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1/17/76

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NEWSLETTER

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NO. 1

MARCH 1976

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Flint Daly Jr. High

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W E L C O M E T O C O B O H A L L

NEWSLETTER EDITOR

Kermit N. Ambrose
Birmingham Seaholm

EIGHTEENTH ANNUAL MITCA CLINIC

Elmer Ball of Oxford High School and President of MITCA in 1975 came through in the fine style of the other Past Presidents, in directing the annual meeting and clinic at Oakland University last January. Tom Gauerke, President in 1976, has his work cut out for him in trying to surpass the work of Elmer and the other Past Presidents. It is amazing the degree of progress that has taken place since the first three clinics at Birmingham Seaholm High School.

Elmer, we thank you for all of your effort and work during the four years of serving on the MITCA Executive Board, starting as secretary, and then to Second Vice-President, First Vice-President and then President. You can look back to those four years and feel assured that your efforts have been appreciated by the Michigan members of MITCA and there should be a satisfying feeling of pride in your accomplishments. Again, we thank you.

1 9 7 6 M I T C A C O M M I T T E E S

President Tom Gauerke has name the following committees to function during 1976.

GIRLS TRACK AND FIELD

- Class "A" Larry Grow-----Traverse City
Woody Thomas-----Detroit Central
- Class "B" Jackie Bilsborrow-----Coldwater
- Class "C" Fred Hunt-----Capac
Judy Recker-----Fowlerville
- Class "D" Terry Briggs-----Hesperia
Delores Gardner-----Saranac

BOYS TRACK AND FIELD

- Class "A" Al Kayner-----Bay City Central
Bob Holmes-----Livonia Franklin
- Class "B" Jack Grant-----Sturgis
Frank Grimm-----Wyoming Park
- Class "C" Mike McCormick-----U. S. A.
Howard Roberson-----Bath
- Class "D" Bruce Garland-----Suttons Bay
Chuck King-----Concord

BOYS CROSS COUNTRY

- Class "A" Norb Badar-----Flint Northern
Chuck Janke-----Jackson
- Class "B" Pat Arpino-----Jackson Lumen Chris.
Gary Powers Bishop Gallagher
- Class "C" Larry Steeb-----Manchester
Don Baese-----Carson City Crystal
- Class "D" Tom Swanson-----Potterville

JUNIOR HIGH

- Dave Thiel-----Flint
- Fred Hortsman-----Ludington
- Scott Clay-----Greenville
- George Geysenhaver-----Lakeville
- Art Link-----West Bloomfield

TRI-STATE

Roger Shepler--Pontiac Central

A.A.U. X.C.

Jerry Young-----Farmington

COACH OF THE YEAR

- Track Lee Averill-----West Bloomfield
- Cross Country Don Sleeman--A. A. Pioneer

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION

Febr. 3, 1976

Mr. Tom Gauerke, Track Coach
Grosse Pointe North High School
707 Vernier
Grosse Pointe Woods, Michigan 48236

Dear Tom:

It has been brought to the attention of this office that the Dominican Republic is interested in employing a male track coach, preferably single, with experience. The salary for this coach will be approximately \$625-\$700 a month. They are willing to issue a one year contract and pay moving expenses to the Dominican Republic. Interested parties should contact Mr. Robert VanDyke after 3:00 p.m. I do not have a mailing address for Mr. VanDyke but his phone number is as follows: A.C. (313) 422-2464.

This information is being forwarded to you because it is felt that it may be of interest to members of MITCA. You may desire to in-

clude this in your next mailing to coaches.

Sincerely,
/S/ Lonnie
LONNIE D. LOWERY
ASSISTANT DIRECTOR

LDL/lis

BIG TEN INDOOR TRACK AND FIELD CHAMPIONSHIPS

Michigan-----	62
Wisconsin-----	50 $\frac{1}{2}$
Illinois-----	38 $\frac{1}{2}$
Indiana-----	32
Purdue-----	22
Ohio State-----	13
Michigan State-----	12
Iowa-----	11
Minnesota-----	9
Northwestern-----	6

TWO MILE RUN

2. Herb Lindsey	8:45.6	M.S.U.
Reed City High School		
3. Dan Visscher	8:52.9	Ind.
Dearborn High School		
4. Greg Meyer	8:53.0	Mich.
Grand Rapids West Catholic		

ONE MILE RUN

2. Herb Lindsey	4:04.8	M.S.U.
Reed City High School		
4. Steve Elliott	4:07.5	Mich.
Pontiac Central High School		
6. Stan Mavis	4:08.1	M.S.U.
Indiana High School		

SHOT PUT

5. R. E. Foss	53' 11"	Mich.
Mason High School		

440 YARD DASH

2. Harlan Huckleby	:48.9	Mich.
	:48.6 (Prelims)	
Detroit Cass Tech		

880 YARD RUN

1. Dave Furst	1:48.6	Mich.
New Meet Record		
Niles Brandywine High School		

60 YARD DASH

2. Doug Hennigar	:06.2	Mich.
Ann Arbor Pioneer High School		

70 YARD HIGH HURDLES

4. Charles Crouther	:08.5	Mich.
Grand Blanc High School		
6. Howard Neeley	:08.5	M.S.U.
Lansing Everett High School		

600 YARD RUN

1 (Tie) Dave Williams	1:10.1	Mich.
Muskegon High School		
5. Tim Klein	1:11.9	M.S.U.
High School ?		

300 YARD DASH

2. Doug Hennigar	:30.8	Mich.
Ann Arbor Pioneer		

5. Charles Crouther	:31.6	Mich.
Grand Blanc High School		

1000 YARD RUN

3. Mark Foster	2:10.4	Mich.
Ann Arbor Huron High School		

POLE VAULT

1. Jim Stokes	16' 6"	Mich.
Flint Kearsley High School		

THREE MILE RUN

1. Mike McGuire	13:20.7	Mich.
New Meet Record		
Farmington High School		
3. Bill Donakowski	13:35.0	Mich.
Dearborn Hts. Riverside H. S.		

TRIPLE JUMP

2. Abe Butler	49' 5 $\frac{3}{4}$ "	Mich.
Nassau, Bahamas		

HIGH JUMP

3. Doug Gibbs	6' 11"	Mich.
Flint Northwestern High School		

ONE MILE RELAY

1. Harlan Huckleby	3:15.8	Mich.
Cass Tech High School		
James Grace		
Detroit Mumford High School		
Jeff McLeod (Jamaica)		
Dave Williams Muskegon High		
3. Michigan State Runners Unknown		

1976 TRI-STATE SELECTION COMMITTEE

Chairman: Roger Shepler	-----Pontiac Central
Duane Raffin	-----Holly High School
Don Marsh	-----Flint Kearsley
Norb Badar	-----Flint Northern
Don Sleeman	-----Ann Arbor Pioneer
Robert Stallcup	-----Grand Blanc
Mike McCormick	-----Unionville
Woody Thomas	-----Detroit Central

1976 GIRL TRACK AND FIELD INVITATIONALS

April 9	Spartan Relays-MSU-Open Class
April ?	Bishop Borgess
April ?	Miss Rail Splitters-Lincoln Park
April ?	Chip Relays (Limited events)
April 30	2-Mile Run (Girls)
	4-Mile Relay (Boys)
May 1	Detroit Central-Open Class
May 7	Haslett (5PM) B & C
May 8	West Bloomfield Invitational (Open)
May 8	Eaton Rapids B & C
May ?	C. S. Mott Relays (Limited Events)
May 14	Oscoda - Not Class A
May 28	Alma Lassie Relays A-B/C-D
Anyone sponsoring an invitational should contact: Karyn S. Cribley, Grand Ledge H.S.	
225 West Kent Street	
Grand Ledge, Mich. 48837	

