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Carleton Airport

MICHIGAN INTERSCHOLASTIC
TRACK COACHES ASSOCIATION

NEWSLETTER

No. 1 MAY 1983

NEWSLETTER WRITER
Kermit N. Ambrose
Retired

SECRETARY

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PUBLIC RELATIONS DIRECTOR

Jack Grant
Sturgis

TREASURE

Richard Tompkins
Fremont

THE TWENTY-FIFTH ANNUAL MITCA TRACK AND FIELD CLINIC

Rich Tompkins hosted this annual gathering at the Grand Rapids Marriott Inn. There was an excellent turn-out of coaches and the MITCA membership is again over the four hundred mark.

The following topics were on the agenda for Friday evening: "The High Jump" - Bruce Waha - Mich. State Uni.
"The Middle Distance Runs" - Joe Piane - Notre Dame Uni.
"Business Meeting" - Rob Johnson - Clare High School
"Hospitality Hour" (Hours)

The Saturday action began with the prediction fun run, followed by a joggers breakfast

"The Track and Field Rules Meeting" - Lonnie Lowery - The Michigan High School Athletic Association
"The Pole Vault" - Steve Miller - Kansas State Uni.
"The 330 Yard Low Hurdles" - Karyn Dennis - Michigan State University
"Micro-computer Application for Track and Field" Jim Murray - Niles Brandywine High School and George Bruder - Fennville High School

"The Coach of The Year Banquet"
"Drills for The Shot Put and Discus" - Ernie Mosseau - Aquinas College
"A Training System for Track and Field" - Bill Clinger - Grand Valley State College
"Team and Individual Motivation" - Steve Miller - Kansas State University

1982 MITCA TRACK COACH OF THE YEAR

CLASS	WOMEN	MEN
"A"	George Dedrick Flint Northern	John Lober Traverse City
"B"	Ross Donley Ludington	Elmer Ball Oxford
"C"	Phyllis Luedders Detroit Lutheran West	Mike Unger Detroit Lutheran West
"D"	Mark Pessetti Battle Creek St. Philip Cath. Cent.	Kim Spalsbury Fowler

MITCA NOMINEES FOR TRACK COACH OF THE YEAR

CLASS	WOMEN	MEN
"A"	Camille Carter G. R. Ottawa Hills Charles Spann Detroit Chadsey	Woody Thomas Detroit Central Mickey Turcheck Taylor Center
"B"	Ken Hoover Mt. Clemens L'Anse Creuse	Kenn Domerese Flint Ainsworth
"C"	Nancy Estes Ida John Schotter Cassopolis	Bob Lynch Det. St. Martin DePorres Steve Overweg Flint Hamady
"D"	Gordon Aldredge Akron-Fairgrove Chris Jonik Detroit St. Andrew	Chris Hurley Detroit East Catholic Rob Lutz Camden-Frontier

WISCONSIN TRACK AND CROSS COUNTRY COACH DIES

Dan McClimon, Track and Cross Country Coach at the University of Wisconsin, died late on Thursday, April 14th of burns suffered over 73 percent of his body in the crash of a light plane in foggy and windy weather near Middleton, Wis. Pilot George Walker was able to walk to a nearby house for help, but was in stable but critical condition with extensive burns. They were returning from a recruiting trip in Illinois.

Coach McClimon's cross country team won the NCAA Cross Country Championships at the Uni. of Indiana last November. All of his runners were Wisconsin High School products, with the exception of one, who lived across the Wisconsin border in Illinois.

The Wisconsin runners placed 4th (Soph), 5th (Frosh), 16th (Soph), 23rd (Soph) and 26th (Senior).

Wisconsin, along with the Uni. of Michigan were the two top teams with only American runners. Most of the other teams had foreign runners.

Eleven of the twenty-five All-Americans were from the Mid-west District # 4, who came out of the Regional run at Purdue University. The Uni. of Michigan placed sixth.

McClimon was 41 and leaves a wife and two children. This is a tragic blow to his family and to his teams at Wisconsin. It is very sad for all of his friends and members of his coaching fraternity.

Barbara Munch, who is coordinating the program for the cross country clinic in November, had made arrangements for Coach McClimon to appear and speak on his program at the University of Wisconsin. MITCA extends condolences to his family and the University of Wisconsin.

CROSS COUNTRY ALL-AMERICANS

Gerald Donakowski (7th) Senior and Brian Diemer (18th) Junior, both from the Uni. of Michigan were named to the Honor Team. Jeff Drenth (33rd) Junior from Central Michigan University was also honored.

Senior Kari Agin of Manchester High School (1982 Class "C" 200 meter low hurdle champion) completed a very successful summer, as she put her talents into the 400 meter hurdles.

Kari qualified and placed in two National Finals. At the Track and Field Association meet in St. Louis, Missouri, Kari finished 3rd with a time of :62.3

At the TAC/Junior Olympic National Finals, which were held at the Uni. of Nebraska, Kari bettered the existing record while finishing 2nd with a time of :61.0

Kari is coached by John Korican, a MITCA member.

MICHIGAN HIGH SCHOOL CLASSIFICATION LIMITS

Beginning January 1st, 1983 - - Based upon enrollment on fourth Friday of 1982-1983 school year
Class "A" - - 1205 or more Class "B" - - 627-1204
Class "C" - - 319 - 626 Class "D" - - 318 or less

MITCA NOMINEES FOR TRACK COACH OF THE YEAR

"B"	Bernard Wells Oak Park	Norm Krawczak Oak Park
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THE ANNUAL CHUCK SWEENEY AWARD

Chuck Janke, Jackson High School, was the recipient of this annual award, which is presented at the annual track clinic in January.

The presentation was made by Frank Cerquiera, also of Jackson High School.

Chuck has been coaching track and field and cross country for many years, starting as an assistant to Bruce Waha, at Detroit Redford in the 1950's. With short stints at Southfield High School and Milford High School, he moved to Jackson High.

Coach Janke has been very active in MITCA. He is a Past President and during the time he was Secretary, he instituted the MITCA Newsletter. Chuck has been in charge of the MITCA Indoor Track and Field Meets and is very active in the Midwest Meet of Champions, held annually at Fort Wayne, Indiana, the Saturday following the Michigan State Finals.

Chuck joins a very select group of past award winners.

- 1977 Chuck Sweeney-----Retired
- 1978 Web Morrison-----Pickford
- 1979 Elf Pedlar-----Kalamazoo Central
- 1980 Erwin E. Ruth-----Detroit Lutheran West
- 1981 Kermit N. Ambrose-----Retired
- 1982 Norb Badar-----Flint Northern
- 1983 Chuck Janke-----Jackson High

HOST SCHOOLS FOR STATE CROSS COUNTRY CHAMPIONSHIPS

- Class "A" Brighton High School
- Class "B" Linden High School
- Class "C" Ferris State College
- Class "D" Mason County Custer

HOST SCHOOLS FOR STATE TRACK & FIELD CHAMPIONSHIPS

- Class "A" Jackson High School
- Class "B" Caro High School
- Class "C" Bangor High School
- Class "D" Traverse City High School
- Class "A-B")
- Class "C") Marquette High School
- Class "D")

INTERSCHOLASTIC SPORTS SPONSORED BY MICHIGAN H. S.

Boys Sports	Number of Schools	
	1981-1982	1982-1983
Track and Field	640	653
Cross Country	490	488
<u>Girls Sports</u>		
Track and Field	619	621
Cross Country	336	374

M.H.S.A.A. 1983 TRACK AND FIELD COMMITTEE

- Bernie Abrams-----Covert
- Joseph Farkas-----Posen
- Sheila Guerra-----Battle Creek
- Frank Marchio-----Melvindale
- Cathy Markland-----Monroe
- Ronald Mead-----DeWitt
- Fred Price-----Livonia
- Judy Recker-----Fowlerville
- Michael Shewach-----Detroit
- Fred Stage-----Rapid River
- Rich Tompkins-----Fremont
- Byron Townsend-----Houghton Lake
- Karl VonInns-----Holland
- Wayne McDonald-----Jackson

PREDICTION FUN RUN

		<u>TIME OF RUN</u>	<u>PREDICTED TIME</u>	<u>DIFFERENCE</u>
1.	Colette Wismer St. Joseph	37:36.3	37:36	:00.3
2.	John Wismer Bridgeman	37:34.4	37:36	:01.6
3.	Gene Jurkiewicz Detroit Country Day	33:03.5	33:00	:03.5
4.	Tom Gass Vandercook Lake	37:34.4	38:40	:05.6
5.	John D. Mooy Fremont	39:40.8	40:15	:24.2
6.	Jerry Young Farmington High	<u>27:12.2</u>	26:20	:52.2
7.	Randy Wilkins Milford Lakeland	32:05.5	29:57	2:08.5
8.	John Kababik Milford Lakeland	44:11.5	42:00	2:11.5
9.	Tom Eschmann Southfield High	43:57.1	41:15	2:42.1
10.	Kevin Kavanaugh Det. Catholic Cent.	33:49.9	36:54	3:04.1
11.	Dennis Keeney Walled Lake Western	32:04.5	29:00	3:04.5
12.	Tom Bousamra Traverse City	37:36.3	41:15	3:38.7
13.	Norb Badar Flint Northern	44:08.7	39:48.1	4:20.6
14.	Don Baese Carson City Crystal	39:17.3	45:30	8:12.7
15.	Ralph Stadelman Sparta	49:24.0	41:00	8:24.0
16.	Kim Spalsbury Fowler	39:40.2	30:55	8:45.8
17.	Mike Woolsey Jackson Lumen Christi	43:53.2	34:47	9:06.2
18.	Jack Bannink Holland Christian	49:22.4	37:36	11:46.4
19.	Wally Kile Carson City Crystal	39:17.3	60:00	20:42.7

1983 MITCA CROSS COUNTRY COMMITTEE

- John Warners, Chairman-----Grand Rapids Christian
- Tony McHattie-----White Cloud
- Ron Olson-----Marlette
- Kim Spalsbury-----Fowler
- Ken Younkin-----Dansville
- Randy Wilkins-----Milford Lakeland
- David Medley-----Belleville
- Ron Waldvogel-----St. Joseph
- Jim Warner-----Flint Powers

1983 MITCA TRACK AND FIELD COMMITTEE

- Mark Carpenter, Chairman-----Dearborn Divine Child
- Nick Monroe-----Clio
- John Swinborne-----Muskegon Oakridge
- John Wismer-----Bridgeman
- Bobby Glenn-----Detroit Cass Tech
- Kernie Gilliam-----Gladwin
- Wayne Engle-----Mason
- George Prospero-----Detroit Country Day
- Art Bombrys-----Mendon

15th ANNUAL C. S. MOTT RELAYS (FLINT NORTHWESTERN) MAY 6th, 1983

<u>B O Y S</u>		<u>G I R L S</u>	
1.	Flint Northern-----73	1.	Flint Northern-----85
2.	Flint Beecher-----68	2.	Benton Harbor-----58
3.	Flint Central-----43	3.	Lansing Sexton-----26
4.	Flint Northwestern-----41	4.	Saginaw-----20
5.	Flint Southwestern-----26	5.	Flint Beecher-----18
5.	Flint Kearsley-----26	6.	Grand Blanc-----16
7.	Grand Blanc-----24	6.	Midland-----16
8.	Flint Powers-----20	8.	Midland Dow-----14
9.	Swartz Creek-----18	9.	Highland Park-----8

29TH ANNUAL EASTERN MICHIGAN UNIVERSITY HURON RELAYS

CLASS "A" SATURDAY, MARCH 26TH, 1983

1.	Flint Northern.....	54
2.	Lansing Everett.....	43
3.	Detroit Cass Tech.....	38 1/5
4.	Detroit Henry Ford.....	37
5.	Detroit Pershing.....	33
6.	Detroit Central.....	28
7.	Detroit Cooley.....	26 1/5
8.	Dearborn High.....	21
9.	Southfield High.....	17
10.	Rochester High.....	16 1/2
11.	Toledo Rogers.....	16
12.	Grand Blanc.....	15
12.	Elyria (Ohio).....	15
14.	Milford Lakeland.....	12
15.	Livonia Stevenson.....	11
15.	Flint Northwestern.....	11
17.	Detroit Cody.....	10
17.	Pontiac Northern.....	10
19.	Redford Union.....	9 1/5
20.	Ypsilanti High.....	9
20.	Birmingham Brother Rice.....	9
22.	Wayne Memorial.....	8
22.	Monroe High.....	8
22.	Flint Central.....	8
25.	Troy High.....	7
25.	New Baltimore Anchor Bay.....	7
25.	Dearborn Edsel Ford.....	7
25.	Bay City John Glenn.....	7
29.	Ann Arbor Pioneer.....	6
29.	Jackson High.....	6
29.	Belleville.....	6
32.	S. C. S. Lakeview.....	4 1/2
33.	Birmingham Groves.....	4 1/5
34.	Bridgeport.....	4
34.	Ann Arbor Huron.....	4
34.	Howell.....	4
34.	East Lansing.....	4
34.	Warren Tower.....	4
35.	Farminuton High.....	3
35.	Holly.....	3
35.	Waterford Kettering.....	3
35.	Detroit Northern.....	3
39.	Livonia Churchill.....	2 1/5
40.	Detroit Catholic Central.....	2
40.	Lansing Sexton.....	2
42.	Trenton.....	1
42.	Grosse Pointe North.....	1

(30 Schools Failed to Score)

CLASS "B" FRIDAY, MARCH 25TH, 1983

1.	Flint Beecher.....	66
2.	Det. St. Martin DePorres.....	52 1/2
3.	Ecorse.....	42
4.	Marysville.....	36
5.	Detroit East Catholic.....	26
6.	Detroit Lutheran West.....	25
6.	Inkster Cherry Hill.....	25
8.	Ypsilanti Lincoln.....	22
9.	Cleveland Benedictine.....	21
10.	Warren Fitzgerald.....	20
11.	Lexington (Ohio).....	19
12.	Chelsea.....	18
13.	Akron Fairgrove.....	17
14.	Oxford.....	16
15.	River Rouge.....	14
16.	Port Clinton (Ohio).....	11 1/2
17.	Uni. of Detroit High.....	11
17.	Flint Ainsworth.....	11
19.	Toledo DeVilbiss.....	10
20.	Sturgis.....	9
21.	Toledo Libby.....	8
21.	Harper Woods Lutheran East.....	8
23.	Bowling Green.....	6
23.	Mason.....	6
23.	Fenton.....	6

23.	Saline.....	6
27.	Remus Chippewa Hills.....	5 1/2
27.	Bay City Handy.....	5 1/2
29.	Charlevoix.....	5
30.	Shelby (Ohio).....	4
30.	Oak Park.....	4
30.	Southgate Aquinas.....	4
30.	Ypsilanti Willow Run.....	4
34.	Ashland (Ohio).....	3 1/2
35.	Williamston.....	3
35.	Okemos.....	3
37.	Saginaw Douglas MacArthur.....	2 1/2
38.	Riverview.....	2
38.	Riverview.....	2
40.	Pinckney.....	1
40.	Lodi Cloverleaf (Ohio).....	1
40.	Lake Fenton.....	1

