

MICHIGAN INTERSCHOLASTIC
TRACK COACHES ASSOCIATION
NEWSLETTER

PRESIDENT

Duane Raffin
Holly High School

FIRST VICE-PRESIDENT

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Univ. of Det. Jesuit High

NO. 1 APRIL 1988

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Retired

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Okemos High School

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TREASURE

Rich Tompkins
Fremont High School

KALAMAZOO - SITE OF THE THIRTIETH ANNUAL MITCA TRACK CLINIC

Bernie Abrams, Covert High School and outgoing President of MITCA, was in charge of all the arrangements for this annual gathering of most of the top track and field coaches in the State of Michigan. A tremendous amount of work had to be put into the preliminary planning in order that such a successful activity could materialize. Bernie is to be complimented for all of his efforts and hard work and we thank him for the very fine clinic he presented.

Friday and Saturday, January 8th and 9th, 1988 were the dates for the clinic. On Friday, all of the action was at the Read Fieldhouse, Western Michigan University, during the morning and afternoon sessions. The Kalamazoo Hilton was the site for the Friday evening activities and also on Sat.

The morning and afternoon sessions on Friday were learn by doing. The clinicians obtained by clinic director Bernie Abrams were very excellent. Those coaches who failed to attend the clinic, missed out on some excellent presentations.

Two sessions were held in the morning and three sessions in the afternoon. Lunch was served at noon.

Rob Johnson - Wabash College. Coach of Olympic Sprinters.
Three sessions on "Sprints and Relays".

George Prosperi - Detroit Country Day.
Two sessions on "The Hurdles."

Judi Brown King - Athletics West.
East Lansing High School - Michigan State Uni.

World Class Four Hundred Meter Hurdler
Two sessions on "The Hurdles".

Judi Brown King and George Prosperi co-lectured on one session.

Dan Mulloy - Akron Fairgrove

Three sessions on "The Shot Put".

Two Sessions on "The Discus".

Joe Rogers - Ball State University

Three Sessions on "The High Jump".

Ben Thomas - Jackson High School

Four sessions on "The Long Jump".

Marty Crane - Flint Beecher High School

Three Sessions on "The Middle Distances".

4:30 Exhibits and back to the Hilton. Dinner on their own.

7:00 Rules Meeting - Bill Bupp - MHSAA

9:00 and on and on and on Hospitality.

Saturday, March 9th

7:30 "Prediction Fun Run"

8:00--9:00 Registration and Exhibits

9:00-10:00 Panel with Clinic Speakers

10:00-11:00 Business Meeting - Duane Raffin (Holly)

Greg Glover (Webberville)

11:30 Coach of the Year Banquet

ATOM - ASSOCIATION OF TRACK OFFICIALS OF MICHIGAN

A Clinic and Organizational Meeting was held in the afternoon. After an hour business meeting, the following were the program. Bill Bupp, Ass't. Director, MHSAA. Debbie Hunt, Womens Track and Cross Country Coach of Western Mich. Uni. Tom Coyne, V.P. of Student Services, WMU. Dale Kutchy, Athletic Director, Waterford Schools. Tom Kearney, Birmingham Schools.

President of ATOM - Blake Hageman - Kalamazoo

Treasure of ATOM - Ait Jevert - Kalamazoo

1987 MITCA TRACK AND FIELD COACHES OF THE YEAR

CLASS	GIRLS	BOYS
"A"	Brian Westfield Ann Arbor Pioneer	Don Lukens Kalamazoo Loy Norrix
"B"	Tyrone Armstrong Flint Beecher	Marty Crane Flint Beecher
"C"	George Prosperi Detroit Country Day	Ned Rambo Unionville Sebawaing
"D"	Gordon Aldrich Akron Fairgrove	Art Bombrys Mendon

MITCA NOMINEES FOR TRACK AND FIELD COACH OF THE YEAR---1987

CLASS	GIRLS	BOYS
"A"	Carroll Bennick Grand Haven Bobby Glenn Detroit Cass Tech	Kent Overby Ann Arbor Huron Paul Pozega Lansing Sexton
"B"	Ken Bokhoven G. R. Christian Robert Washington River Rouge	Bob Bridges Dearborn High David Gordon River Rouge
"C"	Dave Dumonte Hart High Tom Pentkowski Tawas Area	Ed Pruett Ecorse Mike Unger Det. Lutheran West
"D"	Randall Brinks Litchfield Walter Schlau Athens High	Kent Baker Det. East Catholic Neil Hufnagel Fowler

MITCA PREDICTION FUN RUN 7:30 A.M. SATURDAY

			RACE TIME	PREDICT TIME	
1.	Ron Clone Elk Rapids	14th	33:23.2	33:33.0	:09.8
2.	Randy Peters Reeths Puffer	17th	34:14.4	34:00.0	:14.4
3.	Gary Servais Farmington Hills Mercy	2nd	27:46.9	27:30.0	:16.9
4.	John Thomas Sparta High	23rd	36:26.1	36:00.0	:26.1
4.	Mike Dennisuk Woodhaven High	7th	30:56.1	30:30.0	:26.1
6.	Tom Micalef Ypsilanti	18th	34:49.6	34:20.0	:29.6
7.	Bob Fulcher Hazel Park High	11th	31:24.2	32:00.0	:35.8
8.	Kim Spalsbury Fowler	5th	29:29.3	28:30.0	49.3
9.	Robert Lurie Lansing Waverly	9th	31:05.7	30:00.0	1:05.7
10.	Don Dickmann Petoskey	6th	30:37.3	29:48.0	1:10.7
11.	Doug Frank Bridgeport	13th	32:30.6	31:17.0	1:13.6
12.	Dan Millhisler Muskegon Reeths Puffer	20th	35:02.8	34:30.0	1:32.8
13.	Bruce VanDerKulen Hudsonville	15th	33:24.2	31:50.0	1:34.2
14.	Steve Bauslaugh Plymouth Christian	10th	31:09.2	29:30.0	1:39.2

MITCA PREDICTION FUN RUN (Continued)

15. Irene Seanowitz	21st	35:15.0	32:50.0	2:25.0
Bridgeport				
16. Paul Nilsson	1st	26:27.3	24:00.0	2:27.3
Williamston				
17. Rudy Grodekrodt	26th	38:44.8	36:00.0	2:44.8
Breckenridge				
18. Paul Fulmer	19th	34:56.2	32:00.0	2:56.2
Hastings				
19. Barb Kohn	25th	38:27.8	35:30	2:58.2
Carleton Airport				
20. Fred Jaeger	8th	31:02.1	28:00.0	3:02.1
Morley Stanwood				
21. Michael Taylor	3rd	27:54.0	24:50.0	3:04.0
Clarkston				
22. Alex Velasquez	12th	32:11.7	28:45.0	3:16.7
Bay City Handy				
23. Tom Gass	16th	33:30.8	30:00.0	3:30.8
Vandercook Lake				
24. Steve Dollaway	4th	29:10.3	26:42.0	3:31.7
Livonia Franklin				
25. Dick Cronk	27th	43:55.3	40:00.0	3:55.3
Marshall				
26. Mike Woolsey	22nd	35:15.3	31:16.0	3:59.7
Jackson Lumen Christi				
27. Pat Richardson	24th	36:48.7	32:05.0	4:43.7
Grass Lake				

SITES FOR STATE TRACK AND FIELD CHAMPIONSHIPS

CLASS "A"	Eastern Michigan University
	Jack Arnold - Manager
CLASS "B"	Sturgis High School
	Jack Grant - Manager
CLASS "C"	Alma College
	Phil Brooks - Manager
CLASS "D"	Traverse City
	Roger Wood - Manager

LOWER PENINSULA

UPPER PENINSULA

Marquette High School Jerry Pangrazzi - Manager

CLASS "A" TRACK AND FIELD REGIONALS

Out of the ten sites in the State, four are located in Oakland County.

- Bloomfield Hills Lahser - - Friday Night Meet
- Hazel Park High School - - Friday Night Meet
- Milford High School - - Friday Night Meet
- West Bloomfield High School - Saturday Meet

THE NUMBER OF SCHOOLS SPONSORING TRACK AND FIELD AND CROSS COUNTRY

1986-1987	Boys Track - - 646	Girls Track - - 643
1987-1988	Boys Track - - 645	Girls Track - - 641
1986-1987	Boys X. C. - - 528	Girls X. C. - - 490
1987-1988	Boys X. C. - - 533	Girls X. C. - - 501

FINISH LINE AWARD TRACK CLINIC 1988

- Al Arends-----Benton Harbor News Paladium
- Marvin Goodwin---Oakland Press (Pontiac)
- Len Hoyes-----Flint Journal

1988 CROSS COUNTRY CLINIC WILL BE IN THE LANSING AREA

November 11th & 12th of November

PLEASE NOTE: This is one week after the State Championships. Not much time to work out material on the "Coach of the Year". At this time, the mode of operande, is unknown.

19 TRACK AND FIELD CLINIC AND ANNUAL MEETING.

January 12th, 13th and 14th LIVONIA HOLIDOME

1988 CROSS COUNTRY CHAMPIONSHIPS CLASS "A"

Host School Swartz Creek High School

"ALL THINGS ARE DIFFICULT BEFORE THEY ARE EASY"

JUNIOR HIGH/MIDDLE SCHOOL COMMITTEE

- Daniel J. Cwayna - Principal
- Montrose - Kuehn-Haven Middle School
- Keith Eldred - Athletic Director
- Williamston Junior High
- Paul Ellinger - Superintendent
- Deerfield Public Schools
- Ronald Gooding - Principal
- Carson City - Crystal Junior High School
- Gary Griffin - Principal
- Sparta Middle School
- Joy Holman - Principal
- Warren - Chatterton Middle School
- Karen Leinaar - Athletic Director
- Delton Kellog Junior High School
- Donald Peters - Principal
- East Jordan Junior High School
- Lawrence Wanic - Principal
- Harris-Bark River-Harris

MEMORIAL DAY

1988--May 30

LABOR DAY

1988-Sept. 7

THANKSGIVING

1988-Nov. 24

EASTER SUN.

