### 2000 MHLT.C.A. INDOORTRACK AND FIELD CHAMPIONSHIPS

UNIVERSITYOFMICHICAN ANNATEORIAL

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COMCETES,

We would like to take this opportuitly to some thurse would your tilistes on an outrandrating induction research. Utwis our goal to provide to provide the there is the first would allow grow tilitates to compare gainst the best compared for the state.

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Thank For



### Great shirts and more available at State Indoor

The long-sleeve T-shirts look great!! Thanks to the many who have sent checks to pre-order their shirts. The rest of you can support our Midwest Meet of Champions teams by buying one at the meet for \$15. You can choose between dark blue, dark green, and margon.

They are 100% cotton and they have a large 2000 in gold on the back with white "Michigan Indoor Track & Field State Championships" emblazoned over the gold 2000. Of course they also have a white Reebok logo on the left chest.

Please remember that quantities are limited.

I also encourage athletes, parents, and coaches alike to come prepared to purchase Reebok spikes, training shoes and fleece jackets at incredibly low prices ranging from \$25 to a high of \$67. Cash is the preferred method of payment and no credit cards can be accepted at the meet.

HERE'S THE BEST PART, if Reebok's sales are strong, they will make an additional donation of over \$1000 to the Team Michigan at the Midwest Meet of Champions!!!

Get a great deal AND help our athletes!

Thanks for your support.

See you at the meets,
David Mitchell
Michigan MMOC Financial Secretary

### 2000 MITCA GIRLS TRACK AND FIELD CHAMPIONSHIP

### ALL EVENTS WILL RUN ON A ROLLING SCHEDULE MAKE SURE ALL ATHELTES WARM-UP AND CHECK IN ON TIME

ALL WARM-UPS SHOULD BE CONDUCTED OUTSIDE OF THE TRACK

ALL COACHES/FAMILY MEMBERS/EXTRA ATHLETES MUST REMAIN OUT OF THE INFIELD DURING ALL EVENTS CONTESTANTS ONLY SCHEDULE OF EVENTS

#### 6:30 FIELD EVENTS (CHECK IN AT EVENT)

SHOT PUT	FLIGHTS	THEN FINALS	3	THROW 2-1	FORMAT	TOP 7	1	01
	FINALS	SHOTPUTS WII	L	BE PROVIDI	ED FOR I	EVENT.		

LONG JUMP 3 JUMPS OPEN PIT FOR 1 HOUR (7:30) NO EXCEPTIONS TOP 7 TO FINALS FINALS WILL START 7:45 TO 8:20.

HIGH JUMP OPENING HEIGHT 4-9 GO TO 5-0 WITH 2" INCREMENTS.

TRIPLE JUMP 8:35 OPEN PIT FOR 1 HOUR 4 JUMP.

POLE VAULT OPENING HEIGHT 7-0' 6" INCREMENTS.

#### RUNNING EVENTS:

ALL SCRATCHES MUST BE DONE 30 MIN. BEFORE EVENT AT ANNOUNCER'S TABLE

### REPORT ON FIRST CALL FOR ALL RUNNING EVENTS

#### (NO SUBSTITUTES)

3200 METER RELAY - TIMED FINALS
55 METER HURDLES - PRELIMS/SEMI FINALS
3200 METER RUN - TIMED FINALS
55 meter dash — prelims
300 meter dash - timed finals
AWARDS PRESENTATION
55 meter dash - semi finals
55 meter hurdles - Finals
55 meter dash - Finals
600 METER RUN - TIMED FINALS
800 METER RELAY - TIMED FINALS
1600 METER RUN - TIMED FINALS
1600 METER RELAY - TIMED FINALS

ALL RELAY MEMBERS MUST WEAR SAME COLOR AND STYLE OF SHIRT SPIKES WILL BE ALLOWED

JEWLERY RULE WILL BE ENFORCED

### 4 x 800 RELAY

1999 Champion: Ann Arbor Youth "A" 9:35.13 MR (Camilla Codrington 2:26.1, Leah Cressman 2:24.5, Claudia Sell 2:23.7, Rachel Eyler 2:20.8);

