

DOVER

88
4



'I' & 'I'

572.

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

TRACK AND FIELD NOTEBOOK

GOALS AND OBJECTIVES

Individual

Below are listed several goals that each of us, as a member of this team, should keep in mind and strive to achieve. Only by striving to achieve these goals will each of us be successful in our efforts in track and field. It is easy to be ordinary. It takes courage to excel. Each of us must excel.

1. To be dedicated in our efforts in practice and in competition in our events.
2. To set realistic goals of performance for ourselves.
3. To strive to achieve these goals and constantly be resetting these goals.
4. To make each performance in competition better than the performance yet achieved.
5. To always strive for the best possible place each time you compete.
6. To strive to be the best athlete possible. (On and off the track; in and out of the classroom.)
7. To lead your team mates both in example and word.
8. To help any team mate whenever and however possible.
9. To represent yourself, your team, as well as your school, in the best possible fashion.

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.

PERSONAL GOALS

DISTANCE _____

TIME _____

PACE _____

SEASONS GOAL _____

WEEKLY GOALS _____

PERSONAL GOALS

DISTANCE _____

TIME _____

PACE _____

SEASONS GOAL _____

WEEKLY GOALS _____

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.

Interval chart

← DISTANCE →												
100	220	330	440	600	660	880	1000	3/4	1 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	1:06	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

"THE PURSUIT OF THE DIFFICULT"

GEORGE ROMNEY

Happiness is never a result --- it is a by-product --- it comes from something else: from service, from the pursuit of a goal larger than yourself; for the pursuit of the difficult, which makes men strong, rather than from the pursuit of easy things, which make men weak.

It takes the strength of self control and courage to do what we ought to do. It is not easy to resist our own internal pressures to conform to a group -- to follow our friends, and do what they are doing even if we know it to be wrong. And it is not easy to guard against personal purity and to protect physical health, but these are essential to a meaningful and full life.

Character cannot be built; nor anything of value accomplished without self-discipline -- and that takes courage. It is self-mastery which demonstrates maturity. You will never be truly grown up until you have learned to turn your back on the things you think you want most -- because of something you want more. And most people in achieving great accomplishments, have first had to do the things that they didn't want to do in order to achieve what they wanted to do.

*This was taken from an address delivered at the Western Michigan University commencement on January 23, 1965

TRACK & FIELD RECORDS

DOVER HIGH SCHOOL

<u>EVENT</u>	<u>NAME</u>	<u>TIME/ DISTANCE</u>	<u>YEAR</u>
120 High Hurdles	D. Sherrell	15.0	1972
100	J. Carrico	9.9	1952
Mile Run	K. Knittle	4:21.9	1969
440 Relay	Arbogast, Mills, Polce, Miller *	43.1	1983
880 Relay	Arbogast, Mills, Polce, Miller *	1:30.7	
180 Low Hurdles	J. Terakedis	20.3	1962
300 Low 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	Miller, Mills, Arbogast, Polce *	3:26.1	1983
Shot Put	T. Altier *	57'8½"	1983
Discus	T. Zifer	155'2½"	1973
Pole Vault	S. Heller *	13'6½"	1981
High Jump	Bryan Miller *	6'4"	1983
Long Jump	J. Black *	22'4"	1980
3200 R	Dearth, Contini, Allen, Denning *	8:23	1982
440	J. Mills	49.8	1975

DOVER HIGH SCHOOL

INDOOR RECORDS

POLE VAULT	Scott Heller *	11'	3/21/81
HIGH JUMP	Bryan Miller*	6'4"	3/12/83
LONG JUMP	Steve Truchly*	20'4"	3/14/81
SHOT PUT	Todd Altier *	53'10"	3/19/83
TRIPLE JUMP	Dan VanEpps *	40'9½"	3/12/83
45 YD. DASH	Greg Arbogast *	5.2	3/19/83
50 YD. DASH	Mike Dickens*	5.78	1980
220	Greg Arbogast *	24.2	3/19/83
300	Greg Arbogast *	39.1	3/12/83
440	Dave Polce *	53.8	3/19/83
500	Dan McCaslin *	68.0	3/12/83
600	Dave Polce *	1:30.4	3/14/81
880	Chris Groh *	2:11	3/21/81
1000	Bill Lieser *	3:02.2	3/12/83
MILE RUN	John Denning *	4:54	3/20/82
2 MILE RUN	Ken Smith *	10:36	3/12/83
50 HIGH HURDLE	Chris Wagner *	7.2	3/12/83
45 HIGH HURDLE	Steve Truchly *	6.2	3/21/81
45 LOW HURDLE	Steve Truchly *	5.8	1980
8 LAP RELAY	Arbogast, Wagner, * Mills, Miller	2:38.2	3/12/83
880 RELAY	Miller, Mills, * Arbogast, Wagner *	1:42.6	3/19/83
MILE RELAY	Miller, Polce, * Flora, Arbogast	3:48	3/20/82
12 LAP RELAY	Polce, Mills, * Miller, Arbogast *	4:12 <u>1</u>	3/12/83
2 MILE RELAY	Dearth, Wagner, * Contini, Allen *	8:54	3/20/82
24 LAP RELAY	Dearth, Wagner, * Contini, Allen	9:57	3/13/82