1989-Mar. 26

34TH ANNUAL EASTERN MICHIGAN UNIVERSITY HURON RELAYS

CLASS "A" SATURDAY, MARCH 26TH, 1988

1. Detroit Mumford	55	Bob Lynch
2. Lansing Sexton	46	Paul Pozega
3. Lansing Everett	33	Ron Barr
4. Detroit Cooley	32	Gene Ballard
5. Detroit Murray Wright	28	Larry Jones
6. Monroe	26	Dave Bork
7. Southfield High	21	Tom Eschmann
8. Pontiac Central	20	David Edwards
8. Ann Arbor Pioneer	20	Don Sleeman
10. Detroit Cass Tech	19	Ronnie Phillips
11. Bay City Western	18	Greg M. Glowicki
12. Wayne Memorial	17½	Joe Grasley
13. Jackson High	15½	Chuck Janke
14. Walled Lake Western	14	Dick Watson
15. Flint Northern	13	Al Sigman
15. Flint Central	13	Mike Vance
17. Rochester High	12	Mark Merlo
18. Toledo Rogers (Ohio)	11	Glenn Browning
18. Bridgeport	11	Leonard Callard
18. Detroit Central	11	Woody Thomas
21. Livonia Churchill	10½	Frederick R. Price
22. Flint Kearsley	10	Don Marsh
23. Troy High	9	John Bancroft
24. Bloomfield Hills Lahser	8	Dennis Hurley
24. Port Huron Northern	8	Pete Woods
24. Flint Northwestern	8	Sy Collins
27. Hazel Park	7	Bob Fulcher
27. Grand Blanc	7	William V. Catton
27. Lake Orion	7	William Reiss

12 Additional Teams Scored:

24 Teams failed to Score

HURON RELAYS NEW MEET RECORDS

4x800 Meter Relay	Monroe High School	8:03.5
Derek Bork, Matt Schroeder, Chris Brown & Tim Pitcher		
3200 Meter Run	Walled Lake Western	9:18.7
Brian Grosso (Junior)		

PHILIP "RON" WHEELER

JUNE 18, 1936--APRIL 20, 1988

Philip "Ron" Wheeler, 51, of Southfield, art teacher at Birmingham Meadowlake Elementary School and girl's cross country coach at Birmingham Seaholm High School, died of cancer in Grace Hospital, Detroit.

Coach Wheeler, won two city cross country championships while running at Detroit Pershing High School. He also was a city champion in track.

Mr. Wheeler earned a bachelor's degree from Michigan State University and a master's degree from Wayne State University.

Ron won "All-American" honors, while running cross country and track at Michigan State University. He placed 7th in a NCAA National cross country championships, which Michigan State won.

He is survived by his wife, Ann; a son, Jonathan; two daughters, Krista and Sarabeth; his parents; and a brother.

CLASS "B" HURON RELAYS FRIDAY, MARCH 25TH, 1988

1. Cleveland East Tech (Ohio)	63	Jim Emery
2. Flint Beecher	50	Marty Crane
3. Toledo DeVilbiss (Ohio)	43	Bob Hayton
4. Detroit East Catholic	42	Kent Baker
5. Oxford	39	Elmer Ball
6. Detroit Lutheran West	32	David Ruth
7. Dearborn High	31	Bob Bridges
8. Ecorse	27	Edward Pruett
9. Orchard Lake St. Mary's Prep	25	Tim King
10. River Rouge	23	David Gordon
11. Redford Bishop Borgess	21	Floyd Wells
12. Farmington Harrison	18	John Schumacher
12. Dexter	18	Lee Knapp
14. Toledo Macomber (Ohio)	16	Brad Hathaway
15. Haslett	14	John Rowan
16. Ypsilanti Lincoln	13	Sid Wright
17. Port Clinton (Ohio)	10	Bob Polachek
18. Mason	9	Bill Juhnke
18. Defiance (Ohio)	9	Obie Mouser
20. Saline	8	George Tilt
21. Ashland (Ohio)	7	Jim Minnich
21. Kalkaska	7	John Norman
23. Dearborn Hgts. Robichaud	6	Jeffrey R. Flounory
23. Whitmore Lake	6	Larry Steeb

7 Additional Teams Scored
16 Teams Failed to Score

HURON RELAYS	NEW MEET RECORDS	CLASS "B"
High Jump	Bill Sheldon	Haslett 7' 1/2"
Pole Vault	Craig Piotrowski	Oxford 14' 9 1/2"

Todd Williams Monroe High School Class of 1987
Freshman-----University of Tennessee
February # 1 Runner U. S. Trials for Junior Team
World Cross Country Championships New Zealand

World Championships March 26th, 1988 96 Runners
15th Place 25:08 Top US Runner 8031 Meters

AMBITION---"The power to succeed or fail is yours. And no one can take that away."
PREPARATION---"Today's preparation determines tomorrow's achievement."

COACHES PLEASE NOTE: If you have some Assistant Coaches, Junior High Coaches or Middle School Coaches in you school syatem, that do not belong to MITCA, and if they might wish to join, xerox off some copies of the form below and have each one send it along with a MITCA membership fee of \$10.00 to Rich Tompkins.

ELMER BALL IS THE 1988 CHUCK SWEENEY AWARD RECIPIENT

Elmer Ball of Oxford is the twelfth person to be named for this award.

Elmer graduated from Reed City High School in 1948 and graduated from Central Michigan University in 1952. He spent the next two years in the U. S. Army, with one year of service in Korea.

In 1954 he began his teaching career in Oxford in the Industrial Arts Department. He entered the coaching ranks in 1963 as head cross country coach and as an assistant in the track program. He retired from the cross country coaching in 1975. He continued to assist in the track program, until 1981 when he was named head track coach. Lee Nofztz, gave up the track coaching in order to concentrate on his duties as Athletic Director.

Elmer has coached two individual State Champions., Jim Goodfellow and Doug O'Berry. He has a very excellent distance runner on his present team. Mike Goodfellow, who is a nephew of Jim, won the 3200 meter run and was second in the 1600 M. at the recent Huron Relays. Mike also won the two mile and the one mile runs at the M.S.U. Spartan High School Relays. Elmer's pole vaulter won his event and set a new meet record of 14 feet 9 1/2 inches at the Huron Relays.

Today, Elmer is a drafting teacher. He has spent some of his summers constructing houses (about 7 or 8) and has done all of the work with the exception of the plumbing and electrical work.

Coach Ball is a Past-President of MITCA and served on the Executive board for four years.

Elmer and his wife Gerry Live in Oxford and they have two sons. Mike was an assistant to his dad in coaching for a few years. Today, he works for Electric Data Systems, which is a part of G.M. Steve sells Chrysler and Plymouth cars.

Coach Elmer Ball joins a very select group of previous honorees.

1977	Chuck Sweeney	Lansing Eastern
1978	Web Morrison	Pickford
1979	Elf Pedlar	Kalamazoo Central
1980	Erwin E. Ruth	Detroit Lutheran West
1981	Kermit N. Ambrose	Birmingham Seaholm
1982	Norb Badar	Flint Northern
1983	Chuck Janke	Jackson High
1984	Bob Kent	Pontiac Central
1985	Duane Raffin	Holly
1986	Don Lukens	Kalamazoo Loy Norrix
1987	Bob Bloomer	Holly
1988	Elmer Ball	Oxford

SUCCESS---"To succeed - do the best you can, where you are, with what you have."

FRIENDSHIP---"Friendship is to be purchased only by friendship."

NAME _____
HOME ADDRESS _____
CITY _____
STATE _____ ZIP _____
HOME PHONE _____
BIRTH DATE _____
YEAR JOINED MITCA _____
LEVEL OF SCHOOL _____

SCHOOL _____
SCHOOL ADDRESS _____
CITY _____
STATE _____ ZIP _____
SCHOOL OR WORK PHONE _____
YEAR STARTED COACHING XC OR TRACK _____
CLASS OF SCHOOL _____
SPORTS COACHED _____

MAIL THIS FORM TO: RICH TOMPKINS, MITCA TREASURE, 939 STATE STREET, FREMONT, MI 49412 MEMBERSHIP FEE---\$10.00

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NEWSLETTER

NO. 2 OCTOBER 1988

NEWSLETTER WRITER

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Rich Thompkins
Fremont High School

TO OUR ATHLETES

THERE ARE LITTLE EYES UPON YOU,
AND THEY'RE WATCHING NIGHT AND DAY;
THERE ARE LITTLE EARS THAT QUICKLY
TAKE IN EVERY WORD YOU SAY;
THERE ARE LITTLE HANDS ALL EAGER
TO DO ANYTHING YOU DO;
AND A LITTLE BOY WHO'S DREAMING
OF THE DAY HE'LL BE LIKE YOU,
YOU'RE THE LITTLE FELLOWS IDOL;
YOU'RE THE WISEST OF THE WISE,
IN HIS LITTLE MIND ABOUT YOU,
NO SUSPICIONS EVER RISE;
HE BELIEVES IN YOU DEVOUTLY
HOLDS THAT ALL YOU SAY AND DO,
HE WILL SAY AND DO, IN YOUR WAY
WHEN HE'S GROWN-UP LIKE YOU,