HEAT II		
North Kent	9:56.3	
Ann Arbor Youth	10:02.2	
Tag Team	10:18.36	
Red Tide	10:22.29	
Spirit of Pre	10:24.0	
Albion TC	10:37.29	
Bananabotana	10:40.5	<del></del>
Tecumseh TC	10:41.3	
HEAT I		
HEAT I A A Youth "B"	10:22.97	
	10:22.97 10:35.69	
A A Youth "B"		
A A Youth "B" A A Youth "C"	10:35.69	
A A Youth "B" A A Youth "C" Synergy	10:35.69 10:42.39	
A A Youth "B" A A Youth "C" Synergy Livonia TC	10:35.69 10:42.39 10:42.9	
A A Youth "B" A A Youth "C" Synergy Livonia TC Swift TC Club Corral	10:35.69 10:42.39 10:42.9 10:43.0	
A A Youth "B" A A Youth "C" Synergy Livonia TC Swift TC	10:35.69 10:42.39 10:42.9 10:43.0 10:43.5	

### **60-METER HURDLES**

Top 2 of the Heat + Fastest Times to complete 16 participants to Semis

Top 4 of each Semi Heat to Finals

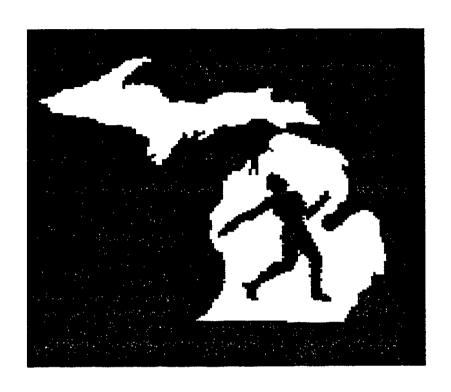
1999 Champion: Tanisha Williams (YAWTC) 8.36 MR (55 METER)

Tiffany Hall 12	Ann Arbor Youth	:9.14h	
Angela Hayes 09	Motor City Colts	:9.34h	
Merilee Mosely 12	Ann Arbor Youth	:9.34h	
April Saxton 12	Cereal City	:9.34h	
Genny Gorlay 09	Speed Connection	:9.34h	
Candace Davis 09	Ann Arbor Youth	:9.44h	
Natia Powell 12	Ypsi Area	:9.51	
Lindsay Bond 11	Maximum Output	:9.54h	
Ashley Carroll 11	Riverbend	:9.62	
Brandy Werdlow 12	Motor City Colts	:9.64h	
LaTasha Chandler 11	Lite Running	:9.64h	
Alicia Hooper 09	Jackson TC	:9.64h	
Lela Nelson 11	Motor City Colts	:9.64h	
Nicole Standback 09	Cereal City	:9.84h	
Rickia Thomas 12	Ann Arbor Youth	:9.94h	
Yolanda Schriner 10	Sessions	:10.04h	
Sarah Pulford 11	Frozen Gophers	:10.04h	

Shahidah Eppinger 11	Lady Roadrunners	:10.04h	
Kristen Press 10	Soo	:10.04h	
Anne Laperriere 12	Raccoons	:10.14h	
Amy Karonol 10	Ledges	:10.14h	
Toya Roberson 12	Ann Arbor Youth	:10.14h	
Ashley Patten 10	Determination	:10.14h	
Audrey Graham 10	<b>Packrats</b>	:10.17h	<del></del>
Shelly Bogart 12	Fulton TC	:10.24h	
Carolyn Boyd 12	Lady Roadrunners	:10.24h	
Sara Simon 09	Ledges TC	:10.24h	
Jenny Witham 10	Shera	:10.34h	
Jessica Williams 11	Lady Roadrunners	:10.34h	
Amanda Lyon 10	Highland Flyers	:10.39	
Jennifer Frierson 10	Ypsi Area	:10.40	

## 3200 METER RUN Timed Finals 2 Sections with the SECOND Section being the Fastest 1999 Champion: Marne Smiley (No Barrier Harriers) 11:17.65

