

135 MAILING

M.I.T.C.A.

INDOOR TRACK SCHEDULE

Wed	Jan.	11 -	Jackson Community College	6:00 p.m.
Tues		17 -	Eastern Michigan University	
Fri		20 -	Jackson Community College	6:00 p.m.
		-	Macomb Community College	5:00 p.m.
Fri		27	University of Michigan	6:00 p.m.
Wed	Feb.	1	Jackson Community College	6:00 p.m.
Wed		8	Jackson Community College	6:00 p.m.
Tues		14	Eastern Michigan University	
Wed		22	Jackson Community College	6:00 p.m.
Thur		23	University of Michigan	6:00 p.m.
Fri		24	Macomb Community College	5:00 p.m.
Fri	March	3	Jackson Community College	6:00 p.m.
Tues		7	Eastern Michigan University	
Thur		16	University of Michigan	
			State Indoor Championships	

These are the only meets in which performances will be accepted for qualification to the State Indoor Championships.

MEET DIRECTORS

Eastern Michigan University      Bob Parks      Eastern Michigan University  
Information on the meets at Eastern will be sent out directly by  
Bob Parks.

Macomb Community College      Vern Rothman      Macomb Community College  
Complete information enclosed.

Jackson Community College      Bill Lundberg      Jackson Community College  
Events, starting time, entry fee information enclosed.

University of Michigan      Chuck Janke      Jackson High School  
Complete information enclosed.

ALL CLUBS MUST BE REGISTERED WITH M.I.T.C.A. REGISTRATION FEE IS \$5.00

SEND TO: Chuck Janke  
Jackson High School  
544 Wildwood  
Jackson, Michigan 49201

INFORMATION PERTAINING TO MEETS AT THE UNIVERSITY OF MICHIGAN

EVERYONE MUST PAY \$1.00 AT THE DOOR    NO DESCRIPTIONS

ALL RUNNERS MUST BE MEMBERS OF M.I.T.C.A. REGISTERED CLUBS AND BE HIGH SCHOOL STUDENTS

NO DRESSING FACILITIES    DO NOT WEAR SPIKES

LIMITATIONS OF EVENTS:    Distance runners PLEASE do not double in the mile and two mile.    Only one relay team per club per event.

EQUIPMENT:    Bring your own batons, chets and poles.    Starting blocks will be furnished.

ORDER OF EVENTS:    6:00 P.M.    All Field Events  
Long Jump - boys and girls  
Pole Vault  
Shot Put  
High Jump  
6:15    60 Yard Highs    pre-lims    boys  
60 Yard Lows    pre-lims    girls  
NO SPIKES    60 Yard Highs    semis  
60 Yard Dash    pre-lims    boys  
880 Yard Relay    girls  
60 Yard Dash    semis  
NO SPIKES    Mile    boys  
Mile    girls  
60 Yard Lows    finals    girls  
NO SPIKES    60 Yard Highs    finals    boys  
Two Mile Relay    boys  
Two Mile Run    boys  
60 Yard Dash    finals  
Mile Relay    girls  
Mile Relay    boys

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INFORMATION PERTAINING TO JACKSON COMMUNITY COLLEGE

Jan 11, Feb 1, Feb 22 - Oval Races Only - 300, 600, 880, 1000, Mile and Two Mile

Jan 20, Feb 3, March 3 - Field Events- 50 Yard Highs and 50 Yard Dash

ENTRY FEE \$1.00 PAY AT THE DOOR    ALL MEETS WILL START AT 6:00 P.M.

1978 M.I.T.C.A.  
BOYS & GIRLS  
MACOMB COLLEGE HIGH SCHOOL AGE INDOOR TRACK MEETS

5:00 PM Field Events

6:00 PM Running Events

ORDER OF EVENTS

5:00 PM

Girls Shot Put  
Boys Shot Put (after girls)  
Girls Long Jump  
Boys Long Jump (after girls)  
Girls High Jump  
Boys High Jump (after girls)  
Boys Pole Vault  
Boys Triple Jump (after long jump)

