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The construction of a comprehensive program of boys' track and field athletics for a city playground system

THE CONSTRUCTION OF A COMPREHENSIVE PROGRAM

OF BOYS' TRACK AND FIELD ATHLETICS

FOR A CITY PLAYGROUND SYSTEM

By Clement Francis Mackay

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by

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INTRODUCTION

By and large the programs that are in force in this section of the country are not really track programs at all but rather approximate the program of competitive events at some church picnic or similar gathering. In other words, it has been our observation that, with the exception of such events as the 100 yard dash, the typical program that is presented in many playground systems as a track and field program is all too frequently a hodge-podge of non athletic contests such as: three legged races, potato sack races, egg races, wheel barrow races, etc.. It is our conviction based on experience that such a program is not particularly attractive to the American boy who looks for a note of genuinity in all things, and especially in such things as his own athletic contests which intrigue him very much in proportion to the degree in which they approach the interscholastic, intercollegiate and Olympic competitions with which he is so familiar.

At present the author is engaged in the direction and conduct of such a program as the paper sets forth. As the Supervisor of Interplayground Athletics in a large city playground system, he is in daily contact with hundreds of playground boys in the 12--16 year old

bracket to whom this type of program is intended to be applied. He knows it to be an indisputable fact that the older boys are well acquainted with the names and achievements of such track luminaries as Jesse Owens, Gil Dodds and Bob Mathias. While he is willing to concede that, on the average, a smaller number of the younger boys are acquainted with famous names in the track world, he has observed that most playground boys twelve and over are able to detect and to despise spurious track and field programs--and he has further noticed that their interest in and zeal for track facts and figures increases perceptibly with the introduction and development of the type of program he proposes.

With these facts in mind, it is our endeavor to construct a comprehensive program of track and field athletics which will appeal to the young American's desire to imitate his athletic heroes and which at the same time will be conformable to the specific capabilities of his particular age group. Such a program as we have in mind will offer opportunity for instruction and development in techniques which will have definite carry over value for those whose prowess will enable them to compete later on in organized track meets.

PURPOSE OF STUDY

The purpose of this study is to provide interested recreation directors with a track and field program which is adapted to the facilities of the average city playground as well as to the capacities of the average playground age groups.

STATEMENT OF PROBLEM

The problem obviously lies in the selection of a group of events which, while maintaining a note of authenticity, will at the same time be practicable, having in mind the limitations of average boy's strength and endurance. And so, on the first score we are moved to eliminate events such as: the Discus, Pole Vault, Javelin and Hammer Throw which call for equipment that cannot be afforded or space that is not available on many playgrounds that might otherwise, we feel, present an adequate and attractive program. We also have in mind here the possible dangers attendent upon such events as the Javelin and Hammer Throw.[1]

Then again, events such as the longer distance runs, the mile and the two mile events, would seem to be prohibited because of a different kind of danger--a danger to the health of immature performers.

The study "The Heart of the Athlete"[2] which we quote in another connection on page 58 indicates sufficient possibility of such damage to persuade us to eliminate such events from this type of program, especially against the background of an experience that the varied events we do include have never brought about any injuries.

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[1] The writer knows that, for a time at least, the Hammer Throw was eliminated from track events at the United States Military Academy after an errant toss had threatened the lives of some officer spectators. Within the last year a Midshipman at the Naval Academy was pierced and killed by a thrown javelin in Thompson Stadium.

[2] Joseph B. Wolffee, M. D., Grover W. Mueller: "The Heart of the Athlete"; THE PHYSICAL EDUCATOR, May, 1949, pp. 3--5.

CHAPTER II

TECHNIQUES AND PROCEDURES

For a full quarter of a century this writer has been in contact with playground work. He is including in this figure a half dozen years spent as a boy on the playgrounds, but he feels that these years are at least as valuable as those spent in a supervisory capacity in enabling him to appreciate the particular problem with which this paper concerns itself, and in inspiring him to concern himself with the development of the program herein suggested as an answer to the problem. Even as a little lad eager to test his mettle against his playground playmates, he felt a very definite attraction to athletic competition that duplicated or at least imitated those recognized and participated in by his elders. And out of that fellowship, unique among little boys, he knows that his own sentiments were but a reflection of those of a percentage of youngsters large enough to be considered to represent the feelings of the typical American boy.

In a period in which track for tots was handled informally, if not carelessly, he can remember drawing lines in the dirt with a stick in order that a running event might have lanes--and trying to collect enough empty cartons to create a hurdle race.

It was then with an enthusiasm born of a personal sense of frustation, that he co-operated in later years in the designing of a

real athletic meet program, that would be acceptable to the boys and feasible for the playground system. In a dozen years as a playground director, he has experimented with events and discarded some of them for such reasons as have been already set forth, involving such matters as availability of equipment and space, and adaptability to the capacities of the boys. In more recent years as a supervisor of interplayground athletics he has had an opportunity both to get a new perspective of a whole program and to work with more boys in preparation for local and interplayground competition.

Specifically then, what was done for the purposes of this particular paper was to assemble and correlate material that has been devised by the author and others over a period of years in the construction and development of a definite program of the desired type. To this material (forms, etc.) there has been added instructive information as to the use of the material in such a way as to create a working program of the kind with which the writer is familiar and in the conduct of which he is presently engaged.

CHAPTER III

DISCUSSION OF DATA

Out of all of this experience and experimentation, the author has reached a certain degree of satisfaction with the program about to be suggested. He still has ideas about practical procedure, for example, the possibilities of extensive preliminary contests in the jumping events, to extend the field of competition and bring greater efficiency to the conduct of the main track meet.

In general, however, he has come to respect a program that includes five events--one dash, one hurdle, a high jump, a broad jump and a relay. Remembering what has already been said of the impossibility or difficulty of other standard events on a playground level, the reader will notice that there is here about as much variety as can be attained while limiting oneself to the standard events. Then, of course, we are keeping in mind at the same time a program that can embrace a good sized age group without such differences in the nature of events as would make the whole business unwieldy.

We have here two events in individual running competition, and two in individual field event competition. And finally a team event--the relay. For variety--we have a straight and a

hurdle dash, a high and a broad jump, and a relay which gives opportunity both for a longer distance run on the part of each individual and at the same time for training in co-operative competition.

Our next step is to establish a proper variation, according to age division, against the one general pattern just suggested. Here we would be more willing to concede the possibilities of some opinions other than our own e.g. in the matter of distances. In some cases a smaller total number of children, with too few individuals in different age brackets to admit a three group classification may demand adjustments calculated to permit, for example, a two group division.