Linsey Blaisdell 11	North Kent	10:49.6	
Kalin Toedebusch 11	North Kent	10:49.8	
Emily Blakeslee 12	North Kent	10:51.4	
Marne Smiley 12	No Barrier Harriers	11:24.2	
Katie Danyko 10	No Barrier Harriers	11:24.8	<del></del>
Jordan Hartmann 12	North Kent	11:25.7	
Kimi Landane 12	Road Runners	11:35.9	
Jeannette Seckinger 12	Frozen Gophers	11:37.9	
Krista O'Dell 12	Delta	11:40.3	
Rachel Cox 12	Packrats	11:48.2	
Kallie Williams 09	Snow Panthers	<b>11:55.7</b>	
Abigail Nelkie 11	Winter Warriors-W B	11:56.32	
Carrie Smeltzer 11	Lake Erie Striders	11:57.8	
Anne Venier 11	Lake Erie Striders	11:59.3	
Diane Johnston 12	Grand Blanc TC	12:01.2	
Michelle Harburg 12	Ann Arbor Youth	12:03.6	
Michelle Kinkela 11	No Barriers Harriers	12:09.9	
Amy Baker 10	Claddaugh	12:12.1	
Julie Martin 12	On Our Own	12:14.87	
Nicole Blake 09	No Barrier Harriers	12:15.0	
Lesley DeGroot 12	Shiawasee	12:22.64	
Jessica Lair 12	La Biança	12:22.6	
Jenni Fitzgerald 11	No Barrier Harriers	12:23.1	
Stephanie Proos 10	No Barrier Harriers	12:23.9	
Andrea Sutter 12	No Barrier Harriers	12:24.8	



### Michigan High School Track & Cross Country www.michtrack.org

The premier website for information on the sport in the state of Michigan: performance lists, schedules, news, history, links and more.

Publisher of Michigan High School Yearbooks for Track and Cross Country. Available at \$15 each: 1998 XC, 1999 Outdoor Track, 1999 XC.

### **60 METER DASH**

Top 2 of the Heat + Fastest Times to complete 16 participants to Semis
Top 4 of each Semi Heat to Finals

1999 Champion: Tiarra Jones (Swift) 7.12 MR (55 METER)

Ariss Seals 09	Maximum Output	:7.84 <u>h</u>	
Tiarra Jones 12	Swift TC	:7.94h	
Karla Marshall 11	Maximum Output	:7. <i>94</i> b	
Crystal Lee 11	Motor City	:7.94h	
Marquita Tedford 10	Woodys	:7.96	
Alicia Hooper 09	Jackson TC	:7. <i>99</i>	
Taneisha Price 10	Benton Harbor TC	:8.04h	
Erin Anderson 11	Cheetah	:8.06	
Shelitha Alston 12	FITC	:8.14h	
LaTasha Jollet 10	Cheetah	:8.14h	
Eboni Jenkins 12	Motor City	:8.14h	
Brianna Watson 12	Newburgh	:8.14h	
Margell Jackson 10	Front Runners	:8.14h	
Taylor Washington 10	Inspiration	:8.18	
Cheryl Green 10	Ann Arbor Youth	:8.23	
Natia Powell 12	Ypsi Area	:8.24	
Tia Smedley 12	Cereal City	:8.24h	
Brooke Robinson 11	Ann Arbor Youth	:8.30h	
Venice Jones 11	Ann Arbor Youth	:8.34h	
Robin Glaspie 10	Speed Connection	:8.34h	
Elisha Blythe 10	Motor City Colts	:8.34h	
Joanna Grandas 12	CRC	:8.35	
Kaleena Carter 11	Ypsi Area	:8.37	
Larisa Ray 12	J-Dubbs	:8.42	
April Saxton 12	Cereal City	:8.42	
Nicole Brown 09	Speed Connection	:8.44h	
Yolanda Riggs 12	Motor City	:8.44h	<del></del>
Adrienne Potter 11	Winter Warriors-H H	:8.44h	
Shayna Sangster 09	J-Dubbs	:8.53	
Natalie Cahill 10	Soo	:8.54h	
Sheena Loving 09	FITC	:8.54h	
Tujuana Shinholster 11	Motor City Colts	:8.54h	
Jana Sarno 12	Elite Feet	:8.54h	

## 300 METER DASH Timed Finals TIMED FINALS with FINAL Section being the Fastest 6 Runners 1999 Champion: Melanie Williams (Maximum Output) 40.57

Melanie Williams 12	Maximum Output	:40.22	
Katrice Walton 10	Maximum Output	:40.84h	
Julia Redd 12	Motor City	:41.34h	
Jennifer Lawson 11	Maximum Output	:41.50	
Tiffany Hall 12	Ann Arbor Youth	: 41 . 59	

Amber Walker 11	Front Runners	:42.44	
Lindsay Bond 11	Maximum Output	: 42 . 64	
Brooke Robinson 11	Ann Arbor Youth	:43.38	
Marquita McGowan 11	Motor City Colts	:43.44h	
Teneishia Price 10	Benton Harbor TC	:43.78	
Andrea Mosher 10	Ann Arbor Youth	:43.81h	
oanne Grandas 12	CRC	:43.84h	
Chris Kutchinski 11	Ann Arbor Youth	:43.94h	
Fallon Jenkins 09	Maximum Output	:43.96	
Cheryl Green 10	Ann Arbor Youth	:44.03h	
Kimleeta Davis 09	Motor City Colts	:44.04h	
Tijuana Shinholster 11	Motor City Colts	:44.54h	
Larisa Ray 12	J-Dubbs	:44.61h	<del></del>
Samira Shah 12	Eskies	:44.78	
Trisha Williams	Williams	:44.84	

