

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

NEWSLETTER

NO. 2 NOVEMBER 1984

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1984 STATE CROSS COUNTRY CHAMPIONSHIPS SAT., NOVEMBER 3, 1984
KATKE GOLF COURSE - FERRIS STATE COLLEGE GIRLS CLASS "C"

1. BATH	8	10	16	17	18	25	29	69
2. CAPAC	6	23	26	30	31	31	76	116
3. MICHIGAN CENTER	1	37	44	45	47	78	100	174
4. PERRY	5	36	41	43	53	94	107	178
5. BENZIE CENTRAL	9	24	33	68	69	71	73	203
6. BURTON BENDLE	11	19	54	63	65	83	89	212
7. MUSKEGON OAKRIDGE	7	20	??	??	77	??	??	217
8. CARSON CITY CRYSTAL	3	4	60	64	101	113	DNF	232
9. BANGOR	14	??	??	??	??	??	??	239
10. ST. LOUIS	35	38	56	58	61	DNR	DNR	248
11. HARBOR BEACH	21	27	39	80	83	90	115	250
12. KALAMAZOO CHRISTIAN	15	48	55	72	75	81	97	265
13. IDA	40	46	50	59	91	105	DNF	286
14. NILES BRANDYWINE	12	51	52	85	95	98	114	295
15. BLISSFIELD	2	66	67	74	106	110	111	315
16. CALEDONIA	13	57	62	96	99	104	???	327
17. DETROIT COUNTRY DAY	28	42	87	92	102	103	112	315

NOTE: Question marks in place of numbers indicates the result sheet was not readable. Sorry!!!

1. Casey Thorpe	*	Kalkaska	19:46.0
2. Julie Barry		Michigan Center	19:48.9
3. Kathleen O'Neill		Blissfield	19:49.1
4. Jodi Proctor		Carson City Crystal	19:50.0
5. Kim Fox	*	Mayville	19:54.6
6. Penny Pennington		Carson City Crystal	19:55.0
7. Lisa Kloss		Perry	20:07.8
8. Lisa Behnke		Capac	20:09.0
9. Michelle Stressman		Muskegon Oakridge	20:12.7
10. Alicia Wittchell		Bath	20:14.9
11. Irene Bacolor	*	St. Joseph Lake Michigan	20:16.5
12. Kim Sanchez		Benzie Central	20:25.6
13. Laurie Wentzel		Bath	20:26.5
14. Teresa Barber		Burton Bendle	20:27.5
15. Kristin Johnson	*	Mason County Central	20:28.1
16. Wendy Murray		Niles Brandywine	20:28.4
17. Sarah Collins	*	Jonesville	20:33.0
18. Pam Pollie		Caledonia	20:33.9
19. Sue Miller	*	Brechenridge	20:36.1
20. Becky Hoose		Bangor	20:38.0
21. Janelle Balogh	*	Mayville	20:38.7

* Individual Race Girls Listed are ALL-STATE

"It isn't the things that go in one ear and out the other that hurt, as much as the things that one in one ear and get all mixed up before they slip out the mouth."

1984 STATE CROSS COUNTRY CHAMPIONSHIPS SAT., NOVEMBER 3, 1984
KATKE GOLF COURSE - FERRIS STATE COLLEGE BOYS CLASS "C"

1. BENZIE CENTRAL	6	10	14	15	22	76	80	67
2. MASON COUNTY CENTRAL	2	4	9	51	54	79	111	120
3. CHARLEVOIX	16	20	21	33	38	44	74	128
4. BATH	11	19	23	27	59	75	110	139
5. MUSKEGON OAKRIDGE	25	36	42	46	52	109	117	201
6. UNIONVILLE SEBEWAING	34	35	37	41	56	91	93	203
7. DETROIT LUTHERAN WEST	18	32	48	69	70	89	98	237
8. SHEPHERD	8	39	49	72	81	102	121	249
9. ORCHARD LAKE ST. MARY PREPARATORY	3	53	61	65	78	95	103	260
10. GOODRICH	12	29	45	68	112	116	120	266
11. HARTFORD	24	40	63	71	83	100	123	281
12. CASS CITY	17	30	64	82	90	119	DNF	283
13. BRONSON	1	28	57	97	113	118	122	296
14. EDWARDSBURG	26	31	47	96	101	107	115	301
15. WILLIAMSTON	7	55	73	84	85	85	92	304
16. CLINTON	5	58	60	86	104	106	124	313
17. FENNVILLE	43	50	62	66	105	114	125	326

1. Jesse McGuire	Bronson	15:47.0
2. Jeff Barnett	Mason County Central	15:55.0
3. Dennis Topolinski	Orchard Lake St. Mary	16:27.1
4. Greg Parker	Capac	16:32.4
5. Tom Johnson	Mason County Central	16:28.8
6. Eric Kemner	Clinton	16:42.2
7. Todd Kulawiah	Benzie Central	16:44.6
8. Andy MacDonald	Williamston	16:48.0
9. Scott Long	Sandusky	16:51.1
10. Pat Green	Shepherd	16:54.7
11. Eric Grimm	Calvin Christian	16:56.4
12. Dave Keefer	Mason County Central	16:56.6
13. Jeff Frostic	Benzie Central	16:59.2
14. Alan Banaszak	Bay City All Saints	17:01.8
15. Brad Pullman	Bath	17:02.3
16. Dana Dewitt	Dewitt	17:04.8
17. Mike Seppi	Napolean	17:07.2
18. Jon Lamiczak	Goodrich	17:08.8
19. Dave Ambsprang	Michigan Center	17:09.9
20. Dan Brunk	Carson City Crystal	17:10.6

* Individual Race Boys Listed are All-State

"On the Eighth Day, God made Athletic Directors."

