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MICHIGAN INTERSCHOLASTIC
TRACK COACHES ASSOCIATION

NEWSLETTER

NO. 1 APRIL 1989

NEWSLETTER WRITER

Kermit N. Ambrose
Retired

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Fowler High School

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Redford Det. Cath. Cent.

TREASURE

Rich Tompkins
Fremont High School

THE THIRTY-FIRST ANNUAL MITCA TRACK CLINIC AND BUSINESS MEETING

The Livonia Holiday Inn January 12th, 13th, & 14th

Duane Raffin, President of MITCA, was in charge of the arrangements. An innovation in the format was instigated by Duane when he added a Thursday evening session. An excellent turnout of 200 or more coaches attended the opening meeting.

Norb Badar, retired premier coach, from Flint Northern and Brent McFarlane, Canadian National Coach, discussed and demonstrated their expertise in the coaching of the hurdle events. A motivational talk by Joe Newton closed out the first session.

Kevin O'Donnel, Cleveland Beaumont High School, conducted two sessions on Friday. "Practice Organization" and "Meet Strategy" were the topics of his talks. Dr. James Klinzing, Cleveland State University, presented information on "Sprint Training Techniques".

Gordon Aldrich, former coach at Akron-Fairgrove and presently at Carson City Crystal, and, Bob Glenn, Detroit Cass Tech, presented information on "Developing A Girls Team". Mike Unger, former Detroit Lutheran West coach and now at Westland Lutheran and John Soderman, Caledonia, spoke on "Developing A Boys Team."

Martin Crane, Flint Beecher, coached the coaches on "Plyometric Training and the Long Jump"; while Bob Lynch presented material on the "800 Meter Run" and the "4 x 800 Meter Relay". Don Lukens, Kalamazoo Loy Norrix, was on the program and his topic was "The Rotational Shot Put".

Bill Bupp, MHSAA, discussed pertinent matters pertaining to track and field and cross country and the workings of the Michigan High School Athletic Asso. Duane Raffin was in charge of the Annual Business Meeting.

The "Coach of the Year Banquet", Joe Newton's talk on The Seoul Olympics, the door prizes, and the hospitality hours closed out the first full day of the clinic.

The Saturday morning agenda started with the "Prediction Fun Run." Bob Bridges, Dearborn High, spoke on "Team Workouts" Dave Catherman, Farmington High, presented material on the Discus and Nat Durham, Pacer Corp. was in charge of a session on the Pole Vault. Rita Somerlot, Centreville, Ohio talked "Indoor Circuit Training" and "The High Jump". Bill Bupp, MHSAA, conducted a "Special Track and Field Rules Meeting".

Duane is to be complimented for all of his efforts in planning and organizing this fine annual affair. Thank you for a very excellent job.

A.T.O.M. (Association of Track Officials of Michigan) held a clinic on Saturday morning in conjunction with the MITCA Clinic.

STERIODS CAN MAKE A MAN bigger AND SMALLER AT THE SAME TIME

S.T.E.R.O.I.D.S A.R.E B.I.G T.R.O.U.B.L.E

"SOME OF US WILL DO OUR JOBS WELL AND SOME OF US WILL NOT,
BUT WE WILL ALL BE JUDGED BY ONLY ONE THING---THE RESULTS"
Vince Lombardi

1988 TRACK AND FIELD COACH OF THE YEAR

CLASS	GIRLS	BOYS
"A"	Bryan Westfield Ann Arbor Pioneer	Chuck Janke Jackson High
"B"	Errol Putman Remus Chippewa Hills	Martin Crane Flint Beecher
"C"	Fred Jaeger Morley Stanwood	Paul Nilsson Williamston
"D"	Gordon Aldrich Carson City Crystal	Neil Hufnagel Fowler High

1988 NOMINEES FOR TRACK AND FIELD COACH OF THE YEAR

CLASS	GIRLS	BOYS
"A"	Robert Glenn Detroit Cass Tech Jim Love Ann Arbor Huron	Tom Eschmann Southfield High Jim Long Kalamazoo Central
"B"	Father Pat Garrity Detroit St. Martin DePorres John McGreevy Redford Bishop Borgess	Kent Baker Detroit East Catholic Al Korytkowski Grand Rapids Northview
"C"	Mark G. Greenwell New Haven George D. Proseni Detroit Country Day	Smokey Boyd Sag. Nowel Cath. Central David Ruth Detroit Lutheran West
"D"	Frank Sipes Lawton High Kim Spalsbury Fowler High	Art Bombrys Mendon High Larry Steeb Whitmore Lake

LORENZO CROFT PRESENTED THE 13TH ANNUAL CHUCK

SWEENEY AWARD - - Mr. Croft is presently the Athletic Director at Ecorse High School. He still has his hand in the coaching of track at Ecorse. He is an assistant coach to head coach Edward Pruett.

Lorenzo earned a Bachelor's Degree in Science, in 1953, from Kentucky State University and his Master's Degree from Eastern Michigan University.

His teams won State Class "B" Championships in 1969, 1970, 1973 and 1981. His teams won State Class "C" Championships in 1980 and 1985. On five occasions, his teams were Runner-up and 4 times his teams placed third in the State finals.

Ecorse, under his direction, won championships at the Huron Relays, Spartan Relays, Central ("Chip") Relays, Marysville Relays, Down River Relays, Brother Rice Relays, Bishop Foley Knights of Columbus Relays and in addition many S.A.C. League and Regional Championships. His teams have won over 200 dual meets.

One of his protege, Evans White, was a two-time National Indoor 800 meter champion, and ranked # 1 in 1980 with a time of 1:43.8. Dave Pureifoy was an outstanding shot-putter and a former National Football League Lineman. Derrick Sheppard was a Mid-America Conference Champion while at the Uni. of Toledo. Mr. Croft has coached numerous State Champions

Lorenzo is a member of the Michigan coaching staff for the Midwest meet of champions. He has served in that capacity for several years. Congratulations. LORENZO CROFT, AND KEEP WINNING.

EASTERN MICHIGAN UNIVERSITY HURON RELAYS
1989 CLASS "B"

1. Cleveland East Tech (Ohio)	60	Jim Emery
2. Pinckney High	49	David J. Mitchell
Flint Beecher	46	Martin Crane
Ypsilanti Lincoln	44	Sid Wright
5. Dearborn High	43½	Bob Bridges
6. River Rouge	35	David Gordon
7. Oxford	34	Elmer Ball
8. Toledo DeVilbiss (Ohio)	24	Bob Hayton
9. Sturgis	23½	Kent Roberts
10. Dearborn Hgts. Robichaud	23	Jeffrey Flounory
11. Algonac	22	Roger Avers
12. Whitmore Lake	21	Larry Steeb
13. Toledo Macomber (Ohio)	14	Brad Hathaway
14. Marysville	13	Mike Gekhas
14. Fenton Lake Fenton	13	Bob Grubbs
16. Chelsea	11	Ted Wilson
16. Redford Bishop Borgess	11	Gregory L. Dukas
18. Sparta High	10	John Thomas
19. Ashland High (Ohio)	9	Jim Minnich
20. Maumee Valley Country Day School (O)	8	Sam McCoy
20. Mason High	8	Bill Juhnke
20. Corruna High	8	Scott Moeller
20. Detroit East Catholic	8	Carolyn White
24. Saline High	7½	George Tilt
25. Goodrich High	5½	Kathleen Scholar
26. Allen Park High	4	Tony Mifsud
27. Ecorse	3	Edward Pruett
27. Ortonville-Brandon	3	Gary Medland
29. Eaton Rapids High	1½	Ken Mazur
30. Royal Oak Shrine	1	Wright Wilson

8 Schools Failed to Score

NATIONAL HIGH SCHOOL COACHES ASSOCIATION 1989
NATIONAL CONVENTION PHOENIX - THE HYATT REGENCY
SEMINAR (June 24-27) CLINIC (June 28-30)
COACHES AND ATHLETIC DIRECTORS OF THE YEAR NOMINEES

ATHLETIC DIRECTOR	"Chuck Jones	Royal Oak Kimball
CROSS COUNTRY	Pete Moss	Benzie County Cent. High
GIRLS TRACK	Bryan Westfield	Ann Arbor Pioneer
BOYS TRACK	Marty Crane	Flint Beecher

TRACK LISTING FOR HIGH SCHOOL BOYS AND GIRLS AND ALSO FOR JUNIOR HIGH & MIDDLE SCHOOL (Boys and Girls)

HIGH SCHOOL BOYS	Duane Raffin, Holly High School 920 East Baird, Holly, Michigan 48442 1 (313) 634-4451
HIGH SCHOOL GIRLS	Doug Grezeszak, Ogemaw hgts. H. S. M-33, West Branch, Michigan 48661 1 (517) 345-2855
JUN. HIGH & MID. SCH.	Mac Donke, Marysville High School 1325 Michigan Road, Marysville 48040 1 (313) 364-7161

COACHES: Please give all the help you can to these three men. It is a very big job and they can do a better compilation of results if all of the coaches would put forth some effort to get results to them. Thank you.

SPARTAN RELAYS		MICHIGAN STATE UNI.		HURON RELAYS-----1990	
1989	GIRLS	CLASS C-D		CLASS "B"-----FRIDAY	
1. Fowler		80		MARCH 30TH	
2. Flat Rock		37		CLASS "A"-----SATURDAY	
3. Bath		36½		MARCH 31ST	
4. Detroit Lutheran West		33			
5. Williamston		27		SPARTAN RELAYS-----1990	
5. Hart		27		THURS., FRI., AND SAT.	
7. Laingsburg		25½		APRIL 5TH, 6TH AND 7TH	
Goodrich		25½			
Bronson		25		"IF YOU MAKE YOUR JOB IMPOR-	
5. New Lothrop		25		TANT, IT IS QUITE LIKELY TO	
Mayville		24		RETURN THE FAVOR."	

"ALL WORTHWHILE MEN HAVE GOOD THOUGHTS, GOOD IDEAS AND GOOD INTENTIONS---BUT PRECIOUS FEW OF THEM EVER TRANS-LATE THOSE INTO ACTION." John Hancock Field

SPARTAN RELAYS MICHIGAN STATE UNI.
1989 BOYS CLASS "A"

1. Ann Arbor Pioneer	37
2. Monroe	34
3. Detroit Cooley	30
4. Detroit Martin Luther King	27
5. Southfield High	26
6. Troy High	23
7. Jackson High	21
7. Ypsilanti High	21
7. Lansing Everett	21
10. Redford Detroit Catholic Central	20
1989 BOYS CLASS C-D	
1. Constantine	55
2. Fowler	54½
3. Clare	49
4. Detroit Lutheran West	43
5. Fenton Lake Fenton	37
6. Bath High	30
7. Whitmore Lake	25½
8. Saginaw Nouvel	24
9. Williamston	22
10. Harper Woods Lutheran East	20½

THE SITES FOR THE 1989 AND 1990 FINAL MEETS ARE AS FOLLOWS:

Class "A"	Eastern Michigan University
Class "B"	Jackson Northwest H. S.
Class "C"	Alma College
Class "D"	Hillsdale College
Class "A"	Midland High School
Class "B"	Jackson Northwest H. S.
Class "C"	Wyoming Park High School
Class "D"	Hillsdale College

THE SITES FOR THE 1991 & 1992 FINAL MEETS ARE AS FOLLOWS:

Class "A"	Grand Rapids - Houseman Field
Class "B"	Wyoming Park
Class "C"	Byron Center
Class "D"	Grand Rapids Forest Hills

SPARTAN RELAYS MICHIGAN STATE UNI.
1989 GIRLS CLASS "A"

1. Ann Arbor Pioneer	78
2. Ypsilanti High	58
3. Flint Northern	45
4. Flint Central	27
5. Lansing Eastern	24
6. Plymouth Salem	22½
7. Lansing Sexton	20
8. Jackson High	18
8. Detroit Henry Ford	18
10. Detroit Pershing	17
11. Flint Kearsley	14
12. Monroe	13
12. Okemos	13
14. Ferndale	12½
15. Detroit Mumford	11
15. Charlotte	11
17. Milford Lakeland	8
18. Holt	7
18. Howell	7
18. Livonia Stevenson	7
18. Farmington Mercy	7
18. Redford Union	7

"OBSTACLES ARE THOSE FRIGHTFUL THINGS YOU SEE WHEN YOU TAKE YOUR EYES OFF YOUR GOALS."

"YESTERDAY IS A CANCELLED CHECK; TOMORROW IS A PROMISSORY NOTE; TODAY IS THE ONLY CASH YOU HAVE--- SO SPEND IT WISELY." Kay Lyons

CLASSIFICATION OF MICHIGAN HIGH SCHOOLS

CLASS "A"	1020 OR MORE
CLASS "B"	523-1019
CLASS "C"	263-522
CLASS "C"	262 or LESS

THE WATERFALL START WILL BE USED IN THE 1600 METER AND THE 3200 METER RUNS AT ALL MHSAA REGIONAL AND FINAL MEETS BEGINNING IN 1990.

BEGINNING IN 1991, THE 800 METER RELAY SHALL BE RUN IN LANES

THERE ARE FOUR SEPARATE HURDLE RACES IN MICHIGAN HIGH SCHOOL TRACK

- GIRLS HIGH HURDLES
100 METERS 33 INCHES
- BOYS HIGH HURDLES
110 METERS 39 INCHES
- GIRLS LOW HURDLES
300 METERS 30 INCHES
- BOYS INTERMEDIATES
300 METERS 36 INCHES

STARTING HIGH SCHOOL TRACK MEETS

TWO COMMAND STARTS		
RUNNERS SET	GUN	
800	1600	3200
4 x 800		

THREE COMMAND STARTS TO YOUR MARKS

SET	GUN
ALL OTHER RACES	

WHY DO I CALL ATTENTION TO THIS. I OBSERVED A SUPPOSEDLY PRESTIGES INDOOR HIGH SCHOOL MEET LAST YEAR TO START THE 4 X 200 and the 4 x 400 since blocks were not being used and all the runners were standing. A co-starter in a big invitational was about to do that untill I called the runners up. If runners do not wish to use starting blocks they need to learn how start with three command starts while they are standing.

CROSS COUNTRY STARTS

TWO COMMANDS		
RUNNERS SET	GUN	
NOT RUNNERS SET	GUN	

(That's a three command start)

"THE WILL TO WIN IS WORTH NOTHING UNLESS YOU HAVE THE WILL TO PREPARE."

TO SUCCEED - DO THE BEST YOU CAN, WHERE YOU ARE, WITH WHAT YOU HAVE."

Coach David Gordon, River Rouge High School, presented the Chuck Sweeney Award to Lorenzo Croft at the MITCA Dinner Meeting. His presentation was excellent. His greatest task was getting Mr. Croft to the dinner meeting. With Much help from Lorenzo's wife and Mr. Freeman M. Moore, Principal of Ecorse, they were able to have Lorenzo present without him being wise to why he should be there. Good Job David.

Mr. Croft 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	Norbert Badar	Flint Northern
1983	Chuck Janke	Jackson High
1984	Bob Kent	Pontiac Central
1985	Duane Raffin	Holly High
1986	Don Lukens	Kalamazoo Loy Norrix
1987	Bob Bloomer	Holly High
1988	Elmer Ball	Oxford High
1989	Lorenzo Croft	Ecorse High

MITCA PREDICTION FUN RUN		7:30 SATURDAY MORNING	RACE PREDICT	
		TIME	TIME	
1.	Fred Jaeger	14th	28:53.0	28:42.0 :11.0
	Morley Stanwood High			
2.	Rudy Godefroidt	30th	35:04.6	35:20.0 :15.4
	Breckenridge High			
3.	Ron Clone	20th	32:39.4	32:55.0 :15.6
	Elk Rapids High			
4.	Dave Brown	7th	26:18.0	26:45.0 :27.0
	Detroit Lutheran West			
5.	Doug Grezeszak	32nd	39:28.6	39:00.0 :28.6
	Ogemaw Heights			
6.	Mike Walker	31st	37:13.9	36:45.0 :28.9
	Ithaca High			
7.	Stan Ford	2nd	22:18.7	22:50.0 :31.3
	Lake Orion High			
8.	Brad Kahrs	8th	27:23.9	27:59.0 :35.1
	Big Rapids High			
9.	Tom Micallef	28th	33:48.7	33:10.0 :38.7
	Vpsilanti High			
10.	Ross Donley	10th	27:30.9	28:10.0 :39.1
	Ludington High			
11.	Bruce Jacobs	16th	29:17.2	30:00.0 :42.8
	Ferris State University			
12.	Tom Pierson	9th	27:29.6	28:23.0 :53.4
	Cadillac High			
13.	Bruce VanDer Meulen	21st	32:40.6	31:45.0 :55.6
	Hudsonville Public			
13.	Doug Frank	23rd	33:14.4	34:10.0 :55.6
	Bridgeport High			
15.	John Carr	5th	24:28.5	25:32.0 1:03.5
	Lake Michigan Catholic			
16.	Rhonda Arndt	27th	33:46.0	35:00.0 1:14.0
	Bellaire High			
17.	David Wheeler	12th	28:03.2	29:25.0 1:21.8
	Watervliet High			
18.	Mike Unger	4th	23:00.1	24:25.0 1:24.9
	Lutheran Westland			
19.	Irene Sennowitz	24th	33:38.5	35:22.0 1:43.5
	Bridgeport High			
20.	Barbara Munch Kohn	26th	33:43.0	35:30.0 1:47.0
	Carleton Airport High			
22.	Joel Shelden	25th	33:42.2	35:33.1 1:50.9
	Bridgeport High			
21.	Gary Medland	17th	30:57.4	32:48.0 1:50.6
	Ortonville-Brandon			
23.	Fred Merritt	33rd	40:14.1	42:10.0 1:55.9
	Zeeland High			
24.	Mike Dennisuk	11th	27:52.7	30:00.0 2:08.3
	Flat Rock Woodhaven			
25.	Steve Dollaway	6th	25:15.0	27:46.0 2:31.0
	Livonia Franklin			

26.	Jay Miller	15th	29:16.0	32:03.0 2:47.0
	Ortonville-Brandon			
27.	Dan Milhisler	22nd	32:43.5	36:00.0 3:16.5
	Reeths-Puffer			
28.	Bob Collins	19th	32:33.4	29:07.0 3:26.4
	Grosse Pointe North			
29.	Dan Twiss	18th	32:14.7	28:30.0 3:44.
	Brown City			
30.	Paul Nilsson	3rd	22:18.7	26:35.0 4:16.3
	Williamston			
31.	Dennis Brenner	13th	28:24.2	34:03.0 5:38.8
	Litchfield High			
32.	*John Wismer	1st	20:21.1	28:42.0 8:20.9
	Bridgeman			
33.	**Tony Mifsud	29th	33:53.0	25:30.0 8:23.0
	Allen Park			
	Vranda Barclay			Did Not Finish
	Jackson High			
	Ferne Kerr			No Official Time
	Jackson Lumen Christi			
*	Did not Run Full Coarse			
**	Became ill on run			

EASTERN MICHIGAN UNIVERSITY HURON RELAYS		CLASS "A"
1.	Monroe High	37 Dave Bork
2.	Pontiac Central	36 Dave Edwards
3.	Southfield High	34 Tom Eschmann
4.	Detroit Denby	30½ Charles Lewis
5.	Jackson High	28 Chuck Janke
6.	Sylvania Southview (Ohio)	25 Ross Deye
7.	Detroit Pershing	22 Allan Tellis
8.	Flint Kearsley	21 Don Marsh
9.	Lansing Everett	20 Ron Barr
10.	Flint Central	19 Mike Vance
11.	Redford Detroit Catholic Central	16 Kevin Kavanagh
12.	Detroit Marin Luther King	15 Demetrius Hallums
13.	Benton Harbor	14 Richard Brame
13.	Lansing Sexton	14 Paul Pozega
15.	East Lansing	13 Jeff Smith
16.	Flint Carman-Ainsworth	12 Kenn Domerese
16.	Detroit Cooley	12 Gene R. Ballard
16.	Grand Leage	12 Jim Brandt
16.	Troy High	12 John Bancroft
16.	Saginaw High	12 James A. Perry, Sr.
21.	Flint Southwestern Academy	11 Charles Thomas
21.	Toledo Bowsher (Ohio)	11 Ron Schlievert
21.	Wayne Memorial	11 Joe Grasley
24.	Livonia Churchill	10 Fred R. Price
25.	Holly High	9 Duane Raffin
25.	Ann Arbor Pioneer	9 Don Slezman
27.	Walled Lake Western	8 Dick Watson
27.	Vpsilanti High	8 Levi Simpson
27.	Rochester High	8 Mark Merlo
27.	Toledo St. John's (Ohio)	8 Mike Schramm
31.	Bloomfield Hills Lahser	7 Dennis Hurley
31.	Kalamazoo Loy Norrix	7 Ted Duckett
33.	Flint Northern	6 Al Sigman
33.	Redford Union	6 Jim Gibbons
33.	Detroit Osborn	6. Harold McGuire
36.	Detroit Mumford	5½ Robert Lynch
37.	Grand Blanc	4 Bill Catton
38.	Detroit Cody	3 Richard Carter
39.	Flint Northwestern	2 Sy Collins
39.	Dearborn Edsel Ford	2 Larry Simon
41.	Hazel Park	1 Bob Fulcher
41.	Toledo St. Francis de Sales (Ohio)	1 Paul Gilsdorf
22 Schools Failed To Score		

 "THE SPEED OF THE LEADER DETERMINES THE RATE OF THE PACK"

 "THE PRICE OF GREATNESS IS RESPONSIBILITY" Winston Churchill

 "SUCCESS IS SIMPLY A MATTER OF LUCK. ASK ANY FAILURE."

