

12th Meeting - Dec 17, 84

ALMA - \$15.00 ??

MITCA INDOOR TRACK SCHEDULE - BOYS

1985

Thurs.	Jan.	17	University of Michigan - Boys Only	6:30 p.m.
Fri.		18	Aquinas College	7:30 p.m.
Wed.		23	Eastern Michigan University	5:00 p.m.
Sat.		26	Spring Arbor College	8:30 a.m.
Thurs.		31	Michigan State University	6:30 p.m.
Sat.	Feb.	2	Spring Arbor College	8:30 a.m.
Sat.	Feb.	9	Western Michigan University	12:00 noon
Wed.		13	Eastern Michigan University	5:00 p.m.
Thurs.		14	Spring Arbor College	6:15 p.m.
Fri.		15	Aquinas College	7:30 p.m.
Wed.		20	University of Michigan - Boys Only	6:30 p.m.
Fri.	March	1	Western Michigan University	6:30 p.m.
Tues.		5	Michigan State University	6:30 p.m.
Fri.		8	Aquinas College	7:30 p.m.
Thurs.		14	University of Michigan - Boys Only State Indoor Championship	7:00 p.m.

NO SPIKES ARE TO BE WORN AT ANY OF THESE MEETS EXCEPT THE CHAMPIONSHIP MEET

THESE ARE THE ONLY MEETS IN WHICH PERFORMANCES WILL BE ACCEPTED FOR THE INDOOR CHAMPIONSHIP MEET

MEET DIRECTORS: Eastern Michigan University - Bob Parks - EMU
 University of Michigan - Chuck Janke - Jackson High School
 Michigan State University - Chuck Janke - Jackson High School
 Western Michigan University - Don Lukens - Loy Norrix High School
~~Aquinas College - Ernie Mousseau - Aquinas College~~
 Spring Arbor College - Chuck Janke - Jackson High School
 CMU - PARIS MUNCH - CMU

 FERRIS - DAVE WOOD - FERRIS

COACHES - PLEASE PLAN ON HELPING TO RUN THESE MEETS

MICHIGAN STATE UNIVERSITY - Registration 5:00 p.m. - EVERYONE - athletes, coaches, and spectators must pay \$1.00

(2)

WED FEB 26
~~Thurs. Jan 31~~

Tues. March 4

6:30 - Field Events
 6:30 - 60 Highs pre lms
 60 Lows pre lms (girls)
 60 Highs semis
 60 Lows semis
~~300 Dash pre lms~~
 600 Run
 60 Highs final
 60 Lows final
 Two Mile Relay
 Two Mile Run
~~300 Dash final~~
 Mile Relay

6:30 - Field Events
 6:30 - 60 Highs pre lms
 60 Lows pre lms (girls)
 60 Highs semis
 60 Lows semis
~~300 pre lms~~ 600 Run
~~60 Dash pre lms~~
 Mile Run
~~60 Dash semis~~
 60 Highs final
 60 Lows final
 Two Mile Relay
~~300 final~~ ~~60 Dash final~~
 Mile Relay

BOYS AND GIRLS

NO SPIKES

NO DRESSING FACILITIES

150 PL DASH
 60 DASH SEMI
 60 FINAL

³⁰⁰
NO ~~60~~ DASH OR MILE RUN

⁶⁰
NO ~~300~~ DASH OR TWO MILE RUN

Boys events will precede girls events

Field Events: High Jump - girls first Long Jump - together (time limit for pre lms)
 Shot Put - boys first

(3) CENTRAL MICHIGAN - FERRIS

WESTERN MICHIGAN UNIVERSITY - Registration 6:00 p.m. and ~~11:30 a.m.~~

EVERYONE - athletes, coaches and spectators must pay \$1.00

ORDER OF EVENTS:

BOYS AND GIRLS

NO SPIKES

NO DRESSING FACILITIES

Field Events
 60 Highs pre lms
 60 Lows pre lms - GIRLS
 60 Highs semis
 60 Lows semis - GIRLS
 300 Dash pre lms
 60 Dash pre lms
 600 Run
 Mile Run
 60 Dash semis
 60 Highs final
 60 Lows final
 Two Mile Relay
 Two Mile Run
 300 Dash final
 60 Dash final
 Mile Relay

Boys events will precede girls events

FIELD EVENTS: High Jump - girls first Long Jump - together (time limit for pre lms)
 Shot Put - boys first

AQUINAS COLLEGE - Registration 6:45 p.m. - EVERYONE - athletes, coaches, and spectators must pay \$1.00

Omit

Order of events will be the same as Western Michigan University

BOYS AND GIRLS - NO SPIKES - NO DRESSING FACILITIES

COACHES - PLEASE PLAN TO HELP RUN THESE MEETS

INFORMATION PERTAINING TO MEETS

EASTERN MICHIGAN UNIVERSITY - All information pertaining to these meets will be sent by Bob Parks - Track Coach - Eastern Michigan University

TRaverse CITY HIGH SCHOOL - Field events - Sprints - Hurdles - If interested contact John Lober - Traverse City Track Coach - 616 941 0813 (home)

omit

SPRING ARBOR COLLEGE - EVERYONE, athletes, coaches, and spectators must pay \$1.00

Sat. Meets - Registration ~~8:30~~ ^{8:00 A.M.} a.m.