THERE'S A WIDE-EYED LITTLE FELLOW
WHO BELIEVES YOU'RE ALWAYS RIGHT,
AND HIS EARS ARE ALWAYS OPEN,
AND HE WATCHES DAY AND NIGHT;
YOU ARE SETTING AN EXAMPLE
EVERY DAY IN ALL YOU DO,
FOR THE LITTLE BOY WHO'S WAITING
TO GROW UP TO BE LIKE YOU,

Author Unknown

REGIONAL CROSS COUNTRY MEET SITES

SATURDAY, OCTOBER 29TH, 1988

REGIONAL NUMBER	CLASS	ENTERTAINING SCHOOL	MEET MANAGER
1 & 11	A/B	Warren Woods Tower	Dan + imeck
2 & 5	A/A	Grosse Pte. South	Steve Zaraneck
3	A	Gibraltar-Carlson	James Rossow
4 & 21	A/C	Howell	Ernest Byrd
6 & 25	A/D	Royal Oak Kimball	Charles H. Jones
7 & 12	A/B	Holly	Duane Raffin
8 & 20	A/C	Carson City-Crystal	Don Baese
9 & 14	A/B	Charlotte	Gene Visacher
10 & 19	B/C	Allen Park	Tony Mifsud
13	B	Frankenmuth	Gary R. Bruns
15 & 18	B/C	Centreville	James Wencel
16 & 24	B/B	Grand Rapids Christian	Harold TenBrock
17 & 25	B/C	Reed City	Mark Wenterburg
22 & 26	C/D	Whittemore-Prescott	Dennis Olar

STARTING TIME-----11:00 A.M.

GIRLS RUN FIRST

LOWER PENINSULA FINAL CROSS COUNTRY SITES

SAT., NOV. 5TH, 1988

CLASS	SITE	MEET MANAGER
CLASS "A"	Swartz Creek	IMA Brookwood-Flint
CLASS "B"	New Boston Huron	Willow Metro Park
CLASS "C"	Bath	Bath H. S. Campus
CLASS "D"	Frankenmuth	Drankenmuth Campus

STARTING TIME-----11:00 A.M.

GIRLS RUN FIRST

UPPER PENINSULA FINAL CROSS COUNTRY SITE

MARQUETTE HIGH SCHOOL

THREE CLASSES----- (A/B)---(C)---(D)
7/7 10/9 9/7

Boris Martyyaz
Meet Manager

11:00 A.M.-----SATURDAY, OCTOBER 22ND, 1988

TEAM STANDINGS ? ? ? ?

1. Michigan-----	35½
2. California-----	23
3. Texas-----	20
4. Pennsylvania-----	18
5. Iowa-----	17
6. Kentucky-----	15
7. Indiana-----	13
8. Colorado-----	12
Wisconsin-----	12
10. Louisiana-----	11
Arkansas-----	11
12. Alabama-----	10½
13. Kansas-----	9
New Jersey-----	9
Washington-----	9
16. Oregon-----	8
Virginia-----	8
18. Washington, D.C.-----	7
Florida-----	7
Maryland-----	7
21. Tennessee-----	4½
22. New York-----	4
Ohio-----	4
Rhode Island-----	4
25. Oklahoma-----	3
26. Idaho-----	2
Minnesota-----	2
27. Hawaii-----	1

Did the team scores on your left get your attention?????

1967 U. S. JAYCEE JUNIOR CHAMP TRACK AND FIELD MEET AUGUST 25th & 26TH

DRAKE STADIUM - - - DES MOINES, IOWA		PRELIMS	SEMIS.	FINALS
<u>100 YARD DASH</u>	1st Herb Washington	:09.8	:09.8	:09.4 w
<u>220 YARD DASH</u>	2nd William Wallace	:22.7	:21.8	:21.8
<u>Curve</u>				
<u>120 YARD HIGH HURD.</u>	1st Bill Tipton	:13.7	:13.4	:13.4
<u>180 YARD LOW HURD.</u>	1st Bill Tipton	:18.8	:18.7	:18.4
<u>440 YARD DASH</u>	5th Reggie Bradford	:49.8	:49.2	:50.3
<u>880 YARD RUN</u>	4th John Mock		1:54.3	1:53.5
<u>SHOT PUT</u>	4th Gary Van Elst	60' 2"		

TAC AGE-GROUP CROSS COUNTRY RUNS - - - BUHR PARK - - - ANN ARBOR - - - SUNDAY - 11/13

FIVE AGE GROUPS (10 & UNDER) (11 & 12) (13 & 14) (15 & 16) (17 & 18)
Separate races for boys and girls

SENIOR BOYS AND GIRLS MUST RUN IN THIS COMPETITION IN ORDER TO QUALIFY FOR THE MICHIGAN TEAM, WHICH WILL COMPETE IN THE "MID-EAST" CROSS COUNTRY MEET OF CHAMPIONS AT THE DAYTON-KETTERING AREA (OHIO) ON SATURDAY, NOVEMBER 19th, 1988

THIS IS A STATE CHAMPIONSHIP MEET. QUALIFIERS MOVE TO THE NATIONAL CHAMPIONSHIPS.

BETTY ROBINSON - MEET MANAGER
(DETROIT, MICHIGAN)

"DO NOT LET WHAT YOU CANNOT DO
INTERFERE WITH WHAT YOU CAN DO."

MITCA NOMINEES FOR TRACK AND FIELD COACH OF THE YEAR 1988

CLASS	GIRLS	BOYS
"A"	Bobby Glen	Tom Eschmann
	Detroit Cass Tech	Southfield High
	Jim Love	Chuck Janke
	Ann Arbor Huron	Jackson High
	Bryan Westfall	Jim Long
"B"	Ann Arbor Pioneer	Kalamazoo Central
	Father Pat Garrity	Kent Baker
	Detroit St. Martin	Detroit East Catholic
	DePorres	
	John McGreivy	Al Karytkowski
"C"	Redford Bishop Borgess	Grand Rapids Northview
	Errol Putman	Martin Crane
	Remus Chippewa Hills	Flint Beecher
	Mark Greenwell	Smoky Boyd
	New Haven	Sag. Nouvel Cath. Cent.
"D"	Fred Jaeger	Paul Nilsson
	Morley Stanwood	Williamston
	George Prosperi	Dave Ruth
	Detroit Country Day	Det. Lutheran West
	Gordon Aldrich	Art Bombrys
Akron Fairgrove	Mendon	
Frank Sipes	Neil Hufnagel	
Lawton	Fowler	
Kim Spalsbury	Larry Steeb	
Fowler	Whitmore Lake	

 THE VOTING FOR THE COACH OF THE YEAR WILL TAKE PLACE AT THE ANNUAL TRACK AND FIELD CLINIC, AT THE LIVONIA HOLIDOME, ON THURSDAY, FRIDAY AND SATURDAY, JANUARY 12TH, 13TH & 14TH. MORE INFORMATION ON THIS CLINIC WILL BE GIVEN IN THE NEXT NEWSLETTER (December Letter).

MID-WEST MEET OF CHAMPIONS - - INDIANAPOLIS - 11TH JUNE 1988

BOYS: 1st OHIO-----149	GIRLS 1st OHIO-----173
2nd INDIANA----132	2nd ILLINOIS---99
3rd MICHIGAN---105	3rd MICHIGAN---84
4th ILLINOIS---71	4th INDIANA---68

 POLE VAULT: 15' 6" 5

2nd Jay Heckler	Portage Central	15' 0"
6th Craig Piotrowski	Oxford	14' 6"
9th Tim Szczepanski	G. R. Catholic Central	13' 6"

HIGH JUMP: 6' 9"

2nd Joe Beaman	Jackson High	6' 8"
3rd Jon Seppanos	South Haven	6' 8"
8th Bill Sheldon	Haslett	6' 4"

LONG JUMP: 24' 1"

6th Chauncy Turman	Litchfield	21' 9½"
7th Gary Maxon	Remus Chippewa Hills	21' 6"
8th Andre Stevenson	Kalamazoo Central	21' 4"

DISCUS: 181' 6"

2nd Marc deManigold	Grosse Pte. North	177' 7"
7th Aaron Gowell	Shelby	165' 9"
9th Ron Williams	Mt. Clemens Chippewa H.	160' 2"

SHOT PUT:

1st Aaron Gowell	Shelby	62' 8½"
4th Marc deManigold	Grosse Pte. North	55" 6½"
8th Chris Calkins	Rochester High	54' 1"

110 METER HIGH HURDLES: :13.62

3rd Greg Harris	Det. Lutheran West	:14.32
7th Scott Larson	Ann Arbor Huron	:14.54

100 METER DASH: :10.46

3rd Amaka Smith	Bay City Handy	:10.63
7th Martin Hill	Detroit Cass Tech	:10.80

400 METER RELAY: :40.0 (Hand Times)

2nd Chelsea Moon	Kalamazoo Cent	:40.7 -
Amaka Smith	Bay City Handy	Hand
Martin Hill	Detroit Cass Tech	Time
Andre Jackson	Flint Northern	

1600 METER RUN: 4:16.16

2nd Joel Kaines	Flint Powers	4:16.28
4th Chris Bursma	Grandville	4:17.51

400 METER DASH:	:46.98 (Record)	
4th Ziekel Miller	Det. East Catholic	:48.81
7th Dan McGinnis	Grand Rapids Central	:50.03
300 METER HURDLES (Low)	:36.92	
3rd Dan Goetz	Bay City Western	:37.18
5th Steve Hearndon	Wayne	:37.43
800 METER RUN	1:52.82	
4th Robert Thomas	Flint Northern	1:56.35
8th Scott Springstead	Fremont	1:57.71
200 METER DASH:	:20.87	
3rd Omaka Smith	Bay City Central	:21.39
7th Andre Jackson	Flint Northern	:21.58
3200 METER RUN	9:17.86	
3rd Eric Sorenson	Washington Eisenhower	9:28.36
4th Ron Froesche	St. Joseph	9:30.97
3200 METER RELAY	7:36.68	
2nd Aaron McFaddon	Flint Beecher	7:38.66
Brandon London	Farmington High	
Chris Dennard	Pontiac Central	
Stacy Watson	Flint Beecher	
1600 METER RELAY	3:11.21	
4th Dan McGinnis	Grand Rapids Central	3:17.43
Jay Burmiester	Reed City	
Sean Conklin	Williamston	
Chelsea Moon	Kalamazoo Central	