 "MANY RECEIVE ADVICE, ONLY THE WISE PROFIT FROM IT."

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MICHIGAN INTERSCHOLASTIC
TRACK COACHES ASSOCIATION
NEWSLETTER

NO. 2 SEPTEMBER 1989

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GREETINGS FROM THE PRESIDENT OF MITCA

Well, as always, the summer has vanished into thin air and we are looking into the face of the 1989-1990 Cross Country and Track Seasons. For those of you that are entering the coaching ranks for the first time, this coming season will be one of the most memorable that you will have and I would like to wish you the best of luck. For those of you that are veterans, the anticipation of another season is always one of the most exciting parts of coaching. Again, good luck

I am certainly looking forward to this year with MITCA and I would like to share with you some of the things that the MITCA executive committee has been working on this past year.

John Quiring, our second vice-president, has been putting together another excellent Cross Country Clinic for us on November 10 and 11 at the brand new Radisson Hotel in Ypsilanti. The clinic will be at the same site as the NCAA regional cross country championships and you will be able to watch these races on Saturday. John has used the race tour advantage to obtain speakers for the clinic program from the array of excellent coaches that will have teams there.

I have been working at putting together a learn by doing clinic that will be headquartered at the Radisson Hotel in Lansing and the actual clinic will be at M.S.U. Jenison Fieldhouse. Make sure that you get as many of your coaches as possible to these clinics. They are always informative and educational and they are an excellent way to meet your peers.

Duane Raffin and Norb Badar are working to put together a more uniform and perhaps a more fair method of selecting candidates for "Coaches of the Year" in Cross Country and Track and Field. This is a tremendously complicated job and Duane and Norb will welcome your suggestions.

Mike Woolsey of Jackson Lumen Christi, is again in charge of the 3rd annual Mid-East Cross Country Meet of Champions to be held in the Dayton-Kettering area in Ohio on November 18th. The qualifications for the boys and girls teams will be at the State TAC Age-Group Meet at Ann Arbor Buhr Park, on Sunday, November 12th.

Mark Carpenter of Dearborn Divine Child has been working hard at putting your ideas to work to make recommendations to you at the November Clinic and to the MHSAA later that month. Our Track Committee, under the leadership of Robert Fulcher of Hazel Park, has been working on your suggestions from the last track clinic and will bring their progress to you at the January clinic.

The MHSAA is very responsive to the suggestions and recommendations that come from MITCA. These recommendations come from the Cross Country and Track Clinics. Please make sure that your suggestions are heard, by attending the business meetings at the clinics.

The MHSAA is always in need of sites for Track and Cross Country Regionals. If you have ever had to travel for what seems to be and in some cases is hours to reach a regional site, please keep this in mind and urge your Athletic Director to apply for a regional meet.

If you have any concerns about our two sports, the Executive Committee and the MITCA committees are always glad to hear from you. We are in the "Book"

The Executive Committee and I would like to wish you the best for the 1989-1990 academic and athletic year and we are eager to see you in Ypsilanti in November and Lansing in January.

Yours in running,
Jerry Mayer
Jerry Mayer
MITCA President

JOGGING: THE SCIENCE OF ENDURING PAIN
IN ORDER TO GO NOWHERE IN PARTICULAR.

REGIONAL CROSS COUNTRY HOST SCHOOLS AND MANAGERS

"A" # 1 Grosse Pointe South Steve Zarenek
2 Royal Oak Kimball Chuck Jones
3 Southgate-Anderson Tony Mifsud
4 Orchard Lake St. Marys Rob Hager
5 Royal Oak Kimball Chuck Jones
6 Holly High School Duane Raffin
7 St. Joseph Lake Mich. Cath. Fred Smith
8 Frankenmuth High Gary Bruns
9 Remus-Chippewa Hills Richard Donley

"B" # 10 Southgate Anderson Tony Mifsud
11 Grosse Pointe South Steve Zarenek
12 Springport High School Bert Smock
13 Frankenmuth High Gary Bruns
14 DeWitt High Bert Rypstra
15 Delton-Kellogg Karen Leinaar
16 Delton Kellogg Karen Leinar
17 Remus-Chippewa Hills Richard Donley

"C" # 18 St. Joseph Lake Mich. Cath. Fred Smith
19 Springport High Bert Smock
20 Orchard Lake St Marys Rob Hager
21 Brown City High Donald Maskill
22 Whittemore-Prescott Kyle Tobin
23 Grand Valley State Uni. Mike Stodola

"D" # 24 DeWitt High Bert Rypstra
25 Holly High School Duane Raffin
26 Whittemore-Prescott Kyle Tobin

UPPER PENINSULA - STATE MEET - - October 21st, 1989

"A-B" 7/7)
"C" 11/10) Gladstone High Howard Busch
"D" 9/7)

LOWER PENINSULA STATE CHAMPIONSHIPS

"A" Swartz Creek Dave Thompson
"B" IMA Brookwood Golf Course - Flint
Linden High School Joe Piowarczyk
"C" Tyrone Hills Golf Course
Lake Fenton High School Ralph Coaster
"D" Torrey Pines Golf Course
Frankenmuth High School Gary Bruns
Campus

1990 STATE TRACK AND FIELD MEET SITES

"A" Midland High School
"B" Jackson Northwest High School
"C" Wyoming Park High School
"D" Hillsdale College

1991 and 1992 STATE TRACK AND FIELD MEET SITES

"A" Grand Rapids - Houseman Field
"B" Wyoming Park High School
"C" Byron Center
"D" Grand Rapids Forest Hills

ATTENTION COACHES: Track and Field Listings are in the process of being up-dated. Your in-put will be very helpful. Duane Raffin of Holly High School, 920 Baird Street, 48442, and Doug Rzeszeszak, Ogemaw Heights High School, M-33, West Branch, 48661 have volunteered to undertake this task. Get the outstanding times, heights and distance, that your top athletes were able to attain last season or any others prior to last season. Thank you.

1990 TRACK AND FIELD RULES MEETINGS - 7:00 P.M.

Mon.	2/19/90	New Boston Huron High School
Wed.	2/21/90	Mattawan Middle School
Wed.	2/28/90	Madison Hgts. (Wilkinson Middle School)
Mon.	3/05/90	Forest Hills Northern High School
Wed.	3/07/90	Midland Dow High School
Mon.	3/12/90	Burton Bentley High School
Wed.	3/14/90	Walled Lake Western High School
Mon.	3/19/90	Reed City High School
Tues.	3/20/90	Albion High School
Tues.	3/27/90	Detroit Southwestern High School
Mon.	4/02/90	Ontonagon Area High School
Tues.	4/03/90	Escanaba High School
Wed.	4/04/90	Gaylord High School
Mon.	4/09/90	Haslett High School

MID-WEST MEET OF CHAMPIONS - INDIANAPOLIS - JUNE 10TH, 1989

BOYS RESULTS: Michigan-----157

Indiana-----132

Ohio-----97

Illinois-----68

2.	John Payment	Brimley	6' 10"
5.	Dan Reddan	Rochester High	6' 10"
7.	Derrick Alexander	Detroit Benedictine	23' 7 3/4"
4.	John Beardsley	Monroe	23' 0 1/4"
1.	Bill Deering	Dowagiac	16' 1"
2.	Toby Van Pelt	Owosso	15' 6"
2.	Larry Harden	Benton Harbor	:14.11
6.	Terence Smith	Bay City Central	:11.11
3.	Derek Bork	Monroe	4:13.8
4.	Jody Chism	Detroit Osborn	4:14.2
1.	Steve Sandles	East Detroit	:48.08
4.	Charles Fair	Detroit Denby	:49.95
2.	Bob Czachorski	Grandville	:37.0
5.	Catrain Cooper	Saginaw High	:37.6
1.	Tim Pitcher	Monroe	1:52.58
2.	Randy Helling	Stevensville-Lakeshore	1:52.58
2.	Bryan Parker	Jackson High	:21.8
4.	Herbert Ford	Flint Beecher	:22:0
1.	David Couch	Niles High	9:14.8
2.	Phil Sanborn	Monroe	9:17.6
5.	Jason Colvin	Ann Arbor Pioneer	0:21.5
1st	400 Meter Relay		:41.21
	Leo Griffin	Detroit Pershing	:10.81
	Terence Smith	Bay City Central	:10.22
	Tony Jackson	Saginaw Nouvell	:10.42
	Jeff Reynolds	Southfield High	:09.45
1.	1600 Meter Relay		3:13.4
	Steve Sandles	East Detroit	:48.5
	Tony Triggs	Flint Beecher	:47.8
	Shane Seracki	G. R. Northview	:49.2
	Cassidy Wright	Southfield	:47.9
3.	3200 Meter Relay		7:48.0
	Jim Hanner	Brighton	1:57.7
	Brett Flowers	Hartland	1:55.9
	Derek Adams	Detroit King	1:59.0
	Aaron Grzymkowski	Chippewa Valley	1:55.5

Non-Scorers

John Knack	Gaylord	54' 8 1/2"
Jim Vanderbeek	Hudsonville	53' 6"
Alan Jackson	Lansing Sexton	50' 11 1/4"
7. Zane Cumular	North Farmington	158' 2"
Tom McGee	Elkton-Pigeon-Bayport	156' 4"
Jim Vanderbeek	Hudsonville	155' 4"
7. Jake Tuttle	Gibraltar-Carlson	6' 8"
7. Aaron Bailey	Ann Arbor Pioneer	22' 4"
7. Scott Curtis	Corunna	14' 6"
Brent Major	Flint Central (Fell - no time)	
7. Tony Jackson	Saginaw Nouvell	:11.17
7. Mike Goodfellow	Oxford	4:19.3
7. Chad Burgess	Farmington Harrison	1:56.3

"OF ALL THE SAD WORDS OF TONGUE OR PEN, THE SADDEST ARE THESE,
IT MIGHT HAVE BEEN".

YOU CAN'T TURN THE CLOCK BACK AND DO THINGS OVER. BE READY
WHEN YOUR OPPORTUNITY COMES.

MIDWEST MEET OF CHAMPIONS - INDIANAPOLIS - JUNE 10TH, 1989

GIRLS RESULTS: Illinois-----134 2/3

Michigan-----133 1/3

Ohio-----96

Indiana-----62

3.	Karrie Braun	Jackson High	43' 10"
6.	Connie Claus	Rogers City	40' 4"
7.	Tami Gipe	Wyoming Park	38' 0"
7.	Jennifer Dunkle	Hillsdale	137' 6"
3.	Connie Claus	Rogers City	130' 11"
6.	Rene Underwood	Monley Stanwood	121' 7"
2.	Angela Salvatore	Concord	5' 6"
6. (Tie)	Karris True	Vermont-Maple	5' 2"
	Julie Lawton	Farmington	5' 2"
4.	Sherine Rowell	Fowler	17' 8 1/2"
	Kellie Litchfield	Portland	17' 2 3/4"
	Liz Bolden	Grosse Pte. North	16' 10"
3.	Julie Brown	Jackson High	:14.45
4.	Shiela Rowry	Ann Arbor Pioneer	:14.92
7.	Crystal Braddock	Ann Arbor Pioneer	:11.85
5.	Kaycee Sheppard	Flint Central	:12.23
7.	Stacey Kilburn	White Pigeon	5:01.8
7.	Julie Moore	Milford Lakeland	5:13.4
11.	Nicole Chinavare	Clarkston	5:22.8
4.	Dawn McFarlin	Detroit Denby	:57.4
6.	Beth Lerner	Edwardsburg	:59.5
3.	Julie Brown	Jackson High	:45.1
7.	Shiela Rowly	Ann Arbor Pioneer	:46.5
1.	Kristi Westerby	Troy High	2:15.1
4.	Angela Williams	Pontiac Central	2:16.1
10.	Liz Bolden	Grosse Pte. North	2:22.5
1.	Crystal Braddock	Ann Arbor Pioneer	:23.83
2.	Patrice Verdun	Flint Central	:24.25
1.	Heather Slay	East Grand Rapids	10:36.1
3.	Janet Novallo	L'Anse Cruese North	11:01.9
5.	Karen Perry	Kalamazoo Loy Norrix	11:05.8
4.	400 Meter Relay		:47.46
	Elaine Greene	Detroit Mumford	:12.82
	Crystal Braddock	Ann Arbor Pioneer	:11.62
	Shiela Rowry	Ann Arbor Pioneer	:11.69
	Patrice Verdun	Flint Central	:11.33
3.	1600 Meter Relay		3:56.2
	Beth Lerner	Edwardsburg	:59.4
	Dawn McFarlin	Detroit Denby	:59.7
	Ashanti Harris	Ann Arbor Pioneer	:58.8
	DeShawn McFarlin	Detroit Denby	:58.4
3.	3200 Meter Relay		9:21.2
	Beth Zimmer	Ann Arbor Pioneer	2:21.4
	Meredith Saillant	Dearborn Edsel Ford	2:23.0
	Kristi McKimson	Troy High	2:19.4
	Tina McKinney	Kalamazoo Loy Norrix	2:17.4

18th ANNUAL KEEBLER INTERNATIONAL PREP TRACK AND FIELD MEET
SAT., JUNE 17TH, 1989 EAST FIELD - YORK HIGH SCHOOL

ELMHURST, ILLINOIS

TWO MILE RUN

1st	Brian Grosso	Walled Lake Western	9:03.50
2nd		Castle College, Sheffield, Great Britain	9:05.15

LONG JUMP

1st	Trinette Johnson	Detroit Cass Tech	20' 0 1/2"
		New Meet Record	

SHOT PUT

4th	Latonya White	Flint Northern	44' 0 1/2"
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800 METER RUN

4th	Tim Pitcher	Monroe High School	1:52.72
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ONE MILE RUN

5th	Stacey Kilburn	White Pigeon	5:04.13
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110 METER HIGH HURDLES

6th	Larry Harden	Benton Harbor High School	:14.22
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TWO MILE RUN

4th	Heather Slay	E. Grand Rapids High School	10:49:35
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DISCUS THROW

6th	Connie Claus	Rogers City High School	132' 6"
7th	Latonya White	Flint Northern	131' 1"

200 METER DASH

7th	Steve Sandles	East Detroit	:22:20
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HIGH JUMP

2nd (Tie)	John Payment	Brimley High School	6' 10"
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MIDWEST MEET OF CHAMPIONS SELECTION COMMITTEE 1989

CHAIRMAN: Duane Raffin - Holly High School

GIRLS CHAIRMAN: Bernie Abrams - Covert High School.

BOYS	Name	Event	Time/Score
	Lorenzo Croft	Ecorse High	100-200-4x100
	Dave Gordon	River Rouge	110-300 hurdles
	Jerry Myszkowski	U. of D. Jesuit	400 - 4x400
	Norb Badar	Flint Northern	800 - 4x800
	Chuck Janke	Jackson High	1600 - 3200
	Martin Crane	Flint Beecher	Jumps
	John Swinburne	Muskegon Oakridge	Throws
	Don Marsh	Flint Kearsley	Vault

GIRLS	Name	Event	Time/Score
	Bryan Westfield	Ann Arbor Pioneer	100-200-4x100
	Bob Glenn	Detroit Cass Tech	100-300 Hurdles
	Betty Robinson	Motor City Track	400-4x400
	Pat Geraghty	Detroit DePorres	800-4x800
	Gary Meehan	Brighton High	1600-3200
	Mark Corless	Waterliet High	Jumps
	Tyrone Armstrong	Flint Beecher	Throws

Rich Tompkins Fremont Western Mich. Consultant

STATE TRACK AND FIELD CHAMPIONSHIPS	CLASS "A"	1989
1. Southfield High	65.5	29. Detroit Murray Wright 7.0
2. Monroe High	44.0	32. Detroit Denby 6.0
3. Ann Arbor Pioneer	35.5	32. Detroit Southeastern 6.0
4. Saginaw High	29.0	32. Gibraltar Carlson 6.0
5. Ypsilanti High	28.0	32. Niles High 6.0
6. Detroit Cooley	25.0	36. Adrian High 5.0
7. East Detroit	22.0	36. Detroit Cass Tech 5.0
8. Jackson High	21.0	36. Grand Rapids Creston 5.0
9. Lansing Sexton	20.0	36. Milford High 5.0
10. Detroit Pershing	18.0	36. M.C. L'Anse Creuse North 5.0
10. Grandville High	18.0	36. Portage Central 5.0
10. Rochester High	18.0	36. Swartz Creek 5.0
13. Bay City Central	14.0	36. Temperance Bedford 5.0
14. Flint Central	13.0	44. Bloom. Hills Lahser 4.0
15. Benton Harbor High	12.0	44. East Lansing 4.0
15. Waterford Kettering	12.0	44. Flushing High 4.0
15. Grand Rapids Union	12.0	44. Grosse Pte North 4.0
18. Dearborn Fordson	11.0	44. Grosse Pte. South 4.0
18. Kalamazoo Loy Norrix	11.0	44. Saginaw Arthur Hill 4.0
18. Lansing Eastern	11.0	44. Troy High 4.0
21. North Farmington	10.0	51. Ann Arbor Huron 3.0
21. M. C. Chipewa Valley	10.0	51. Bay City Western 3.0
21. Owosso High	10.0	51. Belleville High 3.0
21. Walled Lake Western	10.0	51. Harper Wds. Notre Dame 3.0
25. Flint Kearsley	9.0	51. Livonia Churchill 3.0
26. Bay City John Glen	8.0	51. Muskegon Mona Shores 3.0
26. Flint Northwestern	8.0	51. Redford Union 3.0
26. Pontiac Northern	8.0	58. Plymouth Salem 2.5
29. B'Ham. Brother Rice	7.0	59. Detroit Henry Ford 2.0
29. Brighton High	7.0	59. Flt. Carman-Ainsworth 2.0

CLASS "B" BOYS

1. Grand Rapids Northview	48	11. Fowlerville 16.0
2. Detroit Benedictine	39	12. Albion 15.5
2. Flint Beecher	39	13. Hudsonville 15.0
4. Mt. Clemens	24	14. Hudsonville Unity Christian 13
5. Comstock	22	14. Oak Park 13.0
6. Oxford	20½	16. Dowagiac Union 12.0
7. Dearborn Hgts. Robichaud	20	16. Pinckney 12.0
8. Algonac	19	18. Dearborn High 11.75
9. Corunna	18	19. Stockbridge 11.0
9. Three Rivers	18	20. Stevensville Lakeshore 10.0
		20. Essesville Garber 10.0
		20. Gaylord 10.0
		20. Perry 10.0
		20. River Rouge 10.0

No other scores available.

