

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.

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 <i>INCLUDING TRIPLE</i> | 55 Dash ^④ semis |
| 6:30 - 55 High Hurdles - prelims & semis | 55 Highs - final ^⑧ |
| 300 Dash ^⑤ | 3200 Relay ^⑩ |
| 55 Dash - prelims ^② | 3200 Run ^⑪ |
| 600 Run ^⑥ | 55 Dash - final ^⑨ |
| 1600 Run ^⑦ | 1600 Relay ^⑫ |

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 then Boys
 Boys Shot Put then Girls (~~3~~ throws only)
 Boys and Girls Long Jump (~~3~~ jumps only)
 Boys and Girls Triple Jump (after long jump - ~~3~~ jumps)

- | | | |
|---|--|--------------------------------------|
| 1 | 6:30 - 4 X 800 Relay - <i>GIRLS ONLY</i> | <i>Boys</i> |
| 2 | 3200 Run - BOYS ONLY | GIRLS EVENTS WILL PRECEDE |
| 4 | 1600 Run - GIRLS ONLY | Boys EVENTS |
| 3 | 55m Dash - prelims and semis | NO DRESSING FACILITIES |
| 6 | 600 Run 300 Dash | NO SPIKES |
| 5 | 55m Dash - final | |
| 7 | 4 X 200 Relay - GIRLS ONLY | |
| 8 | 4 X 400 Relay | |

ALBION COLLEGE - Everyone pays \$2.00 at the door - Fieldhouse opens 9:00a.m.

- | | | |
|-----------|--------------------------------|-------------------|
| 10:00a.m. | - Field Events - NO POLE VAULT | |
| 10:00 | - 55m Highs - prelims | Mile Run |
| | 55m Dash - prelims | 300y 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 9:00a.m. - Everyone pays \$2.00

- 10:00a.m. - Pole Vault
 - High Jump and Shot Put - Girls first followed by boys
 - Long Jump - Boys first followed by girls
 - Triple Jump - After Long Jump - Open order

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

- | | | |
|------|-----------------------------------|------------|
| 6:00 | - Field Events (inc. Triple Jump) | 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

SIENNA HEIGHTS - Registration 5:00 - Everyone pays \$2.00

January 21

6:00 - Field Events - Boys Pole Vault- High Jump Girls then Boys
- Shot Put - Boys then Girls(4 throws only)
- Long Jump - Together(4 jumps only)

6:00 - 55 Highs - prelims & semis 1600 Run
4 X 800 Relay 55 Highs - final
55 Dash - prelims & semis 55 Dash - final
600 Run 4 X 400 Relay
4 X 200 Relay - GIRLS ONLY

February 18

6:00 - Field Events - Same as above

6:00 - 55 Highs - prelims & semis 4 X 200 Relay - GIRLS ONLY
4 X 800 Relay 3200 Run
300 Dash 55 Highs - final
600 Run 4 X 400 Relay

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

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INFORMATION PERTAINING TO MITCA INDOOR CHAMPIONSHIP MEET

DATE: THURSDAY MARCH 19, 1998 - UNIVERSITY OF MICHIGAN

ADMISSION: COMPETING ATHLETES - NO CHARGE - ALL OTHERS \$2.00

TENTATIVE TIME SCHEDULE:

6:45	Field Events		
7:00	55 Meter High Hurdles - prelims	40 7:25	8:35 55 Meter High Hurdles - final
7:25	55 Meter Dash - prelims		8:30 55 Meter Dash - final
7:40	600 Meter Dash - 2 heats		8:35 AWARDS
7:50	55 Meter Dash - semis		8:40 4 X 800 Relay
8:00	1600 Meter Run - 2 heats	8:55	9:00 3200 Meter Run
8:15	AWARDS		9:05 AWARDS
8:20	300 Meter Dash - 3 heats	9:10 9:15	4 x 400 Relay
		9:20 9:25	AWARDS

ALL PARTICIPANTS MUST BE FROM MITCA REGISTERED CLUBS

BASIC CRITERIA FOR QUALIFICATION:

- 55 Dash & 55 Hurdles - 24 - 30 fastest times from the qualification meets
- 300 Dash - 18 fastest times from the qualification meets
- 600 Dash - 12 fastest times from the qualification meets
- 1600 Run - 18 - 24 fastest times from the qualification meets
- 3200 Run - 10 - 12 fastest times from the qualification meets
- 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 RUN - NOT BOTH

SPRINTERS - HURDLERS MAY RUN ONLY ONE OF THE FOLLOWING - 300 DASH, 600 DASH, 55 DASH, 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	Greg Glover	517 468 3285
High Jump	Bill Wehrwein	313 475 3772 DAVE MILLER 517 563 2411
Long Jump & 600	Martin Crane	810 686 2800
Shot Put	Duane Raffin	810 695 1420
55 & 300 Dash	Demetrius Hallums	313 653 3645
55 Hurdles	Norb Badar	810 238 1478
1600 & 3200 Runs	Don Sleeman	313 426 5430
1600 & 3200 Relays	Chuck Janke	517 592 5483