BOYS FIELD EVENT STAR OF STARS

Aaron Gowell	Shelby, Michigan	

HIGH JUMP:	5' 9"	
5th Cathie Vos	G. R. Christian	5' 4"
Regina Clark	Saginaw Buena Vista	No Height
Amy Warner	London	No Show
LONG JUMP	19' 1½"	
6th Regina Clark	Saginaw Buena Vista	18' 1½"
11th Angela Fricke	Walkerville	15' 2"
12th Michelle Mustonen	Greenville	3 Fouls
DISCUS		
1st D'Ann Hoppa	Fremont	138' 2"
4th Jennifer Tenorio	Ferndale	133' 7"
10th Sara Neeley	Bath	123' 10"
SHOT PUT		
1st Sarah Neeley	Bath	43' 1.75"
9th Jennifer Tenorie	Ferndale	36' 3½"
Allison Fournier	Coloma	No Show
100 METER HIGH HURDLES		
1st Karin Spiers	Rochester Adams	:14.14
6th Kenya Clement	Detroit Cass Tech	:14.67
100 METER DASH	:11.78	
2nd Shirley Evans	Det. Country Day	:12.28
5th Betty Carruthers	Lansing Eastern	:12.53
400 METER RELAY	:47.13	
2nd Shirley Evans	Det. Country Day	:48.51
Diane Laurin	Ann Arbor Pioneer	
Kenya Clement	Detroit Cass Tech	
Betty Carruther	Lansing Eastern	
1600 METER RUN	4:50.78	
5th Kathy Ackley	Hart	5:12.72
Laura Simmering	Ann Arbor Huron	No Show
400 METER DASH	:55.83	
3rd Jamaltrice Thomas	Detroit Osborn	:57.38
5th Prexoria Wilson	Flint Beecher	:58.09
300 METER LOW HURDLES	:43.64	
6th Karin Spiers	Rochester Adams	:45.15
7th Tara Allen	Det. St. Martin DePorres	:46.37
800 METER RUN	2:12.15	
5th Cari Byrd	Oxford	2:19.07
6th Gina Pischke	Midland High	2:19.94
200 METER DASH	:23.88	
3rd Shirley Evans	Det. Country Day	:25.06
8th Betty Carruthers	Lansing Eastern	:26.12
3200 METER RUN	10:38.7	
2nd Seana Arnold	Ann Arbor Pioneer	10:46.1
Jenny Payne	TraverseCity	No Show
3200 METER RELAY	8:56.83	
4th Sharon Reichow	Temperance Bedford	9:38.11
Amy Parsail	Temperance Bedford	
Cari BByrd	Oxford	
Cathy Ackley	Hart	

1600 METER RELAY		3:48.97	
3rd	Kim Landrum	Royal Oak Shrine	3:51.67
	Diane Laurin	Ann Arbor Pioneer	
	Jamaltrice Thomas	Detroit Osborn	
	Pretoria Wilson	Flint Beecher	

EASTERN MICHIGAN UNIVERSITY'S 13TH ANNUAL HALL OF FAME BANQUET. JUNE 10TH, 1988 THE MAYFLOWER MEETING HOUSE IN PLYMOUTH, MICHIGAN.

One of this year's inductees was NORBERT BADAR, an All-American track star, who graduated from EMU in 1950. Norb is retired from Flint Northern High School where he was a teacher and one of State's most successful track and cross country coaches.

NOMINEES FOR 1988 WILSON NATIONAL HIGH SCHOOL COACH OF THE YEAR AWARDS.

Boys Track-----Paul Pozega-----Sexton High School
Girls Track-----Robert Glenn-----Detroit Cass Tech
Cross Country----Duane Raffin-----Holly High School

The above names were submitted by the Michigan Coaches association for consideration as regional 4, coaches of the year and then possibly to the National level.

Region # 4 consists of the following States; Illinois, Indiana, Michigan, Ohio and Wisconsin.

The 8 regional winners in each sports area were invited to the National High School Athletic Coaches Association Convention-Clinic-Awards Banquet in Cromwell, Connecticut, June 25-July 1

Duane Raffin advanced from the regional competition to the National and was in Connecticut for the National awards banquet. Congratulations!

17TH ANNUAL KEEBLER INTERNATIONAL PREP TRACK AND FIELD INVITATIONAL SATURDAY, JUNE 18, 1988, 10:30 A.M. EAST FIELD, YORK HIGH SCHOOL, ELMHURST, ILLINOIS

LONG JUMP -----Marcel Richardson	2nd	25' 2 1/2"
Lansing Everett H. S.		
SHOT PUT -----Aaron Gowell	1st	64' 7 1/4"
Shelby H. S.		
SHOT PUT -----Sarah Neely	4th	42' 11 3/4"
Bath H. S.		
800 METER RUN -Rick Gledhill	1st	1:49.33
Mt. Clemens Chippewa Valley H. S.		

LETS ELIMINATE THE "NO-FALSE START RULE" IN CROSS COUNTRY.

WHY ARE STARTERS USING THE "TWO COMMAND START" IN RACES LESS THAN 800 METERS?

HOW MANY OF YOU COACHES WOULD APPROVE OR DO NOTHING ABOUT IT WHEN THE STARTER IN A DUAL TRACK MEET PUTS RUNNER # 1 OF TEAM "A" AND RUNNER # 1 OF TEAM "B", SIDE BY SIDE IN LANE ONE IN A 1600 METER RUN? I WONDER WHAT HE IS SAVING THE OTHER LANES FOR. THE SPRING PROM!!!!

NATIONAL FEDERATION RULES COMMITTEES FOR 1988-89

Ken Bokhoven, Grand Rapids Christian, has been named to this National committee. He will represent Michigan as well as the other states in Section IV, which includes Iowa, Indiana, Illinois and Wisconsin.

1989 TRACK AND FIELD SITES FOR FINAL CHAMPIONSHIP MEETS

May 27th	U. P.	Marquette H. S.	A-B	C	D
June 3rd	L. P.	Eastern Mich. Uni		A	
June 3rd	L. P.	Jackson Northwest		B	
June 3rd	L. P.	Alma College		C	
June 3rd	L. P.	Hillsdale College		D	

"THE DIFFERENCE BETWEEN THE IMPOSSIBLE AND THE POSSIBLE LIES IN A MAN'S DETERMINATION." Tommy Lasorde

TRACK AND FIELD RULES MEETINGS All Meetings---7:00 P.M.

Mon., Febr. 20th	Madison Heights (Wilkinson Middle Sch.
Mon. March 6th	G. R. - Forest Hills NW H. S.
Mon. March 13th	Evart High School
Tues. March 14th	New Bost Huron H. S.
Mon. March 20th	Midland Dow H. S.
Tues. March 21st	Burton-Bentley H. S.
Wed. March 22nd	Mattawan (Middle School)
Mon. April 3rd	Ontonagon H. S.
Tues. April 4th	Escanaba Y. S.
Wed. April 5th	Gaylord H. S.
Mon. April 10th	Mason High School

I LOVE THOSE "WIMPY STARTERS" THAT PULL THE TRIGGER JUST AS THE WORD "SET" COMES OUT OF THEIR MOUTH. GET ON THE BALL AND GIVE THE RUNNERS A CHANCE TO GET A GOOD START.

IT WOULD BE NICE TO SEE ALL OF THE CROSS COUNTRY RUNNERS WEARING THEIR JERSEY TUCKED INTO THEIR RUNNING TRUNKS. I'VE SEEN LOTS OF RUNNERS WITH THEIR JERSEY HANGING ALMOST TO THEIR KNEES. THEY LOOK AS IF THEY WERE RUNNING IN A NIGHT SHIRT. YOU WONDER IF THEY HAVE A RUNNING TRUNK ON. ALSO, THEY LOOK VERY SLOPPY.

THE 29TH ANNUAL ALL-OAKLAND COUNTY CROSS COUNTRY CHAMPIONSHIPS. MARSHBANK PARK. OCTOBER 8TH, 1988. 38 BOYS TEAMS WERE AT THE STARTING LINE. 240 RUNNERS CROSSED THE FINISH LINE.

THE 12TH ANNUAL GIRLS ALL-OAKLAND COUNTY CROSS COUNTRY CHAMPIONSHIPS. 36 GIRLS TEAMS WERE AT THE STARTING LINE. 196 RUNNERS FINISHED THE RACE.

1st. BRIAN GROSSO	15:19.2	Walled Lake Western
1st. Colleen Yuhn	19:19.0	Walled Lake Central

I'VE SEEN LOTS OF RUNNERS, SLIGHT OF BUILD, WITH THE SHOULDER STRAPS SLIDING OFF OF THE SHOULDER AND THE RUNNER IS CONSTANTLY REACHING OVER TO PULL THE SHOULDER STRAP UP. COACHES IF YOU HAVE LARGE JERSEYS AND YOU HAVE THIS PROBLEM, USE A SMALL STRING AND TIE THE STRAPS TOGETHER AT THE BACK OF THE NECK. I'M SURE THE RUNNER WOULD BE MORE COMFORTABLE AND COULD CONCENTRATE ON THEIR RUNNING IF THIS WAS DONE.

