

MITCA

BOYS INDOOR TRACK SCHEDULE

1989

Fri.	January	20	University of Michigan Central Michigan University	Boys Only Co-ed	6:30 p.m. 6:00 p.m.
Sat.		21	Spring Arbor College	Co-ed	8:00 a.m.
Wed.		25	Eastern Michigan University		5:00 p.m.
Fri.		27	Western Michigan University	Co-ed	6:00 p.m.
Sat.		28	Spring Arbor College	Co-ed	8:00 a.m.
Fri.	February	3	Central Michigan University	Co-ed	6:00 p.m.
Thur.		9	Spring Arbor College	Co-ed	6:30 p.m.
Thur.		16	University of Michigan	Boys Only	6:30 p.m.
Fri.		17	Central Michigan University	Co-ed	6:00 p.m.
Thur.		23	Eastern Michigan University		5:00 p.m.
Thur.	March	2	Central Michigan University	Co-ed	5:30 p.m.
Wed.		15	University of Michigan Indoor Championships	Boys Only	7.00 p.m.

THESE ARE THE ONLY QUALIFING 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

VERY IMPORTANT - ATHLETES MUST USE CLUB NAME NOT SCHOOL NAME WHEN REPORTING TO THE RECORDERS TABLE - NO PERFORMANCE WILL BE ACCEPTED FOR THE CHAMPIONSHIP MEET UNLESS THE CLUB NAME IS USED.

AT ALL CO-ED MEETS GIRLS EVENTS WILL PRECEDE BOYS EVENTS

MEET DIRECTORS:

- ~~Central Michigan University - Walt Drenth - CMU~~
- Eastern Michigan University - Bob Parks - EMU
- Spring Arbor College - Chuck Janke - Jackson High School
- University of Michigan - Chuck Janke - Jackson High School
- Western Michigan University - Jim Long - Kalamazoo Central High School
- ALBION
- SAGINAW VALLEY
- MICHIGAN STATE

INFORMATION PERTAINING TO MEETS

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

- | | |
|-----------------------------------|------------------|
| 6:30 - Field Events | 60 Dash - semis |
| 6:30 - 60 Highs - prelims & semis | 60 Highs - final |
| 300 Dash | Two Mile Relay |
| 60 Dash - prelims | Two Mile Run |
| 600 Run | 60 Dash - final |
| Mile Run | Mile Relay |

BOYS ONLY NO SPIKES NO DRESSING FACILITIES

Western Michigan University - Registration begins 5:00 p.m. - Everyone; athletes, coaches, and spectators must pay \$1.00

SAME STARTING TIME AND SCHEDULE OF EVENTS AS UNIVERSITY OF MICHIGAN

CO-ED - GIRLS EVENTS PRECEDE BOYS EVENTS - NO SPIKES - NO DRESSING FACILITIES

EASTERN MICHIGAN UNIVERSITY

ALL INFORMATION WILL BE MAILED BY BOB PARKS

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

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

- | | |
|--|-------------------------------------|
| 8:30 - Field Events | 6:30 - Field Events |
| 8:45 - 50 Highs - prelims -semis - final | 6:45 - 50 Highs(Same as Sat. meets) |
| 9:30 - 300 Dash | 7:00 - 300 Dash |
| Mile Run | Mile Run |
| 880 Run | 880 Run |
| Two Mile Run | Two Mile Run |
| 600 Run | 600 Run |

CO-ED - GIRLS EVENTS WILL PRECEDE BOYS EVENTS - NO SPIKES - NO DRESSING FACILITIES

CENTRAL MICHIGAN UNIVERSITY - Everyone; athletes, coaches, and spectators must pay \$1.00

Fri. 1/20 and 2/3 - Registration begins 4:30 Fri. 2/17 - Registration begins 4:30

- | | |
|---|------------------------------------|
| 6:00 - Field Events(1/20 - no long jump
2/3 - no pole vault) | 6:00 - Field Events - no long jump |
| 6:00 - 60 Highs - prelims - semis | 6:00 - 60 Highs - prelims - semis |
| 600 Run | 600 Run |
| 60 Dash - prelims | 60 Dash - prelims |
| Mile(1/20 - 2 mile 2/3) | 300 Dash |
| 60 Dash - semis | Mile Run |
| 60 Highs - final | 60 Dash - semis |
| Two Mile Relay | 60 Highs - final |
| 600 Dash Final | Two Mile Relay |
| Mile Relay | Two Mile Run → 60 DASH Final |
| | Mile Relay |

Thur. 3/2 -Registration begins 4:00
5:30 - Field Events -*no pole vault
5:30 - Same order of events as 2/17 except ~~no 300 Dash~~

*POLE vaulters - if there is an interest(5 or more) there can be a vault competition at 4:00. Coaches must contact

CO-ED - GIRLS EVENTS WILL PRECEDE BOYS EVENTS
NO SPIKES - NO DRESSING FACILITIES

WAL
Wait Drenth by Tues 2/28
KENT BAKER 21

INFORMATION PERTAINING TO MITCA STATE INDOOR CHAMPIONSHIP MEET

DATE: Wednesday March 15, 1989 - University of Michigan

TENTATIVE TIME SCHEDULE:

6:45	Field Events	8:35	60 Yard High Hurdles - final
7:00	60 Yard High Hurdles - prelims & semis	8:40	60 Yard Dash - final
7:30	60 Yard Dash - prelims	8:45	AWARDS
7:45	600 Yard Dash(2 heats)	8:50	Two Mile Relay
7:55	60 Yard Dash - semis	9:00	Two Mile Run
8:05	Mile Run(2 heats)	9:15	AWARDS
8:20	AWARDS	9:20	Mile Relay(2 heats)
8:25	300 Yard Dash(2-3 heats)	9:30	AWARDS