Having particularly in mind, however, fairly populous urban conditions, we are convinced on the basis of experience of the practicality of a system which divides children from the age of ten through sixteen years into three classes entitled here "Class A, Class B, Class C":

Class A--16--15 years; Class B--14--13 years;
Class C--12 years and under.

Now focussing our attention on those classes, one at a time against the previously suggested general plan, we have a schedule after this fashion:

1. RUNNING

Class A--100 yards
Class B-- 75 yards
Class C-- 60 yards

2. HURDLES (all low)

Class A--60 yards
Class B--60 yards
Class C--50 yards

3. JUMPS

Here no special adaptation is required except for example to the extent that the distance between the broad jump board and the pit must be short enough to take care of the smaller Class C boys.

4. RELAY

Class A--1 mile
Class B--$\frac{1}{2}$ mile
Class C--$\frac{1}{4}$ mile

At this point may we refer you to a table of actual performances, on page ten, which we feel will assure those familiar with track and field work that the program we suggest is both within the capacities of the age groups involved and provocative of good competition.

For the sake of realism and accuracy let it be noted that the following records were made in a program in which Class A represented a 14--15 year old age group; Class B represented a 13--12 year old age group and Class C represented a group under 12 years of age. It is our belief, however, that a grouping with Class A embracing boys 16 and 15, Class B embracing boys 14 and 13, and

Class C taking in those 12 and under, would work just as efficiently and make the program available to more boys especially to the 16 year old group who are particularly interested but frequently not physically ready for high school varsity competition.

CHART I

SOMERVILLE INTERPLAYGROUND TRACK AND FIELD RECORDS

FOR A PERIOD OF TEN YEARS 1938--1948

CLASS	EVENT	YEAR	TIME or DISTANCE
A 14-15 year old boys	100 Yard DASH	1941	10.7s
A	60 Yard Low HURDLES	1940	8.s
A	RUNNING HIGH JUMP	1938	5'3"
A	RUNNING BROAD JUMP	1942	18'10½"
A	One-Mile RELAY	1938	4:25.6s

CHART I (Continued)

SOMERVILLE INTERPLAYGROUND TRACK AND FIELD RECORDS

FOR A PERIOD OF TEN YEARS 1938--1948

CLASS	EVENT	YEAR	TIME or DISTANCE
B 12-13 year old boys	75 Yard DASH	1938	9.s
B	60 Yard Low HURDLES	1941 1944	8.8s
B	RUNNING HIGH JUMP	1939	4'7"
B	RUNNING BROAD JUMP	1941	16'6½"
B	Half-Mile RELAY	1940	2:3s

CHART I (Continued)

SOMERVILLE INTERPLAYGROUND TRACK AND FIELD RECORDS

FOR A PERIOD OF TEN YEARS 1938--1938

CLASS	EVENT	YEAR	TIME or DISTANCE
C Under 12 years	60 Yard DASH	1942	7.5s
C	50 Yard Low HURDLES	1938	8.1s
C	RUNNING HIGH JUMP	1942	4'1"
C	RUNNING BROAD JUMP	1942	13'10"
C	Quarter-Mile RELAY	1939	1:4.2s

DISCUSSION OF TABLE OF PERFORMANCES

For a period of ten years, records have been kept of the scores of playground boys of Somerville, Massachusetts in track and field events. The charts just presented are a summary of the records made by superior performers selected from a total number of over 7,000 boys. The following points about the method of compiling statistics should be noted:

1. They are compiled in three age classifications.

2. The records of over 1200 boys were used in making the final scores from which these statistics were compiled.

3. Each individual record was made in competition with other boys of the same age classification.

4. All of the boys' ages were officially verified before they were allowed to compete.

5. Each boy entered only those events for which he was best fitted.

6. Field events were carried on from proper take-offs and into good jumping pits. Track events were run off under good conditions with lanes marked for each runner. Time was recorded by three stop watches. Competent officials started and checked each race. A corps of fifty-four officials were used every time the events were in progress.

7. Each boy was trained for a period of six weeks for the event or events which he entered.

8. Each boy was trained in proper methods of starting and proper take-off for jumps.

9. Races were started with a starting pistol and were finished by breaking the finish line.

10. In using the previous statistics, please keep in mind that only the best records in each class over a ten year period were used.[3]

[3]It is interesting to note here that five of the boys who made some of these records are at the present time members of the track teams at four colleges in Greater Boston--James Gallo at Boston University, John Joyce and John Taylor at Boston College, Daniel Bennett at Tufts College and George Lucas at Northeastern University.

THE PROGRAM IN ACTION

Now, quite obviously, the suggestion and creation of a satisfactory program of events, while it is an essential foundation, does not in itself achieve the results we indicated as being so desirable at the outset of this paper. The enumeration of events, as much time and thought as it represents, constitutes only half the battle. Without the efficient conduct of the events, the mere conjuring up of them will avail nothing.

Let us then attempt to provide some practical direction for the execution of the program. These directions are presuming a city playground system in which there are several playgrounds each large enough to conduct a local track meet along the lines of our three age divisions.

In these circumstances we have in mind a total program that prepares for local competition and then brings together the outstanding competitors of the individual meets in one grand interplayground, all city, competition.

We know now what we want to do and we concern ourselves from here on with how we propose to do it. As regards the boys, the genesis of their participation will lie in that manly interest in authentic athletics to which we have previously made reference. Bulletin boards with attractive action "shots" of Olympic and collegiate competitors, and the playground instructor's own

familiarity with names and best performances of the world's track stars--all these things will help to get the ball rolling.

Freshly lined dash lanes, freshly dug jump pits and easily available hurdles are an invitation to try things out that the normal boy will not long disdain. Constructive (never sarcastic) criticism of first efforts--especially when they reveal that the instructor knows what he is talking about*--will help attract ambitious aspirants. And these informal, casually volunteered bits of advice can easily be built into regularly scheduled coaching sessions which involve both theory and practice. Form counts for so much in certain of these events that the value of correct coaching is bound to become apparent even to the most heedless of the boys.

The instructor should always be available to "start" (in the technical sense) impromptu races. Or better still he may assign a definite hour each day for such work outs. Out of these efforts, a day by day chart of best performances featured on the bulletin board will do much to foster and sustain interest.

All of this is to be directed to the first magnet--the local meet. Since the physical preparation for this occasion involves certain very definite steps, may we introduce here the most fundamental step in this regard--the laying out of a track and field

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*cf. Bibliography on coaching various events

designed for the particular program that we have suggested.

This track is in all essential particulars the same size and type of track that would be used for the larger inter-playground meet. When, however, we come to discuss that competition in particular, we shall make note of a few accidental features calculated to facilitate the handling of a larger number of contestants.