"Doing a good job around here is like wetting your pants in a dark suit - - it gives you a warm feeling but nobody notices."

"Average is as close to the bottom as to the top."

1984 STATE CROSS COUNTRY CHAMPIONSHIPS SAT., NOVEMBER 3, 1984
 GRACE BIBLE COLLEGE COURSE - LANSING GIRLS CLASS "D"
 LANSING CHRISTIAN HIGH SCHOOL - HOST SCHOOL

1. CONCORD	4	12	16	32	35	46	54	99
2. SOUTHFIELD CHRISTIAN	10	14	17	27	34	48	64	102
3. FOWLER	6	7	28	29	33	41	45	103
4. SUTTONS BAY	1	20	21	36	44	65	DNR	122
5. AKRON FAIRGROVE	11	22	31	37	38	39	40	139
6. KINGSTON	5	8	18	53	58	60	62	142
7. COLON	15	19	24	50	51	52	71	159
8. WYOMING LEE	25	26	30	55	67	DNR	DNR	203
9. MASON COUNTY EASTERN	9	13	59	61	63	DNR	DNR	205
10. KINGSLEY	23	42	43	47	56	DNR	DNR	211
11. LANSING CHRISTIAN	3	57	66	68	70	DNR	DNR	264
12. COVERT	2	49	69	72	73	74	75	265

1. Jenny Gradowski	Suttons Bay	19:30.6
2. Michelle Wait	Covert	19:55.1
3. Thersa Padilla	* Camden-Frontier	20:00.1
4. Dawn Harkema	Lansing Christian	20:08.5
5. Jenny Franssen	Concord	20:09.8
6. Jeanne Gilliland	* Ann Arbor Greenhills	20:14.5
7. Lisa Meier	Kingston	20:18.1
8. Beth Wirth	Fowler	20:21.5
9. Carol Goerge	Fowler	20:32.6
10. Michelle Landran	Kingston	20:43.4
11. Deb Lundquist	Mason County Eastern	20:45.5
12. Jordi Varwood	* Frankfort	20:46.0
13. Nina Dunkerson	Southfield Christian	20:55.3
14. Carrie Beller	Akron Fairgrove	20:59.3
15. Kathy Hubbard	Concord	21:01.5
16. Becky Olds	* Mancelona	21:02.3
17. Delaine Harned	Mason County Eastern	21:03.7
18. Britta Bergman	Southfield Christian	21:05.3
19. Peggy Gehart	* Detroit Bethesda	21:09.0
20. Tracy Mott	Colon	21:10.2
21. Annalisa Bauman	Concord	21:19.3
22. Jenny Peters	Southfield Christian	21:24.0
23. Deb Moore	Kingston	21:24.7
24. Jeannine Lama	* Pittsford	21:31.6
25. Stacy Richmond	Colon	21:43.7
26. Kirsten Moyes	* North Muskegon	21:45.0

* Individual Race Girls Listed are ALL-STATE

WATCH YOUR THOUGHTS, FOR THEY BECOME YOUR WORD.
 WATCH YOUR WORDS BECAUSE THEY BECOME YOUR ACTIONS.
 WATCH YOUR ACTIONS BECAUSE THEY BECOME YOUR HABITS.
 WATCH YOUR HABITS BECAUSE THEY BECOME YOUR CHARACTER.
 WATCH YOUR CHARACTER BECAUSE IT BECOMES YOUR DESTINY.
 Anonymous

WHY??? Why will a coach, whose total score of a cross country run be in the vicinity of 300 points, wait for thirty minutes to get his material in to the people who are doing the scoring? The 300 points are not going to get less by waiting, and all he does is to hold up the work of the management, who is trying to run an efficient meet. How ridiculous can you get????

QUALIFYING FROM THE NCAA DISTRICTS TO THE NCAA NATIONALS:

- WOMEN - - One team qualifies for the National meet along with three individuals not on that team.
- MEN - - Four teams qualify for the National meet along with the top five individuals that are not on one of the four teams; the top five individuals must place in the top 15, however.

1984 STATE CROSS COUNTRY CHAMPIONSHIPS SAT., NOVEMBER 3, 1984
 GRACE BIBLE COLLEGE COURSE - LANSING BOYS CLASS "D"
 LANSING CHRISTIAN HIGH SCHOOL - HOST SCHOOL

1. CONCORD	2	5	14	18	26	33	51	65
2. MANCELONA	1	10	11	22	28	37	43	72
3. ANN ARBOR GREENHILLS	3	7	9	24	40	47	48	83
4. MORRICE	16	17	20	23	29	34	41	105
5. SUTTON'S BAY	4	6	19	42	49	53	DNR	120
6. KINGSLEY	15	21	25	32	35	36	39	128
7. BATTLE CREEK ST. PHILLIP	12	13	27	38	46	52	54	136
8. SOUTHFIELD CHRISTIAN	8	30	31	44	45	50	DNR	158