COBO HALL ONE MILE RELAY QUALIFICATIONS

DETROIT - PRIVATE - PAROCHIAL

Detroit Cass Tech.....	3:30.4
Detroit Northwestern.....	3:31.4
Detroit Pershing.....	3:31.5
Detroit Mumford.....	3:32.7
Detroit St. Martin de Porres.....	3:32.8
Detroit Cooley.....	3:34.1
Bloomfield Hills Cranbrook.....	3:34.3
Detroit Northern.....	3:35.7
Detroit Redford.....	3:36.7
Birmingham Brother Rice.....	3:36.8
Detroit Central.....	3:37.5
Detroit Lutheran West.....	3:40.2
Detroit Kettering.....	3:46.4
Pontiac Catholic.....	3:53.5

SUBURBAN

Pontiac Central.....	3:29.0
Dearborn High.....	3:31.5
Westland John Glenn.....	3:33.7
Ypsilanti.....	3:34.3
Warren Cousino.....	3:35.0
Grosse Pointe North.....	3:35.2
Dearborn Edsel Ford.....	3:36.1
Ann Arbor Huron.....	3:36.3
Mt. Clemens Clintondale.....	3:36.4
Garden City West.....	3:37.2
Milford High.....	3:37.6
Livonia Franklin.....	3:40.0
Livonia Churchill.....	3:40.5
Ann Arbor Pioneer.....	3:40.8
Birmingham Groves.....	3:40.8
Livonia Bentley.....	3:41.3
River Rouge.....	3:41.4
Taylor Truman.....	3:41.7
Trenton.....	3:43.0
Belleville.....	3:43.6
Taylor Center.....	3:46.7
Romulus.....	3:50.9

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

8:38 Suburban High School Mile Relay
 9:18 Detroit-Private-Parochial Mile Relay

<u>HURON RELAYS</u> -----Eastern Michigan Uni.-----	March 26-27
<u>SPARTAN RELAYS</u> -----Mich. State Uni.-----	April 02-03
<u>MANSFIELD RELAYS</u> ----- (Ohio)-----	April 09-10
<u>CENTRAL RELAYS</u> -----Cent. Mich. Uni.-----	April 30-01
<u>MOTT RELAYS</u> -----Flint Northwestern-----	May 7th
<u>REGIONALS</u> -----	May 21-22
<u>STATE CHAMPIONSHIPS</u> -----	June 5th
<u>TRI-STATE CHAMPIONSHIPS</u> -----Fort Wayne-----	June 12th
<u>OLYMPIC TRIALS</u> -----Eugene, Oregon-----	June 19-27
<u>OLYMPIC GAMES</u> -----Montreal-----	July 23-31
<u>NCAA CHAMPIONSHIPS</u> -----Philadelphia-----	June 01-05
<u>AAU CHAMPIONSHIPS</u> -----Inglewood-----	June 11-12

U S T C A PICKS COACHES OF THE YEAR

The members of the United States Track Coaches Association voted on their annual picks for indoor, outdoor and cross country coaches of the year, while at the NCAA convention at St. Louis, Missouri in early January.

Ted Banks, coach at UTEP pulled off a first ever clean sweep of the three championships. Usually the winner in each category is named the coach of the year in that sport. The indoor honors were voted to Bob Timmons of Kansas, runner-up at Cobo last year and the vote went to Harry Groves of Penn State in Cross Country. Ted Banks was voted the outdoor coach of the year.

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OHIO DISCUS PERFORMANCES IN 1975

The following distances are taken from the OHIO TRACK AND FIELD which is dedicated to better times and published in Cleveland, Ohio. Your newsletter editor had a feeling that it would be of interest to Michigan coaches to know a little about what to expect for this coming season with the advent of "The Discuss" on the program for high school track.

| <u>CLASS AAA</u> | <u>CLASS AA</u> | <u>CLASS A</u> | <u>GIRLS</u> |
|------------------|-----------------|----------------|--------------|
| 174' 1 1/2" | 181' 0" | 147' 7" | 133' 10" |
| 171' 8" | 173' 0" | 147' 0" | 114' 2" |
| 169' 0" | 171' 3" | 145' 3" | 111' 3" |
| 168' 3 1/2" | 167' 0" | 145' 2" | 100' 0" |
| 167' 10" | 163' 8 1/2" | 144' 9" | 100' 0" |
| 166' 6 1/2" | 159' 8" | 144' 9" | |
| 165' 0" | 157' 11" | 144' 0" | |
| 164' 9" | 157' 4" | 144' 0" | |
| 162' 11" | 154' 0" | 142' 10" | |
| 161' 11" | 151' 6" | 142' 9" | |
| 160' 6" | 151' 4" | 142' 0" | |
| 159' 2" | | | |
| 158' 10" | | | |

COACHES KEEP THIS IN MIND WHEN MEASURING DISCUS THROWS

Distances are measured to one-half inches only. There are no quarter inch or eights of an inch involved.

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

DWAYNE STROZIER-----UNIVERSITY OF ARIZONA

A note from Mike Vance of Flint Central High School included the following information on Dwayne, one of the great high school dash men in Michigan. (Class of 1975) Flint Powers

| | | |
|----------------|------------|---|
| <u>Indoor</u> | :06.1 | 60 Yard Dash |
| | :30.6 | 300 Yard Dash (School Record) |
| <u>Outdoor</u> | Febr. 21st | Uni. of Arizona vs Occidental at Tuscon |
| | :20.3w | 200 meters 8.5 mph |
| | :40.1 | 400 meter relay (2nd leg) |

TO: MITCA Members

FROM: Jack Grant

The MITCA Boys and Girls Rules Committees held a meeting on October 3, 1976. The main item of business was the order of events for this spring. Read carefully, the Limitation of Competition on pages 46 and 47 of the MHSAA Handbook, section 10 (E). You will note that a (5) 2 miler may run one other event, and that all other runners are treated the same (1). This means 3 running events. If you run 440 or more, there must be 2 intervening events. The boys will also have the 330 L.H. instead of the 180 L.H. The Committees generally thought that a new order was needed to make the best use of the limitation. We also realize that not everyone will be happy with a new order, because of individual team personnel, and we have not experienced coaching under it.

It was recommended by the Representative Council that the 2 mile run be first. The MHSAA Rules Committee will meet on December 6 to make the decision on the order of events. Members of this committee will be in the October Bulletin.

Coaches should keep in mind that many leagues are running the boys and girls meets together, and the two 2 miles make the meet last a long time. Some feel that this is bad for our sport from a spectator standpoint. Others feel that the 2 mile is a good event for later in the meet from a rest standpoint. Please take these into consideration.

We should also realize that the order adopted this year will probably have to be changed next year because these limitation changes are new to all of us, and we will have a better understanding after a year of use.

