

Michigan Interscholastic Track Coaches Association

Richard Chenault II ♦ MITCA Girls Indoor Track Director

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Internet Address ♦ <http://member.aol.com/MichTrack>

BOLD = BOYS ONLY ♦♦♦ *ITALIC = GIRLS ONLY*

1999 MITCA BOYS /GIRLS INDOOR TRACK AND FIELD SCHEDULE

THESE ARE THE ONLY QUALIFYING MEETS FOR THE INDOOR CHAMPIONSHIPS.

JANUARY

JAN. 08	FRIDAY	MACOMB COMM. COLLEGE	COED	6:30 PM
15	FRIDAY	MACOMB COMM. COLLEGE	COED	6:30 PM
19	TUESDAY	AQUINAS COLLEGE (GRAND RAPIDS)	COED	7:00 PM
20	WEDNESDAY	SAGINAW VALLEY STATE UNI.	BOYS ONLY	6:00 PM
27	<i>WEDNESDAY</i>	<i>SAGINAW VALLEY STATE UNI.</i>	<i>GIRLS ONLY</i>	<i>6:00 PM</i>
28	THURSDAY	UNIVERSITY OF MICHIGAN	BOYS ONLY	6:30 PM
29	<i>FRIDAY</i>	<i>UNIVERSITY OF MICHIGAN</i>	<i>GIRLS ONLY</i>	<i>6:30 PM</i>

FEBRUARY

FEB. 02	TUESDAY	AQUINAS COLLEGE	COED	7:00 PM
05	FRIDAY	MACOMB COMM. COLLEGE	COED	6:30 PM
06	SATURDAY	ALBION COLLEGE	COED	10:00 AM
10	WEDNESDAY	SAGINAW VALLEY STATE UNI.	BOYS ONLY	6:00 PM
11	THURSDAY	UNIVERSITY OF MICHIGAN	BOYS ONLY	6:30 PM
11	THURSDAY	HILLSDALE COLLEGE	COED	6:00 PM
12	<i>FRIDAY</i>	<i>UNIVERSITY OF MICHIGAN</i>	<i>GIRLS ONLY</i>	<i>6:30 PM</i>
12	FRIDAY	MACOMB COMM. COLLEGE	COED	6:30 PM
13	SATURDAY	ALBION COLLEGE (FIELD EVENTS ONLY)	COED	10:00 AM
16	TUESDAY	AQUINAS COLLEGE	COED	7:00 PM
17	<i>WEDNESDAY</i>	<i>SAGINAW VALLEY STATE UNI.</i>	<i>GIRLS ONLY</i>	<i>6:00 PM</i>
17	WEDNESDAY	TRAVERSE CITY CENTRAL	COED	6:00 PM
20	SATURDAY	ALBION COLLEGE	COED	10:00 AM
23	TUESDAY	MICHIGAN STATE UNIVERSITY	COED	6:00 PM
26	FRIDAY	UNIVERSITY OF MICHIGAN	COED	6:30 PM
26	FRIDAY	MACOMB COMM. COLLEGE	COED	6:30 PM
26	FRIDAY	TRAVERSE CITY WEST	COED	6:00 PM

MARCH

MAR.02	TUESDAY	HILLSDALE COLLEGE	COED	6:00 PM
03	WEDNESDAY	TRAVERSE CITY CENTRAL	COED	6:00 PM

STATE INDOOR CHAMPIONSHIPS

MAR.10 WEDNESDAY UNIVERSITY OF MICHIGAN GIRLS 6:30 PM

MAR.11 THURSDAY UNIVERSITY OF MICHIGAN BOYS 6:30 PM

NO SPIKES ARE TO BE WORN AT ANY QUALIFYING MEETS. ONLY IN THE CHAMPIONSHIP MEET WILL SPIKES BE ALLOWED. ALL MEMBERS OF A RELAY TEAM MUST WEAR THE SAME COLOR AND STYLE OF SHIRT.

VERY IMPORTANT - ATHLETES MUST USE CLUB NAME NOT SCHOOL NAME WHEN FILLING OUT ENTRIES OR REPORTING TO RECORDERS TABLE. NO PERFORMANCE WILL BE ACCEPTED FOR THE CHAMPIONSHIP MEET UNLESS THE ATHLETE REPRESENTS A MITCA PAID REGISTERED CLUB.

ADULT OFFICIALS ARE NEEDED AT ALL MEETS - PLEASE VOLUNTEER

INFORMATION PERTAINING TO MITCA INDOOR CHAMPIONSHIP MEET

DATE: THURSDAY MARCH 11 - UNIVERSITY OF MICHIGAN

ADMISSION \$2.00

TENTATIVE TIME SCHEDULE:

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

ALL PARTICIPANTS MUST BE FROM MITCA REGISTERED CLUBS

BASIC CRITERIA FOR QUALIFICATION:

- 55 Dash and 55 Hurdles - 24-32 fastest times from the qualification meets
- 300 Dash - 18 fastest times from the qualification meets - 3 heats
- 600 Run - 12 fastest times from the qualification meets - 2 heats
- 1600 Run - 18-24 fastest times from the qualification meets - 2 heats
- 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 - 2 heats
- 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 Run,
55 Dash , 55 Hurdles

All relay teams must wear identical shirts - NOT PLAIN WHITE!

Athletes may wear pin(1/4" or less) 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.

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SELECTION COMMITTEE:

Pole Vault	Greg Glover	517 468 3285
High Jump	Dave Miller	517 563 2411
Long Jump and 600	Martin Crane	810 686 2800
Shot Put	Duane Raffin	810 695 1420
55 Dash and 300 Dash	Demetrius Hallums	313 653 3645
55 Hurdles	Norbert Badar	810 238 1478
1600 and 3200 Runs	Don Sleeman	734 426 5430
4 X 400 and 4 X 800 Relays	Chuck Janke	517 592 5483

COACHES: It is your responsibility to make sure your athlete has been contacted if you think he has a chance to qualify