## 600 METER RUN Timed Finals 2 Sections with the SECOND Section being the Fastest 1999 Champion: Hanne Ringnes (F Cubed) 1:37.58

Ashley Patten 10	Determination	1:35.7	
Aimee Keenan ?	North Kent	1:40.0	
Maya Caldwell 12	Maximum Output	1:41.0	
Julia Redd 12	Motor City	1:41.3	
Lauren Dozier 11	Swift TC	1:41.8	
Rachel Eyler 10	Ann Arbor Youth	1:42.6	
Kelly Sampson 07	Cheetah	1:42.7	
Chris Moore ?	North Kent	1:42.9	
Jennifer Price ?	<i>Packrats</i>	1:43.8	
Connie Mallinson 09	Red Tide	1:43.9	
Juanita Thomas 12	Motor City	1:44.0	
Clarissa Codrington 10	<del>-</del>	1:44.1	
Ashley Adams 11	FITC	1:44.24	
Jessica Jones 07	Maximum Output	1:44.3	
Shannon Vesey 11	Motor City	1:44.7	
Jennifer Tschirhart 12	Battle Alley	1:45.07	
Corinthian Wilson 11	Jackson TC	1:45.4	
Rachel Uchman 12	Pine Knob	1:45.62	
Amy Hatfield 12	Spirit of Pre	1:45.6	
Sierra Tate 05	Swift TC	1:47.5	

### 4 x 200 RELAY

1999 Champion: Detroit Cheetah 1:43.66

(Angka Morris 25.7, Latosha Jollet 26.1, Erin Anderson 26.9, Julia Stevenson 25.0)

### HEAT III Maximum Output 1:44.14 Ann Arbor Youth 1:48.9

Motor City Colts	1:49.5	
FITC	1:50.50	
Motor City TC	1:50.6	
HEAT II		
A A Youth "B"	1:52.3	
Front Runners	1:53.04	
Ypsilanti Area	1:54.47	
Max Output "B"	1:55.1	
Speed Connection	1:55.7	
HEAT I		
A A Youth "C"	1:55.3	
J-Dubbs	1:55.91	
Synergy	1:55.9	
Ypsi Area "B"	1:56.0	
Motown TC	1:56.6	

10

## 1600 METER RUN Timed Finals 2 Sections with the SECOND Section being the Fastest 1999 Champion: Jane Martineau (MP Striders) 5:12.79

Kalin Toedebusch 11	North Kent	5:04.4	
Emily Blakeslee 12	North Kent	5:04.6	
Linsey Blaisdell 12	North Kent	5:04.8	
Nora Colligan ?	North Kent	5:12.1	
Kelsey Toedebusch ?	North Kent	5:21.2	
Krista O'Dell 12	Delta	5:24.31	
Katie Danyko 10	No Barrier Harriers	<i>5:25.3</i>	
Kalli Williams 09	Snow Panthers	5:25.7	
Marne Smiley 12	<i>No Barrier Harriers</i>	5:27.78	
Katie Kramer 09	Red Tide	5:29.25	
Rachel Eyler 10	Ann Arbor Youth	5:31.2	
Jeannette Seckinger 12	Frozen Gophers	5:31.2	
Jordan Hartmann 12	North Kent	5:31.4	
Chelsea Loomis 11	Tag Team	5:32.25	
Jessica Kraft 11	Winter Warriors-W B	5:33.37	
Elizabeth Webster 10	Synergy	5:33.4	
Jesse Cambell 12	Polar Bear	5:33.5	
Emily Damauth 12	Williams	5:33.59	
Katie Touran 12	North Country	5:34.3	
Amber Culp 12	Ann Arbor Youth	5:34.4	
Michelle Harburg 12	Ann Arbor Youth	5:35.2	
Heidi Saunders 12	Plainwell Suns	5:35.5	
Stephanie Proos 10	No Barriers Harriers	5:35.8	
Erin Geldhof 09	Raccoons	5:36.01	
Diana Simison 10	Ann Arbor Youth	5:36.1	_
Nicole Fischer 12	Pine Knob	5:36.78	

