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Proposed Track and Field Program for the Women's Athletic Association at Eastern Illinois University

Harriett L. Wirt

Eastern Illinois University

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PROPOSED TRACK AND FIELD PROGRAM FOR THE WOMEN'S ATHLETIC

ASSOCIATION AT EASTERN ILLINOIS UNIVERSITY

(TITLE)

BY

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THESIS

SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS
FOR THE DEGREE OF

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CHARLESTON, ILLINOIS

1966

YEAR

I HEREBY RECOMMEND THIS THESIS BE ACCEPTED AS FULFILLING
THIS PART OF THE GRADUATE DEGREE CITED ABOVE

Aug. 8, 1966
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CHAPTER I

PROPOSED TRACK AND FIELD PROGRAM FOR THE WOMEN'S ATHLETIC ASSOCIATION AT EASTERN ILLINOIS UNIVERSITY

INTRODUCTION

There has been a recent revival of interest in track and field programs for girls and women. Many colleges and universities are offering track and field classes both in their service and professional programs.

One of the reasons track and field has not been emphasized in the recent past is because few women physical educators have had training or experience in the techniques of track and field.¹ Track and field is not a new idea in women's sports, but for years it has not been a part of the physical education program. Professional women physical educators were largely responsible for discouraging track and field. They did not like the type of competition that it involved.

Track and field techniques date back to the beginning of man. Man has always run, jumped, and thrown for

¹Ken Foreman and Virginia Husted, Track and Field Techniques for Girls and Women (Dubuque, Iowa. Wm. C. Brown Company, 1965), vii.

his survival. Also, the techniques of track and field were used in contests to decide the best man or the best warrior. Track and field events for women date back to the days of the first Greek Olympics. The women were not allowed to participate in the Olympics, but they did have their own special feasts at which they had their own games. These games disappeared when the Romans conquered the Greeks.

The "Modern" Olympics began in Europe around the nineteenth century. With the growing interest in the men's Olympic events, interest in the women's events also grew rapidly. Women track and field clubs sprang up in many of the European countries. Since women were not permitted to participate in the official men's Olympics, they had their own Olympic games.

In 1928, there was a merger between the officials of the men's and women's Olympic Games and women were allowed to participate in the same events as the men. At first the women were allowed only to participate in six events, but gradually more events were added. The six original events were the 100-meter dash, the 400-meter relay, the 80-meter hurdles, the high jump, the discus, and the javelin.¹ Today the events include: the 100-meter

¹Phoebe M. Scott and Virginia R. Crafts, Track and Field for Girls and Women (New York: Appleton-Century-Crofts, 1964), 5.

dash, the 200-meter dash, the 800-meter run, the 400-meter relay, the 80-meter hurdles, the running high jump, the broad jump, the discus, the javelin, the shot put, the 400-meter run, and the pentathlon.¹

Track and field for women of the United States was promoted on the college and university level. It is believed that the first women's field day was held in 1895.² Although such field days were being held, the women leaders did not encourage national competition. The Amateur Athletic Union played an important part in encouraging and training interested women. Local, regional, and state meets were held and from these meets the winners could go on to national competition if they so desired. The Amateur Athletic Union sponsored most of the women competitors.

The Women's Track Athletic Association was formed in 1921 to help women athletes who were interested in a very high level of competition.³ This was a non-professional group organized and run by business men who were not acquainted with the philosophy of women's sports. This organization sponsored and trained women for track meets, but it was felt that these girls were not true representatives of the best women athletes of that period. Because

¹Ibid., 6-7.

²Donna Mae Miller and Katherine L. Ley, Individual and Team Sports for Women (Englewood Cliffs, New Jersey: Prentice-Hall, Inc.), 271.

³Scott and Crafts, 10.

of this organization and the methods of handling women's athletics, undesirable practices in women's athletics developed.

With the hope of eliminating such undesirable practices, Mrs. Herbert Hoover held a conference on women's athletics in 1923.¹ From this conference, the Women's Division of the National Amateur Athletic Federation was organized. This organization opposed the participation of women in the Olympics and established standards as guidelines for controlling competitive sports for women. At the same time another organization was formed which is now known as the Division of Girls and Women's Sports. This organization set up policies concerning competition for women. Today, this division is a branch of the American Association of Health, Physical Education and Recreation. The Division publishes all the accepted guides and rules for women's sports.

Until the Division of Girls and Women's Sports began to rewrite their policies on competition in 1952, women physical educators did not advocate any competition for the highly skilled in such activities as track and field, basketball, and softball.² Thus, the number of participating women in track and field declined to the

¹Ibid., 11.

²Kenneth D. Miller, Track and Field for Girls (New York: Ronald Press Company, 1962), 12.

point that track and field was no longer a part of the physical education program. Because the Division did not advocate competition, the Amateur Athletic Union "stepped in" once more and again provided opportunities for women who desired more highly skilled competition.

The recent revival of track and field has started in the colleges and universities since the Division modified its policies on competition. Physical educators have begun to realize the value and importance of track and field for girls. Due to the increased interest on the part of these professional people, more and more girls have become interested in these activities.

Interested women students on the campus of Eastern Illinois University suggested that an intramural track program be started. There was a method's course being offered for physical education majors at the time of the suggestion, but there was a felt-need for more track and field experience. The Women's Athletic Association council voted to offer such a program. A sporthead was elected, a sponsor was appointed, and a track club was instigated in the spring of 1966.

PURPOSE OF THE STUDY

This paper is written to fulfill a definite need in the Women's Athletic Association program. With a growing interest in track and field, and with the need for more experience on the part of the physical education major in track and field, this paper is written to help start such a program.

The purpose of this study is to structure a usable plan for the Women's Athletic Association track and field club at Eastern Illinois University. This program should serve as a guideline for the further development and growth of the track and field club. The paper evaluates the needs of such a program and incorporates ideas that might be used as the program grows.

NEED FOR THE STUDY

Track and field for women is experiencing growing interest among the physical education majors and other women students on Eastern's campus. To meet the needs of the students, a track and field program should be offered to those interested girls. Many of the physical education majors have had little experience in track and field. Thus, the track and field program in the Women's Athletic Association would provide further extra-curricular experience which is needed by the majors to develop their self-confidence in this area.

LIMITATIONS

Inclement weather, the time factor, and the lack of equipment were limiting factors in the completion of the project. Rain and cold weather prevented the group from meeting on several occasions. Shortage of time made it necessary to change scheduled plans and many ideas could not be introduced. Shortage of equipment made it almost impossible for all of the girls to become acquainted with each event. Also, extra time was spent gathering essential equipment from the men's department.

DEFINITIONS

The following terms are defined as to their meaning in this paper.

Anchor leg. Last section of a relay race.

Anchor man. Last member of a relay team.

Barrier. A hurdle.

Baton. A hollow cylinder made of wood, metal, plastic, etc. which is passed from one runner to the next in the relay.

Blind or non-visual pass. Runner receiving the baton without looking back at the passer.

Bunch stance. Close placement of the feet at the start of a race. Toe of rear foot opposite heel of other foot.

Circle. Competitive area for the shot put and the discus.

Coaching. Training and instructing for the sole purpose of producing highly skilled girls to produce a winning team.

Crossbar. Bar over which the high jumpers jump.

Crouch Start. Position of runner at the start of a race.

Curb. Inside border of the track.

Dashes. Short races run at top speed for the entire distance of the race.

Dead Heat. Race in which at least two runners cross the finish line at the same moment.

Distance Running. Races where runners pace their running in order to save energy to sprint the last fourth of the race.

Division for Girls and Women's Sports. A national organization of professional women physical educators who establish standards for competition, rules and guides for women's sports.

Drive leg. Leg exerting the force during a stride or take-off.

Elongated Stance. Placement of the feet at the start of a race so the knee of the rear leg is opposite the back heel of the forward feet.

Exchange zone or passing zone. A zone the width of one lane and twenty-two yards in length. The baton must be passed from one runner to the next within this area in a relay race.

False Start. Leaving the starting blocks before the gun sounds or the command "Go".

Flight. A round of trials for all contestants in the field events except for the high jump. Each contestant gets a trial before any contestant begins the second trial.

Heat. Preliminary round of a race with the winners participating in the semi-finals or finals of a race.

Intramurals. Competition within the organization itself.

Jog. Slow, easy, short-stride running action.