TRACK AND FIELD CONSTRUCTION

I. THE RUNNING COURSE

1. RELAY TRACK

The relay track is 220 yards long.

Two 60 yard straightaways.

Two 50 yard turns.

Two 20 yard passing zones.

2. DASH AND HURDLES TRACK

Dash--100 yards Class A--75 yards Class B--60 yards Class C.

Hurdles--60 yards Class A--60 yards Class B--50 yards Class C.

Lanes 50 inches in width permits the use of a hurdle 48 inches wide, requiring 25 feet for 6 lanes.

Station marks for hurdles--going from start--

Class A and Class B--15 yards, 10 yards, 10 yards, 10 yards.

Class C--15 yards, 10 yards, 10 yards.

II. THE RUNNING BROAD JUMP

1. THE RUNWAY

The runway should be 110 to 125 feet long, and from 4 feet to five feet in width.

2. THE TAKE-OFF BOARD

The take-off board should be at least 4 feet long and 8 inches wide.

3. THE LANDING PIT

The landing pit should be at least 5 feet wide, and starts 6 feet in front of the take-off board to a point 15 feet farther on. The depth of the pit should be from 12 inches to 18 inches.

III. THE RUNNING HIGH JUMP

1. THE APPROACH

The ground in front of the bar should be smooth and level for a distance of at least 35 feet from the center of the bar so that the jumper may approach the bar from either the right or left side.

2. THE STANDARDS

Since this represents a long-term investment, the most efficient and sturdiest are recommended. Standards should be placed at least 12 feet apart.

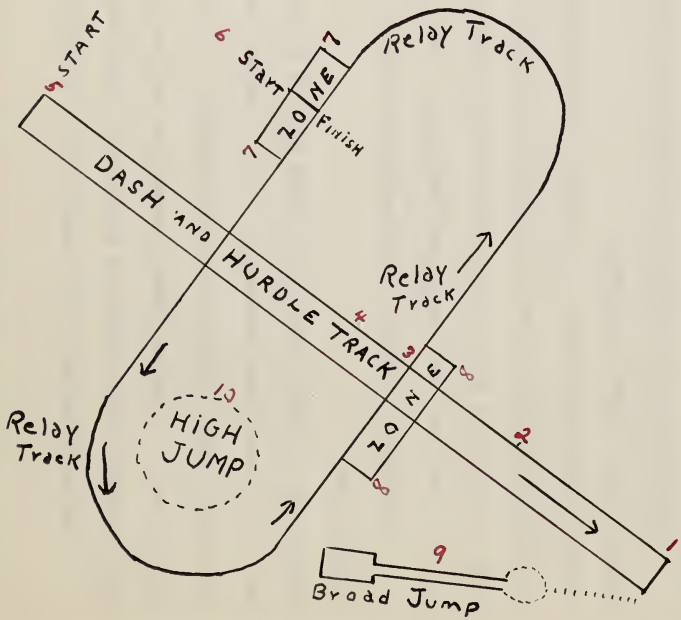
3. THE LANDING PIT

The size of the pit for the running high jump should be 14 feet in width by 10 feet in length. The depth of the pit should be from 12 inches to 18 inches.

This track and field construction has been in actual use in the Somerville Playground system for many years.

CHART II

TRACK FOR LOCAL PLAYGROUND MEET



KEY

1--Finish of Class A 100 Yard Dash
2--Finish of Class B 75 Yard Dash
3--Finish of Class A and Class B 60 Yard Low Hurdles and Class C 60 Yard Dash
4--Finish of Class C 50 Yard Hurdles
5--Start of All Dashes and Hurdles
6--Start and Finish of All Relays
7--Passing Zone for Class A and Class B Relay Runners and No. 2 Runner in Class C Relay
8--Passing Zone for No. 1 and No. 3 Runners in Class C Relay
9--Running Broad Jump
10--Running High Jump

The construction of this area, need we say, might well be taken care of considerably before the date of the local meet. In fact from the beginning of the playground season--its very existence will be one of the finest attractions to participation. All that should be left for eleventh hour preparation in this respect should be the marking out of fresh lines where needed and the softening up of the jumping pits.

The officials for the local meet may be drawn in good number from the boys over the competitive age limit who are usually available at least on a part time basis on any city play area. But let it be remembered that it is very important that they be well-briefed in their respective duties, if the meet is to maintain the serious respect of the young participants.

Results must be accurately kept and should be well published. Each playground's meet should be written up in local newspapers--with a full report of place, winners, and time in all classes and events. The posting of these results as individual meets are conducted will inspire all sorts of conjecture as to probable winners in "the big meet"--and keep interest at a high pitch.

To put some of our theories into practice, on the following pages we present some specific instructions for conducting the local meet and forms for recording results.

SPECIFIC INSTRUCTIONS FOR CONDUCT OF LOCAL MEET

I. PROGRAM OF EVENTS

1st, 2nd, 3rd and 4th Places Score Points in Each Event.

Same Start Mark for Dashes and Hurdles; Finish Mark Changes for Each Class.

AllRelays Start at Same Place:

A Boys--2 laps each
B Boys--1 lap each
C Boys--$\frac{1}{2}$ lap each

CLASS A	CLASS B	CLASS C
15--16 Years Old	13--14 Years Old	12 Years and Under
100--Yard Dash	75--Yard Dash	60--Yard Dash and Hurdles
60--Yard Low Hurdles	60--Yard Low Hurdles	50--Yard Low Hurdles
Running High Jump	Running High Jump	Running High Jump
Running Broad Jump	Running Broad Jump	Running Broad Jump
1--Mile Relay	$\frac{1}{2}$--Mile Relay	$\frac{1}{4}$--Mile Relay

II. TOOLS, APPARATUS, ETC.

Elastic bands	Thumb tacks
Grass	Yarn for finish (plenty)
Lime	Bars for relay
Measuring tape	High jump bars
Megaphones	High jump standards in good repair
Mending tape	Pegs for High Jump Standards
Pencils (plenty)	Enough hurdles
Pick	Lists of entries
Rake	Heats
Sawdust	Lists for relay giving positions
Shovel	Mat

III. HUMAN ASSISTANCE

Four or five young men for judges, measurers, etc..

Preliminary instructions for these young men so that they will be a help, not a hindrance; obedient, not officious.

Preliminary instructions for spectators--where not to be; where to stand; how not to interfere. Make sure nobody stands near edge of jumping pit while jumping is in progress--even excluding participants. They must take their stand in line of waiters, not at pit.