1. "Jeff" Thomas	Mancelona	16:04.9
2. Tony Hill	Concord	16:18.8
3. Dave Dubin	Ann Arbor Greenhills	16:30.7
4. Rick Hughes	Sutton's Bay	16:34.8
5. Dan Dukes	* Detroit East Catholic	16:44.9
6. Rusty Pelharn	Concord	16:47.0
7. Steve Bierstetel	* Fowler	16:49.0
8. Ed Kiessel	Sutton's Bay	16:50.5
9. Matt Holappa	Ann Arbor Greenhills	16:58.5
10. Dan Cobb	Southfield Christian	17:04.4
11. Dave Dimcheff	Ann Arbor Greenhills	17:06.0
12. Ed Chalut	* Flint Holy Rosary	17:06.2
13. Corey Champion	* Reading	17:07.3
14. Ryan Watson	Mancelona	17:08.1
15. Ernie Mack	* Detroit Bethesda	17:09.5
16. Scott Kaukonen	* Colon	17:10.9
17. Rich Joyce	Mancelona	17:11.3
18. Paul Beasley	Battle Creek St. Phillip	17:13.1
19. Daryl Springer	* Manton	17:13.1

* Individual Race Boys Listed are ALL-STATE

CENTRAL COLLEGIATE CROSS COUNTRY CHAMPIONSHIPS
 MARQUETTE UNIVERSITY - DRETZKA PARK OCTOBER 20th, 1984

1. OHIO STATE	2	8	9	10	31	42	47	60
2. UNI. OF MICHIGAN	7	11	17	23	37	41	74	95
3. WESTERN MICHIGAN UNIVERSITY	13	14	16	26	27	45	50	61
4. CENTRAL MICHIGAN UNIVERSITY	3	4	6	34	70	71	73	91
5. BOWLING GREEN STATE UNIVERSITY	15	19	21	32	52	54	57	97
6. UNIVERSITY OF WISCONSIN	20	22	24	40	46	58		152
7. NORTHWESTERN UNIVERSITY	12	25	28	33	55	68	90	99
8. ILLINOIS STATE	18	29	36	43	48	67	77	174
9. EASTERN MICHIGAN UNIVERSITY	30	39	44	49	51	53	62	75
10. MARQUETTE UNIVERSITY	1	5	65	78	80	82	86	92
11. DePAUL	35	56	63	76	81			302
12. LOYOLA	38	59	79	87	88	89	93	101
13. UNIVERSITY OF TOLEDO	66	69	83	102	104	105	108	391
14. DRAKE UNIVERSITY	64	84	94	96	106	107	DNF	412

Did you have a good time at the party?
 I had a fine time - - so they tell me.
 How did you find yourself in the morning?
 I just looked under the table and there I was.

1984 STATE CROSS COUNTRY CHAMPIONSHIPS SAT., NOVEMBER 3, 1984
 TYRONE HILLS GOLF COURSE - LINDEN GIRLS CLASS "B"
 LINDEN HIGH SCHOOL - HOST

1.	JACKSON LUMEN CHRISTI	10	11	18	22	23	61	99	84
2.	GLADWIN	9	13	14	37	52	103	113	125
3.	GRAND RAPIDS CHRISTIAN	12	24	29	34	35	53	65	134
4.	CHELSEA	25	26	32	42	44	45	77	169
5.	HILLSDALE	19	28	49	50	55	119	125	201
6.	ALMA	21	36	41	43	62	72	74	203
7.	HARTLAND	8	39	54	57	66	83	112	224
8.	OXFORD	20	33	46	69	71	87	105	239
9.	GRAND RAPIDS CATHOLIC CENTRAL	3	30	51	73	95	120	149	252
10.	MT. CLEMENS LUTHERAN NORTH	7	17	64	79	94	107	115	261
11.	PETOSKEY	2	31	47	85	135	153	154	300
12.	GULL LAKE	16	27	84	90	111	141	142	328
13.	JACKSON NORTHWEST	6	38	75	97	122	129	138	338
14.	SALINE	4	58	96	104	109	123	137	371
15.	MARYSVILLE	1	48	78	124	143	146	147	394
16.	HEMLOCK	5	76	92	108	118	127	134	399
17.	OTSEGO	15	68	110	114	116	145	148	423
18.	GROSSE ILE	40	56	82	117	30	131	144	425
19.	CARO	63	70	86	102	128	132	136	449
20.	VICKSBURG	59	80	89	98	126	139	150	452
21.	DEARBORN DIVINE CHILD	81	88	91	93	101	106	140	454
22.	GREENVILLE								481

1.	Valari Ambrose	*	Riverview Gabriel Richard	18:40.6
2.	Helen Johnson		Marysville	19:07.8
3.	Denys Adams	*	Okemos	19:08.6
4.	Anne VanDam		Petosky	19:26.0
5.	Sarah Sargent	*	Midland Bullock Creek	19:27.8
6.	Susan Cashman		Grand Rapids Cath. Cent.	19:35.0
7.	Jerry Ledrick	*	G. R. Forest Hills Cent.	19:37.6
8.	Dawn Toth		Saline	19:39.5
9.	Julie Watson		Hemlock	19:40.2
10.	Cindy Wilson	*	Mason	19:43.3
11.	Erin Gillespie		Jackson Northwest	19:45.1
12.	Kerry Gremel		Mt. Clemens Lutheran N.	19:50.7
13.	Laura Tenaglia		Hartland	19:51.1
14.	Jean Wyckoff		Gladwin	19:51.4
15.	Kari Frederick		Jackson Lumen Christi	19:54.5
16.	Jamie Grant	*	Mason	19:56.1
17.	Vonnie Dood	*	Okemos	19:56.6

*Individual Race Girls Listed are ALL-STATE

"THIS GREAT DREAM...THIS SURGING DYNAMIC THING...INVISIBLE TO ALL WORLD EXCEPT TO THE PERSON WHO HOLDS IT...IS RESPONSIBLE FOR EVERY GREAT ADVANCE OF MAN. IT IS THE CAUSE OF EVERYTHING WE SEE IN THE WORLD AROUND US."