Leslie Jurasek 10	Albion	5:37.0	
Abby Barnett 12	<i>Packrats</i>	5:37.0	
Diane Johnston 12	Grand Blanc TC	5:38.07	
Shannon Webster 12	Synergy	5:38.9	

### 4 x 400 RELAY

### 1999 Champion: Maximum Output 4:03.03

(Imani Williams 63.2, Jennifer Lawson 59.1, Katrice Walton 60.5, Melanie Williams 59.9)

#### НЕАТ П Maximum Output 4:10.1 Ann Arbor Youth 4:11.4 North Kent 4:14.2 FITC 4:14.5 Motor City Colts 4:14.6 HEAT I A A Youth "B" 4:21.2 Swift TC 4:24.7 PackRats 4:26.0 A A Youth "C" 4:26.1 Spirit of Pre 4:27.5 W. Warriors-HH 4:29.17

### HIGH JUMP

1999 Champion: Stephanie Linz (Eastside) 5-8

Stephanie Linz 11	Eastside TC	5-8	
Jackie Bozin 12	Little Bay Knight	<i>5-5</i>	
Tara Hefter 11	Raccoons	5-4	
Katie Simmons 11	Plainwell Suns	5-2	
Angie Price 11	Fulton	5-2	
Ashley Patten10	Determination	<i>5-2</i>	
Karmen Schmidt 12	Outsiders	5-2	
Sara Spratt 11	Little Bay Knight	<i>5-2</i>	
Alexis Noel 10	Newburgh TC	5-2	
Leah Nelson 11	Motor City Colts	5-1	
Candice Davis 09	Ann Arbor Youth	5-0	
Andrea Polasky 11	Livonia TC	5-0	
Merili Mosely 12	Ann Arbor Youth	5-0	

### **POLE VAULT**

### 1999 Champion: Rachel Zukowski (Grand Rapids TFC) 10-11 MR

Stephanie Teeple 11	No Limits	10-9	
Sarah Stevenson 12	Wyoming TC	10-6	
Ashley Carroll 11	Riverbend	10-1	<u> </u>
Melissa Ullenbruch 11	Big Dog TC	9-6	

Kim Wise 11	Garden City TC	9-6	
Alexis Fear 12	Claddaugh	9-6	
Becky Wilson 12	Sessions	9-0	
Breanne Smith 11	Ann Arbor Youth	9-0	
Colleen DuPuis 11	Ledges	9-0	<del></del>
Val Schipper 11	Frozen Gophers	8- <i>6</i>	<del></del>
Jenny Stevenson 12	Wyoming TC	<b>8-6</b>	

### LONG JUMP

### 1999 Champion: Tanisha Williams (YAWTC) 19-2

Merilee Mosely 12	Ann Arbor Youth	17 <b>-6</b>	
Joanne Grandas 12	CRC	17-0.25	
Candice Davis 09	Ann Arbor Youth	17-0	
April Saxton 12	Cereal City	16-6	
Janae Bridges 10	Ypsi Area	<i>16-5.25</i>	
Taylor Washington 10	Inspiration	16-4.25	
Robin Glaspie 10	Speed Connection	16-2	
Jackie Bozin 12	Little Bay Knights	16-1	
Alexis Evans 12	Ann Arbor Youth	16-0.5	
Jasmine Monticello 12	Team Green	15-11	
Jennifer Friezson 10	Ypsi Area	<i>15–10.75</i>	
Alicía Hooper 09	Jackson TC	15-9.75	
Alexis Noel 10	Newburgh TC	<i>15–8</i>	
Jessica Williams 11	Lady Roadrumer	15-8	

### TRIPLE JUMP

### 1999 Champion: Angel Pringle (AAYTC) 33-0.25

Merilee Mosely 12	Ann Arbor Youth	34-6	
Alexis Evans 12	Ann Arbor Youth	32-2.5	
Lena Henderson 11	Ann Arbor Youth	29-3.5 -	