RELAY RECORDS
DOVER HIGH SCHOOL

<u>EVENTS</u>	<u>NAMES</u>	<u>DISTANCE/ TIME</u>	<u>YEAR</u>
Long Jump	Truchly, Woods, Black	58'½"	1980
Pole Vault	Margletta, Burrell, Maize	32'	1983
Shot Put	Altier, Edwards, Barr	142'5¼"	1983
Discus	Zifer, Kopec, Beasley	428'1½"	1972
High Jump	Wagner, Miller, Van Epps	17'0"	1983
400 Relay	Polce, Mills, Miller, Arbogast	43.1	1983
800 Relay	Arbogast, Mills, Polce, Miller	1:30.7	1983
SP. MR.	Bober, Hutras, Neiger, Arcerh	1:43.1	1980
Mile Relay	Miller, Mills, Arbogast, Polce	3:26.1	1983
480 Shuttles	McCaslin, Heller, Maize, Wagner	63.7	1983
Dist. MR.	Tarulli, Lenarz, Knittle, Reese	7:51.0	1969
2 Mile Relay	Dearth, Wagner, Allen, Contini	8:24.1	1982
4 Mile Relay	Knittle, Lenarz, Leuck, Scherstel	18:55.1	1969

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION
4080 ROSELEA PLACE, COLUMBUS, OHIO 43214

BULLETIN TR. 84-1

1984 BOYS AND GIRLS TRACK REGULATIONS

SENIOR HIGH

- I) A participant may compete in a maximum of four (4) track and field events. The four events may be any combination of track and field events, including relays, or may be four track events or four field events.
- II) The foregoing regulation applies to one and two day meets without exception.
- III) The Order of Events as specified in the National Federation Track and Field Rules, Rule 1 shall be used in all high school meets in Ohio and may be changed only by mutual agreement. The javelin is NOT an approved event and is not permitted in senior high competition.
- IV) Rule 2 - Scoring and Ties. Exceptions to this rule are not permissible. Ties shall be resolved as specified in Section 2.
- V) Freshman or ninth grade meets must use applicable junior high regulations. See Bulletin TR. 84-2. This bulletin supersedes the order of events listed on page 62 of the National Federation Track and Field Rule Book.
- VI) A ninth grader in a four year high school who participates in a senior high meet is ineligible for freshman or ninth grade competition the remainder of the season. Members of a ninth grade or freshman team which has completed its season are ineligible for reserve or varsity competition during the same season. (OHSAA Bylaw 2-2-6, page 22).
- VII) Length of Season and Coaching Regulations. (p. 65 OHSAA Sports Regulations)
 - a) No scrimmages permitted.
 - b) 16 meets permitted, does not include sectional, district, regional or state.
 - c) Coaching and instruction may begin - March 5, 1984.
 - d) Earliest date for interscholastic competition - March 30, 1984.
 - e) Latest date for interscholastic competition - June 9, 1984.
 - f) Each student-athlete is limited to a maximum of one meet per day.
- VIII) Order of Events - In accordance with Rule 1-2, unless changed by the Games Committee or by mutual agreement of the competing teams, the order of events in high school meets shall be as follows:

<u>GIRLS</u>	<u>BOYS</u>
1 - Relay - 3200 meters (4x800) or Two Miles (4x880)	2 - Relay - 3200 meters (4x800) or Two Miles (4x880)
3 - Low Hurdles - 100 meters	4 - High Hurdles - 110 meters or 120 yards
5 - Dash - 100 meters	6 - Dash - 100 meters
7 - Relay - 800 meters (4x200) or 880 yards (4x220)	8 - Run - 1600 meters or One Mile
9 - Run - 1600 meters or One Mile	10 - Relay - 400 meters (4x100) or 440 yards (4x110)
11 - Relay - 400 meters (4x100) or 440 yards (4x110)	12 - Dash - 400 meters or 440 yards
13 - Dash - 400 meters or 440 yards	14 - Low Hurdles - 300 meters
15 - Low Hurdles - 300 meters	16 - Run - 800 meters or 880 yards
17 - Run - 800 meters or 880 yards	18 - Dash - 200 meters or 220 yards
19 - Dash - 200 meters or 220 yards	20 - Run - 3200 meters or Two Miles
21 - Run - 3200 meters or Two Miles	22 - Relay - 1600 meters (4x400) or One Mile (4x440)
23 - Relay - 1600 meters (4x400) or One Mile (4x440)	

