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No. 1

MAY 1977

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THIRD ANNUAL "TRI-STATE" TRACK AND FIELD MEET

Northrup High School, Fort Wayne Indiana
June 12, 1976

- 1. Ohio-----157 $\frac{1}{2}$
- 2. MICHIGAN-----149
- 3. Indiana-----141 $\frac{1}{2}$

NOTE: Illinois has been added to the meet, so the meet name has been changed to the "MIDWEST MEET OF CHAMPIONS" for 1977

100 YARD DASH: :09.4

- 2. Randy Smith-----Jackson-----:09.7
 - 3. Mike Ball-----Wyoming Park-----:09.8
- :09.8 :09.8 :09.8

220 YARD DASH: :21.1 :21.3

- 3. Randy Smith-----Jackson-----:21.3
- :22.0 :22.0 :22.3

440 YARD DASH: :48.3

- 2. Brian Blank-----G. R. Northview-----:48.4
 - 3. Brian Haughton--St. Martin Deporre--:48.6
- :48.8 :49.1

- 6. Larry Brooker---Wyoming Lee-----:49.3

880 YARD RUN: 1:51.0 1:52.8 1:55.0

1:55.8 1:56.2

- 6. Bob Bancroft---Fenton-----1:56.6

ONE MILE RUN:

- 1. Sam James-----Highland Park-----4:12.0
- 4:13.7
- 3. Dan Heikkinen-----Adrian-----4:15.0
- 4:16.7 4:17.5 4:17.9

TWO MILE RUN: 9:13.5

- 2. Dave Lewis---Grosse Pte. North---9:15.1
- 9:24.9
- 4. Calvin McQueen---Flint Northern---9:26.4
- 9:30.8 9:34.8

120 YARD HIGH HURDLES: :13.6 :13.6 :13.9

- 4. Vic Hugely---Dearborn Robichaud---:14.0
- :14.0 :14.1

180 YARD LOW HURDLES: :18.9

- 2. Keith Edwards---G. R. Creston-----:18.9
 - 3. Mike Ball---Wyoming Lee-----:19.0
- :19.2 :19.4
- 6. Emerio Kimball--Det. Luth. West-----:19.4

440 YARD RELAY:

- 1. Ohio-----:41.6
 - 2. Indiana-----:42.2
- Michigan did not finish

ONE MILE RELAY:

- 1. Michigan-----3:15.1
- Brian Haughton--St. Martin Deporres
Frank Fields-----River Rouge
Brad Simpson----Flint Southwestern
Brian Blank-----G. R. Northview
- 2. Indiana-----3:15.7
 - 3. Ohio-----3:20.8

TWO MILE RELAY:

- 1. Michigan-----7:40.5
- Richard MacInnes---Flint Northern
Evan White-----Ecorse
Henry Follman-----St. Joseph
Tim Thomas-----Dearborn High
- 2. Ohio-----7:40.7
 - 3. Indiana-----7:55.5

SHOT PUT: 60' 4 $\frac{3}{4}$ " 59' 8" 59' 0"

- 4. Mike Hetes---Royal Oak Shrine---58' 3"
- 57' 5" 56' 7"

HIGH JUMP:

- 1. Gary Martin East Lansing-----6' 10 $\frac{1}{2}$ "
 - 2. Doug Pritchard--Dear. Annapolis--6' 9"
- 6' 9"
- 4. Victor Freeman---Ypsilanti-----6' 9"
- 6' 6" 6' 6"

LONG JUMP: 22' 10 $\frac{1}{2}$ " 22' 4 $\frac{1}{4}$ "

- 3. Mike Moses---Pontiac Northern---22' 4"
- 22' 1 $\frac{1}{2}$ " 21' 0"
- 6. James Henry---New Haven-----21' 0"

POLE VAULT: 14' 9"

- 2. Tom Splann-----Petockey-----14' 6"
- 14' 0"

Other vaulters failed to clear their starting heights

DISCUS: 170' 3" 169' 2" ????????

- 4. Sam Angell---Holland W. Ottawa--165' 4"
- 155' 7" 151' 5"

NEW MEET RECORDS: 100 Yard Dash

One Mile Relay
: 180 Yard Low Hurdles

TIED MEET RECORD: 220 Yard Dash

440 Yard Dash

"Why are there so many last-minute details and so few last minutes?"

1977 MID-WEST MEET CHAMPIONS SELECTION COMMIT.

Bob Bridges-----Hurdles

Dearborn High 22784 Beech
19501 W. Outer Dr. 48124 Dearborn, Mich. 48124
(313) 582-3152 (313) 563-5231

George Brown-----Shot Put-----Discus

Detroit Country Day 7315 Colony Drive
22305 W. 13 Mile Rd. West Bloomfield 48033
Birmingham, Mich 48010 (313) 363-1960
(313) 646-7717

Lorenzo Croft-----100---220---440 Relay

Ecorse High 9615 Mark Twain
7th Street 48229 Detroit, Mich. 48227
(313) 382-8600 Ext. 53

Don Marsh-----440---One Mile Relay

Flint Kearsley 583 Kathy Drive
4302 Underhill dr. Flint, Mich 48506
Flint, Mich. 48506 (313) 736-9583
(313) 736-8000

Duane Raffin-----High jump---Long Jump

Holly High School 14054 Placid Drive
920 East Baird Holly, Mich. 48422
Holly, Mich 48442 (313) 634-8539
(313) 634-4451

Roger Shepler-----Pole Vault

Pontiac Central H.S. 1417 Wood
300 West Huron Sylvan Lake, Mi. 48053
Pontiac, Mich. 48053 (313) 682-4313
(313) 857-8400

Don Sleeman-----Mile-----Two Mile

A.A. Pioneer H.S. 3620 Greenook
601 West Stadium Ann Arbor, Mi. 48103
Ann Arbor, Mich 48103 (313) 426-4348
(313) 994-2151

Robert Stallcup-----880-----Two Mile Relay

Grand Blanc H. S. 109 Park Avenue
12500 Holly Road Holly, Mich. 48442
Grand Blanc, Mi. 48439 (313) 634-9897
(313) 694-8211

Roger Shepler is the Chairman of this Selection Committee. They need your help. There is no way they can do this on their own. Publicize this meet in your own area and report to this committee, any information you have on athletes (your own and others in your region) that are of outstanding ability. Also report your outstanding athletes to Bruce Waha. (He compiles a listing of the top high school track performers in the State of Michigan) This is carried in the Detroit News on Friday. You may call Bruce at (517) 546-9487 from 8 p.m. to 10 p.m. Monday through Thursday or at (517) 546-6200 between 9 and 10 a.m. weekdays. Some athletes have been overlooked in the past, simply because the committee had no information on them. They want to pick the best that Michigan has

to offer. The team will be put together on Sunday, June 5th, after the State meets. They, especially need help from those coaches in the Upper Peninsula. If the coaches feel they have an athlete who would be considered one of the best in the State in all classes and the athlete hasn't received any information from one of the committee members, he should contact that committee member.

Michigan has had great success in this meet. They were second in 1974 and in 1976. In 1975 they won the meet with a fantastic show of power. You coaches should encourage your athletes to represent Michigan, if it comes down to the point of going to the Chicago meet or the Mid-West Meet of Champions.

CONGRATULATIONS TO THE FOLLOWING COACHES. THEY WERE NAMED TRACK COACH OF THE YEAR IN THEIR CLASS.

CLASS "A" Norb Badar-----Flint Northern
CLASS "B" Marty Crane-----Flint Beecher
CLASS "C" Howard Jansen-----Wyoming Lee
CLASS "D" Bill Swanwick-----Centreville

CLASS "A" Sharon K. Young-----Walled Lake W.
CLASS "B" Lila Klusendorf-----Flint
CLASS "C" Cathy Markland-----Flint
-----Montrose Hill McCloy

CLASS "D" Kay Johnson-----Morenci

COACHES - - - PLEASE NOTE

If you move to a new position or if you change your home address - - please keep us informed so that we might get the MITCA letters to you.

PREP COACH ASSISTING AT MICHIGAN STATE UNI.

Bruce Waha, a prominent high school track and field and cross-country coach, has been appointed a part-time varsity coach at Mich. State Uni. under Jim Bibbs and Jim Gibbard.

Waha is a teacher at Howell Middle School.

WHY SHOULD THE NAME OF AN EVENT HAVE ANYTHING TO DO WITH THE LIMITATIONS OF COMPETITION???

I have always been of the opinion that the limitations of competition should be based on the distances run and when they are run. A case in point: A coach enters a runner in the 220 yard dash at the Regionals. He runs but does not qualify for the finals. The coach can not use him in the mile relay, because the finals of the 220 precedes the one Mile Relay. At the time the limitations of competition was spread over two days, a runner in the mile relay could not run a 440 the next day in the mile relay because it was called the mile relay. If it was called the sprint medley, it would be o.k.

High school boys track listings

THE DETROIT NEWS

MAY 13th, 1977

100-YARD DASH

(State Class A record, :09.6 by Marshall Dill, Detroit Northern, 1971, and Reggie Jones, Saginaw, 1973)

| | |
|---------------------------------|------|
| Denny Anderson, Jackson | 9.7 |
| Stan Young, Del. De Porres (D) | 9.7 |
| Jerry Malone, Pontiac Northern | 9.7 |
| Mike Miller, Flint Northern | 9.8 |
| Darryl Harmon, Pont. Northern | 9.8 |
| Rod Feaster, Ft. Southwestern | 9.9 |
| Mark Woodson, Robichaud (B) | 9.9 |
| Willie Taylor, Adrian | 9.9 |
| Rick Woodwyk, Hudsonville (B) | 9.9 |
| Steve Lovasik, Drbn. Edsel Ford | 9.9 |
| Al Valine, Ann Arbor Huron | n9.9 |
| Andre Williams, A.A. Huron | n9.9 |

MILE RUN

(State Class A record, 4:48.2 by Steve Elliott, Pontiac Central, 1975)

| | |
|----------------------------------|---------|
| Bill Weidenbach, G.P. North | 4:15.7 |
| Dan Beck, Grosse Pointe North | n4:17.2 |
| Mark Poolman, Wyo. Rogers (B) | 14:18.6 |
| Ted Unold, Westland John Glenn | n4:18.8 |
| Mark Bulmarsh, Flint Central | n4:20.2 |
| Tim Proutz, Brighton | n4:21.4 |
| Mike Mayes, W.L. Western | n4:21.9 |
| Neil Miller, Bshp. Gallagher (B) | n4:22.0 |
| Larry Verberg, Ulica Ford | n4:22.0 |
| Melvin Scott, Flint Central | n4:22.2 |

POLE VAULT

(State Class A record, 15 feet, 6 1/2 inches by Jim Stokes, Flint Kearsley, 1974)

| | |
|--------------------------------|----------|
| Bob Babitz, Redford Union | 14.9 |
| Jim Lotan, Traverse City | 14.6 |
| Mike Forner, Manchester (C) | 14.4 1/2 |
| Gary Bastien, Grandville (B) | 14.2 |
| Kurt Geerlings, East Kentwood | 14.1 |
| Bill McYdylauf, Chelsea (C) | 14.0 |
| Bill Nonnenmaker, East Lansing | 13.11 |
| Jim Kilpatrick, Sturgis (B) | 13.8 |
| Jim McKinnon, Ft. Hamady (B) | 13.7 1/2 |
| Jim Gallent, Lumen Christi (B) | 13.6 1/2 |

SHOT PUT

(State Class A record, 62 feet 1 by Ron Gatheright, Mt. Clemens, 1971)

| | |
|--------------------------------|-----------|
| Lee Wolverton, Linden (B) | 57.4 |
| Dave Stachowicz, Jksn. N. West | 55.9 1/2 |
| Dan Clark, Manchester (C) | 55.4 |
| Kevin Hansen, Farmington | 55.3 1/2 |
| Lyle Popp, Bay City Western | 55.1 1/2 |
| Greg Jonsson, New Haven (C) | 54.5 |
| Mike Petsch, Redford Union | 54.4 |
| Fred Bieganski, Cousino | 53.10 1/2 |
| Bob Saylor, Pottersville (D) | 53.10 1/2 |
| Dean Hull, Holt (B) | 53.10 |

220-YARD DASH

(State Class A record, :20.6 by Marshall Dill, Detroit Northern, 1971)

| | |
|---------------------------------|------|
| Mike Miller, Flint Northern | 21.9 |
| Stan Young, De Porres | 21.9 |
| Rod Feaster, Ft. Southwestern | 22.1 |
| Denny Anderson, Jackson | 22.1 |
| Dave Sykes, Litchfield (D) | 22.1 |
| James Foster, G.R. Ottawa Hills | 22.2 |
| Darold Gholston, De Porres (D) | 22.3 |
| Willie Taylor, Adrian | 22.3 |
| Steve Lovasik, Drbn. Edsel Ford | 22.4 |
| Darryl Henning, Pont. Northern | 22.4 |
| Mike Herron, Pont. Central | 22.4 |

