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M I T C A

NEWSLETTER

No. 1

MARCH 1975

WELCOME

T O

C O B O

H A L L

TREASURE

Bob Kent
Pontiac Central

HISTORIAN

Robert Stallcup
Grand Blanc

JR. HIGH REPRESENT.

Dave Thiel
Flint Daly Jr. High

NEWSLETTER EDITOR

Kermit N. Ambrose
Birmingham Seaholm

January 8th, 1975

1974 Mitca President, Don Marsh of Flint Kearsley is to be highly complimented for his efforts in promoting the very successful 17th annual MITCA Clinic, held on Friday and Sat., January 10th and 11th, at Central Michigan Uni. Don Sazima, Head Coach, and Rollie Ranson, Assistant Coach in cross country and track at Central Michigan University were very excellent hosts. A big thank you should go to them and also to the administration for providing the outstanding facilities and making them available to MITCA. This was the largest turnout in the history of MITCA. There were 450 registrants at the end of the clinic and it is anticipated that additional members will be signed up at Cobo Hall at the morning clinic of the National Collegiates. This is great and as it should be - - - except that your Editor of this Newsletter is wondering just how he is going to manage to get 500 or more out to all of the members. It will be done.

INFORMATION NEEDED - - Robert Stallcup of Grand Blanc, and the Historian for MITCA is soliciting your help on information of an historical nature.

1. Coach of the year selections. (He does not have them for each year in cross country and track.)
2. Special Awards.
3. Deaths.
4. Appointments.
5. Retirements.
5. Significant rule changes.

Write it down - send it on - he cannot do it alone. Send it to Bob at:

Grand Blanc High School
12500 Holly Road
Grand Blanc, Michigan 48439.

Bob has done an excellent job of compiling a tremendous amount of information on MITCA since its inception in 1959. He plans to update and improve this history every two years.

"Smile - - its good for the environment."

"Remember.....today is the first day of the rest of your life."

M.I.T.C.A. Membership

I would like to solicit your help in compiling a High School Track and Field Listing for the 1976 Clinic. The listing was last published in 1973, which means we are two years behind in recording performances. The only feasible method we have of bringing it up-to-date is to have you contribute the information.

Please send or call all times better than those listed below, along with the meet and year in which the performances were obtained, to: Duane Raffin (313) 634-8539

14054 Placid
Holly, Michigan 48442

or
Holly High School (313) 634-5451
920 Baird
Holly, Michigan 48442

Any time received after July 30th will omitted from the listing. Your cooperation will be greatly appreciated.

Sincerely,
/s/ Elmer Ball

Listed below are the minimum requirements for the 1973 listings:

100 Yd. Dash	:09.8	:09.7 (WA)
220 Yd. Dash (Turn)	:22.1	:22.0 (WA)
220 Yd. Dash (Straight)	:21.7	:21.6 (WA)
440 Yd. Dash	:49.5	
880 Yd. Run	1:55.5	
One Mile Run	4:20.1	
Two Mile Run	9:32.0	
120 Yd. H.H.	:14.5	:14.4 (WA)
180 Yd. L.H.	:19.4	
High Jump	6' 5"	
Pole Vault	13' 8"	
Long Jump	22' 9 3/4"	22' 11" (WA)
Shot Put	56' 11"	
440 Yd. Relay	:44.0	
880 Yd. Relay	1:29.7	
One Mile Relay	3:23.0	
Two Mile Relay	8:02.6	

Continued on next page

Four Mile Relay	18:28.7
Sprint Medley Relay (440-220-220-440)	2:27.0
Sprint Medley Relay (440-220-220-880)	3:36.3
Distance Medley Relay (880-220-440-Mile)	7:46.0
Distance Medley Relay (880-440-3/4-Mile)	10:38.6
480 Yd. Shuttle Hurdles (Forty Low Hurdles)	:57.0
480 Yd. Shuttle Hurdles (Forty High Hurdles)	:64.2

* * * * *

MICHIGAN HIGH SCHOOL OUTDOOR TRACK AND FIELD CLASS RECORDS

Class records may be set in any interscholastic meet. There are age restrictions. Sophomores must not have reached their 17th birthday before the beginning of the school year. The beginning of the school year is defined as September 1st. Juniors and Seniors must not have reached eighteen and nineteen, respectively before this date. These restrictions conform to M.H.S.A.A. rules on Eligibility.

	<u>SOPH.</u>	<u>JUN.</u>	<u>SEN.</u>
100 Yd. Dash	:09.7	:09.6	:09.4
220 Yd. Dash (St)	:21.0	:20.6	:20.6
220 Yd. Dash (Cu)	:21.7	:21.3	:20.6
440 Yd. Dash	:49.4	:48.3	:47.7
880 Yd. Run	1:56.3	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 Yd. H.H.	:14.5	:13.9	:13.5
180 Yd. L.H.	:19.5	:18.9	:18.3
High Jump	6-7	6-8 $\frac{1}{4}$	6-9
Pole Vault	14-0	14-3 $\frac{1}{2}$	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

* * * * *

CONGRATULATIONS TO THE TRACK AND FIELD COACHES OF THE YEAR

"A-B"	Karyn Cribley.....Grand Ledge
"C-D"	Cathy Markland.....Montrose
"D"	Webb Morrison.....Pickford
"C"	George W. Browne..Detroit Country Day
"B"	Wayne Engle.....Mason
"A"	Roger Shepler.....Pontiac Central

* * * * *

CROSS COUNTRY THREE MAN FINISHES

1965	1	4	8	(13)	Wyandotte Roosevelt
1961	4	5	7	(16)	Ypsilanti
1967	4	5	7	(16)	East Lansing
1971	1	7	8	(16)	St. Joseph

PARTING SHOT: A braggard always sings his own praises in a key that is pitched much too high.

"Success usually comes to those who are too busy to be looking for it."

HUMPHRIES - HANSEN, INC.

RESILIENT SURFACING SPECIALISTS

Beginning in 1960, Humphries-Hansen, Inc. has surfaced close to 150 tracks. From Montana to Ohio, track coaches have found that Perma Track all-weather surface gives athletes a highly resilient surface to run in the cool Midwest spring and fall seasons.

Operating from their Jackson Office, Humphries-Hansen's crews fan out to service the needs of nearly 60 tracks in Michigan. They hope that through their efforts they have and will continue to do their part to foster track and field in Michigan and the Midwest.

2375 Cooper Road
Jackson, Michigan 49201
(517) 787-0034

TENNIS COURTS - RUNNING TRACKS - ATHLETIC FLOORS - INDOORS AND OUTDOORS

The above information is given as a means of reciprocating for all of their efforts in behalf of MITCA. For the past three years they have been instrumental in contributing to the hospitality hours at the annual clinics. We thank you and want you to know that we appreciate what you have done for us.

* * * * *

FACTS ON THE 1975 INTERNATIONAL SPECIAL OLYMPICS

CENTRAL MICHIGAN UNIVERSITY August 7th-11th

CO-SPONSORS: Joseph P. Kennedy, Jr. Foundation.

Central Michigan University

COMPETITORS: 3,000 mentally handicapped persons who have qualified through participation in State Special Olympic Games.

REPRESENTING: 50 States, Washington, D.C., foreign countries.

COMPETITIVE EVENTS: Track and Field; Swimming; Gymnastics; Team sports; Individual; and, Wheel Chair.

CONTACT: Dr. Lee Reynolds
103 Warriner Hall
Central Michigan University
Mt. Pleasant, Michigan 48859

Your help in officiating will be most welcome and sorely needed in order to carry out the large undertaking.

* * * * *

"The difference between greatness and near greatness is often merely the state of mind."

"Purpose is what gives life a meaning."

THIRD ANNUAL CROSS COUNTRY CLINIC

Second Vice-President Lou Miramonti has been very active in planning for the clinic which will be held on November 21st and 22nd. Plans are temporary for the definite location, but it will be in the Lansing area. Lou has the possibility of a very large motel where conference rooms, meals, hospitality hours, lodging will be such that no traveling or transportation will be necessary, once you arrive at the site. More information will be given at a later date.