(16 Schools Failed to Score)

4 x 800 METER RELAY

Detroit Henry Ford.....	8:05.3
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DISTANCE MEDLEY RELAY

Grand Blanc.....	10:36.9
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3200 METER RUN

Joe Davey.....	9:31.6
Birmingham Brother Rice	

55 METER HIGH HURDLES

Steve Smith.....	07.4
Lansing Everett	

SPRINT MEDLEY RELAY

Detroit Henry Ford.....	3:33.7
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SHUTTLE HURDLE RELAY

Lansing Everett.....	30.0
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HAROLD M. SILVERSTON 1600 METER RUN

Orssie Bumpus.....	4:23.2
Detroit Central	

55 METER DASH

Derrick Leonard.....	06.4
Flint Central	

800 METER RELAY

Detroit Pershing.....	1:33.8
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1600 METER RELAY

Detroit Cooley.....	3:25.2
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POLE VAULT

Robert Johnson.....	14' 0"
Redford Union	

LONG JUMP

Scott Read.....	23' 2 3/4"
Lansing Everett	

HIGH JUMP

Scott Reed.....	7' 0"
Lansing Everett	

SHOT PUT

Gary Price.....	62' 6 3/4"
Monroe	

4 x 800 METER RELAY

Flint Beecher.....	8:02.4
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DISTANCE MEDLEY RELAY

Marysville.....	10:47.0
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3200 METER RUN

Mark Brosnan.....	9:26.1
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55 METER HIGH HURDLES

Joe Corbett.....	07.5
Detroit Lutheran West	

SPRINT MEDLEY RELAY

Ecorse.....	3:38.8
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SHUTTLE HURDLE RELAY

Flint Beecher.....	29.3
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THE HAROLD M. SILVERSTON 1600 METER RUN

Dan Smith.....	4:20.8
Inkster Cherry Hill	

55 METER DASH

Blaine Houston.....	06.5
Flint Beecher	

800 METER RELAY

Detroit St. Martin DePorres.....	1:33.7
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1600 METER RELAY

Ecorse.....	3:27.4
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LONG JUMP

Steve Sheahan.....	22' 0 1/2"
Inkster Cherry Hill	

HIGH JUMP

Don Durant.....	6' 7"
Warren Fitzgerald	

POLE VAULT

Terry Smith.....	12' 6"
Lexington (Ohio)	

SHOT PUT

Daniel Holloway.....	56' 5 3/4"
Detroit St. Martin DePorres	

FLINT C. S. MOTT RELAYS

6400 METER RELAY

Grand Blanc.....	18:27.8
Flint Kearsley.....	18:34.2

800 METER RELAY

Flint Northern.....	1:29.4
Flint Beecher.....	1:30.4
Flint Northwestern.....	1:31.1
Flint Central.....	1:31.1
Flint Southwestern.....	1:31.6

SHUTTLE HURDLE RELAY

Flint Beecher.....	58.1
Flint Central.....	59.7
Flint Northern.....	59.7

DISTANCE MEDLEY RELAY

Grand Blanc.....	10:41.7
Swartz Creek.....	10:43.6
Flint Northern.....	10:43.6
Flint Kearsley.....	10:43.7

400 METER RELAY

Flint Northwestern.....	42.0
Flint Central.....	43.0
Flint Northern.....	43.2
Saginaw.....	43.3
Flint Southwestern.....	44.0

1600 METER RELAY

Flint Northern.....	3:15.9
Flint Beecher.....	3:18.6
Flint Central.....	3:19.8
Flint Southwestern.....	3:23.2
Flint Northwestern.....	3:25.6

FLINT C. S. MOTT RELAYS (CONTINUED)

3200 METER RELAY

Flint Beecher.....	7:56.7
Flint Southwestern.....	8:02.3
Flint Northern.....	8:04.1

SPRINT MEDLEY RELAY

Flint Beecher.....	2:25.0
Flint Central.....	2:25.0
Flint Northwestern.....	2:29.2
Highland Park.....	2:29.5
Saginaw.....	2:29.5

FLINT C. S. MOTT RELAYS

GIRLS

100 METER DASH

Lansing Sexton.....	12.4
Benton Harbor.....	12.5
Saginaw.....	13.2
Flint Northern.....	13.3
Benton Harbor.....	13.3

1600 METER RUN

Clio.....	5:05.6
Flint Northern.....	5:11.0

400 METER RELAY

Flint Northern.....	48.5
Benton Harbor.....	48.8
Lansing Sexton.....	49.5
Saginaw.....	49.5
Flint Beecher.....	51.0

800 METER RELAY

Benton Harbor.....	1:41.5
Flint Northern.....	1:41.6
Lansing Sexton.....	1:42.6
Highland Park.....	1:46.9
Saginaw.....	1:47.7

SHUTTLE HURDLE RELAY

Flint Northern.....	1:04.9
Midland.....	1:08.2
Benton Harbor.....	1:08.3
Highland Park.....	1:08.8
Bridgeport.....	1:11.5

1600 METER RELAY

Flint Northern.....	3:54.2
Benton Harbor.....	4:02.7

BISHOP FOLEY 1983 K of C RELAYS

1. Ecorse.....	49
2. Cranbrook.....	46
3. Lutheran West.....	37
4. Detroit East Catholic.....	36
4. Clawson.....	36
6. Dearborn Divine Child.....	31
7. Oxford.....	26
8. Avondale.....	24
9. River Rouge.....	22
10. Detroit Country Day.....	20
11. Chelsea.....	18
12. Marshall.....	16
13. Dearborn Hgts. Robichaud.....	15
14. Riverview.....	12
14. New Haven.....	12
16. Marlette.....	11
17. Detroit Benedictine.....	8
18. Warren DeLaSalle.....	6
19. Aquinas.....	2

TREG SCOTT-----1982 GRADUATE

BIRMINGHAM SEAHOLM HIGH SCHOOL

FRESHMAN AT ARIZONA STATE

400 Meter Dash-----	47.3
800 Meter Run-----	1:48.3
One Mile Run-----	4:02.3
1500 Meter Run.....	3:47.+

WHEN IT COMES TO GIVING, SOME PEOPLE
STOP AT NOTHING.

1982 GIRLS TRACK AND FIELD NATIONAL HONOR ROLL

MICHIGAN REPRESENTATIVES

Vivien McKenzie	Detroit Chadsey	100 Meter Dash	:11.7
Kelly Graham	Westland John Glenn	100 Meter Low Hurdles	:13.7
	Detroit Chadsey	800 Meter Relay	* 1:40.0
	Vivien McKenzie		
	Vera Pruitt		
	Cynthia Dixon		
	Kari Manns		

* Best time by a high school team during the 1982 season

1982 BOYS TRACK AND FIELD NATIONAL HONOR ROLL

MICHIGAN REPRESENTATIVES

Terry McDaniels	Saginaw High	100 Meter Dash	:10.5
David Beasley	Detroit Central	400 Meter Dash	:47.4
Thomas Wilcher	Detroit Central	110 Meter High Hurdles	:13.6
Scott Krupilski	Traverse City	Pole Vault	15' 8"
	Detroit Central	800 Meter Relay	1:27.1
	David Beasley		
	Vincent Hall		
	Marc Jett		
	William White		
	Detroit Central	1600 Meter Relay	3:16.1
	Vincent Hall		
	William White		
	Wilfred Hart		
	David Beasley		

FORTY-THIRD ANNUAL C.M.U. RELAYS

BOYS CLASS "A" SAT., APRIL 30, 1983

1. Detroit Cooley.....	66
2. Lansing Everett.....	55
3. Traverse City.....	30
4. East Kentwood.....	28
5. Lansing Sexton.....	26½
6. Detroit Denby.....	22
7. Flint Northwestern.....	20
8. Ann Arbor Huron.....	16
9. Grand Rapids Ottawa Hills.....	13
10. Grosse Pointe North.....	12
11. Lansing Eastern.....	8½
12. Grand Rapids Creston.....	4
13. Midland.....	2
14. Ferndale.....	1

BOYS CLASS "B" FRI., APRIL 29, 1983

1. Flint Beecher.....	88
2. Bloomfield Hills Cranbrook.....	42
3. Grand Rapids Catholic Central.....	41
4. Saginaw Buena Vista.....	25
5. Saginaw Eisenhower.....	16
5. Flint Powers.....	16
5. Remus Chippewa Hills.....	16
8. Petoskey.....	11
8. Fenton.....	11
10. Warren Woods.....	6
10. Mt. Morris Johnson.....	6
10. Hartland.....	6

BOYS CLASS "C" SAT., APRIL 30, 1983

1. Flint Hamady.....	50
2. Unionville-Sebewaing.....	34
3. Clare.....	32
4. Whitehall.....	23
5. Midland Bullock Creek.....	20
6. Charlevoix.....	18½
7. Kent City.....	18
8. Houghton Lake.....	17½
9. Cass City.....	17
10. Breckenridge.....	13
11. Tri-County.....	9
11. St. Louis.....	9
11. Rogers City.....	9
14. Hart.....	6
14. Lake City.....	6
14. Elkton-Pigeon-Bayport.....	6
17. Benzie Central.....	5

GIRLS CLASS "B" FRI., APRIL 29, 1983

1. River Rouge.....	36
2. Ludington.....	34
2. Saginaw Buena Vista.....	34
2. Corunna.....	34
5. Flint Beecher.....	33
6. Hemlock.....	26
7. Big Rapids.....	24
8. Flint Powers.....	21½
9. Essesville Garber.....	14
10. Hartland.....	11
11. Lowell.....	9
12. Cheboygan.....	4½
13. Grand Rapids Catholic Central.....	4
14. Mt. Pleasant.....	3

GIRLS CLASS "D" FRI., APRIL 29, 1983

1. Fowler.....	59
2. Michigan Lutheran Seminary.....	53
3. Akron-Fairgrove.....	35
4. Detroit St. Andrews.....	26
5. De Tour.....	21
6. Muskegon West Shore Christian.....	18
7. Wyoming Lee.....	16
8. Allendale.....	10
9. Battle Creek St. Philip.....	8½
10. Inland Lakes.....	8
11. Mt. Pleasant Sacred Heart.....	6
11. Webberville.....	6
13. Kingsley.....	5½
14. Harbor Springs.....	3
14. Maple City Glen Lake.....	3
16. Bellaire.....	2

BOYS CLASS "D" FRI., APRIL 29, 1983

1. Detroit East Catholic.....	65
2. Akron-Fairgrove.....	53½
3. Michigan Lutheran Seminary.....	47
4. Kingsley.....	25
5. Allendale.....	19
6. Owendale-Gagetown.....	16
7. Morrice.....	12½
8. Webberville.....	12
9. Baldwin.....	8
9. Mt. Pleasant Sacred Heart.....	8
11. Wyoming Lee.....	7
12. Gaylord St. Mary's.....	6

NATIONAL CHERRY FESTIVAL - - - TRAVERSE CITY, MICHIGAN

The best milers from the midwest are being invited to run in one of the areas most competitive one mile road races.

"We will invite the best milers in a five state area for the National Cherry Festival Amoco Golden Mile," said John Lober, Michigan 1982 Track Coach of the Year. "We will provide top competition to these top milers and give them the chance to compete in front of one of America's largest spectator crowds, as up to 200,000 people wait for the start of the National Cherry Festival Grand Royale Parade."

"Each of the 20 or so selected milers will receive a beautiful three-colored National Cherry Festival medal, free lodging, and the chance to have his or her name drawn for a free 'fly anywhere' Republic Airline ticket," said Lober. "Most important, in addition to spending a weekend in beautiful Traverse City, we expect that the winners of our race may be notified by the directors of some of the big money Golden Miles such as New York, Rio and Rome."

If you or someone you know is interested, call or write:

Mickey Fivenson as soon as possible
324 South Union
Traverse City, Michigan 49684
Toll free in Michigan at 1 (800) 632-7372 or
(616) 946-7760

The Date: July 9th, 1983
15 K run at 9:00 A.M.
One Mile Run at 10:00 A.M.
One race for men
One race for women

MITCA STATE INDOOR TRACK AND FIELD CHAMPIONSHIPS

UNIVERSITY OF MICHIGAN THURSDAY, MARCH 17, 1983

ONE MILE RUN

Dan Smith	Spartan T. C.	4:24.8
Mike Des Rosiers	Spartan	4:24.9
Eric Walker	Animal Farm	4:27.0
Mark Brosnan	Buldog	4:27.7
Mike Kloss	Rambler	4:28.8
Bryon Oden	Ecorse	4:29.0
Walter Harris	Cheetah	4:30.8
Tim Fraleigh	Ann Arbor Pioneer	4:31.0
Dan Schultz	Bobcat	4:33.5

60 YARD HIGH HURDLES

Steve Smith	Viking T. C.	:07.2
Paul Sturgis	Mumford T. C.	:07.2
Joe Corbett	Erv's Team	:07.4
Carlton Tall	Cass Tech T. C.	:07.5
Anthony Bowie	Flint Northern T. C.	:07.6
Robert Hall	Det. East Cath. T. C.	:07.7

300 YARD DASH

Omar Davidson	Spartan	:31.7
Dwight Tyson	Cooley	:31.9
Bradford Horton	BCBC	:32.2
Vince Hall	Trail Blazers	:32.3
Jim Featherston	Spartan	:32.5
Reaver Young	Henry Ford T. C.	:32.6
Scott Adams	Henry Ford T. C.	:32.6

60 YARD DASH

Derrick Leonard	Flint Central	:06.3
Will Palmer	Flint Northern T. C.	:06.3
Joe Corbett	Erv's Team	:06.3
Blaine Houston	Buc's T. C.	:06.4
Steve Smith	Viking T. C.	:06.4
Keith Tinsley	Cooley T. C.	:06.5
Charles Levy	Flint Northern T. C.	:06.5

TWO MILE RELAY

Buc's T. C.	8:02.5
Flint Northern T. C.	8:03.3
Animal Farm	8:11.3
Cheetah T. C.	8:11.4
Cody Athletic Club	8:19.0
Cooley T. C.	8:22.0

TWO MILE RUN

Marty Newingham	Vikes	9:20.4
Ron Johnson	Vikes	9:21.8
Jeff Costello	Grand Rapids	9:23.2
Orrsie Bumpus	Trail Blazers	9:33.8
Jim Biskner	Bay-Glen	9:34.5
Jeff Mundt	Spartan	9:38.9

ONE MILE RELAY

Cooley T. C.	3:25.0
Flint Northern	3:25.8
Henry Ford T. C.	3:26.5
Eagles T. C.	3:27.6
Cass Tech T. C.	3:27.9
Cody Athletic Club	3:29.9

