

**PRESIDENT**  
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Fremont

**MITCA**  
**NEWSLETTER**

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**PUBLIC RELATIONS DIRECTOR**  
Jack Grant  
Sturgis

**FIRST VICE-PRESIDENT**  
Tony Magni  
Detroit Catholic Central

No. 1 April 1982

**SECOND VICE-PRESIDENT**  
Marty Crane  
Flint Beecher

**NEWSLETTER WRITER**  
Kermit N. Ambrose  
Retired

**TREASURE**  
Bob Kent  
Pontiac Central

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The twenty-fourth annual MITCA track and field clinic and business meeting was held at the Lansing Hilton on January 15th and 16th. A new format was presented by President Jack Grant of Sturgis. The Clinic started on Friday evening at six o'clock and continued all day Saturday. It was hoped that this would alleviate the problem of many coaches getting release time from their schools.

Tom Tellez, University of Houston, was the featured speaker at the clinic. His topics were the high jump and the long jump. Other speakers on the program were Joe Rogers, Hillsdale College; Jim Knapp, Northwood Institute; Doug Hanson, Saginaw Valley State College; and, Marlene Gustara, Michigan Dairy Council. Rob Johnson, Clare, was in charge of the business meeting and Lonnie Lowry, Michigan High School Athletic Association, was in charge of the rules meeting.

The annual banquet and coach of the year award presentations were made at noon on Saturday.

Jack Grant planned and organized this annual get-together. It takes a great deal of time and effort in order to put on a show of this magnitude. The MITCA membership appreciates all of his efforts and thanks him for the good show.

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The 1982 MITCA membership numbers 378 at the present time.

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**THE 1981 MITCA TRACK COACHES OF THE YEAR**

CLASS	WOMEN	MEN
"A"	George Dedrick Flint Northern	Woody Thomas Detroit Central
"B"	Ken Hoover L'Anse Creuse	Gary Rathbun Cadillac
"C"	Kathy Hutfilz St. Louis	Mike Unger Detroit Lutheran West
"D"	Kim Spalsbury Fowler	Bernie Abrams Covert

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**MITCA NOMINEES FOR TRACK COACH OF THE YEAR**

CLASS	WOMEN	MEN
"A"	George Bryant Detroit Mumford Dan Hamilton Muskegon Mona Shores	Richard Carter Detroit Cody Mickey Turcheck Taylor Center
"B"	Tyrone Armstrong Flint Beecher Dick Snede Auburn Hts. Avondale	Arthur Burgman Saginaw Buena Vista Ed Pruett Ecorse
"C"	Carol Biedermann Whitehall Marty Chard Quincy	Ken Behmer Lincoln Alcona Keith Middlebush Middleville
"D"	Rodney Hall Grass Lake David McDowell Ann Arbor Greenhills	Robert Lynch Det. St. Martin DePorres Tom O'Rourke Fowler

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**1982 FINAL TRACK MEET SITES**

Upper Peninsula	A-B, C and D	Boys & Girls	Marquette
Lower Peninsula	A	Boys & Girls	Flint
	B	Boys & Girls	Gr. Rap.
	C	Boys & Girls	Bangor
	D	Boys & Girls	Caro

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**POLE VAULT ALL-TIME LISTING** The following information was missing from the "All-Time Listing Booklet" which was handed out at the 1982 Track Clinic.

15' 6 3/4"	Jim Stokes	1974	Flint Kearsley State Championships
15' 6"	Dave Lipinski	1974	Warren Fitzgerald C.M.U. Relays
15' 4"	John Kretschmer	1976	Bloomfield Hills Lahser All-Oakland Co. Meet
15' 1"	Jim Lotan	1977	Traverse City League Championships
15' 1"	Kurt Geerlings	1978	Kentwood
15' 0 3/4"	Barry Benton	1972	Flint Northern Greater Flint Championships
15' 0"	Nate Durham	1972	Farmington High State Championships
14' 10 1/2"	Dennis Ogdon	1979	Plymouth Salem
14' 10 1/4"	Scott Krupilski	1981	Traverse City State Championships
14' 9 1/2"	Fred Bellairs	1979	Flint Central Regional Championships
14' 8 1/2"	Scott Kepplar	1978	Plymouth Salem
14' 8 1/2"	Roger Blanchard	1971	Redford Union Regional Championships
14' 8"	Dave Schock	1978	Flint Kearsley
14' 8"	Jim Roth	1981	Birmingham Seaholm S.M.A. Lg. Championships
14' 7 3/4"	Ed Kretschmer	1971	Bloomfield Hills Lahser Champ. of Champ. Invita.
14' 7"	Larry Biskner	1968	Waterford C.M.U. Relays
14' 7"	Bruce Kennedy	1971	Warren Fitzgerald Regional Championships
14' 7"	Pat Brynes	1977	Dearborn Fordson
14' 7"	Dave McGlothlin	1977	Traverse City State Championships
14' 6 1/2"	Dave Leitner	1967	Grand Haven State Championships
14' 6 1/2"	Rick Powers	1975	Livonia Churchill

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**1982 MITCA CROSS COUNTRY COMMITTEE**

Bill Swanwick	Chairman	Centreville High School
John Warners		Grand Rapids Christian High School
Pat Pastula		Hillsdale High School
Mike Vance		Flint Central High School
Hal Commerson		Rochester High School
Tony McHattie		White Cloud High School
Ron Olson		Marlette High School
Ken Youngkin		Dansville High School
Kim Spalsbury		Fowler High School

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**1982 MITCA TRACK AND FIELD COMMITTEE**

Rob Johnson	Chairman	Clare High School
Nick Monroe		Clio High School
Jim Gibbons		Redford Union High School
Pat Murphy		Hastings High School
Mark Carpenter		Divine Child High School
Marty Chard		Quincy High School
John Swinborne		Muskegon Oakridge High School
John Wismer		Bridgeman High School
Bernie Abrams		Covert High School

28TH ANNUAL HURON RELAYS - EASTERN MICHIGAN UNIVERSITY  
 CLASS "A" SATURDAY, MARCH 27TH, 1982

1.	Taylor Center	-----61
2.	Detroit Central	-----39
3.	Flint Northern	-----35
4.	Lansing Everett	-----32
5.	Detroit Henry Ford	-----28
6.	Flint Kearsley	-----26
7.	Flint Northwestern	-----22
8.	Saginaw High	-----19
9.	Detroit Cooley	-----17
9.	Highland Park	-----17
11.	S. C. S. Lakeview	-----16 3/4
12.	Detroit Pershing	-----16
13.	Flint Central	-----14
13.	Dearborn Edsel Ford	-----14
13.	Grand Blanc	-----14
16.	Detroit Cody	-----13
17.	Ann Arbor Huron	-----12
17.	Dearborn High	-----12
19.	Flint Southwestern	-----10
19.	Hazel Park	-----10
19.	St. Johns	-----10
22.	Detroit Catholic Central	-----8
22.	Royal Oak Dondero	-----8
22.	Birmingham Brother Rice	-----8
22.	Brighton	-----8
26.	Redford Union	-----7
26.	Milford High	-----7
28.	Troy High	-----6
28.	Lansing Sexton	-----6
28.	Rochester High	-----6
28.	Wayne Memorial	-----6
28.	Milford Lakeland	-----6
28.	Livonia Stevenson	-----6
34.	Ann Arbor Pioneer	-----5
34.	Jackson High	-----5
34.	Ypsilanti High	-----5
37.	Southfield Lathrup	-----4
37.	New Boston Anchor Bay	-----4
39.	Rochester Adams	-----3
39.	Detroit Cass Tech	-----3
39.	Monroe High	-----3
42.	Elyria (Ohio)	-----2
42.	East Lansing	-----2
42.	Southfield High	-----2
45.	Ferndale	-----1 3/4
46.	Mt. Clemens	-----1
46.	Toledo Rogers (Ohio)	-----1
48.	Bridgeport	-----0 3/4
48.	Lake Orion	-----0 3/4

23 Schools Failed to Score

SAGINAW VALLEY STATE COLLEGE TRACK & FIELD INVITATIONAL April 24, 1982

1.	Flint Ainsworth	-----37
2.	Flint Southwestern	-----30
3.	Flint Beecher	-----29
4.	Flint Central	-----26
4.	Midland	-----26
6.	Saginaw	-----23 1/2
7.	B. C. John Glenn	-----16
8.	Uni. of Det. High	-----15
9.	Bridgeport	-----7
9.	G. R. Creston	-----7
11.	Lakeville	-----6

DUAL TRACK AND FIELD MEETS

Boys	Fenton	-----77	Durand	-----55
Girls	Fenton	-----70	Durand	-----53
Boys	Lapeer E.	-----76	Lakeville	-----56
Girls	Lapeer E.	-----66	Lakeville	-----57
Girls	Holly	-----102	Lapeer W.	-----21
Girls	Flushing	-----71 1/2	Swartz Cr.	-----51 1/2
Girls	Sag. A. H.	-----72	Flint S.W.	-----44
Girls	Flint Cent	-----63	B. C. West.	-----60
Boys	New Lothrop	-----91	Goodrich	-----41
Girls	New Lothrop	-----76	Goodrich	-----47
Girls	Bentley	-----113	Genesee	-----9