Lane. Area marked on the track in which a runner must stay for the race or that part of the race in which the runner must stay in the prescribed path.

Lap. One complete circle of the track.

Lead Leg. Kicking leg of the jumper or the first leg over the hurdle.

Leg of a Relay. Distance one member of the team must run.

Medium Stance. Placement of feet at the start of a race in which the knee of the rear leg is opposite the arch of the front foot.

Pace. Rate of speed the runner uses according to the distance of the race.

Passer. The relay runner who gives the baton to the next runner of the relay team.

Pit. Area into which the jumpers jump and land. Usually contains sawdust, sand, or foam rubber.

Pursuit Relay. Relay race in which all runners run the same direction.

Receiver. The runner who is handed the baton in a relay race.

Scissors Jump or Roll. Type of jump used by the high jumper in crossing the cross bar.

Scratch Line. Take-off line which may not be crossed when performing the long jump, softball throw, javelin, basketball throw.

Sector Lines. Lines in which a javelin, discus, and shot must fall to be a fair trial.

Shuttle Relay. Relay race run with half of the team on opposite ends of the straightaway distance.

Sportsday. Day when various colleges or universities compete against each other.

Staggered Start. Start of a race in which the runners do not start on a straight line and used when the runners have to run around a curve.

Starting Blocks. A device runners use for a faster start at the beginning of the race. Blocks mounted on a frame against which the runner places her feet.

Straightaway. Straight area between the curves.

Take-off Board. A board flush with the ground from which the long jumper jumps.

Toe-board. Curved piece of wood used as a foul line for the shot put.

Torso. The body excluding the head, arms, hands, legs and feet.

Trailing Leg. Take-off leg or the rear leg in hurdling.

Visual Pass. Pass used in a relay in which the receiver watches the oncoming runner until the baton has been passed.

Warm-up. Preparation of the body through light exercises for more vigorous activity.

Western Roll. Method used by a high jumper to cross the bar on her side.

CHAPTER II

REVIEW OF RELATED LITERATURE

Little information has been written concerning the development of a track and field club. One reason for this is that few schools or states have organized track and field clubs. Only three textbooks have been written solely about track and field events for women. Only one of these books was written by a woman, the others were written by men or men in collaboration with women.

Mr. Ken Gibson published an article in the Scholastic Coach relating the story of a track and field program which he started for teenage girls in the school where he taught.¹ He felt that there was a definite need for such a club among the teenage girls attending the Sands Junior High School in New York City. Track and field was introduced to the girls in the required physical education program. The girls who expressed a further interest in track and field were encouraged to join the after-school track and field club.

The girls practiced in the halls and in the gym

¹Ken Gibson, "Track Program for Teenage Girls," Scholastic Coach, XXXX (January, 1964), 64.

during the winter months while in the spring and fall months they made use of streets and parks near the school. Mr. Gibson discovered that many girls of this age were very much interested in track and field and that the program was extremely worth while.

Track clubs are in existence throughout the state of Texas. From the local track clubs, the most talented and interested girls join the state track club. Mrs. Elison, trainer for the girls, says the aim of her track club is the athletic achievement and the beauty of the girls who compete.¹ The Texas Track Club has done much to promote track for women in the state and also in the United States. Mrs. Elison is trying to change the image of the track and field girls from one of masculinity to one of beauty and grace. She encourages the girls to look and dress glamorously at all times.

The girls travel over the entire state of Texas to participate in track meets as well as travel to surrounding states. A number of girls have also competed in the try-outs for the Olympic teams.

The official track and field guide published by the Division for Girls and Women's Sports of the American Association of Health, Physical Education, and Recreation serves as a guide for track and field clubs. The guide, which is published every two years, records the latest

¹ Gilbert Rogin, "Flamin' Mamie's Bouffant Belles," Sports Illustrated, (April 20, 1964), 32.

changes and brings the rules up to date. The guide contains official rules and standards for competition as established by the various committees of the Division. The guide also contains articles written by authorities on the various track and field events. The guide can serve an important part in organizing and completing a track and field club. The guide contains the official rules to be used during an official track meet. This book also serves as a guide to train officials for the meet.¹

Ken D. Miller of Florida State University wrote a book entitled Track and Field for Girls. Mr. Miller is head of the Department of Physical Education and Recreation at Florida State. Mr. Miller realized that his book should have been written by a woman, but felt that there was an urgent need for such a book. The Women's Physical Education Department at Florida State assisted in writing the book and provided the subjects for illustrations.

This book includes the history of track and field events as well as the nature and techniques of each event. Mr. Miller also discusses the conditioning and training recommended for each event.

Two women from Ohio State University, Phoebe M. Scott and Virginia R. Crafts, wrote a book to be used as a guide for women teaching track and field. This book,

¹
Eileen J. Goodnight (ed.), Track and Field Guide, (Washington D.C.: American Association for Health, Physical Education and Recreation, 1966).

Track and Field for Girls and Women, was written from the viewpoint of two women in the field of physical education who had had experience and had done research in the area of track and field. They also felt there was a growing interest in track and field for women and they felt that a textbook was needed to guide instructors. Members of the Ohio Track Club for Girls assisted in the production of this book.

This book has excellent pictures showing the various technical phases for each track event and each field event. The book has a valuable chapter on conditioning which could be useful to the track sponsors in planning the conditioning program. The main purpose of this book in relation to a track and field club is its charts, sample blanks, and chapters on how to plan, organize, and administer a track meet.

An excellent book that could be used for teaching the techniques of each event and used as a reference is Track and Field Techniques for Girls and Women, written by Ken Foreman and Virginia Husted of Seattle, Washington. This book discusses the principles of learning in relation to each event and teaching techniques to be used when instructing girls. The book also contains chapters on the mechanics of planning and conducting a track and field meet. One reason this book is so helpful is that it explains the "why" of the art of performing each event.

CHAPTER III

THE PRELIMINARY PLANNING OF THE PROGRAM

The track and field club was organized under the auspices of the Women's Athletic Association. The Women's Athletic Association is an extra-curricular organization on campus for university women interested in intramural sports.¹ Upon entering the university, all women are automatically members of the organization and therefore eligible for membership in the track and field club.²

The first step in starting the intramural track and field club was the election of a sporthead by the Women's Athletic Association Council. The sporthead acts as a student leader for the club. Her duties include: (1) directing the organization of the club, (2) serving as a representative on the Women's Athletic Association Council, (3) recording attendance, (4) making a summary of the quarter's activities.³

The second step was the appointment of a faculty member to serve as sponsor for the club. The role of the

1

See Appendix I

2

Women's Athletic Association Handbook, 1965-66, 6.

3

See Appendix II

sponsor was to advise and instruct the group when needed.¹

The third step in beginning a track and field program was to establish aims and objectives for the club. These were consistent with and projections of the established aims and objectives of the Women's Athletic Association.

1. To give all girls regardless of age, size, or skill level an opportunity to participate in track and field events;
2. To give an opportunity for interested girls to excel in a sport they enjoy;
3. To give the highly skilled girls more opportunity to excel;
4. To give physical education majors more opportunity to become acquainted with track and field events;
5. To provide a time for fun and relaxation during a busy schedule.²

In keeping with the purposes of the Women's Athletic Association at Eastern Illinois, the track and field club was organized primarily to give those interested an opportunity to participate in an activity they enjoyed. The members were encouraged to explore the various events and to choose those which were best suited to their

¹Letter from Miss Snow, Head of the Women's Physical Education Department at Eastern Illinois University, to Miss Barbara Sprayberry, February 6, 1966.

²Interview with Miss Marise Daves, Advisor for the Women's Athletic Association at Eastern Illinois University.

individual interest and abilities. Although the participants were given the opportunity for instruction and were encouraged to increase their skill level, the primary emphasis was on enjoyment rather than on the development of potential competitors in highly organized and competitive track and field meets.

With the appointment of a sponsor and sporthead and the establishment of aims and objectives, tentative plans were made for the first year and a time and meeting place was determined.

