

MITCA BOYS INDOOR TRACK SCHEDULE 1990

Fri.	January	19	Central Michigan University	Co-ed	6:00 p.m.
Thurs.		25	University of Michigan	Boys Only	6:30 p.m.
Sat.		27	Spring Arbor College	Co-ed	8:30 a.m.
Wed.		31	Saginaw Valley State University Eastern Michigan University	Boys Only Co-ed	6:00 p.m. 5:00 p.m.
Thurs.	February	1	Central Michigan University Western Michigan University	Co-ed Co-ed	6:00 p.m. 6:00 p.m.
Sat.		3	Albion College	Co-ed	9:00 a.m.
Thurs.		8	Spring Arbor College	Co-ed	6:30 p.m.
Wed.		14	Eastern Michigan University	Co-ed	5:00 p.m.
Thurs.		15	Central Michigan University	Co-ed	6:00 p.m.
Sat.		17	Albion College	Co-ed	9:00 a.m.
Wed.		21	Saginaw Valley State University	Boys Only	6:00 p.m.
Thurs.		22	University of Michigan Western Michigan University	Boys Only Co-ed	6:30 p.m. 6:00 p.m.
Tues.		27	Michigan State University	Boys Only	6:30 p.m.
Thurs.	March	1	Central Michigan University	Co-ed	6:00 p.m.
Thurs.		15	University of Michigan Indoor Championships	Boys Only	6:45 p.m.

THESE ARE THE ONLY QUALIFING MEETS FOR THE INDOOR CHAMPIONSHIP MEET

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

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

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

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

MEET DIRECTORS: Central Michigan University - Walt Drenth - CMU
 Eastern Michigan University - Bob Parks - EMU
 Saginaw Valley State University - Jim Nesbitt - SVSU
 Albion College - Dave Egnatuk - Albion College
 Western Michigan University - Jim Long - Kal. Central High Sch.
 Spring Arbor College - Chuck Janke - Jackson High School
 Michigan State University - Chuck Janke - Jackson High School
 University of Michigan - Chuck Janke - Jackson High School

INFORMATION PERTAINING TO MEETS

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

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

BOYS ONLY

NO SPIKES

NO DRESSING FACILITIES

MICHIGAN STATE UNIVERSITY

SAME TIME SCHEDULE - SAME ORDER OF EVENTS - SAME ENTRY FEES - BOYS ONLY

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

Sat. Meet - Registration begins 7:45 Thur. Meet - Registration begins 5:30

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

co-ED - BOYS EVENTS WILL PRECEDE GIRLS EVENTS - NO SPIKES - NO DRESSING FAC.

ALBION COLLEGE - Registration begins 8:00 a.m. - everyone pays \$1.00

9:00 - Field Events - NO POLE VAULT
NO BLACK SOLED SHOES
ARE TO BE WORN IN THE
LONG JUMP & HIGH JUMP

- | | |
|----------------------------|-------------------|
| 9:00 - 55m Highs - prelims | Mile Run |
| 55m Dash - prelims | 300 Dash |
| 55m Highs - semis | 55m Highs - final |
| 55m Dash - semis | 55m Dash - final |
| 600 Run | Two Mile Run |

CO-ED - BOYS EVENTS WILL PRECEDE GIRLS EVENTS - NO SPIKES - NO DRESSING FAC.

CENTRAL MICHIGAN UNIVERSITY - Everyone pays \$2.00 - Registration begins 4:30

Fri. Jan. ¹⁹~~20~~ & Thurs Feb. 1

Thur. Feb 15 & Thurs. March 1

- 6:00 - Field Events - 1/¹⁹~~20~~ - no LJ
2/1 - no PV
- 6:00 - 60 Highs - prelims & semis
600 Run
60 Dash - prelims
Mile 1/19 - 2 Mile 2/1
60 Dash - semis
60 Highs - final
Two Mile Relay
60 Dash - final
Mile Relay

- 6:00 Field Events - 2/¹⁵J - no LJ
3/1 - no PV*
- 6:00 - 60 Highs - prelims & semis
600 Run
60 Dash - prelims
Mile Run
60 Dash - semis
60 Highs - final
Two Mile Relay
60 Dash - final
Two Mile Run
Mile Relay