YOUR NEWSLETTER WRITER HAS HAD A VERY BUSY FALL:

Spectator at four meets. Officiated at four dual meets, four triple-dual meets, one freshman meet and six invitational or league meets. A regional meet and a 9th and 10th grade invitational for boys and girls are on the agenda. Using my equipment, I have set up chutes at Marshbank for four meets and three times at Kimball high school. Two MITCA executive board meetings at Okemos. This MITCA Newsletter is about ready to be put to bed. A visit to the "Friendship Meet" today, (Mon.) between the Detroit Catholic League and the Detroit City schools. Tomorrow another league meet and again on Wed.

I HAVE A PROBLEM. IT HAS BEEN MY DUTY TO PREPARE THE INFORMATION FOR THE CROSS COUNTRY COACH OF THE YEAR AND THE BALLOTS FOR VOTING. USUALLY WE HAVE HAD TWO WEEKS FOLLOWING THE STATE MEET TO ACCOMPLISH THIS. THIS YEAR THE CLINIC STARTS ON THE FOLLOWING FRIDAY. THE PAST PRESIDENTS MEET THE DAY AFTER THE STATE MEET TO MAKE THEIR SELECTIONS FOR THE NOMINEES. IT WILL BE NECESSARY FOR ME TO HAVE INFORMATION ON ALL POSSIBLE CANDIDATES BEFORE THE STATE MEET. CONSEQUENTLY, I WILL NEED TO GET LETTERS OUT TO ALL POSSIBLE CANDIDATES BEFORE THE REGIONALS, SO THEY CAN RESPOND BEFORE THE STATE MEET. JIM MURRAY'S "CROSS COUNTRY INVITATIONAL RESULTS" WILL BE VERY HELPFUL FOR INFORMATION ON THE COACHES OF BOYS. A VISIT TO STERLING HEIGHTS STEVENSON H. S. AND KEVIN HANSEN FOR INFORMATION ON THE GIRLS COACHES FOR POSSIBLE NOMINEES. COACHES, IF YOU GET A LETTER FROM ME. PLEASE RESPOND AS SOON AS POSSIBLE.

BEST OF WISHES FOR SUCCESS AT YOUR REGIONALS.

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

NEWSLETTER

NO. 3 DECEMBER 1988

NEWSLETTER WRITER

Kermit N. Ambrose
Retired

SECRETARY

John Quiring
Okemos High School

PUBLIC RELATIONS DIRECTOR

Tony Magni
Redford Det. Cath. Cent.

TREASURER

Rich Tompkins
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PRESIDENT

Duane Raffin
Holly High School

FIRST VICE-PRESIDENT

Jerry Mayer
St. Louis High School

SECOND VICE-PRESIDENT

Jerry Myszkowski
Uni. of Det. Jesuit High

SIXTEENTH ANNUAL CROSS COUNTRY CLINIC FRIDAY AND SATURDAY

LANSING SHERATON NOVEMBER 11TH & 12TH, 1988

Jerry Myszkowski, track and cross country coach at the Uni. of Detroit Jesuit High School and Second Vice-President of MITCA, was in charge of the arrangements. The format of speakers he presented was very excellent:

Developing a Year Round Training Program

Fred Treseler, Coach of Boston Athletic Association

Eating for Endurance

Joanna Mehall, Employee Health Program Manager, Guardian Industries

VO₂ Uptake - How to Read Without a Laboratory

Marshall Sellers, Distance Coach, Elkhart Central H. S. Coaching the "Practice All-American"

Dr. Scott Pengelly, Ph.D., Sports Psychologist for Athletics West. Part I on Friday. Part II on Sat.

Lactic Acid Training

Marshall Sellers, Distance Coach, Elkhart Central H. S. The Coach of the Year Banquet, followed by the Hospitality Hours, the Prediction Fun Run, and a business meeting rounded out the activities for this 16th annual Clinic.

Jerry is to be complimented for the fine clinic he presented and we thank him for all of his hard work and efforts on behalf of those in attendance.

1988 MITCA CROSS COUNTRY COACHES OF THE YEAR

CLASS	GIRLS	BOYS
"A"	Ronald Champine Dearborn Edsel Ford	Dave Bork Monroe High
"B"	Steven Porter Milan High	Ron Waldvogel St. Joseph High
"C"	Dave Patterson Mayville High	Pete Spieles Charlevoix High
"D"	Kim Spalsbury Fowler High	Kim Spalsbury Fowler High

1988 MITCA NOMINEES FOR CROSS COUNTRY COACH OF THE YEAR

CLASS	GIRLS	BOYS
"A"	Gary Collins Troy High Bryan Westfield Ann Arbor Pioneer	Gene Balawajder Milford High Randy L. Wilkins Milford Lakeland
"B"	Jim Apol G. R. Christian H. S. Doug Morse East Grand Rapids H.S.	Brad Kahrs Big Rapids High Tim Miller Sturgis High
"C"	Barry Kloenhamer DeWitt High Doug Rauner Ida High	Jim Emery Beaverton High Wayne Roberts Sandusky High
"D"	Tim Bedford Suttons Bay High Joe Wood Pottersville High	Don Canham, Jr. A. A. Gabriel Richard Larry Steeb Whitmore Lake High

PRIDE IS THE MOST POWERFUL MOTIVATING FORCE IN THE WORLD.

DESIRE TO WIN AND A DESIRE TO PREPARE TO WIN ARE IMPORTANT INGREDIENTS OF A WINNING ATTITUDE.

ALL CONFIDENCE IS ACQUIRED; NO ONE WAS EVER BORN WITH IT.

EVERY DAY YOU FAIL TO PRACTICE, YOU MISS AN OPPORTUNITY FOR IMPROVEMENT.

MITCA PREDICTION FUN RUN 3.8 MILES 7:30 SATURDAY

		RACE TIME	PREDICT TIME	
1.	Craig Sumerix Buchanan	21st 26:24.4	26:30.0	:03.6
2.	Teresa Shmanske Rochester	24th 27:36.4	27:45.0	:08.6
3.	John Barrett Farmington	26th 27:58.5	28:10.0	:11.5
4.	Greg Shmanske Rochester	5th 22:57.9	22:46.0	:11.9
5.	Bill Balis Royal Oak Dondero	20th 26:04.2	25:50.0	:14.2
6.	John Carr Lake Michigan Catholic	4th 22:42.2	23:00.0	:17.8
7.	Dale Kubicki St. Joseph High	37th 30:25.1	30:00.0	:25.1
8.	Don Dickmann Petoskey High	18th 25:09.4	25:39.0	:29.6
9.	Dave Swarts Ann Arbor Greenhills	1st 21:04.4	20:30.0	:34.4
10.	Ron Clone Elk Rapids	30th 29:13.6	30:50.0	:36.4
11.	Mike Woolsey Jackson Lumen Christi	25th 27:51.9	28:29.0	:37.1
12.	Tom Micallef Ypsilanti	42nd 31:55.6	32:36.0	:40.4
13.	John Quiring Okemos High	17th 25:06.2	24:24.0	:42.2
14.	Sam Bearden Oakland Christian	19th 25:21.5	26:10.0	:48.5
15.	George Gray Grand Blanc High	6th 23:03.9	22:15.0	:48.9
16.	Glen Brown Lakeshore	40th 31:51.4	32:56.0	1:04.6
17.	Randy L. Wilkins Milford Lakeland	46th 33:23.4	32:15.0	1:08.4
18.	James Huff Bloomfield Hills Lahser	2nd 21:53.8	23:02.0	1:09.2
19.	Mark Skelcy Royal Oak Dondero	3rd 22:26.1	23:42.0	1:15.9
20.	Das Campbell Warren Fitzgerald	16th 24:53.3	26:12.0	1:18.7
21.	Michael Taylor Clarkston	9th 23:22.3	24:38.0	1:25.7
22.	Karen Michalak Caro	33rd 29:26.9	30:56.0	1:29.1
23.	Bob Blunk Warren DeLaSalle	13th 24:30.4	26:00.0	1:29.6
24.	Dave Blackburn Deckerville High	38th 30:28.9	32:00.0	1:31.1
25.	Rod Wright Clawson High	12th 24:28.3	26:00.0	1:31.7
26.	Tim Bedford Suttons Bay	22nd 26:20.8	28:00.0	1:39.2
27.	Tom Gass Vandercook Lake	36th 30:19.5	32:00.0	1:40.5
28.	Gary Medland Ortonville-Brandon	34th 29:34.0	27:52.0	1:42.0
29.	Dennis Whitehead Jackson Northwest	28th 28:50.2	30:36.0	1:45.8
30.	Jim Hadley Robichaud	49th 36:47.4	35:00.0	1:47.4
31.	Richard Goepf Dearborn Divine Child	11th 24:27.1	26:15.0	1:47.9
32.	John Thomas Sparta	44th 32:59.3	34:48.0	1:48.7

MITCA PREDICTION FUN RUN (Cont.)