TWO MILE RELAY		-----8:09.3
Flint Northern (Joe Sparrow, Robert Lemuel, Nigel Banister & Michael Caldwell)		
60 YARD DASH		-----:06.4
Terry McDaniels - Saginaw		
60 YARD HIGH HURDLES		-----:07.4
Thomas Wilcher - Detroit Cent.		
ONE MILE RUN		-----4:27.4
Mark Williamson - Hazel Park		
TWO MILE RUN		-----9:26.5
Jamie Elliot - R. O. Dondero		
POLE VAULT		-----13' 8"
Maurice Chestnut - Flint North.		
HIGH JUMP		-----6' 5"
Scott Reed - Lansing Everett		
LONG JUMP		-----22' 5 1/2"
Thomas Wilcher - Det. Central		
SHOT PUT		-----55' 1 1/2"
Pat Reid - Det. Catholic Cent.		
DISTANCE MEDLEY RELAY		-----10:43.7
Flint Kearsley (Tony Reid, Tim Marsh, Craig Adas & Tim Helms)		
SPRINT MEDLEY RELAY		-----3:37.8
Taylor Center (Camilla Swassey, Larry Parnell, Edward Jones & Earl Jones)		
SHUTTLE HURDLE RELAY		-----:30.3
Highland Park (Keith Moss, Anthony Lemon, Felix Sawyer & McKinley Mercer)		
880 YARD RELAY		-----1:33.6
Detroit Pershing (Gregory Fry, Anthony Duhort, Vincente Phillips & Darron Witherspoon)		
ONE MILE RELAY		-----3:26.7
Detroit Central (Vincent Hall, William White, Wilfred Hart & David Beasley)		

CLASS "B"

1.	Toledo DeVilbiss (Ohio)	-----55
2.	Det. St. Martin DePorres	-----48
3.	Holly	-----35
4.	Detroit Lutheran West	-----33
5.	Oxford	-----31
6.	Ecorse	-----28
7.	River Rouge	-----27
8.	Flint Beecher	-----23
9.	Amherst Steele (Ohio)	-----19
10.	Marysville	-----18
10.	Cleveland Benedictine (Ohio)	-----18
12.	Dearborn Heights Robichaud	-----16
12.	Ypsilanti Lincoln	-----16
14.	Jackson Parkside	-----13
15.	Saline	-----12
15.	Lodi Cloverleaf (Ohio)	-----12
17.	Mason	-----11
17.	Flat Rock Woodhaven	-----11
19.	Toledo Libby (Ohio)	-----10
19.	Ypsilanti Willow Run	-----10
19.	Sturgis	-----10
22.	Detroit Northern	-----9
22.	Harper Woods Lutheran East	-----9
24.	Clinton	-----8
25.	Inkster Cherry Hill	-----7
25.	Ann Arbor Greenhills	-----7
27.	Oak Park	-----6
27.	Wyoming Park	-----6
27.	Chelsea	-----6
27.	Port Clinton (Ohio)	-----6
31.	Haslett	-----5 1/2
32.	Detroit Country Day	-----5
32.	Akron Fairgrove	-----5
32.	Ashland (Ohio)	-----5
32.	Freeland	-----5

M.I.T.C.A. - Norbert Badar was presented with the CHARLES SWEENEY AWARD during the 1982 Michigan Interscholastic Track Coaches Association's clinic held at the Lansing Hilton. The award is annually presented to a coach who demonstrates outstanding dedication and devotion to the sport of track and field. "Norb" has been coaching at Flint Northern for 30 years.

HURON RELAYS CLASS "B" MARCH 26TH, 1982

TWO MILE RELAY		-----Toledo DeVilbiss	-----8:13.6
Keith Foster, Clifford Woodward, Mike Speweik & Dean Monske			
60 YARD DASH		-----	-----:06.4
Anthony Mohone - Det. St. Martin DePorres			
60 YARD HIGH HURDLES		-----	-----:07.4
Paul Niemi - Oxford TIES MEET RECORD			
ONE MILE RUN		-----	-----4:30.1
Matt Stack - Holly			
TWO MILE RUN		-----	-----9:36.9
Marty Newingham - Marysville			
POLE VAULT		-----	-----13' 0"
Ed Lumm - Holly			
HIGH JUMP		-----	-----7' 0"
Louis Cox - Det. Luth. West NEW MEET RECORD			
LONG JUMP		-----	-----20' 11 1/2"
Vince Davis - Ypsilanti Willow Run			
SHOT PUT		-----	-----56' 7 1/2"
Mike Krauss - Clinton			
DISTANCE MEDLEY RELAY		-----Lodi Cloverleaf	-----11:02.3
Mike McAdams, Ashby Lincoln, Mike Lang & Scott Murphy			
SPRINT MEDLEY RELAY		-----Toledo DeVilbiss	-----3:40.3
NEW MEET RECORD Pete Narciese, Darrell Bell, Lyndon Connor & Dean Monske			

SHUTTLE HURDLE RELAY Ypsilanti Lincoln-----:30.3

Tonny Curry, Raymond Collins, Wesley Jones & James Bullock	
TIES MEET RECORD	
880 YARD RELAY Det. St. Martin DePorres-----1:34.6	
Anthony Mohone, Darryl Carter, Todd Gilliard & Terovance Watts	
ONE MILE RELAY-----Toledo DeVilbiss-----3:29.1	
Jeff Hubbard, Keith Foster, Tony Duncan & Pete Narciese	
NEW MEET RECORD	
GIRL'S TRACK - BISHOP FOLEY RELAYS	
1. Farmington Mercy-----62	
1. East Detroit-----62	
3. St. Andrew-----35	
4. Livonia Ladywood-----32	
5. River Rouge-----31	

MILLER EASY 100 WINNER

Flint's Michael Miller, running for the Uni. of Tennessee, easily captured the 100-meter dash in the Penn Relays Saturday, April 24th, at Philadelphia. He was clocked in :10.38. Miller is a former track-football star at Flint Northern High School, and coached by Norb Badar.

36.	Ontario (Ohio)	-----4	T H E
37.	Uni. of Detroit High	-----3	5 1 S T
38.	Clyde (Ohio)	-----2 1/2	
39.	Saginaw MacArthur	-----2	A N N U A L
39.	Detroit De Lasalle	-----2	M A N S F I E L D
41.	Stockbridge	-----1	
41.	Lexington (Ohio)	-----1	M E H O C K
41.	Remus Chippewa Hills	-----1	R E L A Y S
41.	Linden	-----1	W E R E
42.	Bowling Green (Ohio)	-----1	C A N C E L L E D
27 Teams Failed to Score			D U E T O
			S N O W

**EIGHTH ANNUAL SPARTAN RELAYS FOR GIRLS**

**CLASS "A" SATURDAY, APRIL 10TH, 1982**

Table with 2 columns: Rank and School/Score. Lists 23 teams and their scores for Class A relays.

**CLASS "B" SATURDAY, APRIL 10TH, 1982**

Table with 2 columns: Rank and School/Score. Lists 19 teams and their scores for Class B relays.

**WEST BLOOMFIELD INVITATIONAL**

**BOYS SATURDAY, APRIL 24TH, 1982**

Table with 2 columns: Rank and School/Score. Lists 10 teams and their scores for West Bloomfield Invitational boys relays.

**SWARTZ CREEK RELAY INVITATIONAL**

**GIRLS SATURDAY, APRIL 24TH, 1982**

Table with 2 columns: Rank and School/Score. Lists 8 teams and their scores for Swartz Creek Relay Invitational girls relays.

**FORTY-SECOND ANNUAL C.M.U. RELAYS**

**BOYS CLASS "A" SAT., APRIL 24, 1982**

Table with 2 columns: Rank and School/Score. Lists 13 teams and their scores for C.M.U. Relays boys class A.

**GIRLS CLASS "A" SAT., APRIL 24, 1982**

Table with 2 columns: Rank and School/Score. Lists 14 teams and their scores for C.M.U. Relays girls class A.

**BOYS CLASS "C" SAT., APRIL 24, 1982**

Table with 2 columns: Rank and School/Score. Lists 10 teams and their scores for C.M.U. Relays boys class C.

**GIRLS CLASS "C" SAT., APRIL 24, 1982**

Table with 2 columns: Rank and School/Score. Lists 14 teams and their scores for C.M.U. Relays girls class C.

**THE TENTH ANNUAL CROSS COUNTRY CLINIC**

WILL BE HELD AT THE LANSING HILTON ON FRIDAY AND SATURDAY, NOVEMBER 19th and 20th, 1982. MARTY CRANE, FLINT BEECHER, SECOND VICE-PRESIDENT OF MITCA WILL BE IN CHARGE.

THE TWENTY-FIFTH ANNUAL MITCA TRACK AND FIELD CLINIC WILL BE HELD AT THE GRAND RAPIDS MARRIOTT ON JANUARY 14th AND 15th, 1983. RICH TOMPKINS, FREMONT, PRESIDENT OF MITCA WILL BE IN CHARGE.

"When one door closes, another opens, but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us." - Alexander Graham Bell

**NATIONAL HIGH SCHOOL COACHES ASSO. TRACK ALL-AMERICAN LISTING - - 1981**

**GIRLS**

Table listing girls track all-american athletes: 100 Meter Hurdles (Kelly Graham, Westland John Glenn), 100 Meter Dash (Cathy Fitzpatrick, Muskegon Mona Shores), 1600 Meter Relay (Ann Arbor Pioneer, Theresa Arnold, Rhonda Latnie, Tara Cope & Barbara Ellis).

**BOYS**

Table listing boys track all-american athletes: 100 Meter Dash (Donald Anderson, Detroit Cody), 200 Meter Dash (Donald Anderson, Detroit Cody), 1600 Meter Run (William Stone, Holt), 3200 Meter Run (Mark Smith, Cadillac), 110 Meter High Hurdles (Thomas Wilcher, Detroit Central).

