grosse Pointe North | 166 |
| 10 | 13 40 48 55 56 91 | |
| 6. | Jackson | 182 |
| 3 | 4 5 66 104 119 122 | |
| 7. | Dearborn Edsel Ford | 189 |
| 8 | 14 29 52 86 100 110 | |
| 8. | Birmingham Brother Rice | 221 |
| 23 | 30 33 64 71 82 DNF | |
| 9. | Farmington | 251 |
| 25 | 37 53 61 75 76 88 | |
| 10. | Pontiac Central | 254 |
| 2 | 20 38 95 99 107 DNF | |
| 11. | Alpena | 276 |
| 28 | 50 62 67 69 101 124 | |
| 12. | Temperance Bedford | 284 |
| 17 | 46 68 72 81 85 92 | |
| 13. | Warren Fitzgerald | 291 |
| 27 | 47 57 73 87 116 121 | |
| 14. | Wayne Memorial | 319 |
| 41 | 51 54 70 103 113 123 | |
| 15. | Grand Ledge | 329 |
| 49 | 58 63 79 80 102 115 | |
| 16. | Grand Blanc | 341 |
| 34 | 35 77 97 98 105 109 | |
| 17. | Redford Union | 344 |
| 43 | 59 60 74 108 117 118 | |
| 18. | Detroit Catholic Central | 399 |
| 26 | 90 93 94 96 112 120 | |
| | * * * * * | |

STATE CHAMPIONSHIPS
GRAND BLANC

CLASS "D" X. C.
SAT., NOVEMBER 2, 1974

| | | |
|----|-------------------|-----|
| 1. | Kingsley | 121 |
| 3 | 14 23 29 52 54 66 | |
| 2. | Buckley | 126 |
| 2 | 8 34 36 46 50 62 | |
| 3. | Grass Lake | 131 |
| 10 | 12 27 33 49 56 63 | |
| 4. | Centreville | 145 |
| 18 | 19 31 37 40 51 63 | |
| 5. | Dansville | 158 |
| 17 | 21 35 41 44 55 65 | |
| 6. | Esperia | 182 |
| 16 | 26 38 42 60 64 67 | |
| | * * * * * | |

BEST THREE MAN FINISH IN STATE X.C. MEETS

| | | | |
|------|--------|----|--------------------|
| 1974 | 3-4-5 | 12 | Jackson High |
| 1963 | 1-2-11 | 14 | Birmingham Seaholm |
| 1958 | 2-6-8 | 16 | Birmingham Seaholm |

ANYTHING BETTER???? LET ME KNOW-----PLEASE

CLASS "A" TEAM RACE

| | | |
|-----|----------------|---------------------|
| 1. | Keith Young | Flint Northern |
| 2. | Steve Elliott | Pontiac Central |
| 3. | Tom Calvert | Jackson |
| 4. | Rich Bennett | Jackson |
| 5. | Steve Banovic | Jackson |
| 6. | Tim Dine | St. Joseph |
| 7. | Dan Sheets | Warren Cousino |
| 8. | John Grodzicki | Dearborn Edsel Ford |
| 9. | Matt Henny | Portage Northern |
| 10. | David Lewis | Grosse Pointe North |
| 11. | Jim Fouchia | Warren Cousino |
| 12. | Marty Kirk | St. Joseph |
| 13. | Jim Fisher | Grosse Pointe North |
| 14. | Mike Watson | Dearborn Edsel Ford |
| 15. | Ron Whitner | Flint Northern |
| 16. | Mike Bowen | Flint Northern |
| 17. | Mark Mohrbach | Temperance Bedford |
| 18. | John Halford | Flint Northern |
| 19. | Joe Palazzolo | St. Joseph |
| 20. | Greg Shepler | Pontiac Central |
| | * * * * * | |