An inventory of the available equipment from both the mens' and womens' physical education divisions was taken. It was ascertained in terms of the equipment available that the following activities could be included:

A. Track Events

1. 50-yard dash
2. 75-yard dash
3. 100-yard dash
4. 220-yard dash
5. 440-yard distance
6. 440 relay
7. 50-yard hurdle race

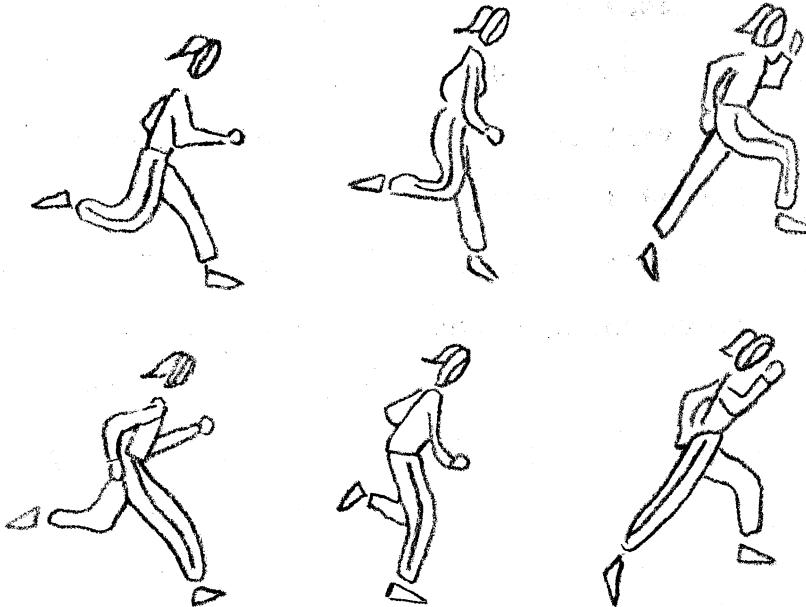
B. Field Events

1. Shot put
2. Javelin
3. Discus
4. Running long jump
5. Standing long jump
6. High jump

The softball throw and the basketball throw were not included the first year because it was assumed most girls had had some previous experience in these events.

Basic Skills. The 50-yard dash, the 75-yard dash, the 100-yard dash and the 220-yard dash are categorized as sprint races. Sprint races are all races in which the contestant runs at full speed over the entire distance of the race.¹

THE SPRINT STRIDE²



As the sprinter runner leaves the starting blocks, she keeps her body low using short, hard, driving steps and a powerful swing of both arms. Each succeeding step becomes longer than the first until the runner's optimum running stride is reached. During the lengthening of the stride the

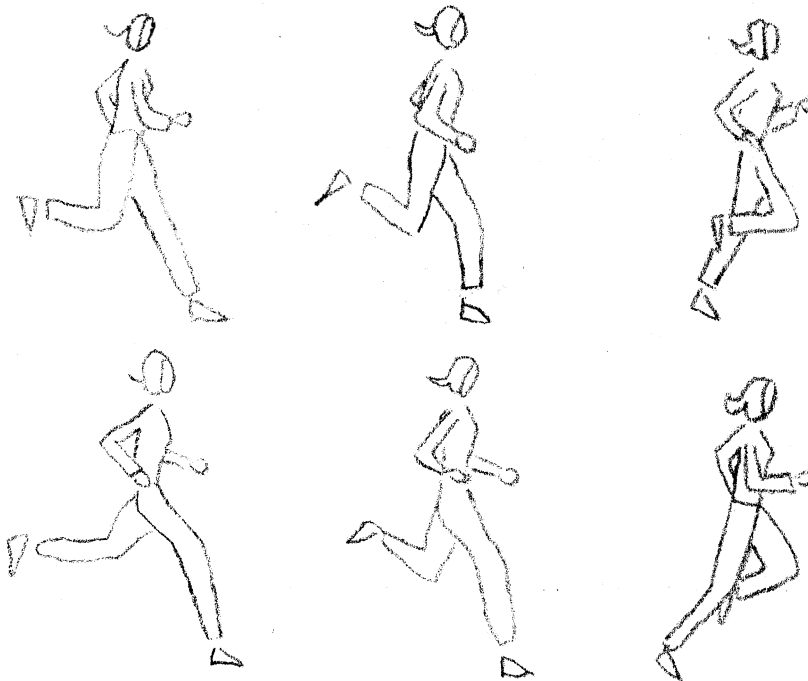
¹George T. Bresnahan, W.W. Tuttle, and Francis X. Gretzmer, Track and Field Athletics (Saint Louis: C.V. Mosby Company, 1964), 55.

²Foreman and Husted, 39.

body straightens to normal running position. The body is propelled forward by the pushing action of the left foot. As it strikes the track, the right foot gets in position for the next stride or step. In the full stride, the knee is lifted higher and brought down forcefully with toes pointed. The arms swing in a natural pattern, the head is held upright and the eyes look forward. Nearing the finish, the runner leans forward to initiate a final burst of speed.

The 440-yard run is equal to a quarter of a mile and is classified as a middle distance race. A middle distance race includes any running event which falls between 300 and 1000 yards.¹

THE STRIDE OF A MIDDLE DISTANCE RUNNER²



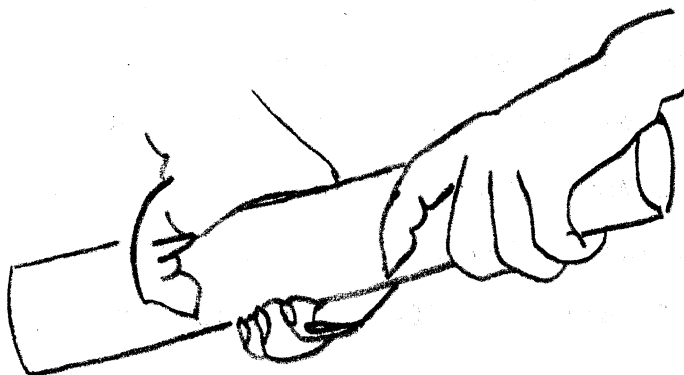
¹Bresnahan, Tuttle, and Gretzmer, 90.

²Foreman and Husted, 82.

The stride is long, relaxed with free swinging hip action and relaxed arm swing. The knees are lifted high for easy extension of the foot. The cadence is slower in middle distance running until the last fourth of the race where the cadence is increased to a sprint pace or optimum effort.

The 440-pursuit relay is a team effort in which each member runs specified fractions of the total distance of the race passing a baton to the succeeding runner within a passing zone.¹

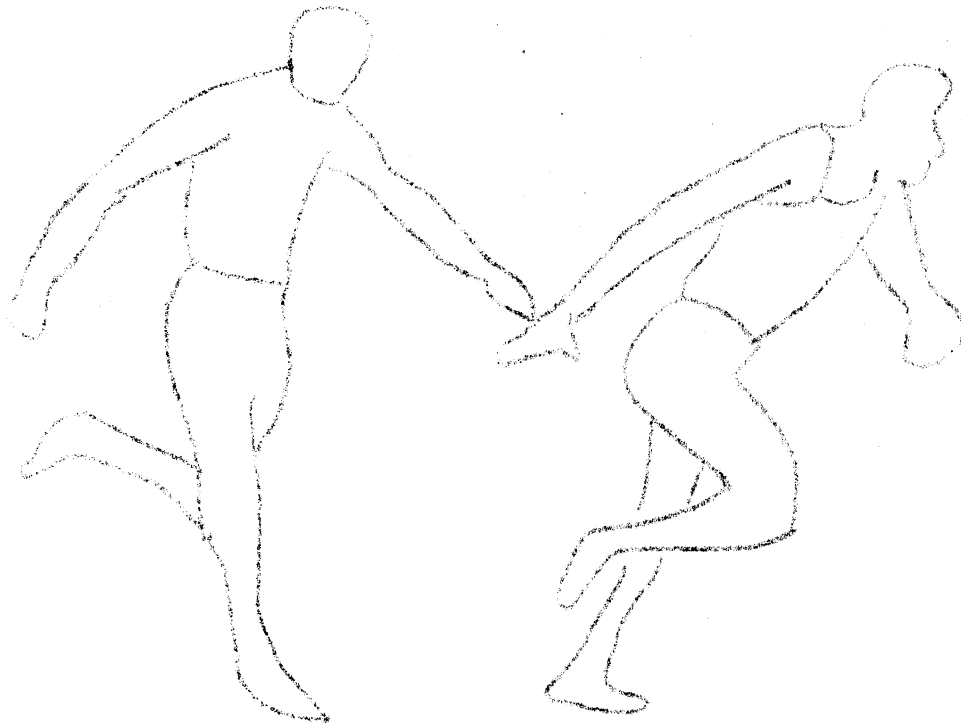
HAND POSITION OF RUNNERS WHILE EXCHANGING THE BATON²



¹Miller, 45.

