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## DOVER HIGH TRACK AND FIELD GUIDELINES

*Why's - Team images, performance, attitudes, and interest toward toward track and field.*

- 1. Drinking will not be tolerated*
- 2. Smoking will not be tolerated*
- 3. Use of drugs will also not be tolerated*
- 4. We will conduct ourselves as gentlemen at ALL times.*
- 5. Keep locker and area CLEAN.*
- 6. Report all injuries when they happen.*
- 7. Admittance to Med. Room with coach.*
- 8. Get plenty of rest.*
- 9. Watch diet day of competition and stay off feet.*
- 10. To letter - in track and field: must participate in half of the scheduled meets.*
- 11. Bus conduct = Go as a team - come back as a team.*
- 12. Act like a gentleman on the bus.*

## AWARDS

*Reserve - certificate*

*First year - 8" letter*

*Second year - plaque*

*Third year - plaque*

*Fourth year - plaque*

PERSONAL GOALS

DISTANCE 22 Feet

TIME \_\_\_\_\_

PACE \_\_\_\_\_

SEASONS GOAL \_\_\_\_\_

WEEKLY GOALS \_\_\_\_\_

PERSONAL GOALS

DISTANCE 6' 4"

TIME \_\_\_\_\_

PACE \_\_\_\_\_

SEASONS GOAL \_\_\_\_\_

WEEKLY GOALS \_\_\_\_\_

## THINK AND GROW RICH

If you think you are beaten, you are,  
If you think you dare not, you don't  
If you like to win, but you think you can't,  
It is almost certain you won't.

If you think you'll lose, you're lost  
For out of the world we find,  
Success begins with a fellow's will --  
It's all in the state of mind.

If you think you are outclassed, you are,  
You've got to think high to rise,  
You've got to be sure of yourself before  
You can ever win a prize.

Life's battles don't always go  
To the stronger or faster man,  
But soon or late the man who wins  
Is the one WHO THINKS HE CAN.

## REASONS FOR PROPER WARMUP

*It is generally conceded that the real value of warmup is in its use as a preventive measure. Since it has become known that adequate warmup prevents strains and muscle tears that would probably occur if the athlete went into full performance without such a preliminary. The main purpose of warm-up is to raise both the general body and the deep-muscle temperatures and to stretch the ligaments and other collagenous tissues in order to permit greater flexibility and thus to generally supply the body, thereby reducing the possibility of muscle tears and ligamentous strains, as well as prevent muscle soreness.*

*When the athlete attains a state of sweating, he has raised his internal temperature to a desirable level.*

*Most high school athletes fail to warmup sufficiently, intending to save themselves for competition. This is a mistaken concept. It takes approximately 20 minutes of gradual warmup to bring the body to a state of readiness with its attendance use in body temperature and to adequately mobilize the body physiology in terms of making a greater number of muscle capillaries available for extreme effort and of reading blood sugar and adrenaline.*

DOVER TRACK & FIELD RECORDS

| <u>EVENT</u>   | <u>NAME</u>                                   | <u>TIME</u><br><u>DISTANCE</u> | <u>YEAR</u> |
|----------------|---|--------------------------------|-------------|
| 120 H. Hurdles | D. Sherrell                                   | 15.0                           | 1972        |
| 100            | J. Mills                                      | 9.9                            | 1975        |
| Mile Run       | K. Knittle                                    | 4:21.9                         | 1969        |
| 440 Relay      | T. Bober, S. Truchly<br>J. Neiger, J. Black   | 45.4                           | 1980        |
| 440            | J. Mills                                      | 49.8                           | 1975        |
| 880 Relay      | D. Sherrell, G. Crues<br>P. Gardner, E. Mills | 1:32.7                         | 1972        |
| 180 L. Hurdles | J. Terakedis                                  | 20.3                           | 1962        |
| 300 L. Hurdles | E. Redman                                     | 38.4                           | 1979        |
| 880            | M. Keener                                     | 1:59                           | 1974        |
| 220            | E. Mills                                      | 21.8                           | 1971        |
| 2 mile run     | K. Knittle                                    | 9:25.7                         | 1969        |
| Mile Relay     | Googash, Myers<br>Bennett, Schwartzwelder     | 3:22.6                         | 1966        |
| Shot-Put       | T. Zifer                                      | 53' 6½"                        | 1973        |
| Discus         | T. Zifer                                      | 155' 2½"                       | 1973        |
| Pole Vault     | D. Lieser                                     | 12' 7"                         | 1972        |
| High Jump      | P. Archer                                     | 6' 2¼"                         | 1980        |
| Long Jump      | J. Black                                      | 22' 4"                         | 1980        |