CLASS "A" INDIVIDUAL RACE

| | | |
|-----|---------------------|---------------------------|
| 1. | Jeff Randolph | Midland High |
| 2. | Sam James | Highland Park |
| 3. | Jeff Zylstra | Grandville |
| 4. | Tony Badalamenti | S.C.S. Lakeview |
| 5. | Jim Grabowski | West Bloomfield |
| 6. | Tim Cumpins | Harper Woods Notre Dame |
| 7. | Dan Zemper | Howell |
| 8. | Marvin Rus | Grand Rapids Christian |
| 9. | Brad Goike | Mt. Clemens L'Anse Creuse |
| 10. | Art Kitze | Garden City East |
| 11. | Mark Olson | Royal Oak Kimball |
| 12. | John Harding | Southfield Lathrup |
| 13. | Mark Booze | Waverly |
| 14. | Bill Spencer | Grosse Pointe South |
| 15. | Dan Heikkinen | Adrian |
| 16. | Scott Stone | Southfield High |
| 17. | Gary Williams | Walled Lake Central |
| 18. | NO CARD TURNED IN?? | |
| 19. | Al Vance | Grand Rapids Ottawa Hills |
| 20. | Rick Nash | Flint Southwestern |
| | * * * * * | |

CLASS "D" TEAM AND INDIVIDUAL RACE

| | | |
|-----|----------------|-----------------------------|
| 1. | Ken St. John | Morrice |
| 2. | Matt Pringle | Buckley |
| 3. | Stan Sidor | Kingsley |
| 4. | Bill Lannen | Mt. Pleasant Sacred Heart |
| 5. | Dale Buist | Allendale |
| 6. | Ken Christmas | Covert |
| 7. | Tom Stuart | Custer Mason County Eastern |
| 8. | Randy Weber | Buckley |
| 9. | Tony Cancy | Flint Holy Rosary |
| 10. | Gerald Glinsky | Grass Lake |
| 11. | Don Dewald | Akron Fairgrove |
| 12. | Larry Crouch | Grass Lake |
| 13. | John Seppala | Lawton |
| 14. | Toebin Wine | Kingsley |
| 15. | Woody Tyler | North Muskegon |

STATE CHAMPIONSHIPS CLASS "B" X. C.
CHARLOTTE SAT., NOVEMBER 2, 1974

| | |
|---|-----|
| 1. Royal Oak Shrine----- | 85 |
| 2 4 16 20 43 53 68 | |
| 2. Harper Woods Bishop Gallagher----- | 112 |
| 6 17 23 30 36 70 100 | |
| 3. Jackson Lumen Christi----- | 159 |
| 1 7 29 49 73 94 96 | |
| 4. Saginaw Eisenhower----- | 176 |
| 12 19 39 52 54 71 80 | |
| 5. Grand Rapids Catholic Central----- | 182 |
| 8 33 38 42 61 106 115 | |
| 6. Rockford----- | 204 |
| 15 28 41 58 62 103 113 | |
| 7. Grand Rapids West Catholic----- | 210 |
| 10 22 32 60 86 97 117 | |
| 8. Detroit Austin----- | 224 |
| 21 27 47 48 81 88 123 | |
| 9. Sturgis----- | 227 |
| 18 26 45 51 87 90 111 | |
| 10. Battle Creek Harper Creek----- | 241 |
| 11 44 55 57 74 78 118 | |
| 11. Vicksburg----- | 248 |
| 3 40 56 64 85 91 --- | |
| 12. Zeeland----- | 262 |
| 35 46 50 59 72 99 116 | |
| 13. Linden----- | 266 |
| 5 9 69 82 101 114 119 | |
| 14. Hemlock----- | 273 |
| 24 31 67 75 76 105 108 | |
| 15. Detroit De La Salle----- | 284 |
| 13 25 63 79 104 121 --- | |
| 16. Fenton----- | 297 |
| 34 37 66 77 83 95 122 | |
| 17. Corunna----- | 358 |
| 14 65 89 92 98 102 112 | |
| 18. Saginaw Carrollton----- | 503 |
| 84 93 107 109 110 120 --- | |
| * * * * * | |