NOTE: When running simultaneous girls and boys meets, events shall be competed in the order indicated by the numerical sequence. Girls and boys may not compete on the same relay team unless the girl is a member of the boys team for the season.

FIELD EVENTS: Girls: Discus (2 lbs., 3.27 oz.), high jump, long jump, shot 1 kg. (8 lbs. 13 oz.)

Boys: Discus (3 lbs., 9 oz.), high jump, long jump, pole vault, shot (12 lbs.)

ALIBI SHEET

Too much stretching; over-stretched.

Left spikes at home.

Spikes got caught in blocks.

Starter is a !!!

Couldn't practice because of wild dog chasing me.

Too cold for even a snowman to run.

Golpher holes in the track.

Afraid I would hit low beams with the shot.

Afraid I would run into beams if I leaned into the curves.

Can't analize race because of incorrect splits.

Too many cau-cau's on the bus.

No need in winning, because performance goes unnoticed anyway.

Can't run in lane 1,2,3,4,5,etc.,etc.

Too much sprint routine.

Recovering from last snowball fight.

Bleachers too comfortable; slept through race.

Jock-strap too tight.

Forgot to wear shorts under my sweats.

Blew shorts on the backsretch.

Glasses slipped off my nose.

Thought meet was cancelled.

Just here to get in shape for football.

There wasn't enough crowd support.

I'm getting too old to run anything over 100 meters.



"Home of
the Tornadoes"

DEPARTMENT OF ATHLETICS DOVER HIGH SCHOOL

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520 Walnut Street Dover, Ohio 44622

LAWRENCE L. BAKER
PRINCIPAL

JIM HELLER
ATHLETIC DIRECTOR

-1983 TRACK & FIELD RESULTS-

	T.V.	COSH.	NPHS	N.C.	T.R.	N.P. RELAYS	DIST.
3200 RELAY	8:45	9:10	8:32	8:32	8:28	8:27	8:07.2
H H	17.1	17.6	15.7	16.5	16.2		15.7
100	<u>11.3</u>	<u>11.6</u>	<u>11.1</u>	<u>11.1</u>	11.3		<u>11.2</u>
1600	4:45	4:56	4:34	4:38	4:35.5		4:25.6
400 RELAY	<u>45.2</u>	<u>48.3</u>	<u>44.6</u>	<u>45.4</u>	<u>44</u>	<u>44.1</u>	<u>43.3</u>
400	<u>54</u>	<u>56</u>	<u>51.2</u>	54.2	<u>51.2</u>		50.2
L H	41.8	45	40.8	40.4	40.7	60.5	40.1
800	2:09	2:20	2:06	2:98	2:02		1:58.6
200	<u>23.2</u>	<u>24.4</u>	22.8	<u>22.8</u>	<u>23.4</u>		<u>23.0</u>
3200	10:10	10:58	10:25	10:03	9:54		9:37.8
1600 RELAY	<u>3:35</u>	<u>4:23</u>	<u>3:36</u>	<u>3:38</u>	<u>3:35.1</u>	<u>3:27.9</u>	<u>3:26.1</u>
SHOT	56'½"	<u>52'7"</u>	<u>54'3"</u>	<u>57'</u>	<u>56.6</u>	<u>142'5"</u>	54'9"
DISCUS	143'3"	<u>138'</u>	<u>135'11"</u>	154'	150'10"	<u>400'3"</u>	163'10"
L J	18'6"	19'2"	20'	<u>20'7"</u>	19'6"	56'10"	20'1"
P V	12'6"	<u>11'6"</u>	12'	<u>12'</u>	43'	34'6"	12'6"
H J	<u>6'1"</u>	<u>5'6"</u>	<u>6'2"</u>	<u>6'0</u>	<u>6'2"</u>	<u>17'10"</u>	6'2"
4 MILE						19:13	
DIST MED						8:17.4	
880 RELAY						<u>1:31.2</u>	
SP. MED						1:38.1	