Earl Nightingale

1984 STATE CROSS COUNTRY CHAMPIONSHIPS SAT., NOVEMBER 3, 1984
 TYRONE HILLS GOLF COURSE - LINDEN BOYS CLASS "B"
 LINDEN HIGH SCHOOL - HOST

1.	GRAND RAPIDS CATHOLIC CENTRAL	4	7	8	22	23	68	DNR	64
2.	OKEMOS	9	19	21	24	36	46	49	109
3.	JACKSON LUMEN CHRISTI	16	25	29	47	51	58	120	168
4.	FREMONT	14	26	28	79	88	89	113	235
5.	HILLSDALE	2	28	56	61	102	141	176	239
6.	BLOOMFIELD HILLS CRANBROOK	34	43	54	55	90	107	151	176
7.	REED CITY	10	15	63	65	133	155	172	286
8.	WYOMING ROGERS	12	48	69	82	84	96	152	295
9.	CENTERLINE	6	35	44	99	111	143	144	295
10.	THREE RIVERS	27	39	57	62	112	146	153	297
11.	SPRING LAKE	5	41	76	86	92	127	168	300
12.	MONROE CATHOLIC CENTRAL	20	38	45	75	123	137	162	301
13.	FLINT AINSWORTH	31	42	73	105	124	136	174	375
14.	PETOSKEY	13	60	83	109	119	134	160	384
15.	CARO	17	51	80	115	129	142	169	393
16.	ST. JOSEPH	3	78	85	106	132	148	163	404
17.	ESSEXVILLE GARBER	30	67	72	114	121	159	175	404
18.	VICKSBURG	53	66	87	93	118	135	139	417
19.	ST. CLAIR	33	37	50	150	166	170	173	436
20.	MT. PLEASANT	32	95	98	104	108	128	140	437
21.	SALINE	1	81	117	122	126	131	165	447
22.	HARTLAND	70	77	100	110	130	138	171	487
23.	PLAINWELL	11	40	145	149	157	164	177	502
24.	GIBRALTAR O A CARLSON	59	74	97	125	147	178	179	502
25.	CHESANING	71	91	101	103	156	158	167	522
26.	DEARBORN DIVINE CHILD	64	94	116	154	161	DNR	DNR	589

1.	Darrel Zeck	Saline	16:04.5
2.	Rob Rinch	* Lansing Waverly	16:12.6
3.	Scott Gleason	* Coldwater	16:14.4
4.	Joe Parzych	Hillsdale	16:15.0
5.	Mike Bond	St. Joseph	16:16.0
6.	Greg Morey	* North Branch	16:24.3
7.	Stanley Powell	* Richland Gull Lake	16:24.9
8.	Steve McDonald	G. R. Catholic Central	16:28.4
9.	Kevin Hoffman	* Detroit Benedictine	16:29.6
10.	Todd Sellon	Spring Lake	16:30.2
11.	Bob Schroeder	* Melvindale	16:30.4
12.	Frank Maisano	Centerline	16:31.1
13.	Steve Cashman	G. R. Catholic Central	16:32.0
14.	Pat VandenBerg	G. R. Catholic Central	16:32.8
15.	Rob Cambran	Okemos	16:33.7
16.	Joe Warner	Reed City	16:34.8
17.	Ian Smith	Plainwell	16:35.2
18.	Mike Kimball	* Lansing Waverly	16:35.6
19.	Roger Russell	Wyoming Rogers	16:35.6

* Individual Race Boys Listed are ALL-STATE

HAVE YOU HUGGED A CROSS COUNTRY RUNNER LATELY?