SHOT PUT

Gary Price	Monroe	60' 0 3/4"
Kevin Butts	Viking T. C.	56' 10"
Tim Fellows	Spartan T. C.	56' 8"
Derrick Perry	Troy Colts	55' 9"
Danny Holloway	Deporres Eagles	55' 3 3/4"

LONG JUMP

Scott Crawford	Pioneer T. C.	23' 2 1/2"
Robert Hess	Rochester T. C.	23' 1/2"
Tim Hood	Muskegon	22' 4"
Jamonty Washington	Buc's T. C.	22' 1 3/4"
Ted Harris	Cooley T. C.	22' 0"

HIGH JUMP

Scott Reed	Viking T. C.	6' 10"
Don Durant	Spartan T. C.	6' 8"
Guy Stockard	Jackson T. C.	6' 8"
Derrick Shepherd	Ecorse T. C.	6' 6"
Scott Crawford	Pioneer T. C.	6' 4"
Jeff Loria	Fenton T. C.	6' 4"

POLE VAULT

Mark Blodgett	Traverse City	14' 6"
Chris Krammer	NITC T. C.	13' 6"
Greg Nienhaus	Traverse City	13' 0"
Scott Frohriep	Flying S. T. C.	13' 0"
Dan Lingg	Barraga T. C.	13' 0"

MITCA SELECTION COMMITTEE

Pole Vault	Don Marsh	Flint Kearsley
Long Jump	Martin Crane	Flint Beecher
High Jump	Bill Wehrwein	Chelsea
Shot Put	Duane Raffin	Holly
60 Yard High Hurdles	Norb Badar	Flint Northern
60 Yard Dash)		
300 Yard Dash)	Bob Bridges	Dearborn High
One Mile Relay)		
Two Mile Relay)	Chuck Janke	Jackson High
One Mile Run)		
Two Mile Run)	Chuck Janke	Jackson High

MIDWEST MEET OF CHAMPIONS-----TENTH ANNUAL MEET

SPELLER FIELD NORTHROP HIGH SCHOOL FORT WAYNE, INDIANA

SATURDAY, JUNE 11TH, 1983

SELECTION COMMITTEE:

Chairman-----	George Browne-----	Detroit Benedictine
440 Yard Dash)	Rich Tompkins-----	Fremont
One Mile Relay)		
High Jump)	Marty Crane-----	Flint Beecher
Long Jump)		
880 Yard Run)	Duane Raffin-----	Holly
Two Mile Relay)		
Pole Vault-----	Don Marsh-----	Flint Kearsley
100 Yard Dash)		
220 Yard Dash)	Lorenzo Croft-----	Ecorse
440 Yard Relay)		
120 Yard High Hurdles)	Bobby Glenn---	Detroit Cass Tech
300 Yard Low Hurdles)		
Shot Put)	Rob Johnson-----	Clare
Discus Throw)		
One Mile Run)	Chuck Janke-----	Jackson High
Two Mile Run)		

LEE AVERILL of West Bloomfield High School
and

HAL COMMERSON of Rochester High

These two men have put together the girl's team for the MIDWEST MEET OF CHAMPIONS and they have been very successful. The Michigan girls have won each of the last two years. They will be working on this project again and will be solicitating the help of all of the girl's coaches in the state. If you have an athlete (a senior) whose performances would be worthy of consideration, please contact either of these two coaches. Your help will be very much appreciated.

EVENTS FOR GIRLS--MIDWEST MEET OF CHAMPIONS

100 Meter Dash High Jump
100 Meter Low Hurdles Shot Put
800 Meter Run 1600 Meter Relay

THE 1983 MITCA CROSS COUNTRY CLINIC

November 18th and 19th. The clinic will be held at the PLYMOUTH HILTON. Barbara Munch has obtained a commitment of \$36.00 per room (1-2-3 or 4 people in the room) This is the weekend of the Michigan-Ohio football game and it is suggested that you make reservations early. Additional information will be available in the next newsletter.

MITCA MEMBERSHIP

If you have assistant coaches or coaches in junior high or middle schools in your system, you might give them some information on MITCA, if they do not already belong. An application blank is provided at the bottom of this page for their use in joining. If you would need more than one application, make a Xerox copy of the original one.

The cost is \$10.00. With this, you will get a voice in your sport, clinic notes as available, clip boards as available, a \$5.00 discount in registering for the cross country clinic and four to five newsletters a year.

Michigan has one of the best coaches asso. in the country for track coaches. If you have an interest in track, you ought to become a member and in this way contribute to its growth and improvement.

HAVE ANY OF YOU COACHES THOUGHT OF THIS???

High School boys use a 12 pound shot
Junior high boys use an 8 pound shot
High School girls use a 4 kilo shot
Middle School girls use a 4 kilo shot

I would think a six pound shot for 6th, 7th and 8th grade girls would be more conducive to improvement in that event.

MARTY CRANE, FIRST VICE-PRESIDENT OF MITCA, IS PREPARING A QUESTIONNAIRE TO BE SENT TO ALL TRACK REGIONAL MANAGERS FOR DISTRIBUTION TO THE COACHES OF THE TWO TOP TEAMS IN THAT REGIONAL. THIS INFORMATION, ALONG WITH A RESUME OF THE TOP FIVE COACHES IN THE STATE MEETS WILL BE USED BY THE PAST PRESIDENTS COMMITTEE FOR OBTAINING THE NOMINEES FOR "1983 COACH OF THE YEAR".

TAC SUMMER TRACK AND FIELD AGE GROUP MEETS

June 12th, 1983-----State Championships-----Flint Northwestern H. S.
(15 & 16 year olds) and (17 & 18 year olds)

They will qualify three (3) from the State Championships to the Regional Championships which will be held at Muskegon Orchard View High School on July 16th, 1983

Qualifiers from Michigan, Indiana, Ohio, Kentucky, West Virginia and Illinois will compete at Muskegon Orchard View for the right to enter the Nationals at Duke University, Durham, North Carolina on July 29th, 30th and 31st, 1983

Athletes competing in the Midwest Meet Of Champions at Fort Wayne, Indiana, or the International Prep Invitational in the Chicago area or the Golden West Invitational in Sacramento, California, will automatically advance to the Regional Championships without entering the State Championships.

The age of the athlete at the time of competition will be based on his age as of December 31st, 1983.

Dave Lahey, coach at Flint Powers High School, will be in charge of the meet at Flint Northwestern..

His address: 3013 Stevenson
Flint, Michigan 48054
1 (313) 239-9835

The younger age group competitors will have their State Championship at The C. W. Post Field, Battle Creek, Michigan on June 11th, 1983.

Age Groups: (10 and under) (11 and 12) (13 and 14)

The host of the meet will be the Battle Creek Track Club

After 8:30 P.M. call: 112 Bowen Avenue
James McKinney Battle Creek, Michigan 49017
1 (616) 964-6884

Three athletes from each age group per event will qualify for the Regional Championships at Muskegon Orchard View High School on July 17th, 1983

REGIONAL MANAGER: John Nash School Phone: 1 (616) 773-3331
2310 Marquette
Muskegon, Michigan 49442

June 5th, 1983 Ann Arbor Track Club will sponsor a meet for
the younger age group, starting at 9:00 A.M.
(10 and under) (11 and 12) (13 and 14)

Contact: Jack Arnold Phone Number: 1 (313) 995-7276
1517 Martha Avenue
Ann Arbor, Michigan 48103

Some 15 to 18 year old competitors may attend.

July 13 and 14, 1983 (Tues. and Wed.)
Decathlon-----Boys----(15 and 16) (17 and 18)
Heptathlon----Girls---(15 and 16) (17 and 18)
Muskegon Orchange View High School

MITCA REGISTRATION: RICH TOMPKINS 939 State Fremont, MI 49412

NAME _____
HOME ADDRESS _____
CITY, STATE & ZIP _____
HOME PHONE NUMBER _____
SCHOOL _____
SCHOOL ADDRESS _____
CITY, STATE & ZIP _____
SCHOOL PHONE NUMBER _____

Summary of the 51st running of the Mehock Relays

FIFTY-FIRST ANNUAL MEHOCK RELAYS SATURDAY'S RESULTS AT MEHOCK FIELD

TEAM SCORING: 1, Gary (Ind.) Roosevelt, 60; 2, Steele Valley, Pa. 42; 3, Flint (Mich.) Beecher 36; 4, Toronto (Can.) Central Tech 34; 5, Lansing (Mich.) Everett, 29; 6, Flint (Mich.) Northern, 28; 7, Merrillville, Indiana, 24; 8, Toronto (Ont.) Michael Power, 18; 9, Middletown, 16; 10, Monroe, Michigan, 14; 11, Flint (Mich.) Ainsworth, 13; 12, (tie) Detroit (Mich.) Lutheran West, 12; Inkster (Mich.) Cherry Hill, 12; 14, (tie) Cleveland St. Ignatius, 10; Center Line, Michigan, 10; Toronto (Ont.) West Park, 10; Toronto (Ont.) Chingvacousy S.S., 10; Muskegon, Michigan, 10; 19, Gary (Ind.) Horace Mann, 9½; 20, (tie) Detroit (Mich.) Cooley, 9; Dayton Dunbar, 9; 22, (tie) Ann Arbor (Mich.) Pioneer, 8; Holly, Michigan, 8; Toronto (Ont.) St. Michaels C.I., 8; Dearborn (Mich.) Edsel Ford, 8; Dayton Jefferson, 8; Toronto (Ont.) Neil McNeil, 8; Sarnia (Ont.) St. Patricks, 8; Broadview Heights, 8; 30, (tie) Crown Point, Indiana, 6; Chagrin Falls, 6; Grand Blanc, Michigan, 6; Scarborough (Ont.) Birchmount Park, 6; Troy, Michigan, 6; Mt. Clemens, Michigan, 6; Dayton Patterson, 6; 37, (tie) Northeast, Pa., 4; Birmingham (Mich.) Brother Rice, 4; Madison, 4; Fairborn, 4; Flint (Mich.) Northwestern, 4; Dover, 4; Detroit (Mich.) Henry Ford, 4; Saginaw, Michigan, 4; Marion Harding, 4; 46, (tie) Marysville, Michigan, 3; Battle Creek (Mich.) Central, 3; 48, (tie) Columbus South, 2; Detroit (Mich.) Central, 2; Davison, Michigan, 2; Detroit (Mich.) St. Martin Deporres, 2; Middleburg Heights Midpark, 2; Grossie Pointe (Mich.) North, 2; Kitchener (Ont.) Eastwood Collegiate, 2; Agincourt (Ont.) Collegiate Institute, 2; Detroit (Mich.) Pershing, 2; 57, (tie) Bloomfield Hills (Mich.) Cranbrook, 1; Warren (Mich.) Fitzgerald, 1; Flint (Mich.) Kearsley, 1; Romeo, Michigan, 1; Fergus (Ont.) Centre Wellington, 1; Flint (Mich.) Central, 1; 63, Ypsilanti, Michigan, ½

100 METER DASH: 1, Clinton Davis, Munhall (Pa.) Steel Valley, 10.1; 2, Don Young, Gary (Ind.) Roosevelt, 10.2; 3, Glen Moore, Gary (Ind.) Roosevelt, 10.3; 4, Melvin Anderson, Munhall (Pa.) Steel Valley, 10.5; 5, Anthony Small, Toronto (Ont.) Central Tech., 10.6; 6, Jeffrey Randle, Gary Horace Mann, 10.7.

HIGH JUMP: 1, Natty Crooks, Toronto (Ont.) West Park, 7-0¾; 2, Tom Hughes, Dearborn (Mich.) Edsel Ford, 6-11; 3, Raynard Gover, Dayton Jefferson, 6-11; 4, Scott Reed, Lansing (Mich.) Everett, 6-9; 5, Jeff Bellamy, Davison, Michigan, 6-7; 6, Ted Harris, Detroit (Mich.) Cooley, 6-7.

110 HIGH HURDLES: 1, Steve Smith, Lansing (Mich.) Everett, 13.9; 2, Sean Foudy, Toronto (Ont.) Neil McNeil 13.9; 3, Joe Corbett, Detroit (Mich.) Lutheran West, 14.2; 4, Mark Ingraham, Flint (Mich.) Northwestern, 14.2; 5, Jim Featherston, Flint (Mich.) Ainsworth, 14.2; 6, (tie) Webb, Romeo, Michigan, 14.3.

4 X 100 METER RELAY: 1, Gary (Ind.) Roosevelt (Don Young, Johnny Moore, Glen Moore, and John Campbell), 42.7; 2, Flint (Mich.) Northern, 42.7; 3, Toronto (Ont.) Central Tech., 42.8; 4, Detroit (Mich.) Lutheran West, 43.2; 5, Battle Creek (Mich.) Central, 43.3; 6, (tie) Ypsilanti, Michigan and Gary (Ind.) Horace Mann, 43.6.

DISCUS: 1, John Mitchell, Muskegon (Mich.) 187-8; 2, Neil Rock, Brecksville Broadview Heights, 171-8; 3, Derrick Perry, Troy, Michigan, 166-8; 4, Gary Price, Monroe, Michigan, 155-1; 5, Dave Bergeron, Grosse Pointe (Mich.) North, 155-1; 6, Tim Fellows, Flint (Mich.) Ainsworth, 153-5.

400 METER RUN: 1, Clinton Davis, Munhall (Pa.) Steel Valley, 47.3; 2, Darryl Garner, Gary (Ind.) Roosevelt, 49.3; 3, Omar Davidson, Mt. Clemens, Michigan, 49.6; 4, Michael McCray, Dayton Dunbar, 50.0; 5, Dwight Tyson, Detroit (Mich.) Cooley, 50.1; 6, Bradley Horton, Battle Creek (Mich.) Central, 50.3.

LONG JUMP: 1, Andre Metivier, Toronto (Ont.) Michael Power, 24-2¾; 2, Scott Reed, Lansing (Mich.) Everett, 24-0; 3, Sean Bell, Middletown, 23-4; 4, Chris Williams, Flint (Mich.) Northern, 23-0½; 5, Jamothy Wash-

ton, Flint (Mich.) Beecher, 22-5; 6, Steve Sheahan, Inkster (Mich.) Cherry Hill, 22-5.

SHOT PUT: 1, Gary Price, Monroe, Michigan, 59-4¼; 2, Mike Judge, Merrillville, Indiana, 58-1½; 3, Peter Dajia, Birchmount Park C.I., 58-0½; 4, Todd Altier, Dover, 56-10½; 5, Daniel Holloway, Detroit (Mich.) St. Martin Deporres, 55-11¾; 6, Kevin Butts, Lansing (Mich.) Everett, 54-9.