Please fill out the enclosed postcard and return it to me as soon as possible. Please vote for one choice, even if you have your own. Our Committees will meet again at the MITCA Cross Country Clinic.

| | |
|----------------|--------------|
| <u>PRESENT</u> | "A" |
| 880 Relay | 2 Mile (G) |
| 880 Run | 330 L.H. |
| 120 H.H. | 2 Mile (B) |
| Mile Run | 880 Relay |
| 100 Dash | 880 Run |
| 440 Dash | 100 Dash |
| 330 L.H. | 110 L.H. (G) |
| 2 Mile | 120 H.H. (B) |
| 220 Dash | 440 Dash |
| Mile Relay | Mile Run |
| 440 Relay | 440 Relay |
| | 220 Dash |
| | Mile Relay |

| |
|--------------|
| "B" |
| 880 Run |
| 880 Relay |
| 330 L.H. |
| 100 Dash |
| Mile Run |
| 440 Dash |
| 440 Relay |
| 110 L.H. (G) |
| 120 H.H. (B) |
| 2 Mile |
| 220 Dash |
| Mile Relay |

| |
|--------------|
| "C" |
| 330 L.H. |
| 2 Mile |
| 880 Relay |
| 880 Run |
| 100 Dash |
| 110 L.H. (G) |
| 120 H.H. (B) |
| 440 Dash |
| Mile Run |
| 220 Dash |
| Mile Relay |
| 440 Relay |

The rationale for the difference between choices "A" and "C" is that if the boys and girls do not compete together the boys meet would start with the 330 L.H., which would make for a more efficient meet, in that the hurdles can be set up well in advance of the meet. This will save considerable time by not waiting for the hurdles to be set up after the boys 2 mile. The girls meet would start with the 2 mile, followed by the 880 relay.

ANY MITCA MEMBER INTERESTED IN BEING ON THE JUNIOR HIGH COMMITTEE FOR 1977 CONTACT DAVE THIEL AT THE CROSS COUNTRY CLINIC OR BY MAIL:

DAVE THIEL
415 South Davison Street
Davison, Michigan 48423

There will be a Junior High Committee Meeting on Friday night, November 19th, 1976 at the time of the Cross Country Clinic at the Lansing Hilton.

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ANN ARBOR PIONEER FRESHMAN, SOPHOMORE AND JUNIOR VARSITY INVITATIONAL

Thursday, November 4th, 1976
Ann Arbor Pioneer Campus, 601 Stadium Drive
4:00-----Freshmen
4:30-----Sophomores
5:00-----Junior Varsity

(Anyone not in State Meet)

Anyone welcome - - It would help if coaches would call (994-2151) or write saying they will attend and the number of runners for each race.

No team award. Individual ribbons to the top fifteen in each race. NO ENTRY FEE

MANAGER - - Don Sleeman, Cross Country Coach
Ann Arbor Pioneer High School
Ann Arbor, Michigan 48103

+ * + * + * + * + * + * + * + *

330 YARD LOW HURDLES

45 meters to the first hurdle and
35 meters between each hurdle

Since most tracks are 110 yards on the straight and 110 yards on each curve, it has been suggested that this race start at the beginning of the back straight-away and continue around one curve and finish at the end of the front straight-away.

+ * + * + * + * + * + * + * + *

FURON RELAYS MARCH 25th & 26th, 1977

SPARTAN RELAYS APRIL 1st & 2nd, 1977

Write in "PRESENT" on the card if you prefer the present order over "A" or "B" or "C"

FOURTH ANNUAL MITCA CROSS COUNTRY CLINIC

Friday and Saturday, November 19 & 20, 1976
 The Lansing Hilton, 7501 W. Saginaw, Lansing
 \$22.00 - - Single \$27.00 - - Double
 This is a football week-end in East Lansing
 so get your reservations in as soon as possible.
PHONE: 1 (517) 627-3211
ZIP CODE: Lansing 4 8 9 1 9

FRIDAY PROGRAM:

2:00 - Registration
 3:00 - Cross Country Meet Management
 Norb Badar - Flint Northern H. S.
 Duane Raffin - Holly H. S.
 Gordon Spencer - Flint S.W. H. S.
 4:00 - The Athletes Viewpoint
 Several College level athletes
 will discuss the training, motivational
 and psychological aspects
 of running.
 6:30 - Dinner
 9:00 - Hospitality Hour

SATURDAY PROGRAM:

8:00 - Registration
 8:30 - X.C. Business Meeting
 9:30 - Pre-race Warmup
 Dr. John Powell - Uni. of Guelph
 Professor of Human Kinetics
 Author of many technical articles
 Former Olympic Coach
 10:30 - Training and Monitoring Beginning
 Runners
 Roger Hanson - Eisenhower High
 Plus a panel of assistants
 11:15 - Weight Training for the Distance
 Runner
 Dr. John Powell
 12:30 - Closing Remarks

+ * + * + * + * + * + * + * + * +

P R E R E G I S T R A T I O N F O R M

NAME _____

HOME ADDRESS _____

CITY _____

HOME PHONE NUMBER _____ ZIP _____

SCHOOL _____

SCHOOL ADDRESS _____

SCHOOL PHONE NUMBER _____ ZIP _____

CHECK APPROPRIATE SPACE

M I T C A M E M B E R

Friday & Saturday
 \$18.00....._____

Saturday Only
 \$12.00....._____

NON MEMBER

Friday & Saturday
 \$20.00....._____

Saturday only
 \$12.00....._____

PRE REGISTRATION MITCA MEMBERS \$18:00

Includes: Clinic Clinic Notes
 Banquet Hospitality
 Door Prizes Coffe & Rolls
 Coach of the Year Awards

NON-MEMBERS-----\$20.00

REGISTRATION AT THE DOOR-----\$20.00

NON-MEMBERS-----\$20.00

SATURDAY ONLY---Members---Non-Members--\$12.00

SEND PRE-REGISTRATION TO:

Bob Kent
 500 Scott Lake Road
 Pontiac, Michigan 48054

Make your checks payable to MITCA

+ * + * + * + * + * + * + * + * +
1 9 7 6 T R I - S T A T E M E E T

1. Ohio.....157½
2. Michigan.....149
3. Indiana.....141½

It will be a quadrangular meet next year

Illinois will join the original three

Two entries per State in the flat races.
 One Relay Team per State
 Three entries per State in remaining events.

+ * + * + * + * + * + * + * + * +
1 9 7 6 S A T E F I N A L C R O S S C O U N T R Y C H A M P I O N S H I P S

| | | |
|------------------|-------|---------------------|
| <u>UPPER</u> | A-B | Marquette Golf and |
| <u>PENINSULA</u> | C | Country Club |
| | D | |
| <u>LOWER</u> | A & D | Indian Trails Golf |
| <u>PENINSULA</u> | | Course Grand Rapids |
| | B & C | Green Valley Golf |
| | | Course Sturgis |

CLASS "C" ALL-STATE CROSS COUNTRY TEAM-----1976

| | |
|---------|-------------------------------------|
| 15:33.2 | * Martin Schulist-----Whitehall |
| 15:42.7 | Ed LaBair-----Mayville |
| 15:48 | * Richard Friday-----Montague |
| 15:49 | Dan Heslip-----Manchester |
| 15:52 | Steve Grimm----- |
| | -----Grandville Calvin Christian |
| 15:54 | Dave Maclean---Mason County Central |
| 15:55 | Jerry Curtis-----Akron Fairgrove |
| 15:55 | Dale Hool-----Mayville |
| 15:55 | Kirk Smith-----Breckenridge |
| 15:58 | * Wally Drenth-----Charlovoix |
| 16:00 | Ron Buchanan----- |
| | -----Allen Park St. Frances Cabrini |
| 16:00 | * Richard Poppe----- |
| | -----Western Michigan Christian |
| 16:01 | Dave Crnkite-----Breckenridge |
| 16:02 | Leo Kennedy-----Breckenridge |
| 16:02 | * Brad Shaw-----Addison |
| 16:02 | Dale Tarrant-----Bath |
| 16:02 | Dave Wilson-----DeWitt |
| | - * - * - * - * - * - * - |