# Interval chart

← DISTANCE →

TIME

| 100  | 220  | 330  | 440 | 600    | 660    | 880  | 1000 | 3/4  | Mile | 1 1/4 | 1 1/2 | 2     |
|------|------|------|-----|--------|--------|------|------|------|------|-------|-------|-------|
| 11.0 | 22.0 | 33.0 | 44  |        |        |      |      |      |      |       |       |       |
| 11.2 | 22.5 | 33.7 | 45  |        |        |      |      |      |      |       |       |       |
| 11.5 | 23.0 | 34.5 | 46  |        |        |      |      |      |      |       |       |       |
| 11.7 | 23.5 | 35.2 | 47  | 1:03.6 |        |      |      |      |      |       |       |       |
| 12.0 | 24.0 | 36.0 | 48  | 1:05.4 | 1:12   |      |      |      |      |       |       |       |
| 12.2 | 24.5 | 36.7 | 49  | 1:06.2 | 1:13.5 |      |      |      |      |       |       |       |
| 12.5 | 25   | 37.5 | 50  | 1:07.8 | 1:15   |      |      |      |      |       |       |       |
| 12.7 | 25.5 | 38.2 | 51  | 1:09.6 | 1:16.5 |      |      |      |      |       |       |       |
| 13   | 26   | 39   | 52  | 1:10.8 | 1:18   | 1:44 |      |      |      |       |       |       |
| 13.2 | 26.5 | 39.7 | 53  | 1:12   | 1:19.5 | 1:46 |      |      |      |       |       |       |
| 13.5 | 27   | 40.5 | 54  | 1:13.8 | 1:21   | 1:48 |      |      |      |       |       |       |
| 13.7 | 27.5 | 41.2 | 55  | 1:15   | 1:22.5 | 1:50 | 2:05 |      |      |       |       |       |
| 14   | 28   | 42   | 56  | 1:16.2 | 1:24   | 1:52 | 2:07 |      |      |       |       |       |
| 14.2 | 28.5 | 42.7 | 57  | 1:17.4 | 1:25.5 | 1:54 | 2:09 |      |      |       |       |       |
| 14.5 | 29   | 43.5 | 58  | 1:18.6 | 1:27   | 1:56 | 2:11 | 2:54 |      |       |       |       |
| 14.7 | 29.5 | 44.2 | 59  | 1:20.4 | 1:28.5 | 1:58 | 2:14 | 2:57 | 3:56 |       |       |       |
| 15   | 30   | 45   | 60  | 1:21.6 | 1:30   | 2:00 | 2:16 | 3:00 | 4:00 |       |       |       |
| 15.2 | 30.5 | 45.7 | 61  | 1:22.8 | 1:31.5 | 2:02 | 2:18 | 3:03 | 4:04 | 5:05  |       |       |
| 15.5 | 31   | 46.5 | 62  | 1:24   | 1:33   | 2:04 | 2:20 | 3:06 | 4:08 | 5:10  | 6:12  |       |
| 15.7 | 31.5 | 47.2 | 63  | 1:25.8 | 1:34.5 | 2:06 | 2:23 | 3:09 | 4:12 | 5:15  | 6:18  | 8:24  |
| 16   | 32   | 48   | 64  | 1:27   | 1:36   | 2:08 | 2:25 | 3:12 | 4:16 | 5:20  | 6:24  | 8:32  |
| 16.2 | 32.5 | 48.7 | 65  | 1:28.2 | 1:37.5 | 2:10 | 2:27 | 3:15 | 4:20 | 5:25  | 6:30  | 8:40  |
| 16.5 | 33   | 49.5 | 66  | 1:30   | 1:39   | 2:12 | 2:30 | 3:18 | 4:24 | 5:30  | 6:36  | 8:48  |
| 16.7 | 33.5 | 50.2 | 67  | 1:31.2 | 1:40.5 | 2:14 | 2:32 | 3:21 | 4:28 | 5:35  | 6:42  | 8:56  |
| 17   | 34   | 51   | 68  | 1:32.4 | 1:42   | 2:16 | 2:34 | 3:24 | 4:32 | 5:40  | 6:48  | 9:04  |
| 17.2 | 34.5 | 51.7 | 69  | 1:33.6 | 1:43.5 | 2:18 | 2:36 | 3:27 | 4:36 | 5:45  | 6:54  | 9:12  |
| 17.5 | 35   | 52.5 | 70  | 1:35.4 | 1:45   | 2:20 | 2:39 | 3:30 | 4:40 | 5:50  | 7:00  | 9:20  |
| 17.7 | 35.5 | 53.2 | 71  | 1:36   | 1:46.5 | 2:22 | 2:40 | 3:33 | 4:44 | 5:55  | 7:06  | 9:28  |
| 18   | 36   | 54   | 72  | 1:37.2 | 1:48   | 2:24 | 2:43 | 3:36 | 4:48 | 6:00  | 7:13  | 9:36  |
| 18.2 | 36.5 | 54.7 | 73  | 1:39   | 1:49.5 | 2:26 | 2:45 | 3:39 | 4:52 | 6:05  | 7:18  | 9:44  |
| 18.5 | 37   | 55.5 | 74  | 1:40.8 | 1:51   | 2:28 | 2:48 | 3:42 | 4:56 | 6:10  | 7:24  | 9:52  |
| 18.7 | 37.5 | 56.2 | 75  | 1:42   | 1:52.5 | 2:30 | 2:50 | 3:45 | 5:00 | 6:15  | 7:30  | 10:00 |
| 19   | 38   | 57   | 76  | 1:43.2 | 1:53   | 2:32 | 2:52 | 3:48 | 5:04 | 6:20  | 7:36  | 10:08 |
| 19.2 | 38.5 | 57.7 | 77  | 1:44.7 | 1:54.5 | 2:34 | 2:55 | 3:51 | 5:08 | 6:25  | 7:42  | 10:16 |
| 19.5 | 39   | 58.5 | 78  | 1:46.2 | 1:55   | 2:36 | 2:57 | 3:54 | 5:12 | 6:30  | 7:48  | 10:24 |