1. Pat Fitzgerald-----15:09
 Jackson Lumen Christi
2. Tony Provenzola-----15:23
 Royal Oak Shrine

SEVENTH ANNUAL C. S. MOTT RELAYS FRIDAY
MAY 2nd, 1975 FLINT'S HOUSTON STADIUM
 Meet Manager - Joseph Dowdy
 923 East Kearsley
 Flint, Michigan 48503
 (313) 238-1631

WEST BLOOMFIELD OPEN THREE MILE RUN SUNDAY
NOVEMBER 24th, 1974 HIGHLAND LAKES CAMPUS
OAKLAND COMMUNITY COLLEGE, 7350 COOLEY LAKE
ROAD, UNION LAKE, MICHIGAN 48085 11:00 AM
 ENTRY FEE: \$2.50 before Nov. 14th
 \$3.50 late entry fee
 DIVISIONS: Under 18, 18-30, over 30 & Women
 CONTACT: Lynn Reed, Cross Country Coach
 Oakland Community College

STATE CHAMPIONSHIPS CLASS "C" X. C.
CHARLOTTE SAT., NOVEMBER 2, 1974

| | |
|--|-----|
| 1. Muskegon Christian----- | 86 |
| 1 7 12 23 43 89 91 | |
| 2. Carson City Crystal----- | 104 |
| 9 11 20 26 38 43 50 | |
| 3. Mayville----- | 123 |
| 4 18 21 31 49 84 87 | |
| 4. White Cloud----- | 136 |
| 14 15 17 39 51 68 95 | |
| 5. Clare----- | 146 |
| 19 22 27 32 47 62 74 | |
| 6. Lakeview----- | 149 |
| 2 3 44 48 52 55 66 | |
| 7. Scottsville Mason County Central----- | 176 |
| 24 29 34 42 47 58 75 | |
| 8. Unionville Sebawaing Area----- | 178 |
| 5 10 28 65 70 90 96 | |
| 9. Bath----- | 206 |
| 6 25 54 60 61 79 92 | |
| 10. Ida----- | 215 |
| 8 16 40 69 82 84 98 | |
| 11. Watervliet----- | 242 |
| 13 30 57 64 78 80 85 | |
| 12. Concord----- | 248 |
| 35 37 45 59 72 77 81 | |
| 13. St. Joseph Lake Michigan Catholic----- | 253 |
| 36 41 53 56 67 76 88 | |
| 14. Manchester----- | 326 |
| 33 63 71 73 86 93 97 | |
| * * * * * | |

1. Jack Sinclair-----14:56
 Gross Ile
2. Paul Vannette-----15:30
 Holland Christian

BIG TEN CROSS COUNTRY CHAMPIONSHIPS 11:00 AM
UNI. OF MICHIGAN - SAT., NOV. 9th, 1974

MID-AMERICA CONFERENCE X.C. CHAMPIONSHIPS
CENTRAL MICHIGAN UNI. SAT., NOV. 9th, 1974

WHERE ARE THEY TODAY

Pat Davey - Brother Rice - Southeast Conference X.C. Champion - Uni. of Tennessee
 Mike McGuire - Farmington - Uni. of Mich.
 Tom Duitts - Hastings - # 1 at West. Mich.
 Jeff Pullen - LeRoy Pine River - #2 MSU
 Ed Grabowski - West Bloomfield - Eastern MU
 Harold Cody - Grand Ledge - West. Mich. Uni.
 Peter Maxwell - Port Huron 1 West. Mich. U.
 Tom Hammer - Gross Pte. N. - # 3 at Hillsda

NATIONAL JUNIOR A.A.U. X.C. CHAMPIONSHIPS
BUFFALO, NEW YORK - SUNDAY, NOV. 10th, 1974
 10,000 Meters (6 miles, 376.093 yards)
 Keith Young, Steve Elliott, Jeff Randolph,
 Jeff Zylstra, Jack Sinclair, Tom Calvert,
 Dan Zemper, Jim Grabowski, Pat Fitzgerald,
 & Rich Bennett - Possible Team Members