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18TH ANNUAL M.I.T.C.A. CLINIC

Elmer Ball, President of Mitca, is taking the clinic to Oakland University, just east of Pontiac, Michigan and the date is January 9th and 10th, 1976. No information is available at this time in regard to speakers and program.

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

ANNOUNCER PAR EXCELLANCE

- - - If you were at the 1974 Class "A" Track and Field Meet Championships at Flint Northwestern High School last June 1st, you would know what a terrific job Gordy Spencer, Flint Southwestern High School, did on the microphone at this meet. I have heard nothing but the finest of remarks in regard to the job that he did. This gentleman is very knowledgeable in track and he had an excellent knowledge of the various competitors and their accomplishments prior to competing in this meet. We need more men such as this at our track meets. It adds much to the enjoyment of the meet for spectators, athletes and coaches. Thanks Gordy for the very fine work and we hope that you will be back at the microphone next May 31st.

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

MEET REFEREE - BIG TEN X.C. CHAMPIONSHIPS

Lee Averill, Track and Cross Country Coach at West Bloomfield High School had the honor of being invited to act as the Meet Referee at the Uni. of Michigan, where the 1974 Big Ten Cross Country Championships were held. It is an honor that very few high school coaches get and it was ~~a~~ wise a very wise selection. Any of you coaches that know Lee and have ever competed in any meet that he has managed, know what a terrific job he does. He has been very helpful in promoting Women's Track and Field in the State of Michigan. We wish you well in all of your future endeavors.

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

DO YOU WANT IN ON A SECRET?

Check with Norb Badar on the success of his teams. He has a new thing, known as "The Triple F Factor". This is the short way of saying "Finigan's Famous Fudge Factor. Just a joke son. Norb doesn't need any gimmacks to produce winners in track and cross country. We all know.

REAL-LIFE NATIONAL TRACK AND FIELD CLINIC

Michigan Coaches on a very select group of clinic speakers at the O'Hare Inn, on the northwest side of Chicago, on January 31st and February 1st and 2nd.

Coach Bruce Waha, of Howell, Michigan and Coach Joe Rogers of Olivet College, Olivet, Michigan were speakers at this clinic. Their contributions would add much to any clinic and those in attendance should have profited by hearing what they had to say.

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SPECIAL INVITATIONAL HIGH SCHOOL FEDERATION TRACK AND FIELD COMPETITION

Eastern Michigan University and The University of Michigan have invited some of the top relay teams and individuals to compete at some of their college meets. Some very fantastic performances have been turned in.

ONE MILE RUN

| | |
|-----------------------------------|--------|
| Steve Elliott.....Pontiac Central | 4:13.1 |
| Keith Young.....Flint Northern | 4:15.8 |
| Eric Burt.....Ann Arbor Pioneer | 4:19.7 |
| Sam James.....Highland Park | 4:24.6 |
| Jim Fisher.....Grosse Pte. North | 4:24.7 |
| Matt Henny.....Portage Northern | 4:24.7 |
| David Lewis.....Grosse Pte. North | 4:25.6 |
| Dave Wurster.....Brother Rice | 4:27.3 |
| Bill O'Neil.....Ann Arbor Pioneer | 4:27.6 |
| Art Kitze.....Garden City East | 4:28.2 |

DISTANCE MEDLEY RELAY

| | |
|------------------------------|---------|
| Flint Northern..... | 10:30.9 |
| Birmingham Brother Rice..... | 10:34.1 |
| Grosse Pointe North..... | 10:36.0 |
| Flint Kearsley..... | 10:37.2 |
| Warren Cousino..... | 10:38.6 |

TWO MILE RELAY

| | |
|------------------------------|--------|
| Flint Northern..... | 7:58.1 |
| Pontiac Central..... | 8:07.2 |
| Grosse Pointe North..... | 8:14.8 |
| Ann Arbor Pioneer..... | 8:15.2 |
| Birmingham Brother Rice..... | 8:18.5 |
| Warren Cousino..... | 8:33.9 |
| Grand Blanc..... | 8:34.0 |
| Warren Fitzgerald..... | 8:40.0 |

SPRINT MEDLEY RELAY

| | |
|--------------------------|--------|
| Pontiac Central..... | 3:39.2 |
| Grand Blanc..... | 3:42.2 |
| Grosse Pointe North..... | 3:43.8 |
| Linden..... | 3:55.1 |
| Flint Northern..... | 4:09.5 |

TWO MILE RELAY

| | |
|------------------------------|--------|
| Flint Northern..... | 7:55.4 |
| Pontiac Central..... | 8:02.8 |
| Birmingham Brother Rice..... | 8:04.6 |
| Grand Blanc..... | 8:09.0 |
| Flint Kearsley..... | 8:09.3 |
| Warren Cousino..... | 8:10.9 |
| Ann Arbor Pioneer..... | 8:11.0 |

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

COBO HALL ONE MILE RELAY QUALIFICATIONS

DETROIT - PRIVATE - PAROCHIAL

| | |
|------------------------------------|--------|
| Detroit Cass Tech..... | 3:33.4 |
| Detroit Northern..... | 3:33.5 |
| Detroit Cooley..... | 3:34.9 |
| Detroit Central..... | 3:35.9 |
| Detroit Pershing..... | 3:36.2 |
| Detroit MacKenzie..... | 3:36.9 |
| Detroit Northwestern..... | 3:37.2 |
| Detroit Southeastern..... | 3:37.5 |
| Birmingham Brother Rice..... | 3:39.8 |
| Detroit De La Salle..... | 3:40.0 |
| Detroit Bishop Borgess..... | 3:40.3 |
| Bloomfield Hills Cranbrook..... | 3:40.9 |
| Detroit Western..... | 3:44.3 |
| Harper Woods Bishop Gallagher..... | 3:45.4 |
| Detroit Lutheran West..... | 3:46.5 |
| Detroit St. Martin de Porres..... | 3:58.6 |

SUBURBAN

| | |
|---------------------------------|--------|
| Dearborn Edsel Ford..... | 3:29.7 |
| River Rouge..... | 3:30.2 |
| Pontiac Central..... | 3:31.2 |
| Ypsilanti..... | 3:33.4 |
| St. Clair Shores Lakeview..... | 3:33.4 |
| Grosse Pointe North..... | 3:36.2 |
| Livonia Stevenson..... | 3:37.3 |
| Birmingham Groves..... | 3:38.1 |
| Inkster..... | 3:38.5 |
| Taylor Center..... | 3:39.0 |
| Westland John Glenn..... | 3:39.5 |
| Livonia Franklin..... | 3:39.6 |
| Milford..... | 3:39.6 |
| Ann Arbor Pioneer..... | 3:40.2 |
| Livonia Churchill..... | 3:40.5 |
| Clawson..... | 3:40.9 |
| Wayne..... | 3:40.9 |
| Livonia Bentley..... | 3:41.7 |
| Allen Park..... | 3:42.3 |
| Grosse Pointe South..... | 3:42.6 |
| Berkley..... | 3:43.0 |
| Troy..... | 3:43.9 |
| Romulus..... | 3:44.1 |
| Royal Oak Dondero..... | 3:44.1 |
| Ecorse..... | 3:44.7 |
| Garden City East..... | 3:46.2 |
| Dearborn Heights Amapolis..... | 3:46.9 |
| Walled Lake Western..... | 3:47.5 |
| Dearborn Heights Robichaud..... | 3:51.4 |

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The top four teams in each group above will run at Cobo Hall at the Friday Night program of the National Collegiates.

8:55 Suburban High School Mile Relay
9:39 Detroit-Private-Parochial Mile Relay

* * * * *

HURON RELAYS-Eastern Michigan Uni.-March 28-29
 SPARTAN RELAYS-M.S.U.-April 04-05
 MANSFIELD RELAYS-(Ohio)-April 11-12
 CENTRAL RELAYS-C.M.U.-April 25-26
 MOTT RELAYS-Flint Northwestern-----May 2nd

A VERY GOOD FRIEND OF
MITCA

W. R. "Bill" Dougherty, owner of the Dougherty Daving Company, Inc., is the gentleman who has been contributing much to the "Hospitality Hours" at the annual MITCA Meeting and Clinic during the past seven or eight years. His company is located at:
 47000 West Road
 Walled Lake, Michigan 48088
 1 (313) 624-7550

He is a contractor and builder of Athletic facilities of all kinds and handles landscaping as well. He has his own registered architect and professional engineer which enables him to design as well as build.