IV. INFORMATION FOR CHILDREN

Publish (Bulletin Board) program showing order of events,
Instructions to stay off field and track while waiting to participate,
Instructions to get off field when finished performance,
Instructions not to try to assist measurers, especially in broad jump,
Instructions to respond quickly, in heats, to call of name,
Instructions to wait for turn in high jump and broad jump,
General instructions to let officials run the meet; too many cooks will make an all-day affair.

FORM FOR RECORDING RESULTS OF LOCAL TRACK MEET

CLASS A

(Boys 15 and 16 years old)

100 Yard Dash--Won by _____; _____second;

_____third; _____fourth. Time _____.

60 Yard Low Hurdles--Won by _____; _____second;

_____third; _____fourth. Time _____.

Running High Jump--Won by _____; _____second;

_____third; _____fourth. Height _____.

Running Broad Jump--Won by _____; _____second;

_____third; _____fourth. Distance _____.

Relay Race--Won by _____;(_____);

_____second; _____third; _____fourth.

Time _____.

(CLASS B next page)

(FORM FOR RECORDING RESULTS OF LOCAL TRACK MEET--Continued)

CLASS B

(Boys 13-14 years old)

75 Yard Dash--Won by _____; _____second;

_____third; _____fourth. Time _____.

60 Yard Low Hurdles--Won by _____; _____second;

_____third; _____fourth. Time _____.

Running High Jump--Won by _____; _____second;

_____third; _____fourth. Height_____.

Running Broad Jump--Won by _____; _____second;

_____third; _____fourth. Distance_____.

Relay Race--Won by _____ (_____)

_____second; _____third; _____fourth.

Time_____.

(CLASS C next page)

(FORM FOR RECORDING RESULTS OF LOCAL TRACK MEET--Continued)

CLASS C

(Boys 12 years and under)

60 Yard Dash--Won by _____; _____second;

_____third; _____fourth. Time _____.

50 Yard Low Hurdles--Won by _____; _____second;

_____third; _____fourth. Time _____.

Running High Jump--Won by _____; _____second;

_____third; _____fourth. Height _____.

Running Broad Jump--Won by _____; _____second;

_____third; _____fourth. Distance _____.

Relay Race--Won by _____ (_____)

_____second; _____third; _____fourth.

Time _____.

ORDER OF EVENTS

Local Playground Meet

1. Trial Heats Class B Dash
2. Class B High Jump
3. Trial Heats Class C Dash
4. Class C Broad Jump
5. Class A High Jump
6. Class B Broad Jump
7. Trial Heats Class C Hurdles
8. Class B Relay Race
9. Semi-finals Class C Dash
10. Trial Heats Class A Dash
11. Class A Broad Jump
12. Final Heat Class C Dash
13. Trial Heats Class B Hurdles
14. Trial Heats Class A Hurdles
15. Final Heat Class C Hurdles
16. Class C High Jump
17. Semi-finals Class B Dash
18. Finals Class A Dash
19. Class C Relay Race
20. Finals Class B Hurdles
21. Final Heat Class A Hurdles
22. Class A Relay Race
23. Final Heat Class B Dash

After the local meet, a more intensified training program can be embarked upon for those whose winning performances in the local meets have designated them as entries in the city wide competition. Without at all neglecting his duties to the other children, the instructor can arrange to give these boys some extra attention which, incidentally, will not be at all resented by non-competitors who by this time will be enthusiastic rooters for their own playground champions. Furthermore, good prospects for future seasons may well be included in special drills--and all who wish to gather around may profit by the verbal instruction.

At this stage of the proceedings, there should be regularly scheduled visits from the interplayground athletic supervisor, who is, presumably, a person very well acquainted with coaching techniques. Both boys and local instructors should be able to learn from him.

May we call attention to the fact that this plan does not preclude the possibility of more than one local meet on a less formal basis. It does attempt to provide the more elaborate machinery needed for a series of "local" meets on several playgrounds with a climax in an interplayground competition with a "big time" flavor.

There will be ample opportunity for training trials and competitions including such things as dual meets before the local meet and in between the local meet and the "big" meet.

On the following pages we present material designed to help in the conduct of the Interplayground Meet.

REMOTE PREPARATION FOR INTERPLAYGROUND MEET

Now, we have arrived at a new practical step, the orderly presentation of entries from individual playgrounds in such a way as to facilitate the efficient conduct of the interplayground meet. However, before presenting these forms, it is necessary to mention here that we presume a system with six local playgrounds which have conducted their local meets after the fashion previously noted.

Each of the six playgrounds (herein designated by Greek names) is represented by a different color which color appears in the boys' trunks and on banners displayed in a prominent place on the field. Following is a list of playgrounds and their colors which are used in this meet:

PLAYGROUNDS AND PLAYGROUND COLORS

ALPHA----------BROWN

BETA----------ORANGE

KAPPA----------GREEN

DELTA----------PURPLE

EPSILON----------RED

GAMMA----------BLUE

On the next few pages we present instructions about entries and entry forms referred to in the first sentence on this page.

INSTRUCTIONS FOR PLAYGROUND LEADERS CONCERNING ENTRIES

FOR INTERPLAYGROUND ATHLETIC MEET

There are two sets of entries for each class. Both sets must be filled in. Keep one yourself (playground leader), to be used in preparation of your boys for the Meet. The other copy must be entered with the Interplayground Athletic Supervisor, five days before the Meet in order that the names and ages may be officially verified.

Full names, correctly spelled, with middle initial, are required. Do not guess the date of birth. Take the trouble to get it right.

When you get from the boy his address, please find out in each case whether he has recently taken residence at that address. On a separate sheet of paper indicate the boys who have recently had a change of address and give former address and the approximate date of changing to present address.

Do not consider that you are free to withdraw any of the five boys listed for any event, at the last minute. That is, the Alternate is not a full-fledged entry. He cannot substitute for one of the regular entries at the last minute. The Alternate can be qualified only when one of the four regular entries is discovered to be ineligible for age reasons. This can take place only several days before the Meet.

It is important to note the difference between SUBSTITUTE for

the Relay Race and Alternate in other events. In the Relay Race the Substitutes are full-fledged members of the team; i. e., there are six members on the team, of whom any four are eligible to run, but in the other events only four from each ground are eligible.

The entry forms appear on the next several pages.