**HONORABLE MENTION**

Table listing honorable mention athletes across various events including 800m, 1600m, 400m, 800m, and 400m relays from schools like Detroit Chadsey, Livonia Ladywood, Fremont, Dexter, Flint Northern, Pontiac Central, Flint Beecher, Lansing Sexton, Taylor Center, Detroit Lutheran West, Lansing Sexton, Flint Northwestern, Traverse City, Plymouth Salem, West Bloomfield, Detroit Central, and Detroit Central.

M I C H I G A N  
S T A T E I N D O O R C H A M P I O N S H I P S  
U N I V E R S I T Y O F M I C H I G A N  
T H U R S D A Y , M A R C H 1 8 , 1 9 8 2

60 Yard High Hurdles

HEAT # 1

1. Thomas Wilcher	Trail Blazers	:07.4
2. Greg Blade	Ecorse	:07.4
3. Herman Spate	Saginaw Trojan	:07.6
4. Keith Moss	Highland Pk.	:07.7
5. Dick Bories	Flint Bendle	:07.9
6. Jim Featherston	Spartan T. C.	:07.9
7. Michael Gass	Dear. Pioneers	:07.9
8. Paul Sturgis	Mumford	:08.2

Heat # 2

1. Derrick Stinson	Muskegon	:07.2
2. Linwood Wright	Viking	:07.6
3. Mark Ingram	Pride Striders	:07.6
4. Bobby Anderson	Cooley	:07.6
5. Earl Patterson	Cheetah	:07.7
6. Joe Corbett	Erv's Team	:07.7
7. Ron Orr	Taylor	:07.8
8. Tony Curry	Golden Tri.	:08.2

HEAT # 3

1. Paul Niemi	Oxford	:07.5
2. Darryl Lawson	Pride Striders	:07.7
3. Scott Krupilski	T. C. Trojans	:07.7
4. Robert Banks	River Rats	:07.7
5. Dennis Coats	Great Lks. Strid.	:07.9
6. Marcus Matthews	Cooley	:07.9
7. Kim Brown	Muskegon	:07.9
8. Cornellius Edwards	J. T. C.	:08.1

FINALS

1. Thomas Wilcher	Trail Blazers	:07.1
2. Derrick Stinson	Muskegon	:07.3
3. Paul Niemi	Oxford	:07.4
4. Greg Blade	Ecorse	:07.6
5. Darryl Lawson	Pride Striders	:07.7
6. Linwood Wright	Viking	:07.7
7. Mark Ingram	Pride Striders	:07.7
8. Herman Spate	Saginaw Trojan	:07.7

60 Yard Dash

HEAT # 1

1. Anthony Mahone	DePorres Eagles	:06.3
2. Marc Jett	Trail Blazers	:06.5
3. Vincent Cox	Animal Farm	:06.5
4. Clayton Alexander	Pride Striders	:06.7

HEAT # 2

1. Thomas Wilcher	Trail Blazers	:06.5
2. Linwood Wright	Viking	:06.6
3. Todd Gailliard	DePorres Eagles	:06.6
4. Nate Hutchinson	Stevenson	:06.6

HEAT # 3

1. Derek Leonard	Flint Central	:06.4
2. Mike Coon	Alma	:06.4
3. Curtis Cuncan	Cheetah	:06.4
4. Tyron Phillips	Cooley	:06.5
5. Tony Ramsey	River Panthers	:06.6
6. Joe Corbett	Erv's Team	:06.9

FINALS

1. Anthony Mahone	DePorres Eagles	:06.4
2. Thomas Wilcher	Trail Blazers	:06.4
3. Derek Leonard	Flint Central	:06.4
4. Mike Coon	Alma	:06.4
5. Curtis Duncan	Cheetah	:06.5
6. Marc Jett	Trail Blazers	:06.5
7. Vincent Cox	Animal Farm	:06.6
8. Linwood Wright	Viking	:06.6

ONE MILE RUN

1. Earl Jones	Taylor	4:17.1
2. William Hill	Cody A.L.T.C	4:20.2
3. Craig Collier	Charger T. C.	4:27.4
4. Tim Fraleigh	Tor-Hare	4:29.5
5. Scott Parks	Golden Tri.	4:29.9
6. Steve VanDewalker	Animal Farm	4:30.7
7. Rick Munoz	Flint Central	4:31.1
8. John Cross	Jackson	4:33.2
9. Paul Pioszak	St. Johns	4:35.3
10. Paul Johnson	A. A. Pioneer	4:36.4
11. Dan Schultz	Bob Cat	4:37.2
12. Ben Szporlak	Tor-Hare	4:42.0

POLE VAULT

1. Jim Hensel	Traverse City	15' 7"	
2. Scott Krupilski	Traverse City	14' 6"	
3. Jeff Hyman	Liv. Stevenson	13' 0"	
3. Jim Paffi	Traverse City	13' 0"	
3. Mark Blodgett	Traverse City	13' 0"	
6. Jim Patnude	Owen Gage	12' 0"	
6. Ed Lumm	Holly T. C.	12' 0"	
	Dave Bonk	N. H.	
	Paul Hedemark	Blue Devils	N. H.

ZA

300 YARD DASH

1. William White	Trail Blazers	:31.4
2. David Beasley	Trail Blazers	:31.5
3. Greg Frye	Doughboy	:32.1
3. Anthony Duhart	Doughboy	:32.1
5. Marc Howard	Henry Ford TC	:32.2
6. Darron Witherspoon	Doughboy	:32.7
6. Randy Murchison	Cheetah	:32.7
8. Carl Bow	River Panthers	:32.8
9. Ruben Baldwin	Sexton	:32.9
10. Larry Parnell	Taylor Center	:33.1
11. Vincent Phillips	Doughboy	:33.3
12. Mike Topluski	Pinconning	:33.5

TWO MILE RUN

1. Marty Newingham	Marysville	9:18.4
2. Mike Parcha	Taylor Center	9:21.1
3. Jeff Costello	Grand Rapids	9:29.3
4. Dave Cross	Animal Farm	9:33.6
5. Matt Stack	Holly	9:35.0
6. Ron Hill	Bob Cat T. C.	9:36.0
7. Dave Cross	Animal Farm	9:38.6
8. Dave Krafzur	South. Lathrup	9:41.0
9. Tim Miller	Battle Creek	9:47.0
10. Keith O'Dea	Eastern	9:56.3
11. Paul Johnson	A. A. Pioneer	9:56.6
12. Brian Olling	Breckenridge	9:58.0
13. Ricky Munoz	Flint Central	10:02.0

SHOT PUT

1. Dan Holloway	DePorres	57'10"
2. Mike Krause	Clinton	57'7½"
3. Tom Kassion	Spartan	56'3/4"
4. Pat Reid	Shamrock	56'10 3/4"
5. Gary Price	Trojan Harriers	54'4½"
6. Kevin Butts	Viking T. C.	54'2½"
7. John Davis	Lakeshore	53'10½"
8. Tim Fellows	Spartan	53'2½"
9. Ed Moore	Highland Pk.	52'2 3/4"
10. Chris Rusher	Falcon	51'3½"
11. James Franklin	East Lansing	50'10½"
12. Bob Welsch	Viking	50'8"
13. John Waynard	Taylor Cent.	50'6 3/4"
14. Mike Sargent	Charger	50'1 3/4"
15. Todd Sprague	Chelsea T.C.	47'2½"

TWO MILE RELAY

1. Flint Northern	8:00.8
2. Flint Kearsley	8:03.9
3. Green Wave	8:08.2
4. Midland	8:09.8
5. Detroit Cooley	8:16.0
6. Detroit Henry Ford	8:20.7

ONE MILE RELAY

1. Trail Blazers	3:20.8
2. Doughboys	3:25.3
3. DePorres Eagles	3:25.7
4. River Panther	3:27.8
5. Flint Northern	3:27.9
6. Ecorse	3:28.7
7. Pride Striders	3:33.2
8. Detroit Cooley	3:34.2
9. Animal Farm	3:37.1
Henry Ford	D.Q.

LONG JUMP

1. Clayton Alexander	Pride Striders	22'9"
2. Robert Hess	Rochester	22'6½"
3. Vincent Cox	Animal Farm	22'4½"
4. Vincent Davis	Willow Run	22'1½"
5. Tim Hood	Muskegon	21'6 3/4"
6. Terry Darnell	Flint Cent.	21'5"
7. Walter Tipton	Beecher	20'9"
8. Chris Williams	Flint Northern	20'8½"
9. Jamonty Washington	Beecher	19'11"
10. Scott Crawford	Dearborn	19'6½"
11. Keith Moss	Highland Pk.	17'2½"

HIGH JUMP

1. Mike Arbough	Blue Devil	6'6"
2. Guy Stockard	Eagle T. C.	6'6"
3. Keith Peters	Traverse City	6'4"
4. Jeff Loria	Holly	6'4"
5. Ken Neal	Traverse City	6'4"
6. Scott Krupilski	Traverse City	6'4"
7. Herman Spate	Saginaw	6'2"
8. James Dennis	Fl. Northern	6'2"
8. Todd Terry	Viking T. C.	6'2"
8. Bo Snyder	Gull Lake	6'2"
11. Derrick Shephard	Ecorse	6'2"

FLINT OLYMPIAN DEVELOPMENT ALL-COMERS TRACK AND FIELD MEETSPONSORED BY THE FLINT TRACK CLUB - FLINT COMMUNITY SCHOOLSTHURSDAY, JULY 15TH, 1982

Pole Vault	110 Meter High Hurdles	(Jr. & Sr.)	Medals to
Shot Put	100 Meter Dash	(Girls, Jr. & Sr.)	first three
High Jump	3200 Meter Run	(Jr. & Sr.)	places in
Long Jump (Boys & Girls)	400 Meter Dash	(Girls, Jr. & Sr.)	each event
Javelin	800 Meter Run	(Jr. & Sr.)	in all
Discus (Boys & Girls)	200 Meter Dash	(Jr. & Sr.)	divisions
	1600 Meter Run	(Girls, Jr. & Sr.)	