1984 STATE CROSS COUNTRY CHAMPIONSHIPS SAT., NOVEMBER 3, 1984
 DANA FARMS GOLF COURSE - HOWELL GIRLS CLASS "A"

1984 STATE CROSS COUNTRY CHAMPIONSHIPS SAT., NOVEMBER 3, 1984
 DANA FARMS GOLF COURSE - HOWELL BOYS CLASS "A"

BRIGHTON HIGH SCHOOL - HOST

BRIGHTON HIGH SCHOOL - HOST

1.	DEARBORN EDEL FORD	1	2	3	8	18	46	99	32
2.	MILFORD HIGH	7	13	37	41	53	63	77	151
3.	GROSSE POINTE NORTH	10	38	47	50	51	81	113	196
4.	BRIGHTON	5	29	40	58	69	75	115	201
5.	PORTAGE NORTHERN	15	30	43	52	67	71	80	207
6.	ANN ARBOR PIONEER	9	24	45	65	102	116	130	245
7.	STERLING HEIGHTS STEVENSON	34	39	54	66	76	106	108	269
8.	GROSSE POINTE SOUTH	6	36	59	86	87	111	120	274
9.	WASHINGTON EISENHOWER	14	21	44	60	137	138	139	276
10.	MONROE	22	26	68	91	93	121	134	300
11.	ANN ARBOR HURON	12	31	72	94	105	119	143	314
12.	BLOOMFIELD HILLS LAHSER	19	20	73	90	125	136	150	327
13.	BERKLEY	4	42	96	98	133	156	172	373
14.	REDFORD UNION	17	82	84	89	124	126	142	396
15.	FLINT KEARSLEY	49	56	88	100	110	114	167	403
16.	KENTWOOD EAST KENTWOOD	25	32	101	117	141	157	171	416
17.	TRAVERSE CITY	28	48	95	132	144	149	166	447
18.	CLIO	11	78	118	122	127	129	173	456
19.	LIVONIA CHURCHILL	55	62	64	140	147	158	163	468
20.	ROCHESTER HIGH	33	35	107	151	161	167	DNR	487
21.	UTICA FORD	27	74	83	148	160	164	165	492
22.	PLYMOUTH SALEM	16	92	97	128	159	168	170	492
23.	NORTHVILLE	57	103	112	113	123	169	DNR	508
24.	LIVONIA STEPHENSON	61	79	104	145	152	153	DNF	541
25.	BAY CITY WESTERN	70	85	109	135	146	154	DNR	545

1.	REDFORD CATHOLIC CENTRAL	4	7	28	40	59	87	171	138
2.	SWARTZ CREEK	3	20	30	53	62	65	138	168
3.	HAZEL PARK	31	32	33	36	80	151	202	212
4.	GRAND BLANC	10	13	56	66	82	169	181	227
5.	ANN ARBOR PIONEER	1	6	37	100	107	125	126	251
6.	DEARBORN HIGH	18	23	41	84	110	163	165	276
7.	MONROE	15	16	63	94	109	123	186	297
8.	MILFORD LAKELAND	5	24	26	101	141	150	156	297
9.	ROCHESTER HIGH	2	19	67	83	128	157	206	299
10.	Dearborn Edsel Ford	9	43	60	93	104	153	164	309
11.	Farmington High	21	45	69	81	102	103	158	318
12.	KENTWOOD EAST KENTWOOD	25	38	50	99	108	135	146	320
13.	PORTAGE NORTHERN	29	34	52	85	120	175	208	320
14.	HOLLY	14	49	61	92	114	142	152	330
15.	MILFORD HIGH	17	57	72	88	105	147	172	339
16.	BIRMINGHAM BROTHER RICE	46	47	79	90	95	115	148	457
17.	WASHINGTON EISENHOWER	42	48	58	106	111	127	193	365
18.	DEARBORN FORDSON	8	22	91	131	132	170	190	384
19.	FLINT KEARSLEY	11	12	97	144	168	179	196	432
20.	HOWELL	55	70	74	117	118	136	199	434
21.	ROCKFORD	27	44	86	138	143	158	205	438
22.	JENISON	51	68	71	112	149	180	189	451
23.	BRIGHTON	76	89	113	124	140	173	176	542
24.	WARREN COUSINO	64	96	121	139	160	162	185	580
25.	WESTLAND JOHN GLENN	78	98	122	129	155	191	204	582
26.	REDFORD UNION	39	77	145	166	174	177	194	601
27.	GROSSE POINTE SOUTH	54	133	134	161	167	192	195	649
28.	HARPER WOODS NOTRE DAME	35	119	184	187	188	198	203	713
29.	WARREN WOODS TOWER	75	130	159	178	182	183	197	724
30.	DETROIT CASS TECH	73	116	200	20	207	209	DNR	797

1.	Laura Watson	* Bloomfield Hills Andover	18:09.4
2.	Mary Peruski	Dearborn Edsel Ford	18:10.3
3.	Elizabeth Lehenbaur	Dearborn Edsel Ford	18:25.8
4.	Kris Salt	Dearborn Edsel Ford	18:26.3
5.	Heather Meyer	Berkley	18:29.9
6.	Brenda Pippel	* Holland	18:55.5
7.	Debbie Nowak	Brighton	19:01.0
8.	Nancy Solterisch	Grosse Pointe South	19:03.9
9.	Sharon Armstrong	* Detroit Kettering	19:06.1
10.	Ava Udvardia	* Lansing Everett	19:08.8
11.	Kathleen McInnis	* Clarkston	19:09.2
12.	Terese Lemanski	Milford High	19:09.3
13.	Leanne Rose	Dearborn Edsel Ford	19:14.0
14.	Adrienne Harpell	Ann Arbor Pioneer	19:15.3
15.	Jill Thauvette	* Troy Athens	19:16.9
16.	Lisa Kopacka	Grosse Pointe North	19:17.4
17.	Jennifer Wilcox	* Lansing Sexton	19:18.4

PLEASE NOTE: If you examine the results as shown above, you will find them to be different from what you might have copied down at the meet, or from the results you might have received from the meet management.

Numbers 23, 132 and 155 were not handed out. Number 190 came up twice (same school). I have re-scored the meet and what you find above is the correct result of the run.

Meet management did not send complete results of all runners with times. I have the Chronomix time tapes and I will include them in this newsletter. Unfortunately if a Class "A" Boys Coach does not belong to MITCA he will be unaware of the above situation. Sorry!!!