COACHES, PLEASE HELP. I'M SURE THERE ARE BITS OF NEWS ALL OVER THE STATE THAT WOULD BE OF INTEREST TO THE MITCA MEMBERSHIP. PLEASE PASS ON SOME OF THESE TID-BITS TO YOUR NEWS-LETTER WRITER:

1855 Chester Road, Apt. # 12
Royal oak, Michigan 48073
1 (313) 549-6325

1989	STATE TRACK AND FIELD CHAMPIONSHIPS	BOYS	CLASS "C"
1.	Saginaw Nowel Cath. Cent.	71	19. Summerfield ????? 14
2.	Constantine	49	20. Concord 13.5
3.	Kingsley	29	21. Lake City
4.	Charlevoix	28.75	22. Flint Hamady 12
5.	Sandusky	25	23. Jonesville 11
6.	Olivet	23	23. Quincy 11
7.	Det. St. Martin DePorres	22	25. Calvin Christian 10
7.	Middleton-Fulton	22	25. Maple Valley 10
7.	Schoolcraft	22	28. Kent City 8
10.	Harp. Wds. Lutheran East	21	28. Marlette 8
11.	Whitmore Lake	19.5	28. Parchment 8
12.	Clare	19	28. Williamston 8
13.	Ferrville	18	32. Bad Axe 7
13.	Elkton-Pigeon-Bay Port	18	33. Union City 6.5
15.	Burton Bentley	17	34. Harrison 6
16.	Edwardsburg	16	35. Clinton 5
16.	Fenton Lake Fenton	16	36. Muskegon Oakridge 5
16.	Scott. Mason Co. Central	16	

No other scores available

1989	STATE TRACK AND FIELD CHAMPIONSHIPS	BOYS	CLASS "D"
1.	Detroit Lutheran West	67.5	11. Pentwater 18
2.	Fowler	61	12. Ottawa Lake Whiteford 16
3.	Bellaire	53	13. Battle Creek St. Phillips 14
4.	Reading	42	13. Litchfield 14
5.	Baldwin	33	13. Maple City Glen Lake 14
6.	Pittsford	32	13. Onkama 14
7.	Mendon	30	17. Akron-Fairgrove 13
8.	A.A. Gabriel Richard	26	18. Allendale 11
9.	Pottersville	25	19. Bloomingdale 10
10.	Indian River Inland Lakes	23	19. Britton-Macon 10

No other scores available

1989	STATE TRACK AND FIELD CHAMPIONSHIPS	GIRLS	CLASS "A"
1.	Ann Arbor Pioneer	70.5	30. M.C. L'Anse Creuse North 6.0
2.	Detroit Cass Tech	58.0	30. Port Huron High 6.0
3.	Flint Central	33.5	30. Walled Lake Western 6.0
4.	Troy High	30.0	34. Battle Creek Central 5.0
5.	Flint Northern	27.0	34. Detroit Central 5.0
6.	Clarkston High	25.0	34. Grand Rapids Ottawa Hills 5.0
7.	Ypsilanti	22.0	34. Milford Lakeland 5.0
8.	Adrian High	18.0	34. Walled Lake Central 5.0
8.	Jackson	18.0	34. Warren Cousino 5.0
10.	Detroit Mumford	17.0	40. Flint Carman-Ainsworth 4.5
10.	Kalamazoo Loy Norrix	17.0	41. Brighton High 4.0
13.	West Bloomfield	16.0	42. Charlotte High 3.0
14.	Grand Blanc	15.0	42. Flint Kearsley 3.0
15.	Holland West Ottawa	14.0	42. G. R. East Kentwood 3.0
16.	Dearborn Edsel Ford	13.0	42. Rochester High 3.0
16.	Detroit Denby	13.0	46. Bay City John Glen 2.0
18.	Muskegon Mona Shores	12.0	46. Birmingham Seaholm 2.0
19.	Benton Harbor	11.0	46. Grandville High 2.0
19.	Grosse Pointe North	11.0	46. Port Huron Northern 2.0
21.	Detroit Pershing	10.0	46. Portage Central 2.0
22.	Grand Rapids Creston	9.0	46. Rochester Adams 2.0
23.	Ann Arbor Huron	8.0	46. St. Johns High 2.0
23.	Bay City Western	8.0	53. Detroit Cooley 1.0
23.	Utica High	8.0	53. Farmington High 1.0
23.	Livonia Ladywood	8.0	53. Grand Rapids Christian 1.0
27.	Midland Dow	7.5	53. Greenville High 1.0
28.	Milford High	7.0	53. Traverse City 1.0
28.	Pontiac Central	7.0	
30.	Jenison High	6.0	

GIRLS CLASS "B" 1989

1.	Detroit DePorres	66	10. Sanford Meridian 14
2.	Wyoming Park	53	12. Buchanan 13
3.	Corunna	35	12. Dowagiac Union 13
4.	G. R. West Catholic	34	12. Fenton High 13
5.	Dexter	31	15. Flint Beecher 12
6.	East Grand Rapids	28	15. Wayland 12
7.	Big Rapids	19	17. Cadillac 11
8.	Remus Chippewa Hills	16	17. Durand 11
9.	Lansing Catholic Central	15	17. G. R. Catholic Central 11
10.	Oak Park	14	20. Frankemuth 10
			21. North Branch 10

No other scores available

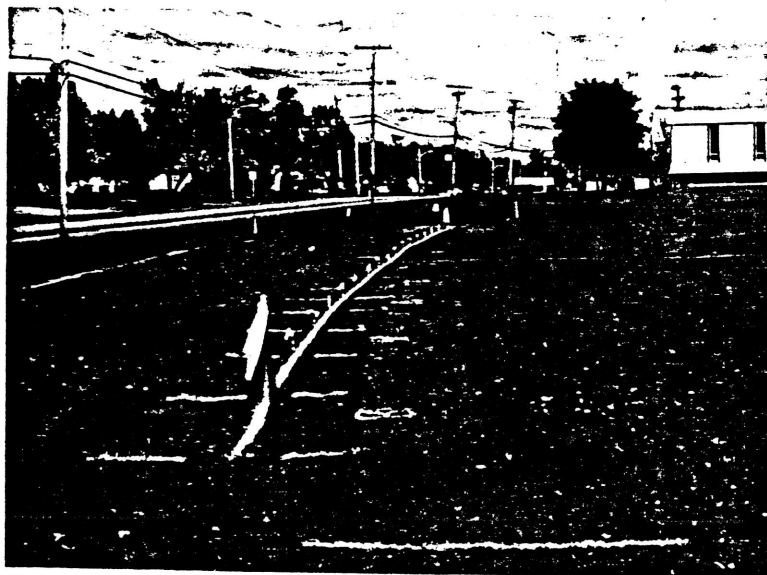
1989 STATE TRACK AND FIELD CHAMPIONSHIPS GIRLS "C"

1. Onsted	44	19. Maple Valley	14 1/3
2. Redford St Mary's	35	20. Kent City	14
3. White Pigeon	32	21. Edwardsburg	13
4. Harbor Beach	25	21. St. Louis	13
4. New Haven	25	23. Detroit Dominican	10
6. Mayville	23	23. Howard City Tri-County	10
6. Morley Starwood	23	23. Hudson	10
8. St. Charles	21.5	23. Reese	10
9. Centerline St. Clement	21	23. Tawas Area	10
9. Marlette	21	28. Calvin Christian	9
11. Southfield Christian	20.5	28. Concord	9
12. Morenci	20	30. Ithaca	8.5
12. Rogers City	20	31. Cass City	8
14. Quincy	19	31. Decatur	8
15. Braun City	17.5	31. Detroit Country Day	8
16. Flat Rock	16.5	34. Three Oaks River Valley	6
17. Laingsburg	15	35. East Jordan	4
17. Shelby	15	35. Erie-Mason	4

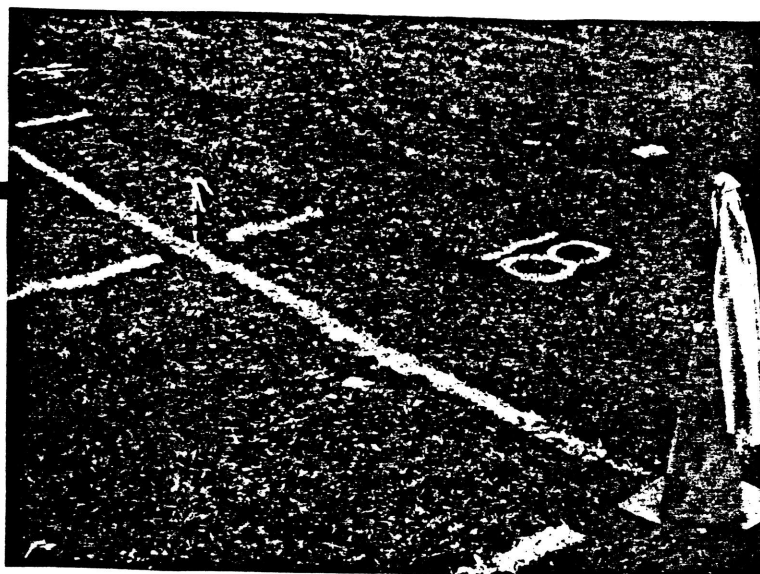
1989 STATE TRACK AND FIELD CHAMPIONSHIPS GIRLS "D"

1. Fowler	82	11. Westland Lutheran	17
2. Detroit Lutheran West	75	12. North Muskegon	16
3. Lawton	39	13. Litchfield	15
4. Maple City Glen Lake	34	13. Pittsford	15
5. Camden-Frontier	33	15. Baldwin	14
6. Genesee	26	16. Galien	13.5
7. Colon	25	17. Au Gres	13
8. Mendon	24	18. Suttons Bay	10
9. Akron-Fairgrove	22	18. Walkerville	10
10. Battle Creek St. Philip	18	20. McBain	9

NO OTHER SCORES AVAILABLE

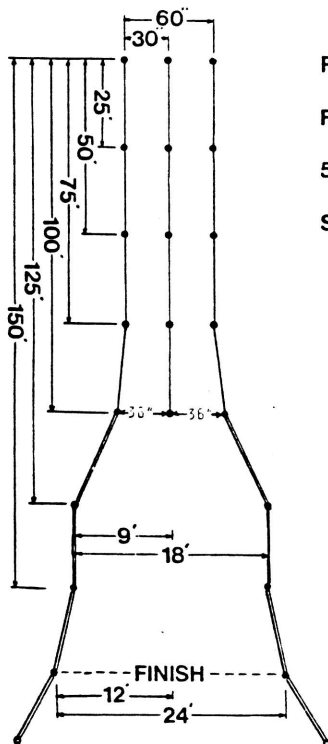


CURVED STARTING LINE



PLACE BOX NUMBERS IN FRONT OF THE STARTING LINE

CROSS-COUNTRY FINISH CHUTE



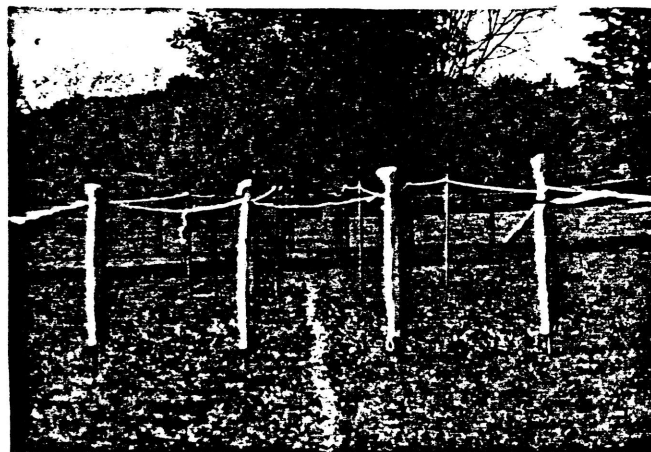
KEY

- Rope: —
- Flags: ==
- 5' Posts: •
- Stakes: ○

SUGGESTED CHANGE

Change the distance from the finish line to the mouth of the chute to 50 feet instead of 75 feet as shown on the diagram

Change the 9 foot distance to 10 ft.



TRIPLE CHUTE

WISCONSIN CROSS COUNTRY CHAMPIONSHIPS

WEST REGIONAL November 25, 1989

10:00 A.M.

University of Wisconsin--Parkside, Kenosha, Wisconsin

Coordinator: Peter Henkes, 609 Sixth Street
Racine, Wisconsin 53403 1 (414) 633-0033

PLEASE SEND ME A KCCC ENTRY FORM

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

MAIL TO: KCCC, BOX 307, COVENTRY, CT 06238

You may also obtain entry forms by calling **KINNEY SHOES** at 1 (212) 720-3752

**LEAD, FOLLOW OR GET OUT OF THE WAY!!!!
HARD WORK MAY NOT KILL YOU, BUT WHY TAKE THE CHANCE.**

I'M SOMEWHAT OF A BULL-SLINGER MYSELF, BUT OCCASIONALLY I ENJOY LISTENING TO AN EXPERT. PLEASE CARRY ON.

IF RUNNERS RULED THE WORLD

If runners ruled the world
It could be a better place by far.
We would lace up our shoes to go somewhere
And rarely drive a car.

There would be no Big Mac's,
No fries or McNuggets,
No Quarter Pounders with cheese.
Instead we'll have some pasta,
Fresh fruit
or vegetables, if you please.

Our disputes we would not settle,
with a gun or with a bomb.
Instead of trying to kill each other,
we'd just run a marathon.

We would have no use for missiles.
Nuclear weapons would be obsolete.
The only Nike's we would launch
would be upon our feet.

There would be no black or white.
No poverty, riches, or fame.
Cause out there on the roads
We would all become the same.

There would be no time,
For drugs or crime
No violence in the streets.
All these things could be trampled
By millions of running feet.

Could you see the day,
When someone would say,
"Let's go run a couple miles."
And instead of laughs
or looks of disgust,
He or she would only bring smiles.

Our environment cries,
Cause brown are the skies,
Lakes and oceans are filled with waste
Still people drive to work each day
With coffee and merciless haste

Would things be different
If we had to run
To reach our destination.
Could we open our eyes
and stop telling lies.
We would without hesitation.

MICHELLE DEKKERS RAN 16:45.7 AT THE EASTERN MICHIGAN UNIVERSITY INVITATIONAL ON SEPT. 29

1989-1990 MITCA CROSS COUNTRY COMMITTEE

Mark Carpenter---Chairman---Dearborn Devine Child
Mel Comeau-----Bath High School
Tom Gass-----Vandercook Lake High School
Kerny Gilliam-----Gladwin High School
John C. Prescott-----Reading High School
Mike Woolsey---Jackson Lumen Christi High School

1989-1990 MITCA TRACK AND FIELD COMMITTEE

Robert Fulcher---Chairman---Hazel Park High School
Bob Bridges-----Dearborn High School
Bill Grebe---Midland Bullock Creek High School
Neil Hufnagel-----Fowler High School
Rob Johnson-----Clare High School
Jerry Lasceski---Akron-Fairgrove High School
Gary Meehan-----Brighton High School
Larry Steeb-----Whitmore Lake High School

OFFICE HOURS - Open most days about 9 or 10. Occasionally as early as 7, but some days as late as 12 or 1. We close about 5:30 or 6. Occasionally about 4 or 5, but sometimes as early as 11 or 12. Some days or afternoons, we aren't here at all, and lately I've been here just about all of the time, except when I'm someplace else, but I should be here they too.

HURON RELAYS

March 30 & 31
1990

SPARTAN RELAYS

April 6 & 7

MITCA TRACK CLINIC

Lansing - MSU
Jan. 11, 12 & 13

NCAA CROSS COUNTRY CHAMPIONSHIPS

REGION # 4 SATURDAY, NOVEMBER 11, 1989

RADISSON HOTEL GOLF COURSE - VPSILANTI

EASTERN MICHIGAN UNIVERSITY-----HOST

COMPETING SCHOOLS:

- Akron University
- Ball State University
- Bowling Green State University
- Butler University
- Central Michigan University
- Cleveland State University
- Dayton University
- DePaul University
- Eastern Illinois University
- Eastern Michigan University
- Evansville University
- Indiana University
- Iowa University
- Kent State University
- Loyolla University
- Marquette University
- Miami University (Ohio)
- Michigan State University
- Notre Dame University
- Ohio State University
- Ohio University
- Purdue University
- Toledo University
- University of Cincinnati
- University of DePaul
- University of Detroit
- University of Illinois - Champaign
- University of Chicago - Chicago
- University of Michigan
- University of Minnesota
- University of Wisconsin - Green Bay
- University of Wisconsin - Madison
- Valparaiso University
- Western Illinois University
- Western Michigan University
- Wright State University
- Xavier University
- Youngstown University

NOT ALL OF THE SCHOOLS LISTED ABOVE WILL RUN FULL TEAMS. SOME SCHOOLS MIGHT HAVE ONLY ONE RUNNER OR TWO.

IT WOULD BE A FINE EXPERIENCE FOR YOUR CROSS COUNTRY RUNNERS TO BE AT THE REGION # 4 NCAA CHAMPIONSHIPS.

BOB KENNEDY, UNI. OF INDIANA, 1988 NATIONAL CHAMPION AND MICHELLE DEKKERS, UNI. OF INDIANA, 1988 NATIONAL CHAMPION WILL BE COMPETING.

WESTERN MICHIGAN UNIVERSITY WILL HAVE THEIR FINE RUNNER, JESSE MCGUIRE, IN THE FIELD.

Yes, if runners ruled the world
A better place the world could be
So please keep running
Let your footsteps be heard
And things will change, you'll see . .

Barry Wauldron - Southfield
(Dedicated to Deanna McVicar, former Royal Oak Dondero Runner and presently the number one runner for the Uni. of Detroit)

ATTENTION COACHES

DUANE RAFFIN, HOLLY HIGH SCHOOL,
920 BAIRD STREET, HOLLY 48442
a n d

DOUG GREZESZAK, OGEMAW HEIGHTS HIGH SCHOOL, M-33, WEST BRANCH 48661
have volunteered TO UP-DATE THE TRACK AND FIELD LISTINGS. THEY WILL NEED YOUR INPUT. PLEASE SEND THE TIMES, HEIGHTS OR DISTANCES OF YOUR OUTSTANDING ATHLETES OF LAST YEAR OR FROM 1988. NO LISTINGS WERE PUBLISHED FOR THE JANUARY 1989 TRACK CLINIC.

THE TAC AGE-GROUP CROSS COUNTRY RUNS WILL BE HELD AT BUHR PARK IN ANN ARBOR, MICH. ON SUNDAY, NOVEMBER 12TH. IF YOU HAVE A SENIOR BOY OR GIRL THAT IS INTERESTED IN BEING A PART OF THE MICHIGAN TEAM THAT WILL RUN IN THE "MID-EAST MEET OF CHAMPIONS" IN THE DAYTON KETTERING AREA (OHIO) ON SATURDAY, NOVEMBER 17TH. THE MICHIGAN TEAMS WILL CONSIST OF TEN SENIOR BOYS AND TEN SENIOR GIRLS.. THE OTHER STATES COMPETING IN THE MEET WILL BE INDIANA, KENTUCKY, OHIO AND PENNSYLVANIA.

STRENGTH TRAINING CAN IMPROVE YOUR FORM, INCREASE YOUR SPEED AND ADD TO YOUR ENDURANCE. BEST OF ALL IT DECREASES YOUR RISK OF INJURY,

STRENGTH IS THE SINGLE MOST IMPORTANT FACTOR IN THE SUCCESS OF AN ATHLETE.

EVERY TIME YOU EXERCISE YOU PUT YOUR BODY TO THE TEST.

BEST OF WISHES AT YOUR LEAGUE, REGIONAL AND STATE MEETS.

PRESIDENT
 Jerry Mayer
 St. Louis High School

FIRST VICE-PRESIDENT
 Jerry Myszkowski
 Uni. of Det. Jesuit High

SECOND VICE-PRESIDENT
 John Quiring
 Okemos High School

**MICHIGAN INTERSCHOLASTIC
 TRACK COACHES ASSOCIATION**

NEWSLETTER
 NO. 2 OCTOBER 1989
 NEWSLETTER WRITER
 Kermit N. Ambrose
Retired

SECRETARY
 Kim Spalsbury
 Fowler High School

PUBLIC RELATIONS DIRECTOR
 Tony Magni
 Redford Det. Cath. Cent.

