

December 1999

**2000 MITCA INDOOR TRACK AND FIELD SCHEDULE**

**ALL MEETS ARE CO-ED UNLESS SPECIFIED**

**THESE ARE THE ONLY QUALIFYING MEETS FOR THE INDOOR CHAMPIONSHIPS.**

**NO SPIKES AT QUALIFYING MEETS ALL RELAYS MUST WEAR MATCHING TOPS**

**ADULT OFFICIALS ARE NEEDED AT ALL MEETS - PLEASE VOLUNTEER**

**JANUARY**

07	FRIDAY	MACOMB COMM. COLLEGE	5:00 PM	
14	FRIDAY	MACOMB COMM. COLLEGE	5:00 PM	
18	TUESDAY	AQUINAS COLLEGE	7:00 PM	
19	WEDNESDAY	SAGINAW VALLEY STATE UNI.	6:00 PM	BOYS ONLY
25	TUESDAY	HILLSDALE COLLEGE	6:00 PM	
26	WEDNESDAY	SAGINAW VALLEY STATE UNI.	6:00 PM	GIRLS ONLY
26	WEDNESDAY	LAKE SUPERIOR STATE UNI.	TBA	CHECK WEB-SITE
27	THURSDAY	UNIVERSITY OF MICHIGAN	6:30 PM	BOYS ONLY
28	FRIDAY	UNIVERSITY OF MICHIGAN	6:30 PM	GIRLS ONLY
28	FRIDAY	MACOMB COMM. COLLEGE	5:00 PM	

**FEBRUARY**

01	TUESDAY	AQUINAS COLLEGE	7:00 PM	
02	WEDNESDAY	CENTRAL MICHIGAN UNI.	6:00 PM	
04	FRIDAY	MACOMB COMM. COLLEGE	5:00 PM	
04	FRIDAY	ALBION COLLEGE	6:00 PM	
09	WEDNESDAY	SAGINAW VALLEY STATE UNI.	6:00 PM	BOYS ONLY
10	THURSDAY	UNIVERSITY OF MICHIGAN	6:30 PM	BOYS ONLY
11	FRIDAY	UNIVERSITY OF MICHIGAN	6:30 PM	GIRLS ONLY
11	FRIDAY	MACOMB COMM. COLLEGE	5:00 PM	
12	SATURDAY	ALBION COLLEGE	10:00 AM (9:00 AM IF POLE VAULT OFFERED)	
15	TUESDAY	FERRIS STATE UNI.	6:00 PM (FIELD EVENTS ONLY)	
15	TUESDAY	AQUINAS COLLEGE	7:00 PM	
16	WEDNESDAY	SAGINAW VALLEY STATE UNI.	6:00 PM	GIRLS ONLY
17	THURSDAY	LAKE SUPERIOR STATE UNI.	TBA	CHECK WEB-SITE
19	SATURDAY	ALBION COLLEGE	10:00 AM	
22	TUESDAY	MICHIGAN STATE UNIVERSITY	6:00 PM	
24	THURSDAY	UNIVERSITY OF MICHIGAN	6:30 PM	
24	THURSDAY	TRAVERSE CITY WEST	6:00 PM	
25	FRIDAY	MACOMB COMM. COLLEGE	5:00 PM	
29	TUESDAY	AQUINAS COLLEGE	7:00 PM	

**MARCH**

01	WEDNESDAY	CENTRAL MICHIGAN UNIVERSITY	6:00 PM	
02	TUESDAY	HILLSDALE COLLEGE	6:00 PM	

**STATE INDOOR CHAMPIONSHIPS**

**SPIKES CAN BE WORN AT CHAMPIONSHIP ONLY**

MAR.15	WEDNESDAY	UNIVERSITY OF MICHIGAN	GIRLS	6:30 PM
MAR.16	THURSDAY	UNIVERSITY OF MICHIGAN	BOYS	6:30 PM

**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.**

**MEET INFORMATION**

**CLUB REGISTRATION**

- A. No school issued checks can be used to registration fee
- B. Club name should not include school name, mascot, or symbol
- C. Club name should not be offensive

