

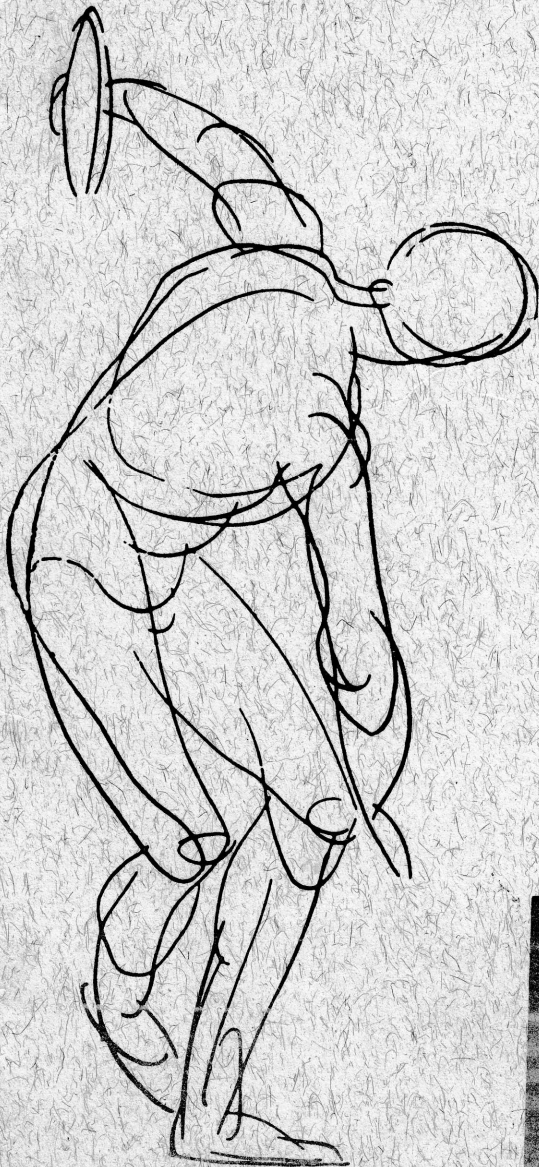
MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION  
AND  
UNITED STATES TRACK AND FIELD FEDERATION

# INDOOR CHAMPIONSHIPS OF MICHIGAN

7:00 p.m.

Friday

March 19, 1976



University of Michigan

Ann Arbor, Michigan



MEET DIRECTOR . . . . .

Charles Janke  
Jackson High School

GAMES COMMITTEE . . . . .

Don Lukens  
Kalamazoo Loy Norrix High School

Bob Bridges  
Dearborn High School

Norb Badar  
Flint Northern High School

Don Sleeman  
Ann Arbor Pioneer High School

Don Marsh  
Flint Kearsley High School

Marty Crane  
Flint Beecher High School

Karyn Cribley  
Grand Ledge High School

Bruce Waha  
Howell High School

Larry Wiltse  
Kearsley High School

Cordie Spender  
Flint Southwestern High School

## Time Schedule

- 6:45 All Field Events
- 7:00 High Hurdles - Boys Preliminary Heats
- 7:15 Low Hurdles - Girls Preliminary Heats
- 7:25 60 Yard Dash - Preliminary Heats
- 7:35 Mile Run - Girls
- 7:45 Mile Run - Boys
- 8:00 Awards - Mile Run
- 8:05 High Hurdle Finals - Boys
- 8:15 Low Hurdle Finals - Girls
- 8:20 Awards - Hurdles
- 8:25 Two Mile Relay
- 8:50 Awards - Two Mile Relay and Long Jump
- 8:55 Two Mile Run
- 9:20 Awards - Two Mile Run and Shot Put
- 9:25 880 Relay - Girls
- 9:35 Awards - 880 Relay and High Jump
- 9:40 60 Yard Dash Finals
- 9:45 Awards - 60 Yard Dash and Pole Vault
- 9:50 Mile Relay - Girls
- 10:00 Mile Relay - Boys
- 10:10 Awards - Mile Relay
- 10:15 Awards - Outstanding Performers

### AWARDS PRESENTED:

- First Place - Trophy
- Second thru Fifth - Medals



# FIELD EVENTS ENTRIES

## Shot Put

1. Mike Hetes	Pinery T.C.	7. Mark Mauch	Lumberjack T.C.
2. Mark Smith	Cranbrook T.C.	8. Tom Karlson	West Bloomfield T.C.
3. Jeff Hewitt	Warden ST. T.C.	9. Steve Brown	Jackson Northwest T.C.
4. John Mickley	West Bloomfield	10. Clark Schuler	Cranbrook T.C.
5. Dan Wellenzin	Grosse Pointe North T.C.	11. Mike Crowell	H.P. Wreck T.C.
6. Jack Price	Eagle T.C.	12. Dan Clark	Manchester T.C.
		13. Kevin Hansen	Farmington T.C.