ALL PARTICIPANTS MUST BE FROM MITCA REGISTERED CLUBS

BASIC CRITERIA FOR QUALIFICATION:

60 Dash & 60 Hurdles - 18 to 24 fastest times run in semi-final or final heats at the qualification meets

300 Dash - 18 fastest times from the qualification meets

600 Dash - 12 fastest times from the qualification meets

Mile Run - 18 to 20 fastest times from the qualification meets - 2 heats

Two Mile Run - 10 to 12 fastest times from the qualification meets - 1 heat

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

One Mile Relay - 12 fastest times from the qualification meets

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

PLEASE NOTE:

DISTANCE RUNNERS MAY RUN EITHER THE MILE OR TWO MILE - NOT BOTH

SPRINTERS MAY RUN ONLY ONE - 60 DASH, OR 300 DASH, OR 600 DASH

ALL RELAY TEAMS MUST WEAR IDENTICAL SHIRTS

ATHLETES MAY WEAR PIN SPIKES FOR THE CHAMPIONSHIP MEET

COMPETITION IN THIS MEET MUST COUNT AS ONE OF THE TWO ALLOWABLE OUTSIDE CONTESTS

MHSAA HANDBOOK - REGULATION 1, SECTION 12

SELECTION COMMITTEE:

Pole Vault	Don Marsh	313 744 0053
High Jump	Bill Wehrwein	517 596 2496
LONG Jump and 600	Martin Crane	313 686 2800
Shot Put	Duane Raffin	313 634 4457
60 and 300	Dave Gordon	313 851 7029
60 Hurdles	Norb Badar	313 238 1478
Mile and Two Mile Runs	John Osler	313 641 8441
Mile and Two Mile Relays	Chuck Janke	517 592 5483

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

ADMISSION:

COMPETING ATHLETES - NO CHARGE - ALL OTHERS \$2.00

AWARDS:

TOP FIVE FINISHERS IN EACH EVENT

1989 MITCA GIRLS INDOOR TRACK SCHEDULE

JAN. 20	CENTRAL MICHIGAN UNIVERSITY	COED	6:00 PM
JAN. 21	SPRING ARBOR COLLEGE	COED	8:00 AM
JAN. 24	EASTERN MICHIGAN UNIVERSITY	GIRLS	6:00 PM
JAN. 25	EASTERN MICHIGAN UNIVERSITY	COED	5:30 PM
JAN. 27	WESTERN MICHIGAN UNIVERSITY	COED	5:30 PM
JAN. 28	SPRING ARBOR COLLEGE	COED	8:00 AM
FEB. 1	EASTERN MICHIGAN UNIVERSITY	COED	6:00 PM
FEB. 3	UNIVERSITY OF MICHIGAN	GIRLS	6:30 PM
FEB. 3	CENTRAL MICHIGAN UNIVERSITY	COED	6:00 PM
FEB. 9	SPRING ARBOR COLLEGE	COED	6:30 PM
FEB. 16	EASTERN MICHIGAN UNIVERSITY	GIRLS	6:00 PM
FEB. 17	CENTRAL MICHIGAN UNIVERSITY	COED	6:00 PM
FEB. 23	EASTERN MICHIGAN UNIVERSITY	COED	5:30 PM
MAR. 2	CENTRAL MICHIGAN UNIVERSITY	COED	5:30 PM
MAR. 3	UNIVERSITY OF MICHIGAN	GIRLS	6:30 PM
MAR. 16	MITCA CHAMPIONSHIP U OF M	GIRLS	6:30 PM

MEET INFORMATION / ORDER OF EVENTS

U OF M FEB. 3, MAR. 3, MAR. 16 \$2 PER PERSON

Shot Put, Long Jump, High Jump	
60 Dash Prelim	60 Dash Final
60 Hurdles Prelim/Semi	600 Run
300 Dash	880 Relay
2 Mile Relay	2 Mile Run
1 Mile Run	1 Mile Relay
60 Dash Semi	
60 Hurdles Final	

EMU Girls JAN. 24, COED FEB. 1, GIRLS FEB. 16 \$2 PER ATHLETE
SAME AS U OF M EXCEPT METRIC DISTANCE FOR GIRLS. 2/1 BOYS
SSM, 1600M, 800M RELAY, 1600M RELAY, SP, HJ, LJ ONLY

EMU COED LIMITED GIRLS EVENTS JAN. 25, FEB. 23
SSM, 1600M, 800M RELAY, 1600M RELAY, SP, HJ, LJ

SPRING ARBOR JAN. 21, JAN. 28, FEB. 9

50 H Pre, Semi, Final	880 Relay
300 Dash	2 Mile Run
1 Mile Run	600 Run

WMU JAN. 27 \$1 PER PERSON

Long Jump, High Jump, Shot Put	
60 H Pre/Semi	60 H Final
300 Dash	2 Mile Relay
60 Dash Prelim	2 Mile Run
600 Run	
1 Mile Run	60 Dash Final
60 Dash Semi	

CMU JAN. 20, FEB. 3, FEB. 17, MAR. 2 \$1 per Person

Long Jump(2/3, 2/17, 3/2), Shot Put, High Jump	
60 H Prelim/Semi	60 Dash Semi
600(1/20, 2/3) 300(2/17)	60 Hurdle Final
60 Dash Prelim	2 Mile Relay
1 Mile Run(1/20, 2/17, 3/2)	60 Dash Final
or 2 Mile Run (2/3)	1 Mile Relay