CO-ED - NO SPIKES - NO DRESSING FACILITIES

* POLE VAULT - IF THERE IS AN INTEREST (SEE MORE) - 4:30
COACHES CONTACT WALT DRENTH
BY 2-27

SAGINAW VALLEY STATE UNIVERSITY - Registration begins 5:00 - Everyone pays \$2.00

6:00 - Field Events

6:00 - 3200m Run

3200m Relay

55m Highs

55m Dash

300 Dash

600 Dash

800 Relay

1600m Run

1600 Relay

BOYS ONLY

NO SPIKES

NO DRESSING FACILITIES

300 and 600 will be run in yards

EASTERN MICHIGAN UNIVERSITY - Registration begins 4:00 - \$1.00 per event,
\$4.00 per relay

5:00 - Pole Vault

Girls field events(LJ,HJ,SP)

followed by boys

5:15 - 55m Highs - Girls - final

5:30 - 55m Highs - prelims & semis

300 Yard Dash

55m Dash - prelims & semis

55m Dash - Girls - p & s

1600 Run - Girls

55m Highs - final

3200 Run

55m Dash - final

55m Dash - Girls - final

1000 Yard Run

3200 Relay

600 Yard Run

1600 Run

1600 Relay - Girls

1600 Relay

800 Relay - Girls

800 Relay

NO DOUBLING - 55, 300, 600 - 300, 600, 1000 - 1600, 3200

LIMITED CO-ED

NO SPIKES

NO DRESSING FACILITIES

WESTERN MICHIGAN UNIVERSITY - Registration begins 5:00 - Everyone pays \$1.00

6:00 - Field Events

6:00 - 60 Highs - prelims & semis

300 Dash

60 Dash - prelims

600 Run

Mile Run

60 Dash - semis

60 Highs - final

Two Mile Relay

Two Mile Run

60 Dash - final

Mile Relay

CO-ED - BOYS EVENTS WILL PRECEDE GIRLS EVENTS - NO SPIKES - NO DRESSING FAC.

PLEASE READ CAREFULLY

1. Pertaining to MITCA club registration:

- a. No school issued checks can be used to pay the club registration fee.
- b. Club name should not include any part of the school name -

EXAMPLE: Flint Northern Viking High School

DO NOT USE: Flint Northern, or Northern, or Vikings as
any part of the club name

YOU MAY USE: Flint(as in city) and/or "your imagination"

2. Pertaining to MITCA track meets:

- a. Do not use school transportation(buses, vans, etc.)
- b. Do not use any school issued checks to pay entry fees.
- c. Do not use any school issued wearing apparel or wearing apparel that could be construed as school issue. In order to stay above suspicion do not wear any apparel that has your school name on it. If you use a club name on what you wear it should appear the same way as explained above as per 1b. It also is suggested that the wearing apparel be of different colors than your official school colors.
- d. Athletes should be instructed to use the club name NOT THE SCHOOL NAME when filling out entry cards and reporting place finish.
- e. If more than 3 athletes from the same school are participating in a meet the coach may not act as an official in the meet - starter, referee, timer, finish judge, head field event judge, inspector. In order to stay above suspicion coaches should remain in the stands and off the infield area.

Any MITCA meets that take place after the MHSAA official starting date for track and field must be counted as an outside competition (see MHSAA Handbook section 12-A Limited Team Membership).

INFORMATION PERTAINING TO MITCA STATE INDOOR CHAMPIONSHIP MEET

DATE: Thursday March 15, 1990 - University of Michigan

TENTATIVE TIME SCHEDULE:

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

ALL PARTICIPANTS MUST BE FROM MITCA REGISTERED CLUBS

BASIC CRITERIA FOR QUALIFICATION:

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

300 Dash - 18 fastest times from the qualification meets

600 Dash - 12 fastest times from the qualification meets

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

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

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

One Mile Relay - 12 fastest times from the qualification meets

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

PLEASE NOTE:

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

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

ALL RELAY TEAMS MUST WEAR IDENTICAL SHIRTS

ATHLETES MAY WEAR PIN SPIKES FOR THE CHAMPIONSHIP MEET

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

MHSAA HANDBOOK - REGULATION 1, SECTION 12

SELECTION COMMITTEE:

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

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

ADMISSION:

COMPETING ATHLETES - NO CHARGE - ALL OTHERS \$2.00

AWARDS:

TOP FIVE FINISHERS IN EACH EVENT

OUTSTANDING PERFORMER - FIELD EVENTS

OUTSTANDING PERFORMER - RUNNING EVENTS