NOTE: This table is adapted from one prepared by Armas Valste, Finland's National Track and Field Coach, 1960

## DOVER HIGH SCHOOL 1980 TRACK &amp; FIELD COMPOSITE

|                                     | LJ        | HJ    | PV   | SHOT      | DISCUS | 100  | 200  | 400  | 800    | 1600   | 110  | 300  | 400R | 1600R  | 3200    |
|-------------------------------------|-----------|-------|------|-----------|--------|------|------|------|--------|--------|------|------|------|--------|---------|
| COSHOCTON<br>ZANESVILLE             | 21.8      | 5:9   | 13'  | 48'1 1/4  | 148'   | 10.2 | 23.4 | 52.3 | 2:11.2 | 4:53.5 | 15.2 | 43.  | 47.1 | 3:48.7 | 10:42.5 |
| PERRY<br>MASSILLON                  | 20'9 1/2  | 6'0   | 11'  | 51'8"     | 147'4  | 11.5 | 23.7 | 53.2 | 2:06.7 | 4:53.9 | 15.6 | 43.4 | 46.5 | 3:38.7 | 10:36.7 |
| CLAYMONT                            | 20'8 1/4  | 5'10" | 10'6 | 45'7      | 125'   | 11:7 | 24.5 | 54.6 | 2:09   | 4:48   | 16.7 | 43.6 | DQ   | 3:46.7 | 10:17.8 |
| WOOSTER                             | 20'6 1/2  | 5'8"  | 10   | 43'1      | 123'5  | 11.5 | 23.7 | 54.5 | 2:08   | 4:51.4 | 17.6 | 43.4 | 47.7 | 3:47   | 10:14   |
| MARIETTA                            | 21"2      | 5'10  | 11'6 | 56'4 1/2  | 147'9" | 11.8 | 23.3 | 53.9 | 2:31   | 4:40.8 | 16.9 | 42.7 | 46.1 | 3:38.7 | 10:10.5 |
| CARROLLTON<br>ST. THOMAS<br>AQUINAS | 21'5 3/4" | 5'10" | 12'6 | 49'5      | 137'5  | 11.3 | 22.9 | 52.6 | 2:02   | 4:31.8 | 16.2 | 41.0 | 45.3 | 3:36   | 10:07   |
| NEW PHILADELPHIA -                  | 21'7 1/2  | 6'1   | 11'6 | 46'7      | 115'4  | 11.5 | 23.3 | 52.8 | 2:09.1 | 4:48.9 | 16.6 | 40.6 | 46.2 | 3:41   | 10:40.5 |
| CANTON<br>CENTRAL CATHOLIC          | 21'11 3/4 | 6'0   | 12'0 | 49'3 1/2" | 120'2  | 11.6 | 23.1 | 53.1 | 2:11.5 | 4:48.1 | 16.1 | 42.6 | 46.1 | 3:39.5 | 10:28   |
| NORTH CANTON                        | 21'       | 5'10" | 11'6 | 49'3      | 139'7  | 11.5 | 23.4 | 53.6 | 2:06   | 4:39   | 16.4 | 41.2 | 44.7 | 3:41.7 | 10:45   |