ENTRY FEE: \$1.00/Entry

One Mile Relay - Open - Track Clubs Only

SITE: Flint Northwestern High SchoolWRITE TO Don Marsh, Flint Kearsley High School for ENTRY FORMDIVISIONS: Senior (18-over) Junior (17-under) Girls

(Enclose self-addressed and stamped envelope)

**1982 CHART OF QUALIFYING PERFORMANCES FOR  
ADDITIONAL QUALIFIERS FOR BOYS REGIONALS**

Event	Class A		Class B		Class C		Class D	
	Meters	Yards	Meters	Yards	Meters	Yards	Meters	Yards
110M (120 Yd) H.H.	15.6	(15.6)	16.8	(16.8)	16.4	(16.4)	17.1	(17.1)
100M (100 Yd) Dash	11.4	(10.5)	11.5	(10.6)	11.6	(10.7)	12.0	(11.1)
1600M (Mile) Run	4:33.1	(4:34.7)	4:36.7	(4:38.3)	4:40.1	(4:41.7)	4:47.1	(4:48.7)
400M (440 Yd) Dash	51.6	(51.9)	52.5	(52.8)	53.4	(53.1)	54.4	(54.1)
300M (330 Yd) L.H.	40.3	(40.5)	41.0	(41.2)	41.8	(42.0)	42.8	(43.0)
800M (880 Yd) Run	2:01.0	(2:01.7)	2:02.9	(2:03.6)	2:04.0	(2:04.7)	2:08.1	(2:08.9)
200M (220 Yd) Dash	23.4	(23.5)	23.8	(23.9)	24.2	(24.3)	24.8	(24.9)
3200M (Two Mile) Run	9:59.6	(10:03.0)	10:09.2	(10:12.6)	10:16.6	(10:20.0)	10:42.3	(10:45.7)
<b>Pole Vault</b>								
(Regional Starting Heights)		12'1"		12'00"		11'8"		11'0"
Shot Put		46'4"		44'4"		44'11"		42'5"
<b>High Jump</b>								
(Regional Starting Heights)		6'0"		5'11"		5'11"		5'9"
Long Jump		20'3"		19'9"		19'6"		19'7"
Discus		132'8"		127'11"		126'4"		118'6"

**1982 CHART OF QUALIFYING PERFORMANCES FOR  
ADDITIONAL QUALIFIERS FOR GIRLS REGIONALS**

Event	Class A		Class B		Class C		Class D	
	Meters	Yards	Meters	Yards	Meters	Yards	Meters	Yards
100M (110 Yd) L.H.	16.1	(16.2)	16.8	(16.9)	16.9	(17.0)	18.4	(18.5)
100M (100 Yd) Dash	13.2	(12.3)	13.2	(12.3)	13.2	(12.3)	14.3	(13.4)
1600M (Mile) Run	5:37.0	(5:38.6)	5:38.9	(5:40.5)	5:46.2	(5:47.8)	5:52.4	(5:54.0)
400M (440 Yd) Dash	1:02.0	(1:02.3)	1:03.3	(1:03.6)	1:04.0	(1:04.3)	1:05.9	(1:06.2)
200M (220 Yd) L.H.	31.8	(32.0)	32.4	(32.6)	32.6	(32.8)	35.0	(35.2)
800M (880 Yd) Run	2:27.6	(2:28.3)	2:30.6	(2:31.3)	2:33.1	(2:33.8)	2:37.7	(2:38.4)
200M (220 Yd) Dash	27.2	(27.3)	28.0	(28.1)	27.9	(28.0)	29.6	(29.7)
3200M (Two Mile) Run	12:17.5	(12:20.9)	12:35.3	(12:38.7)	12:55.1	(12:58.5)	13:22.4	(13:25.8)
Shot Put		32'9"		31'11"		31'1"		30'6"
<b>High Jump</b>								
(Regional Starting Heights)		4'11"		4'11"		4'9"		4'8"
Long Jump		15'9"		15'2"		15'6"		15'3"
Discus		95'4"		94'10"		91'7"		88'5"

**LOWER PENINSULA FINAL TRACK MEET - FOURTH PLACE AVERAGES - LAST FIVE YEARS**

Event	Class A		Class B		Class C		Class D	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
High Jump	6'6"	5'5"	6'5"	5'4"	6'5"	5'2"	6'2"	5'1"
Pole Vault	13'7"		13'5"		13'0"		11'11"	

**LOWER PENINSULA REGIONAL MEET STARTING HEIGHTS**

Event	Class A		Class B		Class C		Class D	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
High Jump	6'	4'11"	5'11"	4'10"	5'11"	4'8"	5'8"	4'7"
Pole Vault	12'1"		11'11"		11'6"		10'5"	

Coaches are requested to not enter jumpers or vaulters who have not cleared these heights previously as this tends to prolong the meet unnecessarily.

PRESIDENT

Richard Tompkins  
Fremont

FIRST VICE-PRESIDENT

Tony Magni  
Detroit Catholic Central

SECOND VICE-PRESIDENT

Marty Crane  
Flint Beecher

MITCA  
NEWSLETTER

No. 4

December 1982

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Retired

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Pontiac Central

THE TENTH ANNUAL CROSS COUNTRY CLINIC

The Lansing Hilton was the site of the Annual Meeting of 175 Cross Country and Track coaches. Marty Crane of Flint Beecher was in charge of the planning and arrangements for this gathering. He had a very fine program and he is to be complimented for a very successful clinic. We thank you for all of your work and endeavors in putting it together.

Francie Goodridge, Uni. of Michigan Cross Country Coach and Mike McGuire, Michigan Runner of the Year 1982 were the featured speakers on Friday.

Norbert Badar, Flint Northern; Jim Jaworski, Dexter; "Skip" Domke, Dearborn Edsel Ford; Barry Kloenhamer, DeWitt and Art Kraai, Wyoming Lee, were the featured speakers on a panel dealing with "How can I save My Cross Country Program" and "My Favorite Cross Country Workout".

Mark Bauman's topic "Selecting The Correct Running Shoes for you" and Dr. Richard Nach, Editor of "The Racers Edge Magazine" Concluded the program on Saturday morning.

A Cross country Business Meeting with Bill Swanwick of Centreville in charge and assistance by Lonnie Lowrery of The Michigan High School Athletic Association; The Coach of the Year Banquet; The Hospitality Session; and the Saturday Morning Prediction Run were other features of the clinic.

THE 1982 CROSS COUNTRY COACHES OF THE YEAR.

"A"	GIRLS	Dale Phillips-----Marquette
	BOYS	Dave McEvers-----Grosse Pte. North
"B"	GIRLS	Mike Woolsey---Jackson Lumen Christi
	BOYS	Jim Gardiner---G. R. Catholic Central
"C"	GIRLS	Elden "Pete" Moss-----Benzie Central
	BOYS	Pete Spieles-----Charlevoix
"D"	GIRLS	Chuck King-----Concord
	BOYS	Chuck King-----Concord

THE KERMIT N. AMBROSE AWARD

Lee Averill, West Bloomfield High School was the recipient of this annual award. Lee has been on the track and cross country scene for many years.

He has managed the prestigious West Bloomfield Cross Country Invitational; The West Bloomfield Track Invitationals, one for boys and another for girls; The Annual All-Oakland County Championships (boys meets and girls meets as well as freshman); regional track and field meets, and regional cross country meets.

Lee has been in charge of the MITCA indoor meets for girls and he has also directed Michigan's team for girls at the Midwest Meet of Champions at Fort Wayne, Indiana.

Lee joins a very select group of past award winners.

1977	Varnard Gay-----Flint Central
1978	Bruce Waha---Michigan State Uni.
1979	Jack Edwards---Grosse Pte. North
1980	Lou Miramonti---Royal Oak Shrine
1981	Tom Gaurke---Grosse Pte. North
1982	Lee Averill---West Bloomfield

THE ANNUAL CHUCK SWEENEY AWARD

1978	Web Morrison-----Pickford
1979	Elf Pedlar---Kalamazoo Central
1980	Erwin E. Ruth-Det. Lutheran West
1981	Kermit N. Ambrose-B'ham. Seaholm
1982	Norb Badar-----Flint Northern

"SOME MEN NEVER HEAR OPPORTUNITY KNOCK, BECAUSE THEY'RE TOO BUSY KNOCKING OPPORTUNITY".

- - Hal Chadwick

I HAVE NO YESTERDAYS

TIME TOOK THEM AWAY...

ALL I HAVE IS TODAY...

MITCA NOMINEES FOR CROSS COUNTRY COACH OF THE YEAR

G I R L S

"A"	Gary Duhaime---Temperance Bedford
	Gary Meehan-----Brighton
"B"	Kevin Deyo-----Muskegon Catholic
	Larry Eichler-----Hartland
"C"	Mel Comeau-----Bath
	Barry Kloenhamer-----De Witt
"D"	Gordon Aldridge---Akron Fairgrove
	Kim Spalsbury-----Fowler

B O Y S

Tony Magni---Detroit Catholic Cent.
Dan Simeck-----Warren Tower
Mark Carpenter---Dear. Divine Child
Sky Cox-----Essexville Garber
Keith Hoekwater-Kalamazoo Christian
Keith Schultz-----Napoleon
Jim Wood-----Southfield Christian
Joe Wood-----Potterville

"If at first you don't succeed, you have plenty of company." - - Eldon Pedersen

"People forget how fast you did a job - but they remember how well you did it."