Thurs. Meet - Registration 6:00 p.m.

8:45 - Field Events
9:00 - 50 Highs - pre lims
9:20 - 50 Highs - final
300 pre lims
Mile Run
880
300 Final
Two Mile Run
600

6:45 - Field Events
7:00 - 50 Highs - pre lims
7:20 - 50 Highs - final
300 pre lims
Mile Run
880
300 Final
Two Mile Run
600

NO SPIKES - NO DRESSING FACILITIES - GIRLS WELCOME

UNIVERSITY OF MICHIGAN - Registration 5:00 p.m. - EVERYONE - athletes, coaches, and spectators must pay \$1.00

①

BOYS ONLY

NO SPIKES

NO DRESSING FACILITIES

6:30 - Field Events
6:30 - 60 Highs pre lims
and semis
300 pre lims
60 Dash pre lims
600 Run
Mile Run
60 Dash semis

60 Highs final
Two Mile Relay
Two Mile Run
300 final
60 Dash final
Mile Relay

COACHES - PLEASE PLAN TO HELP RUN OFF THESE MEETS

MICHIGAN STATE UNIVERSITY - Registration 5:00 p.m. - EVERYONE - athletes, coaches, and spectators must pay \$1.00

Thurs. Jan 31

Tues. March 5

6:30 - Field Events
6:30 - 60 Highs pre lms
60 Lows pre lms (girls)
60 Highs semis
60 Lows semis
300 Dash pre lms
600 Run
60 Highs final
60 Lows final
Two Mile Relay
Two Mile Run
300 Dash final
Mile Relay

6:30 - Field Events
6:30 - 60 Highs pre lms
60 Lows pre lms (girls)
60 Highs semis
60 Lows semis
600 Run
60 Dash pre lms
Mile Run
60 Dash semis
60 Highs final
60 Lows final
Two Mile Relay
60 Dash final
Mile Relay

BOYS AND GIRLS

NO SPIKES

NO DRESSING FACILITIES

NO 60 DASH OR MILE RUN

NO 300 DASH OR TWO MILE RUN

Boys events will precede girls events

Field Events: High Jump - girls first
Shot Put - boys first
Long Jump - together (time limit for pre lms)

WESTERN MICHIGAN UNIVERSITY - Registration 6:00 p.m. and 11:30 a.m.

EVERYONE - athletes, coaches and spectators must pay \$1.00

ORDER OF EVENTS:

Field Events
60 Highs pre lms
60 Lows pre lms
60 Highs semis
60 Lows semis
300 Dash pre lms
60 Dash pre lms
600 Run
Mile Relay
60 Dash semis
60 Highs final
60 Lows final
Two Mile Relay
Two Mile Run
300 Dash final
60 Dash final
Mile Relay

BOYS AND GIRLS

NO SPIKES

NO DRESSING FACILITIES

Boys events will precede girls events

FIELD EVENTS: High Jump - girls first
Shot Put - boys first
Long Jump - together (time limit for pre lms)

AQUINAS COLLEGE - Registration 6:45 p.m. - EVERYONE - athletes, coaches, and spectators must pay \$1.00

Order of events will be the same as Western Michigan University

BOYS AND GIRLS - NO SPIKES - NO DRESSING FACILITIES

COACHES - PLEASE PLAN TO HELP RUN THESE MEETS

December 12, 1984

To: Area Track Coaches

From: Ernie Mousseau
Aquinas College Men's Track Coach

Re: Track Night at Aquinas College

Coach, we had our planning meeting on November 30, 1984. Those present decided that the following format would best service everyone.

<u>Dates</u>	<u>Time</u>	<u>Cost</u>
January 18, 1985	7:00 P.M.	\$1.00/person
February 15, 1985	7:00 P.M.	\$1.00/Person
March 8, 1985	7:00 P.M.	\$1.00/person

ORDER OF EVENTS

FIELD EVENTS - 7:30

High Jump - Starting height to be determined
Shot Put - 4 puts-cafeteria style - finish at 8:30 PM
Long Jump - 4 jumps-cafeteria style - 8:30 PM - Finish at 9:30 PM
Pole Vault - Start at 7:30 at 8'6" finish at 8:30
7:45 at 9'6"
8:00 at 10'6"
8:00 at 11'(+)"

PRELIMINARY EVENTS-7:30

50 yard Dash preliminaries
50 Yard High Hurdle preliminaries
50 Yard dash Semis
50 Yard dash High Hurdle semis

FINALS* - 8:30 P.M. on a rolling schedule

Mile Run	50 Yard High Hurdles
2 Mile Run <i>Relay</i>	300 Yard Dash
50 Yard Dash	2 Mile Run
600 Yard Dash	Mile Relay

Note:

We will flip-flop the mile and 2 mile each meet.

This meet is MITCA sanctioned. Marks accomplished at these meets can be used as qualifying marks for the MITCA State Indoor Championship. This meet is intended to service returning high school track athletes. It is recommended that you do not inform or encourage beginning track people to attend these track nights.

REMINDER

I am short on MAN POWER. Please come prepared to assist in officiating. Anyone you know who would assist in the officiating is certainly welcome!

Plan on seeing you on February 15, 1985. This will be my last letter to you on the Track Nights at Aquinas. Please keep it for further reference.

Note:
We will start the Pole Vault at 6:30 PM on February 15, 1985