FORM II

INTER-PLAYGROUND ATHLETIC MEET

ENTRIES FROM _____ PLAYGROUND

CLASS A

EVENT		LAST NAME	FIRST NAME	INITIAL	ADDRESS	DATE of BIRTH
100 YARD DASH	1					
	2					
	3					
	4					
	Alternate					
RUN-NING HIGH JUMP	1					
	2					
	3					
	4					
	Alternate					
RUN-NING BROAD JUMP	1					
	2					
	3					
	4					
	Alternate					

FORM II (Continued)

INTER-PLAYGROUND ATHLETIC MEET

ENTRIES FROM _____ PLAYGROUND

CLASS A (Continued)

EVENT		LAST NAME	FIRST NAME	INITIAL	ADDRESS	DATE OF BIRTH
60 YARD HUR-DLES	1					
	2					
	3					
	4					
	Alternate					
1 MILE RELAY RACE	1					
	2					
	3					
	4					
	Substitutes 1					
	2					

FORM II (Continued)

INTER-PLAYGROUND ATHLETIC MEET

ENTRIES FROM _____ PLAYGROUND

CLASS B

EVENT		LAST NAME	FIRST NAME	INITIAL	ADDRESS	DATE OF BIRTH
75 YARD DASH	1					
	2					
	3					
	4					
	Alternate					
RUN-NING HIGH JUMP	1					
	2					
	3					
	4					
	Alternate					
RUN-NING BROAD JUMP	1					
	2					
	3					
	4					
	Alternate					

FORM II (Continued)

INTER-PLAYGROUND ATHLETIC MEET

ENTRIES FROM _____ PLAYGROUND

CLASS B (Continued)

EVENT		LAST NAME	FIRST NAME INITIAL	ADDRESS	DATE OF BIRTH
60 YARD HUR-DLES	1				
	2				
	3				
	4				
	Alternate				
½ MILE RELAY RACE	1				
	2				
	3				
	4				
	Substitutes 1				
	2				

FORM II (Continued)

INTER-PLAYGROUND ATHLETIC MEET

ENTRIES FROM _____ PLAYGROUND

CLASS C

EVENT		LAST NAME	FIRST NAME	INITIAL	ADDRESS	DATE OF BIRTH
60 YARD DASH	1					
	2					
	3					
	4					
	Alternate					
RUNNING HIGH JUMP	1					
	2					
	3					
	4					
	Alternate					
RUNNING BROAD JUMP	1					
	2					
	3					
	4					
	Alternate					

FORM II (Continued)

INTER-PLAYGROUND ATHLETIC MEET

ENTRIES FROM _____ PLAYGROUND

CLASS C (Continued)

EVENT		LAST NAME	FIRST NAME	INITIAL	ADDRESS	DATE OF BIRTH
50 YARD HUR-DLES	1					
	2					
	3					
	4					
	Alternate					
¼ MILE RELAY RACE	1					
	2					
	3					
	4					
	Substitutes 1					
	2					

FORM III

INTER-PLAYGROUND ATHLETIC MEET ENTRIES -- 1949

CLASS A

100-YARD DASH		60-YARD LOW HURDLES	
NAME	PLAYGROUND	NAME	PLAYGROUND
	Alpha		Alpha
	Alpha		Alpha
	Alpha		Alpha
	Alpha		Alpha
	Beta		Beta
	Beta		Beta
	Beta		Beta
	Beta		Beta
	Kappa		Kappa
	Kappa		Kappa
	Kappa		Kappa
	Kappa		Kappa
	Delta		Delta
	Delta		Delta
	Delta		Delta
	Delta		Delta
	Epsilon		Epsilon
	Epsilon		Epsilon
	Epsilon		Epsilon
	Epsilon		Epsilon
	Gamma		Gamma
	Gamma		Gamma
	Gamma		Gamma
	Gamma		Gamma

RUNNING HIGH JUMP		RUNNING BROAD JUMP	
NAME	PLAYGROUND	NAME	PLAYGROUND
	Alpha		Alpha
	Alpha		Alpha
	Alpha		Alpha
	Alpha		Alpha

INTER-PLAYGROUND ATHLETIC MEET ENTRIES -- 1949

CLASS A (Continued)

Beta	Beta
Beta	Beta
Beta	Beta
Beta	Beta
Kappa	Kappa
Kappa	Kappa
Kappa	Kappa
Kappa	Kappa
Delta	Delta
Delta	Delta
Delta	Delta
Delta	Delta
Epsilon	Epsilon
Epsilon	Epsilon
Epsilon	Epsilon
Epsilon	Epsilon
Gamma	Gamma
Gamma	Gamma
Gamma	Gamma
Gamma	Gamma

ONE-MILE RELAY TEAMS

(Names In The Order In Which They Will Run)

					SUBSTITUTES	
ALPHA:	,	,	,	.	1.	2.
BETA:	,	,	,	.	1.	2.
KAPPA:	,	,	,	.	1.	2.
DELTA:	,	,	,	.	1.	2.
EPSILON:	,	,	,	.	1.	2.
GAMMA	,	,	,	.	1.	2.

FORM III (Continued)

INTER-PLAYGROUND ATHLETIC MEET ENTRIES -- 1949

CLASS B

75-YARD DASH		60-YARD LOW HURDLES	
NAME	PLAYGROUND	NAME	PLAYGROUND
	Alpha		Alpha
	Alpha		Alpha
	Alpha		Alpha
	Alpha		Alpha
	Beta		Beta
	Beta		Beta
	Beta		Beta
	Beta		Beta
	Kappa		Kappa
	Kappa		Kappa
	Kappa		Kappa
	Kappa		Kappa
	Delta		Delta
	Delta		Delta
	Delta		Delta
	Delta		Delta
	Epsilon		Epsilon
	Epsilon		Epsilon
	Epsilon		Epsilon
	Epsilon		Epsilon
	Gamma		Gamma
	Gamma		Gamma
	Gamma		Gamma
	Gamma		Gamma

RUNNING HIGH JUMP		RUNNING BROAD JUMP	
NAME	PLAYGROUND	NAME	PLAYGROUND
	Alpha		Alpha
	Alpha		Alpha
	Alpha		Alpha
	Alpha		Alpha

INTER-PLAYGROUND ATHLETIC MEET ENTRIES -- 1949

CLASS B (Continued)

Beta	Beta
Beta	Beta
Beta	Beta
Beta	Beta
Kappa	Kappa
Kappa	Kappa
Kappa	Kappa
Kappa	Kappa
Delta	Delta
Delta	Delta
Delta	Delta
Delta	Delta
Epsilon	Epsilon
Epsilon	Epsilon
Epsilon	Epsilon
Epsilon	Epsilon
Gamma	Gamma
Gamma	Gamma
Gamma	Gamma
Gamma	Gamma

½-MILE RELAY TEAMS

(Names In The Order In Which They Will Run)

					SUBSTITUTES	
ALPHA:	,	,	,	.	1.	2.
BETA:	,	,	,	.	1.	2.
KAPPA:	,	,	,	.	1.	2.
DELTA:	,	,	,	.	1.	2.
EPSILON:	,	,	,	,	1.	2.
GAMMA:	,	,	,	.	1.	2.