²Frances Wakefield, Dorothy Harkins, and John M. Cooper, Track and Field Fundamentals for Girls and Women (St. Louis: G.V. Mosby and Company, 1966), 53.

AN EXAMPLE OF AN EXCHANGE¹



In a relay, the runners are usually placed for the relay according to their ability. The best runner anchors or is the last runner of the group. The second best runner usually runs the first leg of the race. The fourth best runner runs the second leg and the third best runner runs the third leg. The runners usually use the blind or non visual pass, but may use the visual pass.

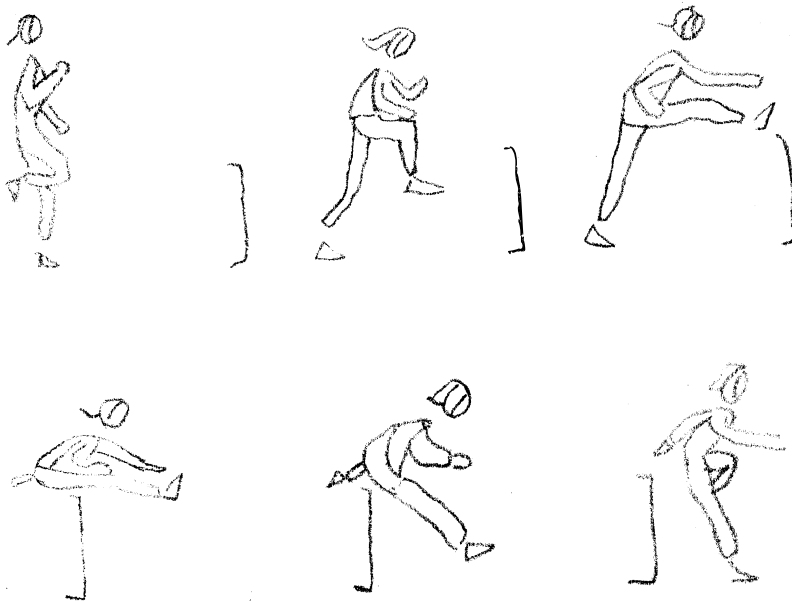
Hurdling consists of sprinting and clearing obstacles that are placed in the path of the runner.² In the 50-yard hurdle races, there are four hurdles spaced 26 feet, 3 inches apart from the first hurdle coming 39 feet, 4½ inches

¹Don Canham, Tyler, Micolesau, Track Techniques Illustrated (New York: A.S. Barnes and Company, 1952), 83.

²Bresnahan, Tuttle, and Gretzmer, 155.

from the starting line. Hurdles are 2 feet, 6 inches in height.¹

HURDLE CLEARANCE



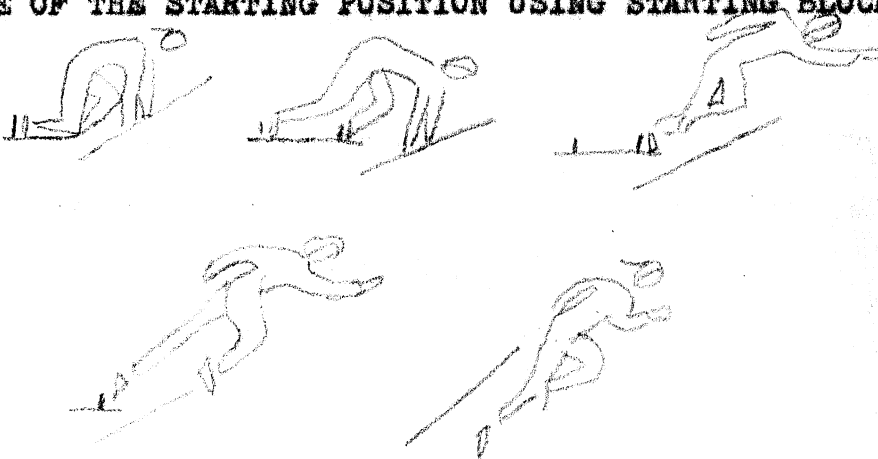
The approach to the hurdle is normal sprinting form. The drive over the hurdle is started by a powerful extension of the take-off foot and leg. The lead foot points over the hurdle as the other leg gives a powerful upward and forward drive. Immediately after passing over the hurdle the leading leg strikes the ground and the knee of the trail leg whips forward and upward in preparation for the next sprint stride.²

All the running events require a starting position.

¹Scott and Crafts, 65-66.

²Foreman and Husted, 62.

EXAMPLE OF THE STARTING POSITION USING STARTING BLOCKS¹



The starter gives the command "On Your Mark." She steps to the front of her blocks. She puts her hands on the ground backing her stronger leg in the front block and the other leg in the rear block. Next, she places her hands behind the starting line. Body weight should be on the finger tips with the arms and hands relaxed. The eyes are fixed on an imaginary spot on track directly in front of her. At the command "Get Set," the sprinter shifts her weight forward over her arms and the knee of the rear leg is raised about four inches from the ground. The hips are raised in a ready position for the push off. The head and hips should be in a straight line parallel to the ground.

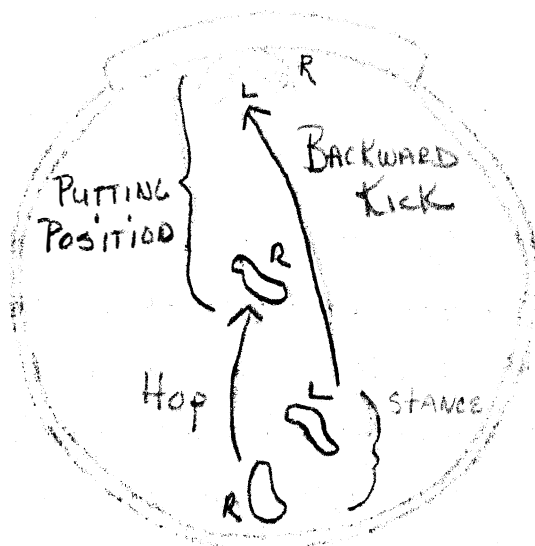
On the command "Go" the sprinter leaves the starting block and drives forward, head down, eyes focused at the ground in front of her. The first step is taken with the rear foot as the opposite arm reaches forward.

¹ Ibid., 37.

The rear leg should be completely extended as it leaves the block.¹

Shot-putting is an event involving a powerful driving action of the legs and hips with a thrusting action of the arm releasing the shot put.²

FOOTWORK FOR THE SHOT-PUT³

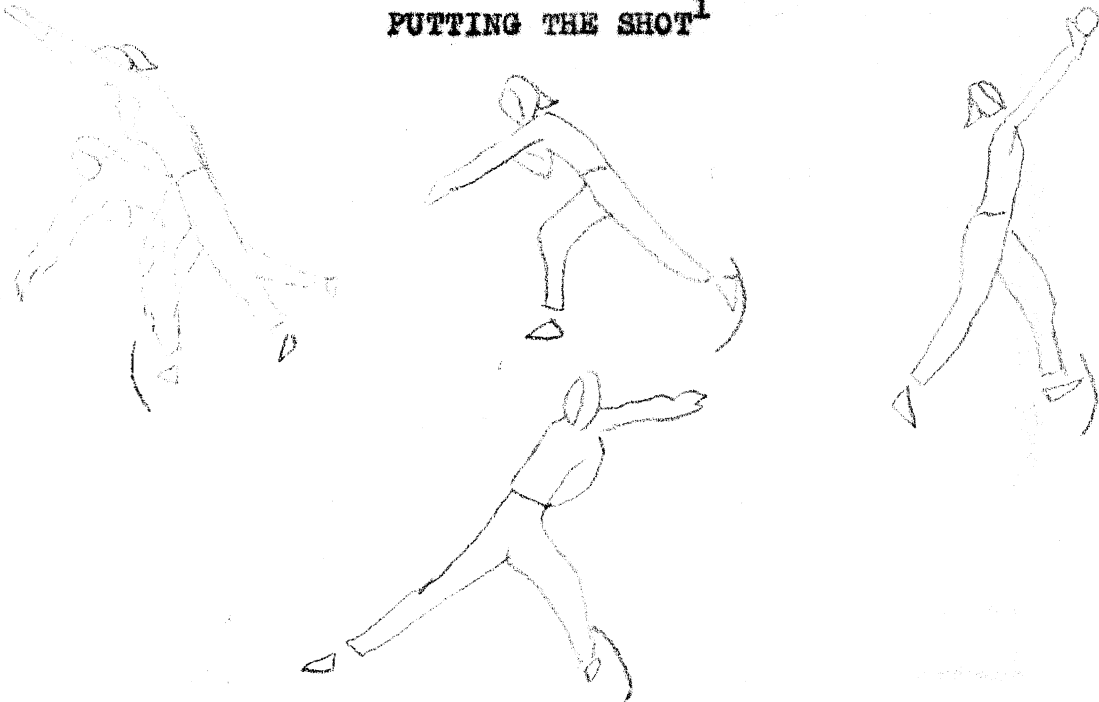


¹Scott and Crafts, 35

²Ibid., 131.