* Individual Race Girls Listed are ALL-STATE

IF YOU THINK THE SOLUTION IS SIMPLE -- YOU JUST DON'T UNDERSTAND THE PROBLEM.

"WHAT THE MIND CAN CONCEIVE AND BELIEVE.....IT CAN ACHIEVE."
 Napoleon Hill

CLASS "A" ALL-STATE CROSS COUNTRY RUNNERS

1. Tim Fraleigh	Ann Arbor Pioneer	15:24.1
2. David Homann	* Garden City	15:33.5
3. Bob Thompson	Rochester High	15:35.3
4. Erik Koskinen	Swartz Creek	15:37.9
5. Marty Hegerty	Redford Catholic Central	15:40.0
6. Geoff Goolsby	* Royal Oak Kimball	15:41.6
7. Dan Carey	Milford Lakeland	15:42.2
8. Guy Pace	Ann Arbor Pioneer	15:44.9
9. Steve Shaver	Redford Catholic Central	15:45.2
10. Robert Abraham	Dearborn Fordson	15:50.3
11. Andy Klassa	Dearborn Edsel Ford	15:51.1
12. Scott Colvin	Grand Blanc	15:52.3
13. Greg Turgeon	Flint Kearsley	15:53.4
14. Jeff Wilson	Flint Kearsley	15:54.3
15. Rich Lockhart	Grand Blanc	15:55.5
16. Mark Zavel	Holly	15:57.8
17. Tom Moore	* West Bloomfield	15:58.1
18. Ron Lindstrom	* Clio	15:59.0
19. Tim Weber	* Holland	15:59.6
20. Todd Zielinski	* Alpena	16:00.5
21. Anthony Hamm	* Flint Northern	16:01.7

"ALL-STATE" CROSS COUNTRY RUNNERS - COMPARISON BY THE NUMBER OF RUNNERS AND BY CLASS

		TEAM RACE	INDIVIDUAL	TOTAL	ALL-STATE
"A"	GIRLS	171	88	258	17
	BOYS	209	82	291	21
"B"	GIRLS	154	74	228	17
	BOYS	179	77	256	19
"C"	GIRLS	115	59	174	21
	BOYS	118	59	177	20
"D"	GIRLS	75	39	114	26
	BOYS	54	28	82	19

CENTRAL MICHIGAN UNIVERSITY HIGH SCHOOL RELAYS

Wed., April 3rd Class "A" Indoor Meet Boys Only
 Fri., April 26th Class "B" & "D" Teams Boys & Girls
 Sat., April 27th Class "A" & "C" Teams Boys & Girls

CONTACT: Craig Fuller, Meet Director
 Finch Fieldhouse
 Central Michigan University
 Mt. Pleasant, MI 48859
 1 (517) 774-7315

TIMES FOR THE CLASS "A" TEAM RACE FOR BOYS

053 0:16:40.4	105 0:17:04.2	157 0:17:33.5
054 0:16:41.0	106 0:17:04.6	158 0:17:33.9
055 0:16:41.5	107 0:17:04.9	159 0:17:34.2
056 0:16:41.8	108 0:17:05.2	160 0:17:34.8
057 0:16:42.3	109 0:17:05.6	161 0:17:35.2
058 0:16:42.8	110 0:17:05.8	162 0:17:36.1
059 0:16:43.4	111 0:17:06.5	163 0:17:36.7
060 0:16:44.0	112 0:17:06.8	164 0:17:37.7
061 0:16:44.7	113 0:17:07.2	165 0:17:39.4
062 0:16:45.2	114 0:17:07.5	166 0:17:41.0
063 0:16:45.6	115 0:17:07.9	167 0:17:41.5
064 0:16:46.0	116 0:17:08.3	168 0:17:42.0
065 0:16:46.4	117 0:17:08.8	169 0:17:44.4
066 0:16:46.9	118 0:17:10.1	170 0:17:45.1
067 0:16:48.0	119 0:17:11.1	171 0:17:45.6
068 0:16:48.6	120 0:17:11.8	172 0:17:46.7
069 0:16:49.2	121 0:17:12.2	173 0:17:51.0
070 0:16:49.9	122 0:17:14.2	174 0:17:53.5
071 0:16:50.7	123 0:17:14.7	175 0:17:57.4
072 0:16:51.2	124 0:17:15.1	176 0:17:58.3
073 0:16:51.8	125 0:17:15.5	177 0:17:59.3
074 0:16:52.3	126 0:17:16.1	178 0:18:00.3
075 0:16:52.7	127 0:17:16.7	179 0:18:01.8
076 0:16:53.1	128 0:17:17.2	180 0:18:02.4
077 0:16:53.4	129 0:17:18.0	181 0:18:03.4
078 0:16:53.8	130 0:17:18.6	182 0:18:04.6
079 0:16:54.0	131 0:17:19.7	183 0:18:06.7
080 0:16:54.5	132 0:17:20.1	184 0:18:07.2
081 0:16:54.7	133 0:17:20.5	185 0:18:08.7
082 0:16:55.2	134 0:17:20.9	186 0:18:09.8
083 0:16:55.5	135 0:17:21.9	187 0:18:10.6
084 0:16:55.9	136 0:17:22.5	188 0:18:12.4
085 0:16:56.3	137 0:17:23.2	189 0:18:12.9
086 0:16:56.9	138 0:17:24.3	190 0:18:13.3
087 0:16:57.7	139 0:17:25.0	191 0:18:14.0
088 0:16:58.1	140 0:17:25.6	192 0:18:14.5
089 0:16:58.5	141 0:17:26.1	193 0:18:21.0
090 0:16:58.9	142 0:17:26.5	194 0:18:22.6
091 0:16:59.2	143 0:17:26.8	195 0:18:27.7
092 0:16:59.5	144 0:17:27.2	196 0:18:30.4
093 0:16:59.8	145 0:17:27.5	197 0:18:41.7
094 0:17:00.1	146 0:17:27.9	198 0:18:42.5
095 0:17:00.4	147 0:17:28.3	199 0:18:44.0
096 0:17:00.8	148 0:17:28.6	200 0:18:51.2
097 0:17:01.3	149 0:17:29.0	201 0:18:52.3
098 0:17:01.7	150 0:17:29.5	202 0:18:59.4
099 0:17:02.2	151 0:17:29.8	203 0:19:06.2
100 0:17:02.6	152 0:17:30.1	204 0:19:14.6
101 0:17:03.0	153 0:17:30.5	205 0:19:28.0
102 0:17:03.3	154 0:17:30.8	206 0:20:24.3
103 0:17:03.6	155 0:17:32.2	
104 0:17:03.9	156 0:17:33.2	