440-YARD RUN

(State Class A record, :48.0 by Stan Vinson, Detroit Chadsey, 1971, and Ken DeLor, Grosse Pointe North, 1973)

| | |
|---------------------------------|-------|
| Mike Erickson, Wyo. Rogers (B) | 49.0 |
| Bob Bowkamp, Northville (B) | 49.2 |
| Jim Smith, R.O. Shrine (B) | 49.8 |
| Eric Strong, Gd. Rpsds. Central | 49.8 |
| Jack McIntosh, Edsel Ford | 50.2 |
| Dick DeFlorio, Liv. Churchill | 50.3 |
| Mark Pruente, Pontiac Central | 50.3 |
| Marvin Miles, Southfield | 50.4 |
| Jim Carr, Birm. Groves | 50.4 |
| Mike Traylor, G.R. Ottawa Hills | 50.4 |
| Fred Williams, Ypsilanti | n50.4 |

880-YARD RUN

(State Class A record, 1:50.9 by Kevin Reabe, Waterford Kettering, 1970)

| | |
|---------------------------------|---------|
| Jack McIntosh, Drbn. Edsel Ford | 1:55.0 |
| Mark Pruente, Pontiac Central | n1:55.0 |
| Bill Weidenbach, G.P. North | n1:55.2 |
| Bill Morgan, Birm. Groves | n1:55.2 |
| Larry Verberg, Ulica Ford | 1:55.9 |
| Mark Poolman, Wyo. Rogers (B) | 1:55.9 |
| Mark Bulmarsh, Flint Central | n1:56.3 |
| Dan Beck, Gr. Ple. North | n1:56.3 |
| Scott Gaines, Breckridge (C) | 1:57.3 |
| Dave Visscher, Dearborn | 1:57.3 |

MILE RELAY

(State Class A record, 3:18.2 by Detroit Cass, 1976)

| | |
|--------------------|--------|
| Pontiac Central | 3:23.3 |
| Birmingham Groves | 3:23.5 |
| Niles | 3:24.9 |
| Livonia Stevenson | 3:25.4 |
| Adrian | 3:26.3 |
| Pontiac Northern | 3:26.3 |
| Muskegon | 3:26.3 |
| Det. De Porres (B) | 3:26.6 |
| D.H. Robichaud (B) | 3:26.9 |

LONG JUMP

(State Class A record, 23 feet, 11 inches by John Ross, Detroit Mackenzie, 1971, and Kelsey Johnson, Detroit Osborn, 1973)

| | |
|---------------------------------|-----------|
| Jim Ross, Kalamazoo Central | 24-1 |
| Sam Wilson, Kal. Loy-Norris | 23-3/4 |
| Ken Miller, Flint Beecher (B) | 22-11 1/2 |
| Dave Sykes, Litchfield (D) | 22-8 1/2 |
| Brian Carpenter, Ft. So'western | 22-4 1/2 |
| Willie Townsel, Musk. Hgts. (B) | 22-2 1/2 |
| Mark Young, Sag. B. Vista (B) | 22-1 |
| Dan Rosema, W. Mich. Chr. (D) | 22-0 |
| Tedd Lepper, Bronson (D) | 21-11 |
| Steve Jessome, R.O. Dondero | 21-11 |

DISCUS

(State Class A record, 157 feet, 9 inches by Blair Ballish, Royal Oak Dondero, 1976)

| | |
|--------------------------------|-------|
| Larry Munski, G.R.W. Cath. (B) | 172-4 |
| Dave Kietly, Liv. Churchill | 164-0 |
| Bob Saylor, Pottersville (D) | 162-4 |
| Paul Grigg, Rogers City (C) | 157-7 |
| Mike Bowden, Farm. Harrison | 157-7 |
| Andy Lylie, Birm. Groves | 156-9 |
| Steve Rambadt, Sturgis (B) | 156-0 |
| Pat Kelly, G.R. Union | 155-5 |
| John Hankerd, Lumen Chris. (B) | 154-9 |
| Bob Dasher, Ply.-Salem | 154-8 |

TWO-MILE RUN

(State Class A record, 9:00.4 by Pat Davey, Birmingham Brother Rice, 1974)

| | |
|----------------------------------|---------|
| Bill Weidenbach, G.P. North | 9:04.2 |
| Gary Carter, S.C.S. Lakeview | 9:16.0 |
| Terry Doherty, Davison | 9:16.5 |
| Neil Miller, Bshp. Gallagher (B) | n9:23.6 |
| Jim Miller, Adrian | 9:24.0 |
| Ted Unold, Westland John Glenn | 9:25.0 |
| Rich Blaha, Wayne | 9:27.0 |
| Rich Kramer, West Bloomfield | 9:27.2 |
| Mark Boyd, Garden C. West | 9:29.1 |
| Mike White, Jackson | n9:30.1 |

330-YARD LOW HURDLES

(New event replacing 186-yard low hurdles for which state Class A record had been :19.0 by Rex Cawley, Farmington, 1958)

| | |
|---------------------------------|-------|
| Charles Sprinkle, Ft. N'western | 37.9 |
| Dave Sykes, Litchfield (D) | 38.2 |
| Shelby Johnson, Taylor Center | 38.5 |
| Ron Cwik, Bishop Borgess | 38.6 |
| Mike Erickson, Wyo. Rogers (B) | 38.7 |
| Dan Noakes, Birm. Groves | n38.8 |
| Rick Cunningham, Jenison (B) | 38.9 |
| Eric Flowers, Edsel Ford | 38.9 |
| Bob Sykes, Litchfield (D) | 38.9 |
| Kurt Ebert, Holly (B) | 39.0 |

120-YARD HIGH HURDLES

(State Class A record, :13.9 by Bill Tipton, Pontiac Central, 1967)

| | |
|---------------------------------|-------|
| Brett Hanson, Wayne | 14.1 |
| Shelby Johnson, Taylor Center | n14.2 |
| Dave Sykes, Litchfield (D) | 14.3 |
| Tim Backers, S.C.S. Lakeview | 14.4 |
| Daron Early, De Porres (D) | 14.5 |
| Rich Watkins, Pont. Central | 14.5 |
| Dennis O'Neil, Wld. Mott | 14.5 |
| Charles Sprinkle, Ft. N'western | 14.6 |
| Brad Miller, No. Farmington | 14.6 |
| Mike Danna, Farmington | n14.6 |

HIGH JUMP

(State Class A record, 6 feet, 9 1/2 inches by Victor Freeman and Dennis Lewis, both of Ypsilanti, and Gary Martin, East Lansing, all in 1976)

| | |
|-----------------------------------|---------|
| Dennis Lewis, Ypsilanti | 17-2 |
| Derrick Futrell, Sag. B. Vista | 6-10 |
| Tim Doyen, Ovid-Elsie (B) | 6-10 |
| Ken Humes, G.P. North | 6-7 1/2 |
| Mike Cawthon, Jackson | 6-7 1/2 |
| Doug Williams, G.R. Union | 6-7 |
| Lyle Baker, Edsel Ford | 6-7 |
| Vern Van Tatenhove, West Ott. (B) | 6-7 |
| Jeff Nowak, Drbn. Edsel Ford | 6-6 1/2 |
| Bob Krikke, G.R. Christian | 6-6 1/2 |

440-YARD RELAY

(State Class A record, :42.3 seconds by Detroit Cass, 1975)

| | |
|-------------------------|------|
| Flint Southwestern | 42.9 |
| Muskegon Heights (B) | 43.0 |
| Gd. Rpsds. Ottawa Hills | 43.0 |
| Pontiac Northern | 43.8 |
| Flint Creek Central | 43.9 |
| Flint Northern | 44.0 |
| Lansing Hill | 44.1 |
| Lansing Eastern | 44.2 |
| Ann Arbor Huron | 44.2 |
| Bishop Borgess | 44.4 |

880-YARD RELAY

(State Class A record, 1:27.0 by Detroit Northern, 1971 and Flint Southwestern, 1976)

| | |
|-----------------------|--------|
| Detroit De Porres (D) | 1:28.9 |
| Flint Southwestern | 1:29.4 |
| Flint Northern | 1:29.9 |
| Muskegon Heights (B) | 1:30.0 |
| Lansing Hill | 1:30.2 |
| Ypsilanti | 1:30.3 |
| Muskegon | 1:30.3 |
| Clemens | 1:30.4 |
| Pontiac Northern | 1:30.5 |
| D.H. Robichaud (B) | 1:30.7 |

Key — (B): Class B; (C): Class C; (D): Class D; n: non-winning performance; i: indoor performance. Coaches are urged to phone in their outstanding performances to Bruce Waha at (area code 517) 544-9487.

Mansfield-Mehock Relays...

46TH MANSFIELD-MEHOCK RELAYS
At Mehock Field
Results of the 46th Mansfield-Mehock Relays at Mehock Field, April 15-16. Scoring: 108-6-4-2-1.

TEAM SCORING

- Gary Roosevelt, 38 points; 2, Dayton Roth, 36 1/2; 3, (tie) Grosse Point North (Mich.), Akron North, 32; 5, Cleveland Glenview, 26; 6, Detroit St. Martin Deporres, 22; 7, Bay Village, 20 1/2; 8, (tie) Columbus West, Alliance, Austintown Fitch, 18.
- (tie) Scarborough Birchmount Park, Cleveland Heights, 16; 13, Isington Michael Power, 15; 14, Ypsilanti, 14 1/2; 15, Flint (Mich.) Northern, 13 1/2; 16, Columbus Maridon-Franklin, 12; 17, Cleveland J.F. Kennedy, 11; 18, (tie) State College (Pa.), Grand Blanc (Mich.), Cleveland John Hay, Akron Buntel, Redford Union, Mich., Thomas Kennedy (Ont.) Wexford, 10.
- Brecksville, 9 1/2; 26, Hilliard, 9; 27 (tie), Upper Sandusky, Agincourt (Ont.), Upper Arlington, Brighton (Ont.), Toledo Macomber, 8; 32 (tie), Birmingham Groves (Mich.), Westland (Mich.) John Glenn, Toronto (Ont.) Central Tech, Middletown, Traverse City (Mich.), Kent Roosevelt, Parkersburg South (W. Va.), Pontiac (Mich.) Central, Euclid, 6.
- Amherst Steele, 5; 42 (tie), Midland (Mich.), Columbus Briggs, Toronto (Ont.) Woburn, Bellbrook, Flint (Mich.) Southwestern, 4; 47 (tie), Defiance, Wayne Memorial (Mich.), Pontiac (Mich.) Northern, Lorne Park (Ont.), Manchester (Mich.), Blackford (Ind.), 2.
- (tie), Flint (Mich.) Central, Harper Woods (Mich.) Bishop Gallagher, Cleveland Shaw, Toledo Rogers, Wadsworth, Belleville Clear Fork, Cleveland Rhodes, Jeromesville Hillsdale, Cleveland John Adams, Dayton Jefferson, 1; 63, Dublin, 1/2.

SATURDAY RESULTS

100-yard dash — 1, Jeff Walker, Akron North, 9.8 seconds; 2, Stan Young, Detroit (Mich.) St. Martin Deporres, 9.9; 3, Mike Miller, Flint (Mich.) Northern, 9.9; 4, Dan Gholston, Detroit (Mich.) St. Martin Deporres, 10.0; 5, Jerry Malone, Pontiac (Mich.) Northern, 10.0; 6, Falendous Tomlinson, East Cleveland Shaw, 10.0.

120-yard high hurdles — 1, Marshall Parks, Dayton Roth, 14.0; 2, Anthony Hancock, Cleveland John Hay, 14.3; 3, Mike Spencer, Akron Buchtal, 14.4; 4, Mike Austin, Columbus West, 14.5; 5, Mike Allen, Dayton Roth, 14.5; 6, Brett Hanson, Wayne (Mich.) Memorial, 14.7.

Long Jump — 1, Charles Jones, Gary (Ind.) Roosevelt, 24 feet, 1 1/2 inches; 2, Mike Worlds, Toledo Macomber, 23 7/8; 3, Todd Bell, Middletown, 23-6; 4, Michael Lee, Columbus Briggs, 23-1/4; 5, Darryl Melnick, Mississauga (Ont.) Lorne Park, 22-9 1/2; 6, Mike Schuler, Toledo Rogers, 22-2 1/4.

Shot put — 1, Ken Lanier, Columbus Marion Franklin, 64 feet, 10 1/2 inches; 2, Steve Baughman, Brecksville, 59-11; 3, Peter Rummell, Birchmount Park (Ont.) Collegiate, 59-9 1/2; 4, Martino Catalino, Toronto (Ont.) Michael Power, 59-2 1/2; 5, Luby Chambul, Birchmount Park (Ont.) Collegiate, 58-8; 6, Bill Melton, Hilliard, 54-8 1/2.

Pole vault — 1, Robert Babits, Redford (Mich.) Union, 14 feet, 6 inches; 2, Brian Binau, Upper Sandusky, 14-6; 3, Jim Lotan, Taaverse City, Mich., 14-6; 4, Mark Bradley, Toronto (Ont.) Woburn Collegiate, 14-0; 5, Mike Forner, Manchester, Mich., 14-0; 6 (tie), Gary Leitch, Bay Village Bay, 14-0; Chris Mand, Dublin, 14-0.

Mile run — 1, Bill Weidenbach, Grosse Pointe (Mich.) North, 4:15.7; 2, Andy Zeltkahn, Agincourt (Ont.) Collegiate, 4:15.8; 3, Dan Beck, Grosse Pointe (Mich.) North, 4:17.2; 4, Ted Unold, Westland (Mich.) John Glenn, 4:18.8; 5, Chris Koehler, Bay Village Bay, 4:18.8; 6, Nick Flock, Wadsworth, 4:21.3.