TREASURE
 Rich Tompkins
 Fremont High School

MITCA CROSS COUNTRY CLINIC

November 10-11, 1989
 Radisson Hotel and EMU Corporate Education Center
 Ypsilanti, Michigan

FRIDAY, NOVEMBER 10
 8:00-9:20 a.m. Registration, Coffee

9:20-9:30. Welcome: Jerry Mayer, MITCA President
 Opening Remarks and Introductions: Bob Parks,
 Eastern Michigan University

9:30-10:30 Martin Smith, University of Wisconsin
 "Three Basic Cross Country Workouts"

10:45-11:45 Gary Wilson, University of Minnesota
 "A Training Diary to Aid Communication"

11:45-12:30 Lunch at the Radisson

12:30-1:30 Connie Benedict, Nutritionist, Triathlete
 "Cross-Training, Nutrition for the High School Runner"

1:45-2:45 Joe Pfane, University of Notre Dame
 "Preparing the High School Runner for College Entrance"

2:45-4:15 Business Meeting, Bill Bupp of MHSAA

4:30-5:30 Sam Bell, University of Indiana
 "Training a Distance Runner for Success Beyond High School"

7:00-9:30 MITCA Coach of the Year Banquet
 Keynote Speaker: Gary Wilson, University of Minnesota
 "We, as Coaches, must be the teacher of Values"

10:00-12 midnight Social Hour, Raffle Drawing, Meet the College Coaches

SATURDAY, NOVEMBER 11
 7:30 a.m. Fun Run, Kermit Ambrose
 8:30-9:00 a.m. Coffee and Rolls

9:00-10:15 a.m. MITCA Coaches of the Year Speakers
 Dave Bork, Monroe "Our Pre-Season Conditioning and
 Cross Country Camp"
 Kim Spalsbury, Fowler "Team Unity: The Key to Coaching
 Boys and Girls Concurrently"
 Ron Woldvogel, St. Joseph "The Summer is the Secret to a
 Successful Fall"

11:00 NCAA Region 4 Men's Cross Country Race
 12:00 NCAA Region 4 Women's Cross Country Race
 12:00 Check Out

HOTEL RESERVATIONS MUST BE MADE BY OCTOBER 20 TO GET \$55 RATE

(After that \$125)

Radisson Resort
 Eastern Michigan University
 Corporate Education
 Center
 313/481-8850

- 18 hole championship golf course
 - Bicycling and jogging trails
 - Sailing, paddle boating and fishing
 - Fairways Restaurant
 - Players Sports Lounge
- Check-in time:
 2 p.m.
- Check-out time:
 12 noon

	SINGLE	DOUBLE
DOUBLE/DOUBLE	\$ 55	\$ 55
KING		
EXECUTIVE KING		
PLAZA CLUB DOUBLE		
PLAZA CLUB KING		
PARLOUR *		

* BASED ON AVAILABILITY
 Extra Person \$ NO CHARGE Tax: 6%
 Rollaway \$10.00 ___ Crib (no charge) ___
Guarantee Information:
 6 p.m. Arrival ___
 Guarantee Room to my credit card:
 VISA ___ MC ___ AMEX ___ OTHER ___
 Number: _____
 Expiration Date: _____
 Advance Deposit _____

PRICE:	Pre-Registration	At the Door	PRICE INCLUDES -
MITCA Members	\$60	\$70	Prime Rib Dinner
Non-Members	\$70	\$80	Lunch at the Radisson Social Hour Drinks

Radisson Resort
 Eastern Michigan University
 Corporate Education Center
 1275 Whittaker Rd.
 (I-94 at Exit 183)
 Ypsilanti, Michigan 48197

Name _____
 Address _____
 City _____
 State _____ Zip _____
 Phone No. _____

REQUESTS:
 Adjoining Room with: _____
 Share with: _____
 Non-smoking room ___ Handicap room ___

SPECIAL REQUESTS:
 MITCA

SUPPORT THE VENDERS THAT
 HAVE DISPLAYS AT THE CROSS
 COUNTRY AND TRACK AND FIELD
 CLINICS

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

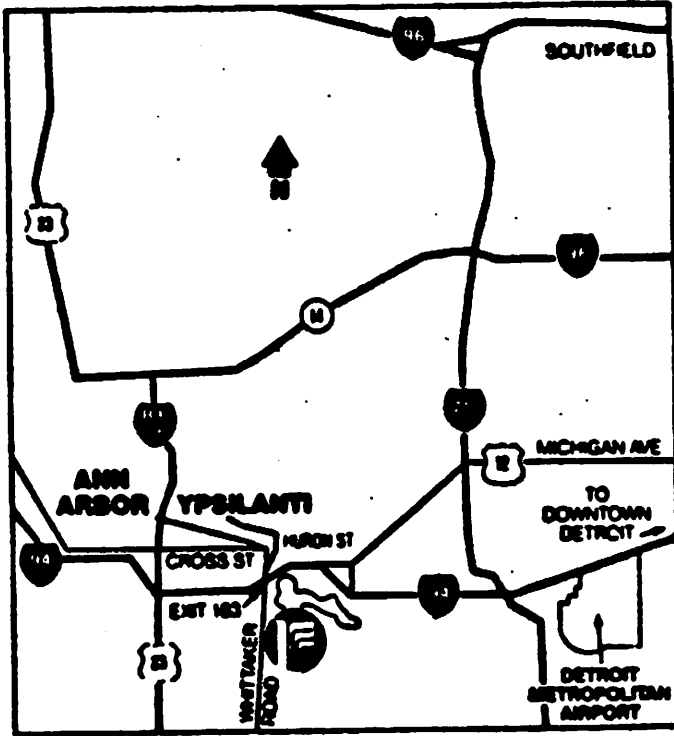
SCHOOL: _____
 SCHOOL ADDRESS: _____
 CITY: _____
 STATE: _____ ZIP: _____
 SCHOOL OR WORK PHONE _____
 CLASS OF SCHOOL: _____
 YEAR STARTED COACHING CC _____ TRACK _____
 HAVE YOU COACHED CONTINUOUSLY FROM ABOVE DATES?
 YES NO
 IF NO ABOVE, HOW MANY YEARS HAVE YOU COACHED
 CC _____ TRACK _____

**MAIL TO:
 RICH TOMPKINS
 939 STATE STREET
 FREMONT, MI 49412**

PRICE:	PRE-REGISTRATION	AT DOOR
Members	\$60.00	\$70.00
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Prices Include: Clinic Notes, Banquet, Door Prizes, Coffee, Rolls, Hospitality

Mke checks payable to M.I.T.C.A.

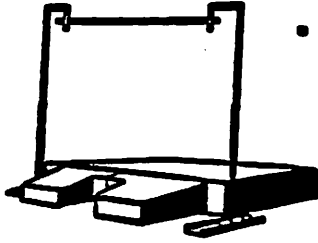


 COACHES---THE MITCA CROSS
 COUNTRY COMMITTEE CAN USE
 SOME OF YOUR HELP IN PRO-
 VIDING DOOR PRIZES FOR
 THE DRAWINGS AT THE FRI.
 EVENING BANQUET AND HOSP-
 ITALITY HOURS.

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Attica, MI. 48412
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• **SUPPLIERS FOR ALL OF YOUR TRACK & FIELD NEEDS** •

Fibersport - Vaulting and Training Poles
Cantabrian - Mens & Womens Olympic Discus

UCS/Spirit - Record Breaking Vaulting Poles

Yes !!! We do have official's Starter Jackets in stock!

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A.D.I.

ATACC

M.C.I.

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MIDWESTERN CONSULTING, INC. : offers comprehensive services for the Design, Engineering, and Construction for ALL your athletic needs.

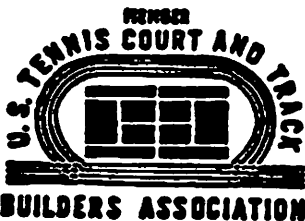
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1-6 pairs	124.00	1988
7-12 pairs	20.00	In stock
13-24 pairs	19.00	Best Prices in USA
25-30 pairs	19.00	
31-40 pairs	19.00	
41-100 pairs	Call for price	

Hind Team Animal Short Program
Hotest Short in the USA
1000 Pairs in Stock

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7-12 pairs	20.00	19-30 pairs Call for price
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Hind Team Uniform Program

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13-24	19.00
25-30	19.00
31-40	19.00
41-100	Call for price

Professional Single \$113.00
Team Short 19.00

Hind Team Windsuit Program

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25-100	39.95

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\$1.50 per Windcut (over 100)
\$12.00 Set-up Charge
Great for Track & Cross Country Teams
Largest Windcut Stock in Midwest

KINNEY CROSS COUNTRY CHAMPIONSHIPS

MIDWEST REGIONAL November 25, 1989

10:00 A.M.
University of Wisconsin--Parkside, Kenosha, Wisconsin

Coordinator: Peter Henkes, 609 Sixth Street
Racine, Wisconsin 53403 1 (414) 633-0033

PLEASE SEND ME A KCCC ENTRY FORM

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

MAIL TO: KCCC, BOX 307, COVENTRY, CT 06238

You may also obtain entry forms by calling **KINNEY SHOES** at 1 (212) 720-3752

LEAD, FOLLOW OR GET OUT OF THE WAY!!!!

HARD WORK MAY NOT KILL YOU, BUT WHY TAKE THE CHANCE.

I'M SOMEWHAT OF A BULL-SLINGER MYSELF, BUT OCCASIONALLY I ENJOY LISTENING TO AN EXPERT. PLEASE CARRY ON.

IF RUNNERS RULED THE WORLD

If runners ruled the world
It could be a better place by far.
We would lace up our shoes to go somewhere
And rarely drive a car.

There would be no Big Mac's,
No fries or McNuggets,
No Quarter Pounders with cheese.
Instead we'll have some pasta,
Fresh fruit
or vegetables, if you please.

Our disputes we would not settle,
with a gun or with a bomb.
Instead of trying to kill each other,
we'd just run a marathon.

We would have no use for missiles.
Nuclear weapons would be obsolete.
The only Nike's we would launch
would be upon our feet.

There would be no black or white.
No poverty, riches, or fame.
Cause out there on the roads
We would all become the same.

There would be no time,
For drugs or crime
No violence in the streets.
All these things could be trampled
By millions of running feet.

Could you see the day,
When someone would say,
"Lets go run a couple miles."
And instead of laughs
or looks of disgust,
He or she would only bring smiles:

Our environment cries,
Cause brown are the skies,
Lakes and oceans are filled with waste
Still people drive to work each day
With coffee and merciless haste

Would things be different
If we had to run
To reach our destination.
Could we open our eyes
and stop telling lies.
We would without hesitation.

MICHELLE DEKKERS RAN 16:45.7 AT THE EASTERN MICHIGAN UNIVERSITY INVITATIONAL ON SEPT. 29

1989-1990 MITCA CROSS COUNTRY COMMITTEE

Mark Carpenter--Chairman--Dearborn Devine Child
Mel Comeau-----Bath High School
Tom Gass-----Vandercook Lake High School
Kerny Gilliam-----Gladwin High School
John C. Prescott-----Reading High School
Mike Woolsey---Jackson Lumen Christi High School

1989-1990 MITCA TRACK AND FIELD COMMITTEE

Robert Fulcher---Chairman---Hazel Park High School
Bob Bridges-----Dearborn High School
Bill Grebe--Midland Bullock Creek High School
Neil Hufnagel-----Fowler High School
Rob Johnson-----Clare High School
Jerry Lasceski---Akron-Fairgrove High School
Gary Meehan-----Brighton High School
Larry Steeb-----Whitmore Lake High School

OFFICE HOURS - Open most days about 9 or 10. Occasionally as early as 7, but some days as late as 12 or 1. We close about 5:30 or 6. Occasionally about 4 or 5, but sometimes as early as 11 or 12. Some days or afternoons, we aren't here at all, and lately I've been here just about all of the time, except when I'm someplace else, but I should be here then too.

HURON RELAYS

March 30 & 31
1990

SPARTAN RELAYS

April 6 & 7

MITCA TRACK CLINIC

Lansing - MSU
Jan. 11, 12 & 13

NCAA CROSS COUNTRY CHAMPIONSHIPS

REGION # 4 SATURDAY, NOVEMBER 11, 1989

RADISSON HOTEL GOLF COURSE - VPSILANTI

EASTERN MICHIGAN UNIVERSITY-----HOST

COMPETING SCHOOLS:

- Akron University
- Ball State University
- Bowling Green State University
- Butler University
- Central Michigan University
- Cleveland State University
- Dayton University
- DePaul University
- Eastern Illinois University
- Eastern Michigan University
- Evansville University
- Indiana University
- Iowa University
- Kent State University
- Loyolla University
- Marquette University
- Miami University (Ohio)
- Michigan State University
- Notre Dame University
- Ohio State University
- Ohio University
- Purdue University
- Toledo University
- University of Cincinnati
- University of DePaul
- University of Detroit
- University of Illinois - Champaign
- University of Chicago - Chicago
- University of Michigan
- University of Minnesota
- University of Wisconsin - Green Bay
- University of Wisconsin - Madison
- Valparaiso University
- Western Illinois University
- Western Michigan University
- Wright State University
- Xavier University
- Youngstown University

NOT ALL OF THE SCHOOLS LISTED ABOVE WILL RUN FULL TEAMS. SOME SCHOOLS MIGHT HAVE ONLY ONE RUNNER OR TWO.

IT WOULD BE A FINE EXPERIENCE FOR YOUR CROSS COUNTRY RUNNERS TO BE AT THE REGION # 4 NCAA CHAMPIONSHIPS. BOB KENNEDY, UNI. OF INDIANA, 1988 NATIONAL CHAMPION AND MICHELLE DEKKERS, UNI. OF INDIANA, 1988 NATIONAL CHAMPION WILL BE COMPETING. WESTERN MICHIGAN UNIVERSITY WILL HAVE THEIR FINE RUNNER, JESSE MCGUIRE, IN THE FIELD.

Yes, if runners ruled the world
A better place the world could be
So please keep running
Let your footsteps be heard
And things will change, you'll see . .

Barry Wauldron - Southfield
(Dedicated to Deanna McVicar, former Royal Oak Dondero Runner and presently the number one runner for the Uni. of Detroit)

ATTENTION COACHES

DUANE RAFFIN, HOLLY HIGH SCHOOL,
920 BAIRD STREET, HOLLY 48442
and

DOUG GREZESZAK, OGEMAW HEIGHTS HIGH SCHOOL, M-33, WEST BRANCH 48661 have volunteered TO UP-DATE THE TRACK AND FIELD LISTINGS. THEY WILL NEED YOUR INPUT. PLEASE SEND THE TIMES, HEIGHTS OR DISTANCES OF YOUR OUTSTANDING ATHLETES OF LAST YEAR OR FROM 1988. NO LISTINGS WERE PUBLISHED FOR THE JANUARY 1989 TRACK CLINIC.

THE TAC AGE-GROUP CROSS COUNTRY RUNS WILL BE HELD AT BUHR PARK IN ANN ARBOR, MICH. ON SUNDAY, NOVEMBER 12TH. IF YOU HAVE A SENIOR BOY OR GIRL THAT IS INTERESTED IN BEING A PART OF THE MICHIGAN TEAM THAT WILL RUN IN THE "MID-EAST MEET OF CHAMPIONS" IN THE DAYTON KETTERING AREA (OHIO) ON SATURDAY, NOVEMBER 17TH. THE MICHIGAN TEAMS WILL CONSIST OF TEN SENIOR BOYS AND TEN SENIOR GIRLS. THE OTHER STATES COMPETING IN THE MEET WILL BE INDIANA, KENTUCKY, OHIO AND PENNSYLVANIA.

STRENGTH TRAINING CAN IMPROVE YOUR FORM, INCREASE YOUR SPEED AND ADD TO YOUR ENDURANCE. BEST OF ALL IT DECREASES YOUR RISK OF INJURY,

STRENGTH IS THE SINGLE MOST IMPORTANT FACTOR IN THE SUCCESS OF AN ATHLETE.

EVERY TIME YOU EXERCISE YOU PUT YOUR BODY TO THE TEST.

BEST OF WISHES AT YOUR LEAGUE, REGIONAL AND STATE MEETS.

PRESIDENT
Jerry Mayer
St. Louis High School

FIRST VICE-PRESIDENT
Jerry Myszkowski
Uni. of Det. Jesuit High

SECOND VICE PRESIDENT
John Quiring
Okemos High School

MICHIGAN INTERSCHOLASTIC
TRACK COACHES ASSOCIATION
NEWSLETTER

NO. 4 DEC. 1989

NEWSLETTER WRITER
Kermit N. Ambrose
Retired

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Kim Spalsbury
Fowler High School

PUBLIC RELATIONS DIRECTOR
Tony Magni
Redford Det. Cath. Cent.

TREASURER
Rich Tompkins
Fremont High School

SEVENTEENTH ANNUAL CROSS COUNTRY CLINIC FRIDAY AND SATURDAY
RADISSON RESORT - EASTERN MICHIGAN UNIVERSITY - CORPORATE EDUCATION CENTER
YPSILANTI, MICHIGAN NOVEMBER 10th & 11th, 1989

John Quiring, Second-Vice-President of MITCA, and Track and Cross Country Coach at Okemos High School, was in charge of the planning and arrangements for this annual affair. John was able to take advantage of the NCAA Regional 4 Cross Country Championships, which were held over the noon hour on the Radisson Resort, 18 hole championship golf course. Four of the speakers were coaches of teams, that were to compete that week-end.

Jerry Mayer, President of MITCA welcomed the coaches in attendance at the clinic and introduced, Bob Parks, Cross Country & Track Coach at Eastern Michigan University. Bob introduced the first speaker of the day.

Martin Smith - - University of Wisconsin Men's Coach
Three Basic Cross Country Workouts.

Gary Wilson - - University of Minnesota Women's Coach
A Training Diary To Aid Communication

Connie Benedict - - Nutritionist and triathlete
Cross Training, Nutrition for the High School Runner

Joe Piana - - University of Notre Dame Men's Coach
Preparing the High School Runner for College Entrance
(Scholarships, Grades, ACT's, etc.)

Sam Bell - - University of Indiana Coach of Men and Women
Training a Distance Runner for Success Beyond High School

Mark Carpenter - - MITCA Cross Country Chairman Dearborn Divine Child
Business Meeting - - Nate Hampton - - Assistant Director
MHSAA - - Introduced

Mr. Hampton will be taking over the duties of Bill Bupp and will be working with Track and Field and Cross Country.

The MITCA Cross Country Coach of The Year Banquet was held at 7:00 P.M.
Keynote Speaker - - Gary Wilson - - University of Minnesota
Social Hour - - Following the Banquet and into the wee hours of the morning

SATURDAY MORNING

7:30 A.M. - - Prediction Fun Run NCAA 5-K Course 53 RUNNERS

9:00 A.M. - - MITCA COACHES OF THE YEAR SPEAKERS

Dave Bork - - Monroe High School
Our Pre-Season Conditioning and Cross Country Camp

Kim Spalsbury - - Fowler High School
Team Unity: The Key to Coaching Boys and Girls Concurrently

Ron Waldvogel - - St. Joseph High School
The Summer is the Secret to a Successful Fall

11:00 A.M. - - NCAA Region # 4 Men's Cross Country Race

12:00 A.M. - - NCAA Region # 4 Women's Cross Country Race

MITCA CROSS COUNTRY COACHES OF THE YEAR - - - - - 1 9 8 9

CLASS	BOYS	GIRLS
"A"	Tony Magni Det. Redford Catholic Ent,	Lee Averill West Bloomfield
"B"	Richard Tompkins Fremont High	Pat Clarke Chelsea High
"C"	Pete Spieles Charlevoix High	Jim Wood Southfield Christian
"D"	Kim Spalsbury Fowler High	Kim Spalsbury Fowler High

"MANY OF LIFE'S FAILURES ARE MEN WHO DID NOT REALIZE HOW CLOSE THEY WERE TO SUCCESS WHEN THEY GAVE UP."

"DO SOMETHING. EITHER LEAD, FOLLOW, OR GET OUT OF THE WAY!"

MITCA NOMINEES FOR CROSS COUNTRY COACH OF THE YEAR - - - - 1 9 8 9

CLASS	BOYS	GIRLS
"A"	Wayne Brown East Detroit High Don Sleeman Ann Arbor Pioneer	Gary Meehan Brighton High Bryan Westfield Ann Arbor Pioneer
"B"	Jim Bilsborrow Coldwater High Dennis Whitehead Jackson Northwest	Richard Thompkins Fremont High Michael Smith Saline High
"C"	Don Bourdon Edwardsburg High Riley Swinehart Wyoming Godwin Heights	Matt Baldus Olivet High Paula Mauer Westbrook Williamston High
"D"	Tim Bedford Suttons Bay Tony Sisson Pewaukee High	John Gerlach Westland Lutheran Westland Joe Wood Pottersville High

TONY MAGNI IS THE 1989 RECIPIENT OF THE KERMIT AMBROSE CROSS COUNTRY AWARD

Tony went to high school at St. Anthonys, where he was coached by Lou Miramonti. Lou, a past-President of MITCA, and presently the Athletic Director at RoyalOak Shrine High School, after many years of coaching, both cross and track at that school. Lou's influence on Tony had a great bearing on his future coaching activities. Tony is a graduate of The Uni. of Detroit.

Tony began his coaching career on 1966 at Grosse Pointe St. Paul's as a track coach. In the next year started the first cross country program at the school, which was to be the beginning of his successful coaching career, when the team took two, sixth place State Final finishes in 1967 and 1968.

Although the school closed, an inspired Magni moved on to Orchard Lake St. Mary's. with his team winning the Regional title in 1971.

In 1973, Tony joined the faculty at Detroit Catholic Central High School. Throughout the years, the success of this veteran coach and the Catholic Central cross country team is evidenced in their victories, which include 6 Catholic League Championships, 5 City Championships, 6 Regional, State Runner-up in 1982 and 3 State Championship titles, the most recent being in 1989. His teams were rated # 1 during the 1980's.

Tony has hosted the Catholic Central Freshman Track and Field Meet for the past 17 years. He has co-hosted the Shrine-Shamock Cross Country invitational with Lou Miramonti, for the past 15 years. He has been a basketball official for about 15 years. His expertise in officiating track and cross country meets is excellent. He is a fine starter, clerk of the course and has been a meet referee, timer and inspector.