CLASS "B" ALL-STATE CROSS COUNTRY TEAM-----1976

| | |
|---------|--|
| 15:25.3 | * Jerry Donakowski--Dearborn Riverside |
| 15:32 | * Steve Swarts-----Port Huron Central |
| 15:34.8 | Kim Schuman-----New Boston Huron |
| 15:36 | Neal Toward---New Boston Anchor Bay |
| 15:38 | Kraig Morrison-----Mason |
| 15:39 | Tom Slocum-----Fremont |
| 15:39 | * Kevin Marcy---Dearborn Divine Child |
| 15:39 | Dave Ball--Battle Creek Harper Creek |
| 15:41 | * Curtis Walker-----Wyoming Park |
| 15:43 | Dave Hartman-----Sturgis |
| 15:43 | * Dan Skinner-----Hartland |
| 15:46 | Kris Healy----- |
| | -----Harper Woods Bishop Gallagher |
| 15:46 | * Chris Gilbert-----Fenton |
| 15:48 | * Clay Price-Saginaw Douglas MacArthur |
| 15:52 | Mark Poelman-----Wyoming Rogers |
| | - * - * - * - * - * - * - |

* Runners in Individual Race
- * - * - * - * - * - * -

CENTRAL COLLEGIATE CONFERENCE CHAMPIONSHIPS
KENT, OHIO SAT., OCTOBER 30, 1976

| | | | | | | |
|------------------|----|----|----|----|--------|---------------------------|
| Michigan | 2 | 6 | 7 | 13 | 20---- | 48 |
| Penn State | 1 | 9 | 12 | 14 | 15---- | 51 |
| Bowling Green | 4 | 11 | 23 | 27 | 29---- | 94 |
| Western Michigan | 3 | 22 | 25 | 26 | 32---- | 108 |
| Eastern Michigan | 8 | 10 | 31 | 45 | 46---- | 140 |
| Air Force | 16 | 19 | 35 | 36 | 41---- | 147 |
| Pittsburgh | 5 | 28 | 33 | 34 | 49---- | 149 |
| Notre Dame | 17 | 44 | 55 | 66 | 67---- | 219 |
| Illinois State | 24 | 43 | 51 | 53 | 57---- | 228 |
| Kent State | 30 | 47 | 54 | 58 | 60---- | 249 |
| Toledo | 48 | 58 | 68 | 72 | 73---- | 320 |
| DePaul | | | | | | Ran 3 men only |
| | | | | | | - * - * - * - * - * - * - |

"I'm sick and tired of arguing with you over borrowing the car," yelled the irate father to his teenage son. "So from now on I'm just going to take it!"

STATE CHAMPIONSHIPS
STURGIS

CLASS "B"
SAT., NOVEMBER 6, 1976

| | | | | | | | |
|--|----|----|-----|-----|-----|-----|---------------------------|
| 1. Fremont----- | | | | | | | 54 |
| | 4 | 9 | 10 | 13 | 18 | 69 | 86 |
| 2. Detroit Austin Prep----- | | | | | | | 129 |
| | 14 | 21 | 22 | 35 | 37 | 109 | 132 |
| 3. Holly----- | | | | | | | 196 |
| | 11 | 41 | 43 | 48 | 53 | 54 | 61 |
| 4. Rockford----- | | | | | | | 203 |
| | 16 | 26 | 38 | 55 | 68 | -- | -- |
| 5. New Boston Huron----- | | | | | | | 218 |
| | 1 | 24 | 27 | 64 | 102 | 124 | 134 |
| 6. Mason----- | | | | | | | 225 |
| | 3 | 36 | 39 | 46 | 101 | 113 | 122 |
| 7. Holt----- | | | | | | | 227 |
| | 25 | 28 | 31 | 60 | 83 | 124 | 133 |
| 8. Wyoming Rogers----- | | | | | | | 236 |
| | 8 | 17 | 50 | 79 | 82 | 91 | 108 |
| 9. Battle Creek Harper Creek----- | | | | | | | 241 |
| | 5 | 19 | 51 | 70 | 96 | 121 | 140 |
| 10. Sturgis----- | | | | | | | 248 |
| | 6 | 20 | 40 | 89 | 93 | 105 | 114 |
| 11. New Baltimore Anchor Bay----- | | | | | | | 282 |
| | 2 | 12 | 61 | 87 | 120 | 131 | 135 |
| 12. Zeeland----- | | | | | | | 284 |
| | 15 | 47 | 72 | 73 | 77 | 95 | 106 |
| 13. Carlton-Airport----- | | | | | | | 308 |
| | 42 | 45 | 59 | 65 | 97 | 111 | --- |
| 14. Flint Powers----- | | | | | | | 317 |
| | 34 | 58 | 66 | 78 | 81 | 90 | --- |
| 15. Plainwell----- | | | | | | | 335 |
| | 32 | 63 | 71 | 75 | 94 | 103 | 136 |
| 16. Kelloggsville----- | | | | | | | 343 |
| | 30 | 44 | 52 | 99 | 118 | 139 | --- |
| 17. Alma----- | | | | | | | 357 |
| | 23 | 56 | 76 | 92 | 110 | 116 | 130 |
| 18. Harper Woods Bishop Gallagher----- | | | | | | | 374 |
| | 7 | 74 | 80 | 88 | 125 | 127 | --- |
| 19. Greenville----- | | | | | | | 394 |
| | 29 | 33 | 100 | 115 | 117 | 126 | 129 |
| 20. Flint Hamady----- | | | | | | | 439 |
| | 57 | 67 | 84 | 112 | 119 | 137 | 138 |
| 21. Flint Ainsworth----- | | | | | | | 443 |
| | 49 | 85 | 98 | 104 | 107 | 128 | --- |
| | | | | | | | - * - * - * - * - * - * - |

CENTRAL COLLEGIATES

| | | |
|---------------|-------------|---------|
| 2. Meyer | Michigan | 24:19.2 |
| 3. Duits | W. Michigan | 24:43 |
| 6. Donakowski | Michigan | 24:50 |
| 7. Elliott | Michigan | 24:51 |
| 8. Caruso | E. Michigan | 24:54 |
| 10. Deren | E. Michigan | 25:02 |
| 13. McFee | Michigan | 25:12 |
| 20. Heikkinen | Michigan | 25:22 |
| 21. Foster | Michigan | 25:23 |
| 22. Zylstra | W. Michigan | 25:24 |
| 25. Bell | W. Michigan | 25:28 |
| 26. Savicke | W. Michigan | 25:30 |
| 31. Goodman | E. Michigan | 25:36 |
| 32. Johnson | W. Michigan | 25:36 |

1st ANNUAL MID-AMERICA CONFERENCE CROSS COUNTRY CHAMPIONSHIPS
MUNCIE, INDIANA
SATURDAY, NOVEMBER 6th, 1976

| | | | | | | |
|-------------------|----|----|----|----|--------|-----|
| Western Michigan | 5 | 6 | 10 | 19 | 22---- | 62 |
| Bowling Green | 3 | 11 | 14 | 17 | 18---- | 63 |
| Eastern Michigan | 1 | 4 | 9 | 29 | 33---- | 76 |
| Ball State # | 7 | 8 | 13 | 20 | 28---- | 76 |
| Miami | 15 | 16 | 21 | 26 | 39---- | 117 |
| Ohio University | 24 | 25 | 30 | 31 | 46---- | 156 |
| Central Michigan | 12 | 34 | 40 | 42 | 43---- | 171 |
| Kent State | 2 | 38 | 45 | 48 | 53---- | 186 |
| Northern Illinois | 23 | 27 | 36 | 52 | 56---- | 194 |
| Toledo | 44 | 47 | 55 | 60 | 62---- | 268 |

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

| | | |
|--------------------|-----|-------|
| 1. Joe Caruso | EMU | 31:28 |
| 4. Jim Deren | EMU | 31:51 |
| 5. Greg Savicke | WMU | 31:55 |
| 6. Jeff Zylstra | WMU | 32:01 |
| 9. Dennis Kurtis | EMU | 32:06 |
| 10. Dennis Bell | WMU | 32:06 |
| 12. Steve Banovic | CMU | 32:11 |
| 19. Mike Johnson | WMU | 32:31 |
| 22. Steve Bunn | WMU | 32:37 |
| 29. Maurice Weaver | EMU | 32:54 |
| 33. Brian Penn | EMU | 33:06 |
| 34. Paul Zucker | CMU | 33:12 |
| 40. Greg Harger | CMU | 33:32 |
| 41. Ed Grabowski | EMU | 33:34 |
| 42. Bob Bair | CMU | 33:44 |

Eastern Michigan 3rd - Tie broken by dropping 5th man.