MEET INFORMATION

***Please Note: At ALL PRE-CHAMPIONSHIP EVENTS THERE WILL BE NO SPIKE WORN AND NO DRESSING FACILITIES AND THE JEWELRY RULE WILL BE ENFORCED
GIRLS EVENTS WILL PRECEDE BOYS EVENTS AT CO-ED MEETS
ADULT OFFICIALS ARE NEEDED AT ALL MEETS- PLEASE VOLUNTEER***

UNIVERSITY OF MICHIGAN - EVERYONE WILL PAYS \$2.00 AT THE DOOR (ATHLETES, COACHES, SPECTATORS - EVERYONE) BUILDING OPENS AT 5:30

JANUARY 30 AND FEBRUARY 20 (GIRLS ONLY)

6:30 FIELD EVENTS - SHOT PUT, HIGH JUMP, LONG JUMP, TRIPLE JUMP
6:30 3200 METER RELAY
3200 METER RUN
55 HIGH HURDLES PRELIMS & SEMIS
55 METER DASH PRELIMS
300 METER DASH
55 METER DASH SEMIS
55 METER HURDLES FINALS
55 METER DASH FINALS
600 METER RUN
800 METER RELAY
1600 METER RUN
1600 METER RELAY

FEBRUARY 28 (CO-ED MEET)

THIS MEET WAS SET UP TO HELP INDIVIDUALS AND MOST IMPORTANTLY RELAYS FOR THE STATE CHAMPIONSHIP.

THE EVENTS ARE AS FOLLOWED.

6:30 FIELD EVENTS: SHOT PUT, POLEVULT, HIGH JUMP, LONG JUMP, TRIPLE JUMP
6:30 3200 METER RELAY
3200 METER RUN (BOYS ONLY)
1600 METER RUN (GIRLS ONLY)
55 METER DASH PRELIMS/SEMIS
600 RUN
55 METER FINALS
800 METER RELAY (GIRLS)
1600 METER RELAY (BOYS/GIRLS)

MICHIGAN STATE UIVERSITY - ATHLETES WILL PURCHASE EVENT CARDS \$ 1.00/EVENT & \$ 2.00/RELAY. BUILDING OPENS AT 5:30

FEBRUARY 17

6:00 FIELD EVENTS - SHOT PUT, HIGH JUMP, LONG JUMP, POLE VAULT (BOYS ONLY)
6:15 55 HIGH HURDLES PRELIMS & SEMIS
3200 METER RUN
1600 METER RUN
55 METER HURDLES FINAL

55 METER DASH PRELIMS & SEMIS
300 METER DASH
55 METER DASH FINAL
1600 METER RELAY

HILDALE COLLEGE - EVERYONE WILL PAYS \$2.00 AT THE DOOR BUILDING OPENS
AT 5:00

FEBRUARY 12 AND MARCH 3

6:00 FIELD EVENTS: SHOT PUT/ LONG JUMP HIGH JUMP WILL FOLLOW SHOT PUT POL
VAULT WILL START 30 MIN. AFTER 55 DASH FINALS.

6:00 55 HIGH HURDLES PRELIMS/SEMIS
55 METER DASH PRELIMS/SEMIS
55 METER HURDLES FINALS
55 METER DASH FINALS
300 METER DASH
1600 METER RUN
600 METER RUN
800 METER RUN
3200 METER RUN
1600 METER RELAY

CENTRAL MICH. UNIVERSITY- EVERYONE WILL PAYS \$2.00 AT THE DOOR BUILDING
OPENS AT 4:30

JANUARY 29

6:00 FIELD EVENTS: POLE VAULT STARTS AT 5:00 LONG JUMP FOLLOWS,
SHOT PUT AND HIGH JUMP AT 6:00

6:00 55 METER HURDLES SEMIS
55 METER DASH SEMIS
3200 METER RUN
300 METER DASH
1600 METER RUN
55 METER HURDLES FINALS
55 METER DASH FINALS
1600 METER RELAY

FEBRUARY 10 DOOR OPENS 4:00

6:00 FIELD EVENTS: POLE VAULT STARTS AT 4:30 LONG JUMP FOLLOWS,
SHOT PUT AND HIGH JUMP AT 6:00

6:00 55 METER HURDLE SEMIS
55 METER DASH SEMIS
3200 METER RELAY
600 METER RUN
1600 METER RUN
55 METER HURDLES FINALS
55 METER DASH FINALS
1600 METER RELAY

SAGINAW VALLEY UNIVERSITY- EVERYONE WILL PAYS \$2.00 AT THE DOOR BUILDING
OPENS AT 5:30

JANUARY 28 AND FEBRUARY 18 (GIRLS ONLY)