RESLITE TRACKS, tennis courts, football fields, baseball fields are all a part of his work. Bill was associated in this work with another company from 1949 to 1964 and since that time he has headed his own company. His company has put in tracks at various sites in Michigan, Indiana, Illinois and as far away as West Virginia.

We appreciate your interest and help and we missed you at the last clinic. (Bill was on "Business" in Florida.) We look forward to seeing you next January at Oakland University. Thanks again for all of your help.

George Dales, Western Michigan University of Kalamazoo, Michigan, and one of the Editors of the United States Track Coaches Association's TRACK AND FIELD QUARTERLY REVIEW, has requested permission to use some of the articles from the 1975 MITCA CLINIC NOTES.

Track and Field News has also requested a copy of your clinic notes and permission to use some of the material in their publications. This speaks well for MITCA, its officers and its members. Michigan Track and Field Coaches and Michigan Cross Country Coaches are out in front and much of the Nation knows it.

* * * * *

U. S. T. F. F. STATE INDOOR CHAMPIONSHIPS
THE UNIVERSITY OF MICHIGAN SPORTS ARENA
FRIDAY, MARCH 21st, 1975

| | |
|------|-----------------------|
| 7:00 | All Field Events |
| 7:00 | 65 Yd. H.H. (Prelims) |
| 7:10 | 60 Yd. Dash (Prelims) |
| 7:20 | One Mile Run (Girls) |
| 7:30 | One Mile Run (Boys) |
| 7:50 | 65 Yd. H.H. (Finals) |
| 8:00 | Two Mile Relay |
| 8:25 | Two Mile Run |
| 8:55 | 880 Yd. Relay (Girls) |

Next Page
Please

9:05 60 Yd. Dash (Finals)
 9:15 One Mile Relay

The Meet Director is Coach Chuck Janke, Jackson High School, Jackson, Michigan. This is the Fourth Annual Meet. All of the other meets have been directed by Chuck. The first two meets were at the Uni. of Michigan and in 1974 the meet was held at Michigan State Uni. Competitors will participate by invitation only. Performances at the various Federation High School meets at Eastern Michigan Uni., The Uni. of Michigan, Central Michigan Uni., and at Western Michigan University will be the basis for these invitations. A committee of Coaches has been named to extend invitations to the top athletes in the winter program.

Norb Badar-----65 Yd. High Hurdles
 Gordon Spencer-----One Mile Relay
 Bob Bridges-----60 Yd. Dash-----High Jump
 Martin Crane-----Long Jump
 Don Sleeman-----Two Mile Relay
 Don Sleeman-----One Mile Run-----Two Mile Run
 Karyn Cribley-----Girls One Mile Run
 Karyn Cribley-----Girls 880 Yd. Relay
 Don Marsh-----Pole Vault
 Don Lukens-----Shot Put

FIRST ANNUAL "TRI-STATE" TRACK AND FIELD CHAMPIONSHIP
SPULLER FIELD - NORTHROP HIGH SCHOOL
FORT WAYNE, INDIANA SATURDAY, JUNE 8th, 1974

FINAL SCORES: OHIO-----153
 INDIANA-----139
 MICHIGAN-----134

LONG JUMP: 22' 11 $\frac{1}{4}$ " 22' 9 $\frac{1}{2}$ " 22' 1 3/4"
 21' 11" 21' 11"
 6. Stan Benefield---Highland Park---21' 8 $\frac{1}{2}$ "
 7. Doug Hill---Flint Northwestern---21' 8 $\frac{1}{4}$ "
 8. Andre Evans---Jackson---21' 2 3/4"

HIGH JUMP: 6' 10 $\frac{1}{4}$ " 6' 9" 6' 9"
 4. Darnell Williams---G.R. Ottawa---6' 9"
 6' 6"
 6. Jeff Swanson---Bat. Cre. Pennfield---6' 6"
 7. Anthony Brown---Flint Northern---6' 6"
 6' 6" 6' 6"

POLE VAULT:
 1. Jim Stokes---Flint Kearsley---15' 6"
 15' 0" 14' 6" 14' 6" 14' 0"
 6. Pat Byrnes---Dearborn Fordson---14' 0"
 14' 0"
 8. Don Teall---Clare-----////////

SHOT PUT: 58' 3" 58' 1 3/4"
 3. Paul Rudzinski---Det. Cath. Cent.---56' 7"
 56' 5"
 5. Stan Allen-----?????????-----56' 2 $\frac{1}{2}$ "
 6. Randy Foss---Mason-----55' 11 $\frac{1}{4}$ "
 55' 9 $\frac{1}{4}$ " 54' 7" 52' 2 3/4"

1975 Meet - Fort Wayne, Indiana Again
 Sat. June 7th Same Format at last year
 Indiana does a great job - Great Meet

TWO MILE RUN:
 1. Mike McGuire---Farmington-----9:07.7
 2. Bill Donakowski---Riverside-----9:09.1
 9:13.5 9:17.2
 5. Ted Farmer---Lansing Sexton-----9:19.2
 9:26.5 9:34.2 9:35.0 9:54.5

440 YARD RELAY: Ohio :41.8
 2. Michigan-----:42.0
 Steve Cappon---Grandville
 Ken Thomas-----//////////
 Harry Davis---Detroit Country Day
 Doug Henniger---Ann Arbor Pioneer
 Indiana-----:42.3

120 YD. HIGH HURDLES: :13.3 :13.4 :13.8
 4. Reggie Brownlee---Mt. Clemens-----:13.9
 :14.2
 5. Kevin Jackson---Pontiac Central---:14.2
 6. Don Sims---New Haven-----:14.2
 :14.7 :15.3

880 YARD RUN: 1:53.6
 2. Dave Furst---Niles Brandywine---1:54.0
 1:54.7 1:55.0
 5. Greg Giltrow---Ann Arbor Pioneer---1:55.1
 6. Chip Hadler---Ann Arbor Pioneer---1:55.6
 1:55.6 1:57.7 1:59.7

100 YARD DASH: :09.6 :09.6 :09.8 :09.8
 5. Doug Henniger---Ann Arbor Pioneer---:09.9
 :10.0
 7. Ken Thompson---Highland Park-----:10.0
 :10.0
 9. Steve Cappon---Grandville-----:10.0

440 YARD DASH: :48.4
 2. Rick Westfall---Thurston-----:48.9
 3. Ben Hayden---//////////-----:49.2
 :49.8
 5. Dennis Williams---Pontiac Cent.-----:49.8
 :49.9 :50.3 :50.6 :52.9

ONE MILE RUN:
 1. Tom Duits---Hastings-----4:11.9
 2. Dan Visscher---Dearborn-----4:12.6
 4:14.1 4:18.2
 5. Steve Varner---Flint Northern-----4:20.4
 4:21.1 4:21.1 4:23.1 4:30.9

220 YARD DASH: :21.6 :21.7
 3. Doug Henniger---Ann Arbor Pioneer---:21.7
 :21.9 :21.9
 6. Steve Cappon---Grandville-----:22.0
 :22.0
 8. Terry Robertson---Pontiac Cent.-----:22.1

180 YD. LOW HURDLES: :19.0 :19.1 :19.4
 4. Harry Davis---Country Day-----:19.5
 :19.7
 6. Stan Benefield---Highland Park-----:19.7
 7. Billy Mitchell---Pontiac Central---:19.8
 :19.9 :20.0

TWO MILE RELAY: Michigan---2nd-----7:41.8
 Ed Brennan John Wilson Andy Kovac
 7:39.9 Don Hubbard 7:55.5