M I T C A C R O S S C O U N T R Y C O A C H O F T H E Y E A R - - - 1 9 7 4

B A L L O T

C L A S S " A "

N O R B B A D A R-----FLINT NORTHERN-----*

N E D J . B R A Z E L T O N-----WARREN COUSINO-----

J A C K M A G E L S O N-----PORTAGE NORTHERN-----

R O N W A L D V O G E L-----ST. JOSEPH-----

C L A S S " B "

P A T A R P I N O-----JACKSON LUMEN CHRISTI-----

R O G E R H A N S O N-----SAGINAW EISENHOWER-----

L O U M I R A M O N T I-----ROYAL OAK SHRINE-----*

G A R Y P O W E R S-----HARPER WOODS BISHOP GALLAGHER-----

C L A S S " C "

D O N B A E S E-----CARSON CITY CRYSTAL-----*

A R L E Y B O U W M A-----MUSKEGON WESTERN MICHIGAN CHRISTIAN-----

T O N Y M c H A T T I E-----WHITE CLOUD-----

R O B E R T W E A V E R-----MAYVILLE-----

C L A S S " D "

R O B E R T G L O V E R-----KINGSLEY-----*

N O R M S C H I C H E L-----BUCKLEY-----

PRESIDENT

Don Marsh
Flint Kearsley

M I T C A

SECRETARY-TREASURER

Bob Kent
Pontiac Central

NEWSLETTER

No. 3 DECEMBER 1974

HISTORIAN

Robert Stallcup
Grand Blanc

FIRST VICE-PRESIDENT

Elmer Ball
Oxford

NEWSLETTER EDITOR

Kermit N. Ambrose
Birmingham Seaholm

JUNIOR HIGH REPRESENTATIVE

Dave Thiel
Flint Daly Junior High

SECOND VICE-PRESIDENT

Thomas Gauerke
Grosse Pte. North

M.I.T.C.A. 2ND ANNUAL CROSS COUNTRY CLINIC

Congratulations to Tom Gauerke of Grosse Pointe North High School for the very excellent job he did in organizing, planning and coordinating the activities of this annual affair. The attendance was excellent. There were 156 in attendance at the banquet and at the hospitality hour the first day. The total registration was slightly under 200. The speakers on the program were very knowledgeable and inspiring. The following were on the program:

- Dr. Dan Walters-----Grand Blanc
- Doug Brown-----University of Tennessee
- Larry Wiltse-----Flint Kearsley
- Roger Hanson-----Saginaw Eisenhower
- Don Sleeman-----Ann Arbor Pioneer
- Lee Averill-----West Bloomfield

Thank you, gentlemen, for a job well done.

1974 ALL-STATE CROSS COUNTRY TEAM---CLASS "A"

| | | |
|--------------------|--------------------|---------|
| Keith Young | Flint Northern | 14:32.1 |
| Jeff Randolph * | Midland | 14:46.8 |
| Steve Elliott | Pontiac Central | 14:47 |
| Tom Calvert | Jackson | 14:57 |
| Sam James * | Highland Park | 14:58 |
| Rich Bennett | Jackson | 15:02 |
| Jeff Zylstra * | Grandville | 15:06 |
| Tony Badalamenti * | S.C.S. Lakeview | 15:09 |
| Jim Grabowski * | West Bloomfield | 15:12 |
| Tim Cummins * | H. W. Notre Dame | 15:12.5 |
| Dan Zemper * | Howell | 15:15 |
| Steve Banovic | Jackson | 15:19 |
| Marvin Rus * | G. R. Christian | 15:24 |
| Tim Dine | St. Joseph | 15:25 |
| Brad Goike * | M.C. L'Anse Creuse | 15:26 |

* Individual Race

7TH ANNUAL EASTERN MICHIGAN UNIVERSITY HOLIDAY INDOOR TRACK AND FIELD MEET

Bowen Fieldhouse, Ypsilanti, Michigan
Monday, December 30th, 1974 5:00 P.M.
This meet is open to all amateur athletes. They may represent a college or university or a USTFF registered club. College athletes may compete unattached.