³Miller, 66.

PUTTING THE SHOT¹



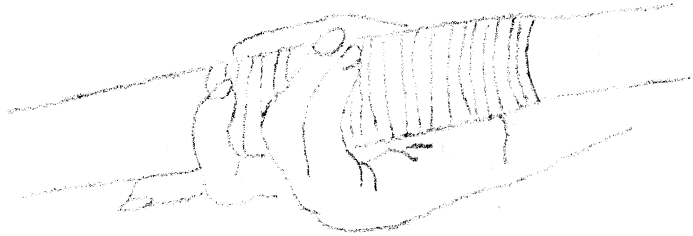
In executing the put, the forward foot swings quickly forward and backward and on the last swing, the swinging foot is kicked toward the toe board. The rear foot takes a quick, short glide-hop and the free foot is placed in stride position. The put is started from its resting position by a forceful drive of the arm upward and forward (weight transferred to front foot). The rear foot pushes-off from the ground and the shot leaves the hand. The shot is held at the base of the fingers and against the cheek and neck.²

The javelin event is the throwing of a spear for distance.

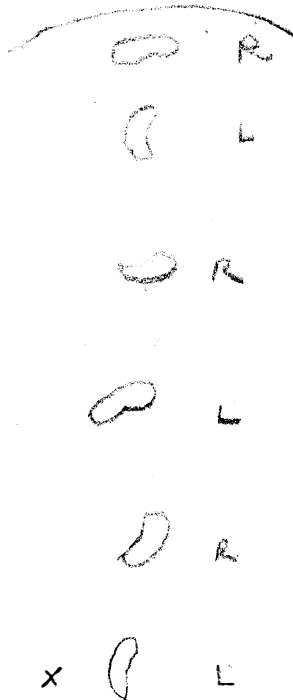
¹Foreman and Husted, 134.

²Miller and Ley, 287.

HAND HOLD OF THE JAVELIN¹



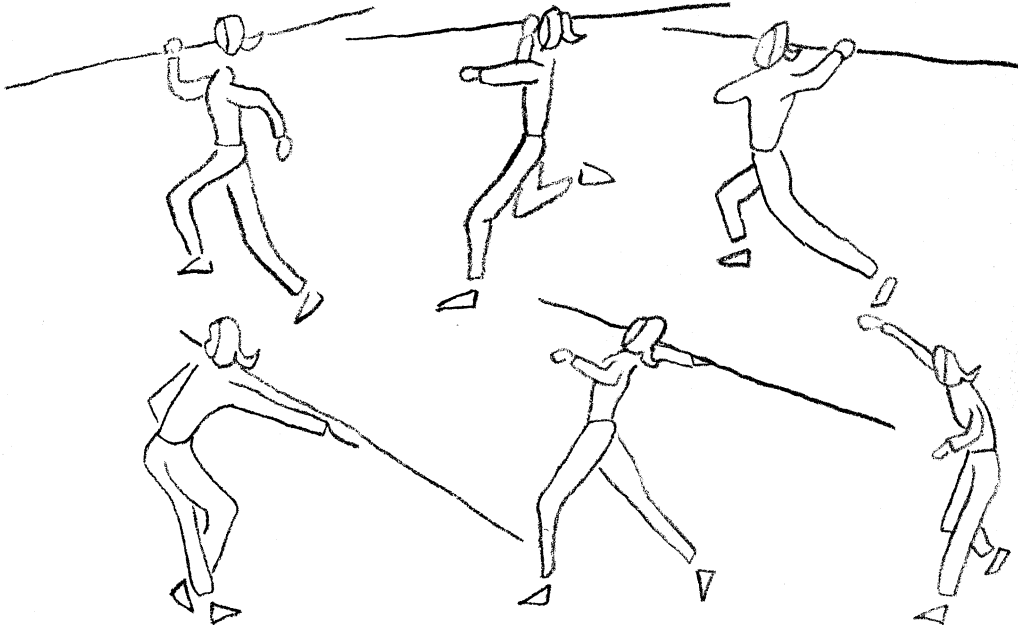
FRONT CROSS-OVER STEP PATTERN FOR THE JAVELIN²



¹Wakefield, Harkins, and Cooper, 161.

²Foreman and Husted, 140.

DELIVERY OF THE JAVELIN



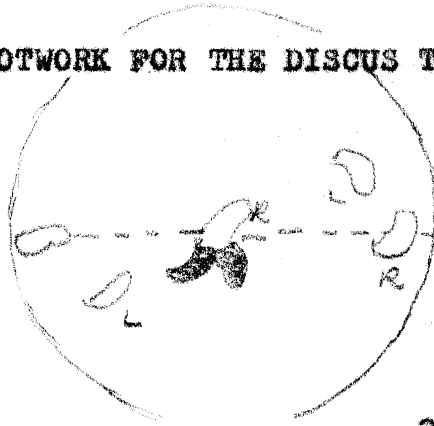
A relaxed approach with the javelin over the head is the beginning position for throwing the javelin. On the first step, the javelin is carried smoothly to the rear; then, the shoulder and arm rotate to the right. As the feet cross over, the arm and the javelin are extended rearward and the body assumes the throwing position. The next stride is long and the girl turns into the throw pulling the javelin through with the elbow leading.¹

The discus throw can be described as a twist and whip. The body turns through an eight foot circle with the hips and legs driving to a position of balance from which the whip is produced to throw the discus.²

¹Foreman and Husted, 140-141.

²Ibid., 123.

FOOTWORK FOR THE DISCUS THROW¹



THROWING THE DISCUS²



The discus is held in the palm of the hand with fingers spread over the discus surface. The last segment of each finger is bent over the edge of the discus. The thrower stands with his back to the direction of the throw. The right arm swings across the chest with the discus resting in the palm of the left hand at shoulder level. The weight shifts to the left foot, body pivoting rapidly over left foot. The right foot takes a step then the left

¹Ibid., 124.

²Ibid., 125.

takes a step - then body pivots again. At this pivot the trailing right arm swings forward and the discus is spun off the fingers.¹

The running long jump is an event in which the participant attempts to combine speed and height to attain horizontal distance.²

THE LONG JUMP³



¹C.H. McCloy and M. Gladys Scott, Analysis of Human Motion (New York: Appleton-Century-Crofts), 301.

²Ibid., 106.

³Foreman and Husted, 108.