ONE MILE RELAY: Michigan---1st-----3:15.5
 Gary Burks Ben Hayden Rick Westphal
 3:16.2 Dave Furst 3:22.1

PRESIDENT

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Oxford

M J T C A

TREASURE

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No. 2

NOVEMBER 1975

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Carson City Crystal

NEWSLETTER EDITOR

Kermit N. Ambrose
Birmingham Seaholm

STATE CHAMPIONSHIPS

GRAND BLANC

CLASS "D" X. C.
SAT., NOVEMBER 1, 1975

1. Concord-----Chuck King-----56
1 3 13 19 20 25 34
2. Elk Rapids-----Bill Edwardson--69
4 6 17 18 24 39 52
3. Centreville-----Bill Swanwick---83
2 5 21 26 29 35 47
4. Grass Lake-----Mike Smith-----120
10 12 30 32 36 38 58
5. Bear Lake-----Mike Matesich--137
11 23 27 31 45 50 60
6. Dansville-----Chuck Smith----157
15 16 33 44 49 53 57
7. Kingsley-----Rod Glover-----162
7 14 42 48 51 61 65
3. Flint Holy Rosary----Willie Paul----182
8 37 40 41 56 63 64
9. Middleton-----Ron Merritt----207
9 43 46 54 55 59 62

STATE CHAMPIONSHIPS

GRAND BLANC

CLASS "A" X. C.
SAT., NOVEMBER 1, 1975

1. Grosse Pte. North--Tom Gauerke-----81
2 16 17 18 28 29 31
2. Livonia Churchill--Dave Westover----159
5 11 25 42 76 96 120
3. Kalamazoo Loy Norrix--Don Lukens----185
15 32 41 46 51 55 66
4. Dearborn High-----Herb Schroeter----229
21 22 43 64 79 157 162
5. Mt. Clemens-----Dave McEver-----242
12 19 52 73 86 94 115
6. Kentwood East Kentwood--Ron Williams--254
13 14 61 81 85 113 126
7. Midland High-----Hwovinen-----277
33 45 60 65 74 125 130
8. Saginaw Eisenhower---Roger Hansen---293
24 26 70 71 102 112 129
9. Pontiac Central-----Dave Strachan---295
20 38 58 84 95 131 137
10. Flint Kearsley-----Larry Wiltse---297
3 49 54 59 132 145 DNF
11. Ann Arbor Pioneer---Don Sleeman---313
9 39 77 87 101 109 159
12. West Bloomfield-----Lee Averill---335
10 63 72 93 97 163 164
13. Adrian-----Ken Henningfeld---339
1 35 89 100 114 121 136
14. Fordson High-----Lyle Beardslee---358
40 50 78 91 99 124 151
15. Inkster Cherry Hill--Joe Grasley---363
30 48 53 104 128 139 DNF
16. Grand Blanc-----Bob Stallcup---370
36 56 83 92 103 105 143
17. Westland John Glenn--Jay Szukaitis---387
7 75 88 98 119 138 144
18. Birmingham Groves---Jim Crosby---408
6 27 106 134 135 149 DNF
19. Ann Arbor Huron-----Des Ryan-----413
47 62 80 82 142 155 154
20. Birmingham Brother Rice--Bob Stark---413
4 67 108 116 118 140 158
21. Rochester Adams-----Al Gierke-----436
34 57 90 122 133 148 153
22. Temperance Bedford---Gary Duhaime---442
23 69 110 117 123 160 165

CLASS "D" TEAM AND INDIVIDUAL RACE

1. Bill Lannen*---Mt. Pleasant Sacred Heart
2. Bob Duerksen*-----Mancelona
3. Mike Jurasek-----Concord
4. Dave Furcy-----Centreville
5. Cameron Owens-----Concord
6. Alphonso Vasquez-----Elk Rapids
7. Rogor Bainbridge-----Centreville
8. Dean Christiansen*-----Potterville
9. Don Marker-----Elk Rapids
10. Mike Zenner-----Kingsley
11. Tony Candy-----Flint Holy Rosary
12. Karl Drake-----Middleton
13. Mike Potter*-----Reading
14. John Whitney*-----Alanson Littlefield
15. Larry Crouch-----Grass Lake

HURON RELAYS-----March 26th & 27th

WARTAN RELAYS-----April 2nd & 3rd

WESFIELD RELAYS-----April 9th & 10th

CENTRAL RELAYS-----April 30th & May 1st

23. St. Joseph-----Ron Waldvogel-----457
44 63 107 111 127 146 156
24. East Detroit-----483
8 37 141 147 150 152 161

CLASS "A" TEAM RACE

1. Dan Heikkinen-----Adrian
2. Dave Lewis-----Grosse Pte. North
3. Jeff Henderson-----Flint Kearsley
4. Paul Manza-----Birmingham Brother Rice
5. Todd Wint-----Livonia Churchill
6. Joel Menges-----Birmingham Groves
7. Ted Unold-----Westland John Glenn
8. John DeGrandis-----East Detroit
9. Steve Postema-----Ann Arbor Pioneer
10. Rich Kramer-----West Bloomfield
11. Victor Wietecha-----Livonia Churchill
12. Bill Gamalski-----Mt. Clemens
13. Rick Terpstra-----Kentwood East Kentwood
14. Mike Gromko-----Kentwood East Kentwood
15. Cooper Tomlinson-----Kalamazoo Loy Norrix

CLASS "A" INDIVIDUAL RACE

1. Sam James-----Highland Park
2. Al Vance-----Grand Rapids Ottawa Hills
3. Calvin McQueen-----Flint Northern
4. Lou Cappo-----Flushing
5. Toby Haynes-----Dearborn Edsel Ford
6. Dick Northuis-----Grand Haven
7. Ed Ranes-----Lansing Harry Hill
8. Dave Kennedy-----Muskegon High
9. Oren Sampson-----Detroit Central
10. Gary Carter-----St. Clair Shores Lakeview
11. John Voise-----Bridgeport
12. Mike White-----Jackson High
13. Stewart Glatfelter-----Farmington High
14. Jeff Hill-----Jackson Parkside
15. Scott Clean-----Plymouth Salem

CANDIDATES FOR CROSS COUNTRY COACH OF THE YEAR

Class "D"

- Bill Edwardson-----Elk Rapids
- Chuck King-----Concord
- Mike Smith-----Grass Lake
- Bill Swanwick-----Centreville

Class "C"

- Art Kraai-----Wyoming Lee
- Howard Roberson-----Bath
- Ron Towne-----Addison
- Robert Weaver-----Mayville

Class "B"

- Ralph Baker-----Sturgis
- Bruce Dyer-----Detroit Austin
- Lou Miramonti-----Royal Oak Shrine
- Gary Powers Harper Woods Bishop Gallagher

Class "A"

- Tom Gauerke-----Grosse Pte. North
- Don Lukens-----Kalamazoo Loy Norrix
- Dave Westover-----Livonia Churchill
- Ron Williams-----Kentwood East Kentwood

Resumes of each of the coaches listed above and their coaching experience will be found in the packets which you will receive when you arrive for the 3rd ANNUAL CROSS COUNTRY CLINIC.

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LANSING, MICHIGAN 48917
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SLEEP

CHEAP

SOME CREDIT CARDS ACCEPTABLE NO CHECKS

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

NATIONAL JUNIOR A.A.U. X.C. CHAMPIONSHIPS

Sunday, November 9th, 1975 1:30 C.S.T.
University of Indiana Bloomington

- Dan Heikkinen - Adrian
- Dave Lewis - Grosse Pte. North
- Sam James - Highland Park
- Al Vance - G. R. Ottawa Hills
- Calvin McQueen - Flint Northern
- Bob Malone - Carleton Airport
- Tony Provensola - Royal Oak Shrine
- Tom Stark - Charlotte

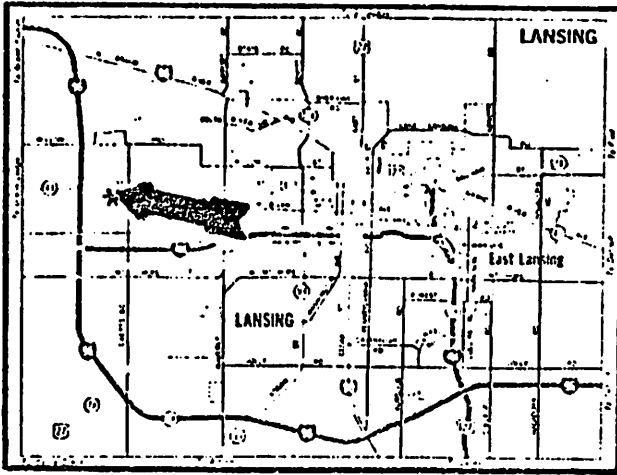
Coaches - Tom Gauerke - Grosse Pte. North
Jerry Young - Farmington High

The above listed runners and Coaches will be representing the Motor City Striders.