440-yard dash — 1, Antone Blair, Alliance, 47.2; 2, Jeff Walker, Akron North, 47.3; 3, Calvin Thomas, Cleveland Glenview, 49.7; 4, Fred Williams, Ypsilanti, Mich., 50.3; 5, Kevin Morgan, Hartford City (Ind.) Blackford, 50.4; 6, Nate Smith, Cleveland John F. Kennedy, 50.5. (Record. Old mark of 48.3 set by Derrek Harbour, Cleveland Glenview, 1976.)

Discus — 1, Jack Harkness, Mississauga (Ont.) Thomas L. Kennedy, 173 feet 2 inches; 2, Mike Clark, Birchmount Park (Ont.) Collegiate, 172-0; 3, Jim De-

Leone, Kent Roosevelt, 166-9; 4, Larry Lee, Dayton Roth, 164-0; 5, Ken Lanier, Columbus Marion Franklin, 160-0; 6, Jim Titlow, Clear Fork, 159-1.

Two-mile relay — 1, Toronto (Ont.) Michael Power (Aldo Bartolini, Bill Bowyer, Larry Thomas, Rob Machacek), 7:59.3; 2, Cleveland Heights, 8:03.1; 3, Parkersburg (W. Va.) South, 8:03.2; 4, Grand Blanc, Mich., 8:04.8; 5, State College, Pa., 8:05.2.6; Cleveland Rhodes, 8:06.1.

Shuttle Hurdle Relay — 1, Dayton Roth (Mark Brown, Leroy Getewood, Michael Allen, Marshall Parks), 57.1; 2, Gary (Ind.) Roosevelt, 58.4; 3, Cleveland Heights, 60.8; 4, Columbus West, 61.0; 5 (tie), Brecksville, 61.2; Flint (Mich.) Northwestern, 61.2. (Record. Old mark of 58.3 set by Akron Buchtal, 1976.)

High jump — 1, Dennis Lewis, Ypsilanti, Mich., 6 feet, 9 1/2 inches; 2, Tom Thomasson, Upper Arlington, 6-9 3/4; 3, Teron Laws, Gary (Ind.) Roosevelt, 6-7 3/4; 4, Kevin Bryant, Bellbrook, 6-7 3/4; 5, Jim French, State College, Pa., 6-7 3/4; 6, Marty Myers, Hillsdale, 6-5 3/4.

220-yard dash — 1, Jeff Walker, Akron North, 21.3; 2, Antone Blair, Alliance, 21.4; 3, Mike Miller, Flint (Mich.) Northern, 21.6; 4, Stan Young, Detroit (Mich.) St. Martin Deporres, 21.8; 5, Kevin Mondie, Cleveland John Hay, 22.2; 6, Larry Cary, Cleveland John Adams, 22.5.

880-yard run — 1, Don Heughan, Toronto (Ont.) Wexford, 1:53.5; 2, Scott Rider, Hilliard, 1:54.9; 3, Mark Pruente, Pontiac (Mich.) Central, 1:55.4; 4, Bill Weidenbach, Grosse Pointe (Mich.) North, 1:55.2; 5, Bill Morgan, Birmingham (Mich.) Groves, 1:55.2; 6, Ed Robinson, Dayton Jefferson, 1:55.3.

880-yard relay — 1, Cleveland Glenview (Delbert Fowler, Robert Crawford, Calvin Thomas, Mike Cook), 1:28.8; 2, Gary (Ind.) Roosevelt, 1:28.9; 3, Detroit (Mich.) St. Martin Deporres, 1:29.4; 4, Flint (Mich.) Southwestern, 1:29.4; 5, Cleveland John F. Kennedy, 1:30; 6 (tie) Dayton Roth, 1:30.3; Ypsilanti, Mich., 1:30.3. (Record. Old mark of 1:28.9 set by Detroit (Mich.) Northern, 1971.)

180-yard low hurdles — 1, Mike Austin, Columbus West, 19.1; 2, Marshall Parks, Dayton Roth, 19.5; 3, Dan Debever, Euclid, 19.6; 4, Mike Spencer, Akron Buchtal, 19.7; 5, Mark Brown, Dayton Roth, 19.7; 6, Brett Hanson, Wayne (Mich.) Memorial, 19.7.

Mile relay — 1, Cleveland Glenview (Tom Grant, Robert Crawford, Don Wright, Calvin Thomas), 3:19.7; 2, Cleveland John F. Kennedy, 3:20.5; 3, Gary (Ind.) Roosevelt, 3:20.5; 4, Akron North, 3:21.1; 5, Cleveland Heights, 3:22.3; 6, Toronto (Ont.) Michael Power, 3:23.1. (Record. Old mark of 3:20.7 set by Cleveland John Adams, 1968.)

FRIDAY EVENTS

Medley relay (880-220-440-mile) — 1, Grosse Pointe (Mich.) North (Dan Beck, Bob Roberts, Darrell Graham, Bill Weidenbach), 7:26.7; 2, Bay Village Bay, 7:31.5; 3, State College, Pa., 7:35.3; 4, Birmingham (Mich.) Groves, 7:37.7; 5, Westland (Mich.) John Glenn, 7:38.0; 6, Flint (Mich.) Central, 7:39.5. Record. Old record of 7:29.5 set by Cleveland Rhodes, 1972.)

Two-mile run — 1, Alan Scharus, Youngstown Austintown-Fitch, 9:07.2; 2, Dave Peckham, Willowdale (Ont.) Brighton, 9:12.2; 3, Ed Raposo, Toronto (Ont.) Central Technical, 9:16.8; 4, Jeff Wilhelm, Amherst Steele, 9:20.4; 5, Jim Windnagle, Defiance, 9:21.9; 6, Neil Miller, Harper Woods (Mich.) Bishop Gallagher, 9:23.6.

Four-mile relay — 1, Bay Village Bay (Rich Oldgrieve, Jeff Lemay, Ross Martin, Mike Schinski), 18:03.1; 2, Youngstown Austintown-Fitch, 18:06.5; 3, Grand Blanc, Mich., 18:08.3; 4, Michland, Mich., 18:11.7; 5, Grosse Pointe (Mich.) North, 18:14.3; 6, Amherst Steele, 18:15.0.

Compiled by NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

State girls' prep track listings

100-YARD DASH

(State Class A record, 11.0 by Josephine Hobbs of Detroit Central in 1974 and 1976)

| | |
|-------------------------------|------|
| Molly Brennan, Wfld Mott | 11.0 |
| Eileen Rickman, Mt Clemens | 11.0 |
| Roberta Brown, Mt Clemens | 11.1 |
| Janise Dale, Det Northern | 11.3 |
| Crystal Thomas, Mt Clemens | 11.3 |
| Rhonda Rogers, G.R. Union | 11.3 |
| Debbie Davis, Wyandotte | 11.4 |
| Sonja Kozorosky, Wayne | 11.5 |
| Karen Schmidt, Liv. Stevenson | 11.5 |
| Janet Sowell, W.L. Western | 11.5 |

TWO-MILE RUN

(State Class A record, 11:16.9 by Sally Zook of Traverse City in 1976)

| | |
|----------------------------------|---------|
| Mary Opalewski, Sg MacArt (B) | 11:09.7 |
| Marcie Nesbitt, Birm Groves | 11:33.2 |
| Beth Huff, A.A. Pioneer | 11:36.0 |
| Kathy Dubois, Liv Stevenson | 11:40.0 |
| Cheryl Schaeffer, South Lyon (B) | 11:44.7 |
| Lori Schaffer, Holt (B) | 11:46.0 |
| Meriam Boyd, Port Huron | 11:51.0 |
| Julie Voyles, Liv Stevenson | 11:51.8 |
| Carol Brotherton, Lakeland | 11:58.6 |
| Sheila Harmon, Bishop Borgess | 12:13.7 |

HIGH JUMP

(State Class A record, 5 feet 6 by Eileen Dempsey of Howell in 1974, Anita Lee of Detroit Cass in 1975, Linnell Jones of Flint Northwestern and Sue Reimer of Walled Lake Western in 1976)

| | |
|------------------------------|-----|
| Sue Reimer, W.L. Western | 5-0 |
| Lisa Nibert, Wayne | 5-3 |
| Monty Robinson, Mt Clemens | 5-3 |
| Jenny Chamberlain, Dominican | 5-4 |
| Kathy Ballard, L.C. North | 5-4 |
| Debbie Peters, R. O. Kimball | 5-4 |
| Terri Johnson, Musk C.C. | 5-4 |
| Ellie Hayden, Capac (C) | 5-4 |

220-YARD DASH

(State Class A record, 24.5 by Josephine Hobbs of Detroit Central in 1976)

| | |
|--------------------------------|------|
| Molly Brennan, Wfld Mott | 25.5 |
| Jan Dale, Det. Northern | 25.5 |
| Ruth Hubbard, Wall. L. Western | 26.2 |
| Sandy Bailey, R.O. Dondoro | 26.3 |
| Arne Irvine, Det. Dominican | 26.5 |
| Karen Schmidt, Liv. Stevenson | 26.5 |
| Linda Heimford, Grosse Ile (B) | 26.6 |
| Ann Cwik, Bishop Borgess | 26.8 |
| Karen Abel, W.L. Western | 27.2 |

110-YARD LOW HURDLES

(State Class A record, 14.5 by Kimberly Hatchett of Pontiac Central in 1976)

| | |
|-----------------------------------|------|
| Cindy Mellas, Garden City East | 14.3 |
| Terri Wright, Pontiac Central | 14.6 |
| Ann Cwik, Bishop Borgess | 14.6 |
| Shirley Mason, Pont. Central | 14.7 |
| Monty Robinson, Mt Clemens | 14.9 |
| Val Wrenbeck, Drbn Fordson | 15.0 |
| Connie Blankenship, Pennfield (B) | 15.0 |
| Sue Reimer, W.L. Western | 15.4 |
| Mary Beth Dudash, Birm. Groves | 15.4 |

LONG JUMP

(State Class A record, 18 feet, 1 1/4 inches by Cynthia Teft of Grand Rapids Ottawa Hills in 1976)

| | |
|------------------------------|----------|
| Cindy Mellas, Garden C. West | 18-5 1/2 |
| Sue Reimer, W.L. Western | 17-9 |
| Carolyn Wright, Pont. Cent. | 17-9 1/2 |
| Ann Cwik, Bshp. Borgess | 17-7 |
| Debbie Berry, Wayne | 17-6 |
| Nancy Larke, R.O. Dondoro | 16-10 |
| Stephanie Sanders, Pont. No. | 16-10 |

440-YARD RUN

(State Class A record, 56.7 by Ruth Hubbard of Walled Lake Western in 1976)

| | |
|--------------------------------|--------|
| Jan Dale, Det. Northern | 57.3 |
| Ruth Hubbard, W.L. Western | 59.9 |
| Molly Brennan, Wfld Mott | 1:00.0 |
| Ruth Grabowski, Farm. Harrison | 1:02.0 |
| Julie Voyles, Liv. Stevenson | 1:01.8 |
| Mary Banasek, Liv. Stevenson | 1:02.0 |
| Dayna Harper, West Bloomfield | 1:02.1 |
| Ellie Hayden, Capac (C) | 1:02.2 |
| Karen Abel, W.L. Western | 1:02.4 |
| Cheryl McKettrick, B. Borgess | 1:02.8 |

440-YARD RELAY

(State Class A record, 48.6 by Detroit Cass in 1976)

| | |
|-------------------------|------|
| Royal Oak Dondoro | 51.6 |
| Pontiac Central | 51.7 |
| Swartz Creek | 51.7 |
| Liv Stevenson | 52.0 |
| Pontiac Northern | 52.2 |
| Waterford Mott | 52.2 |
| Ann Arbor Huron | 52.3 |
| Bloomfield Lahser | 52.3 |
| Mon. St. Mary Acad. (B) | 52.9 |
| Davison | 53.1 |

DISCUS

(State Class A record, 108 feet by Sheila Warren of Lansing Waverly in 1976)

| | |
|-----------------------------|-------|
| Gail Lind, R.O. Kimball | 111-1 |
| Jill Carroll, Dominican | 107-6 |
| Mary Carter, Ferndale | 106-7 |
| Jackie Burton, Dominican | 106-5 |
| Terri Soldan, Richmond (C) | 104-7 |
| Diane Sovinski, Rfd Union | 104-1 |
| Sue Walker, Warren Tower | 103-3 |
| Tracy Mackey, Capac (C) | 103-3 |
| Carolyn Wright, Pont. Cent. | 103-3 |
| Maureen Clemens, Groves | 103-0 |

880-YARD RUN

(State Class A record, 2:14.4 by Sue Parks of Ypsilanti in 1974)

| | |
|------------------------------------|--------|
| Kathy Wilson, Bl Hills Lahser | 2:16.7 |
| Ruth Hubbard, W.L. Western | 2:19.0 |
| Jan Dale, Det Northern | 2:22.0 |
| Julie Voyles, Liv Stevenson | 2:22.1 |
| Vicki Simpson, M.H. Lamphere | 2:22.2 |
| Wendy Tipton, Liv Stevenson | 2:27.6 |
| Marcie Nesbitt, Birm Groves | 2:28.1 |
| Cheryl McKettrick, Bshp Borgess | 2:29.4 |
| Terri Soulier, Bshp. Gallagher (B) | 2:29.8 |
| Lorry Bertal, Det Thurston | 2:30.0 |