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

ILLINOIS HIGH SCHOOL ASSOCIATION CHANGES FORMAT FOR TRACK (Sunday Chicago Tribune) 11/14

The Illinois High School Association has legislated a series of changes to become effective the spring of 1977. The IHSA Board of Directors, at its meeting Oct. 31 approved the following Changes:

1. The 880 yard relay has been eliminated from the order of events, leaving the following relay events to be contested; 440, mile and 2-mile.
2. Beginning in 1980, competition in all levels of the State Meet Series will be conducted under the metric system, provided the change is approved for the National Federation rules.

Skip Stolley, head track coach at south suburban Thornridge High School expressed his views on the rules Changes. "Taking out the 880-relay adds more balance to the state meet," he said. "It used to be that four good sprinters could win the state for you by controlling the 100, 220, 440, 440 relay, 880 relay and maybe the mile relay. Now it'll be less sprint dominated."

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

"Growing old isn't so bad, especially if you consider the alternative."

FIFTH ANNUAL NCAA DISTRICT IV CROSS COUNTRY CHAMPIONSHIPS
UNI. OF ILLINOIS 11/13/76

| | | | | | | | | |
|-----------------|-----|----|----|----|----|----|------------------|-----|
| Illinois | 1 | 6 | 11 | 14 | 15 | 18 | 45---- | 47 |
| Michigan | 4 | 5 | 12 | 22 | 53 | 74 | 85---- | 96 |
| Wisconsin | 7 | 8 | 17 | 28 | 38 | 40 | 44---- | 98 |
| Minnesota | 9 | 13 | 23 | 27 | 39 | 47 | 56---- | 111 |
| Eastern Mich. | 10 | 21 | 30 | 31 | 41 | 50 | 61---- | 133 |
| Michigan St. | 2 | 19 | 20 | 37 | 84 | 91 | ---- | 162 |
| Bowling Green | 25 | 26 | 29 | 36 | 48 | 64 | 77---- | 164 |
| West. Mich. | 3 | 33 | 35 | 46 | 51 | 59 | 82---- | 168 |
| Ball State----- | 224 | | | | | | Ill. State----- | 294 |
| Notre Dame----- | 298 | | | | | | Cleveland St.--- | 315 |
| Ohio Uni.----- | 349 | | | | | | Miami Uni.----- | 354 |
| Butler----- | 447 | | | | | | | |

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

DISTANCE-----10,000 METERS

| | | |
|--------------------|-------------|---------|
| 1. Craig Virgin | Illinois | 29:04.4 |
| 2. Herb Lindsay | Mich. State | 29:21 |
| 3. Tom Duits | W. Michigan | 29:38 |
| 4. Greg Meyer | Michigan | 29:42 |
| 5. Bill Donakowski | Michigan | 29:42 |
| 10. James Deren | E. Michigan | 30:14 |
| 12. Steve Elliott | Michigan | 30:18 |
| 19. Stan Mavis | Mich. State | 30:32 |
| 20. Paul Morrison | Mich. State | 30:34 |
| 21. Joseph Caruso | E. Michigan | 30:37 |
| 22. Bruce McFee | Michigan | 30:39 |
| 30. Rick Goodman | E. Michigan | 30:51 |
| 31. Dennis Kurtis | E. Michigan | 30:53 |
| 33. Dennis Bell | W. Michigan | 30:58 |
| 35. Jeff Zylstra | W. Michigan | 31:02 |
| 37. Jeff Pullen | Mich. State | 31:03 |
| 40. Jeff Randolph | Wisconsin | 31:07 |
| 41. Ed Grabowski | E. Michigan | 31:07 |
| 46. Greg Savicke | W. Michigan | 31:18 |

118 Runners Completed the race

| | | |
|----------------------------|-------|------|
| Craig Virgin's Mile Splits | 4:35 | 4:35 |
| | 9:16 | 4:41 |
| | 13:58 | 4:42 |
| | 18:45 | 4:47 |
| | 23:21 | 4:46 |
| | 28:10 | 4:39 |
| | 29:04 | :54 |

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

1976-77 M.H.S.A.A. TRACK AND FIELD COMMITTEE MEETING-----Monday, December 6, 1976

| | |
|-----------------------------|-------------------------|
| Brenda Ballor (C)----- | Lincoln-Alcona |
| Duane Bryner (C)----- | New Haven |
| Karyn Cribley (C)----- | Grand Ledge |
| Jerry Cvengros (AD)----- | Escanaba |
| Nancy Estes (C)----- | Ida |
| Jennifer Gunderson (C)----- | Alanson Littlefield |
| Georgia Hall (C)----- | Kalamazoo Central |
| Steve Johnson (C)----- | Warren C. S. Mott |
| Gary Jozwiak (C)----- | Midland |
| Tom Kearney (C)----- | Birmingham Groves |
| Sylvia McCann (C)----- | Detroit Chadsey |
| Robert McCullough (C)----- | Boyne City |
| Mike Popson (C)----- | Birmingham Brother Rice |

(Nest Page Please)

(Track & Field Rules Committee Continued)
 Fred Price (C)-----Livonia Churchill
 Carol Seavoy (C)-----L'Anse
 Nellie Simmons (C)-----Ithaca
 Levi Simpson (C)-----Ypsilanti
 William Taylor (C)-----Comstock Park
 Allen Tellis (C)-----Detroit Pershing
 Ron Waldvogel (C)-----St. Joseph
 - * - * - * - * - * - * - *

called after the retreating animal. "you know, we don't get many bears in here." "Frankly," replied the bear, "at \$4.95 a beer, you're lucky you get any customers at all!"

- * - * - * - * - * - * - * -
 "It is easy to coach a winner - indeed the times seem only to care for winners - but a coach that develops a winner from a loser, or helps a loser improve, builds character, which is far more important than a passing banner headline or a shining trophy."

"The individual, his family, and the nation owe much to such men."

You coaches are such men and women. If you aren't, I would like to suggest that you start to re-evaluate your priorities.

- * - * - * - * - * - * - * -
RECIPE FOR SUCCESS

To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty, to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you lived. This is to have succeeded.

Ralph Waldo Emerson

- * - * - * - * - * - * - * -
 Burt, Jr., has really been getting into cross-country running competition this fall, and he had his heart set on breaking the school record at a meet held early in the season. But he came home that evening and quietly reported, "Dad, I didn't make it. In fact, I was disqualified."

I told him encouragingly that there was plenty of competition ahead, and that I was certain he would rewrite the record before the season had run its course.

A couple of days later, however, I learned that Bud hadn't told me the whole story of his try for the record. His coach, Joe Addington, hailed me on the street and said he thought I should know that my son really had finished first in that race - he broke the school record by two seconds.