**MEET PARTICIPATION GUIDELINES**

- A. Do not use school transportation
- B. Do not wear any school issued wearing apparel or any apparel that could be construed as school. eg. ( If it says Ann Arbor Pioneer on it, it is easy for someone to think that Ann Arbor issued it.)
- C. Entry fees at meets can not be paid with school issued checks.
- D. Athletes must use club name (not school) when entering events and reporting finishes.
- E. Entry fees are determined by the Meet Director at each site and they reserve the right to the dismissal any individual ie. (the athlete, coach, parent, club) from their facility in the event of misconduct.
- F. The jewelry rule and the temporary adornment ie. tattoos will be disallowed
- G. All relays must have matching tops
- H. No spikes will be allowed at any of the qualifying meets unless other wise stated, Spikes can be used at the Championships.

**ADULT OFFICIALS ARE NEEDED AT ALL MEETS- PLEASE VOLUNTEER**

**NO PERFORMANCE WILL BE ACCEPTED FOR THE CHAMPIONSHIP MEET UNLESS THE ATHLETE REPRESENTS A MITCA PAID REGISTERED CLUB.**

**UNIVERSITY OF MICHIGAN**

**These Dates Are Boys ONLY**

**JANUARY 27 / FEBRUARY 10/ MARCH 16 Boys Championships  
REGISTRATION OPENS AT 5:30 PM**

**ATHLETES register by purchasing event cards \$1.00/event and \$2.00 /relay**

**6:30 FIELD EVENTS: SHOT PUT, HIGH JUMP, LONG JUMP, TRIPLE JUMP, POLEVAULT**

<b>6:30 55 HIGH HURDLES PRELIMS 55 METER DASH PRELIMS 55 HIGH HURDLES SEMIS 55 METER DASH SEMIS 300 METER DASH 600 METER RUN 1600 METER RUN 55 METER HURDLES FINALS</b>	<b>55 METER DASH FINALS 3200 METER RELAY 3200 METER RUN 1600 METER RELAY</b>
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**Directors: Mike Jurasek/Charlie Janke**

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**UNIVERSITY OF MICHIGAN**

**These Dates Are GIRLS ONLY**

**JANUARY 28 / FEBRUARY 11 / MARCH 15 Girls Championships  
REGISTRATION OPENS AT 5:30 PM**

**ATHLETES, COACHES, SPECTATORS, EVERYONE WILL PAY \$3.00 AT THE DOOR**

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

Director: Richard Chenault

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**UNIVERSITY OF MICHIGAN**

**CO-ED MEET**

**FEBRUARY 24**

**REGISTRATION OPENS AT 5:30 PM**

**ATHLETES, COACHES, SPECTATORS, EVERYONE WILL PAY \$3.00 AT THE DOOR**

- 6:30 FIELD EVENTS: POLEVAULT (Boys and Girls will complete at the same time separate pits)  
SHOT PUT (Boys first then Girls), HIGH JUMP (Girls first then Boys), LONG  
JUMP (Open Pit 6:30- 7:30) , TRIPLE JUMP (Open Pit 7:45- 8:45) In the SHOT,  
LONG JUMP and TRIPLE there will only 4 ATTEMPTS WITH NO  
FINALS.
- 6:30 3200 METER RELAY (GIRLS ONLY) 300 DASH  
3200 METER RUN (BOYS ONLY) 800 METER RELAY (GIRLS)  
55 METER DASH PRELIMS/SEMIS (BOYS/GIRLS) 1600 METER RELAY (BOYS/GIRLS)  
1600 METER RUN (GIRLS ONLY)  
55 METER FINALS

Directors: Richard Chenault/Mike Jurasek

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**LAKE SUPERIOR STATE UNIVERSITY**