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

Your Newsletter Editor attended four very excellent meets from June 7th to July 5th. of last summer. The Second Annual Tri-State at Fort Wayne was just great from a Loyal Michiganders point of view. Michigan defeated Ohio and Indiana 183 to 126 to 115. A complete resume of the meet will be given in a later Newsletter. On June 13th & 14th, the National Junior A.A.U. Championships were run at the Uni. of Tennessee with our Michigan athletes doing an excellent job. The Fourth Annual International Prep Track and Field Championships were run at Mt. Prospect, Illinois (Northwest Side of Chicago) on Saturday, June 21st. Three Michigan athletes picked up one first and two seconds. Steve Elliot of Pontiac Central and Jeff Randolph of Midland High ran 1-2 in the mile run with times of 4:07.39 and 4:09.71. Keith Young of Flint Northern ran a 1:50.27 for a 2nd behind an Iowa Exchange Student from Kenya. The qualifiers (1st & 2nd) at the National Junior A.A.U. Meet in Tennessee ran at the Uni. of Nebraska on July 4th and 5th at the Russian vs. U.S. Junior Championships. Howard Neeley, MSU and Ex-Lansing Everett track man competed in the steeple-chase and Dwayne Strozier of Flint Catholic Powers was in the relays and the sprints. Both athletes had excellent performances. On August 9th and 10th your editor was the Meet Referee at the International Special Olympics at Central Mich. University

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



BOYS AND GIRLS TRACK AND FIELD COMMITTEE

RULES MEETING MONDAY, DECEMBER 1, 1975

- DENNIS BRENNER-----LITCHFIELD
- KARYN CRIBLEY-----GRAND LEDGE
- NANCY ESTES-----IDA
- JIM GOEDEL-----BISHOP FOLEY
- JACK GRANT-----STURGIS
- GEORGIA HALL-KALAMAZOO CENTRAL
- GAYLE INSKEEP-----PINCONNING
- STEVE JOHNSON-----WARREN MOTT
- PATRICIA LAMBERTSON-----MESICK
- CHARLES LEWIS-----DETROIT DENBY
- GARY MAST-----REETHS PUFFER
- SYLVIA McCANN--DETROIT CHADSEY
- ROBERT McCULLOUGH---BOYNE CITY
- FRANCIS HELLINGER---MENOMINNE
- JAMES MEYER-----MARQUETTE
- BILL PINNELL--GARDEN CITY WEST
- TONY PIZZA---PONTIAC NORTHERN
- NILLIE SIMMONS-----ITHACA
- LARRY STEEB-----MANCHESTER
- GARY VANDEMARK--BAY CITY HANDY
- DON WORM-----SPARTA

CROSS COUNTRY COMMITTEE
RULES MEETING TUESDAY, JUNE 1, 1976

- NORB BADAR-----PLINT NORTHERN
- GARY POWERS--BISHOP GALLAGHER
- JOHN ROWAN-----HASLETT
- MIKE SMITH-----GRASS LAKE
- RUSS POSTHUMUS--GRAND RAPIDS
(1976 STATE MEET MANAGER-----CLASS "A" & "D")
- JACK GRANT-----STURGIS
(1976 STATE MEET MANAGER-----CLASS "B" & "C")

| CLASSIFICATION OF MICHIGAN HIGH SCHOOLS | |
|---|--------------|
| CLASS "A" | 1459 or more |
| CLASS "B" | 723 to 1453 |
| CLASS "C" | 371 to 722 |
| CLASS "D" | 370 or less |

| | | |
|-----------|-----------------|-------------------------------|
| May 21st | TRACK REGIONALS | (Possible Friday Night Meets) |
| May 22nd | TRACK REGIONALS | (Boys and Girls L.P. & U.P.) |
| May 29th | TRACK FINALS | (Boys and Girls U.P.) |
| June 5th | TRACK FINALS | (Boys and Girls L.P.) |
| Oct. 20th | CROSS COUNTRY | (Finals-----U.P.-----1976) |
| Nov. 6th | CROSS COUNTRY | (Finals-----L.P.-----1976) |
| Oct. 30th | CROSS COUNTRY | (Regionals---L.P.-----1976) |

TWO YEARS AGO, THE WRITER OF THIS "NEWSLETTER" PROPOSED A CHANGE IN THE TRACK AND FIELD RULES, AS FOLLOWS:

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


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

You can run a dual meet on Friday and have your miler


run a mile and a quarter-mile leg of a mile relay. On the next day (Saturday) you can drive to Mansfield and run your miler in a mile and another leg of 440 yards or less in a relay. If you go to Mansfield on Friday and run your miler in the four-mile relay, he can not run a mile the next day. This is the same ~~SUPPLY~~ procedure we were going through back in the 1950's, and this is 1975.

I would like to suggest that this one thing should take precedence over any other change in the rules.

CONCLUSION -- PLEASE GIVE SOME THOUGHT TO THE IDEA PRESENTED.



Grand Blanc Parks & Recreation



5th ANNUAL HOLIDAY TURKEY TROT

Saturday, November 22, 10 a.m. at Grand Blanc Golf Club on Perry Road in Grand Blanc. The course is a series of loops, and a few hills - all of the surfaces will be grass. Entry fee is 75¢ per participant. For further information call 691-0101.

| DIVISIONS | DISTANCE | JOGGERS | |
|--------------------|-------------|--------------|----------------|
| Boys 10 and under | 1/2 Mile | Men: 20 - 29 | Women: 20 - 29 |
| Girls 13 and under | 1/2 Mile | 30 - 39 | 30 - 39 |
| Boys 11 - 12 - 13 | 1 Mile | 40 - 49 | 40 and over |
| Girls 14 - 15 | 1 Mile | 50 - 59 | |
| Boys 14 and 15 | 2 1/2 Miles | 60 and over | |
| Boys 16 and 17 | 2 1/2 Miles | | |
| Girls 16 and over | 1 1/2 Miles | | |
| Men 18 and over | 3 Miles | | |

All men joggers run 2 miles, all women joggers run 1 1/2 miles.