INTER-PLAYGROUND ATHLETIC MEET ENTRIES -- 1949

CLASS C

60-YARD DASH		50-YARD LOW HURDLES	
NAME	PLAYGROUND	NAME	PLAYGROUND
	Alpha		Alpha
	Alpha		Alpha
	Alpha		Alpha
	Alpha		Alpha
	Beta		Beta
	Beta		Beta
	Beta		Beta
	Beta		Beta
	Kappa		Kappa
	Kappa		Kappa
	Kappa		Kappa
	Kappa		Kappa
	Delta		Delta
	Delta		Delta
	Delta		Delta
	Delta		Delta
	Epsilon		Epsilon
	Epsilon		Epsilon
	Epsilon		Epsilon
	Epsilon		Epsilon
	Gamma		Gamma
	Gamma		Gamma
	Gamma		Gamma
	Gamma		Gamma

RUNNING HIGH JUMP		RUNNING BROAD JUMP	
NAME	PLAYGROUND	NAME	PLAYGROUND
	Alpha		Alpha
	Alpha		Alpha
	Alpha		Alpha
	Alpha		Alpha

INTER-PLAYGROUND ATHLETIC MEET ENTRIES -- 1949

CLASS C (Continued)

Beta	Beta
Beta	Beta
Beta	Beta
Beta	Beta
Kappa	Kappa
Kappa	Kappa
Kappa	Kappa
Kappa	Kappa
Delta	Delta
Delta	Delta
Delta	Delta
Delta	Delta
Epsilon	Epsilon
Epsilon	Epsilon
Epsilon	Epsilon
Epsilon	Epsilon
Gamma	Gamma
Gamma	Gamma
Gamma	Gamma
Gamma	Gamma

¼-MILE RELAY TEAMS

(Names In The Order In Which They Will Run)

ALPHA:	,	,	,	. 1.	2.
BETA:	,	,	,	. 1.	2.
KAPPA:	,	,	,	. 1.	2.
DELTA:	,	,	,	. 1.	2.
EPSILON:	,	,	,	. 1.	2.
GAMMA:	,	,	,	. 1.	2.

When the entries have been received at playground headquarters, there is, obviously, a certain amount of work necessary, at least as regards the dash and hurdles events in the matter of arranging the entries in heats.

We also include at this point a convenient type of entry list for the use of the clerks in the high jump and broad jump events.

FORM IV

A CLASS _____ DASH _____ CLASS A

1st TRIAL HEAT

BETA

EPSILON

GAMMA

KAPPA

DELTA

ALPHA

3rd TRIAL HEAT

KAPPA

GAMMA

DELTA

BETA

ALPHA

EPSILON

2nd TRIAL HEAT

DELTA

BETA

ALPHA

EPSILON

GAMMA

KAPPA

4th TRIAL HEAT

ALPHA

KAPPA

BETA

DELTA

GAMMA

EPSILON

FORM IV (Continued)

A CLASS HURDLES CLASS A

1st TRIAL HEAT

BETA
EPSILON
GAMMA
KAPPA
DELTA
ALPHA

3rd TRIAL HEAT

KAPPA
GAMMA
DELTA
BETA
ALPHA
EPSILON

2nd TRIAL HEAT

DELTA
BETA
ALPHA
EPSILON
GAMMA
KAPPA

4th TRIAL HEAT

ALPHA
KAPPA
BETA
DELTA
GAMMA
EPSILON

FORM IV (Continued)

B CLASS _____ DASH _____ CLASS B

1st TRIAL HEAT	3rd TRIAL HEAT
BETA	KAPPA
EPSILON	GAMMA
GAMMA	DELTA
KAPPA	BETA
DELTA	ALPHA
ALPHA	EPSILON

2nd TRIAL HEAT	4th TRIAL HEAT
DELTA	ALPHA
BETA	KAPPA
ALPHA	BETA
EPSILON	DELTA
GAMMA	GAMMA
KAPPA	EPSILON

B CLASS HURDLES CLASS B

1st TRIAL HEAT

BETA
EPSILON
GAMMA
KAPPA
DELTA
ALPHA

3rd TRIAL HEAT

KAPPA
GAMMA
DELTA
BETA
ALPHA
EPSILON

2nd TRIAL HEAT

DELTA
BETA
ALPHA
EPSILON
GAMMA
KAPPA

4th TRIAL HEAT

ALPHA
KAPPA
BETA
DELTA
GAMMA
EPSILON

FORM IV (Continued)

CLASS _____ DASH _____ CLASS

1st TRIAL HEAT

BETA
EPSILON
GAMMA
KAPPA
DELTA
ALPHA

3rd TRIAL HEAT

KAPPA
GAMMA
DELTA
BETA
ALPHA
EPSILON

2nd TRIAL HEAT

DELTA
BETA
ALPHA
EPSILON
GAMMA
KAPPA

4th TRIAL HEAT

ALPHA
KAPPA
BETA
DELTA
GAMMA
EPSILON

C CLASS HURDLES CLASS C

1st TRIAL HEAT

BETA
EPSILON
GAMMA
KAPPA
DELTA
ALPHA

3rd TRIAL HEAT

KAPPA
GAMMA
DELTA
BETA
ALPHA
EPSILON

2nd TRIAL HEAT

DELTA
BETA
ALPHA
EPSILON
GAMMA
KAPPA

4th TRIAL HEAT

ALPHA
KAPPA
BETA
DELTA
GAMMA
EPSILON

FORM V

NAME PLAYGROUND

HIGH JUMP

HEIGHT OF BAR

BEST PERFORMANCE

ORDER OF FINISH

FORM VI

NAME	PLAYGROUND	BROAD JUMP 1 FEET	BROAD JUMP 1 INCHES	BROAD JUMP 2 FEET	BROAD JUMP 2 INCHES	BROAD JUMP 3 FEET	BROAD JUMP 3 INCHES	BEST PERFORMANCE	ORDER OF FINISH

CHART III

INTER-PLAYGROUND ATHLETIC MEET

ORDER OF EVENTS

	CLASS A	CLASS B	CLASS C	
1.	High Jump	Dash Trials		1.
2.			Dash Trials	2.
3.		Hurdle Trials		3.
4.			Hurdle Trials	4.
5.		Broad Jump		5.
6.			Relay Trials	6.
7.	Dash Trials		High Jump	7.
8.	Hurdle Trials			8.
9.	Broad Jump	Dash Semi-final		9.
10.		Relay Trials		10.
11.		High Jump	Dash Semi-final	11.
12.	Dash Semi-final		Broad Jump	12.
13.	Relay			13.
14.			Hurdle Semi-final	14.
15.	Hurdle Semi-final			15.
16.			Final Relay	16.
17.		Hurdle Semi-final		17.
18.	Dash Final			18.
19.		Final Relay		19.
20.			Hurdle Final	20.
21.	Hurdle Final			21.
22.		Hurdle Final		22.
23.			Dash Final	23.
24.		Dash Final		24.