**CO-ED**

**JANUARY 26/FEBRUARY 17**

**REGISTRATION AND COST TO BE DETERMINED BY MEET DIRECTOR**

**PLEASE CHECK WEB-SITE FOR UPDATED INFORMATION**

**<http://www.michtrack.org>**

Director: DJ Baars

**MICHIGAN STATE UNIVERSITY**

**CO-ED MEET**

**FEBRUARY 22**

**REGISTRATION OPENS AT 5:30 PM**

**ATHLETES COACHES SPECTATORS, EVERYONE WILL PAY \$ 3.00 AT THE DOOR**

6:00 FIELD EVENTS - POLEVAULT (GIRLS ONLY), SHOT PUT (Boys first then Girls), HIGH JUMP (BOYS ONLY), LONG JUMP(Girls first then Boys), In the SHOT and LONG JUMP there will only be 3 ATTEMPTS WITH NO FINALS.

6:15 3200 METER RELAY (BOYS ONLY) 1600 METER RUN (BOYS)  
3200 METER RUN (GIRL ONLY) 55 METER HURDLES FINAL (B/G)  
55 HIGH HURDLES PRELIMS & SEMIS (BGGB) 1600 METER RELAY  
600 METER RUN

Directors: Richard Chenault/Mike Jurasek

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**SAGINAW VALLEY UNIVERSITY**

**These Dates Are Boys ONLY**

**JANUARY 19 / FEBRUARY 9 ( BOYS ONLY)**

**These Dates Are Girls ONLY**

**JANUARY 26 / FEBRUARY 16 ( GIRLS ONLY)**

**REGISTRATION OPENS AT 5:00p.m.**

**ATHLETES, COACHES, SPECTATORS, EVERYONE WILL PAY \$4.00 AT THE DOOR**

6:00 FIELD EVENTS: SHOT PUT, HIGH JUMP, LONG JUMP, POLEVAULT

6:00 3200 METER RUN 800 METER RELAY  
3200 METER RELAY 1600 METER RUN  
55 HIGH HURDLES 1600 METER RELAY  
55 METER DASH  
300 METER DASH  
600 METER RUN

Director: Jim Nesbitt

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**HILDALE COLLEGE**

**CO-ED MEETS**

**JANUARY 25 / MARCH 2**

**REGISTRATION OPENS AT 5:00 p.m.**

**ATHLETES, COACHES, SPECTATORS, EVERYONE WILL PAY \$3.00 AT THE DOOR**

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

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

Directors: Bill Lundberg/Jenny Goodpaster

**ALBION COLLEGE**

**CO-ED MEETS**

**FEBRUARY 4 REGISTRATION OPENS AT 5:00 PM START TIME 6:00 PM**

**FEBRUARY 12 AND FEBRUARY 19 REGISTRATION OPENS AT 9:00 AM**

**START TIME 10:00 AM FIELD EVENTS AND RUNNING 11:00 AM**

**ATHLETES, COACHES, SPECTATORS, EVERYONE WILL PAY \$2.00 AT THE DOOR**

**FIELD EVENTS: SHOT PUT, HIGH JUMP, LONG JUMP, NO POLEVAULT**

**55 HIGH HURDLES PRELIMS**

**55 METER DASH PRELIMS**

**55 HIGH HURDLES SEMIS**

**55 METER DASH SEMIS**

**600 YARD RUN**

**MILE RUN**

**300 YARD DASH**

**55 HIGH HURDLES FINALS**

**55 METER DASH FINALS**

**TWO MILE RUN**

**Directors: Dave Egnatuk/**

**\*\*FEBRUARY 12 POLE VAULT PLEASE CALL AHEAD TO ENTER POLE VAULT BEFORE  
FEBRUARY 11 AT 12:00 NOON DO NOT COUNT ON POLE VAULTING IF YOU HAVE NOT  
CALLED DUE TO THE LIMITED SPACE. CALL 517-629-0514 AND LEAVE CLUB NAME,  
ENTRY NAME (MALE/FEMALE) AND A CONTACT PHONE NUMBER. IF THE POLE  
VAULT SHOULD TAKE PLACE DOORS WILL OPEN FOR VAULTERS AT 8:00 AM AND  
START AT 9:00AM.**