880-YARD RELAY

(State Class A record, 1:42.3 by Detroit Cass in 1976)

| | |
|----------------------|--------|
| Pontiac Central | 1:44.9 |
| Royal Oak Dondoro | 1:48.1 |
| Walled Lake Western | 1:48.1 |
| Ann Arbor Huron | 1:48.2 |
| West Bloomfield | 1:49.0 |
| Birmingham Groves | 1:50.6 |
| Livonia Stevenson | 1:51.3 |
| Jackson | 1:51.3 |
| Pontiac Northern | 1:51.8 |
| M H Bishop Foley (B) | 1:52.8 |

SHOT PUT

(State Class A record, 45 feet, 1/2 inch by Sharon Upshaw of Mt. Clemens in 1976)

| | |
|-------------------------------|-----------|
| Lynn Barber, Ferndale | 41-4 |
| Nadia Awad, Liv Franklin | 40-2 1/4 |
| Jackie Burton, Dominican | 39-10 1/4 |
| Josephine Mask, Lans Sexton | 38-1 1/4 |
| Delores Bennett, Pont Central | 36-2 |
| Jeanine Fadie, Lakeland | 36-1 |
| Audrey Artz, Grosse Ile | 36-0 |
| Jackie Schroeder, Lake Orion | 35-6 1/4 |
| Ingrid Berge, Rochester | 35-6 |
| Lori Sheridan, Wayne | 34-10 |
| Diane Sovinski, Rfd Union | 34-3 |

ONE-MILE RUN

(State Class A record, 5:06.4 by Kathy Wilson of Bloomfield Hills Lahser in 1976)

| | |
|-------------------------------------|--------|
| Kathy Wilson, Bl Lahser | 5:04.2 |
| Kathy Wilson, Bl Lahser | 5:17.0 |
| Julie Voyles, Liv Stevenson | 5:17.2 |
| Mary Opalewski, Sg MacArt (B) | 5:26.0 |
| Marcie Nesbitt, Birm Groves | 5:32.0 |
| Kathy Dubois, Liv Stevenson | 5:35.0 |
| Sue Ostrander, Liv Stevenson | 5:40.4 |
| Debbie Laraway, Lansing Waverly (B) | 5:41.5 |
| Lori Schaeffer, Holt (B) | 5:41.5 |
| Heidi Fach, Gr Pte North | 5:43.6 |

ONE-MILE RELAY

(State Class A record, 3:57.8 by Walled Lake Western in 1976)

| | |
|---------------------|--------|
| Walled Lake Western | 4:02.8 |
| Bishop Borgess | 4:05.3 |
| Livonia Stevenson | 4:09.8 |
| Holt (B) | 4:15.6 |
| Gd Rpts Union | 4:18.6 |
| Ann Arbor Huron | 4:19.4 |
| Southfield-Lathrup | 4:20.4 |
| West Bloomfield | 4:21.1 |
| R.O. Dondoro | 4:22.2 |
| Lincoln Park | 4:25.6 |

KEY - B: Class B, C Class C; D: Class D; n: non-winning performance, i: indoor performance. Coaches are urged to call in their outstanding performances to Joe Smetanka at (area code 313) 1-7922-4563.

880 YARD RELAY-----FLINT SOUTHWESTERN

| | |
|-----------------|--------|
| Rodney Feaster) | |
| Booker Moore) | |
| Brad Simpson) | 1:27.0 |
| James Brewer) | |

TWO MILE RUN-----HIGHLAND PARK

| | |
|-----------|--------|
| Sam James | 9:04.7 |
|-----------|--------|

Al Kayner, Track and Cross Country Coach at Bay City Central High School has run the mile this spring in 4:53.5. Al is 38 years old.

WOLVES TRACK CLUB 1977 SCHEDULE

Mon., July 4th 10:00
5th Annual Four on the Fourth
Four miles for everyone - Several Age Divisions. Road Course. Run is at Delta College. Trophies - Medals - Special Ribbons - - Entry Fee----\$1.00

Mon., Sept. 5th 10:00
5th Annual Labor Day Road Run
19 & over - 10,000 meters
15-18 - Four miles 333 yards
14 & under - Two miles 166 yards
Women - Two miles 166 yards
At Vet's Park - Bay City
Trophies - Medals - Ribbons
Entry Fee - \$1.50 PROFITS TO
14 & under - \$1.00 MUSCULAR DYSTROPHY
Gravel & Asphalt Course

Sat., Nov. 12th 10:30
Delta Cross Country
17 & under - Two Miles
18 & over - Four Miles
Women - Two Miles
At Delta College Medals and Ribbons
Entry Fee-----\$1.00

Sat., Dec. 24th 10:30
Sixth Annual Holiday Meet
19 & over - 5+ Miles
15-18 - 3+ Miles
14 & under - 1 Mile
Women - 1 Mile
At Vet's Park - Bay City
Trophies, Medals & Ribbons
Entry Fee-----\$1.00
Road Course - May need pin spikes
COME DRESSED TO RUN - EVERY RACE WILL BE RUN RAIN-SNOW-SUN!!!

RACE DIRECTOR: Allen J. Kayner
1728 McKinley
Bay City 48706
(517) 893-0828

NATIONAL JUNIOR A.A.U. TRACK AND FIELD MEET WILL BE HELD AT THE UNIVERSITY OF TENNESSEE ON FRIDAY AND SATURDAY, JUNE 17th & 18th

John T. Powell's book:
Track and Field Fundamentals for Teacher and Coach (Revised Edition) can be purchased from:
Stipes Publishing Company
10-12 Chester Street
Champaign, Illinois 61820
Bulk orders are \$5.00 to \$6.00

John T. Powell, Phd.
I hope your 1977 track season has been successful. Good luck at your regionals and the State.

EDITOR'S NOTE: These interpretations of the 1977 National Federation Track and Field Rules do not set aside nor modify any rule. They are made and published by the National Federation of State High School Associations in response to situations presented.

CLIFFORD B. FAGAN, Editor, National Fed. Pub.

1977 RULE BOOK CORRECTIONS:

1-4-2 — Fig. 3 DISCUS CIRCLE DIAGRAM — The distance between the points where the two sector lines bisect the throwing circle is 4' 1 $\frac{1}{4}$ ". When structuring the sector lines you create an equilateral triangle with each side equal to the radius (one-half the diameter) of the 8' 2 $\frac{1}{2}$ " circle.

Situation Ruling 621 (page 54) Delete last 3 lines of ruling and insert: "but F had 4 misses and A had 3. Therefore, A is 5th and F is 6th."

1. **Situation:** A1 is competing in the pole vault while wearing gloves.

Ruling: Gloves in themselves do not constitute an "artificial aid." It is conceivable that some types of gloves could be ruled illegal if they included material attached to the palm that would adhere to the gripping area on the pole. (e.g. A type of golf glove that features a "snug-tex rubber grip" in the palm area.) Generally any glove that has a smooth surface in the gripping area would not be considered illegal.

2. **Situation:** In the shot put, A1 reports with the fingers on the putting hand taped individually (not together).

Ruling: Illegal. The rule is quite specific in defining where and how specific areas of the hand and wrist may be taped. (10-9-1)

3. **Situation:** Before A1 committed an unsportsmanlike act that caused his disqualification in the pole vault, he had jumped 21' 6" in the long jump, qualifying him for the finals.

Ruling: While A1 cannot earn place points in the pole vault, and is denied further participation in the meet, his mark made in the long jump, prior to his disqualification, can be considered for place points (5-3-1, 10-5-1 and 10-1-4)

4. **Situation:** In the sprint medley relay, only the first three legs are run in assigned lanes. When can A4 cut for the pole?

Ruling: A4 may cut for the pole as soon as the baton has been exchanged provided A4 does not interfere with another runner. (9-3-12)

5. **Situation:** The members of Team A's 440 Yard Relay team are wearing identical uniforms except: (a) A1 who is wearing a T-shirt under the uniform jersey; or (b) A1 is wearing a white T-shirt, and A2 is wearing a red T-shirt.

Ruling: Legal in (a) and Illegal in (b) (5-2-2)

6. **Situation:** A1 is wearing baseball shoes when he reports (a) to the starting line, or (b) the field event judge.

Ruling: Baseball spikes are prohibited. A1 may not compete in any track or field event unless he is wearing shoes as defined in Rule 2-3-6.

7. **Situation:** A1 has participated in an excessive number of events. This is discovered (a) during the meet, or (b) sometime following the meet.

Ruling: In either (a) or (b), all individual and team points earned by A1 in any event shall be forfeited. Following the deductions of these points from Team A's score, there will be no re-ranking of places or team points (5-1-3).

8. **Situation:** Is the previous ruling in conflict with Rule 6-1-4 which states, "when an apparent place winner is disqualified . . . lower place winners . . . will be advanced to fill vacant places"?

Ruling: Rule 6-1-4 applies to an apparent place-winner who is disqualified prior to the approval of the place winners by the head finish or field event judge.

9. **Situation:** There are four preliminary heats in the 100 yard dash with the six fastest runners qualifying for the finals. There is a tie between two or more runners for the sixth fastest time. The track has only six lanes available.

Ruling: After a reasonable rest period the tied competitors shall compete again for the available lane. (9-2-4)

10. **Situation:** Is the above ruling consistent with 9-2-3?

Ruling: 9-2-4 is not in conflict with 9-2-3 which states "the trials should be arranged so that no competitor is scheduled to run more heats than another. When the meet was set up it was arranged so that all competitors would compete in one preliminary heat with the six fastest qualifying for the finals. Certainly the meet management did not "arrange" to have a tie for one of the qualifying places. In other words, article 3 pertains to a predetermined schedule of trials and article 4 provides for the possibility that the predetermined method of qualifying for the finals may not produce a qualifier for each available lane.

11. **Situation:** In a distance race a person is standing along the back stretch calling out times and other information to A1. A1 and his coach claim the person is not connected with the team and they have asked this person to stop giving help, but their pleas are ignored.

Ruling: If this has happened previously and A1, or his coach, anticipates before the race that it may occur again, meet management should see that the spectator is either restrained from doing this, or removed from the vicinity of the track. If it has occurred for the first time during the race, then the referee will have to determine whether the efforts by A1's coach to prevent this have been sincere. If there is evidence to show the coach or A1 is using a friend not connected with the team, in an effort to circumvent the rule, this would be a serious breach of ethics on the part of A1 or the coach, and most certainly the runner should be disqualified. The fact that a runner received unsolicited assistance from a teammate or friend, does not remove the possibility of disqualification. (5-1-4 and 8-4-1)

12. **Situation:** The coach of Team A scratches A1 from the finals of (a) long jump, (b) 100 yard dash, or (c) 440 yard relay. May A1 participate in any further competition in the meet?

Ruling: In (a) and (b) yes. In (c) no. In (a) any marks made in the preliminary trials would be considered in the final placing. In (c) written certification from a physician would have to be submitted if Team A is to be allowed to designate a substitute runner for A1 in the 440 yard relay. In (a) and (b) no substitute or replacement from Team A, or any other team, may take A1's qualifying spot. (9-3-1, 9-2-6 and 10-1-4)

Comment: It is unfair to other competitors if a runner qualifies in a preliminary race, and then withdraws from further competition in that event without a valid reason. Other than the question of ethics, there is no penalty for doing so. It must also be conceded there may be a legitimate reason for an athlete to scratch from one of the remaining events, such as, an unanticipated injury, exhaustion, etc.

13. Situation: In the 440 yard relay one member of team A is wearing white shorts and the other three members are wearing purple shorts. This is discovered (a) before the start of the race, or (b) during or immediately after the race.

Ruling: In (a) the runner should be advised the uniform is illegal and will have to be changed to conform with the other three runners before the runner may participate. If a change in uniform can be made without delaying the start of the event, no penalty will be incurred. In (b) team A will be disqualified (5-2-2 and 5-3-2).

Comment: It is the responsibility of the coach and the contestants to see that all members of a relay team are wearing the same uniform. A T-shirt worn under the jersey is not considered part of the uniform unless more than one member of a relay team is wearing T-shirts under their jerseys. If there is any question about whether the uniforms conform, an opinion may be sought of the referee prior to the race. If the starter, referee, or any other meet official detects an illegal uniform prior to the start of the race, it is good practice in preventive officiating to call this to the attention of the contestant. However, the responsibility of conforming to this rule is that of the contestant, not the meet officials.

14. Situation: In the 880 yard relay, outgoing runner A2 accepts the baton (takes possession) (a) just as he enters the beginning of the exchange zone and while the baton is still over the acceleration zone, or (b) while he is touching the track beyond the limit of the exchange zone, but before the baton itself has actually crossed the vertical plane above the far limit of the exchange zone.

Ruling: In (a) an illegal exchange, and (b) a legal exchange.

Comment: It is the position of the baton, and not either runner that determines the legality of the exchange. Rule 9-3-4 states, "the baton must be passed while it is within the 22-yard exchange zone".

15. Situation: Following the completion of the 440 yard relay, A4 (a) throws the baton high in the air in a moment of exhilaration over his team's winning, or (b) throws the baton to the track in disgust because his team failed to break the record, or (c) deliberately throws the baton into the stands, or at an opponent.

Ruling: Team A will be disqualified in all cases. In (c) A4 will also be charged with unsportsmanlike conduct and denied further participation in the meet.