The jumper sprints to the take-off board and as she reaches the board she jumps from the board expending her force upward through the chest striding through the air. As she prepares to land, the legs are tucked and the arms swing forward. As she lands, her heels land first with the knees relaxed. She then swings her arms forward to help her fall forward into the pit.¹

The standing long jump requires explosive power of the legs and vigorous arm action.² The jumper stands on a take-off board in a semi-crouch position. The arms swing back and up for the take-off. As the jumper leaves the take-off board, she swings her arms forward and pushes off from the board lifting her body forward. The legs are tucked under her body for the flight in the air and are extended forward for the landing. When landing, the arms swing forward to help keep the body in balance.³

High-jumping is springing from the ground over a bar. "The jumper approaches the cross bar with a cat-like action; strides calculated and deliberate. Then she springs from the ground, turns in mid-air and rolls over the bar."⁴

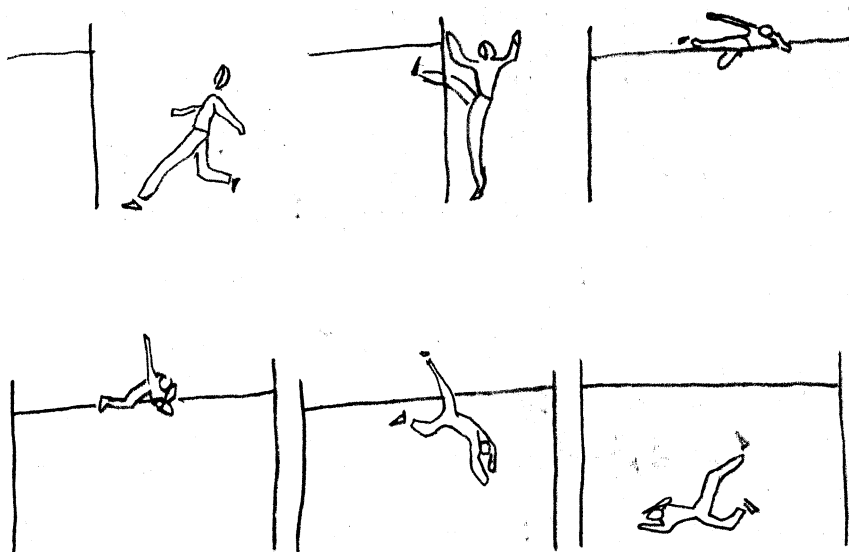
¹ Ibid., 108.

² Scott and Crafts, 76.

³ Ibid., 77-80.

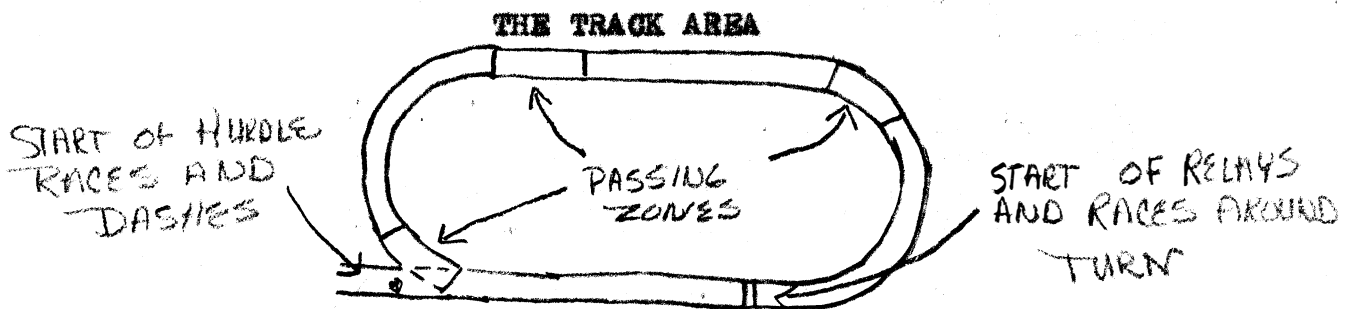
⁴ Foreman and Husted, 89.

THE HIGH JUMP



The stride before the jump is long with the heel of the take-off foot driven into the ground. A forceful kick up and a forceful extension of the take-off leg propels the body upward. The body rolls over the bar and the right leg drops toward the ground for the landing. The arms reach for the landing area and the trailing leg attains clearance over the bar.¹

FACILITIES



¹Foreman and Husted, 94.

The track is either an oval shape or an oval with a 220-yard straight away. The width of the track ranges from twenty-one to forty feet. The length of the track is usually one-fourth of a mile with the curve having a radius of eighty to 110 feet.

The outdoor track has a hard, level subsurface covered with cinders. The track must be smooth and properly graded for drainage. The indoor track is wood, clay or dirt. In both cases, one side is called the straight away and is measured for dash events. It should be a minimum of twenty-two feet wide to allow for six lanes of forty-two inch hurdles. The curves and the back side should be eighteen feet, allowing a minimum of three feet for each of the six lanes.

THE FIELD AREA

Field events are generally held inside the running track. When properly placed and conducted, there are no safety hazards. The following markings are necessary:

1. Shot-put--a circle seven feet in diameter with a stop board four feet long
2. Discus--a circle eight feet, two and one-half inches in diameter (made of wood, steel, or iron and sunk in the ground)
3. Javelin throw--two parallel lines thirteen feet, one and one-half inches apart, leading to a scratch line are drawn from a point so that the radius is twenty-six feet three inches
4. Long jumping events--a pit at least fifteen by nine feet filled with sawdust or tarbark to

aid the drainage. A take-off board must be four feet long and eight inches wide

5. High jump--a pit at least thirteen feet, one and one-half inches square and built up no more than eighteen inches nor less than twelve inches above the ground. Standards and a cross bar thirteen feet, one and one-half inches long

EQUIPMENT

RUNNING EVENTS

1. Stopwatches
2. Starting gun or whistle
3. Yarn for across the finish lines
4. Two-foot hurdles for the hurdle races
5. Batons for the relays
6. Starting blocks and hammers

JUMPING EVENTS

A. Long jump

1. Take-off board, not less than three feet square
2. Jumping pit at least five feet by twenty feet
3. Steel tape for measuring distance
4. Rake for smoothing material in the pit

B. High jump

1. Pit eight feet by fourteen feet
2. Jump standards
3. Crossbar-resting on pegs that do not extend more than three inches beyond the standards
4. Rake

THROWING EVENTS

1. Eight-pound shot
2. Two-pound, three and one-half ounce discus with a diameter of 7.56 inches
3. Seven feet, two inch, one pound, five ounce javelin

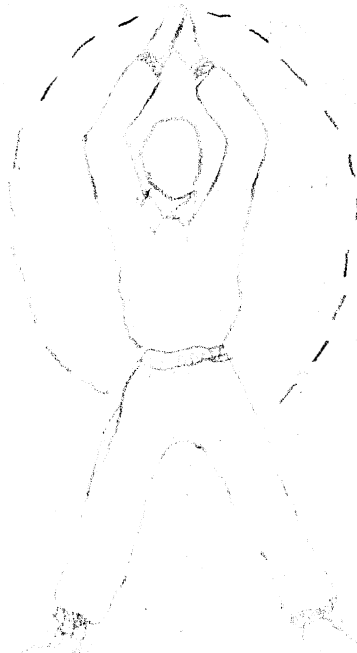
4. Tape measures

The planning group also determined the warm-up exercises to be used by the group. These included:

1. 25 jumping jacks
2. 25 toe touching
3. Jogging around the track
4. Running in place
5. Hurdle exercise
6. 10 sit-ups

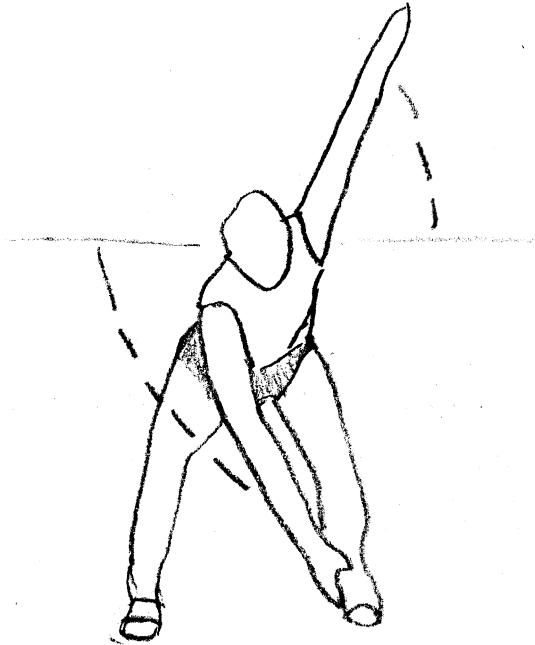
Jumping jacks and toe touching were selected for all over body warm-up; running and jogging for endurance; the sit-up exercise and the hurdle exercise for general body conditioning.