Mr. Magni is a past-president of MITCA and had been on the executive board of MITCA for four years. Tony became the MITCA Public Relations Director in 1988, when Jack Grant retired. Tony is responsible for all of the letters sent out to all of the track and cross country coaches in Michigan and for the very excellent MITCA clinic notes you receive, when you attend the clinics.

Tony has well earned the respect of his colleagues who voted him 1989 Cross Country Coach of the year and further recognized his contribution and dedication to the profession with MITCA's Kermit Ambrose Award.

"THE SPIRIT, THE WILL TO WIN, AND THE WILL TO EXCEL ARE THE THINGS THAT ENDURE. THESE QUALITIES ARE SO MUCH MORE IMPORTANT THAN THE EVENTS THAT OCCUR."
Vince Lombardi, NFL Coach

TONY MAGNI 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 Gauerke	Grosse Pointe North
1982	Lee Averill	West Bloomfield
1983	Bob Stallcup	Grand Blanc
1984	Jack Grant	Sturgis
1985	George Bruder	Fennville
1986	Jim Murray	Niles Brandwine
1987	Jack Boughton	Hazel Park
1988	Don Baese	Carson City Crystal
1989	Tony Magni	Redford Detroit Catholic Central

Congratulations Tony. MITCA appreciates all of your efforts. Thanks.

MITCA PREDICTION	FUN RUN	5 K	7:30 A.M.	SATURDAY	
			RACE TIME	PREDICT TIME	
1.	Das Campbell Warren Fitzgerald	15th	20:10.1	20:11.3	:01.2
2.	Tom Gass Vandercook Lake	36th	24:46.0	24:48.0	:02.0
3.	Tony Mifsud Allen Park--Southgate Anderson	4th	17:51.6	17:54.0	:02.4
4.	Tim Bedford Suttons Bay	49th	27:03.7	27:00	:03.7
5.	Stan Ford Lake Orion	1st	17:24.8	17:30.0	:05.2
6.	Paul Nilsson Williamston	3rd	17:48.3	18:01.0	:12.7
7.	Ron Meier Mt. Pleasant	45th	25:14.4	24:58.0	:16.4
8.	Pete Spieles Charlevoix	29th	23:31.9	23:15.0	:16.9
9.	Gary Medland Ortonville-Brandon	40th	25:07.2	24:48.0	:19.2
10.	Gary Servais Farmington Hills Mercy	20th	21:10.2	21:30.0	:19.8
11.	Michael Taylor Clarkston	6th	18:30.0	18:10.0	:20.0
12.	P. J. Mahar Dearborn Fordson	9th	18:55.5	18:34.0	:21.5
13.	Kim Spalsbury Fowler	7th	18:32.7	18:55.0	:22.3
14.	Jerry Lasceski Akron-Fairgrove	44th	25:12.9	24:42.0	:30.9
15.	Ray Geist Grosse Ile	2nd	17:32.2	17:00.0	:32.2
16.	John Carr Lake Michigan Catholic	12th	19:34.3	19:00.0	:34.3
17.	Jim Huff Bloomfield Hills Andover	5th	18:25.0	17:45.0	:40.0
18.	Dick Genson Bay City John Glenn	41st	25:10.4	24:30.0	:40.4
19.	Tony Sisson Pentwater	10th	19:14.2	18:30.0	:44.2
20.	Gordie Aldrich Carson City Crystal	24th	22:20.1	21:45.0	:45.1
21.	Ross Westbrook Williamston	8th	18:48.2	18:02.0	:46.2
22.	Tom Eschmann Southfield High	37th	24:48.6	24:00.0	:48.6
23.	Bob Blunk Warren De La Salle	13th	19:40.7	20:30.0	:49.3
24.	Paula Mauer Westbrook Williamston	27th	23:11.4	24:03.0	:51.6
25.	Ed Carlton Warren Cousino	35th	24:45.7	25:44.0	:58.3
	Sue Gorzkowski East Kentwood	23rd	22:12.0	21:05.0	1:07.0
27.	Dan Roggenbaum Vandercook Lake	11th	19:20.4	20:30.0	1:09.6
28.	Karen Michalak Caro	51st	27:46.1	26:36.0	1:10.1
29.	Gary Childs Napoleon	47th	26:25.2	25:15.0	1:10.2

30.	Don Dickmann Potoskey	21st	21:40.0	20:30.0	1:10.9
31.	Larry Baker Kalamazoo Christian	18th	20:53.8	19:40.0	1:13.8
32.	Keith Middlebush Middleville	28th	23:24.2	22:10.0	1:14.2
33.	Jeff Devantier Birmingham Seaholm	25th	22:39.7	21:25.0	1:14.7
34.	Mickey Coons Onsted	34th	24:38.4	25:56.0	1:17.6
35.	Paul Dain Bloomfield Hills Andover	38th	24:48.6	23:30.0	1:18.6
36.	Ron Clone Elk Rapids	31st	24:30.6	23:10.0	1:20.6
37.	Budd Ciccianelli Rochester Adams	30th	24:18.9	22:58.0	1:20.9
38.	Glen Brown Lakeshore	46th	25:18.5	23:47.0	1:21.5
39.	Emily Kloss Potoskey	26th	22:56.1	21:30.0	1:26.1
40.	Jim Beck Dundee	33rd	24:32.1	23:15.4	1:43.3
41.	Tom Davis Madison Heights Lamphere	39th	24:51.3	26:36.0	1:44.7
42.	Bob Winkler Mt. Clemens	42nd	25:11.0	23:23.0	1:48.0
43.	John Van Winkle Colon	50th	27:24.7	25:00.0	2:24.7
44.	Rudy Godefroidt Breckenridge	52nd	28:41.2	26:05.0	2:36.2
45.	Joan Lydtke White Cloud	53rd	29:52.3	26:55.0	2:57.3
46.	Barbara Munch-Kohn Carleton-Airport	48th	26:43.4	23:45.0	2:58.4
47.	Bob Siegel Forest Hills Central	19th	20:58.8	17:20.0	3:38.8
	Rod Wright Clawson	32nd	24:31.5	None	/////
	John Nash Muskegon Orchard View	43rd	25:11.9	None	/////
	No Finish Card	14th	19:50.7		
	No Finish Card	16th	20:18.1		
	No Finish Card	17th	20:34.5		
	No Finish Card	22nd	22:06.3		

Jerry Mayer

Jerry Myszkowski

John Quiring

Wishing you a holiday season
filled with beautiful moments.

Kim Spalsbury

Rich Tompkins

Tony Magni

Kermit Ambrose

THE MITCA EXECUTIVE BOARD HOPES
THAT 1990 WILL BE A GREAT YEAR FOR
ALL OF YOU AND THAT YOUR TEAMS WILL
BE WINNERS. BEST OF WISHES AND GOOD
LUCK.
PAT PORTER WON HIS 8TH STRAIGHT TAC X.C. CHAMPIONSHIPS

CLASS "A" BOY'S STATE CROSS COUNTRY CHAMPIONSHIPS 1989
 IMA GOLF COURSE FLINT, MICHIGAN HOST: SWARTZ CREEK

1. REDFORD DETROIT CATHOLIC CENTRAL	3	16	19	23	63	88	108	124
ANN ARBOR PIONEER	5	24	27	39	50	56	72	145
3. MILFORD HIGH	8	20	26	46	47	84	129	147
4. MILFORD LAKELAND HIGH	6	29	31	49	61	119	167	176
5. EAST DETROIT HIGH	12	15	17	76	104	122	165	224
6. PLYMOUTH SALEM	28	30	40	62	70	97	102	230
7. PLYMOUTH CANTON	10	41	51	59	82	85	125	243
8. MONROE HIGH	18	25	43	81	86	94	166	253
9. Holly High	22	33	67	68	107	132	137	297
10. HOLLAND	4	38	44	90	143	150	162	319
11. BIRMINGHAM BROTHER RICE	1	13	36	135	141	147	DNF	326
12. PORTAGE NORTHERN	42	55	65	87	99	111	118	348
13. GRAND LEDGE	7	14	91	109	130	138	158	351
14. STERLING HEIGHTS HENRY FORD II	2	77	92	93	100	113	124	364
15. STERLING HEIGHTS STEVENSON	52	57	69	80	106	151	174	364
16. Ann Arbor Huron	34	53	96	110	133	169	179	426
17. BIRMINGHAM GROVES	37	75	89	105	121	144	183	427
18. SWARTZ CREEK	9	71	98	115	146	168	172	439
19. FLINT KEARSLEY	32	54	78	123	153	DNF	DNR	440
20. GRAND HAVEN	66	79	83	114	134	149	176	476
21. TRAVERSE CITY	45	48	101	142	148	156	160	484
22. TROY HIGH	35	58	112	127	161	173	177	493
23. STERLING HEIGHTS HIGH	60	74	116	131	164	171	180	545
24. GRAND RAPIDS CHRISTIAN	21	117	136	152	154	157	170	580
25. GROSSE POINTE SOUTH	73	95	126	145	155	175	178	594
26. GROSSE POINTE NORTH	11	120	128	163	181	182	186	603
27. SAGINAW ARTHUR HILL	64	103	139	140	159	184	185	605

MICHIGAN RUNNERS IN MIDEAST CROSS COUNTRY CHAMPIONSHIPS

4. Bill Stricklen	15:35.6	Sterling Hgts. Henry Ford II
6. Rob Lee	15:48.5	Uni. of Detroit Jesuit High
8. Rob Huff	15:50.2	Bloomfield Hills Lahser
14. Aaron Bruininks	15:54.2	Holland High
27. Che Moya	16:05.8	Bay City Handy
28. Jared Glover	16:06.1	Kingsley High
38. Michael Sheridan	16:00.0	Detroit Redford Catholic Central
40. Jay Caruso	16:20.0	Monroe Lake High
46. Perk Walkotten	16:29.0	Birmingham Seaholm
57. Gar Eddings	16:38.4	Pineckey high

"DON'T MEASURE YOURSELF BY WHAT YOU HAVE ACCOMPLISHED, BUT BY WHAT YOU SHOULD HAVE ACCOMPLISHED WITH YOUR ABILITY."

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CLASS "A" GIRL'S STATE CROSS COUNTRY CHAMPIONSHIPS 1989
 IMA GOLF COURSE FLINT, MICHIGAN HOST: SWARTZ CREEK

1. WEST BLOOMFIELD	14	15	21	22	24	27	119	96
2. ANN ARBOR PIONEER	1	2	7	36	58	65	101	104
3. BRIGHTON	5	9	10	25	84	108	152	133
4. GRANDVILLE	4	19	40	49	87	153	178	199
5. FARMINGTON HIGH	3	39	54	57	64	123	136	217
6. KALAMAZOO LOY NORRIS	11	20	35	69	131	146	170	266
7. MILFORD HIGH	37	44	63	67	74	103	140	285
8. TRAVERSE CITY	29	50	52	78	79	81	90	288
9. GROSSE POINTE NORTH	13	23	75	91	92	110	137	294
10. DEARBORN EDEL FORD	34	41	68	82	83	94	193	308
11. HOLLAND	32	56	72	77	85	133	163	322
12. PLYMOUTH CANTON	17	51	93	100	109	113	145	370
13. GROSSE POINTE SOUTH	47	48	66	80	132	134	147	373
14. STERLING HEIGHTS STEVENSON	30	33	50	114	150	161	164	382
15. ANN ARBOR HURON	43	45	59	98	142	167	185	387
16. EAST LANSING	8	71	104	117	120	121	156	420
17. TROY HIGH	16	70	116	124	130	139	166	456
18. MOUNT CLEMENS CHIPPEWA VALLEY	46	60	107	111	139	158	168	463
19. NOVI HIGH	42	61	88	127	174	180	183	492
20. PORT HURON HIGH	6	28	135	157	175	189	192	501
21. CLIO HIGH	38	73	125	138	144	165	179	518
22. ROCHESTER ADAMS	12	62	97	176	187	190	194	534
23. FLINT KEARSLEY	31	89	102	155	162	173	DNF	539
24. MT. PLEASANT HIGH	76	112	115	122	143	148	149	568
25. HAZEL PARK	18	95	126	169	171	172	186	579
26. PORT HURON NORTHERN	26	86	129	154	184	188	196	579
27. TROY ATHENS	96	99	118	128	141	160	181	582
28. GRAND HAVEN	53	105	106	151	177	191	195	592

MICHIGAN RUNNERS IN MIDEAST CROSS COUNTRY CHAMPIONSHIPS

8. Mary Lantinga	19:05.5	Battle Creek St. Philip High
21. Sheri Chatters	19:30.5	Jackson High School
23. Kristi Wink	19:34.6	Brighton High School
27. Jennifer Mast	19:43.4	Jackson Northwest High
28. Teri Osborn	19:45.0	Dellitt High School
29. Cathy Edwards	19:45.3	Utica High School
38. Laurin Schultz	20:07.4	Grosse Pointe North High
39. Mary Whynott	20:13.5	Kentwood East Kentwood High
43. Tera Furst	20:23.7	Ann Arbor Pioneer High

A TRACK MEET IS WHERE A LOT OF YOUNG MEN, SUDDENLY DISCOVERING THEMSELVES CAUGHT OUTDOORS IN THEIR UNDERWEAR, START RUNNING LIKE LIKE CRAZY.

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CLASS "A" BOY'S STATE CROSS COUNTRY CHAMPIONSHIPS 1989
 IMA GOLF COURSE FLINT, MICHIGAN HOST: SWARTZ CREEK

1. REDFORD DETROIT CATHOLIC CENTRAL	3	16	19	23	63	88	108	124
ANN ARBOR PIONEER	5	24	27	39	50	56	72	145
3. MILFORD HIGH	8	20	26	46	47	84	129	147
4. MILFORD LAKELAND HIGH	6	29	31	49	61	119	167	176
5. EAST DETROIT HIGH	12	15	17	76	104	122	165	224
6. PLYMOUTH SALEM	28	30	40	62	70	97	102	230
7. PLYMOUTH CANTON	10	41	51	59	82	85	125	243
8. MONROE HIGH	18	25	43	81	86	94	166	253
9. Holly High	22	33	67	68	107	132	137	297
10. HOLLAND	4	38	44	90	143	150	162	319
11. BIRMINGHAM BROTHER RICE	1	13	36	135	141	147	DNF	326
12. PORTAGE NORTHERN	42	55	65	87	99	111	118	348
13. GRAND LEDGE	7	14	91	109	130	138	158	351
14. STERLING HEIGHTS HENRY FORD II	2	77	92	93	100	113	124	364
15. STERLING HEIGHTS STEVENSON	52	57	69	80	106	151	174	364
16. Ann Arbor Huron	34	53	96	110	133	169	179	426
17. BIRMINGHAM GROVES	37	75	89	105	121	144	183	427
18. SWARTZ CREEK	9	71	98	115	146	168	172	439
19. FLINT KEARSLEY	32	54	78	123	153	DNF	DNR	440
20. GRAND HAVEN	66	79	83	114	134	149	176	476
21. TRAVERSE CITY	45	48	101	142	148	156	160	484
22. TROY HIGH	35	58	112	127	161	173	177	493
23. STERLING HEIGHTS HIGH	60	74	116	131	164	171	180	545
24. GRAND RAPIDS CHRISTIAN	21	117	136	152	154	157	170	580
25. GROSSE POINTE SOUTH	73	95	126	145	155	175	178	594
26. GROSSE POINTE NORTH	11	120	128	163	181	182	186	603
27. SAGINAW ARTHUR HILL	64	103	139	140	159	184	185	605

MICHIGAN RUNNERS IN MIDEAST CROSS COUNTRY CHAMPIONSHIPS

4. Bill Stricklen	15:35.6	Sterling Hgts. Henry Ford II
6. Rob Lee	15:48.5	Uni. of Detroit Jesuit High
8. Rob Huff	15:50.2	Bloomfield Hills Lahser
14. Aaron Bruininks	15:54.2	Holland High
27. Che Moya	16:05.8	Bay City Handy
28. Jared Glover	16:06.1	Kingsley High
38. Michael Sheridan	16:00.0	Detroit Redford Catholic Central
40. Jay Caruso	16:20.0	Whitmore Lake High
46. Perk Walkotten	16:29.0	Birmingham Seaholm
57. Gar Eddings	16:38.4	Pinckney High

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 IMA GOLF COURSE FLINT, MICHIGAN HOST: SWARTZ CREEK

1. WEST BLOOMFIELD	14	15	21	22	24	27	119	96
2. ANN ARBOR PIONEER	1	2	7	36	58	65	101	104
3. BRIGHTON	5	9	10	25	84	108	152	133
4. GRANDVILLE	4	19	40	49	87	153	178	199
5. FARMINGTON HIGH	3	39	54	57	64	123	136	217
6. KALAMAZOO LOV NORRIX	11	20	35	69	131	146	170	266
7. MILFORD HIGH	37	44	63	67	74	103	140	285
8. TRAVERSE CITY	29	50	52	78	79	81	90	288
9. GROSSE POINTE NORTH	13	23	75	91	92	110	137	294
10. DEARBORN EDEL FORD	34	41	68	82	83	94	193	308
11. HOLLAND	32	56	72	77	85	133	163	322
12. PLYMOUTH CANTON	17	51	93	100	109	113	145	370
13. GROSSE POINTE SOUTH	47	48	66	80	132	134	147	373
14. STERLING HEIGHTS STEVENSON	30	33	50	114	150	161	164	382
15. ANN ARBOR HURON	43	45	59	98	142	167	185	387
16. EAST LANSING	8	71	104	117	120	121	156	420
17. TROY HIGH	16	70	116	124	130	139	166	456
18. MOUNT CLEMENS CHIPPEWA VALLEY	46	60	107	111	139	158	168	463
19. NOVI HIGH	42	61	88	127	174	180	183	492
20. PORT HURON HIGH	6	28	135	157	175	189	192	501
21. CLIO HIGH	38	73	125	138	144	165	179	518
22. ROCHESTER ADAMS	12	62	97	176	187	190	194	534
23. FLINT KEARSLEY	31	89	102	155	162	173	DNF	539
24. MT. PLEASANT HIGH	76	112	115	122	143	148	149	568
25. HAZEL PARK	18	95	126	169	171	172	186	579
26. PORT HURON NORTHERN	26	86	129	154	184	188	196	579
27. TROY ATHENS	96	99	118	128	141	160	181	582
28. GRAND HAVEN	53	105	106	151	177	191	195	592

MICHIGAN RUNNERS IN MIDEAST CROSS COUNTRY CHAMPIONSHIPS

8. Mary Lantinga	19:05.5	Battle Creek St. Philip High
21. Sheri Chatters	19:30.5	Jackson High School
23. Kristi Wink	19:34.6	Brighton High School
27. Jennifer Mast	19:43.4	Jackson Northwest High
28. Teri Osborn	19:45.0	Dewitt High School
29. Cathy Edwards	19:45.3	Utica High School
38. Laurin Schultz	20:07.4	Grosse Pointe North High
39. Mary Whynott	20:13.5	Kentwood East Kentwood High
43. Tera Furst	20:23.7	Ann Arbor Pioneer High

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

1.	John Cowan	11	Birmingham Brother Rice	15:33.4
2.	Brian Hyde	11	* Kentwood East Kentwood	15:41.6
3.	Che Moya	12	* Bay City Handy	15:41.9
	Bill Stricklen	12	Sterling Hgts. Henry Ford II	15:42.2
5.	Rob Lee	12	* Uni. of Detroit Jesuit High	15:42.7
6.	Mike Sheridan	12	Redford Catholic Central	15:48.8
7.	Aaron Bruininks	12	Holland High	15:51.0
8.	Aaron Lawson	12	Ann Arbor Pioneer	15:52.6
9.	Matt Lee	12	Milford Lakeland	15:56.5
10.	Andy McCoubrey	11	Grand Ledge	15:56.9
11.	Ben Goba	11	* Farmington High	15:58.1
12.	Rob Huff	12	* Bloomfield Hills Lahser	16:00.1
13.	Chris Prieststaff	11	* Dearborn Edsel Ford	16:01.2
14.	Mickey Hoose	12	Milford High	16:03.0
15.	David Barkley	11	Swartz Creek	16:03.0
16.	Brian Beach	12	Plymouth Canton	16:05.9
17.	Scott Collins	11	Grosse Pointe North	16:07.7
18.	John Nemess	11	East Detroit	16:09.5
19.	John Rottenberk	12	Birmingham Brother Rice	16:10.2
20.	Brian Molloy	10	Novi High	16:10.6
21.	Brian McEnhill	10	Grand Ledge	16:10.8
22.	Paul Rice	12	East Detroit	16:11.1
23.	Jay Schemanske	12	Redford Catholic Central	16:11.9
24.	Richard Gray	12	* Flint Central	16:12.6
25.	Craig Yank	12	East Detroit	16:15.5