1974 ALL-STATE CROSS COUNTRY TEAM--CLASS "D"

| | | | |
|---------------|---|-------------------|---------|
| Ken St. John | * | Morrice | 15:44 |
| Matt Pringle | | Buckley | 15:46 |
| Stan Sidor | | Kingsley | 16:00.5 |
| Bill Iannan | * | M. Pleasant | 16:04 |
| | | Sacred Heart | |
| Dale Buist | * | Allendale | 16:14 |
| Ken Christmas | * | Covert | 16:18 |
| Tom Stuart | * | Mason Co. Eastern | 16:20 |
| Randy Weber | | Buckley | 16:21 |
| Tony Candy | * | Flint Holy Rosary | 16:27 |
| Gerald Glinky | | Grass Lake | 16:31 |
| Don Dewald | * | Akron Fairgrove | 16:34 |
| Larry Crowd | | Grass Lake | 16:36 |
| John Seppala | * | Lawton | 16:37 |
| Toebin Wine | | Kingsley | 16:38 |
| Woody Tyler | * | North Muskegon | 16:39 |

* Individual Runners

MICHIGAN RUNNERS WIN NATIONAL TITLE

Coaches Jerry Young of Farmington and Norb Badar of Flint Northern selected a team of seven X.C. runners to compete in the National AAU junior 10,000 meter cross country championships held at Buffalo, New York on Sunday, November 10th. This was the second straight National Championships won by Michigan runners. They scored 15 points to easily top second-place Harlem Marathon of Chicago, which had 58.

Keith Young, who was the individual winner in the State Class A cross country meet and who let Flint Northern to the team title, finished second over the 6 1/4-mile course in 30 minutes, 47 seconds. Pete Kummont of Amherst, Ohio, won in a meet record of 30:34.

Kummont and Young broke the old mark of 30:48.5 set last year by Pat Davey, formerly of Birmingham Brother Rice and now running for the Uni. of Tenn.

Other Michigan finishers were Jack Sinclair of Grosse Ile, third; Jeff Randolph of Midland, sixth; Steve Elliott of Pontiac Cent., seventh, Jeff Zylstra of Grandville, eighth; Pat Fitzgerald of Jackson Lumen Christi, ninth; and Tom Calver of Jackson High, twelfth.

1974 ALL-STATE CROSS COUNTRY TEAM---CLASS "B"

| | | |
|----------------------|-----------------------|-------|
| Jack Sinclair * | Grasse Ile | 14:56 |
| Pat Fitzgerald | Jackson Lumen Christi | 15:09 |
| Tony Provenzola | Royal Oak Shrine | 15:23 |
| Rusty Burns | Vicksburg | 15:28 |
| Phil Vanntte * | Holland Christian | 15:30 |
| Paul McGuire | Royal Oak Shrine | 15:35 |
| Rick Howard * | Lake Fenton | 15:37 |
| Doug Leutzenheiser * | Charlotte | 15:39 |
| Mike Stevens | Linden | 15:41 |
| Mike Thompson | Harper Woods | |
| | Bishop Gallagher | 15:42 |
| John Borgerding | Jackson Lumen Christi | 15:43 |
| Joel Jacobs * | Essexville Barber | 15:46 |
| Charles Brynelson* | Paw Paw | 15:47 |
| John Horgan | G.R. Catholic Cent. | 15:48 |
| Tom Stark * | Charlotte | 15:49 |
| | * Individual Race | |
| | - * - * - * - * - * - | |