1500 METER RUN: 1, Bradley Danbrook, Toronto (Ont.) Chingvacousy, 4:00.2; 2, Harvey Witro, Sarnia (Ont.) St. Patrick, 4:00.9; 3, Dan Green, Toronto (Ont.) Central Tech., 4:01.5; 4, Phil Foubert, Toronto (Ont.) Central Tech., 4:01.6; 5, Scott Wargo, Middleburg Hts. Midpark, 4:02.1; 6, Dan Smith, Inkster (Mich.) Cherry Hill, 4:04.6.

300 METER LOW HURDLES: 1, Jim Featherston, Flint (Mich.) Ainsworth, 37.1; 2, Andre Hall, Flint (Mich.) Beecher, 37.3; 3, Steve Smith, Lansing (Mich.) Everett, 37.8; 4, Anthony Bowie, Flint (Mich.) Northern, 38.0; 5, Douglas Neville, Kitchener (Ont.) Eastwood Collegiate, 38.3; 6, Jeff Early, Dayton Dunbar, 38.4.

800 METER RUN: 1, Derek Simmons, Gary (Ind.) Roosevelt, 1:55.4; 2, Jamothy Washington, Flint (Mich.) Beecher, 1:56.3; 3, Rob Fischer, Flint (Mich.) Beecher, 1:56.6; 4, Marc Howard, Detroit (Mich.) Henry Ford, 1:56.8; 5, Rob Kichuk, Agincourt Fergus C.I. (Ont.), 1:57.1; 6, James Tennant, Centre Wellington, 1:57.3.

200 METER DASH: 1, Clinton Davis, Munhall (Pa.) Steel Valley, 20.5; 2, Melvin Anderson, Munhall (Pa.) Steel Valley, 21.5; 3, Tyrone Smith, Gary (Ind.) Horace Mann, 21.8; 4, Terrence McDaniel, Saginaw, Michigan, 21.9; 5, Erik Frederick, Detroit (Mich.) Lutheran West, 21.9; 6, Darron Witherspoon, Detroit (Mich.) Pershing, 21.9.

SHUTTLE HURDLE RELAY: 1, Middletown (Kenny Clements, Benny Hurston, Sonny Gordon, and Sean Bell), 1:00.1; 2, Gary Roosevelt (Ind.), 1:00.3; 3, Dayton Patterson, 1:00.4; 4, Dayton Dunbar, 1:00.6; 5, Dayton Jefferson, 1:01.0; 6, Flint (Mich.) Central, 1:01.1.

4 X 400 METER RELAY: 1, Gary (Ind.) Roosevelt, (Derrick Simmons, Darrell Scott, Derrick Garner, and Darryl Garner), 3:21.4; 2, Flint (Mich.) Northern, 3:23.1; 3, Detroit (Mich.) Cooley, 3:23.3; 4, Marion Harding, 3:23.7; 5, Gary (Ind.) Horace Mann, 3:24.2; 6, Detroit (Mich.) Pershing, 3:24.5.

FRIDAY'S RESULTS

4 X 800 METER RELAY: 1, Cleveland St. Ignatius (Tom Maloney, Chris Smith, Tony Galang, and Mike Huber), 7:58.3; 2, Flint (Mich.) Beecher, 7:59.0; 3, Toronto (Ont.) Central Tech., 8:00.2; 4, Flint (Mich.) Northern, 8:07.7; 5, Columbus South, 8:11.7; 6, Bloomfield Hills (Mich.) Cranbrook, 8:12.1.

3000 METER RUN: 1, Phil Schoensee, Center Line, Michigan, 8:42.8; 2, Tim Fraleigh, Ann Arbor (Mich.) Pioneer, 8:45.6; 3, Tom Feder, Crown Point, Indiana, 8:46.2; 4, Gene Gray, North East, Pa., 8:47.8; 5, Joseph Davey, Birmingham (Mich.) Brother Rice, 8:48.6; 6, Ron Johnson, Marysville, Michigan, 8:48.8.

MEDLEY RELAY (800-200-400-1600): 1, Inkster (Mich.) Cherry Hill (Ed Mulrooney, Louis Smith, Steve Sheahan, and Dan Smith), 7:47.0; 2, Toronto (Ont.) Michael Power, 7:47.7; 3, Chagrin Falls, 7:51.1; 4, Flint (Mich.) Beecher, 7:54.9; 5, Detroit (Mich.) Central, 7:55.2; 6, Warren (Mich.) Fitzgerald, 7:57.8.

POLE VAULT: 1, Frank Burke, Merrillville, Indiana, 13-6; 2, Ed Lumm, Holly, Michigan, 12-6; 3, Jeff Snemis, Merrillville, Indiana, 12-6; 4, Bob Julius, Madison, 12-0; 5, Jim Phillips, Marysville, Michigan.

4 X 1600 METER RELAY: 1, Toronto (Ont.) Central Tech. (Dan Green, Tony MacIsaac, Mario Raposo, and Phil Foubert), 18:00.1; 2, Toronto (Ont.) St. Michaels C.I., 18:14.7; 3, Grand Blanc, Michigan, 18:16.8; 4, Fairborn, 18:17.9; 5, Birmingham (Mich.) Brother Rice, 18:22.1; 6, Flint (Mich.) Kearsley, 18:23.2.

JUNE 18th, 1983

MIDLAND INVITATIONAL SPONSORED BY THE FLEET FEET TRACK CLUB, P. O. BOX

1185, MIDLAND MICHIGAN 48640

CONTACT: Ross Shingledecker

1 (517) 835-3265

age group; (10 and UNDER) up to and including (17 and 18)

TAC NATIONAL AGE GROUP CHAMPIONSHIPS

DAYTON, OHIO JULY 1, 2 & 3, 1983

HAROLD MARTIN

7521 Arundel Road

Trotwood, Ohio 45426

1 (513) 837-5069

MULTI-EVENT MEET

JUNE 25th, 1983

FREEDOM FESTIVAL

WINDSOR, ONTARIO, CANADA

(No other information available)

WINNERS vs LOSERS

THE WINNER	IS ALWAYS A PART OF THE ANSWER
THE LOSER	IS ALWAYS A PART OF THE PROBLEM
THE WINNER	ALWAYS HAS A PROGRAM
THE LOSER	ALWAYS HAS AN EXCUSE
THE WINNER	SAYS "LET ME DO IT FOR YOU"
THE LOSER	SAYS "THAT'S NOT MY JOB"
THE WINNER	SEES AN ANSWER FOR EVERY PROBLEM
THE LOSER	SEES PROBLEM IN EVERY ANSWER
THE WINNER	SEES A GREEN NEAR EVERY SAND TRAP
THE LOSER	SEES TWO OR THREE SAND TRAPS NEAR EVERY GREEN
THE WINNER	SAYS "IT MAY BE DIFFICULT, BUT IT'S POSSIBLE"
THE LOSER	SAYS "IT MAY BE POSSIBLE, BUT IT'S TOO DIFFICULT"
	BE A WINNER

"THERE ARE BASICALLY TWO TYPES OF PEOPLE, PEOPLE WHO ACCOMPLISH THINGS AND PEOPLE WHO CLAIM TO HAVE ACCOMPLISHED THINGS. THE FIRST GROUP IS LESS CROWDED."

- - - Mark Twain



**USA/Mobil
OUTDOOR**

**TRACK
& FIELD**



CHAMPIONSHIPS

In Cooperation With Indiana Association/TAC
Certified by Special Events Committee, NCAA

Local Host

Indiana National

**FRIDAY, SATURDAY and SUNDAY
JUNE 17-19, 1983**

**INDIANA UNIVERSITY
TRACK & FIELD STADIUM
INDIANAPOLIS, INDIANA**



TICKETS

Tickets to the USA/Mobil Outdoor Track and Field Championships will go on public sale May 15; the following prices will be in effect:

Reserved Seats (Boxes and Grandstand)

June 17-18-19 Season Ticket	\$15.00
June 17	\$ 3.00
June 18	\$ 7.00
June 19	\$ 8.00

General Admission

June 17-18-19 Season Ticket	\$10.00
June 17	\$ 2.00
June 18	\$ 5.00
June 19	\$ 6.00

Season Tickets may be ordered by mail, in which case a \$1.00 handling charge per order (not per ticket) should be added to the total price; a check or money order, made payable to: Ross & Babcock Ticket Agency, must be included with the order and mailed to:

Ross & Babcock Ticket Agency
Hilton Hotel Lobby
31 W. Ohio St.
Indianapolis, Ind. 46204

Season Tickets, and tickets for individual dates, will also be available starting May 15 at the Ross & Babcock Ticket Agency, and at all Indianapolis-area L.S. Ayres & Company stores.

Tickets will also be available at the gate on each of the competition dates.

**SCHEDULE
OF EVENTS**

Friday, June 17

FIELD EVENTS

3:30 p.m.	Women	Discus	Q
4:00 p.m.	Men	Shot Put	Q
4:00 p.m.	Women	Long Jump	Q
6:00 p.m.	Men	Pole Vault	Q
7:00 p.m.	Men	Javelin	Q
7:00 p.m.	Women	High Jump	Q
7:00 p.m.	Women	Shot Put	Q
7:00 p.m.	Men	Long Jump	Q

RUNNING EVENTS

2:00 p.m.	Women	5 Kilometer Walk	F
2:45 p.m.	Women	100 Meter Dash	T
3:05 p.m.	Women	400 Meter Run	T
3:25 p.m.	Women	400 Meter Hurdles	T
3:45 p.m.	Men	400 Meter Hurdles	T
4:05 p.m.	Women	200 Meter Dash	T
4:25 p.m.	Men	400 Meter Run	T
4:45 p.m.	Men	100 Meter Dash	T
5:05 p.m.	Women	1500 Meter Run	T
5:25 p.m.	Women	4 x 400 Relay	T
5:35 p.m.	Men	200 Meter Dash	T
5:55 p.m.	Women	100 Meter Hurdles (33")	T
6:10 p.m.	Men	110 Meter Hurdles (42")	T
6:25 p.m.	Women	800 Medley Relay	T
6:35 p.m.	Men	800 Meter Run	T
6:50 p.m.	Women	800 Meter Run	T
7:10 p.m.	Women	100 Meter Hurdles (33")	S
7:25 p.m.	Men	110 Meter Hurdles (42")	S
7:40 p.m.	Men	3000 Meter Steeplechase	T*
8:05 p.m.	Women	3000 Meter Run	T*
8:30 p.m.	Women	4 x 800 Relay	F
8:45 p.m.	Men	1500 Meter Run	T
9:15 p.m.	Men	5000 Meter Run	T*
9:50 p.m.	Women	10,000 Meter Run	F

*If there are more than 12 entries for the event

ABBREVIATIONS

Q	Qualifying
T	Trials
S	Semifinals
F	Finals
T/F	Trials and Finals

Saturday, June 18

FIELD EVENTS

2:00 p.m.	Men	Discus	Q
3:30 p.m.	Men	High Jump	Q
4:45 p.m.	Men	Triple Jump	Q
5:00 p.m.	Women	Discus	T/F
7:00 p.m.	Women	High Jump	F
7:00 p.m.	Women	Long Jump	T/F
7:20 p.m.	Men	Shot Put	T/F
7:15 p.m.	Women	Javelin	T/F

RUNNING EVENTS

6:15 p.m.	Women	4 x 100 Relay	S
6:25 p.m.	Women	400 Meter Hurdles	S
6:40 p.m.	Men	400 Meter Hurdles	S
6:55 p.m.	Women	100 Meter Dash	S
7:10 p.m.	Men	100 Meter Dash	S
7:25 p.m.	Women	400 Meter Run	S
7:40 p.m.	Men	400 Meter Run	S
7:55 p.m.	Women	100 Meter Hurdles (33")	F
8:05 p.m.	Men	110 Meter Hurdles (42")	F
8:15 p.m.	Women	100 Meter Dash	F
8:20 p.m.	Men	100 Meter Dash	F
8:25 p.m.	Men	800 Meter Run	S
8:40 p.m.	Women	800 Meter Run	S
8:55 p.m.	Men	10,000 Meter Run	F
9:30 p.m.	Women	4 x 400 Relay	F
9:40 p.m.	Men	20 Kilometer Walk	F

Sunday, June 19

FIELD EVENTS

2:30 p.m.	Men	Hammer Throw	T/F
4:15 p.m.	Men	Long Jump	T/F
5:30 p.m.	Men	Discus	T/F
6:30 p.m.	Men	Pole Vault	F
7:00 p.m.	Men	High Jump	F
7:15 p.m.	Men	Triple Jump	T/F
7:30 p.m.	Men	Javelin	T/F
7:30 p.m.	Women	Shot Put	T/F

RUNNING EVENTS

6:45 p.m.	Women	200 Meter Dash	S
7:05 p.m.	Men	200 Meter Dash	S
7:15 p.m.	Women	1500 Meter Run	F
7:25 p.m.	Women	400 Meter Hurdles	F
7:35 p.m.	Men	400 Meter Hurdles	F
7:40 p.m.	Women	400 Meter Run	F
7:45 p.m.	Men	400 Meter Run	F
7:50 p.m.	Men	800 Meter Run	F
8:00 p.m.	Women	800 Meter Run	F
8:10 p.m.	Women	3000 Meter Run	F
8:25 p.m.	Women	200 Meter Dash	F
8:30 p.m.	Men	200 Meter Dash	F
8:30 p.m.	Men	3000 Meter Steeplechase	F
8:50 p.m.	Men	1500 Meter Run	F
9:00 p.m.	Women	4 x 100 Relay	F
9:10 p.m.	Men	5000 Meter Run	F
9:30 p.m.	Women	800 Medley Relay	F

(100-100-200-400)

**WELCOME TO
INDIANAPOLIS**

Indianapolis is rapidly becoming recognized as a national center for athletics—and the city's commitment to amateur sports is easily apparent.

The Indiana University Track & Field Stadium, at which the 1983 USA Mobil Outdoor Track and Field Championships will be held, is only one of many major new facilities. Completed in June of last year, just in time for the USA-USSR Dual Track and Field Meet and the 1982 National Sports Festival, the Mondo-surfaced track already boasts some of the best marks in the world—and with 12,111 permanent seats it is considered one of the most versatile and best spectator stadiums ever built.

Next to the Stadium, and connected to it by an underground tunnel is the Indiana University Natatorium. Also completed last June, it features a diving pool, a 50 meter eight-lane competition pool and a six-lane practice pool. The complex also includes two gymnasiums and two handball courts.

Just west of the Natatorium is the Indianapolis Sports Center, home of the U.S. Open Clay Court Championships; completed in 1979, it has 18 clay and six asphalt courts—with six of the clay courts covered with an air-inflated structure for use during winter months.