ENTRY BLANK: Pre-register or register at meet before 10:00 a.m.
SEND TO BOB STALLCUP, Meet Director **CHUCK CREANEY**
 Grand Blanc High School Grand Blanc Parks & Recreation
 Grand Blanc, Michigan 48439 OR City Hall
 Phone: 691-6211 Grand Blanc, Michigan 48439

PLEASE PRINT

Name _____ Age on Nov. 22 _____
 Street Address _____ City _____
 School _____ College _____
 Championships Won _____

Clinic Fee Includes
Speakers Fees
Clinic Notes
Dinner
Door Prizes
Hospitality
Coffee, Rolls

Clinic Headquarters:
The Lansing Hilton
7501 W. Saginaw
Lansing, Michigan 48919
Phone: 1-517-627-3211
Rates: single \$21.00
twin double \$26.00

Send Pre Registration To:
Bob Kent
500 Scott Lake
Pontiac, Michigan 48054

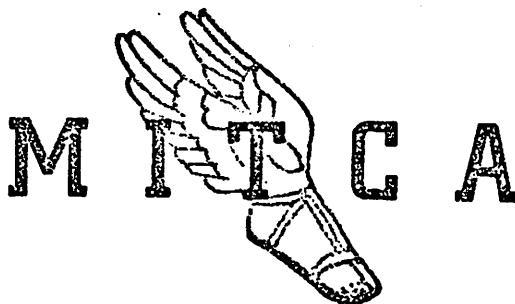
HIGH SCHOOL

CROSS COUNTRY COACH

MITCA
11026 Brougham
Sterling Heights 48077

michigan interscholastic track coaches association

CROSS COUNTRY CLINIC



November 21 & 22
1975

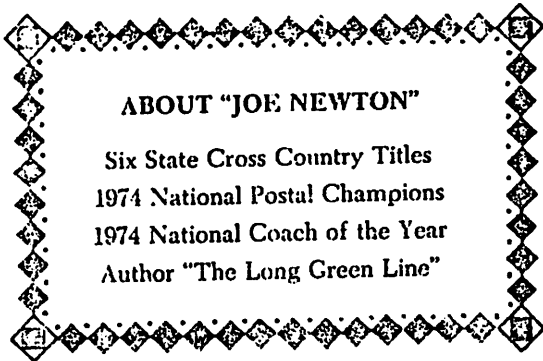
The Lansing Hilton
7501 W. Saginaw
Lansing, Michigan

November 21 & 22
1975

CLINIC PROGRAM

FRIDAY, NOVEMBER 21

- 2:00 pm - Registration
- 3:00 pm - MENTAL & PHYSICAL PREPARATION FOR MAJOR MEETS.
Tom Gaurke - Grosse Pointe North
Ron Waldvogel - St. Joseph
Jack Mageilsen - Portage Northern
- 6:30 pm - DINNER
COACH OF THE YEAR AWARDS
SPEAKER: Joe Newton - York H.S.
- 9:00 pm - HOSPITALITY



SATURDAY, NOVEMBER 22

- 8:00 am - Registration
Coffee & Rolls
- 8:30 am - CROSS COUNTRY BUSINESS MEETING
Don Sleemen - Chairman
- 9:30 am - PROMOTING & IMPROVING YOUR PROGRAM
Tom Swanson - Potterville
- 10:30 am - PUT SOME VARIETY INTO YOUR WORKOUTS
Art Kraai - Wyoming Lee
Gary Powers - Bishop Gallagher
Pat Arpino - Lamin Christi
- 11:30 am - MOTIVATION IN CROSS COUNTRY
Joe Newton - York High School
Elmhurst, Ill.

CLINIC HEADQUARTERS

The Lansing Hilton
7501 West Saginaw
Lansing, Michigan 48919
1-517-627-3211

Pre Registration Form

NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ (area code)

SCHOOL _____

SCHOOL ADDRESS _____ CITY _____ STATE _____ ZIP _____

SCHOOL PHONE _____ (area code)

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Bob Kent
500 Scott Lake
Pontiac, Michigan 48054

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Friday & Saturday \$16.00
(at the door \$18.00)

Saturday Only \$12.00

NON MEMBERS

Friday & Saturday \$18.00

Saturday Only \$12.00

MITCA

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

CROSS COUNTRY CLINIC

NOVEMBER 21 & 22
1975

THE LANSING HILTON
LANSING, MICHIGAN

Make Checks Payable to
MITCA

Pre Register By
NOVEMBER 15th

NOTE: THE LANSING HILTON FEATURES A LARGE INDOOR POOL AND SAUNA!!!

PRESIDENT

Elmer Ball
Oxford

FIRST VICE-PRESIDENT

Thomas A. Gauerke
Grosse Pte. North

SECOND VICE-PRESIDENT

Lou Miramonti
Royal Oak Shrine

SECRETARY

Don Baese
Carson City Crystal

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

STATE CHAMPIONSHIPS

CHARLOTTE

CLASS "B"
SAT., NOVEMBER 1, 1975
X. C.

| | | | | | | | | |
|-----------------------------------|----|----|-----|-----|-----|-----|-----|-----|
| 1. Sturgis | 9 | 13 | 23 | 28 | 41 | 87 | 90 | 114 |
| 2. Harper Woods Bishop Ballagher | 3 | 7 | 38 | 44 | 76 | 103 | 141 | 168 |
| 3. Royal Oak Shrine | 2 | 32 | 33 | 58 | 74 | 89 | 92 | 199 |
| 4. Detroit Austin | 24 | 26 | 40 | 52 | 62 | 78 | 104 | 204 |
| 5. Wyoming Park | 6 | 18 | 42 | 75 | 116 | 133 | DNF | 257 |
| 6. Alma | 20 | 35 | 53 | 60 | 99 | 117 | 119 | 267 |
| 7. Big Rapids | 27 | 51 | 54 | 59 | 79 | 91 | 159 | 270 |
| 3. Grand Rapids South Christian | 10 | 17 | 77 | 85 | 94 | 124 | 153 | 283 |
| 9. Rockford | 12 | 34 | 63 | 68 | 109 | 145 | 147 | 286 |
| 10. Marshall | 11 | 19 | 45 | 105 | 107 | 146 | 163 | 287 |
| 11. Sparta | 5 | 25 | 37 | 111 | 115 | 130 | 155 | 293 |
| 12. New Boston Huron | 21 | 31 | 57 | 70 | 123 | 127 | 165 | 302 |
| 13. Carleton Airport | 1 | 4 | 88 | 106 | 114 | 122 | 131 | 313 |
| 13. Jackson Northwest | 39 | 55 | 67 | 72 | 80 | 138 | 143 | 313 |
| 15. Otsego | 46 | 47 | 71 | 86 | 95 | 100 | 102 | 345 |
| 16. Brighton | 29 | 50 | 82 | 93 | 96 | 121 | 142 | 350 |
| 17. Mason | 8 | 48 | 64 | 97 | 137 | 148 | 157 | 354 |
| 18. Grand Rapids Catholic Central | 14 | 43 | 69 | 110 | 126 | 129 | 164 | 362 |
| 19. Lake Fenton | 22 | 30 | 65 | 135 | 149 | 160 | 162 | 401 |
| 20. Dearborn Divine Child | 16 | 73 | 81 | 120 | 136 | 144 | 156 | 426 |
| 21. Corunna | 15 | 66 | 113 | 118 | 128 | 152 | 158 | 440 |
| 21. Midland Bullock Creek | 49 | 56 | 98 | 112 | 125 | 151 | 154 | 440 |

M I T C A

NEWSLETTER

NO. 3

DECEMBER 1975

TREASURE

Bob Kent
Pontiac Central

HISTORIAN

Robert Stallcup
Grand Blanc

JR. HIGH REPRESENT.

Dave Thiel
Flint Daly Jr. High

NEWSLETTER EDITOR

Kermit N. Ambrose
Birmingham Seaholm

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

| | | | | | | | | |
|-------------------------------------|----|----|-----|-----|-----|-----|-----|-----|
| 23. Flint Powers | 36 | 83 | 101 | 108 | 139 | 140 | 161 | 467 |
| 24. Parchment | 61 | 84 | 132 | 134 | 150 | 166 | 167 | 561 |
| - * - * - * - * - * - * - * - * - * | | | | | | | | |

CLASS "B" ALL-STATE CROSS COUNTRY TEAM

| | | |
|-------------------------------------|-----------------|-----------------------|
| 15:15 | Bob Malone | Carleton Airport |
| 15:20 | Tony Provenzola | Royal Oak Shrine |
| 15:22 * | Tom Stark | Charlotte |
| 15:31 | Mike Thompson | H.W. Bishop Gallagher |
| 15:33 * | Joel Jacobs | Essexville Garber |
| 15:37 | Bob Shown | Carleton Airport |
| 15:38 * | Rich Parsons | Godwin Heights |
| 15:38 | Jeff Okkonen | Sparta |
| 15:39 | Curt Walker | Wyoming Park |
| 15:39 * | Pete Colley | Milford Lakeland |
| 15:40 | Neil Miller | H.W. Bishop Gallagher |
| 15:40.5 | Chuck Love | Mason |
| 15:44 * | Phil Vannette | Holland Christian |
| 15:46 | Dave Hartman | Sturgis |
| 15:47 * | Chris Gilbert | Fenton |
| - * - * - * - * - * - * - * - * - * | | |