#### SHOT

### 1999 Champion: April Phillips (Little Bay Knights) 42-2

Becky Breisch 11 Border Bandits		47-2	
Breanne Smith 11	Ann Arbor Youth	41-1.5	
Kaleida Smith 12	J-Dubbs	39-7.5	
Emily Austreng 12	East Side TC	39-6	
Nicole Kubesh 11	OTE	37-4.5	
Kari Taylor 10	Speed Connection	37-2	
Carissa Robbins 12	Blue Streak	36-4.75	
Ashley Bishop 12	Soo Striders	36-4	
MaryJo Pouillion 11	<i>Hurricanes</i>	<i>35-9.75</i>	
Sarah Etchey ?	Polar Bear	35-7	
Amanda Malloy 10	Ledges	33-9	<del></del>
Ashley Eckel 12	Grand Blanc TC	33-8.25	
Laurie Ranney 12	W. Warrior- W. Branch	33-9	

### MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

Dear Prospective Candidate,

You are being considered for participation on Team Michigan which will represent our state in the Mid-West Meet of Champions Track and Field meet. This meet will be held on the second or third Saturday of June 2000 on the campus of Ohio Wesleyan University in Delaware, Ohio. This All-star, graduating seniors only meet features the finest track and field student/athletes assembled in the Mid-West Teams representing the states of Indiana, Ohio, West Virginia, and Michigan will compete in the most memorable and exciting meet of their high school career in order to crown the true Champions of the Mid-West.

The event that you are considering is the \_\_\_\_\_\_\_\_. A selection committee of eighteen Michigan High School Track and Field Coaches from all over the state will closely monitor your performances in the selected event. If you have any major improvements in your selected event performance between now and the State meet it is imperative to our selection process that you contact me at the phone number listed below. Our final selection for team Michigan will occur on the Sunday morning after the State meet. If you are one of the 80 athletes from the senior class of 2000 selected, you will be notified by phone on that morning. This call will confirm your desire to participate and your commitment to team Michigan for the second or third weekend in June.

If you are interested in representing your state in the Mid-West All Star Meet of Champions it is extremely important that you, as well as your coach, complete the information form and return it to me within two days of receipt. You may send it to the address below.

Have A Great Outdoor Season!

Return information to: KIM SPALSBURY

**427 MORLEY** 

**GRAND LEDGE MI 48837** 

Phone: 517-627-2034 before 10 PM

# INFORMATION SHEET MID-WEST MEET OF CHAMPIONS OHIO WESLEYAN UNIVERSITY-DELAWARE, OHIO JUNE 2000

Name	Hi	ighschool		_	
School AddressPhone()		City	Zip	<del></del>	
Home Address		_ City	Zip	<u>_</u>	
Phone()	Height_	Weight	t	Age	
Coach	Coache	s home Phone (_			
College Attending in the Fall	of 200		<del></del> _		
	Top 5 Ti	mes, Heights, J	Distances		
Time, Height, or Distance		Meet Oc	curred		Date
1					_
2	•				-
3 4					<b>-</b> -
5	•				-
Best Times	s, Heights,	Distances in C	ther Rela	ited Events	
Time, Height, or Distance	:	Meet Occurred		Date	
1					
2					
3					
Relay Splits 400	800	1600 320	00		
Are you Scheduled to take the Yes No	ACT Test i	in June ?			
If selected would you be availa	able to partic	cipate on second	or third we	ekend in june?	

Please Return this form as immediately to secure you place on team Michigan, any performances that should occur between MHSAA Regional and State Please notify me immediately.



### Great shirts and more available at State Indoor

The long-sleeve T-shirts look great!! Thanks to the many who have sent checks to pre-order their shirts. The rest of you can support our Midwest Meet of Champions teams by buying one at the meet for \$15. You can choose between dark blue, dark green, and maroon. They are 100% cotton and they have a large 2000 in gold on the back with white "Michigan Indoor Track & Field State Championships" emblazoned over the gold 2000. Of course they also have a white Reebok logo on the left chest. Please remember that quantities are limited.

I also encourage athletes, parents, and coaches alike to come prepared to purchase Reebok spikes, training shoes and fleece jackets at incredibly low prices ranging from \$25 to a high of \$67. Cash is the preferred method of payment and no credit cards can be accepted at the meet.

HERE'S THE BEST PART, if Reebok's sales are strong, they will make an additional donation of over \$1000 to the Michigan Midwest Meet of Champions!!! Get a great deal AND help our athletes! Thanks for your support.

See you at the meets, David Mitchell Michigan MMOC Financial Secretary



# Michigan High School Thack & Cross Country www.inichtrack.org

The precies website for information on the sport in the sixte of Michigan: ponformance hats, seivednies, news, history, links and more

Publisher of Michigan High School Yearbooks for Thack and Cross Country. Available at \$15 each: 1998 XC, 1999 Outdoor Track, 1999 XC.



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