Comment: Though "throwing the baton" has been removed from the list of examples of unsportsmanlike conduct, it is still an unacceptable act that will cause the relay team to be disqualified, and as described above could also be ruled as unsportsmanlike if the intent and hazard to other contestants, officials or spectators would warrant a more severe penalty.

16. Situation: Pole Vaulter A1 reports to the Head Field Judge for inspection with a pole that has a rubber sleeve—similar to the grips found on some field hockey sticks—which covers the gripping area on the pole.

Ruling: Illegal. The judge will require the grip to be removed before approving it for competition (1-7-5)

17. Situation: In the state final track meet the entries in the long jump are divided into flights. The long jump judge announces and permits the contestants to take four jumps in the preliminary trials. The error is discovered after the first flight has completed its round of 4 trials.

Ruling: Even though the judge was in error the results of each competitor's fourth jump is stricken from the record, and only the first three trials will be considered for advancement to the finals (10-5-1).

Comment: No official, including the referee, jury of appeals or games committee has the authority to set aside a rule. Coaches and contestants also have a responsibility to know the rules.

18. Situation: A1 desires to participate in the pole vault without wearing shoes. This is discovered by the event judge (a) during the warm-up, (b) after one or more trials, or (c) after previously being informed by the event judge that shoes were required, he takes one of his trials without wearing shoes.

Ruling: In (a) he has not, as yet, begun competition and should be warned, but not disqualified. In (b) and (c) the competitor is disqualified whether or not he had been cautioned. (5-3-1, 2-3-7 and 2-3-6).

19. Situation: In the girls 4 lap relay in an indoor meet (30 inch lanes) Team A is in lane one, Team B is in lane two. Outgoing runners A2 and B2 both are using a "blind pass" technique. A2 extends her right hand B2 her left hand as a target for incoming runners A1 and B1. When A1 extends the baton, it ends up in the hand of B2, who assumed she received it from teammate B1. This leaves Team A without a baton and B1 without a teammate to pass the baton to.

Ruling: When the laughter dies down, both Team A and Team B must be disqualified. (9-3-4 and 9-3-5).

20. Situation: After the completion of the 880 yard relay, Team A protests Team B started from the wrong stagger mark, or (b) used the third exchange zone on its first baton exchange.

Ruling: If this can be verified by an official (who should have immediately signaled this violation) the team would be disqualified if they used a starting line or exchange zone other than the one designated to them by the clerk of course. If the clerk erroneously assigned Team A to the wrong starting line or exchange zone, the referee would order the race re-run.

Comment: The possibility for errors in staggered starts or relay exchange zone limits can be minimized if meet directors will insist on using the recommended standardized color markings described on page 130 of the 1977 National Federation Track and Field Rules Book.

21. Situation: After all runners are set, but before the pistol is fired A1 and B1 leave their marks almost simultaneously, and after a slight pause A2 and B2 realizing it is a false start, also leave their marks.

Ruling: A1 and B1 will be charged with a false start. If it is clear that the movement of A2 and B2 is not simultaneous with, but actually as a result of, the actions of A1 and B1, they would not be charged with a false start. (7-1-6)

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CLIFFORD B. FAGAN, Editor, National Federation Publications

22. **Situation:** Some of the times submitted for seeding purposes are for metric distances, while others are for races at the traditional, or English measurement distances.

Ruling: Use the following table to convert "metric times" to their equivalent times at traditional distances. Note: The table shows the conversion from metric to English. To convert from English to metric merely reverse the process, i.e., instead of adding .3 seconds to a 400 metre time, you subtract .3 seconds from a 440 yard time to find the metric time.

To convert time from:

| | | |
|--------------|-----------------|------------------|
| 100 metre | to 100 Yards | Subtract .9 sec. |
| 110 m H H | to 120 Yd H H | time is the same |
| 200 metre | to 220 Yards | add .1 sec. |
| 400 metre | to 440 Yards | add .3 sec. |
| 400 m Relay | to 440 Yd Relay | add .2 sec. |
| 800 metre | to 880 Yard | add .7 sec. |
| 800 m Relay | to 880 Yd Relay | add .5 sec. |
| 1600 m Relay | to Mile Relay | add 1.1 sec. |
| 1500 metre | to Mile Run | add .08% * |
| 3000 metre | to 2-Mile Run | add .07% ** |

*—Convert 1500 metre time to total seconds (e.g. 4:10.0 = 250 sec.) and multiply by .08% and add results to 1500 metre time.

**—Follow the same procedure as used in converting 1500 m to mile time, but use .07%.

Comment: 100 metres is longer than 100 yards. 110 metres is virtually the same as 120 yards. All other metric races are shorter than the comparable race at the traditional or English measurement distance.

23. **Situation:** A school wishes to host a metric meet, but is uncertain as to what events should be included.

Ruling: This would vary depending on the usual events included in competition in that state. The following is a list of the generally accepted comparable events.

| <u>The Present</u> | <u>Would become</u> |
|-----------------------|------------------------|
| 120 Yard High Hurdles | 110 metre High Hurdles |
| 100 Yard Dash | 100 metre Dash |
| 1 Mile Run | *1500 metre Run |
| 880 Yard Relay | 4 x 200 metre Relay |
| 440 Yard Dash | 400 metre Dash |
| 180 Yard Low Hurdles | 165 metre Low Hurdles |
| 330 Yard Int. Hurdles | 300 metre Int. Hurdles |
| 880 Yard Run | 800 metre Run |
| 220 Yard Dash | 200 metre Dash |
| 2 Mile Run | *3000 metre Run |
| Mile Relay (4 x 440) | 4 x 400 metre Relay |

* There will be some sentiment to convert the one mile and two mile runs to 1600 and 3200 metres respectively — at both the national and international levels.

Comment: There would be no change in the distance between hurdles, or between the starting line and the first hurdle. Any difference in the overall distance of hurdle races would be absorbed in the distance from the final hurdle to the finish line.

24. **Situation:** In the girls triple jump, one of the competitors does not reach the landing pit. Should the attempt be measured?

Ruling: No — this is an unsuccessful trial. One of the requirements implied in the long and triple jump is that the competitor alight in the landing pit.

Comment: Because of the range in ability between senior high school boys and girls and junior high school athletes, the recommended distance between the scratch line (take-off board or area) and the landing pit is 12 feet in the long jump and 32 feet in the triple jump for high school boys and 8 feet and 24 feet respectively for girls and junior high school competition. Facilities utilized by all three classes of competition should include an extra take-off board or scratch line for girls and junior high school competition.

25. **Situation:** In the 880 Yard Run A1 is bumped by B1 on the first turn causing A1 to fall or break stride. The infraction is immediately signaled by the inspector. Later in the race A1 deliberately or accidentally impedes B1.

Ruling: Both A1 and B1 will be disqualified.

26. **Situation:** In the pole vault, A1 brushes the crossbar causing it to bounce on the supporting pins and eventually comes to rest with one end resting on the original supporting pin and the other end on a pin below the original crossbar support.

Ruling: An unsuccessful trial. (10-3-2)

27. **Situation:** A1 successfully clears the crossbar, when the released pole (a) hits the upright standard and rebounds back to the runway, (b) the pole pops out of the planting pit and comes to rest beyond the plane of the stopboard, (c) comes to rest (even briefly) against the crossbar or standard, (d) after a momentary delay while the released pole remains vertical, it falls forward into the landing pit.

Ruling: A successful trial in (a) and (b), a failed trial in (c) and (d). (10-3-1)

28. **Situation:** A1 successfully clears the crossbar when the pole catcher, in an attempt to grab the properly released pole, inadvertently knocks it into the crossbar causing it to fall into the pit.

Ruling: This should not count as an unsuccessful trial. If it is obvious to the event judge that A1 had successfully cleared the bar and could not have dislodged the bar through his efforts, he could count the attempt as a successful vault. If there is any question in his mind, he should not count it as a miss, but award A1 an additional trial at that height. (10-3-1; 10-3-10)

29. **Situation:** In the pole vault A1 decides near the end of his approach not to go through with his attempt. In stopping he (a) places his pole in the planting pit, but does not leave the ground (b) the end of his pole breaks the vertical plane of the stopboard, but does not touch the landing pit, or (c) the end of the pole does strike or touch the landing pit beyond the vertical plane of the stopboard.

Ruling: Providing A1 does not violate the time limitation, it would not be counted as a trial in either (a) or (b). In (c) it is ruled as an unsuccessful trial. (10-3-2)

30. Situation: A1 starts the act of throwing the discus and during preliminary swings, the discus is dropped, falling outside the circle.

Ruling: A1 is charged with a trial which is not measured. (10-7-1)

31. Situation: In the girls mile run, A1 is leading and running next to the curb. B1 is in second place and running approximately 2 feet behind A1; and to the right. Runner C1 is in third place and about 5 feet behind A1, approximately 3 feet behind B1, but in an area which would be between them. B1 wishes to move to the inside behind A1 and, as she moves to her left, she slides into C1, who shoves her in an attempt to keep her position.

Ruling: This is a running infraction by B1. Any time a runner in a race run without lanes wishes to cut across the path of an opponent, she must be at least one running stride (about 7 feet) in advance of the runner whose path she is crossing. Since B1 was not sufficiently in advance of C1, she has committed a running violation and shall be disqualified. (8-1-2)

32. Situation: In assuming the starting position for the 440 Yard Relay A1 does so with his hands behind the starting line, but permits the baton to touch the track in advance of the starting line.

Ruling: The touching of the baton beyond the starting line is not in itself illegal, as long as no part of the contestants body touches on or over the starting line. (7-1-4)

33. Situation: In the finals of the 220 Yard Dash, there is a spill near the finish which involves runners B1, C1, and D1, who are contesting for second, third and fourth place. A1 finishes first and was in advance of the incident when it occurred. The spill, (a) was or (b) was not the result of a foul.

Ruling: In (a) the referee would disqualify the offender and could order the race re-run with all other contestants entered in the re-run, including A1. In (b) A1 is the winner, with the other places being determined by the order in which the remaining runner finished the race. (8-2-2)

Comment: Not every spill results in a disqualification and not every foul calls for the re-running of a race.

34. Situation: In the shot put, A1 is using a rotating technique, similar to the turn in the discus to gain acceleration.

Ruling: Provided the conditions set down in Rule 10-9-1 and 2 are met, this would not be illegal.

35. Situation: The final event in the girls state final track meet is the 440 Yard Relay run in three heats, with the winner and final places determined on the basis of time. In the third heat C2 interferes with D3, causing her to fall. Team C goes on to finish first, Team A and Team E, who were not involved in the interference finish is second and third place while team D finishes fourth. At this point the fastest time was recorded by Team B in the second heat. The referee disqualifies team C and

orders all other teams entered in the third heat to re-run the race. On the re-running of the third heat, team A establishes a faster time than the winner of the second heat and is declared the champion. The coach of team B protests that team A, which was not involved in the interference, should not have had the privilege of re-running the race.

Ruling: The referee was faced with a decision as to whether to allow the team interfered with (team D) to re-run the race against time, or to order the re-run of all three of the final heats.

Comment: Determining final place winners based on comparative times achieved in two or more heats is never a desirable practice. When the finals are run in three heats, all heats are considered as part of the final heat. When interference occurs in the final heat, "the referee may order a new race between all those in the finals, or between those who, in the referee's opinion, are entitled to the privilege." Team A was not involved in the interference and is no more entitled to this privilege than team B, the winner of the second heat and holder of the fastest time. (8-2-2)

36. Situation: Following the Medley Relay, it is discovered that (a) team D was assigned to the incorrect starting line, resulting in team D running a greater distance than the other teams, or (b) both team D and team C were assigned to incorrect starting lines which resulted in these teams running a greater distance than prescribed. In both instances team D finished first and team C finished last.

Ruling: In (a) the results stand, team A is still the winner, in (b) if this was a qualifying heat team C should be given a chance to qualify in a subsequent heat, or if it is a final heat, the referee may order the race re-run with all of the original teams entered. (8-2-2 and 4-2-2)

37. Situation: In making his approach in the pole vault, A1 discovers his steps are off, and in an attempt to abort the trial, plants the pole in the vaulting box to help him stop. He (a) leaves the ground, but does not break the vertical plane of the upper part of the stopboard, or (b) does not leave the ground.

Ruling: In (a) an unsuccessful trial, in (b) not a violation provided he does not exceed the time limitation. (10-3-2)

38. Situation: In the High Jump, A1 wishes to abort the attempt, but in trying to stop, leaves the ground in sort of a hop, but does not touch the ground or landing area beyond the plane of the crossbar, or the crossbar extended.

Ruling: This is not considered a trial. (10-4-3)

39. Situation: In the intermediate hurdles A1 has broken his stride and lost his balance. As he approaches the hurdle, he put out both hands to either prevent himself from falling, or to protect himself from hitting the hurdle. In either case, he pushes over the hurdle and continues on in the race. At the conclusion of the race, this action is reported to the referee by the inspector.

Ruling: If the information supplied to the referee would indicate that A1 was more concerned with protecting himself than in making an attempt to clear the hurdle, or that he gained an unfair advantage by pushing over the hurdle, he would be disqualified. (8-3-1)

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

ORDER OF EVENTS : Starting Time 3:00 P.M.
 7 & under girls 10-11 boys 16 & over women
 7 & under boys 12-13 girls 16-19 men
 8-9 girls 12-13 boys 20-29 men
 8-9 boys 14-15 girls 30-39 men
 10-11 girls 14-15 boys 40 & over men

DATE: Saturday, June 11, 1977. First run at 3:00 P.M.