* Individual Race

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

1.	Bob Bates	12	Coldwater	16:05.4
2.	Arbria Shepherd	12	Stockbridge	16:11.3
3.	Pete McDowell	12	* St. Joseph	16:14.8
4.	Jeremy Bruskotter	11	* Big Rapids	16:19.4
5.	Eric Gelino	12	Lansing Catholic Cent.	16:19.6
6.	Brad Charles	12	Fremont	16:21.4
7.	Jeff Christian	10	Beaverton	16:25.8
8.	Aaron Prussian	12	Saline	16:26.8
9.	Gar Eddings	12	* Pinckney	16:27.9
10.	Brian Smith	12	Sturgis	16:32.3
11.	James Neumann	11	* Center Line	16:33.5
12.	John Button	11	Dearborn High	16:34.8
13.	Ryan Burt	10	Dearborn Divine Child	16:35.7
14.	Joe Cronley	12	Sturgis	16:37.0
15.	Brent Springvloed	12	Hudsonville Unity Christian	16:37.4
16.	Arjay Schopieray	10	* Big Rapids	16:39.6
17.	Clay Vanderwarf	11	* Lowell	16:40.2
18.	Ted Smith	12	Fremont	16:41.6
19.	David Dolezal	13	Battle Creek Lakeview	16:41.9
20.	Mike Smedley	10	* Buchanan	16:42.9
21.	Tim Hildenbrand	11	* Essesville Garber	16:44.8
22.	Cliff Somers	12	Fremont	16:44.9
23.	Gary Loubert	12	* Hemlock	16:45.6
24.	Trevor Smith	11	* Allegan	16:45.9
25.	Jack Rininger	10	* Allegan	16:46.2

* Individual Race

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

1.	Bridget Mann	9	Ann Arbor Pioneer	18:12.2
2.	Lisa Rives	12	* North Farmington	18:45.4
3.	Tera Furst	12	Ann Arbor Pioneer	18:56.0
4.	Jennifer Ray	9	* Walled Lake Western	19:00.9
5.	Anne Gray	9	* Belleville	19:01.2
6.	Jennifer Kiel	12	Farmington High	19:03.8
7.	Robyn Brandow	10	Grandville	19:04.0
8.	Kristi Wink	12	Brighton	19:11.0
9.	Julie Banks	11	* Utica High	19:15.3
10.	Dela Roosevelt	12	Port Huron High	19:17.7
11.	Sylvia Marino	11	Ann Arbor Pioneer	19:19.5
12.	Kathryn Scieszka	10	East Lansing	19:23.1
13.	Monica O'Maila	12	Brighton	19:24.3
14.	Carolyn Shosey	10	Brighton	19:24.8
15.	Michelle Schaefer	11	Kalamazoo Loy Norrix	19:25.2
16.	Sheri Chatters	12	* Jackson	19:28.1
17.	Tracy Robinson	11	Rochester Adams	19:29.4
18.	Nichole VanOppens	12	Grosse Pointe North	19:30.1
19.	Tiphonie Crane	11	* Howell	19:30.3
20.	Jessica Klunge	12	* St. Johns	19:33.6
21.	Amy Fidelman	10	West Bloomfield	19:34.4
22.	Mary Whyntott	12	* Kentwood East Kentwood	19:34.9
23.	Tracy Abbott	12	West Bloomfield	19:35.8
24.	Wendy Proos	10	* Walled Lake Western	19:39.9
25.	Michelle Wheeler	12	* Owosso High	19:40.4

* Individual Race

GIRLS ALL-STATE RUNNERS - - - CLASS "B"

1.	Nicole Randolph	9	* Tecumseh	18:56.5
2.	Lisa Monti	9	Chelsea	19:07.4
3.	Michelle Radcliffe	11	Corunna	19:13.2
4.	Kim Blow	12	* Wyoming Park	19:14.6
5.	Amy Lothrop	11	Jackson Northwest	19:14.8
6.	Jeni Vite	12	* Buchanan	19:21.0
7.	Joy Strawser	11	* Coldwater	19:21.7
8.	Lisa Kuiper	12	G. R. Couth Christian	19:31.6
9.	Becky Beland	9	Caledonia	19:36.0
10.	Hillari Kirsch	11	Lowell	19:38.0
11.	Julie Hay	11	* Three Rivers	19:40.0
12.	Vonda Meder	12	Corunna	19:43.1
13.	Lisa Snyder	11	G. R. Catholic Cent.	19:43.5
14.	Carol Flickinger	11	Milan	19:44.0
15.	Sheila Rottier	11	Fremont	19:46.4
16.	Amy Sytsma	10	* Holland Christian	19:46.6
17.	Roxanne Swanson	11	Algonac	19:47.6
18.	Jennifer Kornacker	10	* Richland Gull Lake	19:48.2
19.	Jennifer Mast	12	Jackson Northwest	19:52.0
20.	Eileen Mikloiche	11	* M. C. Lutheran North	19:52.2
21.	Shanon Kilgore	10	Algonac	19:52.6
22.	Kelley DeLange	12	Algonac	19:53.2
23.	Megan Young	10	* Cadillac	19:53.8
24.	Tobi McKern	10	* Chesaning	19:55.6
25.	Terry Osborn	12	* Dewitt	19:56.6

* Individual Race

1989 KINNEY CROSS COUNTRY CHAMPIONSHIPS MIDWEST REGIONALS

NATIONAL CROSS COUNTRY COURSE NOVEMBER 25, 1989 UW-PARKSIDE, KENOSHA, WISCONSIN

	SANCTIONED BY THE ATHLETIC CONGRESS						
	2	16	19	22	23	24	29
1. MICHIGAN							82
2. OHIO	1	7	21	26	27	30	33
3. COLORADO	9	10	12	28	42	49	56
4. INDIANA	3	5	8	48	68	71	76
5. MISSOURI	14	18	32	37	38	74	86
6. WISCONSIN							154
7. MINNESOTA							234
8. ILLINOIS							236
9. KANSAS							284
TOTAL RUNNERS-----165							
Nebraska, South Dakota, North Dako, Arkansas, Oklahoma, and Iowa							

2.	Rob Huff	16:04.2	Bloomfield Hills Lahser
16.	Rob Lee	16:32.8	Uni. of Detroit Jesuit
19.	William Stricklen	16:36.8	Ster. Hgts. Henry Ford II
22.	Chris Prieststaff	16:40.3	Dearborn Edsel Ford
23.	Aaron Bruinks	16:43.2	Holland High

OTHER MICHIGAN RUNNERS

24.	Scott Miller	16:44.3	Charlevoix
29.	Michael Ball	16:50.2	Hudson
34.	Ben Goba	16:54.4	Farmington High
39.	Bob Bares	17:05.0	Coldwater
40.	Aaron Lawson	17:05.5	Ann Arbor Pioneer
41.	Eric Gelino	17:06.1	Lans. Catholic Central
59.	Chris Lett	17:24.7	????????????
61.	Jeff Louwsma	17:26.0	Ann Arbor Pioneer
84.	Brian Hyde	17:37.6	Kentwood East Kentwood
87.	Trevor Smith	17:40.3	Allegan
93.	Gary Loubert	17:45.0	Hemlock
95.	Michael Milliman	17:46.1	Ann Arbor Pioneer
99.	Brian Molloy	17:52.6	Novi High
101.	Mark Kwiatkowski	17:53.0	Walled Lake Central
102.	Russ Brandt	17:54.1	Sag. Arthur Hill
109.	Andre Thibert	18:00.4	Elk Rapids
112.	Derk Walkotten	18:01.9	Birmingham Seaholm

CLASS "B" BOY'S STATE CROSS COUNTRY CHAMPIONSHIPS 1989							
TYRONE HILLS	GOLF	COURSE	HOST: LINDEN HIGH SCHOOL				
1.	FREMONT HIGH						96
	4	12	13	30	37	66	82
2.	SALINE HIGH						177
	6	14	38	54	65	93	94
3.	STURGIS HIGH						203
	7	10	47	56	83	88	136
4.	DEARBORN HIGH						212
	8	20	48	57	79	110	146
5.	COLDWATER HIGH						215
	1	16	45	68	85	105	108
6.	DEARBORN DIVINE CHILD						220
	9	28	36	61	86	96	101
7.	STOCKBRIDGE						262
	2	15	39	99	107	159	167
8.	HUDSONVILLE UNITY CHRISTIAN						275
	11	50	53	71	90	124	151
9.	BEAVERTON						278
	5	44	52	62	115	117	123
10.	WARREN FITZGERALD						308
	17	22	58	69	142	163	166
11.	MONROE JEFFERSON						353
	25	46	73	95	114	130	157
12.	AKGONAC						353
	19	21	74	111	128	149	162
13.	OXFORD HIGH						360
	27	32	70	104	127	145	155
14.	GRAND RAPIDS CATHOLIC CENTRAL						362
	49	60	76	77	100	132	138
15.	CADILLAC HIGH						369
	34	40	75	102	118	143	154
16.	MT. CLEMENS LUTHERAN HIGH NORTH						373
	26	33	35	139	140	144	165
17.	CALEDONIA HIGH						385
	23	41	59	125	137	153	158
18.	IONIA HIGH						399
	24	29	112	113	121	147	164
19.	PERRY HIGH						402
	42	64	87	89	120	126	152
20.	LANSING CATHOLIC CENTRAL						409
	3	51	92	129	134	156	160
21.	CEDAR SPRINGS HIGH						410
	55	72	80	84	119	131	141
22.	CARO HIGH						410
	31	43	98	116	122	150	161
23.	RICHLAND-GULL LAKE						414
	18	63	91	109	133	135	148
24.	BLOOMFIELD HILLS CRANBROOK KINGSWOOD						426
	67	78	81	97	103	106	

MHSAA TRACK AND FIELD COMMITTEE - - - - - RULES MEETING
TUESDAY, JANUARY 23rd, 1990, 10:00 A.M.

William Bainton---Girls Coach-----Chelsea High
Ken Bokhoven-----Girls Coach-----Grand Rapids Christian
Athletic Director (National Federation Rules Committee)
Sue Bombrys-----Girls Coach-----Mendon
Dennis Brueck-----Girls Coach-----Stevensville-Lakeshore
Bruce Caswell-----Boys Coach-----Pittsford High
Jan Chapman-----Girls Coach-----Detroit Mackenzie
Dave DeCou---Boys Coach---Athletic Director-----Marcellus
Mac Domke-----Girls Coach-----Marysville
Robert Glenn-----Athletic Director-----Detroit Murray Wright
Mikw Henry-----President of ATOM-----North Muskegon
Kelly Hileman-----Boys Coach---Principal-----Harbor Beach
Sam Lightfoot-----Boys Coach-----Pickford
Cathy Markland-----Girls Coach-----Montrose Hill McCloy
Linda McGinnis-----Girls Coach-----Lake City
William Mick---Coordinator, Health---Midland Public Schools
P.E. & Athletics
Jerry Myszkowski---Boys Coach-----Detroit U. of D. Jesuit
(President of MITCA)
Dale Sage-----Boys Track Coach---Athletic Director---Reese
Terri-Lee Smith---Girls Coach-----Indian River Inland Lakes

WOMEN IN SPORTS LEADERSHIP CONFERENCE JANUARY 28 & 29, 1990
LANSING SHERATON HOTEL SUNDAY REGISTRATION 10:00-1:00
CONTACT: SUE MARTIN, ASSISTANT DIRECTOR, MHSAA

CLASS "B" GIRL'S STATE CROSS COUNTRY CHAMPIONSHIPS 1989									
TYRONE HILLS	GOLF	COURSE	HOST: LINDEN HIGH SCHOOL						
1.	CHELSEA HIGH								141
	1	23	35	37	45	106	129		
2.	FREMONT HIGH								146
	10	16	22	33	65	158	161		
3.	JACKSON NORTHWEST								172
	3	12	24	63	70	116	125		
4.	EAST GRAND RAPIDS								216
	17	34	46	59	60	71	104		
5.	JACKSON LUMEN CHRISTI								245
	25	36	40	44	100	115	121		
6.	PETOSKEY HIGH								251
	15	38	55	58	85	134	159		
7.	ALGONAC								259
	11	13	14	94	127	142	148		
8.	GRAND RAPIDS SOUTH CHRISTIAN								261
	4	48	51	66	92	101	112		
9.	LOWELL HIGH								267
	6	19	62	83	97	108	135		
10.	GRAND RAPIDS CATHOLIC CENTRAL								270
	8	26	47	57	132	150	167		
11.	GLADWIN HIGH								329
	41	42	56	79	111	137	154		
12.	GAYLORD HIGH								332
	18	39	74	99	102	117	140		
13.	CORUNNA HIGH								339
	2	7	76	107	147	162	175		
14.	MATTAWAN HIGH								350
	21	30	82	84	133	144	153		
15.	MARYSVILLE HIGH								358
	53	68	73	77	87	138	164		
16.	DEARBORN DIVINE CHILD								371
	32	43	50	120	126	145	168		
17.	MILAN HIGH								371
	9	27	88	98	149	176	177		
18.	VALE HIGH								381
	28	61	67	103	122	146	174		
19.	GROSSE ILE HIGH								386
	29	49	93	96	119	128	130		
20.	WARREN MOTT HIGH								408
	31	52	75	81	169	171	173		
21.	OTISVILLE LAKEVILLE MEMORIAL HIGH								426
	20	80	90	95	141	152	172		
22.	CALEDONIA HIGH								449
	5	86	89	113	156	160	163		
23.	FOWLERVILLE HIGH								456
	69	72	91	110	114	139	155		
24.	ALLEGAN HIGH								470
	54	64	105	123	124	143	157		
25.	CLAWSON HIGH								700
	78	109	165	170	178	179	DNF		
26.	MARINE CITY HIGH								702
	118	131	136	151	166	DNR	DNR		

MIDWEST REGIONALS--1989 KINNEY CROSS COUNTRY CHAMPIONSHIPS
Uni. of Wisconsin Parkside, Kenosha, Wisconsin
November 25, 1989 GIRLS COMPETITION

1.	Colorado	39	7.	Oklahoma	181
2.	Missouri	89	8.	Nebraska	196
3.	Illinois	147	9.	MICHIGAN	204
4.	Indiana	148	10.	Kansas	254
5.	Wisconsin	167	11.	Iowa	385
6.	Ohio	169			
11.	Mary Lantinga	19:51.8	B. C. St. Philip		
35.	Catherine Edwards	20:36.0	Utica High		
39.	Jennifer Stult	20:45.6	Laingsburg		
41.	Holly Johnson	20:49.0	East Jordan		
60.	Julie Banks	21:25.3	Utica High		
72.	Jane Cookman	21:36.5	Suttons Bay		
78.	Carla Johnson	21:50.0	??????		
82.	Julie Jorgenson	22:02.5	Muskegon Mona Shores		
87.	Michelle Siegel	22:09.9	Wyandotte		
111.	Stephanie Gorman	23:12.9	Kalamazoo Loy Norrix		
125.	Dana Cooley	24:04.7	Kalamazoo Loy Norrix		
129.	Heather Spengler	24:11.5	Kalamazoo Loy Norrix		
136.	Teresa Denny	24:56.2	Kalamazoo Loy Norrix		

CLASS "C" BOY'S STATE CROSS COUNTRY CHAMPIONSHIPS 1989
 TORREY PINES GOLF COURSE HOST: LAKE FENTON HIGH SCHOOL

1.	CHARLEVOIX	1	11	15	21	22	27	109	70
2.	EDWARDSBURG	7	12	13	28	37	38	80	97
3.	WYOMING GODWIN HEIGHTS	3	4	20	44	61	73	119	132
4.	SANDUSKY	6	9	40	56	60	71	78	171
5.	ONSTED	18	19	34	52	54	72	91	177
6.	ORCHARD LAKE ST. MARYS	8	14	33	49	74	77	107	178
7.	KINGSLEY	2	5	36	48	92	100	113	183
8.	WILLIAMSTON	30	32	35	42	47	59	103	186
9.	NEWAYGO	17	31	43	68	82	90	123	241
10.	SCOTTVILLE MASON COUNTY CENTRAL	10	50	55	70	76	94	104	261
11.	BENZIE CENTRAL	23	26	41	66	110	120	122	266
12.	MAYVILLE	16	57	69	81	93	116	118	316
13.	BRIDGEMAN	39	46	65	84	86	99	105	320
14.	ADDISON	25	63	79	85	87	106	108	339
15.	CENTREVILLE	24	45	59	97	121	124	125	345
16.	LESLIE	29	51	83	88	102	111	117	353
17.	NAPOLEON	53	67	75	89	98	101	114	382
18.	MARLETTE	62	64	95	96	112	115	DNF	429

BOYS ALL-STATE RUNNERS - - - CLASS "C"

1.	Steve Jonson	12	* Breckenridge	15:59.9
2.	Scott Miller	12	Charlevoix	16:02.6
3.	Jared Glover	12	Kingsley	16:04.8
4.	Ryan Ortega	12	Wyoming Godwin Hgts.	16:22.7
5.	Michael Ball	10	* Hudson	16:23.0
6.	Jason Schrock	11	Wyoming Godwin Hgts.	16:23.2
7.	Jaime Dudash	12	Kingsley	16:27.5
8.	Jay Caruso	12	* Whitmore Lake	16:35.3
9.	Kurt Long	11	Sandusky	16:40.5
10.	Pat Etherington	12	Edwardsburg	16:43.0
11.	Andre Kumbreas	11	* Sag. Nouvel Cath. Cent.	16:52.6
12.	Chuck Cosnowski	11	Orch. Lake St. Marys	16:55.4
13.	Derick Lee	12	Sandusky	16:56.2
14.	Ryan Cameron	12	Scott. Mason Co. Cent.	17:00.6
15.	Bill Crook	12	Charlevoix	17:02.0
16.	Marty Arends	10	* Grant High	17:02.7
17.	Brig Cobb	11	* Southfield Christian	17:03.1
18.	Chris Lloyd	11	* Union City	17:03.6
19.	Vic Mattson	10	Edwardsburg	17:03.9
20.	Shawn Neff	12	Edwardsburg	17:06.7

* Individual Race

THE THIRD ANNUAL MIDEAST CROSS COUNTRY CHAMPIONSHIPS--BOYS
 INDIAN RIFFLE PARK KETTERING, OHIO NOVEMBER 18, 1989

1.	INDIANA	3	5	11	18	21	22	30	36	50	??	58
2.	MICHIGAN	4	6	8	14	27	28	38	40	46	51	59
3.	ILLINOIS	7	10	13	15	19	24	32	34	43	44	64
4.	PENNSYLVANIA	1	9	16	17	23	33	45	52	55	56	66
5.	OHIO	2	12	20	25	26	31	35	41	42	47	85
6.	KENTUCKY	29	37	39	48	49	53	54	57	58	59	202

MICHIGAN COACHES IN CHARGE OF THE MICHIGAN BOYS AND GIRLS TEAMS AT THE 3RD ANNUAL MIDEAST CROSS COUNTRY CHAMPIONSHIPS

MIKE WOOLSEY---HEAD COACH---JACKSON LUMEN CHRISTI
 KEVIN HANSON---ASS'T. COACH STERLING HEIGHTS STEVENSON
 KIM SPALSBURY---ASS'T. COACH---FOWLER HIGH SCHOOL

CLASS "C" GIRL'S STATE CROSS COUNTRY CHAMPIONSHIPS 1989
 TORREY PINES GOLF COURSE HOST: LAKE FENTON HIGH SCHOOL

1.	SOUTHFIELD CHRISTIAN	5	8	14	37	38	70	116	102
2.	OLIVER	1	9	16	25	55	65	68	106
3.	WILLIAMSTON	15	21	24	29	33	42	82	122
4.	LAINGSBURG	3	4	31	56	74	106	117	167
5.	SHELBY	3	27	47	50	57	69	81	184
6.	MAYVILLE	11	18	46	48	67	75	84	190
7.	KINGSLEY	20	36	41	44	76	114	118	217
8.	GRANDVILLE-CALVIN CHRISTIAN	32	40	49	53	60	91	121	234
9.	BURTON ATHERTON	10	30	54	63	87	110	DNF	244
10.	QUINCY	39	45	51	62	72	83	86	269
11.	SHEPHERD	6	23	77	79	95	105	111	280
12.	ST. LOUIS	28	35	59	64	94	120	DNF	280
13.	ELK RAPIDS	12	52	66	71	80	102	107	281
14.	VANDERCOOK LAKE	7	26	89	90	93	119	122	305
15.	EDWARDSBURG	19	43	58	98	101	103	115	319
16.	ST. JOSEPH LAKE MICHIGAN CATHOLIC	13	17	85	99	108	112	113	322
17.	SCHOOLCRAFT	22	61	78	88	96	97	DNF	345
18.	BATH	34	73	92	100	104	109	DNF	403

GIRLS ALL-STATE RUNNERS - - - CLASS "C"

1.	Andrea Ripley	11	Oliver	18:46.6
2.	Holly Johnson	11	* East Jordan	19:33.8
3.	Valentine Stumpf	11	* Roscommon	19:36.4
4.	Jenny Stuht	11	Laingsburg	19:37.0
5.	Amy Hayes	10	Shelby	19:52.3
6.	Cindy Furlong	11	* Maple Valley	20:06.0
7.	Stephanie Crum	9	Laingsburg	20:08.5
8.	Tammie Cobb	10	Southfield Christian	20:10.3
9.	Kathy Norquist	11	* Bridgeman	20:14.7
10.	Michelle Harrier	12	Shepherd	20:16.8
11.	Danielle Choate	11	Vandercook Lake	20:17.8
12.	Rachelle Bydlowski	12	* Ida	20:17.8
13.	Julie Bush	11	* Charlevoix	20:20.5
14.	Patti Silva	10	* Union City	20:22.4
15.	Charleen Long	10	Southfield Christian	20:22.7
16.	Jackie Cullum	12	* Muskegon Oakridge	20:23.0
17.	Tammy Heisler	11	Olivet	20:24.4
18.	Jenny Doyle	10	* Burton Bendle	20:25.3
19.	Stacie Glomson	12	Burton Atherton	20:25.7
20.	Kim Cooley	11	* Dundee	20:25.7

* Individual Race

THE THIRD ANNUAL MIDEAST CROSS COUNTRY CHAMPIONSHIPS--GIRLS

1.	INDIANA	1	3	12	13	16	17	35	37	40	48	45
2.	OHIO	4	7	9	14	18	19	30	32	33	??	52
3.	PENNSYLVANIA	2	5	15	25	26	31	42	??	??	??	73
4.	ILLINOIS	6	10	22	24	36	41	45	47	49	51	98
5.	MICHIGAN	8	21	23	27	28	29	38	39	43	??	107
6.	KENTUCKY	11	20	34	44	46	50	52	53	??	??	155

SOME OF THE COLLEGE AND UNIVERSITY REPRESENTATIVES IN ATTENDANCE AT THE 3RD ANNUAL MIDEAST CROSS COUNTRY MEET, WERE FROM THE FOLLOWING SCHOOLS.