1974 ALL-STATE CROSS COUNTRY TEAM---CLASS "C"

| | | |
|--------------------|-----------------------------|-------|
| Justin Wilson | Muskegon Western | |
| | Michigan Christian | 15:44 |
| Charles Fairless * | Dearborn Sacred Heart | 15:45 |
| Mike Solis | Lakeview | 15:49 |
| Charles Hueber * | Saginaw Michigan | |
| | Lutheran Seminary | 15:53 |
| Mark Herbers * | St. Charles | 15:56 |
| Don Isennoff * | Hopkins | 15:56 |
| Paul Drake * | Reese | 15:57 |
| Steve Ford | Lakeview | 15:57 |
| Ed LaBair | Mayville | 16:03 |
| Ken Jezierski | Unionville Sebewaing | 16:09 |
| William Elliott * | Rogers City | 16:10 |
| Mark Hanson | Bath | 16:10 |
| Vern Halford * | Wyoming Lee | 16:11 |
| Tim Fall * | Vassar | 16:12 |
| | Add Between Ford and LaBair | |
| | Faber * | 15:57 |
| | * Individual Race | |
| | - * - * - * - * - * - | |

CHRISTMAS NOTE FROM CHUCK SWEENEY IN FLORIDA

12-8-74

Dear Kermit

Hope this card finds you well and happy. I sure enjoy the sunshine down here, especially when I see the T.V. weather charts.

Michigan is way ahead of Florida in H.S. cross country with the exception of publicity. Even J.V. meets get in the paper here.

Keep those young squirts in M.I.T.C.A. on thier toes.

Sincerely,
Chuck

- * - * - * - * - * -

ADDITIONAL COMMENTS FROM 11/12/74 LETTER

The H.S. run 2½ miles and like Murray's comments, the courses are kept secret. He plans to go to Africa and Greece. (Febr & Apr)

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSO.

WOMEN'S DIVISION - - Recommendations to the State Girls Track Committee which met on Mon. November 25, 1974 in Lansing, Michigan.

1. Addition of the two mile run to the girls order of events.
2. Dropping the Medley Relay and replacing it with the One Mile Relay in the order of events
3. Dropping the 80 Yard Hurdles and replace with the 110 Yard Hurdles as in the National Federation Rule Book.
4. Have a combined Games Committee & Appeals Jury for State Regional and State Final meets as per the following:

REGIONAL MEETS

Meet Manager
Meet Referee
3 Coaches from competing schools

STATE FINAL MEETS

Meet Manager
Meet Referee
1 person from State Girls Track Committee
2 Coaches from competing schools
- * - * - * - * - * -

CROSS COUNTRY COACH OF THE YEAR IN 1974
CONGRATULATIONS TO THE WINNERS

CLASS "D" Robert Glover-----Kingsley
CLASS "C" Don Baese-----Carson City Crystal
CLASS "B" Lou Miramonti-----Royal Oak Shrine
CLASS "A" Norb Badar-----Flint Northern
Congratulations, also, to the other candidates for their very excellent work in coaching outstanding teams in 1974.

"D" Chuck King-----Buckley
"C" Arley Bouwma----Musk. West. Mich. Christ
Tony McHattie-----White Cloud
Robert Weaver-----Mayville
"B" Pat Arpino-----Jackson Lumen Christi
Roger Hanson-----Saginaw Eisenhower
Gary Powers-----Harper Woods
Bishop Gallagher
"A" Ned J. Brazelton-----Warren Cousino
Jack Magelson-----Portage Northern
Ron Waldvogel-----St. Joseph
- * - * - * - * - * -

COACH VERSUS HIS FORMER ATHLETE IN THE ABOVE

Gary Powers ran for Lou Miramonti at what is now Detroit East Catholic. Jack Magelson ran for Norb Badar at Flint Northern.

17TH ANNUAL M. I. T. C. A. CLINIC
CENTRAL MICHIGAN UNIVERSITY MT. PLEASANT
FRIDAY & SATURDAY, JANUARY 10th and 11th

M. I. T. C. A. HEADQUARTERS

HOLIDAY INN - MT. PLEASANT

TWO BEDS

Junction M-20 & US-27
 Box # 427 (48858) One Person-\$16.00
 1 (517) 772-2905 Two Persons-\$24.00
 (Call or Write for Reservations)
 - * - * - * - * -

PRE-REGISTRATION-----\$20.00

REGISTRATION AT THE DOOR-----\$22.00

Registration Includes:

- Clinic and Membership
- Clinic Notes
- Luncheon (Friday Noon)
- Banquet (Friday Evening)
- Door Prizes
- Hospitality
- Coffee and Rolls (Mornings-Fri.-Sat.)
- Three to Five NEWSLETTERS per year
- Work on promoting Track and Field and Cross Country for men and women in The State of Michigan
- Promotion of the Tri-State Track and Field Meet at Fort Wayne, Indiana
- Trophies for the Coach of the Year
- Awards in Cross Country, Women's Track & Field and for Men's Track & Field
- Trophies for Nominees in the Coach of the Year awards.