33.	Larry Simon	15th	24:33.9	26:30.0	1:56.1
	Dearborn Edsel Ford				
34.	Jay Miller	31st	29:15.9	27:15.0	2:00.9
	Ortonville Brandon				
	Bob Collins	23rd	27:09.0	29:18.0	2:09.0
	Grosse Pte. North				
36.	Dan Roggenbaum	14th	24:32.9	26:42.9	2:10.0
	Vander Cook Lake				
37.	Rudy Godefroidt	45th	33:09.1	35:20.0	2:10.9
	Breckenridge				
38.	Ken Hiller	27th	28:15.5	28:55.0	2:20.5
	Allen Park				
39.	Barbara Munch-Kohn	43rd	32:49.9	30:10.0	2:39.9
	Carleton Airport				
40.	Dave Foley	8th	23:18.6	26:00.0	2:41.4
	Cadillac High				
41.	Renee Cousino	35th	30:12.0	33:00.0	2:48.0
	Cadillac High				
42.	Ed Carlton	32nd	29:21.3	32:10.0	2:48.7
	Warren Cousino				
43.	Joe DeFusco	41st	31:52.9	29:02.0	2:50.9
	Center Line				
44.	Tony Sisson	10th	23:37.4	26:30.0	2:52.6
	Pentwater				
45.	C. J. Buhagiar	47th	33:25.0	30:01.0	3:24.0
	Grosse Pte. North				
46.	Dan Bentschneider	39th	31:04.1	34:30.0	3:25.9
	Jackson				
47.	Paul Langedock	7th	23:07.3	26:53.0	3:45.7
	Grosse Pte. North				
48.	Wolfgang Lugauer	48th	33:27.5	29:40.0	3:47.5
	Portage Central				
49.	Bob Schaefer	29th	28:54.5	34:20.0	5:25.5
	Mt. Clemens Lutheran North				

DONALD BAESE - CARSON CITY CRYSTAL HIGH SCHOOL - AWARDED THE

ANNUAL AMBROSE CROSS COUNTRY AWARD ON FRIDAY EVENING AT THE

MITCA CROSS COUNTRY CLINIC IN LANSING

The Ambrose Award was established by the Michigan Interscholastic Track Coaches Association in 1977. This award is given annually to an individual who has made outstanding contributions to the sport of cross country in the state of Michigan over the years.

Baese, Athletic Director at Carson City Crystal Middle/High School, began the cross county program at Carson City Crystal in 1970, and coached boys teams for 17 years and girls teams since 1977. Over the years, he built a program that became recognized as one of the best in the state. Eleven times his boys teams won the league championship, and his girls won twice. When he retired from coaching this year, Baese had compiled a 129-31 dual meet record in boys cross country.

In one four year stretch, from 1971 - 1974, Carson City Crystal boys cross country teams were State Champions once and second in the state three times. They also qualified for state competition in 1985 and 1986. The girls teams qualified for state in 1984, 1986 and 1987. Baese coached athletes to All-State honors 14 times in cross country and several times in track. In addition he has directed the Carson City Crystal Invitational, one of the largest meets in the state, for 14 years.

Baese also coached varsity boys track for 19 years at Carson City Crystal, served one year as assistant mens track coach at Alma College, was MITCA president in 1978-1979, a MITCA officer a total of 5 years. Regional manager for 3 years, Boys Class C Coach of the year in 1973 and 1974. Boys Class C Coach of the year nominee in 1972 and girls nominee in 1987.

Donald Baese's expertise in leadership was evidenced by the work of the Carson City community in raising over \$250,000.00 in a five year span with Don headlining the work. A new track, football field with lights, were some of the main phases of the project.

Colleen Kelly was the writer of this article, and we thank her for her efforts. She is from Carson City.

Carson City Gazette

DON BAESE joins a very select group of past recipients of this award:

1977	Varnard Gay	Flint Central
1978	Bruce Waha	Detroit Redford--Howell
1979	Jack Edwards	Grosse Pointe North
1980	Lou Miramonti	Royal Oak Shrine
1981	Tom Gauertke	Grosse Pointe Noeth
1982	Lee Averill	West Bloomfield
1983	Bob Stallcup	Grand Blanc
1984	Jack Grant	Sturgis
1985	George Bruder	Fennville
1986	Jim Murray	Niles Brandywine
1987	Jack Boughton	Hazel Park
1988	Don Baese	Carson City Crystal

Congratulations, Don. We wish you the best and may many of the good things in life come your way for you and yours.

CLASS "A" BOY'S STATE CROSS COUNTRY CHAMPIONSHIPS 1988
IMA GOLF COURSE FLINT, MICHIGAN HOST: SWARTZ CREEK

1.	MONROE	-----	39
	1	2	6
2.	ANN ARBOR PIONEER	-----	112
	3	13	29
3.	MILFORD HIGH	-----	127
	16	19	21
4.	MILFORD LAKELAND	-----	155
	11	15	22
5.	REDFORD CATHOLIC CENTRAL	-----	224
	10	32	35
6.	TROY HIGH	-----	231
	20	42	46
7.	STERLING HEIGHTS STEVENSON	-----	255
	31	41	54
8.	GRAND LEDGE	-----	287
	8	27	47
9.	BIRMINGHAM BROTHER RICE	-----	299
	14	18	65
10.	HOLLY	-----	331
	36	38	79
11.	KALAMAZOO LOY NORRIS	-----	344
	17	49	63
12.	PONTIAC CENTRAL	-----	346
	25	39	40
13.	SWARTZ CREEK	-----	348
	37	53	69
14.	STERLING HEIGHTS HENRY FORD II	-----	398
	9	28	115
15.	DEARBORN FORDSON	-----	405
	4	52	68
16.	KENTWOOD EAST KENTWOOD	-----	449
	5	48	104
17.	DETROIT UNI. OF DETROIT JESUIT	-----	466
	12	30	76
18.	WYANDOTTE	-----	481
	71	73	95
19.	WARREN DELASALLE	-----	484
	67	93	103
20.	DAVISON	-----	500
	44	78	102
21.	ROCKFORD	-----	521
	64	96	116
23.	EAST DETROIT	-----	539
	56	60	117
22.	DETROIT MURRAY WRIGHT	-----	539
	75	105	113
24.	GROSSE PTE. SOUTH	-----	593
	55	72	143
25.	LIVONIA FRANKLIN	-----	597
	97	101	111
26.	PORTAGE CENTRAL	-----	653
	87	131	138
27.	MUSKEGON MONA SHORES	-----	691
	86	137	140

Question Marks--DNE or DNR

BOYS ALL-STATE RUNNERS - - - CLASS "A"

1.	Phil Sanborn	Monroe High	16:07.2
2.	Tim Pitcher	Monroe High	16:14.6
3.	Jason Colvin	Ann Arbor Pioneer	16:16.0
	Dan Kramer	Dearborn Fordson	16:22.7
	Brian Hyde	Kentwood East Kentwood	16:24.9
6.	Matt Schroeder	Monroe High	16:28.2
7.	Sean Sweat	Monroe High	16:29.8
8.	Dave Couch	* Niles High	16:30.6
9.	Dave Clevenger	Grand Ledge	16:35.3
10.	William Stricklan	Ster. Hgts. Henry Ford	16:36.3
11.	Mike Sheridan	Redford Catholic Cent.	16:36.6
12.	Lance Peterson	Milford Lakeland	16:36.9
13.	Rob Lee	Uni. of Set. Jesuit H.S.	16:37.6
14.	Nate Ford	Ann Arbor Pioneer	16:39.0
15.	John Cowan	Birmingham Brother Rice	16:39.9
16.	Tom Weiss	* East Lansing	16:40.5
17.	Matt Lee	Milford Lakeland	16:41.5
18.	Aaron Bruwinks	* Holland	16:46.1
19.	Brian Pickl	* Milford High	16:46.5
20.	Chris Woolley	* Wayne Memorial	16:46.6
21.	Gabriel Shockley	Kalamazoo Loy Norrix	16:47.7
22.	John Rottenberk	Birmingham Brother Rice	16:48.7
23.	Jason Minock	Milford High	16:51.9
24.	Brian Grosso	* Walled Lake Western	16:52.1
25.	Steven Dean	* Detroit Southeastern	16:52.7

*** Individual Race**

GIRLS ALL-STATE RUNNERS - - - CLASS "A"

1.	Gabrielle Brown	Ann Arbor Pioneer	19:04.1
2.	Meredith Saillant	Dearborn Edsel Ford	19:13.4
3.	Laura Franklin	Jackson High	19:18.2
4.	Kristi McKimson	Troy High	19:23.9
5.	Alison Dodge	Traverse City	19:29.3
6.	Cindy Arrendondo	Grand Haven	19:31.4
7.	Allison Mendyk	* Midland High	19:33.0
8.	Carrie Dibble	* Ann Arbor Pioneer	19:36.4
9.	Colleen Vuhn	* Walled Lake Central	19:36.7
10.	Karen Perry	Kalamazoo Loy Norrix	19:37.6
11.	Jessica Kluge	* St. Johns	19:38.0
12.	Christina McKinney	Kalamazoo Loy Norrix	19:38.8
13.	Molly Lori	Kentwood East Kentwood	19:39.8
14.	Jodi Shay	* Mt. Pleasant	19:40.7
15.	Catherine Edwards	Utica	19:44.9
16.	Jennifer Kiel	* Farmington High	19:46.0
17.	Lisa Rives	* North Farmington	19:47.7
18.	June Aloisio	Dearborn Edsel Ford	19:48.1
19.	Stacy Abbott	West Bloomfield	19:49.3
20.	Beth Zimmer	Ann Arbor Pioneer	19:49.9
21.	Tera Furst	Ann Arbor Pioneer	19:50.7
22.	Tracy Abbott	West Bloomfield	19:51.2
23.	Tiphonie Crane	* Howell	19:52.4
24.	Julie Moore	* Milford Lakeland	19:55.5
25.	Kristi Wink	* Brighton	19:56.1

