INFORMATION PERTAINING TO MITCA INDOOR CHAMPIONSHIP MEET

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 7:25 60 Yard Dash - prelims 8:40 AWARDS 7:40 600 Yard Dash - 2 heats 8:45 Two Mile Relay 7:50 60 Yard Dash - semis 9:00 Two Mile Run 8:00 Mile Run - 2 heats 9:10 AWARDS 9:15 Mile Relay - 2 heats 8:15 AWARDS 8:20 300 Yard Dash - 3 heats 9:25 AWARDS

60 Dash & 60 Hurdles - 24 fastest times run in <u>semi-final</u> or <u>final</u> 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 - 20 fastest times from the qualification me

Mile Run - 18 - 20 fastest times from the qualification meets - 2 heats Two Mile Run - 10 -12 fastest times from the qualification meets - 1 heat Two Mile Relay - 8 - 10 fastest times from the qualification meets One Mile Relay - 12 fastest times from the qualification meets

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

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PLEASE NOTE

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

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

ALL RELAY TEAMS MUST WEAR IDENTICAL SHIRTS

ATHLETES MAY WEAR PIN SPIKES FOR THE CHAMPIONSHIP MEET

ANY MITCA MEET THAT AN ATHLETE COMPETES IN AFTER HE COMPETES IN A MEET OR SCRIMMAGE FOR HIS HIGH SCHOOL MUST COUNT AS ONE OF HIS ALLOWABLE TWO OUTSIDE COMPETITIONS

SELECTION COMMITTEE:

Pole Vault Don Marsh 313 736 1912 Bill Wehrwein 313 475 3772 High Jump 313 686 2800 Long Jump and 600 Martin Crane 313 634 8539 Shot Put Duane Raffin 313 851 7029 60 and 300 Dave Gordon 60 Hurdles Norb Badar 313 238 1478 Don Sleeman Chuck Janke Mile and Two Mile Runs 313 426 5430 Mile Relay and Two Mile Relay 517 592 5483

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HILLSDALE COLLEGE - Registration begins 10:00 a.m. - EVERYONE pays $2.00
                                                 300y Dash
    11:00 - Long Jump and Shot Put
           - Long Jump and Shot Put
High Jump will follow Shot
                                                1600 Run
600y Run
800 Run
     6:00 - 55m Highs - prelims & semis
55m Dash - prelims & semis
            55m Highs - final
55m Dash - final
                                                  3200 Run
                                                 1600 Relay
    12:30 Pole Vault - will start 30 minutes after 55 dash final
CO-ED - BOYS EVENTS WILL PRECEDE GIRLS EVENTS - NO SPIKES - NO DRESSING FACILITIES
SAGINAW VALLEY STATE UNIVERSITY - Registration begins 5:00 - EVERYONE pays $2.00
                                                  300 Dash
     6:00 - Field Events
                                                  600 Dash
     6:00 - 3200 Run
                                                  800 Relay
            3200 Relay
                                                  1600 Run
            55m Highs
                                                  1600 Relay
            55m Dash
                                                 NO DRESSING FACILITIES
                           NO SPIKES
BOYS ONLY
CENTRAL MICHIGAN UNIVERSITY - Registration begins 5:00 - EVERYONE pays $2.00
January 21
                                                  60 Dash - final
     6:00 - Field Events
     6:00 - Field Events
6:00 - 60 Dash - prelims & semis
60 Highs - Prelims & Semis
                                                 One Mile Relsy
            880 Run
            60 Hurdle - finals
February 4
6:00 - Field Events
                                                  1000 Run
                                                  60 Highs - final
     6:00 - Two Mile Relay
                                                 60 Dash - final
            Two Mile run
            60 Dash - prelims & semis
                                                 600 Run
                                                One Mile Run
            60 Highs - prelims & semis
                                                  One Mile Relay
February 18 6:00 - Field Events
                                                 60 Highs - final
                                                  60 Dash - final
     6:00 - Two Mile Relay
            Two Mile Run