CLASS "C" ALL-STATE CROSS COUNTRY TEAM

| | | |
|---------|----------------|------------------------|
| 15:34 * | Mike Solis | Lakeview |
| 15:46 * | Ken Owens | Gladwin |
| 15:49 | Neal Davis | Clare |
| 15:53 | Brad Shaw | Addison |
| 15:53.5 | Ed LaBair | Mayville |
| 15:54 | Paul Drake | Reese |
| 15:57 * | Clyde Harris | Muskegon Christian |
| 15:58 | Ken Theisen | Dearborn St. Alphonsus |
| 15:58 * | Kim Sharp | Flat Rock |
| 15:59 * | Richard Holmes | Pine River |
| 16:00 * | Bon Mena | Leslie |
| 16:03 | Rick Alward | Bath |
| 16:04 * | Steve Ford | Lakeview |
| 16:05 | Todd Moss | Benzie Central |
| 16:05 * | Mark Ryan | Carson City Crystal |

* INDIVIDUAL RACE

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

DID YOU HEAR ABOUT THE COACH WHO WAS GOING TO RELY ON "STRATEGY" IN HIS COACHING RATHER THAN USE HIS BRAINS?

STATE CHAMPIONSHIPS
CHARLOTTE

CLASS "C"
SAT., NOVEMBER 1, 1975

X. C.

| | | | | | | | | |
|---------------------------------------|----|----|-----|-----|-----|-----|-----|-----|
| 1. Mayville | 3 | 10 | 16 | 56 | 63 | 92 | 120 | 148 |
| 2. Central Montcalm | 18 | 29 | 36 | 41 | 49 | 72 | 80 | 173 |
| 2. Wyoming Lee | 17 | 20 | 28 | 50 | 58 | 121 | 139 | 173 |
| 4. Bath | 6 | 21 | 34 | 60 | 74 | 108 | 131 | 195 |
| 5. Addison | 2 | 8 | 44 | 69 | 75 | 77 | 110 | 198 |
| 6. Dewitt | 9 | 45 | 46 | 47 | 54 | 124 | DNF | 201 |
| 7. Mason County Central | 12 | 13 | 26 | 27 | 132 | 138 | 143 | 210 |
| 8. Michigan Center | 22 | 30 | 31 | 37 | 95 | 128 | 141 | 215 |
| 9. Clare | 1 | 15 | 42 | 61 | 101 | 104 | 116 | 220 |
| 10. Allen Park Cabrini | 23 | 24 | 32 | 67 | 93 | 105 | 117 | 239 |
| 11. Edwardsburg | 25 | 38 | 55 | 62 | 66 | 68 | 125 | 246 |
| 12. Dearborn St. Alphonsus | 5 | 11 | 57 | 87 | 118 | 144 | 145 | 278 |
| 13. Kent City | 39 | 48 | 65 | 78 | 81 | 111 | 115 | 311 |
| 14. Montrose | 33 | 70 | 76 | 79 | 82 | 97 | 133 | 340 |
| 15. Benzie Central | 7 | 64 | 86 | 96 | 107 | 119 | 126 | 360 |
| 16. White Cloud | 19 | 53 | 91 | 98 | 102 | 123 | 130 | 363 |
| 17. St. Louis | 14 | 73 | 83 | 84 | 113 | 136 | 137 | 367 |
| 18. St. Joseph Lake Michigan Catholic | 52 | 59 | 71 | 88 | 99 | 114 | 142 | 369 |
| 19. Reese | 4 | 35 | 103 | 109 | 134 | 135 | 140 | 385 |
| 19. Three Oaks River Valley | 43 | 51 | 84 | 100 | 106 | 122 | 129 | 385 |
| 21. Manchester | 40 | 89 | 90 | 94 | 112 | 127 | 146 | 425 |

CONGRATULATIONS TO THE "COACHES OF THE YEAR".
CROSS COUNTRY

CLASS "D" CHUCK KING-----CONCORD

7-0 in duals. Won 5 Invitational Meets Conference, Regional and State Champions

CLASS "C" ROBERT WEAVER-----MAYVILLE

16 wins and 1 loss. Regional and State Champions.

CLASS "B" RALPH BAKER-----STURGIS

Won 5 Invitationals: 2nd once and 3rd once. Regional and State Champions.

CLASS "A" THOMAS GAUERKE-----GROSSE PTE. NORTH

CLASS "D" ALL-STATE CROSS COUNTRY TEAM

| | | |
|----------|---------------------|-------------------------|
| 15:33.2* | Bill Lannan | Mt. Pleas. Sacred Heart |
| 15:49 | * Bob Duerksen | Mancelona |
| 15:49.5 | Mike Jurasek | Concord |
| 16:10 | Dave Furey | Centreville |
| 16:14 | Cameron Owens | Concord |
| 16:16 | Alfonso Vasyvez | Elk Rapids |
| 16:19 | Roger Bainbridge | Centreville |
| 16:21 | * Dean Christiansen | Potterville |
| 16:23 | Don Marker | Elk Rapids |
| 16:25 | Mike Zenner | Kingsley |
| 16:27 | Tony Candy | Flint Holy Rosary |
| 16:28 | Karl Drake | Middleton |
| 16:29 | * Mike Potter | Reading |
| 16:31 | * John Whitney | Alanson Littlefield |
| 16:32 | Larry Crouch | Grass Lake |

* Individual Runners

CLASS "A" ALL-STATE CROSS COUNTRY TEAM

| | | |
|----------|-----------------|---------------------------|
| 14:45.1* | Sam James | Highland Park |
| 14:59.0 | Dan Heikkinen | Adrian |
| 15:09.9 | Dave Lewis | Grosse Pointe North |
| 15:11 | * Al Vance | Grand Rapids Ottawa Hills |
| 15:11.5* | Calvin McQueen | Flint Northern |
| 15:15 | Jeff Henderson | Flint Kearsley |
| 15:16 | * Lou Cappo | Flushing |
| 15:17 | Toby Hayes | Dearborn Edsel Ford |
| 15:18 | Paul Manza | Birmingham Brother Rice |
| 15:20 | * Dick Northuis | Grand Haven |
| 15:22 | Todd Wint | Livonia Churchill |
| 15:23 | Joel Menges | Birmingham Groves |
| 15:24 | Ted Unold | Westland John Glenn |
| 15:25 | John DeGrandis | East Detroit |
| 15:26 | Ed Ranes | Lansing Harry Hill |

* Individual Race

HURON RELAYS-----March 26th and 27th

SPARTAN RELAYS-----April 2nd and 3rd

CHIP INDOOR INVITATIONAL-----April 2nd

MANSFIELD RELAYS-----April 9th and 10th

NCAA - COBO HALL-----March 12th and 13th

M.S.U. RELAYS-----February 7th

C.C.C. - E.M.U.-----February 20th and 21st

CENTRAL RELAYS -C.M.U.-----April 30th & May 1st

MOTT RELAYS - FLINT-----May 7th

REGIONAL CHAMPIONSHIPS-----May 21st and May 22nd

ALL-OAKLAND COUNTY CHAMPIONSHIPS-----May 28th

STATE CHAMPIONSHIPS-----June 5th

TRI-STATE - FORT WAYNE-----June 12th

* * * * *

7-0 in duals. Won 5 Invitationals League, Regional and State Champions.

STRIDERS RETAIN AAU MEET TITLE

The Detroit Motor City Striders Club won the National AAU Junior 10,000 meter team title for the third consecutive year at Indiana University on Sunday, November 9th. The Striders totaled 25 points to 38 for the Indiana freshmen and 51 for the Ball State freshmen. Chicago's Harlem Marathon Runners were fourth with 90 points.