6:00 PM

Girls 60 Yd. Low Hurdles (prelims & semis)  
Boys 60 Yd. High Hurdles (prelims & semis)  
Boys and Girls Two Mile  
Boys Distance Medley Relay (3/4 - 880 - 440 - Mile)  
Girls 300 Yd. Dash  
Boys 300 Yd. Dash  
Boys 60 Yd. Dash (no doubling from 300) (prelims & semis)  
Girls 60 Yd. Dash (prelims & semis)  
Boys 440 Yd. Dash  
Girls 600 Yd. Dash  
Boys 600 Yd. Dash  
Girls 60 Yd. Low Hurdles Final  
Boys 60 Yd. High Hurdles Final  
Boys Two Mile Relay  
Girls 60 Yd. Dash Finals  
Boys 60 Yd. Dash Finals  
Boys 880 Yd. Run  
Boys One Mile Run  
Girls 1000 Yd. Run  
Boys 1000 Yd. Run  
Girls One Mile Relay  
Boys One Mile Relay

Entry Fee: \$1.00 per person at the door.

Awards: Boys - Ribbons 1 - 6 all events  
Girls - Ribbons 1 - 5 for individual events  
Ribbons 1 - 3 for relay event

Where: At Macomb County Community College Fieldhouse

Officials: Each club is expected to furnish at least one official. Clubs not willing to provide an official will be asked to leave.

2<sup>ND</sup> MAILING

SPECIAL NOTES M.I.T.C.A. INDOOR SEASON

M.I.T.C.A. meet at the University of Michigan that had been scheduled for Friday, January 27, will not be rescheduled.

COACHES If you think you may have an individual or relay team that has  
\* performed well enough to be considered for the state indoor championships at the University of Michigan on ~~Friday~~<sup>FRI</sup>, March 16, contact the member of the selection committee that handles that event.

\* Performances must have been attained at one of the M.I.T.C.A. scheduled track meets. Performances at any other meets will not be considered.

\* Times turned in at the special mile relay qualifications for Cobo Hall will not be considered. MRPEAT will not be considered.

\* Athletes who are members of qualifying teams for the Cobo Hall mile relay competition will not be able to compete in M.I.T.C.A. indoor championships.

The last qualifying meet <sup>FOR BOYS</sup> ~~for the~~ M.I.T.C.A. indoor championships is Tuesday, March 6, at Eastern Michigan University.

Due to re-scheduling of Jackson Community College Basketball game, the Feb. 22 Oval date has been changed to Wed., March 1. Also an additional Oval date has been added Wed. March 15. Registration begins at 5:00 - 300 Prelims at 6:00.

M.I.T.C.A. Selection Committee

BOYS EVENTS:	Pole Vault	Don Marsh	Flint Kearsley
	High Jump	Bill Grebe	Bullock Creek-NORTHWOOD ILL.
	Shot Put	Duane Raffin	Holly
	Long Jump	Marty Crane	Flint Beacher
	60 Yd Dash	Bob Bridges	Bearborn
	60 Yd High Hurdles	Norb Badar	Flint Northern
	Mile Run	Don Sleeman	Ann Arbor Pioneer
	Two Mile Run	Larry Wiltee	Flint Kearsley
	Two Mile Relay		
	One Mile Relay	Cluck Janke	Jackson

GIRLS EVENTS:	880 Relay	Jeanne Becci	Grosse Point North
	Mile Relay	Scott Kurtz	Plymouth Salem
	Mile Run	Doug Fillmore	Flint Kearsley
	60 Yd Low Hurdles		NO VOLUNTEERS
	Long Jump		NO VOLUNTEERS

One More Time --- If you think you have qualifiers - Check with the above members of the selection committee.