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**AQUINAS COLLEGE**

**CO-ED MEET**

**JANUARY 18 /FEBRUARY 1/ FEBRUARY 15/FEBRUARY 29**

**REGISTRATION OPENS AT 6:00 PM**

**ATHLETES, COACHES, SPECTATORS, EVERYONE WILL PAY \$2.00 AT THE DOOR**

**7:00 FIELD EVENTS - SHOT PUT, HIGH JUMP**

**7:00 50 METER HIGH HURDLES PRELIMS & SEMIS 50 METER DASH FINALS**

**50 METER DASH PRELIMS & SEMIS 300 METER DASH**

**MILE RUN 1600 METER RUN**

**50 METER HURDLES FINALS**

**600 METER RUN**

**Director: Dave Wood**

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**FERRIS STATE UNIVERSITY**

**CO-ED**

**FIELD EVENTS ONLY**

**REGISTRATION OPENS 5:00 PM**

**ATHLETES, COACHES, SPECTATORS, EVERYONE WILL PAY \$ 3.00 AT THE DOOR**

**6:00 FIELD EVENTS: LONG JUMP, SHOT PUT, HIGH JUMP, TRIPLE JUMP, POLE VAULT**

**Director: Jeff Kavalunas**

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**CENTRAL MICHIGAN UNIVERSITY**

**CO-ED MEET**

**FEBRUARY 2/ MARCH 1**

**REGISTRATION OPENS 5:30 PM**

**COST: TBD BY MEET DIRECTOR**

6:00 FIELD EVENTS: ALL FIELD EVENTS

6:30 55 METER HURDLES PRELIMS 55 METER DASH FINALS  
55 METER DASH PRELIMS 3200 METER RELAY  
600 METER RUN 3200 METER RUN  
55 METER HURDLES SEMIS 1600 METER RELAY  
55 METER DASH SEMIS  
1600 METER RUN  
300 METER DASH  
55 METER HURDLES FINALS

Director: Jim Knapp

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**MACOMB COMMUNITY COLLEGE**

**CO-ED MEETS**

**REGISTRATION OPENS AT 5:00p.m.**

**COST: EVERYONE PAYS \$ 5.00 AT THE DOOR**

**JANUARY 7/JANUARY 28/FEBRUARY 11**

5:30 FIELD EVENTS: ALL FIELD EVENTS

5:30 55 METER HURDLES PRELIMS/SEMIS 800 METER RELAY  
55 METER DASH PRELIMS 1600 METER RELAY  
800 METER RUN  
55 METER DASH SEMIS  
55 METER HURDLES FINALS  
55 METER DASH FINALS  
1600 METER RUN

**JANUARY 14/FEBRUARY 4/FEBRUARY 25**

5:30 FIELD EVENTS: ALL FIELD EVENTS

6:30 55 METER HURDLES PRELIMS/SEMIS 3200 METER RELAY  
300 METER DASH 1600 METER RELAY  
600 METER RUN  
3200 METER RUN  
55 METER HURDLES FINALS  
1600 METER RUN

Director: Daz Campbell

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**TRAVERSE CITY (CENTRAL) ONLY**

**CO-ED MEET**

**FEBRUARY 24**

**REGISTRATION OPENS AT 5:30p.m.**

**ATHLETES, COACHES, SPECTATORS, EVERYONE WILL PAY \$2.00 AT THE DOOR**

**6:15 FIELD EVENTS: SHOT PUT, HIGH JUMP, POLEVAULT**

**6:15 2 MILE RUN  
40 YARD DASH  
40 YARD HURDLES  
MILE RUN  
880 YARD RUN**

**Director: John Lober**

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