But after the race was over, Bud told the officials that he had inadvertently cut one corner. That shortened the course for him by just a few yards, but those yards might have made the difference in his record-setting attempt. The officials had no choice but to disqualify him.

(Next page, please)

HAVE YOU RETURNED THE POSTAL CARD TO COACH JACK GRANT THAT WAS INCLOSED IN THE LAST MITCA NEWSLETTER??????

- * - * - * - * - * - * - * -
1976-77 M.H.S.A.A. CROSS COUNTRY COMMITTEE MEETING-----Monday, November 22, 1976

Robert Glover (C)-----Kingsley
 Jack Grant (C)-----Sturgis
 Louis Miramonti (A.D.)-----Royal Oak Shrine
 Russell Posthumus (A.D.) Grand Rapids Schools
 John Rowan (C)-----Haslett
 Don Sleeman (C)-----Ann Arbor Pioneer
 - * - * - * - * - * - * - * -

CLASSIFICATION OF MICHIGAN HIGH SCHOOLS

The classification limits beginning January 1, 1977 are:

- Class "A"-----1480 or more
 - Class "B"----- 716-1479
 - Class "C"----- 371-715
 - Class "D"-----Less than 371
- * - * - * - * - * - * - * -

REGIONAL TRACK AND FIELD MEETS - - UPPER PENINSULA AND LOWER PENINSULA

1977 May 20th or May 21st
 1978 May 19th or May 20th

FINAL TRACK AND FIELD MEETS

| | | |
|-----------------|------|----------|
| Upper Peninsula | 1977 | May 28th |
| | 1978 | May 27th |
| Lower Peninsula | 1977 | June 4th |
| | 1978 | June 3rd |

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

A bear strolled into a midtown Manhattan nightclub, sat right down at the first bar stool and placed a five-dollar bill in front of the amazed bartender. "I'll have a draft beer," the bear said politely. After regaining his composure enough to realize that he could make some easy money off the visitor, the bartender gave the bear a glass of beer and, with a sly smile, placed a nickel in change down on the bar. The bear drank the beer rather quickly, picked up the nickel and headed for the door. The bartender could no longer contain his curiosity. "Say," he

"Bud was way ahead of the other runners and no one saw him cut that corner," Coach Addington told me. "But honesty was more important to him than winning, and I thought you would want to know."

I thanked the coach, and made it a point to attend the next cross-country meet the following Friday.

Bud took the lead in his race at the half-way point, lengthened the margin as the race neared its end - - and won with a time that cut a full four seconds off the previous school record.

It was a big victory for him, but not the most important one. By then the whole school knew what he had done previously.

He'll get his name in the record book for his latest run, of course, but it was the earlier race - - the one in which he sacrificed his "record time" to maintain his integrity - - that really counted.

/S/ Burton Hillis

(From BETTER HOMES AND GARDENS, November 1976)

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

- Jan. 15 Eastern Mich. Uni. Invitational
- Jan. 22 Michigan Relays
- Febr. 5 Western Michigan Relays
- Febr. 12 Spartan Relays (Mich. State)
- Febr. 18) Cent. Collegiate Champ. (Uni. Mich.)
- Febr. 19) Cent. Collegiate Champ. (Uni. Mich.)
- Febr. 26 Wolverine Invitational (Uni. Mich.)
- Mar. 4) Big Ten Championships (Uni. Mich.)
- Mar. 5) Big Ten Championships (Uni. Mich.)
- Mar. 11) NCAA Championships (Cobo Hall)
- Mar. 12) NCAA Championships (Cobo Hall)

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

CLASS "A" ALL-STATE CROSS COUNTRY TEAM 1976

- 15:06.5 Tim Proulx-----Brighton
- 15:11.0 Michael White-----Jackson
- 15:12 Rich Kramer-----West Bloomfield
- 15:17 Ed Sullivan-----Jackson
- 15:18.5 * Gary Carter-----S.C.S. Lake Shore
- 15:20 Ed Hammer-----Grosse Pointe North
- 15:20 * Kerry Barnett-----Pontiac Central
- 15:21 * Vic Wietecha-----Livonia Churchill
- 15:22 * Gary Parenteau-----Swartz Creek
- 15:23 John Reibel-----Kalamazoo Loy Norrix
- 15:24 * Terry Doherty-----Davison
- 15:25 Kevin Miller-----Wayne Memorial
- 15:26 Mike Gromko---Kentwood East Kentwood
- 15:27 * Tobin Jones-----Livonia Churchill
- 15:29 Mark Devereaux-----Jackson

* Individual Race Runner

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

FELLOWSHIP FOR CHRISTIAN ATHLETES will have a breakfast meeting on Sat. morning at 7:30 at the January Mitca Clinic for any of the Mitca Members that might be interested.

STATE CROSS COUNTRY CHAMPIONSHIPS CLASS "A"
GRAND RAPIDS SATURDAY, NOVEMBER 6, 1976

| | |
|--------------------------------------|-----|
| 1. Grosse Pte. North----- | 94 |
| 5 11 15 24 39 50 67 | |
| 2. Grand Blanc----- | 118 |
| 12 18 25 30 33 65 69 | |
| 3. Jackson----- | 141 |
| 2 4 9 60 66 90 105 | |
| 4. Dearborn Edsel Ford----- | 189 |
| 16 23 27 36 87 96 120 | |
| 5. Livonia Stevenson----- | 219 |
| 19 31 38 63 68 133 140 | |
| 6. Kalamazoo Loy Norrix----- | 232 |
| 6 34 48 71 73 117 119 | |
| 7. West Bloomfield----- | 235 |
| 3 35 46 47 102 138 --- | |
| 8. Flint Kearsley----- | 235 |
| 13 22 43 62 95 143 --- | |
| 9. Brighton----- | 240 |
| 1 37 41 75 86 106 130 | |
| 10. Royal Oak Kimball----- | 247 |
| 10 44 54 59 80 82 128 | |
| 11. Mt. Clemens----- | 256 |
| 26 28 45 53 104 131 137 | |
| 12. Garden City East----- | 319 |
| 32 56 57 77 97 108 121 | |
| 13. Kentwood East Kentwood----- | 325 |
| 8 49 76 93 99 112 114 | |
| 14. Wayne Memorial----- | 333 |
| 7 21 72 115 118 142 145 | |
| 15. Dearborn Fordsen----- | 344 |
| 42 64 78 79 81 91 107 | |
| 16. Adrian----- | 358 |
| 14 61 88 94 101 113 125 | |
| 17. Alpena----- | 363 |
| 51 55 58 83 116 123 126 | |
| 18. Milford----- | 380 |
| 29 40 84 103 124 132 136 | |
| 19. Grand Rapids Ottawa Hills----- | 402 |
| 20 52 92 109 129 134 144 | |
| 20. Birmingham Brother Rice----- | 446 |
| 74 85 89 98 100 110 122 | |
| 21. St. Clair Shores Lake Shore----- | 460 |
| 17 70 111 127 135 139 141 | |

MITCA TRACK CLINIC AND ANNUAL MEETING
ANN ARBOR INN, ANN ARBOR, MICHIGAN
FRIDAY & SATURDAY, JANUARY 14th & 15th

- Joe Donahue - - Northeastern University
Boston, Mass.
- Weight Training, Shot Put and Discus
- Mike Shine - - Penn State 1976 Olympian
- Hurdles with emphasis on 330 Low Hurdles
- John Wilcox - - Corunna H. S.
- Beginning and Advanced Pole Vaulting
- Tom Ecker - - Cedar Rapids, Iowa
- Dynamics in Track and Field

More information will be given in the next NEWSLETTER, which will come out in December.

