

<b>3200 Meter Run</b>		9:23.53	9:25.64	9:27.63	9:32.05
			9:32.69	9:34.76	
1st	Erik Koskinen	Swartz Creek			
4th	Marty Hagerty	Redford Catholic Central			
5th	Geoff Goolsby	Royal Oak Kimball			
<b>3 Meter Hurdles</b>		36.76	37.02	37.28	37.33 37.48
				37.98	
3rd	Lannie Jackson	Ann Arbor Huron			
---	Fred Dalton	Ecorse			
<b>1600 Meter Relay</b>		3:10.43	3:12.11	3:13.64	
---	Claude Tiller	Detroit Cooley			
	Michael Moore	Detroit Henry Ford			
	Rod Whittington	Lansing Everett			
	Al Washington	Detroit Cass Tech			
<b>3200 Meter Relay</b>		7:47.36	7:55.98	7:59.38	
1st	Kirk Deitsch	Midland Dow			
	Dave Ziolkowski	Jackson Lumen Christi			
	Robert Abraham	Dearborn Fordson			
	Mark Rogers	River Rouge			

**CROSS COUNTRY COURSES**

Your newsletter writer has been in attendance at a State Cross Country Championship Run, every year, since 1953. I've attended college runs at the Uni. of Indiana (4), Lehigh Uni, Uni of Ill. (2), Notre Dame, Uni. of Minn., Denton Texas, Uni. of Mich., Michigan State, Central Mich. Western Mich and Eastern Mich. Uni. Also a National AAU Meet at Houston and a National TAC at Boston. I firmly believe that I have a good knowledge of how a cross country course should be set up.

Contrary to the opinions of some people, I think the course at the Dama Farms Golf Course for the State Class "A" meet in 1984 was as good a course as we have had anywhere for a state meet. I made seven trips to Dama Farms from Royal (a distance of 50 miles) to set up the course. Bob Bloomer traveled hundreds of miles also to work on the course, plus trips to Brighton to confer with the athletic dept. of that school which was hosting the State Championship Meet.

Complaint---The course was too flat. The State was lucky to have the Dama Farms Golf Course. It was the only one available to Brighton. The chances are that the complainers never went over the course. What were we supposed to do? Bring in bull-dozers and build hills and valleys.

Complaint---The runners were too far away from the spectators when they were at the south end of the course. Thank heavens the runners had the chance to get away from the crowd for part of the run. You have had the same situation at Sturgis, Grand Blanc, Flint, holly, Oxford to name a few.

Complaint---The chute was too small. Complaint---We didn't follow the prescribed formula for setting up a chute. One foot for each runner in the race. How many of you have heard of any formula such as this. We had 209 runners in the boys "A" race. What did they want?? One chute 209 feet long or 209 chutes each 1 foot long. I'm confused.

The chute at the State Meet was 75 feet from the finish line to the mouth of the chute. We had a triple chute 140 feet long which is a total space of 420 feet, room enough to put all of the runners in the chute if no-one left it.

The Michigan High School Athletic Asso. in their publications have indicated that instructions will be given for chute workers. My question is -- who is going to prepare these instructions. I believe every cross country race is very different from all of the others, and that it is not possible to set up a prescribed pattern to follow. The problem arises when runners stop and walk as soon as they cross the finish line. Also many of the chute workers are there for the first time and have never worked a meet before.

Chutes do some work on getting your runners to continue running through the chute. If a runner is on the verge of collapse, move him out of the chute and have people available to take the runners place, going through the chute to pick up his finish card for him.

Potentially, the State Class "A" meet could have 36 teams in the race, in 1985.

**GIRLS - MIDWEST MEET OF CHAMPIONS**

1980	Michigan-89	Illinois-74	Ohio-----8	
1981	Michigan-77	Ohio-----38	Indiana--34	Illinois-24
1982	Michigan-77	Indiana--54	Ohio-----24	Illinois-18
1983	Michigan-57	Illinois-47	Ohio-----36	Indiana--33
1984	Ohio-----70	Michigan-68	Illinois-59	Indiana--56
1985	Indiana--95	Illinois-69	Ohio-----63	Michigan-57

None of the Meet Records are held by Michigan Girls

<b>100 Meter Dash</b>	12.15	12.37	12.52	12.74	12.82	12.94
4th	Shonda Canty	Detroit Martin Luth. King				
---	Marita Rimpson	Benton Harbor				
<b>100 Meter Hurdles</b>	13.59	14.24	14.46	14.64	14.72	14.78
2nd	Polly Johnson	Flint Northern				
---	Betty Stewart	Kalamazoo Loy Norrix				
<b>400 Meter Dash</b>	55.40	57.47	57.85	58.13	58.93	59.31
5th	Victoria Shields	Ann Arbor Pioneer				
6th	Sharon Tree	Lansing Everett				
<b>800 Meter Run</b>	2:10.26	2:12.48	2:15.17	2:15.23		
---			2:15.43	2:16.24		
---	Kelly Cracchiola	New Baltimore Anchor Bay				
	Christi Pappenhagen	Grasse Ile				
	Rene Faulstich	East Kentwood				
<b>1600 Meter Run</b>	4:58.12	4:59.23	5:01.08	5:01.24		
			5:03.46	5:03.88		
1st	Valari Ambrose	Riverview Gabriel Richard				
3rd	Mary Peruski	Dearborn Edsel Ford				
4th	Julie Watson	Hemlock High				
<b>400 Meter Relay</b>	47.02	47.43	47.97			
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<b>1600 Meter Relay</b>	3:51.17	3:51.20	3:52.03			
3rd	Nancy Wheeler	Detroit Cass Tech				
	Angie Delany	Milan				
	Cindy Panowicz	Northville				
	Victoria Shields	Ann Arbor Pioneer				
<b>Shot Put</b>	42' 11"	42' 9"	41' 6 3/4"	40' 7"	40' 5"	
			40' 4"			
1st	Jeannie Stuppie	Clare				
3rd	Yvonne Laderach	Erie Mason				
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<b>Discus</b>	138' 3"	134' 4"	133' 3"	130' 11"		
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Now how about this? Benjamin Franklin was a newspaper columnist at 16, and a framer of the United States Constitution when he was 81.

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