JUMPING JACK



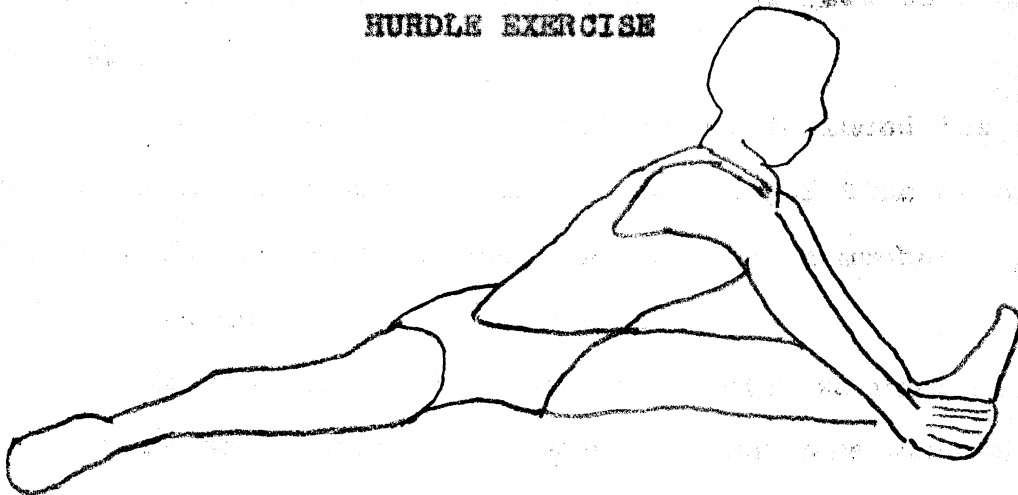
Swing the arms sideward and upward, touching the hands together above the head while at the same time the feet move sideward and apart in a single motion.

TOE TOUCHING



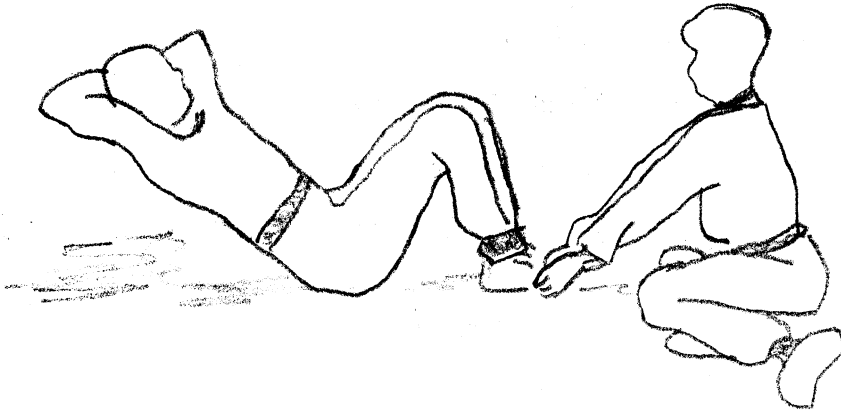
Twist and bend trunk forward from waist. The right hand touches the left toe. Keep arms and legs straight.

HURDLE EXERCISE



Sit with legs extended, one forward and one behind the body. Keeping the knee straight and the hands on the floor or touching the toe, bounce touching the head to the knee.

SIT-UP



Lie flat on ground with the knees bent and the fingers interlocked behind the neck. Bring the rib cage to the thighs as another person holds the feet to the ground for pressure.

Tentative plans for the quarter included the use of progress-improvement charts. Records of time or distance could be recorded each week so that a member might see her progress over the weeks.¹

To give the members an opportunity to participate in a track meet, several intramural meets were scheduled. These meets would provide an opportunity for the members to experience working, planning, participating, and

¹See Appendix III

competing in a track meet. It was decided that the times and distances of the last meet would be recorded as the official women's track and field records for Eastern Illinois University for the academic year, 1966.

With plans established for the first year, the club was ready to begin its first season. Notices were posted and the club held its first official meeting in the Spring of 1966.

CHAPTER IV

THE FIRST YEAR OF THE PROGRAM AT EASTERN ILLINOIS UNIVERSITY

The track and field club held its meetings one hour a week, during the months of March, April, and May. Due to rain and cold weather, several meetings had to be held indoors. Using the rubber equipment, the members practiced the shot put and the discus at these meetings.

Warm-up exercises were the first item on the agenda for each meeting. At the first meeting, the exercises were demonstrated and the members performed them all. Each member was required to wear warm-up suits and to determine her own warm-up routine and her individual peak of readiness before practicing her selected activities.

After the warm-ups, each individual practiced the events of interest to her. Instruction was available to members, but the group worked independently for the most part.

Early in the spring, the club was invited to an extramural track and field workshop and track meet. With the consensus of the Women's Athletic Association, the members voted to participate in both the workshop and the track meet. The club members then worked on those events for which they were entered in the coming meet. The

non-participating members of the track meet continued to attend and to concentrate on events according to their interest. Participating in this track and field workshop and having the opportunity to experience an officially-run track meet produced increased interest among the members. They were enthusiastic to develop an expanded program and to schedule other meets.

The highlight of the season, however, was the intramural track meet between the track club and the track and field class. A planning committee consisting of the track club sponsor and sporthead and the instructor of the track and field class planned the meet. This committee decided the following:

1. Date and time of the meet and a rain date
2. Events to be included
3. Rules of entry
4. Deadline date for entries
5. Appointed a student meet director
6. Selected timers, scorers, and judges for the meet
7. Established event time schedules for the meet¹

The events for the meet included:

A. Track Events

1. 50-yard dash
2. 75-yard dash
3. 100-yard dash
4. 220-yard dash
5. 440-yard run
6. 440-yard relay
7. 50-yard hurdles
8. Shuttle relay

B. Field Events

¹See Appendix IV

1. Javelin
2. Discus
3. Shot put
4. Softball throw
5. Basketball throw
6. Standing long jump
7. Running long jump
8. High jump

Since no entries were received for the 440-yard run and the shuttle relay events, they were excluded from the roster.

There are numerous rules governing track and field events. The Division of Girls and Women's Sports Track and Field Guide was used as the official rule book for the meet. The current DGWS Track and Field Guide should be consulted for more detailed rules.

RULES FOR SPRINT RACES

1. At the start of the race, runners may not touch on or over the starting line before the gun is fired. Two false starts disqualify a runner.
2. Each runner must stay in her own lane during the entire race on a straightaway track. If the runner violates this rule, she is disqualified.
3. On staggered starts, the starter informs the runners when they may leave their line to cut over into the inside line. A runner can not cross into another line unless the runner is two full strides ahead of her nearest competitor. Failure to obey this rule results in disqualification.
4. The runner has finished the race when her torso has reached the finish line.

RULES FOR RELAYS

1. The baton exchange must be within the passing zone.

- a. It must be handed, not dropped, thrown, etc.
 - b. If dropped, it must be picked up and handed to the receiver.
2. Each runner is allowed to run one lap only.
 3. No substitution of runners is allowed after the preliminary heat except in case of illness.
 4. The starter will give directions as to whether the runners must stay in their lane or if they are allowed to move to another lane at a designated place in the race.

HURDLE RULES

1. All rules concerning the running events apply to the hurdle events.
2. The runner is disqualified if both feet do not clear the hurdle.
3. A runner is not disqualified for knocking over a hurdle.

RULES FOR THE JUMPING EVENTS

1. All jumping events allow three trials with the best jump recorded.
2. The running jumps permit unlimited approaches.
3. If a jumper slips or steps over the take-off board the jump counts as a trial but is not measured.

RULES FOR THE HIGH JUMP

1. The jumper has three trials at each height to clear the crossbar.
2. Knocking the crossbar off the standards is a failure.
3. Although all other competitors have been eliminated, the winner is allowed to continue

jumping until she misses three consecutive times.

4. The jumper is allowed an unlimited length of approach.

RULES FOR THE BASKETBALL AND SOFTBALL THROWS

1. Official size balls should be used.
2. The thrower is allowed three trials with the best throw recorded.
3. If the thrower steps over the starting line, the throw counts as a trial, but is not measured.
4. Only one hand may be used when throwing.
5. The thrower has an unlimited length of approach.

RULES FOR THE DISCUS

1. The thrower is allowed three trials with the best throw recorded.
2. A good throw must land within a 60 sector marked on the ground.
3. The throw must be started and completed in a circle eight feet, two and one-half inches in diameter.
4. If any part of the thrower's body touches the area outside the circle, the trial counts but is not measured.
5. A foul is committed if the competitor leaves the circle before the discus hits the ground.