Kent State---Uni. of Detroit---Bowling Green---Dayton---Miami of Ohio---
 Illinois State---West Virginia---Kentucky---Cincinnati---Toledo---DePaul
 Central Michigan Uni.---Ball State---Moorehead State---Uni. of Iowa---
 Wright State (Probably others)

CLASS "D" BOY'S STATE CROSS COUNTRY CHAMPIONSHIPS 1989
FRANKENMUTH HIGH SCHOOL CAMPUS

1. FOWLER	3	4	6	16	18	19	98	47
2. PENTWATER	5	8	13	23	31	49	57	80
3. POTTERVILLE	2	14	28	30	35	43	46	109
4. SUTTONS BAY	9	25	27	33	36	53	97	130
5. MANTON	11	15	39	50	52	66	73	167
6. WESTLAND LUTHERAN WESTLAND	7	38	40	45	64	76	82	194
7. FAIRVIEW HIGH	12	22	37	59	81	95	100	211
8. WEBBERVILLE	17	34	44	48	72	92	DNF	215
9. BURR OAK	26	32	55	56	74	86	89	243
10. ANN ARBOR GABRIEL RICHARD	24	42	47	65	68	71	77	246
11. DETROIT HOLY REDEEMER	10	21	58	63	99	101	DNF	251
12. ALANSON	19	54	60	62	69	75	96	264
13. BEAR LAKE	1	61	67	70	78	80	85	277
14. COLON	29	41	79	89	90	DNF	DNR	328
15. GRASS LAKE	51	83	84	87	91	93	94	396

BOYS ALL-STATE RUNNERS - - - CLASS "D"

1. Preston Pike	12	* Mesick	16:55.0
2. Jason Eisenlohr	10	Bear Lake	16:56.0
3. Douglas Corcoran	11	* Reading	16:58.0
3. Mike Richardson	11	* Central Lake High	16:58.0
5. Mike Kreamsreiter	11	Potterville	17:06.0
6. Ted Feldpausch	10	Fowler	17:20.0
6. Tom Becker	11	Fowler	17:20.0
8. Steve Lloyd-Jones	10	Pentwater	17:32.0
9. Terry Schneider	11	Fowler	17:36.0
10. Steve Watkins	11	Westland Luth Westland	17:42.0
11. Jim McHugh	12	Pentwater	17:44.0
11. Pat Kohler	10	Suttons Bay	17:44.0
13. Erin Irwin	12	Det. Holy Redeemer	17:47.0
14. Ryan Stevens	12	* Allendale	17:48.0
14. Don Johnson	11	Manton	17:48.0

* Individual Race

MHSAA TRACK AND FIELD RULES MEETINGS - - 1990 - - 7:00 P.M.

Mon. Feb. 19	-----	New Boston Huron High School
Wed. Feb. 21	-----	Mattawan Middle School
Wed. Feb. 28	-----	Madison Heights Wilkinson Middle School
Mon. Mar. 5	-----	G.R. Forest Hills Northern High School
Wed. Mar. 7	-----	Midland H. H. Dow High School
Mon. Mar. 12	-----	Burton Bentley High School
Wed. Mar. 14	-----	Walled Lake Western High School
Mon. Mar. 19	-----	Reed City High School
Tue. Mar. 20	-----	Albion High School
Tue. Mar. 27	-----	Detroit Southwestern High School
Mon. Apr. 2	-----	Ontonagon Area High School
Tue. Apr. 3	-----	Escanaba High School
Wed. Apr. 4	-----	Gaylord High School
Mon. Apr. 9	-----	Haslett High School

A GOAL IS A DREAM WITH A DEADLINE.

YOU MEASURE YOUR OWN PERFORMANCE BY YOUR OWN POTENTIAL. THAT'S WHAT MAKES A SUCCESSFUL PERSON.

INSTEAD OF THE RULES-MAKERS WORRYING SO MUCH ABOUT SAME COLORS, STRIPES, LOGOS, ETC., HOW ABOUT GET-OUR ATHLETES TO DRESS PROPERLY. PLEASE!!!!!!

CLASS "D" GIRL'S STATE CROSS COUNTRY CHAMPIONSHIPS 1989
FRANKENMUTH HIGH SCHOOL CAMPUS

1. FOWLER	3	4	9	10	16	26	31	42
2. WESTLAND LUTHERAN WESTLAND	2	5	11	12	22	28	33	52
3. POTTERVILLE	6	8	18	25	27	30	DNF	84
4. AKRON FAIRGROVE	7	14	21	35	41	DNF	DNF	118
5. WYOMING LEE	15	23	24	32	38	39	DNF	132
6. MESICK	19	20	29	34	42	44	45	144
6. BATTLE CREEK ST. PHILIP CATHOLIC CENTRAL	1	13	40	43	47	48	DNF	144
8. BUCKLEY	17	36	37	46	49	50	DNF	185
WEBBERVILLE	22	31	53	54				NTS

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

1. Mary Lantinga	12	B.C. St. Philip	19:32.0
2. Jane Cookman	11	* Suttons Bay	20:16.0
3. Jennifer Gerlach	11	Westland Lutheran	20:53.0
4. Lynette Feldpausch	12	Fowler	21:00.0
5. Laura Irrer	9	Fowler	21:01.0
6. Ellen Anderson	12	Westland Lutheran	21:07.0
7. Barb Hall	12	* Warren Bethesda Chr.	21:29.0
8. Nikki Bennett	11	Potterville	22:01.0
9. Katie Martin	11	* Colon	22:09.0
10. Jade Turcotte	12	Akron Fairgrove	22:16.0
11. Tammy Halsey	9	Potterville	22:21.0
12. Sandy Westcott	12	* Hale	22:27.0
13. Lisa Rademacher	12	Fowler	22:28.0
14. Lisa Thelen	9	Fowler	22:30.0
15. Renee Ruth	10	Westland Lutheran	22:43.0

* Individual Race

MHSAA CROSS COUNTRY COMMITTEE-----RULES MEETING
TUESDAY, NOVEMBER 21st, 1989, 1:00 P.M.

Jim Beck	-----	Coach	-----	Dundee
Ken Bokhoven	-----	Athletic Director	-----	Grand Rapids Christian
(National Federation Rules Committee)				
Lafayette Evans	-----	Supervisor	-----	Detroit Public Schools
John Gerlach	-----	Coach	-----	Westland Lutheran High School
Mike Henry	-----	President of ATOM	-----	North Muskegon
Ben Hobson	-----	Coach	-----	Clio Area High School
Brad Kahrs	-----	Coach	-----	Big Rapids High School
Walt Kooyer	-----	Coach	-----	Holland High School
Jerry Mayer	-----	Coach	-----	St. Louis High School
(President of MITCA)				
Karen Michalak	-----	Coach	-----	Caro High School
Jack Murchie	-----	Athletic Director	-----	Scott. Mason Co. Central
Brad Portis	-----	Coach	-----	Richland Gull Lake High School

THE MOST VALUABLE RESULT OF ALL EDUCATION IS THE ABILITY TO MAKE YOURSELF DO THE THING YOU HAVE TO DO, WHEN IT OUGHT TO BE DONE, WHETHER YOU LIKE IT OR NOT. IT IS THE FIRST LESSON THAT OUGHT TO BE LEARNED. - - - THOMAS HUXLEY

THE TERM AVERAGE IS MISLEADING. IF YOU STAND IN A TUB OF ICE WATER AND STICK YOUR HEAD IN A 150 DEGREE OVEN, ON THE AVERAGE YOU'LL FEEL FINE.

PRACTICALLY ALL OF THE HIGH SCHOOL TRACK AND CROSS COUNTRY TEAMS HAVE NICE ATTRACTIVE UNIFORMS TO COMPETE IN. PLEASE TELL ME WHY THEY WEAR THEIR SHIRTS OUT. YOU CAN'T SEE THE SHORTS. THEY LOOK SLOPPY AND THEY ARE A MESS, PERIOD.

THURSDAY, JANUARY 11, 1990

6:00-7:30 -- Anabolic and Androgenic Steroids and Athletics
 Sponsored by the Ruster Foundation

8:00 Informal Meeting with the Clinicians

FRIDAY, JANUARY 12, 1990

6:30-9:30 -- Registration and Exhibits at Jenison Fieldhouse

8:45-10:45 -- SESSION 1

- | | | |
|---------------------|----------------|---|
| 1. Middle Distances | Dave Bork | Monroe High School |
| 2. High Jump | Mike Winson | Central Michigan University |
| 3. Pole Vault | Jim Gardiner | Grand Rapids Catholic Central
(Use of the Training Pole) |
| 4. Long Jump | James Henry | University of Michigan |
| 5. Hurdles | Loren Seagrave | |
| 6. Sprints & Relays | Harvey Glance | Olympian |

11:00-12:00 -- SESSION 2

- | | | |
|---------------------|----------------|-------------------------------|
| 1. Shot Put | Rob Johnson | Clare High School |
| 2. Hurdles | Loren Seagrave | |
| 3. High Jump | Mike Winson | Central Michigan University |
| 4. Long Jump | James Henry | University of Michigan |
| 5. Pole Vault | Jim Gardiner | Grand Rapids Catholic Central |
| 6. Sprints & Relays | Harvey Glance | Olympian |

12:00-1:30 -- Lunch --- Compliments of MITCA

1:30-2:30 -- SESSION 3

- | | | |
|---------------------|----------------|-------------------------------|
| 1. Long Jump | James Henry | University of Michigan |
| 2. Hurdles | Loren Seagrave | |
| 3. Middle Distance | Dave Bork | Monroe High School |
| 4. Pole Vault | Jim Gardiner | Grand Rapids Catholic Central |
| 5. Sprints & Relays | Harvey Glance | Olympian |

2:45-3:45 -- SESSION 4

- | | | |
|---------------|----------------|-------------------------------|
| 1. Hurdles | Loren Seagrave | |
| 2. Shot Put | Rob Johnson | Clare High School |
| 3. High Jump | Mike Winson | Central Michigan University |
| 4. Pole Vault | Jim Gardiner | Grand Rapids Catholic Central |

4:00-5:00 -- SESSION 5

- | | | |
|--------------------|---------------|-------------------------------|
| 1. Sprints | Harvey Glance | Olympian |
| 2. High Jump | Mike Winson | Central Michigan University |
| 3. Pole Vault | Jim Gardiner | Grand Rapids Catholic Central |
| 4. Shot Put | Rob Johnson | Clare High School |
| 5. Middle Distance | Dave Bork | Monroe High School |

5:00 EXHIBITS

7:00 COACH OF THE YEAR AWARDS BANQUET

9:00 HOSPITALITY HOURS

SATURDAY, JANUARY 13, 1990

7:30 Prediction Fun Run

8:30 Registration

9:00 Business Meeting MHSAA & MITCA

10:30 Panel of Speakers from Friday's Schedule

CLINIC FEES -- ADVANCE REGISTRATION - \$70.00

REGISTRATION AT THE DOOR - \$75.00

FOR AN ADDITIONAL \$5.00 YOU WILL BE ENTITLED TO MEMBERSHIP IN BOTH MHSAA and NPSACA. MEMBERS RECEIVE REDUCED ADMISSION RATES TO SPORTING EVENTS, NEWSLETTERS AND MORE!!!!

RADISSON HOTEL LANSING

111 NORTH GRAND AVENUE

LANSING, MICHIGAN 48933

(517) 482-0188

\$60.00 Single + 6% Sales Tax Reservation must be accompanied by one
 \$65.00 Double + 6% Sales Tax night's Deposit or Credit Card Needed

Requests received after December 29, 1989 are subject to availability

Cancellation must be made 48 hours prior to arrival

Make checks or money orders payable to the RADISSON HOTEL LANSING
 Check in time -- 3:00 P.M. Check out time is 12:00 noon

CONTACT THE RADISSON HOTEL LANSING
 FOR RESERVATIONS DO NOT SEND MONEY
 TO RICH TOMPKINS FOR ROOMS. HE CAN DO
 NOTHING FOR YOU IN THE WAY OF ROOMS

THE RADISSON HOTEL LANSING

FREE PARKING IN THEIR COVERED RAMP
 INDOOR POOL WHIRLPOOL SALINA EXERCISE ROOM
 DOWNTOWN LANSING

Located conveniently in the center of downtown Lansing, the Radisson Hotel offers its guests courtesy airport transportation. The Hotel is 15 minutes from the Lansing Capitol City Airport, two minutes from Highway I-496 and two blocks from the State Capitol.

- From Detroit on I-96 West, take 496 West to the Grand Avenue/Downtown Exit. Turn right on Grand Avenue.
- From St. Johns (North), take I-27 (Larch/Cedar), turn right on Michigan Avenue, then right on Grand Avenue.
- From Jackson, take 127 north to 496 West to the Grand Avenue/Downtown Exit. Turn right on Grand Avenue.
- From Grand Rapids; take I-96 East to 496 East to Downtown exit/Grand Avenue turn left on Grand Avenue.

PLEASE PRINT YOUR NAME: FILL IN INFORMATION BELOW ONLY IF IT HAS CHANGED SINCE LAST YEAR.

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 _____

MAIL THIS FORM AND REGISTRATION FEE TO:
 RICH TOMPKINS
 939 STATE STREET
 FREMONT, MI 49412

MAKE ALL CHECKS PAYABLE TO MITCA

ng Blind"

es line up about 1 meter apart and are
k man's right shoulder lines up with next
der; whose left shoulder is lined up with the
f the man in front of him; and so on).

the back of the line passes the baton with
nto the LEFT hand of the next man; who passes
T hand of the next man; who passes it into
the man in front.

EMPHASIS

ed" position of the athletes so that the
akes a straight-line path.

ature, no silly contortions, eyes straight

ack on command; be ready to GIVE on command.
eous, crisp action.

fect "TARGET."
target ... aim for the elbow.

e baton DOWN into the "target."

esh point" so that it is perfect.
s responsible for "mesh" in FRONT of him.

e baton with LOVE.

Practice"

s perform the "standing blind" drill while
s on the track. The baton is continuously
ack to the front with emphasis the same as
--" drill.

arks"

x 100m relay at different speeds; jogging,
erating into the outgoing runner.

EMPHASIS

locates his "hash" and measures his
s." (18 shoes + 2 shoes for openers)

2. Athletes take a number of "run-outs" to test for condition of track surface.
3. Stand ready for the incoming runner; look around left shoulder; eyes focused on the checkmark (not the incoming runner); proper lane position; good starting posture.
4. Proper take-off; eyes straight ahead; reach only on command; give a good target; give command when "mesh point" is reached -- not too soon, not too late.
5. Proper lane position -- 2nd & anchor legs stand ready on the right side of the lane; while 3rd leg stands ready on the left side of the lane. Lead leg hugs left side of the lane.

THINGS I HAVE DISCOVERED OVER THE YEARS

Everything has to be done "your way" so that adjustments of checkmarks can be properly made.

The measurement of 18 shoes + 2 shoes (18 + 2) is very conservative.

One can make on-the-spot adjustments for strong winds by altering checkmark values.

One can make emergency substitutions and maintain the athletes' confidence to execute exchanges.

Get out with a strong lead leg.

Move your "lefties" to the 2nd-leg or anchor-leg positions.

You can botch this method and still win.
You can have perfect execution and still lose.

One can adjust this method to fit the 4 x 200m relay. Use half the acceleration zone (5 m) and less "shoes" (14 + 2) for checkmarks.

This method can be adapted to the shuttle hurdle relay. Use (5 + 2) from the 4-foot restraining line.

TRACK MEET HINTS

STARTING BLOCKS---CIRCLE RACES
4x200 4x100 400 DASH
4x400

PLACE THE BLOCKS PRIOR TO THE RACE ON THE OUTSIDE OF THE TRACK, DIRECTLY OPPOSITE THE STARTING FOR EACH LANE. WHEN THE RUNNERS ARE CLERKED INFORM THEM OF THIS SITUATION. WHAT USUALLY HAPPENS A RUNNER IN LANES 5, 6, 7 OR 8, GRABS THE FIRST STARTING BLOCK THEY SEE, THEN THE RUNNERS IN LANES SUCH AS 1, 2, 3 OR 4 NEED TO GO UP THE TRACK TO PICK UP A BLOCK FOR THEIR USE.

WHEN THE GUN GOES OFF AND THE RUNNERS LEAVE THEIR BLOCKS THEY SHULD BE MOVED TO THE OUTSIDE OF THE TRACK, NOT THE INFIELD.

THE NEXT HEAT CAN BE BROUGHT UP AND THEY CAN BE ADJUSTING THEIR BLOCKS WHILE THE RACE AHEAD OF THEM IS BEING RUN. THE RUNNERS IN THE NEXTHEAT CAN CARRY THEIR BLOCKS OUT TO THEIR STARTING LINE.

THIS ALSO ELIMINATES A BLOCK HOLDER FROM RUNNING TO THE INFIELD AND INTERFERING WITH A RUNNER IN AN INSIDE LANE. THIS HAPPENED IN A STATE MEET. A STARTING BLOCK HOLDER HAS THROWN THE BLOCK TO THE INFIELD, NEARLY HITTING A RUNNER IN AN INSIDE LANE. THESE ARE THINGS THAT HAVE HAPPENED.

WATERFALL STARTS---USE A PIECE OF CHALK OR STRIPS OF ONE/HALF INCH TAPE TO MARK A LINE SIX FEET FROM THE WATERFALL LINE AND PARALLEL TO THE WATERFALL LINE. THIS HAS BEEN USED USED AT SEVERAL DUAL AND TRIPLE DUAL MEETS, THE "CHIP" RELAYS AT CENTRAL MICHIGAN UNI. AND TWO INVITATIONS AT PORT HURON NORTHERN. IT SAVES TIME IN LINING UP THE ATHLETES, AND IT ENABLES THE RUNNERS TO KNOW WHERE TO STAND.

WHY DO SOME CLERKS OF THE COURSE SEND ALL FOUR RUNNERS IN A 4 x 100 OR 4 x 200 UP TO THE STARTING LINE. THE STARTER DOESN'T WANT TO SEE THEM. ITS A WASTE OF TIME.

SCHOOL COACHES ASSOCIATION

31ST ANNUAL BANQUET

AUBURN HILLS PALACE

SATURDAY MARCH 24TH, 1990

TOM ESCHMANN
Boys Track Coach of the Year
Southfield High School

Tom has been coaching boys track for 17 years, 11 of which have been at Southfield High School. His overall record in that sport is 76 wins and 15 losses. In 1989, Tom's team was undefeated, 8-0. His teams have won 7 conference championships in the Southwestern Michigan Association, were Oakland County champs 5 times, and won 5 regionals. They were also state champions in 1988 and 1989.