Under construction as an addition to the Indiana Convention-Exposition Center is the Hoosier Dome, in addition to being able to seat 63,000 people, the stadium complex will add 250,000 square feet to the Convention Center. It is scheduled for completion in July 1984, and it will house the permanent headquarters of The Athletics Congress (TAC's National Office is presently located at the Hyatt Regency). A football field and a 200 meter indoor track will be among the Hoosier Dome's sports facilities.

We hope that your visit will be enjoyable, and that you find the 1983 Outdoor Nationals to be a rewarding experience.

Welcome to Indianapolis!

SEE YOU AT
THE RACES.

MICHIGAN INTERSCHOLASTIC
TRACK COACHES ASSOCIATION
NEWSLETTER

PRESIDENT

Tony Magni
Detroit Catholic Central

FIRST VICE-PRESIDENT

Marty Crane
Flint Beecher

SECOND VICE PRESIDENT

Barbara Munch
Carlton Airport

SECRETARY

Bill Swanwick
Centreville

PUBLIC RELATIONS DIRECTOR

Jack Grant
Sturgis

TREASURE

Richard Tompkins
Fremont

No.2 OCTOBER 1983

NEWSLETTER WRITER

Kermit N. Ambrose
Retired

Vern L. Norris, Executive Director of The Michigan High School Athletic Association, was elected President of The National Federation of State High School Associations at its 1983 Annual Meeting.

The purpose of the National Federation is to coordinate the efforts of its member state associations toward the ultimate objectives of interscholastic activities. It provides a means of state high school associations to cooperate in order to enhance and protect their interscholastic programs.

The National Federation Headquarters are in Kansas City, Missouri.

CLASSIFICATION OF MICHIGAN HIGH SCHOOLS

Classification of Michigan High Schools is based on enrollment as reported by each school on its Classification Information Form as of the fourth Friday of the current school year

The classification limits beginning January 1, 1984 are:

Class "A" - - - 1181 or more
Class "B" - - - 599-1180
Class "C" - - - 305-598
Class "D" - - - 304 or less

1984 DATES FOR TRACK AND FIELD MEETS

Eastern Michigan University Huron Relays
Friday, March 30th - - Boys - - Class "B"
Saturday, March 31st - Boys - - Class "A"

Michigan State University Spartan Relays
Friday, March 30th - - Girls - - Class B-C-D
Saturday, March 31st - Girls - - Class A

Michigan State University Spartan Relays
Friday, April 6th - - Boys - - - Class B-C-D
Saturday, April 7th - Boys - - - Class A

1983 REGIONAL CROSS COUNTRY CHAMPIONSHIPS SAT. OCT. 29

1983 STATE CROSS COUNTRY CHAMPIONSHIPS SAT. NOV. 5

1983 LOWER PENINSULA SITES FOR FINAL CROSS COUNTRY RUNS

"A"	Brighton High School	Eagle Creek Golf Course Hartland
"B"	Linden High School	Tyrone Hills Golf Course
"C"	Ferris State College	Katke Golf Course
"D"	Lansing Christian High School	Great Lakes Bible College

1983 UPPER PENINSULA SITES FOR FINAL CROSS COUNTRY RUNS

A-B Boys)		
A-B Girls)		
C Boys)	Marquette High School	Marquette Golf & Country Club
D Boys)		
C-D Girls)		

"Believe what you say and say what you believe."

GOLDEN MOMENTS

Americans have won 31 Olympic Gold Medals in Hurdling events

PRESIDENT'S LETTER

All schools in the state of Michigan should have received a letter from MITCA President, Tony Magni, with pertinent information concerning MITCA and the activities of this organization for the coming year. We hope that you have passed this information on to the other track and cross country coaches in your school.

He also asked that MITCA members forward information to your Newsletter Writer, which might be of interest to MITCA members. There is a correction to the address.

1855 Chester Road Royal Oak, Michigan 48073
Phone Number: 1 (313) 549-6325

NORBERT BADAR CALLS IT QUILTS: CITES LACK OF SUPPORT

Norbert Badar, dean of Flint area coaches and one of the most respected coaches in Michigan, has resigned as track and cross country coach at Flint Northern High School, ending a career which spanned four decades. He came to Northern in 1951.

His track teams won four state championships, were second seven times and third twice among 19 top-10 finishes. He also coached one state championship team in cross country. His teams won 17 city championships, 14 Saginaw Valley conference championships and 18 regional titles

Coach Badar was named coach-of-the-year nine times by the Michigan High School Coaches Association and the Michigan Interscholastic Track Coaches Association.

A retirement party was held at Flint on Sunday evening honoring Coach Badar and his wife, Maryanne. They say that behind every successful man, there is a wonderful woman. Orchids to Maryanne for all of her support throughout the years.

1983 MITCA NOMINEES FOR TRACK COACH OF THE YEAR

<u>CLASS</u>	<u>GIRLS</u>	<u>BOYS</u>
"D"	Bernie Abrams Covert Dave McDowell Ann Arbor Greenhills Kim Spalsbury Fowler	Chris Hurley Detroit East Catholic Jerry Lasceski Akron Fairgrove Joe Wood Potterville
"C"	Curt Cummings Flint Bentley Ted Galbraith Carson City Crystal Barry Kloenhamer DeWitt	Bill Dekkinga Grandville Calvin Christian Bob Lynch Det. St. Martin Deporres Mike Unger Detroit Lutheran West

Continued on next page

"Great minds have purposes, others have wishes."

"No one know what he can do till he tries."

CLASS	GIRLS	BOYS
"B"	Ross Donley Ludington Jim Harmon St. Joseph Ken Hoover M. C. L'Anse Creuse	Marty Crane Flint Beecher Mike Ghekas Marysville Richard Gordon Inkster Cherry Hill
"A"	George Dettrick Flint Northern Bobby Glenn Detroit Cass Tech Eddie Watson Benton Harbor	Norbert Badar Flint Northern Ron Barr Lansing Everett Lafayette Evans Detroit Cooley

Voting for the coach of the Year will take place at the TWENTY-SIXTH ANNUAL TRACK AND FIELD CLINIC AT THE TROY NORTHFIELD HILTON on January 13th and 14th, 1984.

MICHIGAN WINS THE 1983 MIDWEST MEET OF CHAMPIONS

This was the third consecutive win and the sixth of ten annual meets.

Michigan	6-Firsts	1-Second	2-Thirds	1-Fourth
Indiana	2-Firsts	5-Seconds	3-third	
Ohio	2-Firsts	3 Seconds	4-Thirds	1-Fourth
Illinois		1 Second	1-Third	5-Fourths

(Illinois did not enter the meet until 1977)

Winning Scores:	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
	Michigan-----	Indiana-----	Michigan-----	Ohio-----	Michigan-----	Michigan-----	Ohio-----	Michigan-----	Michigan-----	Indiana-----
	183	164	158½	157½	155	155	153	139 2/3	136	129½
	1975	1978	1977	1976	1979	1983	1974	1982	1981	1980

RECORDS HELD BY MICHIGAN RUNNERS:

1975	:40.5	400 Meter Relay	William Copeland-----Detroit Cooley
			Harlan Huckleby----Detroit Cass Tech
			Russell Bailey-----Inkster
			Dwayne Strozier-----Flint Powers
1975	:21.0*	200 Meter Dash	Dwayne Strozier-----Flint Powers
1983	7' 3/4"	High Jump	Scott Reed-----Lansing Everett
1980	24' 1"	Long Jump	Vincent Bean-----Southfield High

*Tie

MICHIGAN GIRLS WIN THE 1983 MIDWEST MEET OF CHAMPIONS

This was the fourth consecutive win for the Michigan girls.

1980	Michigan-----89	1981	Michigan-----77
	Illinois-----74		Ohio-----38
	Ohio-----8		Indiana-----34
	Indiana-----Absent		Illinois-----24
1982	Michigan-----77	1983	Michigan-----57
	Indiana-----54		Illinois-----47
	Ohio-----24		Ohio-----36
	Illinois-----18		Indiana-----33

RECORDS HELD BY MICHIGAN COMPETITORS

1983	:13.9	100 Meter Hurdles	Janice Rowley-----Detroit Cass Tech
1983	45' ½"	Shot Put	Karen Sapp-----Temperance Bedford

If 19 or more cross country teams score in a Regional Meet, 4 teams will advance to the State Championships.

The top ten individual runners (those not on state qualifying teams) will advance to the State Championship individual run. Any other runners above the top ten, that are medal winners in the regional meet will also advance to the State Championship run.

Regional cross country runs will start at 12:30 p.m., and the races will follow the following pattern:

Boy's Section 1	Boy's Class "B"
Boy's Section 2	Boy's Class "A"
Girl's Section 1	Girl's Class "B"
Girl's Section 2	Girl's Class "A"

State Championship cross country runs will start at 12:30 p.m. and the races will follow the following pattern:

Boy's Team Race	"D" Boy's Team Race
Boy's Individual Race	"D" Boy's Individual Race
Girl's Team Race	"D" Girl's Team Race
Girl's Individual Race	

In 1984 and even years thereafter, the order of races will be reversed, with the girls running first, followed by the boys.

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION BULLETIN



BE SURE ALL MEMBERS OF THE ATHLETIC STAFF
SEE A COPY OF THIS BULLETIN

The Michigan High School Athletic Association sends to all Principals and Athletic Directors of all schools in the State of Michigan a bulletin which is published monthly, September-May.

The MHSAA continually asks these people to help keep all coaches informed. Unfortunately, many coaches in the State do not see these bulletins. It is to your advantage to read this bulletin each month. Why don't you ask your Athletic Director or Principal for the use of the bulletin for over-night reading. The December bulletin usually carries a resume of the annual cross country committee meeting and the March bulletin is a must reading for all track coaches.

TRACK AND FIELD The Track Coaches Association, as well as the Representative Council members, were concerned with the overall attitude toward entries in track competition. It was determined that late entries would continue to be permitted with a payment of the \$25 penalty fee. The Executive Director is to write the superintendent and principal of schools involved in late entries, censuring the schools and placing them on probation for one school year.

You are never fully dressed in the morning until you put on a smile

VIDEOTAPING/FILMING AT M.H.S.A.A. SPONSORED MEETS/TOURNAMENTS

The following videotaping and filming procedures have been set for Managers of all M.H.S.A.A. sponsored (District, Regional, and Final) tournaments:

Competing Schools — A competing school desiring to videotape or film an athletic event in which that school competes must receive permission in advance from the tournament manager. Under no conditions may the tape/film be used for scouting purposes by schools other than those involved in the event filmed. Schools not competing in the event may not film or tape the event. The film/tape is not to be used to second guess decisions made by game/meet officials. The film/tape may not be sold, rented, or loaned for commercial purposes.

Media Taping/Filming — The filming/taping of M.H.S.A.A. events must be cleared through the Michigan High School Athletic Association. Members of the media may,

without paying a fee, arrange with the local tournament manager to take clips of M.H.S.A.A. events for public showing. Under no conditions may an entire athletic event be filmed or taped for showing without advance clearance through the M.H.S.A.A. and the local tournament manager.

Spectator Videotaping/Filming — Spectators must receive permission from the tournament manager for any live action taken of athletic events other than snapshots. If permission is granted for spectators to film the entire event or take clips, it is to be either the understanding the tape film may not be sold, leased, borrowed, or rented for commercial purposes. The tournament manager should not permit spectators to interfere with the view of other spectators or new media personnel covering the activity, and if there is any question as to the purposes of filming or taping, the request should be denied by the local tournament management.

1984 TRACK SITES (Boys and Girls)

DATE

Class "A"	Jackson High School	June 2nd
Class "B"	Caro High School	
Class "C"	Clare High School	
Class "D"	Traverse City High School	

REGIONAL NCAA CROSS COUNTRY CHAMPIONSHIPS

Michigan State University Saturday, November 12th
Men and Women 11:00 A.M.
Qualifiers will advance to the Nationals Lehigh Uni.
Monday, November 21st

Coaches, how about taking some of your high school runners to this prestigious meet to see some of the midwest's greatest distance runners.

The following number of Regionals have been established for each class:

Class "A"	-----9
Class "B"	-----8
Class "C"	-----6
Class "D"	-----3

There are no Regional runs for girls in Class "D"

THE ELEVENTH ANNUAL MITCA CROSS COUNTRY CLINIC

November 18th and 19th THE PLYMOUTH HILTON INN
14707 Northville Road
Rooms-----\$36.00 Plymouth, Michigan 48170
1, 2, 3 or 4 people 1 (313) 459-4500
Make your reservations early - - This is the weekend
of the Michigan-Ohio State football game at Ann
Arbor.

Barbara Munch, Carleton Airport and second vice-president is in charge of the arrangements. More information will be given in the next newsletter, the first part of November.

Five Be's to Success

Be a Dreamer

Be a Learner

Be a believer....in yourself

Be a planner

Be a worker

Dream...learn...believe...plan...work
...and the world is yours...for the
ONLY limitations that will ultimately
hold you back in life will be those
you place on yourself

Life itself can't give you joy,
Unless you really will it.
Life just gives you time and space,
Its up to you to fill it.

People may fail many times...
but they become failures
only when they begin
to blame someone else!

You never know when your opportunity will arrive. You have
to be ready when it arrives.

Nothing is wonderful when you get used to it.

Retirement is when the
sun rises but you
don't.

Ten excuses are less
persuasive than
one

Of all the sad words of
tongue or pen the
saddest are these...
it might have been.

You can't turn the clock
back and do things over.

Your Newsletter Writer had a most exciting and enjoyable
summer.

1. Starting the State Class "A" Track Championships at Jackson High School.
2. The next day, the Ann Arbor Track Club Age group track and field meet.
3. A week later at the Midwest Meet of Champions at Fort Wayne, Indiana.
4. June 17th, 18th & 19th - - Indianapolis, Ind. TAC National Championships.
5. Traveled to Iowa, Nebraska and Illinois to visit friends and relatives.
6. July 16th & 17th - - Starter at the Midwest Regional Age-group Track and Field Meet at Muskegon. Athletes from Michigan, Illinois, Indiana, Ohio, Kentucky and West Virginia were in attendance.
7. Drove to Wolverine, Michigan to get things organized for a two-week cross country camp in August.
8. July 27th - - Flew out of Metro for New York.
9. July 28th - - Flew out of Kennedy for Copenhagen, Denmark. Four Days
10. Hydrofoil to Malmo, Sweden for track meet. Forty minute trip. Returned to Copenhagen after the meet.
11. August 2nd - - bussed to Stockholm, Sweden. Two days.
12. August 5th - - Overnight trip by ferry to Helsinki.
The ferry was a floating palace. It could accomodate 2000 passengers, with 1600 rooms. It could carry 450 cars. Saunas, swimming pool, restaurants, elevators to accomodate 12 floors.
13. Aug. 7th-14th - - World Games. Fantastic.
14. Aug. 15th - - Fly back. 10:30 p.m. at Metro Drive to Wolverine - Sacked out at 3:30 a.m.
15. Aug. 16th-27th - - Wolverine Cross Country Camp. Great group of runners. You have been reading about them and you will hear more before the cross country season ends.