The Striders were led by Dave Lewis of Grosse Pointe North High School when he finished third overall. Dan Heikinen of Adrian was fourth and Tony Provenzola of Royal Oak Shrine placed fifth. Sam James of Highland Park, Bob Malone of Carleton Airport, Al Vance of Grand Rapids Ottawa Hills and Tom Stark of Charlotte placed ninth, eleventh, nineteenth and thirty-ninth.

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

BIG TEN CROSS COUNTRY CHAMPIONSHIPS

1. Michigan-----41
2. Wisconsin-----70
3. Indiana-----73
4. Illinois-----78
5. Michigan State-133
6. Ohio State-----173
7. Minnesota-----184
8. Purdue-----196
9. Iowa-----210
10. Northwestern--264

Ex-Michigan H.S. Runners are Great!!!!

2. Lindsey---MSU---Reed City
3. McGuire---Mich.-Farmington
4. Meyer-----Mich.-Grand Rapids
6. Donakowski-Mich.-Riverside
9. Randolph---Wisc.-Midland
10. Sinclair---Mich.-Grosse Ile

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

FROM "STATUS QUO" TRACK AND FIELD NEWS

"Look for International Prep mile runner-up JEFF RANDOLPH (4:09.2 best for Midland, Michigan) to be a tough frosh for Wisconsin in the spring. This will be his first-ever winter of training, as he used to compete on the swim team and ran 4:09.2 after only 2½ months of track training.

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

Your track club needs to be registered with the Michigan Track and Field Federation. Contact Carl Krieger of Flint Central High School, 601 Crapo Street, Flint, Michigan 48053. The registration fee is \$5.00.

I N M E M O R I A M

James R. Selby, former Jackson Parkside High School Track Coach and teacher of mathematics and Afro-American history lost his seven year fight with kidney disease on Saturday, October 11th.



He had survived three unsuccessful kidney transplants, the most recent last May 18 in University Hospital in Ann Arbor.

Selby returned home from his transplant Sept. 3 and took up his teaching duties at Parkside. Nine days later he entered the VA Hospital with a virus infection which doctors had not been able to identify, because of his kidney disease. Three days after being admitted he went into a coma from which he never returned. He was on continuous kidney machine dialysis. Immediate cause of death was given as cardiac arrest. The cardiac arrest was preceded by a blood pressure drop after which he was assisted by a pacemaker and a respirator.

Mr. Selby became Parkside's track coach in 1970 after serving as assistant coach to Dave Fultz.

He was honored by the Negro Business and Professional Women in May for his courageous fight against kidney disease. Coach Selby served on the Class "A" Games Committee of the 1973 Eastern Michigan University Huron Relays.

Surviving besides his wife Francis M., are two daughters, Yzette M. and Alaina Y., his parents, Mr. and Mrs. Beverly Selby, a sister, Mrs. John Burch and brother Phillip, all of Jackson.

MITCA has lost an excellent coach and a fine gentleman. Our sympathies go out to his family.

FEDERATION HIGH SCHOOL MEETS

- | | |
|------------------|--|
| Mon. Jan. 12th | Eastern Michigan University |
| Fri. Jan. 23rd | University of Michigan |
| Fri. Jan. 30th | University of Michigan |
| Tues. Febr. 10th | Eastern Michigan University |
| Tues. March 2nd | Eastern Michigan University |
| Thurs. Jan. 29th | Western Michigan University |
| Wed. Febr. 25th | H.S. One Mile Relay Qualifications
Uni. of Michigan |
| Fri. March 19th | State Federation Meet at
University of Michigan. |

Meets start at 5:00 p.m. -- PLEASE DO NOT CALL THE SCHOOLS, THE COACHES, THE ATHLETIC DIRECTORS AND ASK ABOUT THE RULES. YOU SHOULD KNOW BY THIS TIME WHAT THEY ARE AND IF YOU DON'T KNOW CALL THE STATE OFFICE.

MITCA TRACK CLINIC AND ANNUAL MEETING
OAKLAND UNIVERSITY - ROCHESTER, MICHIGAN
FRIDAY & SATURDAY, JANUARY 9th & 10th

FRIDAY, JANUARY 9th

- 9:15 Registration
Sports & Recreation Building
- 10:15 Welcome
- 10:30 THE DISCUS Al Cantello
U.S. Naval Academy
- 10:30 JUNIOR HIGH MINI CLINIC *
Gold Room, Oakland Center
- * COACHING BEGINNING DISTANCE RUNNERS - - Roger Hanson
Saginaw Eisenhower
- * HURDLES - - Bill Tipton, Pontiac
- 12:00 LUNCHEON AND BUSINESS MEETING
Crockery Room, Oakland Center
- 1:45 SPRINTS - - Dr. Bert Lyle
Texas Women's University
Sports & Recreation Building
- 3:30 TRAINING FOR THE ONE MILE RUN
Ron Warhurst - Uni. of Michigan
Sports & Recreation Building
- 6:30 BANQUET Movies - Tri-State Meet
Crockery Room, Oakland Center
- 9:00 HOSPITALITY - - Sheraton Motor Inn

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MITCA HEADQUARTERS - - SHERATON MOTOR INN
 1001 Woodward Avenue
 Pontiac, Mich. 48053
 1 (313) 338-6131

- \$17.00 - 1 Person
 \$20.00 - 2 Persons - Two Beds (Double)
 \$20.00 - 2 Persons - Twin Double
 \$ 4.00 - Extra Person
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RITZ MOTEL - 1000 South Woodward
 Pontiac, Michigan 48053
 1 (313) 338-0404

- \$13.00 - 1 Person
 \$16.00 - 2 Persons - 2 Double Beds
 \$ 2.00 - Rollaway
 The Ritz Motel is across the street
 from the Sheraton Motor Inn.

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 DON'T FORGET THE DISCUS IS A NEW EVENT
 THIS YEAR
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 "POWER IS A TRICKY THING: FIRST YOU USE
 IT, THEN YOU ABUSE IT, AND FINALLY YOU
 LOSE IT."

SATURDAY, JANUARY 10th

- 9:00 Registration - - Oakland Center
- 9:00 * CARE & PREVENTION OF INJURIES
 Robert White - Wayne State Uni.
 Room 128-130, Oakland Center
- 10:00 THE POLE VAULT - - John Wilcox
 Corunna High Sch.
 Gold Room, Oakland Center
- 11:30 THE 330 YARD LOW HURDLES Gold Room
 Lonnel Poole, Bloom Twp. High
 School, Illinois
- * HIGH JUMP - - Dr. Bert Lyle
 Room 128-130, Oakland Center
- 12:30 CLOSING REMARKS

* Denotes programs for beginning
Women and Men Coaches

PRE-REGISTRATION-----\$ 25.00

Includes: Clinic Clinic Notes
 Luncheon Banquet
 Door Prizes Hospitality
 Coffee and Rolls

REGISTRATION AT THE DOOR-----\$ 27.00

SEND PRE-REGISTRATION BEFORE JANUARY 5th, '76

TO: BOB KENT
 500 SCOTT LAKE ROAD
 PONTIAC, MICHIGAN 48054

Make Checks payable to MITCA

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CONGRATULATIONS ARE IN ORDER TO LOU MIRAMONTI
FOR THE VERY EXCELLENT JOB HE DID IN PLANNING
AND ARRANGING FOR THE THIRD ANNUAL CROSS
COUNTRY CLINIC AT LANSING, MICHIGAN ON NOV.
21st and 22nd. IT WAS A GREAT SHOW AND IF
YOU MISSED IT, YOU SHOULD MAKE UP FOR IT BY
OBTAINING A SET OF THE CLINIC NOTES. DON
BAESE PUT TOGETHER THE FINEST SET OF CLINIC
NOTES WE HAVE EVER HAD AT ANY CLINIC, TRACK
OR CROSS COUNTRY.

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 "It taught me many things. Each of
 us has a project that he or she want to do.
 What often stops us is the waiting for some-
 one to come along and wave a wand and make it
 come true. But there is no magic. The only
 one that can make it happen is you. It's
 amazing how much can be accomplished if you
 believe in what you want to do. The strength
 of your belief makes others believe."
 FROM: Reader's Digest by Joseph P. Blank