DEADLINE: Monday, June 6, 1977. No late or telephone entries accepted.

LOCATION: Dwight D. Eisenhower High School, 3465 N. Center, Saginaw, Michigan. The high school is located between Shattuck & McCarty.

CONTACT PERSON : Larry L. Piper, 1816 Bauss Ct., Midland, Mich, 48640 (517)835-8573

FACILITIES: All weather track. You can wear flats, tennis shoes or 1/8" spikes. Come dressed to run. Restrooms available.

AWARDS : All finishers receive identical awards.

ENTRY REQUIREMENTS: 1. Two (2) dollars entry fee (payable to Saginaw Track Club).
 2. Copy of birth certificate--required only of persons who did not compete in the 1976 run.
 3. Each entry should be on a separate entry blank.

DIVISION OF PARTICIPATION AND SEEDING : Participant's age on the day of the meet will determine the age group division. (If you become 10 on June 11, you will run in the 10-11 division.) The race director will have the sole responsibility and ultimate decision as to which runners are to be placed in which heats.

ENTRY BLANK Male _____ Female _____ Age _____ Birthdate _____

Name _____ Best Mile Time (1977) _____

Address _____ City _____

State _____ Zip _____ Team _____

Entries must be received by June 6, 1977. Send to: Larry Piper, 1816 Bauss Ct. Midland, Michigan 48640. Entries will not be accepted unless they contain:

1. Copy of birth certificate if you did not run in the 1976 race.
2. Two (2) dollars entry fee (Payable to the Saginaw Track Club)

My son/daughter has been recently examined by a physician and found to have no mental or physical conditions which could be aggravated by this competition. I completely release all organizations and individuals from any liability associated with this meet.

Signed _____
(Parent or Guardian)

saturday fun runs

At Eisenhower Track - 10 a.m. Sharp

- These are weekly, informal runs—designed to promote running as a conditioning, competitive and social activity.
- They are intended to supplement (not to compete with) the AAU long distance running program by (1) offering races at shorter distances than normally run by the AAU, and (2) offering regular races close to home.
- No entry fees — No advance signups — No AAU cards required. Just come and run.
- All courses precisely measured. All runners are accurately timed.
- Please have a doctor's checkup before coming out.
- Time certificates are awarded EVERYONE in every race. Run as hard or as easy as you like.

SCHEDULE

*open and under-12 races
topon and woman's races

JUNE

4 ¼-mile/½-mile/1 mile
25 ½-mile*/1-mile/3-mile

JULY

2 ½-mile*/1-mile/5-mile
9 ¼-mile+/1-mile/3-mile
16 ½-mile/½-mile/6-mile
23 ½-mile*/1-mile/2-mile
30 ½-mile/1-mile/3-mile

AUGUST

6 ¼-mile/½-mile/5-mile
13 ½-mile/1-mile/2-mile
20 ½-mile/1-mile/5-mile
27 ¼-mile/1-mile/6-mile

SEPTEMBER

3 ½-mile/1-mile/3-mile
10 ¼-mile*/½-mile/5-mile
17 ½-mile/1-mile/6-mile
24 ½-mile+/1-mile/3-mile

TIME STANDARDS

| Awards | Quarter Mile | Half Mile | One Mile | Two Miles | Three Miles | 4 1/2 Miles | Five Miles | Six Miles |
|--------|--------------|------------|------------|-------------|-------------|-------------|-------------|-------------|
| Gold | under 1:10 | under 2:30 | under 5:00 | under 11:00 | under 17:00 | under 24:30 | under 30:00 | under 36:30 |
| Blue | under 1:25 | under 3:00 | under 6:00 | under 13:00 | under 20:00 | under 30:00 | under 38:00 | under 43:00 |
| Red | under 1:40 | under 3:30 | under 7:00 | under 15:00 | under 23:00 | under 34:00 | under 40:00 | under 49:00 |
| Green | under 2:00 | under 4:15 | under 8:30 | under 18:00 | under 28:00 | under 39:30 | under 48:00 | under 58:00 |
| White | over 2:00 | over 4:15 | over 8:30 | over 18:00 | over 28:00 | over 39:30 | over 48:00 | over 58:00 |

Notes: Runners under 5 and over 60 are allowed to add 2:00 per mile to each of these standards. Runners 6-10 and 50-59 are allowed to add 1:30 per mile. Runners 11-13, 40-49 or woman are allowed to add 1:00 per mile.

Starting at 10 AM at the Eisenhower Track. Each day there are three races — the shortest will be run first. Then the two longer runs will be run after finishing the previous races. For more information contact Ray Bartels at 793-0979.

The Fun Runs are sponsored by the Saginaw Track Club.

MICHIGAN STATE CHAMPIONSHIPS

ROAD RUNNERS CLUB OF AMERICA
and
USTFF

EISENHOWER HIGH SCHOOL - SAGINAW, MICHIGAN

SATURDAY, JUNE 18, 1977

Distances: 20 Km. (12.4 miles) and 10 Km. (6.2 miles)

ENTRY FEE -- \$4.00

AGE DIVISIONS

10 Km.

15 and Under
16 - 17
18 - 29
30 - 39
40 +
Open Women

Notice!

Circle Race and
Age Division Entered

20 Km.

16 - 17
18 - 29
30 - 39
40 +

Open Women

Awards: Plaques to winners in each group. Medals through 10th in each group. Shirts to all finishers.

Course: 6.2 Mile paved loop.

Location: Registration on the Eisenhower track.
First race (10 Km.) starts at 9:00 A.M. sharp!

Dressing facilities available - Lodging available at Y.M.C.A., reasonable rates.

For further information contact:

Ed Skrelunas (517) 793-4498
Dick Trace (517) 799-6552

Make checks payable to: Saginaw Track Club

Mail entries to: Ed Skrelunas
1918 Wilson
Saginaw, Michigan 48603

In consideration of your acceptance of this entry, I do hereby waive all claims to damages which I might have against the Township of Saginaw, Saginaw, Michigan, its representatives, or the sponsors of this race for all injuries or damages incurred during the race described on this entry form.

Signature _____

Name: _____

Address _____

School or Affiliation _____

Phone _____

Age (As of June 18, 1977) _____

PRESIDENT

Lou Miramonti
Royal Oak Shrine

M I T C A

TREASURER

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Pontiac Central

FIRST VICE PRESIDENT

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NEWSLETTER

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Robert Stallcup
Grand Blanc

SECOND VICE PRESIDENT

Karyn Cribley
Grand Ledge

No. 2 OCTOBER 1977

JR. HIGH REPRESENT.

Dave Thiel
Flint Daly Jr. High

SECRETARY

Jack Grant
Sturgis

YOU CAN'T WIN TODAY'S RACE ON YESTERDAY'S RESULTS

NEWSLETTER EDITOR

Kermit N. Ambrose
Retired

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

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FOURTH ANNUAL MIDWEST MEET OF CHAMPIONS

Fort Wayne, Indiana June 11, 1977

Michigan-----158 1/2
Indiana-----126
Ohio-----106 1/3
Illinois-----66 1/6

NCAA DISTRICT IV CROSS COUNTRY CHAMPIONSHIPS

Uni. of Michigan, Saturday, November 12th, 1977 (11:00 a.m.) at the Uni. of Michigan Golf Course. This a qualifying meet for the NATIONAL CHAMPIONSHIPS, which will be held at SPOKANE, WASHINGTON on Monday, November 21, 1977.

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

IN THE FOUR MEETS:

Michigan Two Wins Two Seconds
Ohio Two Wins One Second One Third
Indiana One Second Three Thirds
Illinois One Fourth

NATIONAL AAU CROSS COUNTRY CHAMPIONSHIPS

Houston, Texas Saturday, November 26, 1977

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

All-State Cross Country Runners - Can any School Match the production of Jackson High They had three All-Staters in 1974 and again in 1976.

EASTERN MICHIGAN UNIVERSITY OPEN X.C. RUNS

Tues., November 8th 4:00 4 Mile Run
Tues., November 15th 4:00 5 Mile Run
Tues., November 22nd 4:00 6 Mile Run
Runs will be held on the campus, back of Bowen Fieldhouse. Wooded area - A few medium hills. Splits will be given at each mile mark, 25¢ Entry Fee. No advance entries. Register from 3:00 to 3:45 p.m. The runs are primarily intended for college J-v runners (or those not going to the Nationals); Jr. College or small College runners; High School runners, girls, women, Masters, Age-Groupers, Joggers welcome. These runs are open to anyone. No team score. Trophies to top 3 finishers, ribbons to next 12 finishers.

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

READERS DIGEST - August 1977 Issue

Your attention is called to an interesting article on "Growing Black Dominance in Sports" Pages 138-141

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

HURON RELAYS + + + March 24th & 25th
SPARTAN RELAYS + + + March 31st & April 1st
MANSFIELD RELAYS + + April 14th & 15th

MICHIGAN 1976 GIRLS HIGH SCHOOL TRACK AND FIELD ALL TIME PERFORMANCES

Scott Felmler, Haslett; Kay Breining, Ionia; and Judy Recker, Fowlerville; are to be complimented for the excellent job they completed prior to January 1977 Track and Field Clinic. I'm sure the members of MITCA can appreciate the tremendous task they had before them, and it will be necessary for all of you to help them bring the listing for 1977 up to date.

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

STATE CROSS COUNTRY CHAMPIONSHIPS in 1978

CLASS "A" & "D"-----Howell
CLASS "B" & "C"-----Unknown

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

7th ANNUAL HOLIDAY TURKEY TROT - Grand Blanc Parks and Recreation Commission

Grand Blanc Golf Club on Perry Road
Saturday, November 12, 1977 - 10:00 A.M.
75¢ per contestant to help defray meet Exp.
Write to Bob Stallcup, 109 Park Avenue, Holly, Michigan 48442. Enclose a self-addressed and stamped envelope. There are 17 different divisions. Boys, Girls, Men and Women.

COACHES DISPLAY ROOM - 1977 MITCA X.C. CLINIC

Please bring anything you to share to help other coaches improve their cross country programs. Bring to the clinic - space will be available for all materials.

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

Uni. of Michigan, Dearborn Campus - Cross Country Open Runs-All Ages - - - 4:30
November 3rd, 10th, 15th & 21st. Fee \$1.00
Awards---Medals 1st through 10th. 3-Mile, 4-Mile, 5-Mile & 5-Mile.

If you don't know where you are going, you'll probably end up somewhere else.....

1977 CROSS COUNTRY COMMITTEE

Karyn Cribley-----Grand Ledge
Robert Glover-----Kingsley
Jack Grant-----Sturgis
Louis Miramonti-----Royal Oak Shrine
Russell Posthumus-----Grand Rapids
John Rowan-----Haslett
Don Sleeman-----Ann Arbor Pioneer
- * - * - * - * - * - * - * - * - *

1977 REGIONAL CROSS COUNTRY RUNS

Class "A"-----7 Regionals-----21 Qualifiers
Class "B"-----7 Regionals-----21 Qualifiers
Class "C"-----6 Regionals-----18 Qualifiers
Class "D"-----4 Regionals-----12 Qualifiers
- * - * - * - * - * - * - * - * - *

ALL-STATE HONORES---Track & Field & Cross Count.

The executive board of MITCA has decided to increase the All-State Track Honors to the first three positions rather than the first two. The All-State Cross Country selection procedure was changed last year and will be as follows: The top seven runners in each race of a class will be All-State. If any runner in one race beats the time of the 7th runner of the other race, they will also be All-State.
- * - * - * - * - * - * - * - * - *

1978 CROSS COUNTRY SITES

Class "A" and "D"-----Howell
Class "B" and "C"-----Haslett
- * - * - * - * - * - * - * - * - *

MITCA TRACK AND FIELD CLINIC-----EAST LANSING

Hilton Hotel January 13th and 14th, 1978
More information in the next newsletter.
- * - * - * - * - * - * - * - * - *

M I T C A C O M M I T T E E S

GIRL'S TRACK AND FIELD

"A" Larry Grow (Chairman)---Traverse City
Sharon Young-----Walled Lake Western
"B" Bill Derthick-----Oscoda
Lila Klusendorf-----Holt
"C" Steve Hunt-----Yale
Jim Murray-----Niles Brandywine
"D" Dale Matthews-----Suttons Bay
Jan Hutchinson-----Centreville

BOY'S TRACK AND FIELD

"A" Bob Holmes (Chairman)-Livonia Franklin
Ron Woldvogel-----St. Joseph
"B" Marty Crane-----Flint Beecher
Frank Grimm-----Wyoming Park
"C" Ted Mac-----Detroit Benedictine
Howard Roberson-----Bath
"D" George Browne-----Detroit Country Day
Chuck King-----Concord

JUNIOR HIGH

Dave Thiel-----Flint Daly Junior High
Dave Bartel-----Dearborn Bryant
Mike French-----Stockbridge
John Pain-----Saginaw Weber
Bill Kebler-----Montrose
Fred Horstman-----Ludington

CROSS COUNTRY

"D" Tom Swanson (Chairman)----Potterville
Mike Mattich-----Bear Lake
"C" Bob Weaver-----Mayville
Jim Murray-----Niles Brandywine
"B" Pat Arpino-----Jackson Lumen Christi
Rich Tompkins-----Fremont
"A" Norb Badar-----Flint Northern
Jack Magelson-----Portage Northern
- * - * - * - * - * - * - * - * - *

ARE YOU PLANNING TO BUILD A NEW TRACK????