CHART IV

OFFICIALS FOR INTER-PLAYGROUND ATHLETIC MEET

CONTESTANTS
- Master.....
- Marshal Class A.....
- Marshal Class B.....
- Marshal Class C.....
- Call Man Class A.....
- Call Man Class B.....
- Call Man Class C.....

SPECTATORS
- Marshal.....
- Assistants.....
  - .....
- Ushers.....
  - .....
  - .....

HEADQUARTERS
- Director.....
- Clerk.....
- Recorder.....
- Scorer.....
- Usher.....
- Courier.....

ANNOUNCEMENTS
- Announcer.....
- Signal Flag Man.....
  - Aides.....
    - .....

PARAPHERNALIA
- Clerk.....
- Asst. Clerks.....
  - .....

PROGRAM
- Clerk.....
- Asst. Clerk.....
- Timekeeper.....
- Courier.....

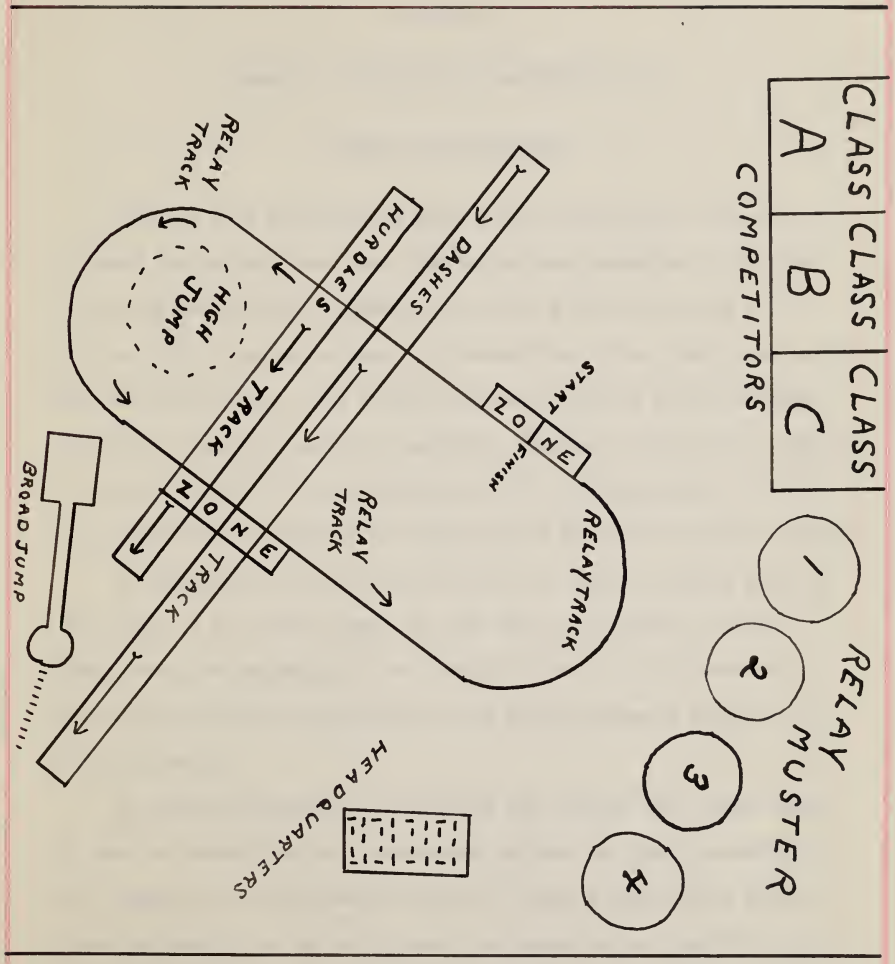
TRACK EVENTS
- Starter.....
- Clerk of Starts.....
- Clerk of Course.....
- Asst. Clk. of Course.
- Marshal of Relays....
- Aides in Relay.....
  - .....
  - .....
  - .....
- Finish Marshal.....
- Judges.....
  - .....
  - .....
  - .....
  - .....
- Timers.....
  - .....

HIGH JUMP
- Master.....
- Courier.....
- Aides.....
  - .....

BROAD JUMP
- Marshal.....
- Judge.....
- Recorder.....
- Courier.....
- Aides.....
  - .....

CHART V

TRACK FOR INTERPLAYGROUND ATHLETIC MEET



CHAPTER IV

SUMMARY, CONCLUSION AND RECOMMENDATIONS

SUMMARY AND CONCLUSION

What has been presented in this paper constitutes a response to a sincere conviction based upon observation and experience that there is room for considerable improvement in what goes by the name of a track and field program in many city recreation systems large and small. There are few systems which would repudiate track and field athletics entirely as a useful, indeed an expected, feature of their full program, but we must insist that many systems are not getting anything like the full potentialities physical or psychological of track and field events.

If progress here is to keep pace at all with the marked general advancement in recreation work, we feel that the programs presented should show more ingenuity and authenticity than can be discovered in the summaries of most individual or city wide playground track meets in this district.

Our modern playground children are not content with tennis without nets or baseball without bases--and neither are they particularly well pleased by or attracted to track and field programs that bear no noticeable similarity to the Olympic, collegiate or at least the inter-

scholastic competitions with which they are familiar and in which they are genuinely interested.

If it be conceded that the modern city recreational system must do more than supervise make shift contests which only approximate genuine tennis or baseball games, we hold that there should be a comparable devotion to a track and field program which will be superior to any that children might conduct for themselves on the city streets or have conducted for them by well meaning but poorly informed Sunday school teachers in a country field. We are well aware that a program which meets the needs we have indicated does not spring into being full grown at the mere wish for it. There are problems involved, problems that must take into consideration such things as the physical limitations of playground age children--and the equipment limitations of the average playground system.

It was in an effort to solve these problems and suggest something realistic in all respects that these pages were undertaken. To this end we have eliminated from the basic program events that involve uncommon expense or noteworthy dangers to competitors or spectators. We have selected events that present comprehensive variety--that is to say, competition in running, hurdling, jumping and relay team work. At the same time, we have settled upon events which, with a certain flexibility in the mere matter of distance, can be utilized in two or three different age brackets. This eliminates the necessity of conducting two or

three virtually separate track meets, one for each age group, but it keeps in mind, at the same time, the relative physical superiority of the older boys.