PRESIDENT

Thomas A. Gauerke
Grosse Pte. North

M I T C A

TREASURE

Bob Kent
Pontiac Central

FIRST VICE PRESIDENT

Lou Miramonti
Royal Oak Shrine

NEWSLETTER

No. 4 DECEMBER 1976

HISTORIAN

Robert Stallcup
Grand Blanc

SECOND VICE PRESIDENT

Don Baese
Carson City Crystal

FRIENDSHIP IS A LITTLE WORD

JR. HIGH REPRESENT.

Dave Thiel
Flint Daly Jr. High

SECRETARY

Karyn Cribley
Grand Ledge

IT'S PEOPLE WHO MAKE IT BIG

NEWSLETTER EDITOR

Kermit N. Ambrose
Retired

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

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

CONGRATULATIONS ARE IN ORDER TO DON BAESE FOR THE TREMENDOUS JOB HE DID IN PLANNING, ORGANIZING AND ARRANGING FOR THE FOURTH ANNUAL CROSS COUNTRY CLINIC AT THE LANSING HILTON ON NOVEMBER 19th and 22nd. ANOTHER FINE SET OF CLINIC NOTES WERE PREPARED AND IF YOU MISSED THE CLINIC, YOU OUGHT TO OBTAIN A SET OF THE NOTES. THERE ARE A FEW LEFT AND YOU MIGHT PURCHASE ONE AT THE TRACK CLINIC IN JANUARY.

THE 1977 TRACK AND FIELD ORDER OF EVENTS:

- BOYS TWO MILE RUN
- BOYS 330 YARD LOW HURDLES
- GIRLS TWO MILE RUN
- 880 YARD RELAY
- GIRLS 110 YARD HURDLES
- BOYS 120 YARD HIGH HURDLES
- 440 YARD DASH
- ONE MILE RUN
- 440 YARD RELAY
- 220 YARD DASH
- ONE MILE RELAY

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

Congratulations to the following coaches. They were named the CROSS COUNTRY COACH OF THE YEAR in their class.

- CLASS "A" Tom Gauerke----Grosse Pointe North
- CLASS "B" Rich Tompkins-----Fremont
- CLASS "C" Steve Bishop---Mason County Central
- CLASS "D" Tom Swanson-----Potterville

STATE MEET ASSIGNMENT LOCATIONS:

- CLASS "A" BOYS FLINT NORTHEASTERN
- GIRLS BLOOMFIELD HILLS LAHSER
- CLASS "B" BOYS BATTLE CREEK HARPER CREEK
- GIRLS COMSTOCK
- CLASS "C" BOYS ITHACA
- GIRLS ST. LOUIS
- CLASS "D" BOYS LANSING WAVERLY
- GIRLS LANSING SEXTON

The following coaches were nominees for the cross country coach of the year:

- Class "A" Lee Averill-----West Bloomfield
- Chuck Janke-----Jackson
- Bob Stallcup-----Grand Blanc
- Class "B" Wayne Engle-----Mason
- Walt Lawrence-----Rockford
- Duane Raffin-----Holly
- Class "C" Rudy Godefroidt-----Breckenridge
- Larry Steeb-----Manchester
- Tom Mauro-----DeWitt
- Class "D" Robert Glover-----Kingsley
- Chuck King-----Concord
- Mike Matesich-----Bear Lake

REGIONAL MEET ASSIGNMENT LOCATIONS:

- CLASS "A" REGION 1 GRAND RAPIDS
- REGION 2 LANSING SEXTON
- REGION 3 TAYLOR CENTER
- REGION 4 GROSSE POINTE NORTH
- REGION 5 L'ANSE CREUSE NORTH
- REGION 6 WARREN LINCOLN
- REGION 7 ROCHESTER or TROY ATH.
- REGION 8 FARMINGTON
- REGION 9 MILFORD LAKELAND
- REGION 10 FLINT NORTHWESTERN
- CLASS "B" REGION 11 OTSEGO
- REGION 12 HOLT
- REGION 13 SOUTHGATE SCHAFER
- REGION 14 CLARENCEVILLE
- REGION 15 OXFORD
- REGION 16 OTISVILLE LAKEVILLE
- REGION 17 CORUNNA
- REGION 18 GRAND RAPIDS NORTHVIEW
- REGION 19 HOLLAND WEST OTTAWA
- REGION 20 CADILLAC

Congratulations to each of you for the fine season each of you completed in 1976. Best of wishes in future years.

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

NOTICE N O T I C E NOTICE

THE CORRECT ADDRESS IS: BOB KENT
500 SCOTT LAKE ROAD
PONTIAC, MICHIGAN
4 8 0 5 4

NOT: 500 Square Lake Road We are sorry

REGIONAL ASSIGNMENT LOCATIONS (Continued)

| | | |
|-----------|-----------|-------------------------|
| CLASS "C" | REGION 21 | WATERVLIET |
| | REGION 22 | QUINCY |
| | REGION 23 | ADDISON |
| | REGION 24 | WHITMORE LAKE |
| | REGION 25 | HASLETT |
| | REGION 26 | KENT CITY |
| | REGION 27 | HOWARD CITY TRI COUNTY |
| | REGION 28 | MARLETTE |
| | REGION 29 | FARWELL |
| | REGION 30 | BENZONIA BENZIE CENTRAL |
| CLASS "D" | REGION 31 | COVERT |
| | REGION 32 | POTTERVILLE |
| | REGION 33 | GRASS LAKE |
| | REGION 34 | CARO |
| | REGION 35 | LUDINGTON |
| | REGION 36 | SUTTONS BAY |
| | REGION 37 | ATLANTA |

CLASS "D" Russ Adrianson-----Colon
 Sharon Beacom-----Pickford
 Kay Johnson-----Morenci
 Kris Knisel Ottawa Lake-Whiteford

The Coach of the Year will be determined by the vote of the membership in attendance at MITCA Clinic at the Ann Arbor Inn on Friday, January 14th. Trophies or plaques will be presented to the coach of the year at the banquet on Friday evening. Smaller awards will be presented to the remaining nominees.

Resume sheets are being prepared by Lee Averill, of West Bloomfield High School, on all of the NOMINEES. We would hope that you would study these resumes, prior to your voting.

MICHIGAN TRACK AND FIELD NEWS

A Monthly Sport Periodical, giving comprehensive coverage to Cross Country and Track & Field within the State of Michigan.

High School Track and Cross Country for boys and girls. College and Junior College for men and women. Interviews of outstanding athletes. Clinic Notes. Statistics of all events. Meet Schedules. AAU and NCAA results. Information on Road Races.