THE 31ST ANNUAL EASTERN MICHIGAN UNIVERSITY HURON RELAYS WILL BE HELD ON FRIDAY AND SATURDAY, MARCH 29TH & 30TH. BOYS ONLY. INVITATIONS WILL BE HANDED OUT AT THE 27TH ANNUAL MITCA CLINIC AND BUSINESS MEETING.

MEET MANAGER: Kermit N. Ambrose
 1855 Chester Road
 Royal Oak, MI 48073
 1 (313) 549-6325

HILLSDALE COLLEGE TO HOST THE 1985 NAIA OUTDOOR NATIONAL TRACK AND FIELD CHAMPIONSHIPS

The meet, which will sponsor 44 events for men and women, is scheduled for May 23, 24, and 25. The year 1985 marks the 34th annual men's meet and the 5th annual meet for women. It is anticipated that approximately 1,000 athletes from over 150 NAIA-affiliated colleges and universities nationwide will be competing at Hillsdale.

COACHES YOU ARE AGAIN REMINDED TO KEEP US INFORMED OF ANY CHANGES IN YOUR ADDRESS.

The MITCA Newsletter that was sent out in October was mailed first class. First class mail will be forwarded or returned to us. Your remaining newsletters will be sent out as 4th class mail. There is no way that we will be able to tell if you are receiving the letter or not receiving it.

COACHES - - I solicit your help in getting these newsletters out to you. I'm sure you have bits of information that would be of interest to coaches throughout the State. Anything you might send will be most helpful and appreciated. Thank you.

1985 TRACK AND FIELD STATE CHAMPIONSHIP SITES

CLASS "A" Flint Community Schools
 CLASS "B" Jackson Northwest
 CLASS "C" Clare
 CLASS "D" Pittsford (at Hillsdale College)
 June 2nd, 1985

"THE MAN WHO THINKS HE HAS ARRIVED IS ALREADY SLIPPING" - - William Feather

TIMES FOR THE CLASS "A" TEAM RACE FOR GIRLS

001	-18-10.23	061	-20-25.90	121	-21-35.64
002	-18-25.78	062	-20-26.38	122	-21-34.46
003	-18-26.24	063	-20-26.87	123	-21-35.21
004	-18-29.84	064	-20-27.93	124	-21-36.04
005	-19-00.97	065	-20-28.24	125	-21-37.36
006	-19-03.89	066	-20-29.51	126	-21-37.88
007	-19-09.26	067	-20-30.03	127	-21-38.92
008	-19-13.91	068	-20-30.94	128	-21-40.59
009	-19-15.32	069	-20-31.47	129	-21-41.28
010	-19-17.33	070	-20-32.06	130	-21-42.23
011	-19-25.87	071	-20-32.64	131	-21-44.05
012	-19-31.26	072	-20-33.15	132	-21-47.45
013	-19-31.87	073	-20-33.73	133	-21-49.24
014	-19-32.51	074	-20-34.36	134	-22-02.59
015	-19-33.06	075	-20-35.18	135	-22-03.83
016	-19-34.18	076	-20-36.32	136	-22-05.59
017	-19-37.11	077	-20-36.69	137	-22-07.57
018	-19-43.91	078	-20-37.24	138	-22-08.20
019	-19-46.76	079	-20-38.03	139	-22-08.64
020	-19-47.87	080	-20-43.12	140	-22-09.96
021	-19-48.67	081	-20-43.69	141	-22-11.41
022	-19-49.34	082	-20-44.45	142	-22-14.21
023	-19-49.62	083	-20-45.81	143	-22-15.96
024	-19-49.93	084	-20-46.45	144	-22-16.47
025	-19-53.91	085	-20-46.90	145	-22-16.99
026	-19-54.58	086	-20-47.49	146	-22-18.94
027	-19-54.99	087	-20-48.40	147	-22-20.68
028	-19-56.62	088	-20-49.82	148	-22-20.90
029	-19-59.06	089	-20-50.97	149	-22-22.03
030	-19-59.48	090	-20-52.76	150	-22-23.23
031	-20-00.42	091	-20-54.34	151	-22-32.96
032	-20-02.00	092	-20-55.29	152	-22-33.57
033	-20-02.52	093	-20-55.98	153	-22-38.51
034	-20-03.76	094	-20-59.73	154	-22-39.27
035	-20-04.37	095	-21-00.73	155	-22-40.42
036	-20-04.81	096	-21-01.45	156	-22-40.74
037	-20-05.28	097	-21-02.02	157	-22-45.56
038	-20-05.97	098	-21-04.14	158	-22-53.17
039	-20-06.75	099	-21-04.48	159	-22-57.01
040	-20-07.61	100	-21-07.16	160	-23-00.35
041	-20-08.07	101	-21-07.59	161	-23-05.45
042	-20-08.43	102	-21-07.98	162	-23-07.35
043	-20-08.73	103	-21-08.47	163	-23-10.41
044	-20-10.18	104	-21-08.78	164	-23-16.98
045	-20-13.08	105	-21-09.13	165	-23-25.27
046	-20-16.19	106	-21-09.58	166	-23-26.46
047	-20-17.08	107	-21-09.93	167	-23-31.32
048	-20-18.31	108	-21-10.55	168	-23-33.05
049	-20-19.56	109	-21-10.88	169	-23-44.02
050	-20-20.51	110	-21-11.39	170	-23-58.09
051	-20-20.98	111	-21-12.49	171	-24-24.33
052	-20-21.33	112	-21-13.45	172	-24-49.50
053	-20-21.74	113	-21-16.30	173	-25-02.15
054	-20-22.02	114	-21-23.32		
055	-20-22.34	115	-21-24.13		
056	-20-22.63	116	-21-29.08		
057	-20-22.92	117	-21-29.99		
058	-20-23.25	118	-21-30.81		
059	-20-24.12	119	-21-31.56		
060	-20-24.41	120	-21-32.69		