I HOPE YOUR CROSS
COUNTRY TEAMS HAVE
BEEN RUNNING AS WELL

AS YOU EXPECTED.
WISH YOU COULD
ALL MAKE IT TO
STATE.

J.A.

PRESIDENT

Tony Magni
Detroit Catholic Central

FIRST VICE-PRESIDENT

Marty Crane
Flint Beecher

SECOND VICE-PRESIDENT

Barbara Munch
Carleton-Airport

MICHIGAN INTERSCHOLASTIC
TRACK COACHES ASSOCIATION

NEWSLETTER

No. 3 NOVEMBER 1983

NEWSLETTER WRITER
Kermit N. Ambrose
Retired

SECRETARY

Bill Swanwick
Centreville

PUBLIC RELATIONS DIRECTOR

Jack Grant
Sturgis

TREASURE

Richard Tompkins
Fremont

CROSS COUNTRY STATE CHAMPIONSHIPS	CLASS "A"	BOYS
EAGLE CREEK GOLF COURSE	HARTLAND	NOV. 5TH, 1983
1. Detroit Catholic Central-----		92
4 7 16 21 44 74 93		
2. Grand Blanc-----		210
23 24 27 53 63 78 111		
3. Warren Woods Tower-----		214
2 12 38 39 123 152 166		
4. Milford High-----		264
13 41 52 67 91 132 149		
5. Milford Lakeland-----		284
26 28 55 77 98 138 147		
6. Monroe-----		308
14 37 76 81 100 105 151		
7. Kentwood East Kentwood-----		309
19 43 58 83 106 108 186		
8. Dearborn Fordson-----		314
18 40 54 62 140 154 161		
9. Swartz Creek-----		317
5 61 75 82 94 112 135		
10. Ann Arbor Pioneer-----		317
8 48 49 102 110 118 188		
11. Portage Northern-----		323
42 56 60 73 92 119 159		
12. Holland-----		335
20 34 70 86 125 179 182		
13. East Lansing-----		342
10 65 66 84 117 136 150		
14. Wayne Memorial-----		388
31 45 57 59 196 202 206		
15. Hazel Park-----		395
22 71 85 104 113 170 194		
16. Birmingham Brother Rice-----		402
27 64 80 88 143 158 DNF		
17. Ferndale-----		403
9 15 25 174 180 187 193		
18. Kalamazoo Loy Norrix-----		409
1 11 121 130 146 148 191		
19. Sterling Heights Stevenson-----		423
32 33 72 129 157 165 198		
20. Brighton-----		471
36 97 107 109 122 141 195		
21. Dearborn Edsel Ford-----		473
6 69 101 126 171 176 178		
22. Holly-----		500
46 79 96 124 155 163 205		
23. Dearborn High-----		516
50 89 99 116 162 169 183		
24. Warren Cousino-----		519
29 95 115 127 153 189 208		
25. Livonia Churchill-----		535
17 30 131 167 190 199 200		
26. Detroit Murray Wright-----		535
3 103 128 145 156 203 204		
27. Westland John Glenn-----		585
51 87 114 160 173 184 185		
28. Grosse Pointe South-----		621
68 133 134 142 144 172 201		
29. Harper Woods Notre Dame-----		675
35 120 168 175 177 181 197		
30. Bridgeport-----		722
90 137 139 164 192 207 DNR		

1. * Bob Thompson	Rochester High	15:32.0
2. * Jeff Mundt	New Baltimore Anchor Bay	15:35.0
3. Andy Ketch	Kalamazoo Loy Norrix	15:35.7
4. Joseph Mihalic	Warren Woods Tower	15:35.7
5. Jeff Neal	Detroit Murray Wright	15:46.8
6. Steve Shaver	Detroit Catholic Central	15:48.5
7. Erik Koskinan	Swartz Creek	15:50.8
8. * Jeff Wilson	Flint Kearsley	15:53.0
9. Kevin Psik	Dearborn Edsel Ford	15:53.4
10. Marty Hegarty	Detroit Catholic Central	15:54.4
11. Tim Fraleigh	Ann Arbor Pioneer	15:57.6
12. * Dave Kuritar	Howell	16:00.0
13. Geoff Clendening	Ferndale	16:02.1
14. * Orssie Bumpus	Detroit Central	16:03.0
15. Ron Sprinkel	East Lansing	16:03.0
16. Murry Breeze	Kalamazoo Loy Norrix	16:03.7
17. * Ken Dubois	Livonia Stevenson	16:06.0
18. * David Ciavenecia	Belleville	16:08.0
19. Mark Parenti	Warren Woods Tower	16:08.9
20. * Kyle Chura	Walled Lake Western	16:10.0
21. Rob Helberg	Milford High	16:12.1
22. Bob Ray	Monroe	16:13.7
23. Geoff Goolsby	Ferndale	16:14.3
24. * Mark Tait	Det. Martin Luther King	16:18.0
25. * Chris Mendoze	Det. Henry Ford II	16:19.0
26. Rob Shaver	Detroit Catholic Central	16:20.3
27. * Pat Martin	Jackson High	16:21.0

CROSS COUNTRY STATE CHAMPIONSHIPS	CLASS "A"	GIRLS
EAGLE CREEK GOLF COURSE	HARTLAND	NOV. 5TH, 1983
1. Brighton-----		97
9 16 19 26 27 59 64		
2. Dearborn Edsel Ford-----		128
3 4 11 23 87 107 119		
3. Portage Northern-----		176
14 15 39 52 56 67 89		
4. Birmingham Seaholm-----		184
1 28 40 45 70 96 160		
5. Sterling Heights Stevenson-----		211
2 6 32 83 88 103 153		
6. Rochester Adams-----		218
8 22 24 65 99 163 DNR		
7. Milford High-----		232
20 37 41 60 74 92 109		
8. Ann Arbor Pioneer-----		244
12 25 54 76 77 101 152		
9. Troy Athens-----		257
31 42 47 51 86 142 144		
10. Berkley-----		275
5 44 55 63 108 118 147		
11. Grand Blanc-----		309
10 17 57 104 121 145 157		
12. Livonia Churchill-----		345
34 50 81 85 95 113 136		
13. Flushing-----		345
33 71 75 82 84 139 154		
14. Clio-----		346
18 36 68 97 127 132 135		
15. Westland John Glenn-----		346
29 30 49 115 123 148 151		
16. Temperance Bedford-----		386
35 61 62 111 117 126 129		

"A SURE WAY TO MISS SUCCESS IS TO MISS THE OPPORTUNITY"

17.	Traverse City	-----	392
	43 53 78 98 120 125 161		
18.	Ann Arbor Huron	-----	420
	13 46 93 131 137 141 143		
19.	Kalamazoo Loy Norrix	-----	434
	38 58 69 110 159 DNF DNR		
20.	Grosse Pointe South	-----	440
	21 80 94 112 133 146 156		
21.	Romeo	-----	446
	7 72 90 128 149 158 162		
22.	Grosse Pointe North	-----	456
	48 73 105 106 124 150 DNF		
23.	Mt. Clemens Chippewa Valley	-----	523
	91 100 102 114 116 122 134		
24.	Royal Oak Kimball	-----	553
	66 79 130 138 140 155 DNF		

8.	Mark Attard	Southfield Christian	16:46.9
9.	* David Huckins	Dansville	16:48.8
10.	Greg O'Daniel	Bat. Creek St. Philip	16:50.9
11.	* Richard Ringmar	Centreville	16:52.3
12.	John Dace	Southfield Christian	16:53.9
13.	Rusty Pelham	Concord	16:54.9
14.	* Ed Kiessel	Suttons Bay	16:57.3
15.	Tony Hill	Concord	16:58.4
16.	Kevin Schupbach	Concord	17:00.2
17.	Doug Harkema	Lansing Christian	17:00.7
18.	David Dubin	Ann Arbor Greenhills	17:01.2
19.	* John Henderson	Mich. Lutheran Seminary	17:01.8
20.	Kevin Allen	Southfield Christian	17:03.1
21.	* Jeff Thomas	Mancelona	17:03.5

* INDIVIDUAL RACE ALL-STATE # 1 through # 21

1.	Michelle Bews	Birmingham Seaholm	18:10.1
2.	Debbie Zonca	Ster. Hgts. Stevenson	18:34.1
3.*	Jenny Wilcox	Lansing Sexton	18:38.5
4.	Mary Peruski	Dearborn Edsel Ford	18:45.6
5.	Elizabeth Lahenbauer	Dear. Edsel Ford	18:54.9
6.	Heather Meyer	Berkley	19:00.9
7.*	Laura Matson	Bloom. Hills Andover	19:02.1
8.	Kelly Petzold	Ster. Hgts. Stevenson	19:08.2
9.	Marshall Zorlen	Romeo	19:08.8
10.	Kathy Kubicki	Rochester Adams	19:14.2
11.*	Lisa Greb	Ster. Hgts Ford II	19:14.6
12.	Cindy Repella	Brighton	19:20.1
13.	Vvette Carriere	Grand Blanc	19:25.0
14.	Kris Salt	Dearborn Edsel Ford	19:25.4
15.	Adrienne Karpell	Ann Arbor Pioneer	19:29.7
16.	Anna Knott	Ann Arbor Huron	19:31.9
17.	Chris Reed	Portage Northern	19:32.5
18.*	Brenda Elibri	Warren Woods Tower	19:32.8
19.	Jenny Rae	Portage Northern	19:33.3
20.	Janell Sheets	Brighton	19:35.0
21.	Marcia Whidden	Grand Blanc	19:35.9
22.*	Bonnie Fitzpatrick	Warren High	19:37.4
23.	Beth Reynolds	Clio	19:38.8
24.	Amy raasch	Brighton	19:39.2
25.	Cindy Panowicz	Northville	19:39.6
26.	Terisse Lemanski	Milford	19:40.0
27.*	Julie Adair	Monroe	19:42.0

CROSS COUNTRY STATE CHAMPIONSHIPS		CLASS "D"		GIRLS	
GREAT LAKES BIBLE COLLEGE		LANSING		NOV. 5TH, 1983	
1.	Kingston	-----	118		
	5 12 17 18 66 79 DNR				
2.	Dansville	-----	118		
	11 23 25 26 33 86 DNR				
3.	Concord	-----	138		
	2 19 29 41 45 46 56				
4.	Akron-Fairgrove	-----	142		
	15 20 32 37 38 44 52				
5.	Southfield Christian	-----	152		
	6 7 27 47 64 96 DNR				
6.	Fowler	-----	161		
	8 9 40 49 55 64 68				
7.	Ann Arbor Greenhills	-----	167		
	1 3 35 58 70 77 90				
8.	Mancelona	-----	173		
	18 21 30 43 63 83 DNR				
9.	Flint Holy Rosary	-----	173		
	10 28 36 39 60 DNR DNR				
10.	Colon	-----	198		
	13 24 48 51 62 87 88				
11.	Wyoming Lee	-----	207		
	4 22 50 57 74 81 82				
12.	Suttons Bay	-----	269		
	14 34 53 75 93 DNR DNR				
13.	Centreville	-----	305		
	31 54 69 71 80 DNR DNR				
14.	Camden-Frontier	-----	335		
	42 59 72 78 84 DNR DNR				
15.	Hanover-Horton	-----	390		
	61 73 76 85 95 DNR DNR				
16.	Lansing Christian	-----	433		
	67 89 91 92 94 DNR DNR				

* INDIVIDUAL RACE ALL-STATE # 1 through # 27

CROSS COUNTRY STATE CHAMPIONSHIPS		CLASS "D"		BOYS	
GREAT LAKES BIBLE COLLEGE		LANSING		NOV. 5TH, 1983	
1.	Ann Arbor Greenhills	-----	44		
	2 4 6 14 18 23 59				
2.	Concord	-----	51		
	1 10 11 12 17 54 55				
3.	Southfield Christian	-----	88		
	7 9 15 26 27 43 51				
4.	Battle Creek St. Philip	-----	136		
	5 8 31 39 53 56 58				
5.	Kingsley	-----	141		
	20 22 30 33 36 38 63				
6.	Lansing Christian	-----	143		
	13 16 24 40 50 52 69				
7.	Reading	-----	154		
	3 29 34 42 46 67 70				
8.	Morrice	-----	183		
	19 28 35 44 57 62 65				
9.	Akron-Fairgrove	-----	187		
	21 32 41 45 48 64 66				
10.	Manton	-----	218		
	25 37 47 49 60 61 68				

1.	* Gina VanLaar	Allendale	18:52.7
2.	Larissa Szporluk	Ann Arbor Greenhills	19:26.9
3.	Jenny Franssen	Concord	19:44.3
4.	Jeanne Gilliland	Ann Arbor Greenhills	19:55.4
5.	Deb Taylor	Wyoming Lee	20:05.2
6.	Lisa Geier	Kingston	20:13.0
7.	Traci Harper	Southfield Christian	20:16.4
8.	Shellie Spratt	Southfield Christian	20:22.9
9.	Beth Wirth	Fowler	20:34.8
10.	Carol George	Fowler	20:43.5
11.*	Julie Quillen	Mt. Pleas. Sacred Heart	20:46.1
12.	Diane Bleicher	Flint Holy Rosary	20:52.7
13.	Becky Pulling	Dansville	20:56.4
14.	Deb George	Kingston	20:58.8
15.	Kathy Shackleton	Colon	21:02.0
16.	Shiela Herman	Suttons Bay	21:06.0
17.	Marilyn Harrington	Akron-Fairgrove	21:10.5
18.*	Jodi Watters	Mt. Pleas. Sacred Heart	21:13.7
19.	Pam Forbes	Mancelona	21:16.8
20.	Karen Laycock	Kingston	21:17.7
21.	Michelle Landram	Kingston	21:18.2
22.	Kathy Hubbard	Concord	?
23.	Yvonne Siler	Akron-Fairgrove	?
24.	Becky Olds	Mancelona	21:30.0
25.	Lori McCarty	Wyoming Lee	21:33.0

1.	Steve Hubbard	Concord	15:58.8
2.*	Dan Ebricht	Suttons Bay	16:10.6
3.	Peter Ross	Ann Arbor Greenhills	16:16.8
4.	Shawn Messenger	Reading	16:21.3
5.	Paul Beasley	Bat. Creek St. Philip	16:25.0
6.	Eben Rosenthal	Ann Arbor Greenhills	16:44.4
7.*	Ron Lichti	Pottersville	16:45.0