YEARLY SUBSCRIPTION \$ 9.00 (11 Issues)
 Make check or money order payable to:

MICHIGAN TRACK AND FIELD NEWS
 Michigan Track Office 1000 S. State
 Ann Arbor, Michigan 48109

6th ANNUAL HARDEE'S NATIONAL TRACK & FIELD CLINIC (Formerly Real-Life)
FRI., SAT., & SUN. Jan. 28, 29 & 30, 1977

Pre-Registration fee is \$ 30.00
 Registration at the Door will be \$ 35.00
 For Further Information Contact:

Joe Newton, Clinic Director
 42 Chatham Lane, Oak Brook, Ill. 60521
 1 (312) 654-3240

M. I. T. C. A. U. S. T. F. F.

INDOOR TRACK SCHEDULE

| | | | |
|--------|-------|----|---------------------------|
| Thurs. | Jan. | 6 | Jackson Community College |
| Wed. | Jan. | 12 | Eastern Michigan Uni. |
| Fri. | Jan. | 21 | Jackson Community College |
| Fri. | Jan. | 21 | Macomb Community College |
| Fri. | Jan. | 28 | University of Michigan |
| Wed. | Febr. | 2 | Jackson Community College |
| Fri. | Febr. | 4 | Macomb Community College |
| Fri. | Febr. | 4 | Western Michigan Uni. |
| Wed. | Febr. | 9 | Eastern Michigan Uni. |
| Thurs. | Febr. | 10 | Jackson Community College |
| Wed. | Febr. | 23 | Jackson Community College |
| Fri. | Febr. | 25 | University of Michigan |
| Wed. | March | 2 | Eastern Michigan Uni. |

330 YARD LOW HURDLES

DISTANCE TO FIRST HURDLE 45.00 METERS
 49.21 YARDS
 147.63 FEET

DISTANCE BETWEEN HURDLES 35.00 METERS
 38.28 YARDS
 114.83 FEET

1976 TRACK AND FIELD COACH OF THE YEAR NOMINEES FOR MEN

CLASS "A" Norb Badar-----Flint Northern
 Ed Bridges-----Dearborn
 Fred Jackson-----Flint Southwestern
 Jarv Walz-----Grand Rapids Creston

CLASS "B" Pat Arpino-----Jackson Lumen Christ
 Marty Crane-----Flint Beecher
 Walt Kittl-----Calumet
 Jack Streidl-----Plainwell

CLASS "C" Leo Boyd---Saginaw t. Peter & Paul
 Gordon Chinn-----Ishpeming Westwood
 Howard Jansen-----Wyoming Lee
 Ted Mac-----Detroit Benedictine

CLASS "D" Wayne Backlund-----Homer
 Dennis Brenner-----Litchfield
 Robert Jones-----
 -----Detroit St. Martin de Porres
 Bill Swanwick-----Centreville

NOMINEES FOR WOMEN

CLASS "A" John Dunn---Detroit Bishop Borgess
 Shirley Judd-----Pontiac Central
 Allan Tellis-----Detroit Pershing
 Sharon Young---Walled Lake Western

CLASS "B" Carl Aumaugher-----Alma
 Dorothy Chiaverini-----
 -----Muskegon Catholic Central
 Lila Klusendorf-----Holt
 Patricia Murphy-----Hastings

CLASS "C" Debbie Bell-----Williamston
 Kathy Hutfilz-----St. Louis
 Cathy Markland-Montrose Hill McCloy
 Jerry Snyder-----East Jackson

Mon. March 7 Jackson Community College
 Thurs. March 17 University of Michigan
INDOOR CHAMPIONSHIPS
 Thurs. March 24 Jackson Community College

NOTE: Meets at Jackson Community College
 January 21st, February 23rd & March 7th
 These events only: SHOT PUT, LONG JUMP, HIGH JUMP, POLE VAULT, 50 YARD DASH, and 50 YARD HIGH HURDLES.

January 6th, February 2nd, February 23rd and March 24th
 These events only: 300, 600, 880, 1000, MILE and TWO MILE.

ALL MEETS AT JACKSON WILL START AT 6:00 p.m.
NO ADVANCE ENTRY FEE - PAY AT THE DOOR
 * - * - * - * - * - * - * - * - *

MEETS AT THE UNIVERSITY OF MICHIGAN No Spikes
No Advance Registration Everyone, except
Officials will pay \$1.00 at the door. Dress at Home.
ORDER OF EVENTS

- 6:30 All Field Events
- 6:30 65 Yard High Hurdles - Prelims & Semis
- 60 Yard Low Hurdles - Girls - Prelims
- 60 Yard Dash - Prelims
- 880 Yard Relay - Girls
- 60 Yard Dash - Semis
- One Mile Run - Boys
- One Mile Run - Girls
- 60 Yard Low Hurdles - Girls - Finals
- 65 Yard High Hurdles - Finals
- Two Mile Relay
- Two Mile Run
- 60 Yard Dash - Finals
- One Mile Relay - Girls
- One Mile Relay - Boys

PARTICIPANTS: MUST BE HIGH SCHOOL STUDENTS IN THE STATE OF MICHIGAN AND BE MEMBERS OF U.S.T.F.F. REGISTERED CLUBS.

\$ 6.00 Registration Fee

REGISTER YOUR CLUB WITH: Carl Krieger
 4024 West Court
 Flint, Mich. 48503

MEET DIRECTORS:

- E.M.U. Bob Parks
- Jackson Jerry Reis
- Macomb Lou Miramonti - Royal Oak Shrine
- U. of M. Chuck Janke - Jackson High
- W.M.U. Don Lukens - Loy Norrix High

MEETS AT E.M.U. START AT 5:30

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

ATTENTION: COACHES OF WOMEN'S TRACK TEAMS

EMU Women's Track Team will sponsor a U.S.T.F.F. Novice Indoor Track Meet for Girls on Wednesday, February 16th, 1977.

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6th ANNUAL WINTER LONG DISTANCE RUNNING MEETS IN CO-OPERATION WITH FLUSHING COMMUNITY SCHOOL SAT., JAN. 8th, FEBR. 5th & MARCH 5th.

FOR MORE INFORMATION: John Gault
 Call: (313) 659-3037 10102 West Carpenter
 Mornings 8 - 10 Flushing, Mich. 48433
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19th ANNUAL MITCA TRACK AND FIELD CLINIC AND ANNUAL MEETING FRI. & SAT., JAN. 14 & 15
ANN ARBOR, MICHIGAN ANN ARBOR INN
FRIDAY

- 9:00 AM Registration - Coffee & Rolls
- 9:45 Welcome
- 10:00 Shot and Discus
- 11:00 Pole Vault
- Long Jump
- Hurdling & 330 Training
- 12:15 PM Lunch & Business Meeting
- 2:00 Repeat of 11:00 Presentation
- 3:30 Tom Ecker - Track & Field Dynamics
- 5:30 Committe Meetings
- 7:00 Banquet - Coach of the Year Awards
- 9:00 Hospitality & Door Prizes

SATURDAY UNI. OF MICHIGAN FIELD HOUSE

- 8:00 AM Registration - Coffee & Rolls
- 9:00 Long Jump Demonstration
- 10:00 Shot and Discus Demonstration
- 11:00 Hurdle Demonstration
- 12:00 PM Pole Vault Demonstration
- 1:30 Adjournment

SPEAKERS:

- Joe Donahue - Northeastern Uni. (Mass.)
 Shot Put, Discus & Weight Training
- John Wilcox - Corunna High School
 Beginning & Advanced Pole Vaulting
- Park Pittman - MSU Women's Coach
 Long Jump
- Bob Casselman - Central Michigan Uni.
 Hurdling - Emphasis on Training for 330.
- Fred LaPlante & Debbie LaPlante
 Coach and Olympian Hurdler
- Tom Ecker - Cedar Rapids, Iowa Com. Schools
 Lecturer and Banquet Speaker

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A FELLOWSHIP OF CHRISTIAN ATHLETES BREAKFAST IS PLANNED FOR SAT. MORNING AT 7:30 IN THE ANN ARBOR INN. You may sign up for the Breakfast when you check in on Friday Morning if you are interested and would like to attend.

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MITCA HEADQUARTERS

- ANN ARBOR INN 100 FOURTH STREET
 ANN ARBOR, MICH. 48108
- \$14.00 Single 1 (313) 769-9500
- \$18.00 Double
- \$22.00 Triple REGISTER NOW
- \$26.00 Quad

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REGISTRATION INCLUDES: Membership Banquet
Clinic Notes Hospitality Hour Door Prizes
Coach of the Year Trophies MITCA Clipboard
Friday Lunch Speakers' Fees Coffee & Donuts