RESULTS: 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

## High Jump

1. Mike Lattany	Flyer T.C.	7. Bob Smith	Midland T.C.
2. Bill Heath	Animal Farm T.C.	8. Tom Elzinga	Animal Farm T.C.
3. Mike Cawthon	Jackson T.C.	9. Steve Elliot	Sterling T.C.
4. Mark Petrykowski	H.P. Wreck T.C.	10. Rob Cummings	Carmon
5. Ken Humes	Grosse Pointe North T.C.	11. Freeman	Waroon ST T.C.
6. Ralph Smith	Pontiac Firebirds		

RESULTS: 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

## Long Jump

- |                  |                        |                     |                       |
|------------------|------------------------|---------------------|-----------------------|
| 1. Michael Moses | Pontiac Firebirds T.C. | 7. James Bond       | Kearsley T.C.         |
| 2. Tom Mahoney   | Bloomfield Hills T.C.  | 8. Larry Joanowski  | Rocket T.C.           |
| 3. Terry Long    | Hill Cats T.C.         | 9. Greg Fieten      | Seaholm T.C.          |
| 4. Robin Chaffin | Ram T.C.               | 10. Pat Fritch      | Dearborn Pioneer T.C. |
| 5. Tom Chapple   | Pontiac Firebirds T.C. | 11. Vance Gutierrez | Farmington T.C.       |
| 6. Willy Koenman | Saginaw T.C.           |                     |                       |

RESULTS: 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

## Pole Vault

- |                |                          |                    |                    |
|----------------|--------------------------|--------------------|--------------------|
| 1. Ted Dobson  | Indian Express T.C.      | 7. Kevin Lajiness  | Erie-Mason T.C.    |
| 2. Ralph Simon | Taylor Center T.C.       | 8. Joe Rand        | Titan T.C.         |
| 3. Rick Nacy   | Grosse Pointe North T.C. | 9. Gary Moran      | Taylor Center T.C. |
| 4. Tom Kovach  | Orchard Lake T.C.        | 10. Ron Chabot     | Husk T.C.          |
| 5. Kirk Morey  | Charlotte T.C.           | 11. Brett Williams | Husk T.C.          |
| 6. Dale Dunham | Flint Northern T.C.      |                    |                    |

RESULTS: 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

# TRACK EVENTS ENTRIES

## 60 Yard High Hurdles

### HEAT I

Lane	Entrant	Track Club
1	Ron White	Warden ST. T.C.
2	Tom Hargraves	R OK T.C.
3	David Beauchamp	Bay Glenn T.C.
4	Anthony Akins	Beecher T.C.
5	Tom Mahoney	Bloomfield Hills T.C.
6	Chris Lathon	Flint Northern T.C.
7	Calvin Williams	Green Machine T.C.
8	Matt Nelson	Lakeshore T.C.

### HEAT II

Lane	Entrant	Track Club
1	Richard Noland	Dearborn Pioneer T.C.
2	Martyniuk	Bishop Foley T.C.
3	Eddie Taylor	Flint Northern T.C.
4	Rob Cummings	Carmen T.C.
5	Joe Fuller	Eskies T.C.
6	Joe Hendrix	Indian Express T.C.
7	Dennis Smith	Pontiac Firebirds T.C.
8	Missina	Falcon T.C.

### HEAT III

Lane	Entrant	Track Club
1	Rodney Kryst	Trojan T.C.
2	Brian Hanson	Wayne T.C.
3	Buddy Mason	Pontiac Striders T.C.
4	Gary Hicks	Spartan T.C.
5	Larry Leniczek	Sterling Heights T.C.
6	Scott Proctor	Pontiac Northern T.C.
7	Jim Datte	Western T.C.
8	Greg Wescott	Ludington Striders T.C.

FINALISTS: 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_  
6. \_\_\_\_\_

RESULTS: 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

# 60 Yard Dash

## HEAT I

Lane	Entrant	Track Club
1	Calvin Carter	Murray-Wright T.C.
2	Jerry Malone	Pontiac Firebirds T.C.
3	Daryl Pruitt	Animal Farm T.C.
4	James Broughton	Green Machine T.C.
5	Keith Bailey	Inkster T.C.
6	Robert Roberts	Grosse Pointe T.C.