6:00 FIELD EVENTS - SHOT PUT, HIGH JUMP, LONG JUMP, TRIPLE JUMP

6:00 3200 METER RUN
3200 METER RELAY
55 HIGH HURDLES
55 METER DASH

300 METER DASH
600 METER RUN
800 METER RELAY
1600 METER RUN
1600 METER RELAY

**ALBION COLLEGE- EVERYONE WILL PAYS \$2.00 AT THE DOOR BUILDING OPENS AT
10:00**

FEBRUARY 14 FIELD EVENTS ONLY REGISTRATION 10:00 MEET AT 11:00

FEBRUARY 7 AND FEBRUARY 21

11:00 FIELD EVENTS - SHOT PUT, HIGH JUMP, LONG JUMP
11:00 55 HIGH HURDLES PRELIMS
55 METER DASH PRELIMS
55 HIGH HURDLES SEMIS
55 METER DASH SEMIS
600 METER RUN
MILE RUN
300 METER DASH
55 HIGH HURDLES FINALS
55 METER DASH FINALS
TWO MILE RUN

**SIENA HEIGHTS COLLEGE - EVERYONE WILL PAYS \$2.00 AT THE DOOR BUILDING
OPENS AT 5:30**

JANUARY 21

6:00 FIELD EVENTS - SHOT PUT, HIGH JUMP, LONG JUMP, POLE VAULT
6:30 55 HIGH HURDLES PRELIMS & SEMIS
3200 RELAY
55 METER DASH PRELIMS & SEMIS
600 METER RUN
800 METER RELAY (GIRLS ONLY)
1600 METER RUN
55 METER HURDLES FINALS
55 METER DASH FINALS
1600 METER RELAY

FEBRUARY 11

6:00 FIELD EVENTS - SHOT PUT, HIGH JUMP, LONG JUMP, POLE VAULT
6:30 55 HIGH HURDLES PRELIMS & SEMIS
3200 RELAY
300 METER DASH
600 METER RUN
800 METER RELAY (GIRLS ONLY)
1600 METER RUN
55 METER HURDLES FINALS
1600 METER RELAY

MEET DIRECTORS:

UNIVERSITY OF MICHIGAN - RICHARD CHENAULT
MICHIGAN STATE UNIVERSITY - CHARLES JANKE/RICHARD CHENAULT
CENTRAL MICHIGAN UNIVERSITY - JIM KNAPP
SAGINAW VALLEY UNIVERSITY - JIM NESBITT
ALBION COLLEGE - DAVE EGNATUK
SIENA HEIGHTS COLLEGE - TIM BAUER

MITCA Girls Indoor Track

1549 Marian Ave.
Ann Arbor, MI, 48103

Phone 313- 485-5773
Fax 313- 747-9031

January 07, 1998

1998 MITCA GIRLS INDOOR STATE CHAMIONSHIPS QUALIFICATION STANDARDS

55 METER DASH	7.6	55 METER HURDLES	9.5
300 METER	44.0	600 METER	1:49.0
300 YARD CONVERSION	40.3	600 YARD CONVERSION	1:39.8
1600 RUN	5:45.0	3200 METER	12:28.0
SHOT PUT	32'0"	HIGH JUMP	4' 11"
LONG JUMP	14'8"	800 METER RELAY	1:56.4
		1600 METER RELAY	4:35.0
		3200 METER RELAY	11:00.0

ONLY ATHELETE'S REPRESENTING REGISTERED MITCA GIRLS CLUB MAY PARTICIPATE IN THE CHAMPIONSHIP. QUALIFIERS MUST MEET STANDARD AT ONE OF THE 19 LISTED MEETS (OTHER SITES ARE NOT ACCEPTABLE) I MUST RECEIVE YOUR QUALIFING CARDS NO LATER THAN MARCH 6, 1997 6:00 PM DO NOT FAX ENTRIES TO THE SCHOOL. PLEASE DO NOT FALSIFY INFORMATION THE SELECTED SITES SEND ME THIER RESULTS DO NOT JEPARDIZE YOUR ATHLETES PARTICIPATION IN STATE MEET. PLEASE MAIL YOUR ENTRIES TO:

**RICHARD CHENAULT
1549 MARIAN AVE.
ANN ARBOR, MI. 48103**

1997 MITCA GIRLS INDOOR CHAMPIONSHIP QUALIFICATION CARD

1998 MITCA GIRLS INDOOR CHAMPIONSHIP QUALIFICATION CARD
PLEASE PRINT

ATHLETE'S NAME _____ GRADE _____
HIGH SCHOOL _____ QUALIFYING MITCA MEET _____ DATE _____
EVENT _____ TIME/DISTANCE _____
COACH'S NAME _____ PHONE () _____
REGISTERED CLUB NAME _____

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