

MITCA
 INDOOR TRACK SCHEDULE
 1988

Tues.	January	19	Eastern Michigan University	Cc-ed	5:00 p.m.
Sat.		23	Spring Arbor College	Co-ed	8:30 a.m.
Fri.		29	University of Michigan	Boys Only	6:30 p.m.
Sat.		30	Central Michigan University	Cc-ed	6:00 p.m. 11:00 A.M.
Sat.		30	Spring Arbor College	Cc-ed	8:30 a.m.
THUR. FEB		4	WESTERN MICHIGAN UNIV.	CO-ED	6:00 p.m.
Fri.	February	12	University of Michigan	Boys Only	6:30 p.m.
Fri.		12	Central Michigan University	Co-ed	6:00 p.m.
Tues.		16	Spring Arbor College	Co-ed	6:30 p.m.
Wed.		24	Eastern Michigan University	Co-ed	5:00 p.m.
Tues.	March	1	Central Michigan University	Co-ed	6:00 p.m.
Thur.		17	University of Michigan Indoor Championships	Boys Only	7:00 p.m.

THESE ARE THE ONLY QUALIFYING MEETS FOR THE INDOOR CHAMPIONSHIP MEET

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

ALL RELAY TEAMS ARE TO WEAR THE SAME COLOR AND STYLE OF SHIRT

MEET DIRECTORS: Eastern Michigan University - Bob Parks - EMU
 Central Michigan University - Jim Knapp - CMU
 University of Michigan - Chuck Janke - Jackson High School
 Spring Arbor College - Chuck Janke - Jackson High School
WESTERN MICH. - DON LUKENS - LOY NORRIS HIGH SCHOOL

COACHES - WE NEED YOUR HELP TO RUN OFF THESE MEETS - PLEASE VOLUNTEER YOUR SERVICES !!!

INFORMATION PERTAINING TO MEETS

UNIVERSITY OF MICHIGAN - Registration begins 5:30 p.m. - \$1.00 per event - \$2.00 per relay

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|------------------------------------|------------------|
| 6:30 - Field Events | 60 Dash - semis |
| 6:30 - 60 Highs - pre lims & semis | 60 Highs - final |
| 300 Dash | Two Mile Relay |
| 60 Dash - pre lims | Two Mile Run |
| 600 yd. Run | 60 Dash - final |
| Mile Run | Mile Relay |

BOYS ONLY NO SPIKES NO DRESSING FACILITIES

EASTERN MICHIGAN UNIVERSITY - Registration begins 4:30 - \$2.00 per athlete

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|---|-------------------------|
| 5:00 - Pole Vault - Girls field events - boys to follow | |
| 5:00 - 50m Highs - pre lims & semis | |
| 300 Yard Dash | |
| 55m Dash - pre lims & semis | |
| 55m Dash - pre lims & semis(girls) | |
| 1600m Run(girls) | 3200m Relay |
| 55m Highs - final | 600 Yard Run |
| 3200m Run | 1600m Run |
| 55m Dash - final | 1600m Relay(girlsfirst) |
| 55m Dash - final(girls) | 800m Relay(girls first) |

NO SPIKES NO DRESSING FACILITIES

CENTRAL MICHIGAN UNIVERSITY - Registration begins 5:00 - EVERYONE - athletes, coaches, spectators must pay \$1.00

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|---|--|
| 6:00 - Field Events - High Jump(girls) - Shot Put(boys) | |
| Long Jump(together) <u>or</u> Pole Vault | |
| 6:00 - 60 Highs - pre lims & semis | |
| 300 Dash | Two Mile Relay |
| 60 Dash - pre lims | Two Mile Run |
| 600 Run | 60 Dash - final |
| Mile Run | Mile Relay |
| 60 Dash - semis | <u>PLEASE NOTE</u> - Sat. Jan. 30 - NO LONG JUMP |
| 60 Highs - final | Fri. Feb. 12 - NO POLE VAULT |
| | Tue. Mar. 1 - NO LONG JUMP |

NO SPIKES NO DRESSING FACILITIES

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

Sat. Meets - Registration begins 7:45 a.m. Tues. Meet - Registration begins 5:30p.m.