- - Howard W. Newton

MITCA CROSS COUNTRY CLINIC  
PREDICTION FUN RUN

3.7 MILES

1.	Don Dickmann-----:06.7
	Petosky
	(14th) 24:48.7 24:42
2.	John Campbell-----:10.1
	Detroit Country Day
	(31st) 31:49.9 32:00
3.	Pat McGuire-----:11.9
	Kalamazoo Hackett
	(28th) 29:23.9 29:12
4.	Ron Wheeler-----:16.3
	Birmingham Seaholm
	(27th) 29:09.3 28:53
5.	Gene Jurkiewicz-----:21.3
	Detroit Country Day
	(21st) 28:07.7 28:29
6.	Doug Grezeszak-----:34.8
	Cass City
	(26th) 29:01.4 29:36.2
7.	Ken Younk-----:56.3
	Dansville
	(7th) 22:20.7 23:17
8.	Dave Brown-----:58.3
	Detroit Lutheran West
	(12th) 23:26.7 24:25
9.	Lorden Worden-----:1:09.3
	Lansing Christian
	(9th) 22:50.7 24:00
10.	Roy Brown-----:1:14.1
	Grand Rapids Central
	(10th) 24:58.9 26:13
<b>TOTAL RUNNERS-----31</b>	

First Runner In:

Paul Nilsson 19:37.6  
Williamston

1982-83 M.H.S.A.A. CROSS  
COUNTRY COMMITTEE

Lenora Bykerk-----Coach
Lansing Christian
Martin Crane-----Coach
Flint Beecher
Ray Helsing-----Coach
Ferris State College
Joseph Pivowarczyk---Ath. Dir.
Linden
Rich Tompkins-----Coach
Fremont
Pam Varty-----Coach
Birmingham Groves
Lee Waak-----Coach
Harper Woods Lutheran East
Duke Williams-----Ath. Dir.
Brighton

TWENTY-FIFTH ANNUAL MITCA TRACK

CLINIC AND MEETING WILL BE

HELD AT THE GRAND RAPIDS

MARRIOTT--JAN. 14th & 15th

**CROSS COUNTRY STATE CHAMPIONSHIPS CLASS "A" BOYS**

**I. M. A. GOLF COURSE FLINT NOVEMBER 6TH, 1982**

1.	Grosse Pointe North	-----	64
	1 2 14 21 26 69 82		
2.	Detroit Catholic Central	-----	108
	5 7 12 39 45 68 165		
3.	Warren Tower	-----	139
	3 15 19 36 66 110 145		
4.	Swartz Creek	-----	184
	10 23 43 44 64 115 118		
5.	Sterling Heights Stevenson	-----	185
	13 18 28 29 97 122 128		
6.	Dearborn Edsel Ford	-----	187
	24 27 31 42 63 100 156		
7.	Grand Blanc	-----	205
	4 8 40 60 93 94 119		
8.	Milford High	-----	217
	9 16 53 54 85 133 147		
9.	Flint Kearsley	-----	287
	25 41 48 70 103 104 161		
10.	Jenison	-----	323
	6 50 80 91 96 98 129		
11.	Kalamazoo Loy Norrix	-----	346
	11 20 32 137 146 150 155		
12.	East Lansing	-----	348
	33 47 77 84 107 132 143		
13.	Livonia Churchill	-----	353
	22 67 73 86 105 127 149		
14.	Temperance Bedford	-----	354
	34 58 61 99 102 121 135		
15.	Howell	-----	362
	35 76 81 83 87 111 124		
16.	Redford Union	-----	368
	49 51 57 88 123 138 144		
17.	East Kentwood	-----	374
	38 59 62 75 140 152 160		
18.	Birmingham Brother Rice	-----	384
	55 65 74 89 101 113 116		
19.	West Bloomfield	-----	422
	30 46 108 112 126 136 DNR		
20.	Wayne Memorial	-----	448
	52 71 78 117 130 157 167		
21.	Troy High	-----	480
	37 72 79 134 158 163 166		
22.	Southfield Lathrup	-----	497
	56 90 106 120 125 142 159		
23.	Rochester High	-----	503
	17 92 95 148 151 153 162		
24.	Southfield High	-----	634
	109 114 131 139 141 154 164		

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1.	*Phil Schoensee	Centerline	15:30.8
2.	*Jeff Mundt	New Balt. Anchor Bay	15:35.7
3.	Joe Schmidt	Grosse Pointe North	15:37.2
4.	Mark Denis	Grosse Pointe North	15:41.8
5.	*Don Johns	Centerline	15:43.6
6.	Joe Mihalic	Warren Tower	15:48.8
7.	Dan Schultz	Grand Blanc	15:50.2
8.	*James Biskner	Bay City John Glenn	15:50.5
9.	Marty Hegarty	Det. Catholic Central	15:50.7
10.	Tim Mohr	Jenison	15:51.3
11.	Paul Buchanan	Det. Catholic Central	15:51.9
12.	*Eric Wittenberg	Birmingham Seaholm	15:52.7
13.	Mark Mitroka	Grand Blanc	15:56.5
14.	*Joel Hernandez	Lansing Sexton	15:57.0
15.	Jeff Olvin	Milford High	15:58.0
16.	Eric Koskinen	Swartz Creek	15:58.6
17.	Murray Breeze	Kalamazoo Loy Norrix	15:59.1
18.	Steve Shaver	Det. Catholic Central	15:59.7
19.	Dave Roman	Ster. Hgts. Stevenson	16:00.2
20.	Scott Cooper	Grosse Pointe North	16:00.7
21.	*Paul Smith	Jackson	16:00.8
22.	Darren Ezzo	Warren Tower	16:01.4
23.	Jerry Kramer	Milford High	16:02.6
24.	*Rick Wood	Rochester Adams	16:02.6
25.	Bob Thompson	Rochester High	16:03.2

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26.	*Orszie Pumpus	Detroit Central	16:03.5
27.	Scott Morell	Ster. Hgts. Stevenson	16:03.8
28.	*Dave Wysack	Wyandotte Roosevelt	16:04.4
29.	Mark Parenti	Warren Tower	16:04.9
30.	*Bill Miller	Harp. Woods Notre Dame	16:05.3
31.	Eric Walker	Kalamazoo Loy Norrix	16:05.4
32.	*Tom Gibson	Westland John Glenn	16:06.4
33.	Brian Boutell	Grosse Pointe North	16:07.3

**\*INDIVIDUAL RACE ALL-STATE # 1 through 21**

**CROSS COUNTRY STATE CHAMPIONSHIPS CLASS "A" GIRLS**

**I. M. A. GOLF COURSE FLINT NOVEMBER 6TH, 1982**

1.	Temperance Bedford	-----	108
	2 9 22 37 38 45 74		
2.	Brighton	-----	132
	3 21 30 32 46 47 48		
3.	Flint Northern	-----	173
	4 16 27 55 71 127 152		
4.	Livonia Churchill	-----	194
	8 28 36 39 83 100 ---		
5.	Grand Blanc	-----	236
	17 25 33 73 88 128 149		
6.	Redford Union	-----	240
	6 13 43 75 103 117 133		
7.	Clio	-----	244
	1 19 41 87 96 105 122		
8.	Berkley	-----	273
	5 35 67 77 89 124 134		
9.	Troy Athens	-----	281
	24 50 58 65 84 120 142		
10.	Kalamazoo Loy Norrix	-----	281
	12 34 59 60 116 155 ---		
11.	Dearborn Edsel Ford	-----	282
	7 29 52 90 104 140 154		
12.	Jackson	-----	287
	31 40 49 81 86 94 ---		
13.	Grosse Pointe North	-----	291
	17 23 70 85 95 101 109		
14.	Ann Arbor Huron	-----	319
	11 69 72 76 91 102 148		
15.	East Kentwood	-----	338
	20 56 62 93 107 112 150		
16.	Portage Northern	-----	345
	15 53 54 108 115 123 136		
17.	Sterling Heights Stevenson	-----	364
	44 64 68 82 106 110 ---		
18.	Grosse Pointe South	-----	404
	10 78 92 111 113 121 125		
19.	Birmingham Seaholm	-----	433
	51 57 61 126 138 139 153		
20.	Bloomfield Hills Lahser	-----	470
	42 63 114 119 132 141 143		
21.	Farmington Our Lady of Mercy	-----	477
	26 79 98 130 144 145 151		
22.	Warren Mott	-----	493
	14 97 118 129 135 --- ---		
23.	Clarkston	-----	513
	66 80 99 131 137 146 147		

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1.	Kelly Schumate	Clio	18:01.2
2.	Kara Walcher	Temperance Bedford	18:38.0
3.	*Jeannette Kot	Howell	18:42.7
4.	Lisa Clark	Brighton	18:44.5
5.	Carlene Isabelle	Flint Northern	18:46.3
6.	Heather Meyer	Berkley	18:52.1
7.	Angie Mogielski	Redford Union	18:56.3
8.	Mary Peruski	Dearborn Edsel Ford	18:56.9
9.	Julie Recla	Livonia Churchill	19:00.2
10.	Christie Penny	Temperance Bedford	19:00.8
11.	*Debbie Thomas	Warren Cousino	19:04.1
12.	Meg Moisen	Grosse Pointe South	19:06.6
13.	*Leslie Kinczkowski	Taylor Center	19:07.9
14.	Anne Knott	Ann Arbor Huron	19:08.7
15.	Darlene Calvin	Kalamazoo Loy Norrix	19:10.3
16.	*Jennifer Ostrom	Flint Kearsley	19:13.9