CROSS COUNTRY STATE CHAMPIONSHIPS CLASS "B" BOYS
 TYRONE HILLS GOLF COURSE LINDEN NOV. 5TH, 1983

1. Fremont	9	14	17	18	26	65	96	84
2. Grand Rapids Catholic Central	11	12	15	34	42	100	109	114
3. Parma Jackson County Western	4	6	24	48	80	118	126	172
4. Okemos	8	20	44	50	91	125	142	213
5. Grand Rapids Forest Hills Central	2	51	52	64	67	73	82	236
6. Caro	22	39	49	56	83	106	120	249
7. Dearborn Divine Child	21	38	53	60	89	112	117	261
8. St. Joseph	5	48	71	74	76	93	97	274
9. Mason	10	13	59	68	130	148	162	280
10. Reed City	25	29	54	72	101	116	138	281
11. Jackson Lumen Christi	37	45	55	78	85	123	127	300
12. Coldwater	16	19	36	128	129	151	167	328
13. Mt. Pleasant	27	35	77	94	98	122	135	331
14. Petosky	3	33	84	87	133	140	147	340
15. Essexville-Garber	7	66	90	95	102	111	136	360
16. Vicksburg	43	47	70	81	141	149	163	382
17. Carleton-Airport	31	40	41	145	150	153	168	407
18. Linden	57	62	75	100	104	113	146	408
19. St. Clair	30	63	86	105	124	152	160	408
20. Centerline	1	69	107	108	132	137	158	417
21. Monroe Catholic Central	23	46	89	139	143	159	161	439
22. Royal Oak Shrine	32	61	92	119	164	165	166	468
23. Marysville	28	99	115	121	131	155	157	494
24. Sturgis	79	103	114	134	144	154	156	574

1. Phil Schoensee	Centerline	15:31.0
2. Rusty Korhonen	G.R. Forest Hills Cent.	15:33.3
3. John Goble	Petosky	15:43.9
4. Lee Kingsley	Par. Jack. Co. Western	15:51.1
5. Rick Prince	St. Joseph	15:54.8
6. * Shaun Butler	St. Alphonsus	16:08.7
7. Rod Skittenhelm	Par. Jack. Co. Western	16:11.0
8. Kyle Rambo	Essexville-Garber	16:12.2
9. Bryan Whitmore	Okemos	16:12.9
10. Fred Henderson	Fremont	16:13.6
11. * Kevin Hofmann	Detroit Benedictine	16:13.9
12. Mark Hale	Mason	16:16.3
13. * Dan McCoy	Hillsdale	16:18.1
14. * Greg Dykstra	Grand Rapids Christian	16:20.3
15. Steve Cashman	G. R. Catholic Central	16:21.9
16. Steve MacDonald	G. R. Catholic Central	16:22.6
17. Charles Miller	Mason	16:25.0
18. John Somers	Fremont	16:25.6
19. Pat Vandenberg	G. R. Catholic Central	16:26.3
20. * Todd Vandenberg	Grand Rapids Christian	16:26.5
21. * Mark Hulliberger	Corunna	16:27.4
22. * Mike Masters	Charlotte	16:28.6

* INDIVIDUAL RACE ALL-STATE # 1 through # 22

"NOTHING IS SO GOOD AS IT SEEMS BEFOREHAND" George Eliot

CROSS COUNTRY STATE CHAMPIONSHIPS CLASS "B" GIRLS
 TYRONE HILLS GOLF COURSE LINDEN NOV. 5TH, 1983

1. Jackson Lumen Christi	3	19	21	23	25	26	30	91
2. Hartland	12	24	37	50	57	78	DNF	180
3. Gladwin	22	27	29	40	63	70	101	181
4. Grand Rapids Christian	7	13	53	56	81	100	111	210
5. Richland-Gull Lake	5	17	47	71	86	87	108	226
6. Flint Powers	2	46	60	79	80	93	121	267
7. Muskegon Catholic Central	11	18	35	52	154	DNF	DNF	270
8. Chelsea	36	41	51	83	84	88	124	295
9. Marysville	16	38	73	75	95	119	150	297
10. Mason	15	32	64	74	115	127	128	300
11. Essexville-Garber	34	65	69	72	76	125	147	316
12. Big Rapids	6	10	25	134	138	145	146	316
13. Grand Rapids Catholic Central	20	43	67	89	112	159	DNF	331
14. Alma	33	59	61	91	98	107	133	342
15. Dexter	14	77	82	85	90	99	110	348
16. St. Joseph	42	48	68	92	106	130	DNF	356
17. Okemos	9	44	94	109	114	129	151	370
18. Royal Oak Shrine	1	39	117	120	131	DNR	DNR	408
19. Allen Park St. Francis Cabrini	49	62	66	113	122	123	141	412
20. Novi	45	55	58	137	144	149	153	439
21. Algonac	8	31	140	152	155	158	DNF	486
22. Riverview	54	102	103	104	136	139	DNR	499
23. Holland Christian	4	97	135	143	148	156	157	527
24. Dearborn Divine Child	96	105	116	118	126	132	142	561

1. Tere Stouffer	Royal Oak Shrine	18:30.1
2. * Valarie Ambrose	Gabriel Richard	18:58.1
3. Catherine Birkhart	Flint Powers	19:07.9
4. Lori Dunigan	Jackson Lumen Christi	19:12.3
5. * Amy Blok	Wyoming Park	19:12.3
6. Salley Reinink	Holland Christian	19:20.1
7. Kay Gremerich	Richland Gull Lake	19:22.2
8. * Julie Watson	Hemlock	19:26.2
9. Kristen Gilbert	Big Rapids	19:30.1
10. Tama Jones	Grand Rapids Christian	19:32.0
11. Bonnie Sue Johnson	Algonac	19:32.8
12. Vonnie Dood	Okemos	19:33.5
13. * Sharon Kinsler	Saginaw Douglas MacArthur	19:34.4
14. Barbara Bacon	Big Rapids	19:35.6
15. Chris Bringedahl	Muskegon Catholic Central	19:36.3
16. Susan Neiswinter	Hartland	19:37.7
17. Melissa Schutte	Grand Rapids Christian	19:40.0
18. * Michelle VanHeulen	Wyoming Park	19:40.4
19. * Diane Weaver	Marshall	19:43.2
20. * Pam Bootd	Oxford	19:44.1

* INDIVIDUAL RACE ALL-STATE # 1 through # 20

"Great minds have purposes, others have wishes"
 - - Washington Irving
 "Ignorance never settles a question" - - Disraeli

CROSS COUNTRY STATE CHAMPIONSHIPS CLASS "C" BOYS
 FERRIS STATE COLLEGE BIG RAPIDS NOV. 5TH, 1983

Rank	Team	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
1.	Charlevoix																					76
2.	Rogers City	1	3	10	14	48	61	85														161
3.	Midland Bullock Creek	2	29	34	46	50	99	116														194
4.	Orchard Lake St. Marys	23	32	38	44	57	75	79														196
5.	Bath	7	13	33	70	73	108	113														196
6.	Clinton	8	17	36	67	68	125	133														201
7.	Napoleon	11	15	26	55	94	112	115														202
8.	Dewitt	12	28	31	59	72	88	97														226
9.	Calvin Christian	9	18	39	77	83	114	118														233
10.	Benzonia-Benzie Central	16	41	47	58	71	136	140														266
11.	Detroit Lutheran West	21	30	43	82	90	106	117														277
12.	Cass City	27	40	49	65	96	101	110														284
13.	Union City	5	54	60	76	89	127	135														308
14.	Grand Rapids South Christian	35	37	56	87	93	121	138														309
15.	Sandusky	4	42	45	107	111	119	122														319
16.	Marlette	6	63	69	81	100	128	130														335
17.	Grand Rapids Forest Hills Northern	20	51	52	103	109	123	132														347
18.	Muskegon Oakridge	19	24	86	92	126	131	134														366
19.	St. Joseph Lake Michigan Catholic	53	64	74	84	91	95	102														374
20.	Edwardsburg	25	66	80	98	105	120	137														390
		22	62	78	104	124	129	139														

Rank	Name	Team	Time
1.	Bill Taylor	Charlevoix	15:46.0
2.	Maxwell Hogan	Rogers City	16:09.2
3.	John Tunison	Charlevoix	16:15.9
4.	* John Sehl	Valley Lutheran H. S.	16:21.6
5.	Randy Johnson	G. R. South Christian	16:22.4
6.	Greg Bliss	Cass City	16:25.1
7.	Scott Long	Sandusky	16:25.7
8.	* Jesse McGuire	Bronson	16:25.9
9.	Dennis Torolinski	Orch. Lake St. Mary	16:26.3
10.	* Chuck Bumpus	Stockbridge	16:30.8
11.	* Bob Jones	Sag. St. Peter & Paul	16:32.3
12.	* Jeff Barnett	Mason County Central	16:32.5
13.	* Greg Marvin	Mattawan	16:35.7
14.	* Rich Pewe	Olivet	16:37.8
15.	Brad Abendroth	Bath	16:38.0
16.	Mike Price	Dewitt	16:38.6
17.	* Jeff Szentoriklosi	Addison	16:39.9
18.	Lee Allard	Charlevoix	16:41.9
19.	* Tony Nickel	Michigan Center	16:41.9
20.	David McKay	Clinton	16:43.1
21.	* Bobby Nelson	White Cloud	16:47.1
22.	* Andy MacDonald	Williamston	16:48.0
23.	Scott Franzen	Napoleon	16:48.2
24.	Manuel Tapis	Orch. Lake St. Mary	16:48.6
25.	* Pat Green	Sheperd	16:50.7
26.	Matt Landon	Charlevoix	16:50.9

* INDIVIDUAL RACE ALL-STATE # 1 through # 14

THE NCAA INDOOR TRACK AND FIELD CHAMPIONSHIPS HAS BEEN MOVED FROM THE PONTIAC SILVERDOME TO THE UNIVERSITY OF SYRACUSE. March 9th & 10th, 1984. There is a rumor that the meet will be on Saturday and Sunday (10th & 11th)

CROSS COUNTRY STATE CHAMPIONSHIPS CLASS "C" GIRLS
 FERRIS STATE COLLEGE BIG RAPIDS NOV. 5TH, 1983

Rank	Team	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
1.	Benzonia-Benzie Central																					67
2.	Dewitt	1	7	14	16	29	55	DNR														81
3.	Mt. Clemens Lutheran North	3	6	17	25	30	39	43														113
4.	Bath	9	18	22	26	38	42	48														115
5.	Capac	4	5	20	41	45	52	74														145
6.	Muskegon Oakridge	2	10	13	32	88	DNR	DNR														188
7.	Cass City	19	27	33	53	56	61	72														193
8.	St. Joseph Lake Michigan Catholic	15	24	36	47	71	73	84														207
9.	Kalamazoo Christian	11	35	49	54	58	70	76														228
10.	St. Louis	23	34	50	57	64	78	79														242
11.	Bangor	12	37	62	63	68	83	DNR														252
12.	Thornapple-Kellogg	8	31	67	69	77	85	87														259
13.	Breckenridge	28	40	51	65	75	80	81														266
14.	Ida	21	44	59	60	82	91	DNR														377
		46	66	86	89	90	DNR	DNR														

Rank	Name	Team	Time
1.	Jolene Crooks	Benzie Central	19:40.9
2.	* Linda Hagenbarth	Watervliet	19:44.8
3.	* Jodi Pactor	Carson City	19:46.1
4.	Suzie Stansberry	Capac	19:48.4
5.	* Lourene Foster	Marlette	19:52.6
6.	Kari Quimby	Dewitt	19:53.6
7.	* Penn Pennington	Marlette	20:00.5
8.	* Laura Bucholtz	Harbor Beach	20:11.5
9.	* Terri Forrest	Union City	20:14.7
10.	Laurie Wentzel	Bath	20:17.3
11.	* Lisa Salyers	Sandusky	20:18.0
12.	Alicia Witchell	Bath	20:18.8
13.	* Casey Thorpe	Kalkaska	20:20.3
14.	Colleen Quimby	Dewitt	20:20.3
15.	* Casey O'Neill	Blissfield	20:20.4
16.	Kim Sanchez	Benzie Central	20:22.6
17.	Becky Hoose	Bangor	20:23.6
18.	* Aliu Newman	Detroit Country Day	20:25.0
19.	* Karen Mauer	Mason	20:28.6
20.	* Lisa Kloss	Perry	20:30.6
21.	Cheryl Kukuk	Mt. Clem. Lutheran North	20:32.4

* INDIVIDUAL RACE ALL-STATE # 1 through # 16

M.H.S.A.A. CROSS COUNTRY COMMITTEE

- Rock Campbell-----Lansing Christian Athletic Director Class "D" Meet Manager
- Clare Girard-----Riverview Gabriel Richard Coach
- Teri Gish-Kenyon-----Dowagiac Union Coach
- Earl Haight-----Roscommon Athletic Director and Coach
- Tom Kirmovic-----Ferris State College Business Manager Class "C" Meet Manager
- Tony Magni-----Redford Catholic Central Coach and MITCA President
- Joseph Pivowarczyk-----Linden Athletic Director Class "B" Meet Manager
- Bill Swanwick-----Centreville Coach and MITCA Secretary
- Duke Williams-----Brighton Athletic Director Class "A" Meet Manager

MEETING DATE: Tuesday, November 29th, 1983

PRESIDENT

Tony Magni
Detroit Catholic Central

FIRST VICE-PRESIDENT

Marty Crane
Flint Beecher

SECOND VICE-PRESIDENT

Barbara Munch
Carleton Airport

MICHIGAN INTERSCHOLASTIC
TRACK COACHES ASSOCIATION

NEWSLETTER
NO. 4 DECEMBER 1983

NEWSLETTER WRITER
Kermit N. Ambrose
Retired

SECRETARY

Bill Swanwick
Centreville

PUBLIC RELATIONS DIRECTOR

Jack Grant
Sturgis

Treasure

Richard Tompkins
Fremont

THE ELEVENTH ANNUAL MITCA CROSS COUNTRY CLINIC

If you were not at the Plymouth Hilton on November 18th and 19th, you missed a very excellent clinic. Second Vice-President Barbara Munch was in charge of the show and she is to be complimented for the quality of the program she had arranged.

Sid Sink, Women's Cross Country Coach at Bowling Green State University, opened the meeting with his discussion on "Cross Country Training".

Chuck Koepfen, Carmel High School, Carmel, Indiana, and coach of boys and girls cross country spoke on "Preparation for State Cross Country Meet". His boys cross country coaching record is 139-7. The girls have competed only two years. They were runners-up the first year and State Champions the second year.

Dee Todd, Northwestern University spoke "Practice Organization".

Don Lukens, Kalamazoo Loy Norrix, and Mickey Turcheck, Taylor Center discussed the "Lydiard System of Training".

The Coach of the Year Banquet and the Hospitality Hour (Hours) closed out the first day's session.

Twenty-two hardy runners reported at 7:00 a. m. for the fun run to start the Saturday activities.

John Warners, Grand Rapids Christian High School and Chairman of the 1983 MITCA Cross Country Committee was in charge of the business meeting. Lonnie D. Lowery, Assistant Director of the Michigan High School Athletic Association, spoke on matters pertaining to cross country.