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|--|-------------------------------------|
| 8:30 - Field Events | 6:30 - Field Events |
| 8:45 - 50 Highs - pre lim - semi - final | 6:45 - 50 Highs(same as Sat. meets) |
| 9:30 - 300 Dash | 300 Dash |
| Mile Run | Mile Run |
| 880 Run | 880 Run |
| Two Mile Run | Two Mile Run |
| 600 Run | 600 Run |

NO SPIKES NO DRESSING FACILITIES

WESTERN MICHIGAN UNIVERSITY - SAME FORMAT AS CMU EXCEPT THERE WILL BE ALL FIELD EVENTS

TO: MITCA REGISTERED BOYS CLUBS
RE: MITCA STATE INDOOR CHAMPIONSHIP MEET

CHECK TIME
SCHEDULE

DATE: THURSDAY, MARCH 17, 1988 - UNIVERSITY OF MICHIGAN

TENTATIVE TIME SCHEDULE:

6:45	Field Events	8:25	60 Yard Dash - final
7:00	60 Yard High Hurdles - pre-lims-semi	8:30	AWARDS
7:20	60 Yard Dash - pre-lims	8:35	Two Mile Relay
7:30	600 Yard Dash (2 heats)	8:50	Two Mile Run
7:40	60 Yard Dash-semi	9:00	AWARDS
7:50	Mile Run (2 heats)	9:10	Mile Relay (2 heats)
8:05	300 Yard Dash (2-3 heats)	9:20	AWARDS
8:15	AWARDS		
8:20	60 Yard High Hurdles - final		

BASIC CRITERIA FOR QUALIFICATION:

60 Yard Dash - 60 Yard High Hurdles - 18 (minimum) fastest times run in semi final or final heats at the qualification meets

300 Yard Dash - 18 fastest times from the qualification meets

600 Yard Dash - 12 fastest times from the qualification meets

Mile and Two Mile Runs - Mile 15 to 20 fastest times from the qualification meets - 2 heats Two Mile - 10 to 12 fastest times from the qualification meets - 1 heat

Two Mile Relay - 8 to 10 fastest times from the qualification meets

Mile Relay - 12 fastest times from the qualification meets

Field Events - 8 to 12 best performances from the qualification meets

ALL RELAY TEAMS MUST WEAR IDENTICAL SHIRTS

DISTANCE RUNNERS MAY RUN ONLY THE MILE OR THE TWO MILE - NOT BOTH
SPRINTERS MAY RUN ONLY ONE - 60 Dash, 300 Dash, or the 600 Dash

ATHLETES MAY WEAR PIN SPIKES FOR THE CHAMPIONSHIP MEET

SELECTION COMMITTEE:

Pole Vault	Don Marsh	Flint Kearsley
High Jump	Bill Wehrwein	Chelsea
Long Jump	Martin Crane	Flint Beecher
Shot Put	Duane Raffin	Holly
60 - 300	Dave Gordon	River Rouge
600	Duane Raffin	Holly
60 Highs	Norb Badar	Flint Northern
Mile - Two Mile Runs	Chuck Janke	Jackson
Mile - Two Mile Relays	Chuck Janke	Jackson

COACHES - PLEASE CONTACT THE SELECTION COMMITTEE IF YOU THINK YOU HAVE AN ATHLETE WHO MAY HAVE QUALIFIED

ADMISSION: Competing Athletes - no charge
ALL OTHERS - \$2.00

UNIVERSITY OF MICHIGAN

WED. MARCH 16

11:00.0	2 MILE RELAY
4:26.0	MILE RELAY
1:56.0	800 RELAY
14.8	LONG JUMP
4.8	HIGH JUMP
32.0	SHOT PUT
12:30.0	2 MILE RUN
5:50.0	MILE RUN
1:40.0	600 DASH
40.5	300 DASH
9.5	60 HURDLES
7.6	60 DASH -

STATE CHAMPIONSHIPS

GIRLS INDOOR

QUALIFYING STANDARDS