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17.	Kami Laird	Redford Union	19:14.1
18.	Kris Ollila	Warren Mott	19:15.9
19.	Chris Reed	Portage Northern	19:18.3
20.	Marlene Isabelle	Flint Northern	19:19.7
21.	*Kathy Kubicki	Rochester Adams	19:21.9
22.	*Tina Simmon	St. Johns	19:22.8
23.	Yvette Carriere	Grand Blanc	19:23.9
24.	Janet Wesselman	Grosse Pointe North	19:25.8
25.	*Debbie Rode	Traverse City	19:26.8
26.	Beth Reynolds	Clio	19:27.4
27.	Jill Shaver	East Kentwood	19:28.3
28.	*Kelly Wool	Northville	19:28.9
29.	Tisch Schmidt	Brighton	19:30.9
30.	*Dawn Tosh	Taylor Center	19:32.6
31.	Kim Warsaw	Temperance Bedford	19:34.6
32.	Martha Whitaker	Grosse Pointe North	19:36.3
33.	Jill Thauvette	Troy Athens	19:37.1

\* INDIVIDUAL RACE ALL-STATE # 1 through 25

CROSS COUNTRY STATE CHAMPIONSHIPS CLASS "B" BOYS

TYRONE HILLS LINDEN NOVEMBER 6TH, 1982

1.	Grand Rapids Catholic	-----	145
	5 16 31 39 54 60 94		
2.	Dearborn Divine Child	-----	193
	21 24 35 55 58 72 80		
3.	Essexville-Garber	-----	196
	13 23 27 63 70 114 127		
4.	Hemlock	-----	209
	28 36 37 40 68 86 149		
5.	Marysville	-----	209
	2 9 32 43 123 126 143		
6.	Okemos	-----	218
	22 25 44 62 65 107 135		
7.	Mason	-----	223
	19 30 47 48 79 87 136		
8.	Warren Fitzgerald	-----	243
	6 45 56 61 75 132 148		
9.	Royal Oak Shrine	-----	267
	17 41 42 83 84 91 102		
10.	Holly	-----	278
	18 20 64 85 92 137 145		
11.	Fremont	-----	287
	15 46 59 78 89 96 103		
12.	Spring Lake	-----	308
	1 10 76 106 115 125 131		
13.	Sturgis	-----	327
	11 14 49 111 142 157 161		
14.	Flint Ainsworth	-----	336
	29 33 38 112 124 133 162		
15.	Grand Rapids Christian	-----	342
	52 53 66 71 100 119 138		
16.	Gaylord	-----	357
	57 67 69 74 90 104 160		
17.	Cadillac	-----	389
	12 50 81 105 141 163 167		
18.	Vicksburg	-----	390
	34 51 88 97 120 129 130		
19.	St. Joseph	-----	396
	8 82 95 101 110 116 122		
20.	Battle Creek Lakeview	-----	408
	26 77 98 99 108 113 118		
21.	Chelsea	-----	501
	3 73 121 151 153 156 165		
22.	Saline	-----	557
	4 128 139 140 146 155 159		
23.	Ypsilanti Lincoln	-----	603
	93 109 117 134 150 164 ---		
24.	Ecorse	-----	604
	7 144 147 152 154 158 166		

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1.	Chris Ingalls	Spring Lake	16:06.6
2.	Ron Johnson	Marysville	16:12.3
3.	Mark Brosnan	Chelsea	16:14.4
4.	*Rusty Korhonen	Forest Hills Central	16:19.9
5.	Mark Pogliano	Saline	16:20.2
6.	Jeff Costello	Grand Rapids Catholic	16:24.4

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7.	Mike DesRosiers	Warren Fitzgerald	16:25.1
8.	Byron Oden	Ecorse	16:25.7
9.	Rick Prince	St. Joseph	16:27.9
10.	Marty Newingham	Marysville	16:29.8
11.	Phil Van Dyke	Spring Lake	16:30.5
12.	Keith Keyser	Sturgis	16:37.5
13.	*John Loviska	Otsego	16:38.6
14.	Brent McCumber	Cadillac	16:41.3
15.	Kyle Rambo	Essexville Garber	16:42.7
16.	*Tom Seagren	Saginaw Eisenhower	16:43.1
17.	Jeff Ash	Sturgis	16:44.3
18.	*John Haigh	Three Rivers	16:44.9
19.	Fred Henderson	Fremont	16:46.1
20.	*Rick VanZile	Otsego	16:47.2
21.	Denis McGrath	Grand Rapids Catholic	16:47.7
22.	*Pete Trujillo	Ovid-Elsie	16:48.8
23.	Dave Arce	Royal Oak Shrine	16:49.3
24.	Todd Stone	Holly	16:52.1
25.	*Ken Campbell	Caro	16:52.6
26.	Carl Willits	Mason	16:52.7
27.	Tedd Stone	Holly	16:53.3
28.	*Thomas Kelly	Marshall	16:53.3
29.	Mike Skruch	Dearborn Divine Child	16:54.2
30.	*Oscar Flores	North Branch	16:54.7
31.	*Dan McCoy	Hillsdale	16:55.6
32.	Lindsey Dood	Okemos	16:55.8
33.	*Fred Ehrlich	Petosky	16:56.6

\*INDIVIDUAL RACE ALL-STATE # 1 through 25

CROSS COUNTRY STATE CHAMPIONSHIPS CLASS "B" GIRLS

TYRONE HILLS LINDEN NOVEMBER 6TH, 1982

1.	Jackson Lumen Christi	-----	99
	7 18 19 23 32 44 49		
2.	Hartland	-----	130
	8 20 24 30 48 67 74		
3.	Dexter	-----	144
	1 17 25 45 55 121 141		
4.	Muskegon Catholic Central	-----	166
	14 21 22 36 73 119 122		
5.	Gladwin	-----	236
	13 38 46 47 92 123 129		
6.	Livonia Ladywood	-----	237
	2 3 29 70 133 137 153		
7.	Marysville	-----	240
	27 35 41 43 94 101 140		
8.	Mason	-----	255
	9 15 51 78 102 108 134		
9.	Royal Oak Shrine	-----	256
	4 16 28 99 109 124 130		
10.	Grand Rapids Christian	-----	266
	33 39 50 55 89 136 139		
11.	Flint Powers	-----	272
	5 11 83 86 87 97 127		
12.	St. Joseph	-----	278
	34 59 60 62 63 79 110		
13.	Ionia	-----	310
	31 42 52 71 114 151 152		
14.	Jackson Northwest	-----	315
	37 66 68 69 75 88 111		
15.	Hemlock	-----	333
	6 65 81 85 96 113 150		
16.	Wyoming Rogers	-----	344
	26 40 53 107 118 148 ---		
17.	Richland-Gull Lake	-----	377
	10 61 77 112 117 138 143		
18.	Cadillac	-----	396
	12 90 91 100 103 120 126		
19.	Three Rivers	-----	423
	58 72 80 82 131 144 145		
20.	Essexville-Garber	-----	445
	57 84 93 105 106 116 142		
21.	Saline	-----	488
	54 76 98 128 132 146 149		
22.	Monroe St. Mary	-----	503
	64 95 104 115 125 135 147		

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1. Kelly McMiller	Dexter	18:54.9
2. Jennifer Rioux	Livonia Ladywood	19:06.0
3. Kelly Champagne	Livonia Ladywood	19:19.4
4. Anne Walker	Royal Oak Shrine	19:26.0
5. *Valari Ambrose	Gabriel Richard	19:36.4
6. Cathy Burkhart	Flint Powers	19:40.1
7. Julie Watson	Hemlock	19:45.2
8. Lorrie Konopacko	Jackson Lumen Christi	19:46.0
9. Chris Tenaglia	Hartland	19:49.2
10. Jamie Grant	Mason	19:52.0
11. Kay Gemrich	Richland-Gull Lake	19:54.1
12. Diane Devereaux	Flint Powers	19:56.3
13. *Bobbi Sue Johnson	Algonac	19:56.3
14. LuAnn Henry	Cadillac	19:57.2
15. Jean Wyckoff	Gladwin	19:58.1
16. *Michelle Chapman	Grosse Ile	19:58.2
17. *Karen Gamble	Big Rapids	19:58.8
18. *Sheryl Koeltzow	Saginaw Swan Valley	19:59.4
19. *Sandre Frame	Chelsea	19:59.9
20. *Tami Begerowski	Yale	20:00.4
21. *Michelle VanHeulen	Wyoming Park	20:01.0
22. *Liesl Charron	Charlotte	20:02.0
23. *Karen Parse	Otsego	20:02.7
24. Val Langley	Muskegon Catholic Cent.	20:06.1
25. *Sue Cashman	G. R. Catholic Central	20:15.6
26. Cindy Wilson	Mason	20:16.0
27. *Laura Cighowski	S. C. S. South Lake	20:16.9
28. *Lisa Somes	Mt. Pleasant	20:24.2
29. *Melissa Fleming	Allegan	20:25.5
30. Teri Stouffer	Royal Oak Shrine	20:26.4
31. Lisa Colman	Dexter	20:27.0
32. *Jill Charron	Charlotte	20:28.6
33. Barbara Wallace	Jackson Lumen Christi	20:28.9