Tom is married to wife, Pam, and they have three sons. His regular teaching assignments are Math and Science.

Tom received both his Bachelor's Degree and Master's Degree at Central Michigan University.

Pat is a graduate of Niagara University where he received his Bachelor's Degree and went on to the University of Toronto for his Master's Degree. While in college, he participated in both swimming and soccer.

Pat has been coaching for 15 years; the last 5 years, he has been the girls track coach at St. Martin DePorres. His overall winning record in that sport is 39-20. Pat's teams have won 7 conference championships, 4 regionals and 3 state championships.

Pat keeps busy when not coaching. He is acting Pastor of St. Francis Xavier in Ecorse and a volunteer at Focus Hope, St. Pat's Community Center. At the present time, Pat is working on a project to open a school for students at risk of dropping out in the Cass Corridor area. It is his hope that the school will open its doors in the Fall of 1991.



PAT GERAGHTY
Girls Track Coach of the Year
St. Martin DePorres High School



"Bluejay Sprint Relays"

Tom Eschmann
Southfield High School

The excitement of relay races has always motivated athletes to move the baton around the track. What motivates coaches to teach relay technique should be the knowledge that HIS baton always has a chance of beating an opponent's baton regardless of who has the faster personnel.

YOU HAVE TO HAVE AN ATTITUDE

DRILLS AND PRACTICE EVERYDAY

Make your athletes "feel the baton," "TARGET PRACTICE."

NO GUESS WORK

Everything is mathematical. All measuring done in "shoes."

TREAT THE BATON WITH RESPECT

No juggling, playing catch, sword-fighting, etc. Use the baton for drills and racing only!

WE DON'T RUN CAUTIOUSLY

If there is an error, COACH takes the responsibility.

DEFINING OUR TERMS

Exchange Zone -

Where the baton is passed to the next runner.

Acceleration Zone -

Where we get up a good head of steam before entering the exchange zone.

Hash -

Where we stand waiting PATIENTLY for the incoming runner.

Checkmark -

It consists of lines measured 2 "shoes" apart and drawn across the lane we are in. It can be placed on the track's surface with chalk or training tape. When the incoming runner touches it, we SPRINT.

"SHOES" -

The unit used to measure from the hash to the checkmark.

Mesh point -

When two runners are in the middle of the exchange zone, about 1 meter apart, running at top speed. It occurs just before the hand-off.

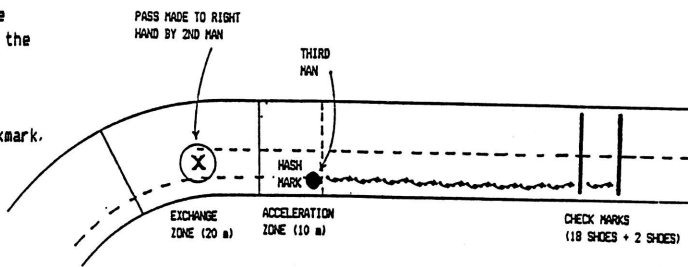
Blind Exchange -

We stand on the side of the hash toward the exchange zone, looking around our LEFT shoulder. When the incoming runner touches the checkmark, we SPRINT LOOKING STRAIGHT AHEAD. At the "mesh point," the incoming runner gives a verbal command. At this command, we drop the proper hand (left or right) and reach back giving a calm, perfect "target" for the incoming runner. The incoming runner moves the baton down into the target. The baton remains in the hand it is received in.

THE 4 x 100m RELAY

- Hash: Use the entire 10 meter acceleration zone.
- Checkmark: 18 "shoes" from hash, mark a line across the lane; go 2 more "shoes" and mark another.
- Lead leg: Use starting blocks; carry baton in RIGHT hand. Hug inside lane line.
- 2nd leg: Hash right side of lane; take baton in left hand.
- 3rd leg: Hash left side of lane; take baton in right hand.
- Anchor: Hash right side of lane; take baton in left hand.

The checkmark values given here are the numbers that we start with. We want our runners to "mesh" perfectly (in the middle of the exchange zone; about 1 meter apart; running at top speed). Finding this perfect "mesh" is a trial and error process. It is the coach's responsibility to adjust the checkmark values to find this perfect "mesh." If the incoming runner easily runs up on the outgoing runner, we add 2 "shoes" to the checkmark value. If he can't reach the outgoing runner, we subtract 2 "shoes" from the checkmark value. We make our adjustments in increments of 2 and are flexible enough to realize that each exchange may have a unique checkmark value.



EXAMPLE: Baton pass from 2nd man to 3rd man.

Dave's love of the sport of cross country is quite evident when looking back at his long coaching career of 23 years, 11 of which have been at Monroe High School. His teams have had very successful seasons, possessing an overall record of 100 wins and 27 losses. In 1989, his team was 10-0! Dave's teams have won 56 duals in a row since 1985, won 6 conference championships, 5 regionals, and have placed in the state championships 7 times.

Dave is a graduate of Miami and Central Michigan Universities. While at Miami, he participated in track and cross country.

Dave is married and has four children. His regular teaching assignment is science and health at Monroe High School. Dave also keeps busy as a High School Physical Education teacher, he is chairman of the Trinity Lutheran School Board of Education, sponsor for the Fellowship of Christian Athletes, and scholarship and awards chairman for the Monroe All Sports League.

A former player of his, Todd Williams was voted "All American" at Tennessee.



DAVE BORK
Boys Cross Country Coach of the Year
Monroe High School



LEE AVERILL
Girls Cross Country Coach of the Year
West Bloomfield High School

Lee's love of the sport of track began a long time ago. While a student at Western Michigan University, he ran track. His coaching career began 29 years ago, the last 25 of which have been at West Bloomfield High School.

Since 1977, Lee's girls cross country teams have compiled a win/loss record of 60-26. In 1989, their record was 7-0. They have won 5 conference championships, 2 regionals, were state champions in 1989, and state runner-up in 1987.

Lee is quite involved in his community. He belongs to the Milford Youth Athletic Association, West Oakland YMCA, is past-president of the Milford High Music Parents group, and past-president and secretary of the Michigan Interscholastic Track Coaches Assoc.

Lee has three children. His regular teaching assignment is World and American History.

1990 REGIONAL TRACK AND FIELD MEET SITES

- "CLASS C"
- ST. JOSEPH LAKE MICHIGAN CATH.
- BANGOR BATH
- FENTON LAKE FENTON BAD AXE
- BURTON BENDLE EVART
- BYRON CENTER BRECKENRIDGE

"CLASS D"

- COVERT COLON POSEN
- POTTERVILLE SUTTONS BAY
- CARSONVILLE PORT SANILAC

UPPER PENINSULA MEETS

CLASS A - B

- ESCANABA NEGAUNEE

CLASS "C"

- NEWBERRY ONTOMAGON
- IRON MOUNTAIN

CLASS "D"

- RAPID RIVER WHITE PINE
- BARAGA NEWBERRY

UPPER PENINSULA FINAL SITE

MARQUETTE HIGH SCHOOL

1990 STATE FINAL SITES

CROSS COUNTRY

- "A" SUWARTZ CREEK
- "B" LINDEN
- "C" LAKE FENTON
- "D" FRANKENMUTH

"A-B" GLADSTONE

"C" GLADSTONE

"D" GLADSTONE

1991 STATE FINAL SITES

TRACK

- "A" GRAND RAPIDS
- "B" GRAND RAPIDS
- "C" GRAND RAPIDS
- "D" GRAND RAPIDS

"A-B" MARQUETTE

"B" MARQUETTE

"C" MARQUETTE

**RESULTS
1990 TRACK COMMITTEE QUESTIONNAIRE**

CIRCLE YOUR ANSWER: CLASS A B C D MEN WOMEN BOTH

	57	47	42	14	136	57	35
SENIOR HIGH 134	JUNIOR HIGH/MIDDLE SCHOOL				PRINCIPAL 1	AD 6	
HEAD COACH 112	ASSISTANT COACH 39						

1. Are you in favor of eliminating all under uniform garments?

	YES	NO	YES	NO	YES	NO	TOTALS
A	2	22	0	13	2	16	
B	0	18	1	24	0	3	
C	1	15	0	14	0	11	
D	0	7	0	4	0	3	
T	3	62	1	55	2	35	YES NO 6 - 152

2. Would you be in favor of allowing athletes to qualify to the State Finals from other than Regional competition by meeting or bettering qualifying standards at specified meets during the current outdoor season?

	YES	NO	YES	NO	YES	NO	TOTALS
A	2	22	4	9	5	15	
B	4	14	3	22	3	1	
C	3	13	5	9	2	9	
D	2	5	0	3	2	1	
T	11	54	12	43	12	26	YES NO 35 123

3. Are you in favor of a field event schedule at MHSAA Regionals and State Final meets that would alternate the order of competition for the boys and girls each year? (Excluding the pole vault)

For example:

- Even years--Girls HJ and SP (first), followed by boys HJ and SP.
 --Boys D and LJ (first), followed by girls D and SP.
 Odd years--Boys HJ and SP (first), followed by girls HJ and SP.
 --Girls D and LJ (first), followed by boys D and LJ.

	YES	NO	YES	NO	YES	NO	TOTALS
A	18	4	9	2	15	3	
B	14	3	22	2	3	1	
C	16	0	11	1	9	1	
D	2	1	4	0	2	1	
T	53	8	46	5	29	6	YES NO 129 19

4. In the preliminary round of field events, in the MHSAA Regional and State Finals would you favor:

- A. Competing from the best seed to the lowest seed. or
 B. Competing from the lowest seed to the best seed.

NOTE: The finals would still be conducted in reverse order.

	A	B	A	B	A	B	TOTALS
A	5	13	2	9	6	11	
B	5	10	7	12	1	3	
C	5	9	2	8	5	4	
D	3	3	0	4	1	2	
T	18	35	11	32	13	20	A B 42 87

5. Should the starting height at MHSAA Regional and State Final meets be based on the following criteria?

HIGH JUMP--Start at a height 3" below the additional qualifying standard for the event at that particular meet.

POLE VAULT--Start at a height 1 foot below the additional qualifying standard for the event at that particular meet.

	YES	NO	YES	NO	YES	NO	TOTALS
A	19	4	10	2	15	2	
B	16	2	21	2	3	1	
C	13	4	12	0	10	0	
D	7	0	4	0	3	0	
T	55	10	47	4	31	3	YES NO 133 17

"ITS WHAT YOU LEARN AFTER YOU KNOW IT ALL THAT COUNTS"
 John Wooden

MITCA TRACK COACH OF THE YEAR

CLASS "A"	BOYS	DAVE BORK-----MONROE HIGH
	GIRLS	BRYAN WESTFIELD--ANN ARBOR PIONEER
CLASS "B"	BOYS	MARTIN CRANE-----FLINT BEECHER
	GIRLS	DICK LOCKE-----WYOMING PARK
CLASS "C"	BOYS	TIM BAKER-----CONSTANTINE
	GIRLS	JIM HILL-----ONSTED
CLASS "D"	BOYS	NEIL HUFNAGEL-----FOWLER
	GIRLS	KIM SPALSBURY-----FOWLER

NOMINEES FOR TRACK COACH OF THE YEAR

CLASS "A"	BOYS	TOM ESCHMANN-----SOUTHFIELD HIGH
	GIRLS	DON SLEEMAN-----ANN ARBOR PIONEER
		DICK HAFNER-----FLINT CENTRAL
		RONNIE PHILLIPS--DETROIT CASS TECH
CLASS "B"	BOYS	AL KORVTKOWSKI-----G. R. NORTHVIEW
	GIRLS	TED MAC-----DETROIT BENEDICTINE
		JOHN WILCOX-----CORUNNA HIGH
		No Nominee
CLASS "C"	BOYS	LEO "SMOKEY" BOYD---SAGINAW NOUVEL
	GIRLS	BILL WOOPER-----KINGSLEY HIGH
		STEVE LINN-----HARBOR BEACH
		GARY SHOPPELL-----WHITE PIGEON
CLASS "D"	BOYS	STEPHEN "PETE" ROWE--BELLAIRE HIGH
	GIRLS	DAVID RUTH---DETROIT LUTHERAN WEST
		BILL BRENDL--MAPLE CITY GLEN LAKE
		FRANK SIPES-----LAWTON HIGH

MITCA PREDICTION FUN RUN 7:30 SATURDAY MORNING

		RACE TIME	PREDICT TIME	
1.	Bob Siegel Forest Hills Central	5th 21:02.8	21:00.0	:02.8
2.	Kim Spalsbury Fowler High	4th 20:41.6	20:36.0	:05.6
3.	Wright Wilson Royal Oak Shrine	16th 23:53.2	23:47.1	:06.1
4.	Bob Festerling Midland Northeast	18th 25:12.6	25:00.0	:12.6
5.	Larry Simon Dearborn Edsel Ford	9th 21:59.6	22:20.0	:20.4
6.	Dan Millhisler Reeths-Puffer	19th 25:23.0	25:00.0	:23.0
7.	Dan Deyo Saline High	7th 21:41.7	22:10.0	:28.3
8.	David Baird West Hills	11th 22:45.2	:23:15.0	:29.8
9.	Ron Clone Elk Rapids	14th 23:27.0	:23:58.0	:31.0
10.	George Gray Grand Blanc	2nd 19:16.7	:18:45.0	:31.7
11.	Mike Walker Ithaca High	22nd 27:24.1	28:00.0	:35.9
12.	Glen Brown Lakeshore	17th 25:11.8	24:34.0	:37.8
13.	Richard Goepf Dearborn Divine Child	1st 18:46.1	:19:30.0	:43.9
14.	Lee Kahler Bad Axe High	25th 28:30.8	27:32.0	:57.8
15.	Jim Beck Dundee	13th 22:59.8	24:00.0	1:00.2
16.	Tom Gass Vandercook Lake	15th 23:44.4	22:40.0	1:04.4
17.	David Wheeler Watervliet	6th 21:09.5	22:15.0	1:05.5
18.	Fred Jaeger Morley Stanwood	8th 21:42.6	23:02.5	1:19.9
19.	Barbara Kohn Carleton-Airport	20th 26:11.5	27:45.0	1:33.5
20.	Larry E. Robinson Cass City High	24th 28:29.6	26:33.0	1:56.6
21.	Dennis Brenner Litchfield	10th 22:02.7	24:00.0	1:57.3
22.	Gary Medland Ortonville-Brandon	12th 22:49.7	:24:50	2:00.3

6. Are you in favor of eliminating the 3200/2 mile run from middle school competition?

	YES	NO	YES	NO	YES	NO	TOTALS	
A	0	24	2	11	5	15		
B	1	18	2	23	0	3		
C	2	15	0	14	1	11		
D	0	7	0	4	0	3	YES	NO
T	3	64	4	52	6	32	13	148

7. Are you in favor of raising the height of the jr. high boys 55 meter hurdles to 36 inches from the present 30 inches?

	YES	NO	YES	NO	YES	NO	TOTALS	
A	16	8	8	4	7	13		
B	11	8	17	8	1	2		
C	8	8	5	8	4	7		
D	4	3	2	2	2	1	YES	NO
T	39	27	32	22	14	23	85	72

8. Would you be in favor of scoring 4 (four) places in dual meets in Class A and B competition, with Class C being optional?

	YES	NO	YES	NO	YES	NO	TOTALS	
A	14	9	7	5	13	7		
B	14	3	12	13	3	1		
C	12	5	9	3	5	5		
D	4	2	1	1	1	2	YES	NO
T	44	19	29	22	22	15	95	56

9. Are you in favor of the National Federation directive regarding running the 800 meter relay completely in lanes beginning in 1991?

	YES	NO	YES	NO	YES	NO	TOTALS	
A	17	7	10	3	19	1		
B	15	1	22	3	4	0		
C	11	5	12	2	9	1		
D	6	0	4	0	3	0	YES	NO
T	49	13	48	8	35	2	132	23

10. Are you in favor of the MHSAA directive that bars anyone working as a starter or referee at MHSAA events if they are associated with a competing school?

	YES	NO	YES	NO	YES	NO	TOTALS	
A	3	21	1	12	3	16		
B	0	18	2	23	1	3		
C	2	15	1	13	0	11		
D	0	7	0	4	0	3	YES	NO
T	5	61	4	52	4	33	13	146

11. Would you favor having all starters and referees assigned by the MHSAA to Regionals and State Finals?

	YES	NO	YES	NO	YES	NO	TOTALS	
A	1	23	1	11	3	17		
B	2	16	3	22	2	2		
C	5	12	2	12	1	9		
D	0	7	0	3	0	3	YES	NO
T	8	58	6	48	6	31	20	137

12. Are you in favor of having a more specified time to begin the finals in the 3200 meter relay at regional and state final competition?

	YES	NO	YES	NO	YES	NO	TOTALS	
A	20	4	8	5	11	7		
B	15	3	19	5	4	0		
C	13	4	10	3	10	1		
D	5	2	2	2	3	0	YES	NO
T	53	13	39	15	28	8	120	36

FINAL SCORE MAKES NO MENTION OF A SPLENDID START IF THE FINISH PROVES THAT YOU WERE AN 'ALSO RAN'."

PREDICTION FUN RUN (CONTINUED)

23. Rhonda Arndt	23rd	27:25.0	25:24.0	2:01.0
Bellaire High School				
24. Gary Servais	3rd	19:43.1	22:00.0	2:16.9
Farmington Hills Mercy				
25. Tom Micallef	21st	26:23.5	29:00.0	2:36.5
Vpsilanti High				

SPECIAL THANKS TO KATHY SCHOLLAR, FOR HELP IN COMPILING THE RESULTS OF THE PREDICTION FUN RUN.

WHO IS KATHY SCHOLLAR? BESIDE ALL OF HER OTHER TALENTS, SHE IS THE BEST FINISH LINE RECORDER YOU WOULD EVER FIND AT ANY TRACK MEET ANYWHERE IN THE STATE OF MICHIGAN. SHE HAS WORKED AT MANY OF THE MITCA INDOOR TRACK MEETS, THE SPARTAN RELAYS AND THE HURON RELAYS, TO JUST NAME A FEW. YOUR EFFORTS ARE GREATLY APPRECIATED BY THE TRACK AND FIELD PEOPLE OF MICHIGAN. THANK YOU.

NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSOCIATION

NATIONAL CONVENTION - - PHOENIX, ARIZONA
JUNE 28th, 29th and 30th, 1989

Michigan people in attendance:

Kathy Kiefer-----Adrian
Rick Tompkins-----Fremont
Chuck and Carol Jones----Royal Oak Kimball
Marty Crane, Wife, son & Mother--Flint Beecher
Robert James (1984-85 Past President)-----Ludington
Bob Wood (1986-87 Past President)---Grosse Pte. Farms
Kermit Ambrose-----Royal Oak

Marty Crane was a nominee for boy's track coach of the year. He was a representative of Region # 4. Region # 4, consists of Michigan, Ohio, Indiana, Illinois, and Wisconsin.

Chuck Jones, Athletic Director of the Royal Oak Schools, was a Region # 4 nominee for athletic director of the year.

The 1990 convention will be held at Nashville, Tenn.

There are three kinds of people:
Those that make things happen.
Those that watch what happens.
Those that wonder what happens.

H E L P ! H E L P ! H E L P !

The MITCA Executive Board needs names of MITCA members that would warrant being named to the "Chuck Sweeney Track Award" or the Kermit Ambrose Cross Country Award".

If you have some names, send them to Jerry Myszkowski, Uni. of Detroit Jesuit High School, 8400 S. Cambridge, Detroit, Michigan 48221

DON SLEEMAN WAS NOMINATED FOR "RUNNER OF THE YEAR" BY THE MICHIGAN RUNNER. THEY COMPILED THE FOLLOWING LISTING OF HIS RACES: The Pittsburgh Great Race (10K) 1st (45-49) 32:26
The Summit City 10K (Fort Wayne) 2nd (50-54)
Williamston 5K - 1st 50+ Set National Record (45-49) 15:41
Christmas Stocking Run - 1st 50+ Age Group
Sandiago Marathon 10K - 3rd overall masters, 1st 50+ (33:38)
National ICI Series Final - 2nd (50+)
Shamrock 8K - 1st Bay City St. Patrick's 5K - 1st (50+)
National Indoor Master's 3000 M Columbus, Ohio. Set new National indoor record.
Dexter Ann Arbor 10K - 1st (50+) 34:14
Kansas City Half Marathon - 1st (50+)
Pictured Rocks Road Race - 1st Masters overall, & broke 50+ age group record by 4.5 Minutes
National Master's Track Championships (San Diego) 1st 5K 16:15