Incidentally, apropos of the possible objection that all programs of this sort present a health menace to children who have not reached their full physical development, we have, in the course of putting this paper together, encountered a pertinent and interesting study conducted by the Philadelphia Association for Health, Physical Education and Recreation. As the study pertains to those in the age group with which we are here concerned, it shows that there are apparently some who fear damage to the heart still in its developmental stage, but there are others who just as strongly and with increased authority (due to electro-cardiograph and X-ray evidence) advocate stimulating exercise in these formative years.

The study, as reported in the May, 1949 issue of THE PHYSICAL EDUCATOR by Dr. Joseph B. Wolffe, M. D. and Grover W. Mueller, is hardly conclusive, but it does make it clear that nothing new has come to light to suggest that it would be desirable to be eliminating rather than constructing programs of this sort.

The program which we have suggested is not a program that might work or should work, but one that has worked with considerable appeal to general playground interest and to the particular development of track and field talents among boys in the age group involved. In

attracting them in the first place, it has held out to them something that they could respect because it had a note of authenticity by way of comparison with the track meets in which their older brothers were participating on high school or college level. And then, after engaging their attention and evoking their best efforts, it is capable of leaving them with experience that has a definite and direct carry-over value for their own subsequent participation in high school and college athletics.

Our tabulation of best performances over a period of years testifies to the fact not only that boys of the ages mentioned are capable of performing in the events suggested, but also that with practice and experience they develop proficiencies which would recommend them to the discerning high school track coach as promising, prefabricated material.

Without any hesitation, we recommend the program to those who desire something in the line of track and field athletics that will catch and keep the attention and at the same time develop the talents of boys up to seventeen years of age. From this age on then the lads should be ready, especially with the experience of this program for a background, for the regular interscholastic and adult amateur competition which is not lacking anywhere in these glorious, sport loving United States.

RECOMMENDATIONS

In addition to a general recommendation of the program, we have a few specific suggestions to offer along with it. First of all, let us say that the program we have outlined is calculated to take care of the needs of a large city playground system. Adaptation, downward, to suit the needs of smaller systems would not be too difficult. Our recommendations for the "local playground" meet might well take care of the whole picture in a town with one playground. In systems of intermediate size, it might be necessary and it would be possible, 1) to cut the number of preliminary meets, by conducting, for example, only two "local" meets--and then pitting the "East" versus the "West" group in the final competition; and/or 2) to reduce the number of age divisions to two and adjust the distance of the dashes, hurdles and relays in such wise as to compensate for the new groupings.

This type of program, on large, small or intermediate scale will, as we have so often insisted, recommends itself to those eligible for the competition. Its complete effectiveness is of course considerably enhanced when it has an appeal, to other groups, which will draw spectators and sustain spectator interest.

The first point, the attraction of spectators is a matter of publicity pure and simple. Every device, from the local playground bulletin board, through the newspapers, to such things as a truck with a calliope cruising the streets of the city with clearly painted signs,

will be of assistance here. The business of keeping spectators informed and therefore interested when they have come to the meets, calls for even more precise planning. It must start with the children on the playground. The more of it that they catch and convey to elders, the easier this part of the job is, and the better it is done. To this end all the children on each playground should be familiarized with such points as the following--and urged to tell their parents about them:

I. Frequent Talks About

1. The large crowd that's going
2. Official guests of honor, the Mayor, etc.
3. Not only their playground but all the playgrounds will be represented
4. The four championships that are at stake
5. The opportunity to root for one's own playground or perhaps for one's own brother, cousin, etc.

II. Explanation of Technicalities of Meet

1. Four Championships at Stake

(a) For highest score in Class A (boys15--16).
(b) For highest score in Class B (boys13--14).
(c) For highest score in Class C (boys12 and under).
(d) Grand championship for aggregate score in all classes combined.

2. Scoring of Points

In any event, first counts five points (the playground gets 5 points whose boy captures first place); second place in any event, three points; third place in any event, two points; and fourth place in any event, one point. In case of tie for first,

$5 + 3 \div 2 = 4$. (The two playgrounds tied divide the 8 points; 4 for each.) In case of tie for second place, each gets $2\frac{1}{2}$ points ($3 + 2 \div 2 = 2\frac{1}{2}$). In case of tie for third place, each gets $1\frac{1}{2}$ points ($2 + 1 \div 2 = 1\frac{1}{2}$); and no points are left for fourth place, because 5 (for first) + 3 (for second) + 1 (for third) are already assigned.

3. Simultaneous Events

Events in two or more classes can be followed at the same time. No two in same class going on at same time. For help in following, use Items 4, 5, and 6, below; and also the "Order of Events" papers.

4. Playground Colors

Each athlete will wear his playground color in his uniform. A spectator can tell all the time which playground is winning, which second, and so on.

5. How To Follow The Scoring During The Meet

The Announcer will tell winner in each event with name of playground; same for second place; same for third place; same for fourth place. Boys and girls can thus compute the score from time to time.

To make it still easier, the Announcer will read off the standing score at a dozen or more points during the Meet, as scores are recorded.

6. Important Points

The difference between Trial, Semi-final and Final Heat should be explained. In track events (Dashes and Hurdles) so many boys are entered that Trials and Semi-finals are necessary for elimination of all but five or six in each event. Of course no points can be scored in a Trial Heat or Semi-final Heat. Not until the

Final Heat of each event does any scoring take place.

In order that the boys and girls may understand what's going on, this business of Trial, Semi-final and Final, scoring and no scoring, must be carefully explained.

With sufficient attention having been given to matters of this sort, the complete unfolding of this program will have been prepared for in such a way as to make it a civic attraction as well as an athletic competition. We have read with interest of late of the public interest that some cities and towns have been able to muster behind junior baseball leagues of one sort or another, and of the added enthusiasm that adult interest has generated among the juvenile population. It occurs to us that a track and field program along the lines suggested, with local meets well spaced--and the city wide meet well publicized, could inspire and sustain an interest and enthusiasm altogether comparable to what has been achieved by well planned junior leagues in baseball. In any case we know that whether sufficient effort is made to attract wide spectator interest or not, this program has what such a program needs to recommend it to youthful participators, as something worthy of their attention because its events are modeled along the lines of adult competitions--and as something that is within their capacity because the events have been scaled to fit the various age groups.

The program calls for some effort and concentration to put it into operation--but the playground system which is willing to expend the necessary energy upon it in the beginning will find that it has a well established feature upon which it can depend year after year as a stellar part of even the most elaborate over all season planning.

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