

MITCA BOYS INDOOR TRACK SCHEDULE 1995

Thur.	January	19	Central Michigan University	Co-ed	6:00p.m.
Wed.		25	Saginaw Valley State University	Boys Only	6:00p.m.
Thurs.		26	University of Michigan	Boys Only	6:30p.m.
Thurs.	February	2	Eastern Michigan University Central Michigan University	Co-ed Co-ed	5:00p.m. 6:00p.m.
Fri.		3	Hillsdale College	Co-ed	6:00p.m.
Tues.		7	Spring Arbor College	Co-ed	7:00p.m.
Thurs.		9	Central Michigan University	Co-ed	6:00p.m.
Sat.		11	Albion College	Co-ed	10:00a.m.
Tues.		14	Spring Arbor College	Co-ed	7:00p.m.
Wed..		15	University of Michigan Saginaw Valley State University	Boys Only Boys Only	6:30p.m. 6:00p.m.
Sat.		25	Albion College	Co-ed	10:00a.m.
Tues.		28	Michigan State University	Co-ed	6:00p.m.
Fri.	March	3	Hillsdale College	Co-ed	6:00p.m.
Tues.		7	Eastern Michigan University	Co-ed	5:00p.m.
Wed.		15	University of Michigan State Indoor Championships	Boys Only	6:30p.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 FILLING OUT
EVENT CARDS AND REPORTING TO THE RECORDERS TABLE
- NO PERFORMANCE WILL BE ACCEPTED FOR THE CHAMPIONSHIP MEET UNLESS
THE CLUB NAME IS USED
 - NO PERFORMANCE WILL BE ACCEPTED FOR THE CHAMPIONSHIP MEET UNLESS
THE ATHLETE IS A MEMBER OF A MITCA REGISTERED CLUB
 - ADULT OFFICIALS ARE NEEDED AT ALL MEETS - PLEASE VOLUNTEER

INFORMATION PERTAINING TO MEETS

UNIVERSITY OF MICHIGAN - Athletes register by purchasing event cards - \$1.00 per event - \$2.00 per relay

6:30 - Field Events 55 Dash - semis
6:30 - 55 High Hurdles - prelims & semis 55 Highs - final
300 Dash 3200 Relay
55 Dash - prelims 3200 Run
600 Run 55 Dash - final
1600 Run 1600 Relay

BOYS ONLY NO SPIKES NO DRESSING FACILITIES

SPRING ARBOR COLLEGE - EVERYONE PAYS \$2.00 FEE AT THE DOOR

Fieldhouse opens 6:00p.m.

7:00 - Field Events
7:15 - 50 Highs - prelims, semis, and finals
8:00 - 300 Dash
Mile Run
880 Run
Two Mile 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

HILLSDALE COLLEGE - Registration begins 5:00 p.m.- EVERYONE pays \$2.00

6:00 - Long Jump and Shot Put 300 Dash
High Jump will follow Shot 1600 Run
6:00 - 55m Highs - prelims & semis 600 Run
55m Dash - prelims & semis 800 Run
55m Highs - final 3200 Run
55m Dash - final 1600 Relay

7:30 Pole Vault - will start 30 minutes after 55 dash final

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

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

5:00 - 55 Highs prelims & semis	55 Dash - final
300 Dash(limited entry)	600 Run(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(boys will precede girls in high jump and shot)
Long Jump - girls first - boys around 7:30

6:15 - 55 Highs - prelims
300 Dash
55 Highs - semis
1600 Run
55 Highs - finals
600 Run
3200 Relay
1600 Relay

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

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MEET DIRECTORS:

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 - Bill Bippes- Spring Arbor College
University of Michigan - Chuck Janke - Jackson
Michigan State University - Chuck Janke - Jackson
Jack Arnold - Ann Arbor

TO: SELECTION COMMITTEE - MITCA INDOOR CHAMPIONSHIPS
FROM: CHUCK JANKE

PLEASE READ ALL INFORMATION CAREFULLY - BOTH PAGES

The final qualifing meet will be Tuesday March 7 at Eastern Michigan University. All members of the selection committee should plan to be at this meet. You can begin inviting athletes that you know for sure will qualify - make sure they are aware of the limitations of events.

PERTAINING TO ENTRIES:

- All qualifiers must be members of registered clubs - check your list of clubs carefully
- Please make sure I have your list of qualifiers no later than Sunday March 12
- On your list of qualifiers that you turn in to me, please **INCLUDE THE FOLLOWING:** athletes first and last name, name of club, name of school, and qualifing performance
- List athletes by performance with the best performer at the top of the list - do not put athletes into heats
- Pole vault and high jump entries should include a suggested opening height

If you need to contact me: 517 592 5483 - best time to call is 11:00a.m. to 1:00p.m. or in the evenings after 6:00

THANKS FOR ALL YOUR TIME AND EFFORT!!!

INFORMATION PERTAINING TO MITCA INDOOR CHAMPIONSHIP MEET

DATE: WEDNESDAY MARCH 15, 1995 - UNIVERSITY OF MICHIGAN

ADMISSION: Competing athletes-no charge - All others \$2.00

TENTATIVE TIME SCHEDULE:

6:45	Field Events	8:35	55 Meter High Hurdles- final
7:00	55 Meter High Hurdles- prelims & semis	8:40	55 Meter Dash- final
7:25	55 Meter Dash- prelims	8:40	AWARDS
7:40	600 Meter Dash- 2 heats	8:45	3200 Meter Relay
7:50	60 Meter Dash- semis	9:00	3200 Meter Run
8:00	1600 Meter Run - 2 heats	9:10	AWARDS
8:15	AWARDS	9:15	1600 Meter Relay - 2 heats
8:20	300 Meter Dash- 3 heats	9:25	AWARDS

ALL PARTICIPANTS MUST BE FROM MITCA REGISTERED CLUBS

BASIC CRITERIA FOR QUALIFICATION:

55 Dash & 55 Hurdles - 24-30 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
1600 Run - 18 - 20 fastest times from the qualification meets - 2 heats
3200 Run - 10 -12 fastest times from the qualification meets - 1 heat
3200 Relay - 8 - 10 fastest times from the qualification meets
1600 Relay - 12 fastest times from the qualification meets
Field Events - 8 - 12 best performances from the qualification meets

PLEASE NOTE

DISTANCE RUNNERS MAY RUN EITHER THE 1600 OR 3200 - NOT BOTH

SPRINTERS - HURDLERS MAY RUN ONLY ONE - 300 DASH, OR 600 DASH, OR 55 DASH, OR 55 HURDLES

ALL RELAY TEAMS MUST WEAR IDENTICAL SHIRTS (IF POSSIBLE - OTHER THAN WHITE)

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: (contact these people if you think you have a qualifier)

Pole Vault	Don Marsh	810 653 0173
High Jump	Bill Wehrwein	313 475 3772
Long Jump and 600	Martin Crane	810 686 2800
Shot Put	Duane Raffin	810 695 1420 or 810 634 8539
55 and 300	Demetrius Hallums	313 933 0601
55 Hurdles	Norb Badar	810 238 1478
1600 and 3200 Runs	Don Sleeman	313 426 5430
1600 Relay and 3200 Relay	Chuck Janke	517 592 5483