The Representative Council encourages those schools that are building new tracks or modifying old tracks to convert to metric measurements. It is anticipated that some-time in the future the track events will be conducted as metric measured events.
- * - * - * - * - * - * - * - * - *

CLASSIFICATION OF MICHIGAN HIGH SCHOOLS

Class "A" 1430 or more
Class "B" 708-1429
Class "C" 365-707
Class "D" 364 or less
- * - * - * - * - * - * - * - * - *

GREAT LAKES TRACK CLUB THEY NEED YOUR HELP

A group of former Michigan High School Track and Field competitors and Cross Country Runners are working hard to form a track club in order to continue their competition. All are ex-college runners with excellent credentials. They are trying to formulate a club on the order of the Chicago Track Club which has been very successful. Many of our Michigan runners have been a part of Ted Hayden's Chicago Club. They feel that Michigan can supply enough talent to warrant a project of this sort. They competed in the Springbank International Roadrace in London, Ontario in Canada, last September 25th and placed second in each of the two team races. They hope to have a team run in the National AAU Cross Country Championships in Houston, Texas on Saturday, November 26th, 1977.

Some of the team personell

Mike Burns, Carson City Crystal, CMU
Mile (4:04) 880 (1:52) 1000 (2:10.4)
Dave Burkhart, Southgate High, EMU
Mile (4:05) 880 (1:52.2)
All-American Indoor Track '76
Greg Meyer, G. R. West Catholic, U of M
Mile (4:03.8) 880 (1:51) 2-Mile (8:48)
3-Mile (13:32) Cross Country All-American '74, '75, & '76. Steeplechase (8:33) All-American '76.
Tim Fox 2 time marathon All-American 26th finish at '76 Boston Marathon 2nd place at 77 Belle Isle Marathon P.R. 2:25:11
Dave Hinz East Jackson CMU
Mile (4:05.6) 2-Mile (8:46) 6-Mile (28:36)

PRESIDENT

Lou Miramonti
Royal Oak Marine

MITCA

TREASURE

Bob Kent
Pontiac Central

FIRST VICE PRESIDENT

Don Baese
Carson City Crystal

NEWSLETTER

HISTORIAN

Bob Stallcup
Grand Blanc

No. 3 DECEMBER 1977

SECOND VICE PRESIDENT

Karyn Cribley
Grand Ledge

NO MATTER WHERE
YOUR CHRISTMAS

JR. HIGH REPRESENT.

Dave Thiel
Flint Daly Jr. High

SECRETARY

Jack Grant
Sturgis

IS SPENT
PLEASE DO ENJOY IT
100%

NEWSLETTER EDITOR

Kermit N. Ambrose
Retired

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THE FIFTH ANNUAL CROSS COUNTRY CLINIC HELD AT the Lansing Hilton is past history. Congratulations must go to Karyn Cribley, Second Vice President, for the excellent job she did in planning, organizing and directing this fine clinic. She of course was ably assisted by the other members of the MITCA Executive Board. This was the best turn-out of any of the previous clinics. Thanks, Karyn, for an excellent performance.

| | | |
|------------------|---------------------------------|-----|
| <u>CLASS "B"</u> | 1. Livonia Ladywood----- | 62 |
| | 2. Oscoda----- | 94 |
| | 3. Hillsdale----- | 125 |
| | 4. Milan----- | 132 |
| | 5. Hastings----- | 167 |
| | 6. Bullock Creek----- | 175 |
| | 7. Madison Hgts. Bishop Foley-- | 179 |
| | 8. Monroe St. Mary----- | 205 |
| | 9. Holt----- | 217 |
| | 10. Northwest Jackson----- | 227 |
| | 11. Carlton Airport----- | 233 |
| | 12. Dearborn Divine Child----- | 237 |
| | 13. Tecumseh----- | 277 |
| | 14. Alma----- | 288 |

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

GIRLS' INVITATIONAL STATE CROSS COUNTRY CHAMP- IONSHIPS Potterville October 22nd, 1977

| | | |
|------------------|---|-------|
| <u>Class "A"</u> | 1. Ann Arbor Huron----- | 71 |
| | 2. Redford Union----- | 110 |
| | 3. Ann Arbor Pioneer----- | 116 |
| | 4. Royal Oak Kimball----- | 164 |
| | 5. Farmington Hills----- | 176 |
| | 6. Royal Oak Dondero----- | 177 |
| | 7. East Lansing----- | 189 |
| | 8. Midland----- | 199 |
| | 9. Livonia Stevenson----- | 202 |
| | 10. Kalamazoo Loy Norrix----- | 208 |
| | 11. Milford Lakeland----- | 256 |
| | 12. Adrian----- | 280 |
| | 13. Pontiac Central----- | 324 |
| | 14. Kalamazoo Central----- | 367 |
| | 15. Westland John Glenn----- | 380 |
| | 16. Lansing Everett----- | 454 |
| | 1. Miriam Boyd-----Port Huron----- | 16:43 |
| | 2. Carol Schenk-----Flint Kearsley----- | 17:07 |
| | 3. Beth Huff-----AA Pioneer----- | 17:43 |
| | 4. Michele Collins-----Mercy----- | 18:04 |
| | 5. Brenda Clark-----Grand Haven----- | 18:07 |
| | 6. Sue Heinlen-----Mercy----- | 18:15 |
| | 7. Voyles-----Stevenson----- | 18:16 |
| | 8. Liz Woodley-----Thurston----- | 18:20 |
| | 9. Susan Brown-----Brighton----- | 18:26 |
| | 10. Ellen Birkhimer-----Midland----- | 18:27 |

| | | |
|--|--|-------|
| | 1. Cherly Scheffer--South Lyon----- | 17:38 |
| | 2. Lori Bennett----Livonia Ladywood----- | 17:50 |
| | 3. Bonnie Arnold---Battle Creek----- | 18:02 |
| | 4. Sheila Varga---River Valley----- | 18:12 |
| | 5. Frances Reilly---Oscoda----- | 18:35 |
| | 6. Sue Jarvis-----Livonia Ladywood----- | 18:37 |
| | 7. Lee Ann Yank---Bishop Foley----- | 18:45 |
| | 8. Shelly Phillips--Milan----- | 18:47 |
| | 9. Linda Masserant--Hillsdale----- | 18:58 |
| | 10. Melinda Roberts--Mt. Morris----- | 18:59 |

| | | |
|------------------|---------------------------------|-----|
| <u>CLASS "C"</u> | 1. Decatur----- | 41 |
| | 2. Mt. Clemens Luth, North----- | 46 |
| | 3. St. Louis----- | 91 |
| | 4. Bath----- | 110 |
| | 5. Saginaw Carrollton----- | 136 |
| | 6. Yale----- | 175 |
| | 7. Eau Claire----- | 185 |
| | 8. White Hall----- | 185 |
| | 9. Napoleon----- | 187 |
| | 10. Bellevue----- | 214 |
| | 11. Whittmore Prescott----- | 250 |
| | 12. Kalkaska----- | 295 |

SITES FOR 1978 CROSS COUNTRY STATE MEETS

Class "A" & "D" Howell
Class "B" & "C" Haslett

| | | |
|--|---|-------|
| | 1. Nora Green-----Shepherd----- | 17:57 |
| | 2. Kathy Seibel-----Decatur----- | 18:06 |
| | 3. Mary Perez-----Decatur----- | 18:46 |
| | 4. Ann Pewe-----Olivet----- | 18:52 |
| | 5. Cindy Kaiser-----M.C. Luth. North-- | 19:09 |
| | 6. Sue Urich-----M.C. Luth. North-- | 19:10 |
| | 7. Cindy Woodrow-----Saginaw Carrollton-- | 19:12 |
| | 8. Karen Majchrowski--East Jackson----- | 19:19 |
| | 9. Kathy Stambeck-----Decatur----- | 19:21 |

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

| | | | | |
|------------------|-------------------------------|-----|--|-------------|
| <u>CLASS "D"</u> | 1. Potterville----- | 69 | 20. Inkster Cherry Hill----- | 390 |
| | 2. Burr Oak----- | 83 | 30 74 75 105 106 135 DNF | |
| | 3. Ann Arbor Green Hills----- | 87 | 21. Harper Woods Bishop Gallagher----- | 486 |
| | 4. Detroit Country Day----- | 96 | 69 81 95 111 130 142 DNF | |
| | 5. Mendon----- | 101 | <u>CLASS "B" ALL-STATE RUNNERS-----</u> | <u>1977</u> |
| | 6. Pittsford----- | 103 | 14:57.8 * Gerry Donakowski--Dearborn Riverside | |
| | 7. Lansing Christian----- | 105 | 15:09 * Brian Diemer---G.R. South Christian | |

| | | |
|-----------------------|-----------------------|-------|
| 1. Julie Lantis----- | Grass Lake----- | 19:07 |
| 2. Mary Mullally----- | Flint Holy Rosary--- | 19:11 |
| 3. Katy Topp----- | AA Green Hills----- | 19:22 |
| 4. Jane Nabozny----- | Burr Oak----- | 19:28 |
| 5. Cheryl Watters--- | Mt. Plea. Sac. Heart- | 19:34 |
| 6. Martha Kundrat--- | Potterville----- | 19:48 |
| 7. Segrid Lana----- | Pittsford----- | 20:01 |
| 8. Kim Roda----- | Mendon----- | 20:08 |
| 9. Dee Cook----- | Det. Country Day--- | 20:15 |
| 10. Pam Maguira----- | Akron Fairgrove--- | 20:22 |

BOYS' STATE CROSS COUNTRY CHAMPIONSHIPS
Class "B" & "C" Sturgis November 5th, 1977

| | | | | | | | |
|----------------------------------|----|----|----|-----|-----|-----|-----|
| <u>CLASS "B"</u> | | | | | | | |
| 1. Holly----- | 4 | 7 | 14 | 20 | 38 | 42 | 89 |
| 2. Harper Creek----- | 1 | 22 | 34 | 54 | 71 | 112 | 141 |
| 3. Flint Ainsworth----- | 9 | 32 | 39 | 57 | 65 | 67 | 104 |
| 4. Grand Rapids Christian----- | 11 | 24 | 26 | 68 | 78 | 92 | 102 |
| 5. Rockford----- | 16 | 36 | 49 | 51 | 58 | 96 | 107 |
| 6. New Baltimore Anchor Bay----- | 2 | 15 | 46 | 63 | 86 | 110 | 127 |
| 7. Big Rapids----- | 5 | 35 | 43 | 48 | 77 | 128 | DNF |
| 8. Jackson Lumen Christi----- | 25 | 31 | 37 | 52 | 114 | 116 | 117 |
| 9. Plainwell----- | 17 | 45 | 60 | 62 | 90 | 115 | 124 |
| 10. Otsego----- | 23 | 28 | 56 | 70 | 98 | 139 | 140 |
| 11. Cedar Springs----- | 10 | 43 | 55 | 66 | 125 | 137 | 138 |
| 12. Cadillac----- | 3 | 27 | 72 | 85 | 113 | 131 | 132 |
| 13. Holt----- | 33 | 44 | 50 | 79 | 97 | 120 | 121 |
| 14. Carleton Airport----- | 41 | 47 | 61 | 91 | 103 | 134 | DNF |
| 15. Saginaw Eisenhower----- | 13 | 53 | 76 | 80 | 82 | 88 | 122 |
| 16. Ludington----- | 8 | 12 | 40 | 114 | 119 | 133 | 143 |
| 17. Marshall----- | 6 | 21 | 87 | 99 | 101 | 103 | 129 |
| 18. Troy----- | 19 | 29 | 73 | 94 | 100 | 108 | 126 |
| 19. Dearborn Divine Child----- | 18 | 59 | 83 | 84 | 109 | 118 | 136 |

| | |
|--|--|
| 15:11.9 Dave Ball--Battle Creek Harper Creek | |
| 15:15 Neal Toward-----New Balt. Anchor Bay | |
| 15:25 * Tom Fountain-----Mt. Pleasant | |
| 15:29 Mark Smith-----Cadillac | |
| 15:34 * Kyle Spann-----Midland Bullock Creek | |
| 15:35 Jeff Lewis-----Holly | |
| 15:37 * Dave Anderson-----Sparta | |
| 15:39 Dan Kelsh-----Big Rapids | |
| 15:40 Mark Blodger-----Marshall | |
| 15:41 Bill Lowande-----Holly | |
| 15:43 * John Victor-----Zeeland | |
| 15:45 * Kurt Mast Holland Christian | |
| * Individual Race | |

| | | | | | | | |
|---|----|----|----|-----|-----|-----|-----|
| <u>CLASS "C"</u> | | | | | | | |
| 1. DeWitt----- | 1 | 2 | 5 | 23 | 31 | 50 | DNF |
| 2. Clare----- | 4 | 16 | 20 | 24 | 38 | 59 | 68 |
| 3. Breckenridge----- | 7 | 8 | 15 | 21 | 60 | 88 | 103 |
| 4. St. Louis----- | 3 | 19 | 27 | 28 | 39 | 53 | 67 |
| 5. Edwardsburg----- | 17 | 18 | 26 | 37 | 65 | 73 | 97 |
| 6. Wyoming Lee----- | 10 | 22 | 41 | 46 | 48 | 90 | 120 |
| 7. Capac----- | 11 | 35 | 49 | 54 | 69 | 85 | 105 |
| 8. Mattawan----- | 6 | 44 | 55 | 75 | 83 | 107 | 108 |
| 9. Fennimore-Westphalia----- | 33 | 42 | 45 | 61 | 93 | 99 | 105 |
| 10. Clinton----- | 9 | 34 | 78 | 79 | 82 | 95 | 121 |
| 11. Mason County Centrall (Scottville)----- | 14 | 29 | 40 | 92 | 115 | 116 | 122 |
| 12. Royal Oak Shrine----- | 36 | 47 | 51 | 74 | 94 | 102 | 123 |
| 13. East Jackson----- | 12 | 64 | 76 | 77 | 80 | 81 | 96 |
| 14. Marlette----- | 43 | 56 | 47 | 70 | 89 | 110 | 124 |
| 15. Charlevoix----- | 25 | 30 | 86 | 87 | 98 | 104 | DNF |
| 16. Manchester----- | 13 | 63 | 71 | 84 | 100 | 114 | 118 |
| 17. Bangor----- | 32 | 58 | 62 | 101 | 111 | 112 | 113 |
| 18. Muskegon Oakridge----- | 52 | 66 | 72 | 91 | 109 | 117 | 125 |