Chuck Koepfen returned to the podium and talked on "Motivating Cross Country Runners".

Bruce Dyer, Ann Arbor Greenhills; Dale Phillips, Marquette; and Mike Woolsey, Jackson Lumen Christi; were on a panel discussing a "Distance Running Program" and "Motivation".

"Flexibility" and "How to Stretch" were demonstrated by Dee Todd. She had many of the coaches in attendance doing the exercises.

Jack Grant, Sturgis, talked on "Scoring, Selection and Administration of a Meet".

The clinic closed with your Newsletter writer speaking and making a slide presentation on "Preparing a Cross country Course".

1983 CROSS COUNTRY COACHES OF THE YEAR

CLASS	W O M E N	M E N
"A"	Gary Meehan Brighton	Tony Magni Detroit Catholic Cent.
"B"	Mike Woolsey Jackson Lumen Christi	Rich Tompkins Fremont
"C"	"Pete" Moss Benzonia-Benzie Cent.	Pete Spieles Charlevoix
"D"	Helen Crane Kingston	Bruce Dyer Ann Arbor Greenhills

"FAILURE ISN'T FATAL
SUCCESS IS NOT FINAL" Don Shula

MITCA NOMINEES FOR CROSS COUNTRY COACH OF THE YEAR - 1983

W O M E N

"A"	Ron Champine-----Dearborn Edsel Ford Jack Engels-----Portage Northern
"B"	Kernie Gilliam-----Gladwin Brad Portis-----Richland-Gull Lake
"C"	Mel Comeau-----Bath Charles Wolf-----Mt. Clemens Lutheran North
"D"	Chuck King-----Concord Ken Younkin-----Dansville

M E N

"A"	Gene Balawajder-----Milford High Randy Wilkins-----Milford Lakeland
"B"	Bruce Fletter---Grand Rapids Forest Hills Central Mike Wilcox-----Parma Jackson County Western
"C"	Chuck Fairbanks-----Rogers City Bill Grebe-----Midland Bullock Creek
"D"	Dave Barnett-----Battle Creek St. Philip Jim Wood-----Southfield Christian

MITCA FUN RUN

1.	Richard Goepf	2nd	20:20.1	20:00.0	:20.1
	Dearborn Divine Child				
2.	Jerry Young	8th	22:37.3	22:58.0	:20.7
	Farmington High				
3.	Dan Cihak	16th	25:34.7	26:08.0	:33.3
	Reeths-Puffer				
4.	Ken Heller	19th	26:56.5	27:32.0	:35.5
	Allen Park				
5.	Tom Bellew	5th	20:54.0	21:30.0	:36.0
	Carmel High (Indiana)				
6.	Ken Younkin	17th	25:46.2	25:10.0	:36.2
	Dansville				
7.	Paul Nilsson	3rd	20:23.7	21:00.0	:36.3
	Williamston				
8.	Don Card	18th	26:52.2	27:30.0	:37.8
	Pinconning				
9.	Ron Wheeler	20th	30:15.6	29:30.0	:45.6
	Birmingham Seaholm				
10.	Chuck Koepfen	1st	20:12.9	21:00.0	:47.1
	Carmel High (Indiana)				
11.	Dale Arbor	7th		Grand Ledge	:47.3
12.	Wolfgang Lugauer	4th		Portage Central	1:13.6
13.	John Quiring	14th		Okemos	1:28.6
14.	Ed Phillips	12th		Westland John Glenn	1:33.1
15.	Dave Bartels	10th		B-Line Sportswear	1:36.7
16.	Kim Spalsbury	11th		Fowler	2:10.3
17.	John Carr	6th		Lake Michigan Cath.	2:35.9
18.	Jackie Schomer	15th		Westland John Glenn	2:37.8
19.	Barry Kloenhamer	9th		DeWitt	4:40.8
20.	C. J. Gihagiar	13th		Grosse Pte. North	5:19.9
21.	Paula Maurer	21st		Williamston	6:41.4
22.	Paula Brown	21st		Morenci	6:50.4

Dannville lost the State Meet on the tiebreaker to Kingston. The 6th runner for Dansville was 86th and the 6th runner for Kingston was 79th. One month before, Dansville lost the same way to Kingston (tiebreaker) at the Akron-Fairgrove Invitational. That's about as close as two top teams can get to each other.

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION, INC.
TRACK AND FIELD RULES MEETINGS

Troy (Northfield Hilton)---7:30---Friday, January 13, 1984
Grayling High School---7:00---Wednesday, February 8, 1984
Ishpeming Westwood H. S.---7:00---Thursday, February 9, 1984
Portage Central H. S.---7:00---Monday, February 13, 1984
East Lansing H. S.---7:00---Tuesday, February 14, 1984

HEAD COACHES ARE REQUIRED TO ATTEND ONE MEETING PER SPORT

Fri., Jan. 13---EMU Invitational---Eastern Mich. Uni.
Fri., Jan. 20---Women---Michigan Relays---Uni. of Michigan
Sat., Jan. 21---Men---Michigan Relays---Uni. of Michigan
Thurs. Jan. 26---EMU Open---Eastern Mich. Uni.
Sat., Jan. 28---WMI Invitational---Western Mich. Uni.
Sat., Febr. 4---EMU Track Classic---Eastern Mich. Uni.
Sat., Febr. 11---MSU Spartan Relays---Michigan State Uni.
Fri., Febr. 17---Central Collegiates---Eastern Mich. Uni.
Fri., Febr. 18---Central Collegiates---Eastern Mich. Uni.
Fri., Febr. 24---Silverston Invitational---Uni. of Michigan
Fri., Mar. 2---Big Ten Championship---Uni. of Michigan
Sat., Mar. 3---Mid-America Conference---Eastern Mich. Uni.
Sat., Mar. 3---Big Ten Championships---Uni. of Michigan
Fri., Mar. 9---NCAA Indoor Championships---Syracuse Uni.
Sat., Mar. 10---NCAA Indoor Championships---Syracuse Uni.
Fri., Mar. 23---Track and Field Meet---Eastern Mich. Uni.

June 16th-24th---Olympic Trials---Los Angeles
July 28th---'84 Olympics---Opening Ceremonies---Los Angeles
Aug. 3rd-11th---'84 Olympics---Track & Field---Los Angeles

Fri., Mar. 30---Huron Relays---"B"---Eastern Mich. Uni.
Sat., Mar. 31---Huron Relays---"A"---Eastern Mich. Uni.
Fri., Mar. 30---Spartan Relays---Girls---"B"---Mich. St. Uni.
Sat., Mar. 31---Spartan Relays---Girls---"A"---Mich. St. Uni.
Fri., Apr. 6---Spartan Relays---Boys---"B"---Mich. St. Uni.
Sat., Apr. 7---Spartan Relays---Boys---"A"---Mich. St. Uni.
Fri., Apr. 20---Mansfield Relays---Mansfield, Ohio
Sat., Apr. 21---Mansfield Relays---Mansfield, Ohio
Fri., Apr. 27---"Chip" Relays---"B & D"---Central Mich. Uni.
Sat., Apr. 28---"Chip" Relays---"A & C"---Central Mich. Uni.
Fri., May 4---Mott Relays---Flint Northwestern High School
Sat., May 5---Invitational---Port Huron Northern H. S.
Fri., May 18---Regional Track and Field Meets---Night Meet
Sat., May 19---Regional Track and Field Meets---Day Meet
Thur., May 24---Girls' All-Oakland County---Clawson H. S.
Fri., May 25---Boys' All-Oakland County---Bloomfield Hills
Sat., May 26---B & G Frosh. All-Oakland Co.---Milford High
Tues., May 29---Ambrose Relays---West Bloomfield H. S.
Sat., June 2---State Championships---"A"---Jackson H. S.
"B"---Caro H. S. "C"---Clare H. S.
"D"---Traverse City H. S.
Sat., June 9---Midwest Meet of Champions---Fort Wayne, Ind.

THE EXECUTIVE BOARD OF MITCA HOPES THAT YOU ENJOYED THE HOLIDAYS AND WE WISH YOU THE BEST IN 1984

Tony Magne
Barbara Munch
Bill Swanwick
Marty Crane
Hermit N. Anderson

TWENTY-SIXTH ANNUAL MITCA CLINIC AND MEETING

NORTHFIELD HILTON JANUARY 13th & 14th, 1984
5500 CROOKS ROAD Single-----\$50.00
TROY, MICHIGAN 48098 DBL/TWN/TRI/QUADS-----\$60.00
1 (313) 879-2100 PLUS A COMPLIMENTARY BREAKFAST
Crooks at I-75 FOR ALL IN THE ROOM (up to 4)
Bring your swimming trunks

CLINIC PROGRAM Friday, January 13th, 1984
5:00-6:00 Registration
6:00-7:15 Dr. Leroy Walker---Former U. S. Olympic Coach
"The Winning Edge - The Psychology of Coaching Track and Field"
7:30-8:30 Lonnie Lowery---Assistant Director of The Michigan High School Athletic Association
Track and Field Rules Meeting
8:30-9:30 Dr. John Powell---Uni. of Guelph - Canada
"Long Distance Training - Tapering and Peaking"
9:30-Till Hospitality

Saturday, January 14th, 1984
7:00 Fun Run (Four Miles)
7:00-8:30 Breakfast - Guests who are staying at the Hilton will receive a complimentary breakfast.
8:00-8:30 Registration
8:30-9:30 Business Meeting - Mark Carpenter - Dearborn
Divine Child. Chairman of MITCA Track and Field Committee.
9:45-10:45 Woody Thomas---Detroit Central High School
"Sprint Relays, Passing Drills and Working The Zone".
11:00-12:15 Bob White---Wayne State University
"Preventing Track and Field Injuries".
12:30-2:30 Coach of the Year Banquet
2:30-3:30 Dr. John Powell---Uni. of Guelph - Canada
"The Warm-up".
3:45-4:45 Dr. Leroy Walker---Former U. S. Olympic Coach
"Mental Training - The Key to Improved Performances in Track and Field".
5:00-5:45 Norbert Badar - Former successful Track and Field Coach at Flint Northern High School.
"The Hurdles".

MEMBERSHIP AND CLINIC: Friday and Saturday-----\$45.00
(At the Door - \$50.00)
SEND TO: Rich Tompkins
939 State
Fremont, MI 49412
Make Checks payable to MITCA

PRE-REGISTRATION FORM FOR CLINIC

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STATE CHAMPIONSHIP CROSS COUNTRY RUNS 1954 THRU 1966
Thought you might be interested in the resume. It was the start of what you people are familiar with: Top Teams of the Eighties, Top Teams of the Seventies, etc.

STATE CHAMPIONSHIP CROSS COUNTRY RUNS
TOP TEN TEAMS OF THE PAST THIRTEEN YEARS

* Ties	1954	1955	1956	1957	1958	1959	1960	1961	1962	1963	1964	1965	1966	TOTAL	
1. <u>BIRMINGHAM SEAHOLM</u>	6th	6th	5th	2nd	2nd	1st	5th	7th	6th	1st	4th		7th*	79½	
2. Flint Central				3rd	1st		6th	3rd		8th		8th	11th	37	
3. Detroit Redford									1st	1st		2nd	12th	4th	36
4. Ann Arbor	13th				6th	2nd	9th				7th	5th	7th	6th	35
4. Ypsilanti		14th				3rd	1st	2nd	3rd						35
6. Pontiac Central	3rd	2nd	8th	13th	7th	5th						10th	7th*	34½	
6. Jackson	4th	4th*	3rd	5th	4th									34½	
8. Lincoln Park	5th	7th		7th	3rd	7th			4th					33	
8. Lansing Eastern	8th	1st	1st	1st										33	
10. Wyandotte	14th		9th	12th	14th		14th			6th	3rd	2nd	3rd	32	
11. Royal Oak Kimball										10th	1st	1st	2nd	30	
12. Kalamazoo Central	1st	3rd		20th					12th	5th	9th			26	
13. Flint Southwestern						9th	2nd		2nd					20	
14. Midland	2nd				9th			4th			10th			19	
15. Wayne				6th	5th		4th							18	
15. Saginaw Arthur Hill		9th	2nd	4th										18	
17. Hazel Park	11th	11th		16th	10th							6th	1st	16	
18. Grand Rapids Christian					15th	11th	15th	11th		2nd	13th		5th	14	
18. Dearborn High		12th	17th	11th	12th	4th	7th		8th					14	
20. Jackson Parkside												8th	3rd	13	
20. Milford										3rd		6th		13	
22. Dearborn Edsel Ford			11th	9th			3rd							10	
23. Muskegon				17th	8th	6th	12th							8	
23. Flint Northern	4th							10th						8	
25. Pontiac Northern												4th		7	
25. Glio										4th				7	
25. Lansing Sexton	9th					10th			7th					7	
28. Battle Creek Central		4th*												6½	
29. Birmingham Brother Rice												5th		6	
29. Monroe	12th	16th				12th		5th						6	
29. Muskegon Heights											7th	9th		6	
29. Livonia Bentley									5th					6	
33. Detroit Northwestern								6th	10th*					5½	
34. Plymouth			6th				13th							5	
35. Grand Rapids Union	10th	8th	16th											4	
35. Grand Rapids Creston			7th											4	
35. Grand Rapids Ottawa Hills	7th													4	
38. Mt. Clemens			13th					8th			11th	18th	15th	3	
38. Walled Lake				19th		8th								3	
38. Royal Oak Dondoro			15th	8th										3	
38. Thurston				11th		8th								3	
42. Grand Rapids Catholic Central			10th	10th	13th					9th		14th		2	
42. Uni. of Detroit High						15th								2	
42. Detroit Cody								9th		9th				2	
42. Detroit Central									9th					2	
46. Kalamazoo Loy Norrix										10th*			10th	1½	
47. East Lansing						14th	10th					11th	12th	1	
47. Holland		10th												1	
49. Grand Rapids Central			12th			13th	11th	12th						0	
50. Redford Union				14th									13th	0	
51. Allen Park			14th	18th										0	
52. Detroit Catholic Central										12th				0	
53. Ferndale											13th			0	
54. Southfield		13th												0	
55. Adrian												14th		0	
56. Inkster				15th										0	
57. Niles		15th												0	
58. Detroit Bishop Gallagher												16th	16th	0	
59. Berkley														0	
60. Traverse City													17th	0	
61. Trenton														0	
62. Detroit Mumford													18th	0	

POINTS based on 10 for 1st; 9 for 2nd; 8 for 3rd; 7 for 4th; 6 for 5th; etc.

BIRMINGHAM SEAHOLM has placed in the top ten, 12 times out of the 13 years. In 1965 they failed to qualify for the State Meet, placing only 4th in the Regional Meet. In the 12 years that they have run in the State Championship Meet, they have never placed any lower than 7th.