*** Individual Race**

KINNEY MIDWEST REGIONAL CROSS COUNTRY CHAMPIONSHIPS GIRLS

UNI. OF WISCONSIN - PARKSIDE KENOSHA, WISCONSIN

NOVEMBER 26TH, 1988

1.	COLORADO	4	5	6	7	9	31
2.	WISCONSIN	10	14	23	31	36	114
3.	INDIANA	1	3	18	48	56	126
4.	OHIO	8	26	30	33	35	132
5.	MISSOURI	2	20	32	34	46	134
6.	MICHIGAN	19	24	25	27	51	146
7.	KANSAS	13	15	21	45	116	210
8.	OKLAHOMA	16	43	47	57	60	223
9.	ILLINOIS	49	53	55	72	89	318
10.	NORTH DAKOTA	12	65	68	80	97	322
	NEBRASKA	42	70	90	110	126	440
12.	IOWA	37	105	118	132		NTS
13.	MINNESOTA	38	64				NTS
14.	ARKANSAS	63					NTS
15.	SOUTH DAKOTA	74					NTS

TOP 8 RUNNERS QUALIFY TO THE FINALS IN SAN DIEGO

CLASS "A" GIRL'S STATE CROSS COUNTRY CHAMPIONSHIPS 1988

IMA GOLF COURSE FLINT, MICHIGAN HOST: SWARTZ CREEK

1.	ANN ARBOR PIONEER	-----	100
	1	7 14 15 63 84 92	
2.	DEARBORN EDSSEL FORD	-----	117
	2	12 26 29 48 49 51	
3.	TROY HIGH	-----	159
	4	25 27 28 74 87 ??	
4.	KALAMAZOO LOY NORRIX	-----	172
	8	9 20 69 97 120 ??	
5.	GRAND HAVEN	-----	223
	6	33 41 61 81 85 89	
6.	TRAVERSE CITY	-----	233
	5	21 62 66 77 90 127	
7.	WEST BLOOMFIELD	-----	260
	13	16 36 95 98 105 106	
8.	STERLING HGTS. STEVENSON	-----	265
	31	43 54 58 78 99 100	
9.	PLYMOUTH CANTON	-----	276
	34	37 55 72 76 82 103	
10.	KENTWOOD EAST KENTWOOD	-----	294
	10	32 38 86 126 154 158	
11.	UTICA	-----	307
	11	18 57 79 140 168 189	
12.	GREENVILLE	-----	315
	22	59 64 80 88 107 157	
13.	JACKSON	-----	364
	3	17 83 119 139 165 ???	
14.	FLAT ROCK WOODHAVEN	-----	365
	23	24 52 114 150 170 186	
15.	SWARTZ CREEK	-----	399
	30	46 73 117 130 152 155	
16.	MONROE	-----	435
	35	47 104 118 128 129 151	
17.	FLINT KEARSLEY	-----	462
	42	67 71 125 153 175 188	
18.	GROSSE PTE. SOUTH	-----	481
	19	109 112 116 121 138 156	
19.	REDFORD UNION	-----	490
	39	44 96 145 163 183 187	
20.	ROCHESTER ADAMS	-----	508
	45	65 68 159 167 172 184	
21.	PORT HURON NORTHERN	-----	515
	50	75 108 134 160 190 193	
22.	WARREN MOTT	-----	531
	50	75 108 134 160 190 193	
23.	GROSSE PTE. NORTH	-----	556
	40	113 122 136 141 162 173	
24.	TRENTON	-----	581
	56	111 132 135 143 149 191	
25.	BERKLEY	-----	600
	91	102 110 144 148 177 181	
26.	DETROIT CASS TECH	-----	633
	94	101 131 133 169 171 178	
27.	CLIO	-----	661
	93	115 123 161 164 166 180	
28.	FARMINGTON HILLS OUR LADY OF MERCY	-----	728
	124	137 142 146 174 176 179	

Question Marks---DNF or DNR

MICHIGAN GIRLS KINNEY MIDWEST REGIONAL

19.	Karen Perry	12th	Kalamazoo Loy Norrix	19:24.0
24.	Jodie Shay	12th	Mt. Pleasant	19:30.4
25.	Gabrielle Brown	12th	Ann Arbor Pioneer	19:31.0
27.	Meredith Saillant	12th	Dearborn Edsel Ford	19:33.2
51.	Janet Novallo	12th	M.C. Lanse Creuse N.	20:20.4
66.	Teri Osborn	11th	DeWitt High	20:54.6
69.	June Aloisio	11th	Dearborn Edsel Ford	20:53.8
96.	Debbie Jobst	12th	Houghton High	22:39.4
99.	Elizabeth Dommer	11th	Lowell High	22:45.7
103.	Beth McConnell	11th	Kalamazoo Hackett	22:53.6
104.	Lynette Feldpausch	11th	Fowler High	22:59.6
106.	Krista Nordin	12th	Stephenson High (UP)	23:05.4
127.	Janet Wiandt	11th	Stephenson High (UP)	25:03.3
130.	Kristen Hoerner	12th	Fowler High	25:14.6
136.	Karen Bussler	11th	Lowell High	26:35.0

(141 Runners in the Race)

CLASS "B" BOYS STATE CROSS COUNTRY CHAMPIONSHIPS 1988
WILLOW METRO PARK HOST: NEW BOSTON HURON

1.	ST. JOSEPH	3	4	8	16	61	124	166	92
	STURGIS	9	10	18	23	33	118	153	93
3.	BIG RAPIDS	1	6	26	27	46	80	90	106
4.	FREMONT	11	20	24	42	49	72	98	146
5.	DEARBORN DIVINE CHILD	19	25	31	50	56	95	139	181
6.	IONIA	17	29	30	32	92	128	132	200
7.	DEARBORN HIGH	21	28	39	58	60	65	89	206
8.	ESSEXVILLE GARBER	7	34	40	81	83	88	93	245
9.	JACKSON LUMEN CHRISTI	5	48	54	84	94	114	126	285
10.	SPARTA	38	47	59	64	78	121	146	286
11.	STOCKBRIDGE	35	37	43	71	101	141	171	287
12.	SALINE	15	53	68	79	97	107	155	312
13.	GRAND RAPIDS SOUTH CHRISTIAN	2	63	82	85	110	112	140	342
14.	GAYLORD	45	51	76	86	87	104	138	345
15.	MT. CLEMENS	14	62	69	103	149	156	157	397
16.	PINCKNEY	41	52	70	115	120	143	147	398
17.	GRAND RAPIDS KENOWA HILLS	44	55	91	106	130	159	164	426
18.	VASSAR	22	73	77	111	167	172	???	450
19.	BATTLE CREEK HARPER CREEK	36	74	102	125	134	151	154	471
20.	BAY CITY T. L. HANDY	13	57	123	142	161	162	168	496
21.	BLOOMFIELD HILLS CRANBROOK KINGSWOOD	66	96	100	129	136	148	158	527
23.	DURAND	12	75	131	169	170	???	???	557
24.	YPSILANTI LINCOLN	67	119	127	133	137	144	165	583
22.	MT. CLEMENS LUTHERAN NORTH	99	108	109	116	122	135	152	554
25.	WARREN FITZGERALD	105	113	117	145	150	160	163	630

Question Marks---DNF or DNR

CLASS "D" GIRLS STATE CROSS COUNTRY CHAMPIONSHIPS 1988
FRANKENMUTH CAMPUS HOST: FRANKENMUTH HIGH SCHOOL

1.	Fowler	6	9	17	24	29	31	34	85
2.	SUTTONS BAY	2	4	5	39	47	??	??	97
3.	POTTERVILLE	10	14	19	25	32	40	45	100
4.	WESTLAND LUTHERAN HIGH	8	12	16	27	41	42	48	104
5.	SCHOOLCRAFT	3	13	28	33	35	52	??	112
6.	MESICK	18	22	23	30	38	43	??	131
7.	AKRON-FAIRGROVE	11	15	26	36	44	??	??	132
	COLON	1	21	37	46	50	??	??	155
9.	BATTLE CREEK ST. PHILLIPS	7	20	49	51	53	54	55	180

Question Marks---DNF or DNR

BOYS ALL-STATE RUNNERS - - - CLASS "B"

1.	Scott Hector	Big Rapids	16:51
2.	Rick Pott	G.R. South Christian	16:56
3.	Tony Perron	St. Joseph	16:57
4.	Ben Adler	St. Joseph	17:05
5.	Mike Goodfellow	Oxford	17:05
6.	Tim Klaes	Monroe St. Marys C.C.	17:06
7.	Toby LeJere	Jackson Lumen Christi	17:10
8.	Rob Stanton	Big Rapids	17:12
9.	Tim Hildenbrand	Essexville-Garber	17:15
10.	Pete McDowell	St. Joseph	17:16
11.	Tom Cosner-Apple	Sturgis	17:17
12.	Joe Cronley	Sturgis	17:20
13.	Bob Bates	Goldwater	17:21
14.	Ted Smith	Fremont	17:23
15.	Alan Tyler	Durand	17:25
16.	Chris Facundo	Bay City T. L. Handy	17:26
17.	Jeffrey Kelke	Mt. Clemens	17:27
18.	Aaron Prussian	Saline	17:28
19.	Mike Koebel	St. Joseph	17:29
20.	Jason Burndt	Ovid Elsie	17:30
21.	Kevin Selfridge	Ionias	17:31
22.	Matt Weisdorfer	Oxford	17:31
23.	Pete Jennings	Ogemaw Heights	17:32
24.	Matthew Smit	G. R. West Catholic	17:33
25.	Mike Pepito	Sturgis	17:34
26.	Jim Parzych	Hillsdale	17:34

* Individual Race

GIRLS ALL-STATE RUNNERS - - - CLASS "D"