## HEAT II

Lane	Entrant	Track Club
1	Robert Bell	Clarkston T.C.
2	Stanley Young	DePorres T.C.
3	Lawrence Claxton	Tar T.C.
4	Denny Anderson	Jackson T.C.
5	Tom Brown	Animal Farm T.C.
6	James Siateczynski	Bloomfield Hills T.C.

## HEAT III

Lane	Entrant	Track Club
1	Bruce Chung	Sterling T.C.
2	James Davis	Green Machine T.C.
3	Marvin Johnson	Animal Farm T.C.
4	Dale Glenn	Eskies T.C.
5	Brian Houghton	DePorres T.C.
6	James Carr	Beecher T.C.

FINALISTS: 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_  
6. \_\_\_\_\_

RESULTS: 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

# Acknowledgements

A very special "Thank You" to all of the coaches who gave of their time to help make the three meets at the University of Michigan successful. Michigan high school track coaches again display their 'greatness'.

The Michigan Interscholastic Track Coaches Association wishes to thank the University of Michigan Athletic Department for their co-operation in making this meet and the qualifying meets possible - especially Jack Harvey, Ron Warhurst, and Greg Syphax.

## Two Mile Relay

- HEAT I
1. Grosse Pointe T.C.
  2. Pontiac Striders T.C.
  3. Bob Cat T.C.
  4. Cranbrook T.C.
  5. Motor City T.C.
  6. Kearsley T.C.
  7. Rockets T.C.

- HEAT II
1. Dearborn Pioneer T.C.
  2. Colts T.C.
  3. Pershing T.C.
  4. Titan T.C.
  5. Maple City Striders T.C.
  6. Beecher T.C.
  7. Spartan T.C.
  8. Carmen T.C.
  9. Warrior T.C.

RESULTS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



# One Mile Run-Boys

## HEAT I

- |                     |                          |
|---------------------|--------------------------|
| 1. Dan Heikinen     | Maple City Striders T.C. |
| 2. Paul Singer      | Saginaw T.C.             |
| 3. Cooper Tomlinson | Animal Farm T.C.         |
| 4. Sam James        | Highland Park T.C.       |
| 5. Bill Weidenbeck  | Grosse Pointe T.C.       |
| 6. Jeff Washburn    | Rochester T.C.           |
| 7. Dave Lurtsema    | River Rat T.C.           |

## HEAT II

- |                   |                   |
|-------------------|-------------------|
| 1. Kurt Smith     | Breckenridge T.C. |
| 2. Jeff Funk      | Warrior T.C.      |
| 3. Mike Lancral   | Taylor T.C.       |
| 4. Chuck Ronan    | Flamingo T.C.     |
| 5. Jeff Hes       | Plainwell T.C.    |
| 6. Dave Severance | Animal Farm T.C.  |
| 7. Ted Uneld      | Rocket T.C.       |
| 8. Mitch Long     | Grand Ledge T.C.  |
| 9. Joe Mardeusz   | Riverside T.C.    |
| 10. Charles Love  | Mason Sprinters   |
| 11. Dan Stark     | Warden ST. T.C.   |

# One Mile Run-Girls

## HEAT I

- |                      |                        |
|----------------------|------------------------|
| 1. Boyd              | Striders T.C.          |
| 2. Ella Willis       | Pershing T.C.          |
| 3. Rochelle Collins  | Motor City T.C.        |
| 4. Laurie Call       | Fleet Feet T.C.        |
| 5. Cheryl McFellrick | Adray T.C.             |
| 6. Sue Jarvic        | Adray T.C.             |
| 7. Kelly Spatz       | Saginaw T.C.           |
| 8. Peg Dyer          | Grand Ledge T.C.       |
| 9. Linda Florin      | Cougar T.C.            |
| 10. Marie Nesbitt    | Birmingham Groves T.C. |
| 11. Julie Voyles     | Flamingo T.C.          |
| 12. Janet Hammon     | Adray T.C.             |
| 13. Teresh Lawless   | Grand Ledge T.C.       |

