

A QUALIFICATION CARD BY MARCH 7 TO COMPETE ON MARCH PARTICIPANTS MUST MEET THESE STANDARDS AND SUBMIT

60Y/55M DASH	7.6	60Y/55M HURDLES	9.5
300Y DASH	40.5	600Y RUN	1:40.0
1 MILE/1600M RUN	5:50.0	2 MILE/3200M RUN	12:45.0
SHOT PUT	32' 0"	HIGH JUMP	4' 8"
LONG JUMP	14' 8"	880Y/800M RELAY	1:56.0
1 MI/1600M RELAY	4:30.0	2 MI/3200M RELAY	11:00.0

QUALIFYING STANDARDS FOR CHAMPIONSHIPS

THESE ARE THE ONLY QUALIFYING MEETS FOR THE INDOOR CHAMPIONSHIP. NO SPIKES AT ANY MEET EXCEPT CHAMPIONSHIPS. ALL RELAY TEAMS ARE TO WEAR SAME COLOR AND STYLE SHIRT. NO DRESSING FACILITIES AT ANY MEET. BOYS RUNNING EVENTS PRECEDE GIRLS AT CO-ED EVENTS.

DATE	LOCATION	TYPE	TIME
1/19	CENTRAL MICHIGAN UNIV	CO-ED	6:00 PM
1/24	UNIVERSITY OF MICHIGAN	GIRLS ONLY	6:30 PM
1/27	SPRING ARBOR COLLEGE	CO-ED	8:30 AM
1/31	EASTERN MICHIGAN UNIV	CO-ED	5:00 PM
2/1	CENTRAL	CO-ED	6:00 PM
2/3	ALBION COLLEGE	CO-ED	9:00 AM
2/7	EASTERN	GIRLS ONLY	6:00 PM
2/8	SPRING ARBOR	CO-ED	6:30 PM
2/8	SAGINAW VALLEY STATE U	GIRLS ONLY	6:00 PM
2/9	MICHIGAN	GIRLS ONLY	6:30 PM
2/14	EASTERN	CO-ED	5:00 PM
2/15	CENTRAL	CO-ED	6:00 PM
2/17	ALBION	CO-ED	9:00 AM
2/21	EASTERN	GIRLS ONLY	6:00 PM
2/22	WESTERN MICHIGAN UNIV	CO-ED	6:00 PM
2/27	SAGINAW	GIRLS ONLY	6:00 PM
3/1	CENTRAL	COED	6:00 PM
3/14	UNIVERSITY OF MICHIGAN	GIRLS ONLY	6:30 PM

(MUST QUALIFY TO COMPETE) *INDOOR CHAMPIONSHIPS*

1990 MITCA GIRLS INDOOR TRACK AND FIELD SCHEDULE

ALBION COLLEGE CO-ED 2/3, 2/17 \$1 EVERYONE REGISTRATION BEGINS
8:00

NO BLACK SOLED SHOES IN LJ, HJ

9:00 LJ, HJ, SP

55M HURDLES PRELIM

55M DASH PRELIM

55M HURDLES SEMI

55M DASH SEMI

600 RUN

MILE RUN

300 DASH

55M HURDLES FINAL

55M DASH FINAL

TWO MILE RUN

SAGINAW VALLEY STATE UNIVERSITY GIRLS ONLY 2/8, 2/27 \$2
EVERYONE. REGISTRATION BEGINS 5:00

LJ,HJ,SP

3200M RUN

55M HURDLES

55M DASH

300Y DASH

600Y RUN

800M RELAY

1600 M RUN

1600M RELAY

WESTERN MICHIGAN UNIVERSITY CO-ED 2/22 REGISTRATION BEGINS
5:00

FIELD EVENTS

60 HURDLES PRELIM/SEMI

300 DASH

60 DASH PRELIM

600 RUN

MILE RUN

60 DASH SEMI

60 HURDLES FINAL

TWO MILE RELAY

TWO MILE RUN

60 DASH FINAL

MILE RELAY