- * - * - * - * -

TRACK AND FIELD COACH OF THE YEAR NOMINEES

WOMEN "A-B"

- Karyn Kribley-----Grand Ledge
- Barbara Crill-----Marquette
- Larry Grow-----Traverse City
- Sylvia McCann-----Detroit Chadsey
- Sharon Young-----Walled Lake Western

WOMEN "C-D"

- Cathy Bushouse-----Rudyard
- Scott Felmler-----Haslett
- Mary Littlebrant-----Grass Lake
- Cathy Markland-----Montrose
- Nancy Roberson-----Bath

MEN "D"

- Wesley Bunks-----North Muskegon
- Webb Morrison-----Pickford
- Mike Smith-----Grass Lake
- Stuart Smith-----Crystal Falls-Forest Park

MEN "C"

- George Browne-----Detroit Country Day
- Duane Bryner-----New Haven
- Roy Hamilton-----Rudyard
- John Milne-----St. Louis

MEN "B"

- Wayne Engle-----Mason
- Leit Jones-----Dearborn Heights Robichaud
- Pete Maas-----Linden
- Jim Murray-----Niles Brandywine

- * - * - * - * -

FRIDAY

9:00 Registration-----Pearce Hall

10:00 Welcome-----Pearce Hall

10:15 PRINCIPLES AND TECHNIQUES-----Pearce Hall
OF TRAINING

Dr. Jeffrey Roitman
 Central Michigan University

* LONG JUMP-----Fieldhouse
 Ernie Mousseau - Aquinas College

11:30 LUNCHEON AND MITCA-----University Center
BUSINESS MEETING

* GIRLS RULES MEETING
 Karyn Cribley - Grand Ledge

1:45 THE HIGH JUMP-----Fieldhouse
 Dennis Adama - Indiana Uni.

3:00 THE WEIGHT EVENTS-----Fieldhouse
 Dr. Paul Ward - Chicago Health Studio

* SPRINTS - RELAYS-----Fieldhouse
 Jim Bubbs - Michigan State Uni.

6:30 BANQUET-----University Center
 Movies - Tri-State Track Meet
 Fort Wayne, Indiana
 June 8th, 1974

9:00 HOSPITALITY-----Holiday Inn
 - * - * - * - * -

SATURDAY

9:00 Registration-----Rose Center

COLLEGE OPPORTUNITIES FOR
WOMEN IN TRACK AND FIELD
 Dr. Francis Koenig
 Central Michigan University

10:00 COACHING THE HIGH SCHOOL-----Rose Center
440 AND 880 RUNNER

Bob Stallcup - Grand Blanc High
 Don Sleeman - Ann Arbor Pioneer
 Gary Jozwiak - Midland High

* HURDLES
 Mike Oliver - Toledo

11:15 CONSTRUCTING A WORKOUT-----Rose Center
SCHEDULE FOR RUNNERS

Stan Huntsman
 University of Tennessee

12:30 CLOSING REMARKS

* DENOTES PROGRAMS FOR BEGINNING
WOMEN AND MEN COACHES

- * - * - * - * -

WILL BE LOOKING FORWARD TO SEEING YOU AT
CENTRAL MICHIGAN UNIVERSITY ON FRIDAY AND
SATURDAY, JANUARY 10TH AND 11TH.