1978 REGISTRATION

001	Holly Track Club	Holly High School
002	Flint Northern	Flint Northern H. S.
003	Pontiac Startrack	Pontiac Central
004	Carson City Track Club	Carson City-Crystal High School
005	Ann Arbor Pioneer	Ann Arbor Pioneer
006	Bay Area Striders	Anchor Bay Track
007	Bogie Lake Track Club	Lakeland
009	Animal Farm Track Club	Loy Norrix Kalamazoo
010	Shrine T. C.	Royal Oak-Shrine
011	Port Huron Striders	Port Huron High School
012	Mattawan Track Club	Mattawan
013	Shamrock Track Club	Catholic Central High School
014	Eagles T. C.	Thurston
015	Lancer T. C.	Bishop Gallagher High School
016	Raider Track Club	North Farmington
017	Kratchak's Running Club	Redford Union High School
018	Bay Glenn Track Club	Bay City John Glenn
019	Waterford Track Club	Waterford
020	Clarkston Track Club	Clarkston High
021	Milford Roadrunners	Milford H. S.
022	Rochester Track Club	Rochester High
023	West Bloomfield T. C.	West Bloomfield High School
024	Clare Track Club	Clare High School
025	Grosse Pointe	Grosse Pointe North
026	Titan Track Club	Lumen Christi
027	Bridgeport Road Runners	Bridgeport High School
028	Blue Water T. C.	Port Huron Central
029	Vandy Striders	Vandercook Lake High School
030	Grand Blanc Bob-Cat Track Club	Grand Blanc
031	Pride Striders	Northwestern-Flint
032	Black Pack Striders	Grand Rapids Christian
033	Run - A - Bouts	Lakeshore
034	S. C. Striders	Swartz Creek High School
035	Kearsley Track Club	Flint Kearsley
036	MacArthur Track Club	Douglas MacArthur H. S.
037	Breckenridge Track Club	Breckenridge H. S.
038	Giants Club	Kalamazoo Central H. S.
039		Ypsilanti H. S.
040	River Rat	Ann Arbor Huron
041	Hill Creek Striders	Yale High School
042	Colts Track Club	Troy High School
043	Pioneer T. C.	Dearborn H. S.
044	Royal Oak Doudero.	Royal Oak Doudero H. S.
045	Have And Bound	Charlotte H. S.
046	Pontiac Striders	Pontiac Central
047	Mumford Track Club	Mumford H. S.
048	Doughboys	Pershing
049	Hazel Park Track Club	Hazel Park H. S.
050	Burton Track Club	Atherton High School
051	Lumberjack T. C.	Saginaw Arthur Hill
052	Wildcat Track Club	Oxford H. S.
053	Northern Michigan T. C.	Bishop Borgessa (Women)
054	Orchard Lake Track Club	St. Mary's of Orchard Lake
055	Ferdale Track Club	Ferdale High
056	Barraga Track Club	Flymouth Salem
057	Maple City Striders	Adrian
058	Fightin' Irish-White Lightins'	Notre Dame
059	Everett Track Club	Lansing Everett
060	Bulldog Track Club	Bentley High School

061	Clio Track Club	Clio High School
062	Tape-Buster T. C.	Farmington Our Lady of Mercy
063	Warrior T.C.	Bro. Rice H. S.
064	Sexton T. C.	Sexton (Lansing)
065	Jackson Northwest T. C.	Jackson Northwest
066	Ford II Track club	Henry Ford II H. S.
067	Blue Devils T. C.	Grosse Pointe South
068	Batler T. C.	Mt. Clemens Comm. Schools
069	East Side T. C.	Fordson-Jr. High
070	Railsplitters	Lincoln Park H. S.
071	Montrose Roadrunners	Hill McCloy H. S.
072	Chelsea T. C.	Chelsea
073	Tasmanian Devils T. C.	Flint Open school
074	Thunderbird T. C.	Edsel Ford
075	Richard Pioneers T. C.	Riverview Gabriel Richard
076	Lakeshore Striders	Port Huron Northern
077	Novi Track	Novi
078	Tiger T. C.	West H. S. - Garden City
079	Pontiac Firebirds	Pontiac Northern
080	South Burton Striders	Bondie H. S.
081	Comets	Coleman H. S.
082	Beaverton T. C.	Beaverton H. S.
083	Litchfield T. C.	Litchfield
084	U.S.A. Track Club	Unionville-Sebewaing H. S.
085	ROK Track Club	Royal Oak Kimball
086	Haslett T. C.	Haslett H. S.
087	The Barons	Bloomfield Hills Andover H. S.
088	St. Louis t.C./	St. Louis
089	Lake Shore T. C.	Lake Shore H. S.
090	Stockbridge T. C.	Stockbridge
091	Muskegon T. C.	Oakridge H. S.
092	Bloomfield Hills T. C.	Lahser H. S.
093	Dominican T. C.	Dominican H. S.
094	Grand Ledge T. C.	Grand Ledge H. S.
095	Warren Woods T. C.	Warren Woods H. S.
096	Huns	New Haven H. S.
097	Mt. Pleasant T. C.	Mt. Pleasant H. S.
098	Titan T. C.	Stevenson H. S.
099	Parma T. C.	Jackson County Western
100	Winter T. C.	Mason Consolidated Schools
101	Howell t. C.	Howell H. S.
102	East Jackson H. C.	East Jackson H. S.
103	Trenton T. C.	Trenton H. S.
104	Powers T. C.	Flint Powers H. S.
105	Jay T. C.	Southfield H. S.
106	Frankfort Flames T. C.	Frankfort H. S.
107	East Lansing T. C.	East Lansing
108	Spartan T. C.	Bishop Borgass H. S.
109	Mason Sprinters	Mason H. S.
110	Clinton T. C.	Clinton H. S.
111	Hawk Sports Club	Athens H. S.
112	M-W Track Club	Murray-Wright H. S.
113	Lathrup T. C.	Southfield-Lathrup H. S.
114	Gryphon	Ann Arbor Greenhills
115	Vikings Striders	Schafer High School