60 Dash - prelims & semis

60 Highs - prelims & semis

One Mile Run

One Mile Relay
            1000 Run
SPECIAL NOTE - On all dates the pole vault will start at 4:00 followed by the
               long jump and the high jump will follow the shot put
CO-ED - BOYS EVENTS WILL PRECEED GIRLS EVENTS - NO SPIKES - NO DRESSING FACILITIES
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INFORMATION PERTAINING TO MEETS

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UNIVERSITY OF MICHIGAN - Athletes register by purchasing event cards - $1.00 per
                      event - $2.00 per relay
    6:00 - Field Events
                                           60 Dash - semis
    6:00 - 60 High Hurdles - 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
SPRING ARBOR COLLEGE - EVERYONE PAYS $2.00 FEE AT THE DOOR
    SAT. MEET - Fieldhouse opens 8:00a.m. TUES. MEET - Fieldhouse opens
                                                      6:00p.m.
    9:00 - Field Events
7:00 - Field Events
9:15 - 50 High Hurdles - prelims, semis, and finals
0:00 - 300 Dash
   10:00 - 300 Dash
                                                 Mile Run
          Mile Run
                                                 880 Run
          880 Run
                                                 Two Mile Run
          Two Mile Run
                                                 600 Run
          600 Run
    NOTE - 300 dash can not start until the completion of the long jump and the
          shot put - start time is tentative
CO-ED - BOYS EVENTS WILL PRECEDE GIRLS EVENTS - NO SPIKES - NO DRESSING FACILITIES
ALBION COLLEGE - Registration begins 9:00 a.m. - EVERYONE pays $2.00
    10:00 - Field Events - NO POLE VAULT
    10:00 - 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 FACILITIES
FIELD EVENTS DAY - Registration begins 9:00 a.m. EVERYONE pays $2.00
    10:00 - Pole Vault
           Long Jump - open pit - boys and girls together
           High Jump - girls first
           Shot Put - boys first
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EASTERN MICHIGAN UNIVERSITY - Registration begins 4:00 p.m. - Event cards -
                             $1.00 per event - $2.00 per relay
     5:00 - Field Events(girls precede boys)
           Pole Vault
                                             55 Dash - final
600 Run(limited entry)
    5:00 - 55 Highs prelims & semis
300 Dash(limited entry)
55 Dash - prelims & semis
                                               3200 Relay
            3200 Run
                                               1600 Run
           55 Highs - final
                                               1600 Relay
NO DOUBLING - 55 Dash, 300, 600 NO DOUBLING - 1600 Run, 3200 Run
CO-ED - GIRLS EVENTS WILL PRECEDE BOYS EVENTS - NO SPIKES - NO DRESSING FACILITIES
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MICHIGAN STATE UNIVERSITY - Athletes register by purchasing event cards - $1.00
                           per event - $2.00 per relay
    6:00 - Field Events(girls will precede boys in high jump and shot put, long
                        jump will be together)
     6:15 - 55 Highs - prelims & semis
                                               55 Highs - final
                                               3200 Relay
            300 Dash
                                               3200 Run
            55 Dash - prelims
            600 Run
                                               55 Dash - final
            1600 Run
                                               1600 Relay
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CO-ED - BOYS EVENTS WILL PRECEDE GIRLS EVENTS - NO SPIKES - NO DRESSINS

MEET DIRECTORS:

FACILITIES

55 Dash - semis

Central Michigan University - Jim Knapp - CMU
Eastern Michigan University - Bob Parks - EMU
Saginaw Valley State University - Jim Nesbitt - SVSU
Albion College - Dave Egnatuk - Albion College
Hillsdale College - Bill Lundberg - Hillsdale College
Spring Arbor College - Brad Buter - Spring Arbor College
University of Michigan - Chuck Janke - Jackson
Michigan State University - Chuck Janke - Jackson
Jack Arnold - Ann Arbor