CLASS "C" ALL-STATE RUNNERS-----1977

| | | | | |
|---------|---|-----------------|-------|--------------------|
| 15:21.3 | * | John Henning | ----- | Allen Pk., Cabrini |
| 15:29 | * | Dan Shamiyeh | ----- | Freeland |
| 15:29.7 | | Dave Wilson | ----- | DeWitt |
| 15:29.7 | | Ron Hensley | ----- | DeWitt |
| 15:37 | | Phil Robar | ----- | St. Louis |
| 15:37 | * | Martin Schulist | ----- | Whitehall |
| 15:38 | * | Dale Tarrant | ----- | Bath |
| 15:42 | * | John Galarno | ----- | Saginaw Carrollton |
| 15:42 | | Dave Foster | ----- | Clare |
| 15:43 | | Roland Hensley | ----- | DeWitt |
| 15:43 | * | Mike Maike | ----- | White Cloud |
| 15:44 | * | John Darga | ----- | Burton Atherton |
| 15:44 | * | Dale Hool | ----- | Mayville |
| 15:49 | * | Francis Burch | ----- | Whitehall |
| 15:52 | | Leo Kennedy | ----- | Breckenridge |

BOYS' STATE CROSS COUNTRY CHAMPIONSHIPS

Class "A" & "D" Grand Rapids Nov. 5th, 1977

CLASS "A"

| | | |
|------------------------------|-----------------------|-----|
| 1. Grand Blanc | ----- | 51 |
| 1 | 6 10 15 19 63 105 | |
| 2. Grosse Pointe North | ----- | 86 |
| 4 | 11 13 17 41 47 109 | |
| 3. Jackson | ----- | 165 |
| 8 | 12 21 54 70 127 134 | |
| 4. Royal Oak Kimball | ----- | 200 |
| 18 | 25 49 52 56 94 129 | |
| 5. Wayne Memorial | ----- | 203 |
| 3 | 7 34 38 121 138 143 | |
| 6. Flint Kearsley | ----- | 209 |
| 2 | 37 50 53 67 88 123 | |
| 7. Grand Haven | ----- | 225 |
| 22 | 43 44 51 65 93 97 | |
| 8. Dearborn Edsel Ford | ----- | 262 |
| 20 | 30 46 79 87 90 104 | |
| 9. Northville | ----- | 274 |
| 35 | 45 60 62 72 75 137 | |
| 10. Royal Oak Dondero | ----- | 278 |
| 9 | 14 16 106 133 139 141 | |
| 11. Brighton | ----- | 287 |
| 33 | 39 57 78 80 91 96 | |
| 12. Portage Northern | ----- | 309 |
| 5 | 48 66 71 119 128 140 | |
| 13. Alpena | ----- | 338 |
| 31 | 36 84 86 101 110 DNF | |
| 14. Warren Tower | ----- | 348 |
| 32 | 42 58 100 116 122 124 | |
| 15. Birmingham Brother Rice | ----- | 351 |
| 29 | 55 76 83 108 118 131 | |
| 16. Sterling Hgts. Stevenson | ----- | 353 |
| 40 | 68 69 73 103 120 144 | |
| 17. Garden City East | ----- | 364 |
| 24 | 26 98 102 114 136 146 | |
| 18. Waterford Mott | ----- | 367 |
| 27 | 28 64 113 135 142 145 | |
| 19. Kalamazoo Loy Norrix | ----- | 389 |
| 59 | 61 85 89 95 99 115 | |
| 20. Farmington | ----- | 420 |
| 23 | 81 92 107 117 125 126 | |

| | | |
|-----------------------|-----------------------|-----|
| 21. Livonia Stevenson | ----- | 456 |
| 74 | 77 82 111 112 130 132 | |

CLASS "A" ALL-STATE RUNNERS-----1977

| | | | | |
|---------|---|----------------|-------|-----------------------|
| 14:47.3 | * | Curt Reynolds | ----- | Thurston |
| 14:48.5 | | Mark Mesler | ----- | Grand Blanc |
| 14:49 | | Terry Doherty | ----- | Flint Kearsley |
| 14:52 | * | Jim Miller | ----- | Adrian |
| 14:52 | | Rick Blaha | ----- | Wayne Memorial |
| 14:52 | * | Phil Stevenson | ----- | S.C.S. Lakeshore |
| 14:53 | | Ed Hammer | ----- | Grosse Pte. North |
| 14:57 | | Erik Henriksen | ----- | Portage Northern |
| 14:58 | * | Kerry Barnett | ----- | Pontiac Central |
| 15:00 | | Al Stefanski | ----- | Grand Blanc |
| 15:00 | * | Gordon Sanders | ----- | Clarkston |
| 15:01 | | Doug Tolson | ----- | Wayne Memorial |
| 15:06 | | Mark Devereaux | ----- | Jackson |
| 15:08 | | Ron Lessard | ----- | Royal Oak Dondero |
| 15:11 | | Mike Moore | ----- | Grand Blanc |
| 15:12 | | Steve Brandt | ----- | Grosse Pte. North |
| 15:12 | * | Kevin Tribbett | ----- | Battle Creek Lakeview |
| 15:13 | * | Dennis Gilbert | ----- | Owosso |

* Individual Race

CLASS "D"

| | | |
|--------------------------------|-------------------|---------|
| 1. Mount Pleasant Sacred Heart | ----- | (26)-46 |
| 5 | 6 7 8 20 DNR DNR | |
| 2. Akron Fairgrove | ----- | (28)-46 |
| 1 | 4 11 12 18 25 49 | |
| 3. Concord | ----- | 104 |
| 3 | 10 26 30 35 42 43 | |
| 4. Southfield Christian | ----- | 144 |
| 17 | 22 28 38 39 59 62 | |
| 5. Potterville | ----- | 157 |
| 14 | 21 34 37 51 74 80 | |
| 6. Fulton Middleton | ----- | 163 |
| 9 | 24 33 47 50 57 60 | |
| 7. Bear Lake | ----- | 169 |
| 15 | 29 32 41 52 64 68 | |
| 8. Mancelona | ----- | 197 |
| 2 | 23 54 55 63 69 78 | |
| 9. Ann Arbor Green Hills | ----- | 202 |
| 16 | 36 46 48 56 61 70 | |
| 10. Lansing Christian | ----- | 213 |
| 31 | 40 44 45 53 75 76 | |
| 11. Ann Arbor Gabriel Richard | ----- | 230 |
| 13 | 19 65 66 67 72 77 | |
| 12. Kingsley | ----- | 308 |
| 27 | 58 71 73 79 81 82 | |

CLASS "D" ALL-STATE RUNNERS-----1977

| | | | | |
|---------|---|----------------|-------|-----------------------|
| 15:22.3 | * | Randy Perkins | ----- | Webberville |
| 15:41.3 | | Jerry Curtis | ----- | Akron Fairgrove |
| 15:56 | * | Rod Brevard | ----- | Detroit East Catholic |
| 16:03 | | Jim Hubbard | ----- | Concord |
| 16:07 | | Phil Befford | ----- | Akron Fairgrove |
| 16:10 | | Bob Utterbach | ----- | Mt. Pleas, Sac. Heart |
| 16:11 | * | Matt Valding | ----- | Detroit Country Day |
| 16:12 | | Dave Watters | ----- | Mt. Pleas. Sac. Heart |
| 16:13 | | Dennis Cruz | ----- | Mt. Pleas. Sac. Heart |
| 16:15 | | Rusty Schaefer | ----- | Mt. Pleas. Sac. Heart |

ADD:
 15:46 Bob Duerkson-----Mancelona
 16:20 James Slavik-----Fulton Middleton
 16:22 * Robert Smith-----Litchfield
 16:24 Bill Hubbard-----Concord
 16:27 Kyle Detmers-----Akron Fairgrove
 16:28 * Brad McPherson-----Morrice
 16:28 Tim Steffek-----Akron Fairgrove
 - * - * - * - * - * - * - * - * -

1977-78 M.H.S.A.A. BOYS AND GIRLS TRACK AND FIELD COMMITTEE
 Meets Mon., Jan. 23, 1978
 Duane Bryner, Coach-----New Haven
 Pat Budzunski, Coach-----Central Lake
 Karyn Cribley, Ass't. Prin.-----Grand Ledge
 Elizabeth Embree, Coach-----Livonia Stevenson
 Nancy Estes, Coach-----Ida
 Don Foreman, Coach-----Remus-Chippewa Hills
 John Fundukian, Coach-----Walled Lake Western
 Leit Jones, Coach---Dearborn Heights Robichaud
 Mary Littlebrandt, Coach-----Jackson
 Dorothy Phillips, Coach-----Ontonagon
 Deborah Smith, Coach-----G. R. Ottawa Hills
 John Tenbusch, Coach-----Uni. of Detroit High
 Woodrow Thomas, Coach-----Detroit Central
 Ron Waldvogel, Coach-----St. Joseph
 Joe Wood, Coach-----Potterville

1978 SITES FOR TRACK AND FIELD STATE CHAMPIONSHIPS

| | <u>BOYS</u> | <u>GIRLS</u> |
|-----|-----------------|----------------|
| "A" | Flint | Brighton |
| "B" | Marysville | Otsego |
| "C" | Michigan Center | Haslett |
| "D" | Lansing Sexton | Lansing Sexton |

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

1977-78 M.H.S.A.A. CROSS COUNTRY COMMITTEE
 Karyn Cribley, Ass't. Prin.-----Grand Ledge
 Ernie Melton, Final Meet Mgr.-----Haslett
 Lou Miramonti, Coach-----Royal Oak Shrine
 Mark Nixon, Coach-----Mancelona
 Jerry Szukaitis, Coach-----Westland John Glenn
 Bruce Powelson, Final Meet Mgr.-----Howell
 John Warner, Coach-----Grand Rapids Christian
 * - * - * - * - * - * - * - * - * -

If you have some suggestions for the improvement of track and field in the State of Michigan, contact the members of this committee and make your ideas known to them.
 - * - * - * - * - * - * - * - * -

The above committee met on Wednesday, Dec. 7th, 1977. This committee recommended that: REGULATION II, SECTION 10 INTERPRETATIONS, NUMBER 100, Page 45 of the 1977-78 HANDBOOK OF THE MICHIGAN HIGH SCHOOL ATHLETIC ASSO., INC. FOR JUNIOR AND SENIOR HIGH SCHOOLS BE REMOVED. The regulation reads:

"A contestant in cross country may not compete in meets held on successive days."

The REPRESENTATIVE COUNCIL of M.H.S.A.A. will act on this recommendation when they meet in the spring.

This committee also recommended a change in the number of REGIONAL SITES in Cross Country.
 "A" and "B"-----8 each "C"-----7 "D"-----4
 - * - * - * - * - * - * - * - * -

MITCA WINTER INDOOR MEETS FOR HIGH SCHOOL CLUBS

- Chuck Janke will send to you after you register
1. MITCA Registration Card
 2. MITCA Indoor Schedule
 3. Information pertaining to MITCA meets at Macomb CC - Jackson CC - Uni. of Michigan
- INFORMATION ON THE MEETS AT EASTERN MICHIGAN UNIVERSITY WILL COME FROM COACH BOB PARKS
- AT THE PRESENT TIME WE HAVE NO ONE ON THE SELECTION COMMITTEE FOR THE GIRLS

CLUBS DO NOT NEED TO REGISTER WITH USTFF

SEND FORM AND \$5.00 TO: Chuck Janke
 Jackson High School
 544 Wildwood
 Jackson, Mich. 49201

REGISTRATION FORM
MITCA TRACK CLUB

CLUB NAME _____

SCHOOL AFFILIATE _____

COACHES NAME _____

COACHES ADDRESS _____

| | | | |
|-----|--------|------|-----|
| No. | Street | City | Zip |
|-----|--------|------|-----|

COACHES PHONE 1 () _____ REGISTRATION FEE \$5.00 ENCLOSED _____

+++++