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION

CROSS COUNTRY COMMITTEE TUES., NOV. 27, 1984

Jim Cleverly	-----Coach	-----New Baltimore Anchor Bay
Helen Crane	-----Coach	-----Kingston
Martin Crane	-----Coach	-----Flint Beecher
Steve Girard	-----Coach	-----Riverview Gabriel Richard
Wickey Hamilton	-----Athletic Director	-----Flint Kearsley
Tom Horn	-----Coach	-----Vicksburg
Chane Jones	-----Ath. Dir.	-----Mason County Eastern
Ron Nemeth	-----Athletic Director	-----Chelsea
Roland Pakonen	-----Athletic Director	-----Cass City

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION

TRACK & FIELD COMMITTEE TUES., JAN. 22, 1985

Carl Boller	-----Coach (Mgr.)	-----Wyandotte Roosevelt
Martin Crane	-----Coach	-----Flint Beecher
Gerri David	-----Coach	-----Gaylord St. Mary Cathedral
Sue Gaudet	-----Coach	-----Dundee
Jim Hirn	-----Coach	-----Escanaba
Norm Krauszak	-----Coach	-----Oak Park
James Murray	-----Coach	-----Niles Brandywine
Phil Reed	-----Athletic Director (Mgr.)	-----Kalkaska
Dale Sage	-----Athletic Director/Coach	-----Reese
Dale Scheerhorn	-----A. D. (Mgr.)	-----Wyoming Goodwin Hgts.
Robert Sedam	-----Asst. Coach (Mgr.)	-----Mendon
Kathy Talus	-----Coach	-----Lowell
Eddie Watson	-----Coach	-----Benton Harbor
Sharon Young	-----Coach	-----Walled Lake Western

Last summer was exciting, starting with the Midwest Meet of Champions at Fort Wayne....Michigan placed 2nd behind Ohio.

The trip to L.A. from Fort Wayne was easy and relaxed, since Tony Magni did all of the driving. The Olympic Trials were all that I expected. I was on the "Track and Field Tour." They had accomadations at the Sheraton Townhouse on Wilshire Blvd. for me. They bussed us to the Coliseum each morning and back to the hotel each evening. Track and Field News served a buffet luncheon each noon at their hospitality center. After the meet, I spent a week visiting in the Los Angeles area.

Then it was a drive to Scottsdale, Arizona to pick up Tony, my chauffeur, and on to Iowa and Nebraska, for a week and a half. Tony flew back to Detroit from Omaha.

The Wolverine Cross Country Camp was probably the most successful that I have ever had. Runners from the camp picked up five firsts and one second, as a start in the State Championships, followed by many other excellent performances. Thirty runners from camp qualified from the Regionals to the State Meet.

I was a spectator at four triangular meets, an official at four triangular meets and five dual meets. Officiated at six large invitational meets plus a regional meet and the state meet.

Was a spectator at the Notre Dame Invitational and the District 4 NCAA Championships at the Uni. of Illinois. Watched Jeff Drenth run at the Hamilton Lakes 12 K at Itasca (Northwest of Chicago). Two thousand runners with Rod Dixon the winner. Jeff ran 5th. Also watched him run at the Princess City 10 K at South Bend, Indiana. Jeff won over approximately 1000 runners. I had the fun of riding in a closed double decker bus, leading the runners over the course.

It has been a very busy fall. Using my equipment, I set up 4 chutes at Marshbank Park and four at Kimball High School. Seven trips to the Dama Farms Golf Course to set up the course for the State Class "A" Championships, and three trips to Lansing for MITCA Executive Board Meetings.