1.	Latoe Martin	Colon	21:18.7
2.	Shannon TenBroek	Suttons Bay	21:20.7
3.	Sandy Oliphant	Schoolcraft	21:35.6
4.	Barbara Hall	Warren Bethesda Chris.	21:42.6
5.	Jane Cookman	Suttons Bay	21:46.5
6.	Lisa Popa	Suttons Bay	21:50.2
7.	Lynette Feldpausch	Fowler	22:17.3
8.	Mary Latinga	Bat. Cr. St. Phillips	22:21.0
9.	Jennifer Gerlach	Westland Lutheran H.	22:27.2
10.	Lisa Rademacher	Fowler	22:36.6
11.	Cindy Butler	Wyoming Lee	22:42.3
12.	Nikki Bennett	Pottersville	22:46.2
13.	Djohariah Stevens	Alanson- Littlefield	22:48.0
14.	Brenda Czinder	North Muskegon	22:49.4
15.	Kara Brink	Akron-Fairgrove	22:50.1

* Individual Race

KINNEY MIDWEST REGIONAL CROSS COUNTRY CHAMPIONSHIPS BOYS

UNI. OF WISCONSIN - PARKSIDE KENOSHA, WISCONSIN
NOVEMBER 26TH, 1988

1.	MICHIGAN	2	3	6	13	16	40
2.	OHIO	4	8	9	11	15	47
3.	COLORADO	1	10	21	30	37	97
4.	INDIANA	5	28	32	44	51	160
5.	KANSAS	12	24	31	56	61	184
6.	MISSOURI	20	23	48	63	65	219
7.	WISCONSIN	7	43	46	58	77	231
8.	ILLINOIS	22	45	53	70	84	274
9.	MINNESOTA	38	47	59	66	94	304
10.	IOWA	82	86	96	102	116	482
11.	NEBRASKA	33	60	115	132	154	494
12.	SOUTH DAKOTA	29	169				NTS
13.	ARKANSAS	14					NTS
14.	NORTH DAKOTA	83					NTS
15.	OKLAHOMA	??					NTS

TOP 8 RUNNERS QUALIFIED TO THE FINALS IN SAN DIEGO
MICHIGAN HAD 3 OF THE 8 RUNNERS TO QUALIFY

A GOOD MENTAL ATTITUDE IS THE MOST IMPORTANT STEP TOWARD SUCCESS.

SET DIFFICULT GOALS FOR YOURSELF AND THINGS WILL HAPPEN.
EXTRAORDINARY PEOPLE ARE ORDINARY PEOPLE WITH EXTRAORDINARY AMOUNTS OF DETERMINATION.

MICHIGAN BOYS

KINNEY MIDWEST REGIONAL

2.	Jason Colvin	12th	Ann Arbor Pioneer	15:44.3
3.	Brian Grosso	12th	Walled Lake Western	15:47.1
4.	Phillip Sanborn	12th	Monroe	15:52.9
	Steven Dean	12th	Det. Southwestern	16:12.5
16.	David Couch	12th	Niles High	16:15.2
17.	Rob Rasmussen	12th	Novi High	16:16.0
19.	Sean Sweat	12th	Monroe High	16:16.5
26.	Thomas Weiss	12th	East Lansing	16:22.4
35.	Bob Schnell	12th	Stephenson (UP)	16:34.7
36.	Jim Hanner	12th	Brighton High	16:35.7
40.	Pete McDowell	11th	St. Joseph	16:37.6
41.	Rick Pott	12th	G. R. South Chris.	16:38.6
50.	Scott Miller	11th	Charlevoix	16:43.6
64.	Gabriel Shockley	12th	Kalamazoo Loy Norrix	16:51.3
69.	Nate Ford	12th	Ann Arbor Pioneer	16:52.7
71.	Dan Kramer	12th	Dearborn Fordson	16:53.6
73.	Tony Perron	11th	St. Joseph	16:54.3
76	Tim Becker	12th	Fowler High	16:56.8
88.	Ansis Upatnieks	12th	Ann Arbor Pioneer	17:05.2
89.	Rob Huff	11th	Bloom. Hills Lahser	17:05.4
90.	Kristopner Eggle	10th	Cadillac	17:05.7
92.	Jeff Louwsma	11th	Ann Arbor Pioneer	17:08.2
95.	Derek Bork	12th	Monroe	17:11.3
99.	Tye Tuggle	12th	Fowlerville	17:15.9
100.	Benjamin Adler	12th	St. Joseph	17:16.3
109.	Mike Koebel	12th	St. Joseph	17:31.7
110.	Matt Schroeder	12th	Monroe	17:35.3
113.	Hans Berg	12th	Ann Arbor Pioneer	17:36.7

(170 Runners in the Race)

BRIAN GROSSO - WALLED LAKE WESTERN HIGH SCHOOL
NATIONAL KINNEY CROSS COUNTRY CHAMPION 15:03.3
 SAN DIEGO, CA SAT., DECEMBER 10TH, 1988

18th	Jason Colwell	15:35.1	Ann Arbor Pioneer
29th	Phillip Sanborn	16:10.7	Monroe High

SECOND ANNUAL MID-EAST MEET OF CHAMPIONS CROSS COUNTRY
INDIAN RIFLE PARK - KETTERING, OHIO SAT., NOV. 19TH, 1988

GIRLS

1.	Michigan	5	6	7	8	15	20	24	26	29	34	41
2.	Indiana	3	4	10	11	17	21	25	31	36	??	45
3.	Ohio	1	2	16	18	19	22	23	30	40	??	56
4.	Pennsylvania	9	12	14	28	33	35	37	38	??	??	96
5.	Kentucky	13	27	32	39	41	42	43	??	??	??	152

BOYS

1.	Ohio	4	5	8	9	11	15	16	17	18	19	37
2.	Michigan	1	3	6	13	22	25	32	35	36	38	45
3.	Pennsylvania	2	7	12	23	30	34	41	43	??	??	74
4.	Indiana	14	20	21	24	27	28	31	37	39	47	106
5.	Kentucky	10	26	29	33	40	42	44	45	46	??	138

TOTAL TEAM SCORE

1.	Michigan	41	45	86
2.	Ohio	56	37	93
3.	Indiana	45	106	151
4.	Pennsylvania	96	74	170
5.	Kentucky	152	138	290

5.	Stacey Kilburn	19:14.5	20.	Laura Frankila	19:44.1
6.	Jodie Shay	19:20.6	24.	Allison Mendyk	19:52.5
7.	Gabrielle Brown	19:22.2	26.	Beth Zimmer	19:53.6
8.	Colleen Vuhn	19:22.7	29.	Janet Novallo	19:58.3
15.	Meredith Sallant	19:35.5	34.	Wendy Hower	20:34.0

1.	Brian Grosso	15:31.7	25.	Chris Long	16:19.6
3.	Jason Colvin	15:47.7	32.	Mike Goodfellow	16:34.3
	Phillip Sanborn	15:55.4	35.	Rick Pott	16:37.6
	Sean Sweat	16:07.1	36.	Dan Kramer	16:40.4
22.	Tom Weiss	16:16.4	38.	Bob Schnell	16:50.5

TRUE SUCCESS IS OVERCOMING THE FEAR OF BEING UNSUCCESSFUL.
 I AM A GREAT BELIEVER IN LUCK, AND I FIND THE HARDER I WORK
 THE MORE OF IT I HAVE.

THIRTY-FIRST ANNUAL MITCA TRACK AND FIELD CLINIC

HOLIDAY INN & HOLIDOME - - LIVONIA WEST

17123 LAUREL PARK DRIVE NORTH LIVONIA, MICHIGAN 48152

I-275 and SIX MILE ROAD 1 (313) 464-1300

Thursday, Jan. 12th, 1989 5:30 Registration
 Friday, Jan. 13th, 1989 8:00 Registration
 Saturday, Jan. 14th, 1989 8:30 Registration
 Prediction Fun Run Sat. Morning 7:30

Norb Badar, Flint Northern **THURSDAY EVENING**
 Brent McFarlane, Canadian National Coach
 Joe Newton, York H. S., Elmhurst, Illinois

Kevin O'Donnell, Cleveland Beaumont H. S.
 Joe Newton, York High School, Elmhurst, Illinois
 Dr. James Klinzing, Cleveland State Uni. **FRIDAY**
 Bill Bupp, MHSAA, Lansing
 Martin Crane, Flint Beecher

Don Lukens, Retired, Kalamazoo Loy Norrix
 Gordon Aldrich, Akron-Fairgrove (Carson City Crystal)
 Robert Glenn, Detroit Cass Tech
 Mike Unger, Westland Lutheran
 John Soderman, Caledonia H. S.

Bob Bridges, Dearborn High School
 Randy Wilkins, Milford Lakeland High School **SATURDAY MORNING**
 Dave Catherman, Farmington High School
 Rita Somerlot, Centerville, Ohio
 Nate Durham, Pacer Corp.

1:00 PM MHSAA SPECIAL TRACK AND FIELD RULES MEETING
 Bill Bupp, Assistant Director, MHSAA

PRE-REGISTRATION - - \$60.00 AT THE DOOR - - \$70.00
 SATURDAY FROM 8:30 - NOON **ATOM CLINIC BLAKE HAGMAN**

ATOM - ASSOCIATION OF TRACK OFFICIALS OF MICHIGAN

Make checks payable to M.I.T.C.A.
 Send to **RICH TOMPKINS 939 STATE ST. FREMONT, MI 49412**

NAME: _____

HOME ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

HOME PHONE: _____

BIRTH DATE: _____

YEAR JOINED MITCA: _____

LEVEL OF SCHOOL: _____

HAVE YOU RECEIVED A 20 YEAR CERTIFICATE FROM MITCA?

YES NO

SCHOOL: _____

SCHOOL ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

SCHOOL OR WORK PHONE: _____

CLASS OF SCHOOL: _____

YEAR STARTED COACHING CC _____ TRACK _____

HAVE YOU COACHED CONTINUOUSLY FROM ABOVE DATES?

YES NO

IF NO ABOVE, HOW MANY YEARS HAVE YOU COACHED

CC _____ TRACK _____