\* INDIVIDUAL RACE ALL-STATE # 1 through 20

CROSS COUNTRY STATE CHAMPIONSHIPS CLASS "D" BOYS  
JOHNSON PARK WYOMING NOVEMBER 6TH, 1982

1. Concord-----	55
1 8 12 16 18 56 57	
2. Southfield Christian-----	91
5 6 21 23 36 42 58	
3. Potterville-----	108
7 15 26 28 32 52 61	
4. Wyoming Luw-----	127
13 19 24 31 40 47 75	
5. Lansing Christian-----	136
9 22 25 34 46 77 79	
6. Centreville-----	138
3 10 27 38 60 66 78	
7. Ann Arbor Greenhills-----	166
3 14 30 54 64 69 76	
8. Fairview-----	187
11 33 37 39 67 68 73	
9. Allendale-----	193
2 35 43 51 62 71 80	
10. Pontiac Christian-----	227
20 29 49 59 70 74 81	
11. Manton-----	228
17 45 48 55 63 72 83	
12. Ann Arbor Gabriel Richard-----	253
41 44 50 53 65 82 ---	

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1. S. Hubbard	Concord	16:56.7
2. *D. Edright	Suttons Bay	15:59.9
3. R. Moore	Allendale	17:11.5
4. *P. Beasley	Bay City St. Philip	17:11.7
5. D. Kirby	Centreville	17:13.7
6. P. Ross	Ann Arbor Greenhills	17:16.5
7. J. Walsh	Southfield Christian	17:23.6
8. *S. Voelkers	Flint Holy Rosary	17:32.9
9. K. Christianson	Potterville	17:30.9
10. M. Krause	Concord	17:32.2
11. *J. Mullally	Flint Holy Rosary	17:32.9
12. D. Harkema	Lansing Christian	17:33.3
13. P. Horton	Centreville	17:34.5

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14. *D. Huckins	Dansville	17:35.0
15. R. Evans	Fairview	17:38.9
16. *B. Stienbauer	Bridgeman	17:39.4
17. *E. Lucas	Mancelona	17:40.2
18. T. Baird	Concord	17:41.3
19. *M. Mesh	Morrice	17:43.0
20. M. Telgenhoff	Wyoming Lee	17:43.1
21. *S. Messenger	Reading	17:44.5
22. J. Voorhees	Ann Arbor Greenhills	17:44.7
23. *G. Perrine	Dansville	17:45.8
24. M. Cross	Potterville	17:46.4
25. *E. Kessel	Suttons Bay	17:47.4

\* INDIVIDUAL RACE ALL-STATE # 1 through 17

CROSS COUNTRY STATE CHAMPIONSHIPS CLASS "D" GIRLS  
JOHNSON PARK WYOMING NOVEMBER 6TH, 1982

1. Concord-----	68
1 8 14 16 29 40 79	
2. Wyoming Lee-----	97
4 6 9 34 44 56 63	
3. Akron Fairgrove-----	108
7 20 25 26 30 39 53	
4. Fowler-----	110
5 17 23 27 38 60 --	
5. Dansville-----	126
10 11 21 37 47 49 52	
6. Colon-----	145
2 12 15 43 73 75 --	
7. Suttons Bay-----	172
3 24 33 51 61 -- --	
8. Ann Arbor Greenhills-----	207
13 32 45 46 71 -- --	
9. Kingston-----	212
22 31 42 58 59 66 78	
10. Centreville-----	226
19 28 55 57 67 68 69	
11. Mancelona-----	242
18 48 50 62 64 65 70	
12. Manton-----	283
35 41 54 72 81 -- --	
13. Grass Lake-----	343
36 74 76 77 80 -- --	

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1. J. Franssen	Concord	19:32.2
2. S. Shackleton	Colon	20:00.0
3. J. Peterson	Suttons Bay	20:05.4
4. D. Taylor	Wyoming Lee	20:50.4
5. E. Feldpaush	Fowler	21:00.5
6. *S. Batchelder	Potterville	21:08.2
7. *K. Amundson	Battle Creek St. Philip	21:16.0
8. S. Telgenhoff	Wyoming Lee	21:20.0
9. D. Fogarski	Akron Fairgrove	21:21.7
10. T. Baird	Concord	21:23.2
11. J. Falbe	Wyoming Lee	21:34.9
12. B. Pulling	Dansville	21:35.2
13. S. Brower	Dansville	21:37.7
14. K. Shackleton	Colon	21:40.6
15. J. Gilliland	Ann Arbor Greenhills	21:42.2
16. C. Franssen	Concord	21:42.5
17. *S. Spratt	Southfield Christian	21:49.3
18. S. Schwartz	Colon	21:50.2
19. *D. Bleicher	Flint Holy Rosary	21:58.6
20. A. Bauman	Concord	22:02.3
21. T. Spicer	Fowler	22:11.3
22. M. Foster	Mancelona	22:17.5
23. *J. Sullivan	Battle Creek St. Philip	22:14.2
24. S. Morris	Centreville	22:25.0
25. M. Harrington	Akron Fairgrove	22:39.3

\* INDIVIDUAL RACE ALL-STATE All Listed Athletes

TWO NCAA INDOOR TRACK CHAMPIONSHIPS FOR ONE  
March 11-12, 1983 At The Silverdome, both men and women will compete for national titles. Many of these champions will represent the U.S. in the 1984 Olympics.

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**1982-83 M.H.S.A.A. TRACK AND FIELD COMMITTEE**

**MEETING----- MONDAY, JANUARY 24, 1983**

Bernie Covert (Covert)-----Coach  
 Joseph Farkas (Posen)-----Coach  
 Sheila Guerra (Battle Creek St. Philip  
 Catholic Central)-----Coach  
 Chuck Lewis (Detroit Denby)-----Coach  
 Frank Marchio (Melvindale)-----Coach  
 Cathy Markland (Montrose-Hill McCloy)-----Coach  
 Wayne McDonald (Jackson Northwest)-----Ath. Dir.  
 Ronald Mead (DeWitt)-----Ath. Dir.  
 Fred Price (Livonia Churchill)-----Coach  
 Judy Recher (Fowlerville)-----Coach  
 Fred Stage (Rapid River)-----Coach  
 Rich Tompkins (Fremont)-----Coach  
 Byron Townsend (Houghton Lake)-----Coach  
 Karl VonIns (Holland West Ottawa)---  
 Ass"t. Ath. Dir.

**MID-AMERICAN INVITATIONAL CROSS COUNTRY**

**Five Miles At Toledo November 6, 1982**

1. Central Michigan Uni.	1	3	9	11	14	26	34	38
2. Eastern Michigan Uni.	4	5	6	19	20	21	24	54
3. Western Michigan Uni.	7	8	10	15	22	27	38	62
4. Ohio Uni.	12	13	16	17	27	30	32	85
5. Bowling Green State Uni.	2	18	23	28	29	31	33	100
6. Ball State Uni.	25	35	36	39	40	--	--	175
7. Uni. of Toledo	41	42	43	44	45	46	47	215

Individual Winner: Jeff Drenth-----24:32\*  
 C.M.U. \*New Course Record

**1982 NCAA WOMEN'S CROSS COUNTRY CHAMPIONSHIPS**

**UNI. OF INDIANA BLOOMINGTON 11/22/82**

1. Virginia	1	4	9	13	21	33	--	48
2. Stanford	3	8	19	27	34	56	74	91
3. Oregon	10	30	31	35	49	73	79	155
4. Harvard	7	16	39	50	55	87	89	167
5. Clemson	11	26	42	44	48	52	--	171
6. Penn State	20	23	41	47	62	68	77	193
7. North Carolina State	17	24	38	40	76	--	--	195
8. M I C H I G A N	18	25	32	63	64	106	108	202
8. Iowa State	4	12	53	65	67	71	78	202
10. Wisconsin	14	22	28	72	75	96	102	211
11. Brigham Young	15	45	57	58	69	86	97	244
12. Tennessee	6	46	61	66	83	91	94	262
13. Kansas State	29	37	54	70	80	103	105	270
14. Washington	2	51	59	81	85	93	95	278
15. Princeton	36	43	82	88	99	100	101	348
16. Arkansas	60	84	90	92	98	104	107	424

**1982 NCAA MEN'S CROSS COUNTRY CHAMPIONSHIPS**

**UNI. OF INDIANA BLOOMINGTON NOVEMBER 22ND**

1. Wisconsin	4	5	12	18	20	31	62	59
2. Providence	10	11	13	41	63	79	--	138
3. Arkansas	19	21	22	34	46	51	61	142
4. East Tennessee	7	17	37	47	50	98	108	158
5. Uni. of Texas-El Paso	2	8	39	54	70	134	--	173
6. M I C H I G A N	6	14	44	55	58	81	115	177
7. Colorado	1	9	57	75	77	125	131	219
8. Clemson	3	25	29	53	128	144	--	238
9. UCLA	26	27	64	65	68	86	145	250
10. Oregon	24	28	59	72	83	91	96	266
11. Arizona	33	35	45	69	90	106	126	272
12. Bucknell	15	42	71	78	80	93	137	286
13. Tennessee	30	32	56	87	97	109	114	302
14. Virginia Tech	16	38	82	84	101	117	118	321
15. Oral Roberts	40	60	66	67	92	111	--	325
16. Miami of Ohio	48	74	85	89	110	127	143	406
17. Purdue	52	73	88	94	99	124	130	406
18. Idaho State	23	76	100	113	116	132	133	428
19. Iona	36	49	120	129	135	138	146	469
20. Fairleigh Dickinson	43	95	103	107	122	--	--	470
21. Texas A & M	102	104	119	121	140	--	--	586
22. Northeastern	105	112	123	136	139	141	142	615

MICHIGAN STATE UNIVERSITY WILL HOST THE DISTRICT NCAA CROSS COUNTRY CHAMPIONSHIPS IN 1983 (November 12)

THE "BIG TEN" INDOOR TRACK CHAMPIONSHIPS WILL BE HELD AT MICHIGAN STATE UNIVERSITY ON MARCH 4th & 5th, 1983

EASTERN MICHIGAN UNIVERSITY WILL HOST A HOLIDAY INDOOR TRACK AND FIELD MEET ON TUESDAY, DECEMBER 28, 1982 IN THE BOWEN FIELDHOUSE. NO PRE-MEET ENTRIES. ENTRY FEE \$1.00 PER ATHLETE. EASTERN HAS A NEW MONDO-RUBBER 200 METER TRACK. Wear Flats or short indoorspikes. For information on events and the time schedule, write to Bob Parks, Track Coach, Bowen Fieldhouse, Eastern Michigan Uni., Ypsilanti, Michigan 48197. Send a self addressed and stamped envelope.

