

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

UNIVERSITY OF MICHIGAN - CO-ED - LIMITED EVENTS - Everyone pays \$2.00 at the door

6:30 - Field Events - Boys Pole Vault - Girls High Jump
Boys Shot Put Girls Long Jump

6:30 - 3200 Relay
800 Relay - GIRLS ONLY BOYS EVENTS WILL PRECEDE
55 Meter Dash - prelims and semis GIRLS EVENTS
1600 Relay NO DRESSING FACILITIES
55 Dash - final NO SPIKES
1600 Run

Triple Jump

SPRING ARBOR COLLEGE - Everyone pays \$2.00 fee at the door

Fieldhouse opens 9:00 a.m.

10:00a.m. - Field Events - NO POLE VAULT

10:15 - 50 Yard Highs - prelims, semis, and finals

300 Yard Dash BOYS EVENTS WILL PRECEDE GIRLS EVENTS

Mile Run

880 Yard Run

NO SPIKES - NO DRESSING FACILITIES

Two Mile Run

600 Yard Run

NOTE - 300 dash cannot start until the completion of the long jump and the shot put - start time is tentative

ALBION COLLEGE - Everyone pays \$2.00 at the door - Fieldhouse opens 10:00a.m.

10:00a.m. - 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

600y Run

Two Mile Run

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

ALBION - FIELD EVENTS ONLY - Registration 10:00a.m. - Everyone pays \$2.00

10:00a.m. - Pole Vault - Boys Only

- High Jump and Shot Put - Boys first followed by girls

- Long jump - Girls first followed by boys

Add Triple Jump

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

| | |
|---------------------|------------|
| 6:00 - Field Events | 300 Dash |
| 6:00 - 3200 Run | 600 Dash |
| 3200 Relay | 800 Relay |
| 55m Highs | 1600 Run |
| 55m Dash | 1600 Relay |

BOYS ONLY **NO SPIKES** **NO DRESSING FACILITIES**

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CENTRAL MICHIGAN UNIVERSITY - Registration begins 5:00 - Everyone pays \$2.00

January 16

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|----------------------------------|-------------------|
| 6:00 - Field Events - PV, SP, HJ | 55m Highs - final |
| 6:00 - 55m Dash - semis | 300 Dash |
| 55m Highs - semis | 1600 Run |
| 3200 Run | 1600 Relay |
| 55m Dash - final | |

January 30

| | |
|----------------------------------|-------------------|
| 6:00 - Field Events - SP, HJ, LJ | 55m Highs - final |
| 6:00 - 55m Dash - semis | 600 Run |
| 55m Highs - semis | 3200 Run |
| 3200 Relay | 1600 Relay |
| 55m Dash - final | |

February 6

| | |
|------------------------------|-------------------|
| 6:00 - Field Events - SP, HJ | 55m Highs - final |
| 6:00 - 55m Dash - semis | 300 Dash |
| 55m Highs - semis | 1600 Run |
| 3200 Relay | 1600 Relay |
| 55m Dash - final | |

ATTENTION - Pole Vault begins at 4:00p.m.(12'0) followed by Long Jump

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

February 18

| | |
|--|-----------------|
| 6:00 - Boys Shot - Boys Pole Vault - Girls High Jump - Girls Long Jump | |
| NO OTHER FIELD EVENTS | |
| 6:15 - 55 Highs - prelims & semis(BGGB) | 55 Dash - semis |
| 3200 Run | 1600 Run |
| 55 Highs - final(BG) | 55 Dash - final |
| 55 Dash - prelims | 1600 relay |
| 600 Run | |

February 25

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|---|------------------------|
| 6:00 Girls Shot - Boys Pole Vault - Boys High Jump - Boys Long Jump | |
| NO OTHER FIELD EVENTS | |
| 6:15 55 Highs - prelims(BG) | 55 Highs - final |
| 3200 Relay | 1600 run |
| 55 Highs - semis(GB) | 800 Relay - Girls Only |
| 300 Dash | 1600 relay |

CO-ED - BOYS EVENTS WILL PRECEDE GIRLS EVENTS - NO SPIKES - NO DRESSING FACILITIES
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HILLSDALE COLLEGE - Registration begins 5:00p.m. - Everyone pays \$2.00

- 6:00 - Field Events - Long Jump and Shot Put
 - High Jump will follow shot
 - Pole Vault will start 30 minutes after 55 dash final
- 6:00 - 55 Highs - prelims & semis 1600 Run
- 55 Dash - prelims & semis 600 Run
- 55 Highs - final 800 Run
- 55 Dash - final 3200 Run
- 300 Dash 1600 relay

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

AQUINAS COLLEGE - Registration begins at 6:30 - Everyone pays \$2.00

- 7:00 50m Highs - prelims & semis 600 Run
- 50m Dash - prelims & semis 50m Dash - final
- 3200 Run 300 Dash
- 50m Highs - final 1600 Run

~~NO FIELD EVENTS~~ *ADD High Jump & Shot Put*

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

FERRIS STATE UNIVERSITY - Registration begins at 5:30 - Everyone pays \$2.00

- 6:30 Field Events - Long Jump - Shot Put(4 attempts only)
 - High Jump - Girls first - **NO POLE VAULT**
- 6:30 3200 Relay 55m Dash - final
- 3200 Run 600 Run
- 55m Highs - prelims & semis 800 Relay - Girls Only
- 55m Dash - prelims & semis 1600 Run
- 300 Dash 1600 Relay
- 55m Highs - final

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

INFORMATION PERTAINING TO MITCA INDOOR CHAMPIONSHIP MEET

DATE: THURSDAY MARCH 13, 1997 - 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 | 55 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)

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|---------------------------|-------------------|--------------|
| Pole Vault | Greg Glover | 517 468 3285 |
| High Jump | Bill Wehrwein | 313 475 3772 |
| Long Jump and 600 | Martin Crane | 810 686 2800 |
| Shot Put | Duane Raffin | 810 695 1420 |
| 55 and 300 | Demetrius Hallums | 313 653 3645 |
| 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 |

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 1-b. It is also 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/or 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 judge - or as an inspector. In order to stay above suspicion coaches should remain in the stands and off the the infield area.
- f. Any MITCA meets that an athlete competes in after he competes in a meet or scrimmage for his high school must be counted as one(1) of his allowable two(2) outside competitions.