116	Eagle Track Club	Parkside H.S.
117	Swamp Striders	Bullock Creek H.S.
118	Southern Michigan T.C.	Farmington Harrison
119	Lone Pine T.C.	Riverside H.S.
120	Cambridge Striders	University of Detroit H.S.
121	Raven Track Club	Benedictine H.S.
122	Bay Track Club	Bay City Handy
123	Springport T.C.	Springport H.S.
124	Viking Streakers	Walled Lake Central
125	Quaker	Lansing Eastern
126	Eskie Track Club	Detroit Northern
127	Lake Fenton T.C.	Lake Fenton H.S.
128	New Lothrop	New Lothrop
129	Big Red T.C.	Milan H.S.
130	Snow Shoe T.C.	Monroe St. Mary Academy
131	Mad Dog T.C.	Portage Northern
132	Stride Rite	Davison
133	Cass Tech T.C.	Detroit Cass Tech
134	Traverse City T.C.	Traverse City H.S.
135	Manchester T.C.	Manchester
136	Spartan Striders	Cherry Hill
137	Cowpac Striders	Capac
138	Fenton T.C.	Fenton H.S.
139	Comets	Cody
140	Okemos T.C.	Okemos H.S.
141	Romulus	Romulus
142	Ettas T.C.	Edsel Ford High
143	'Top Dog's	Bucher
144	EGR Track Club	East Grand Rapids
145	White Lake Striders	Whitehall H.S.
146	Roadrunner T.C. or Plymouth	Plymouth-Salem High
147	Inlay City Track Club	Inlay City High School
148	Brown City Track Club	Brown City H.S.
149	Husky Track Club	Lakeview H.S.
150	Truman Track Club	
151	Cardinals	Bloomingtondale H.S.
152	Napoleon Track Club	Napoleon High School
153	West Mich. Flyers	Rogers H.S. Wyoming
154	Bulldog T.C.	Brighton
155	Greenhills	Greenhills School
156	Carrollton T.C.	Carrollton
157	Titan Track Club	Pontiac Catholic H.S.
158	Furniture City Striders	Grand Rapids
159	Redford Track Club	Redford High School
160	St. Thomas T.C.	Ann Arbor Richard
161	Tiger Sharks	Benton Harbor H.S.
162	Hill Cats	Lansing Harry Hill
163	Alma T.C.	Alma H.S.
164	Midland T.C.	Midland H.S.
165	Thunderbay Track Club	Alpena High
166	Ithaca T.C.	Ithaca H.S.
167	Pirate T.C.	Pinckney H.S.
168	Indian Express	Flint Central



Tentative Time Schedule - N.I.T.C.A. Indoor Championships - Thursday, March 11

6:30	All Field Events		
	60 Yard High Hurdle	Pre-lims	3 heats
6:50	60 Yard Low Hurdles	Pre-lims	
7:05	60 Yard Dash	Pre-lims	3 heats
7:20	880 Yard Relay	Girls	
7:30	Mile Run	Girls	
7:45	Mile Run	Boys	
8:00	60 Yard High Hurdle	Final	
8:10	60 Yard Low Hurdle	Final	
8:20	Two Mile Relay		
8:45	Two Mile Run		
9:15	60 Yard Dash	Final	
9:25	Mile Relay	Girls	
9:35	Mile Relay	Boys	

This is a tentative time schedule and is subject to some slight changes.

Spikes may be worn at the N.I.T.C.A. Indoor Championships.

Pin Spikes may be worn -  $\frac{1}{2}$  inch spikes may be worn.