## HEAT II

- |                     |                    |
|---------------------|--------------------|
| 1. Linda Moreno     | Grand Ledge T.C.   |
| 2. Janet Hammer     | Grosse Pointe T.C. |
| 3. Kim Webber       | Montrose T.C.      |
| 4. Wanda Stone      | Grand Blanc T.C.   |
| 5. Kathy DuBois     | Flamingo T.C.      |
| 6. Mary Gibbons     | Adray T.C.         |
| 7. Leann Dunklee    | Montrose T.C.      |
| 8. Mary Gibbs       | Adray T.C.         |
| 9. Mary Malye       | Adray T.C.         |
| 10. Leslie Shaw     | Jackson T.C.       |
| 11. Karesa McEhleny | Grosse Pointe T.C. |

## RESULTS:

- |          |          |
|----------|----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |
| 5. _____ | 5. _____ |

BOYS

GIRLS

# Two Mile Run

## HEAT I

1. Calvin McQueen Flint Norther T.C.
2. Dave Lewis Grosse Pointe T.C.
3. Paul Manza Warrior T.C.
4. Dave Hubbell Shamrock T.C.
5. Steve Johnson Forest Hill T.C.
6. Scott Stone Blue Jay T.C.
7. Dave Montgomery R OK T.C.

## HEAT II

1. Ed Ostrovich Northwest T.C.
2. Jeff Scott Animal Farm T.C.
3. Dave Denis Father Time T.C.
4. Mike White Jackson T.C.
5. Mark Kennedy Grosse Pointe T.C.
6. Tom Monahagan Ludington Striders T.C.
7. Robert Gould Northville T.C.
8. Dave Podsadecki Kearsley T.C.
9. Duane Stewart Pinery T.C.

RESULTS: 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

- ### HEAT I
1. Pershing T.C.
  2. Arday T.C.
  3. Motor City T.C.
  4. Detroit Central T.C.
  5. Eskies T.C.
  6. Run-A-Bouts
  7. Star Track T.C.

- ### HEAT II
1. Cougar T.C.
  2. Rocket T.C.
  3. Warden ST. T.C.
  4. Jackson T.C.
  5. Montrose T.C.
  6. Grand Ledge T.C.
  7. Murray-Wright T.C.

## 880 Relay-Girls

Cheryl - 25.3

Lisa G. - 50.9 (25.6)

Carmen - 1:15.4 (24.5)

Lisa W. - 1:41.3 (25.9)

RESULTS: 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

# One Mile Relay

## BOYS

### HEAT I

1. Spartan T.C.
2. Flint Northern T.C.
3. Beecher T.C.
4. Indian Express T.C.
5. Motor City T.C.
6. Warden ST. T.C.

### HEAT II

1. Tiger T.C.
2. Bob Cats T.C.
3. Kearsley T.C.
4. Grosse Pointe North T.C.
5. DePorres T.C.
6. Pontiac Firebirds T.C.

## GIRLS

### HEAT I

1. Detroit Central T.C.
2. Eskies T.C.
3. Motor City T.C.
4. Adray T.C.
5. Run-A-Bouts T.C.
6. Grand Ledge T.C.

### HEAT II

1. Montrose T.C.
2. Jackson T.C.
3. Cougar T.C.
4. Star Track T.C.
5. Ravens T.C.

Rochelle - 27.5 57.8  
 Kim - 1:55.8 - 58  
 Angela - 2:58 - 62.2  
 Lisa - ~~3:58.2 - 60.2~~  
           3:57.9 59.9

	BOYS	GIRLS
RESULTS:	1. _____	1. _____
	2. _____	2. _____
	3. _____	3. _____
	4. _____	4. _____
	5. _____	5. _____

# 60 Yard Low Hurdles

## HEAT I

Lane	Entrant	Track Club
2	Nancy Bowles	Cougar T.C.
3	Kenya McGlowan	Star Track T.C.
4	Ellen Dempse	Howell T.C.
5	Ann Cwick	Adray T.C.
6	Terry Wright	Star Track T.C.
7	Janet Sowell	Star Track T.C.
8	Lisa Gooding	Star Track T.C.

## HEAT II

Lane	Entrant	Track Club
2	Marburg	Pershing T.C.
3	Rhonda Sherwin	Cougar T.C.
4	Shelly Mason	Star Track T.C.
5	Kim Hatcher	Star Track T.C.
6	Eva Kruszewski	Star Track T.C.
7	Lisa Carmakei	Portage T.C.
8	Linda Lawrence	Star Track T.C.

### FINALISTS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

### RESULTS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

The programs for this event were designed and printed by students of the Production Printing class at Jackson High School, Jackson, Michigan, under the supervision of the instructor, Mr. Edward Prah.