THE MICHIGAN STATE RELAYS WILL BE RUN ON SATURDAY, FEBRUARY 5TH, 1983.

THE CENTRAL COLLEGIATE CHAMPIONSHIPS WILL BE RUN AT WESTERN MICHIGAN UNI. ON FRIDAY AND SATURDAY, FEBR. 18 & 19.

**HURON RELAYS (Boys)**

Class "B"-----March 25  
 Class "A"-----March 26

**SPARTAN RELAYS (Boys)**

Class "B"-----April 1  
 Class "A"-----April 2

**SPARTAN RELAYS (Girls)**

Class "B"-----April 8  
 Class "A"-----April 9

**MANSFIELD RELAYS (Boys)**

April 15  
 April 16

**CENTRAL MICH. UNI. RELAYS**

(Boys & Girls)  
 Class B & D---April 29  
 Class A & C---April 30

**MOTT RELAYS-----May 6**

(Boys & Girls)  
 Flint Northwestern

**REGIONAL CHAMPIONSHIPS**

May 20 or May 21

**ALL-OAKLAND COUNTY**

(Girls) May 26

**ALL-OAKLAND COUNTY**

(Boys) May 27

**STATE CHAMPIONSHIPS**

June 4

**MID-WEST MEET OF CHAMPIONS**

Fort Wayne, Indiana

June 11

**NCAA CROSS COUNTRY CHAMPIONSHIPS**

\*\*\*\*\*

**ALL-TIME TEAM CHAMPIONS**

Michigan State	8
Texas-El Paso	7
Oregon	4
Villanova	4
Indiana	3
Drake	3
Penn State	3
San Jose State	2
Western Michigan	2
Houston	1
Kansas	1
Notre Dame	1
Oklahoma State	1
Oregon State	1
Rhode Island	1
Syracuse	1
Tennessee	1
Wisconsin	1

Michigan State Uni. has been runnerup on three Occasions  
 Western Michigan Uni. has been runnerup twice

**CHAMPIONSHIP RECORDS**

Team--Texas El Paso	--17
(1 2 3 5 & 6)	1981
Four Miles	---19:12.3
Max Truex	1957
Southeran Cal	
Six Miles	---28:00.2
Steve Prefontaine	
Oregon	1970
10,000 Meters	---28:06.6
Henry Rono	1976
Washington State	

\*\*\*\*\*

T W E N T Y - F I F T H   A N N U A L   M I T C A   C L I N I C

THE GRAND RAPIDS MARRIOTT INN

5700 28th Street, S.E.  
Grand Rapids, Michigan 49506  
1 (616) 957-1770  
Located in the southeast side of  
Grand Rapids, just east of  
I-96 on 28th Street

JANUARY 14th & 15th, 1982

ROOM RATES AT THE MARRIOTT  
Single-----\$45.00  
Double-----\$53.00  
Third Person--\$59.00  
Four People---\$64.00

THE GRAND RAPIDS MARRIOTT FEATURES A LARGE

INDOOR/OUTDOOR POOL AND SAUNA

MAKE YOUR RESERVATIONS EARLY

TRACK NOMINEES FOR  
COACH OF THE YEAR

John Lober-Traverse City  
Woody Thomas-Det. Central  
Micky Turcheck-Taylor

Center

Charles Spann-Det. Chadsey

Camille Carter-Ottawa  
Hills

George Dedrick-Flint  
Northern

Kenn Domerse-Flint

Ainsworth

Elmer Ball-Oxford

Norm Krawczak-Oak Park

Bernard Wells-Oak Park

Ken Hoover-L'Anse Creuse

Ross Donley-Ludington

Bob Lynch-DePorres

Steve Overweg-Flint Hamady

Mike Unger-Luth. West

Phyllis Luedders-Luthern  
West

Nancy Estes-Ida

Glenn Williams-Cassopolis

Chris Hurley-East Catholic

Rob Lutz-Camden-Frontier

Mark Pessette-B. C.

St. Phillip

Gordon Aldrich-Akron

Fairgrove

Chris Jonik-St. Andrew

Kim Spalsbury-Fowler

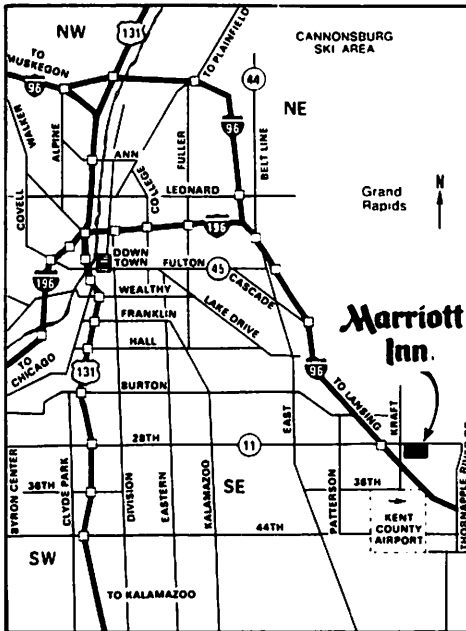
CLINIC PROGRAM

FRIDAY, JANUARY 14th

5:00-6:00 Registration  
6:00-7:00 Bruce Waha - Michigan State University  
"The High Jump"  
7:15-8:15 Rob Johnson - Clare (Chairman)  
"Business Meeting"  
8:30-9:30 Joe Piane - Notre Dame  
"The Middle Distance Runs"  
9:30- ? Hospitality

SATURDAY, JANUARY 15th

7:00 "Prediction Fun Run"  
7:00-8:30 "Joggers Breakfast"  
8:00-8:30 Registration  
8:30-9:30 Lonnie Lowery - M.H.S.A.A.  
"Track and Field Rules Meeting"  
9:45-10:45 Steve Miller - Kansas State  
"The Pole Vault"  
9:45-10:45 Karyn Dennis - Michigan State University  
"The 330 Yard Low Hurdles"  
11:00-12:00 Jim Murray - Niles Brandywine  
George Bruder - Fennville  
"Micro-Computer Application for Track  
and Field"  
12:30-2:30 Coach of the Year Banquet  
2:30-3:15 Ernie Mosseau - Aquinas  
"Drills for Shot and Discus"  
3:30-4:15 Bill Clinger - Grand Valley State College  
"A Training System for Track and Field"  
4:30-5:30 Steve Miller - Kansas State  
"Team and Individual Motivation"



\*\*\*\*\*  
ANYONE WHO REMAINS CALM  
IN THE MIDST OF ALL THIS  
CONFUSION  
SIMPLY DOES NOT UNDERSTAND  
THE SITUATION  
\*\*\*\*\*

DETACH THE PRE-REGISTRATION FORM BELOW AND SEND TO:

Bob Kent  
500 Scott Lake Road (Pre-register by January 11th)  
Pontiac Michigan 48054

MEMBERSHIP AND CLINIC FEES: Friday and Saturday-----\$ 45.00  
At the door-----\$ 50.00

Make the checks payable to: MITCA

CLINIC FEE INCLUDES: Hospitality Membership to MITCA  
Clinic Notes Coach of the Year Banquet  
Door Prizes Top State Performances  
Boys-Girls-Jr. High

THOUGHT FOR THE DAY

When life serves you lemons, make lemonade!!!

KEEP YOUR SUNNY SIDE UP!!!

ROSES ARE RED, VIOLETS ARE BLUE, PANSIES ARE PURPLE  
CHRYSANTHEMUMS ARE ALL COLORS??? YUK!!!

Coach of the year plaques Speaker's Fees  
Chuck Sweeney Award  
MITCA Newsletter Track Equipment Displays

PRE-REGISTRATION FORM

\*\*\*\*\*  
\* NAME \_\_\_\_\_ \*  
\* HOME ADDRESS \_\_\_\_\_ \*  
\* CITY \_\_\_\_\_ ZIP \_\_\_\_\_ \*  
\* HOME PHONE NUMBER \_\_\_\_\_ 1 ( ) \_\_\_\_\_ \*  
\* SCHOOL \_\_\_\_\_ \*  
\* SCHOOL ADDRESS \_\_\_\_\_ \*  
\* CITY \_\_\_\_\_ ZIP \_\_\_\_\_ \*  
\* SCHOOL PHONE NUMBER \_\_\_\_\_ 1 ( ) \_\_\_\_\_ \*  
\*\*\*\*\*

**SEASON'S GREETINGS**  
AND BEST WISHES  
FOR A HAPPY  
NEW YEAR  
Rich Tompkins

Bart Murch Jack Grant  
Tony Magni  
Bob Kent Marty Crane  
*JERRIT N. ANDERSON*  
1982