"A"

- * Lafayette Evans-----Detroit Kettering
- Dave McEvers-----Mt. Clemens
- Roger Shepler-----Pontiac Central
- Don Sleeman-----Ann Arbor Pioneer
- * Coaching this year at Detroit Redford

- * - * - * - * -

- STATE TRACK AND FIELD MEET SITES-----1975
- CLASS "A"-----Flint Northwestern
- CLASS "B"-----Michigan State University
- CLASS "C"-----Central Michigan University
- CLASS "D"-----Caro High School

- * - * - * - * -

ORDER OF EVENTS FOR WOMENS TRACK AND FIELD
(Same as for men)

- 880 Yard Relay 880 Yard Relay
- 880 Yard Run 880 Yard Run
- 110 Yard Low Hurdles 120 Yard High Hurdles
- One Mile Run One Mile Run
- 100 Yard Dash 100 Yard Dash
- 440 Yard Dash 440 Yard Dash
- 180 Yard Low Low Hurd.
- Two Mile Run Two Mile Run
- 220 Yard Dash 220 Yard Dash
- One Mile Relay One Mile Relay
- 440 Yard Relay 440 Yard Relay

- * - * - * - * -

STATE TRACK AND FIELD MEET SITE-----1975
Upper Peninsula-----Marquette
Men and Women at the same meet

- * - * - * - * -

THERE WILL BE NO SINGLE REGIONAL MEETS AT ANY SITE IN 1975. There will probably be two classes competing or there is the possibility of a meet for women and a meet for men at the same site.

- * - * - * - * -

- U.S.T.F.F. High School Meets
- Jan. 28th - - - E.M.U.
- Febr. 6th - - - U. of M.
- Febr. 27th - - - U. of M.
- Mar. 4th - - - E.M.U.
- Mar. 21st - - - State Championships U of M

MITCA REGISTRATION FORM FOR THE CLINIC

NAME _____

MAKE CHECKS PAYABLE TO MITCA

HOME ADDRESS _____

SEND PRE-REGISTRATION BEFORE

HOME PHONE NUMBER _____ ZIP _____

JANUARY 4th, 1975

SCHOOL _____

T O :

SCHOOL ADDRESS _____

Bob Kent
500 Scott Lake Road
Pontiac, Michigan 48054

SCHOOL PHONE NUMBER _____ ZIP _____

NAME _____

MAKE CHECKS PAYABLE TO MITCA

HOME ADDRESS _____

SEND PRE-REGISTRATION BEFORE

HOME PHONE NUMBER _____ ZIP _____

JANUARY 4th, 1975

T O :

SCHOOL ADDRESS _____

Bob Kent
500 Scott Lake Road
Pontiac, Michigan 48054

SCHOOL PHONE NUMBER _____ ZIP _____

- 8th Eastern Michigan Invitational
- 9th Uni. of Michigan Relays
- 10th Bowling Green-Notre Dame at Uni. of M.
- 11th Michigan State University Relays
- 12th Michigan vs. Michigan State at A.A.
- 13th Eastern Mich. Uni. Track Classic

- Central Collegiates Kalamazoo
- Febr. 21st & 22nd
- Big Ten Championships Indiana
- March 7th & 8th
- NCAA Championships Cobo Hall
- March 14th & 15th

B A L L O T F O R

S L A T E O F O F F I C E R S

PRESIDENT.....ELMER BALL.....OXFORD.....

Write-In

FIRST VICE-PRESIDENT.....THOMAS GAUERKE.....GROSSE PTE. NORTH.....

Write-In

SECOND VICE-PRESIDENT.....LOU MIRAMONTI.....ROYAL OAK SHRINE.....

Write-In

SECRETARY.....DON BAESE.....CARSON CITY CRYSTAL.....

Write-In

TREASURE.....ROBERT KENT.....PONTIAC CENTRAL.....

Write-In

HISTORIAN.....ROBERT STALLCUP.....GRAND BLANC.....

Write-In

JUNIOR HIGH REPRESENTATIVE.....DAVE THIEL.....FLINT DALY JUNIOR HIGH.....

Write-In

NEWSLETTER EDITOR.....KERMIT N. AMEROSE.....BIRMINGHAM SEAHOLM.....

Write-In