RULES FOR THE SHOT PUT

1. The throw must be started and completed in a circle seven feet in diameter.
2. The throw must land within the marked sector lines.

3. At no time should the shot drop behind or below the shoulder.
4. Three puts are allowed and the best distance is recorded.
5. The following count as trials but are not measured:
 - a. Stepping over the toe board or the circle
 - b. Leaving the circle before the throw is measured
 - c. Dropping the shot put

RULES FOR THE JAVELIN

1. The javelin must land within the sector lines.
2. The javelin must be thrown from behind the scratch line.
3. The javelin must be thrown over the shoulder or the upper part of the arm.
4. The thrower is allowed three trials with the best distance recorded.
5. The following are fouls and are counted as trials but are not measured:
 - a. Step over the scratch line
 - b. Leave before the throw is marked
 - c. Tip of the javelin does not touch the ground first
 - d. Thrower turns her back toward the throwing line

It was determined that each member was permitted to enter three events with the following restrictions:

1. Two track and one field event
2. Two track events and one relay
3. One track event and two field events
4. Two field events and one relay

The track and field sporthead was appointed as meet director. Her duties included:

1. See that all committees were functioning
2. Check meet facilities
3. See that all preparations for the meet had been finished
4. See that all equipment was at the field for the meet
5. See that the track meet ran on schedule
6. Announce all events, timers, scorers, and judges for each event, and the winners for each event
7. Present the awards

Scoring of track meets can either be on the individual basis or on the team basis. The points per-place should be determined by the meet officials prior to the meet. The points are usually 5,3,1 for first, second, and third place respectively. A running score is tabulated throughout the meet so the participants know how they stand. Neither individual scores nor team scores were tabulated at this track meet because many of the track club members were also members of the track and field class.

The timers, scorers, and judges were members of the track and field club and members of the track and field class. The timers duties included:

1. Start watches with the sound of the gun
2. Stop the watch the instant any part of the runner's torso reached the finish line
3. Give results to the head judge or timer

The scorers duties included:

1. Record order of finish of competitors
2. Determine lane placement for races

The judges duties included:

1. Immediately mark spot where object lands
2. Measure distances after all preliminary throws have been completed

3. Measure long jumps and shot put distances after each trial
4. Replace high jump crossbar and rake pit when needed
5. Raise high jump bar when necessary

The track club was responsible for publicity, equipment, and the awards. Awards were presented for first, second, and third places. The awards were handmade by members of the track and field club.¹ These awards were merely tokens given as remembrances of placing in the meet.

Official entry sheets were presented at the track and field club meeting and the track and field class so that the members could sign-up for the different events.² Official field and track score sheets were made for each event.³ Preliminary trials and heats were held for those events which had a large number of entries.

The photographer from the Women's Athletic Association took pictures of all first place winners. These pictures were later placed on a record board along with the official times and distances. This board will be made current at the termination of each season.

At the end of the first year, the members were enthusiastic about the coming year and looking forward to more track meets and heightened concentration in their particular area of track and field.

¹See Appendix V

²See Appendix VI

³See Appendix VII

CHAPTER V

SUMMARY AND RECOMMENDATIONS

Summary

With the increased interest and emphasis on track and field for women in this country, a growing interest developed on the campus of Eastern Illinois University. To meet this interest, an intramural track and field club was organized in the Women's Athletic Association.

The preliminary plans for the club included the selection of a sporthead and a faculty sponsor, the establishment of aims and objectives, and tentative plans for its first year of operation.

The new club held meetings once a week during the Spring Quarter. The girls worked individually on the events in which they were interested. Instructions were given to those members who asked for help, but there was also ample opportunity for the students to work independently and to explore the various events included in the club roster.

In addition to their regularly scheduled meetings, the members attended one track and field workshop, one sportsday track meet, and conducted one intramural track

meet of their own. After one quarter, the girls were very enthusiastic and interested in continuing the club as a regularly scheduled intramural activity.

Recommendations

The writer would make the following recommendations as a result of this year's experience in the organization and establishment of a track and field club.

1. The club should be more highly publicized. A committee from the club membership should be appointed to handle this responsibility. Media for publicity could include:
 1. bulletin boards
 2. school newspaper articles
 3. introductory letters explaining the program
 4. special invitations to attend the first meeting of the season, etc.
2. Additional publicity should be given to special events; that is, intramural track meets, sportsday meets, etc.
3. The group leaders should do pre-planning for each meeting. Well-planned and well-organized meetings are essential to maintain interest and conserve time for actual activity and practice.
4. The writer suggests further that a double practice session be scheduled. The members felt a real time limitation. Perhaps, two one-hour practice periods would be an improvement, but a double period when possible is recommended.
5. The club should work toward purchasing its own equipment, primarily starting blocks and high jump equipment. This would eliminate the time consuming task of borrowing this equipment from the men's department.
6. Assistants should be elected to assist the sport-head conduct meetings. One assistant should have

experience in track, the other in field events. They could assist in instructing and aiding members in such areas as timing runners and measuring distances.

7. Timers, scorers, and judges should not be participants of the track meet. They should be volunteers who have been trained in their respective duties. Participants of the meet as officials slows the progress of the meet.
8. An annual intramural track meet could be started between the classes (freshmen, sophomore, etc.) or between the various organized groups on campus.
9. Annual extramural track meets could also be started inviting the surrounding colleges and universities.
10. As the membership grows, a sportsday team could be organized to participate in the extramural program. This team could have a more extensive conditioning program and have more practices per-week.

APPENDICES

CONSTITUTION OF THE WOMEN'S

ATHLETIC ASSOCIATION

EASTERN ILLINOIS UNIVERSITY

1965-66

ARTICLE I

Name

The name of this organization shall be the Women's Athletic Association of Eastern Illinois University.

ARTICLE II

Purpose

The purposes of this association shall be to advance the standards of sportsmanship, to promote athletics and encourage and further the development of physical and mental strength by means of the play spirit.

ARTICLE III

Color

The colors of the Association shall be blue and grey.

ARTICLE IV

Membership

A. Every woman student of the Eastern Illinois University shall become a member of this association by enrollment in the University and upon payment of the activity fees at registration.

B. An active member shall be one who has earned at least one credit in a W.A.A. activity. To maintain active membership, a member must earn one credit every third quarter of attendance at Eastern. (Summer term excluded)

BY-LAWS

1. If a council member, other than an off-campus student teacher, knows she will be absent from a regularly scheduled meeting, she must submit a written note to the president to be read at the meeting. If circumstances do not permit her to submit a written note, she must contact the president or one of the sponsors before the meeting.

2. Excused absences shall be:
- A. illness
 - B. death in family
 - C. required organization responsibilities
 - D. unforeseen working commitments

3. Excuses must be read and accepted by majority vote of council.

4. A council member may have two (2) unexcused absences. On the third unexcused absence, she will be automatically dropped from council.

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ARTICLE V
Council

The council shall consist of:

- A. Elective officers - President, Vice-President, Secretary, Treasurer.
- B. Sport heads - For each W.A.A. activity. They shall be members of council all year. In order to be elected as sport heads, they must be active members of W.A.A.
- C. Co-recreation head: To serve as a member of council only when elected in this capacity, for a full school year.
- D. Sponsor or sponsors.

BY-LAWS

- 1. The rules of election discussed in this article are in terms of sport heads only. Election of officers is covered in Article IX Section B.
- 2. A person will be elected by council to take the place of the sport head who can no longer serve on council if that person has not completed her duties as a sport head.
- 3. If the person who can no longer serve on council has served in her capacity as sport head, no person will be elected to take her position.
- 4. In cases when a sport head can no longer serve on council and when a new sport head is elected, the following credit system will be followed.

A. For the sport head no longer serving:

One quarter's service, inactive	no credit
One quarter's service, active	1/2 credit
Two quarter's service, inactive	1/2 credit
Two quarter's service, active	full credit

B. For the sport head elected as a replacement:

One quarter's service, active	1/2 credit
Two quarter's service, active	full credit

ARTICLE VI
Governing Duties of the Council

A. The Women's Athletic Association Council is the governing body of the Association and as such it shall be the duty of the council

- 1. To make the recommendations and suggestions regarding all affairs pertaining to the interests of the Association.

2. To fill vacancies in office occurring for any reason after the regular election.
3. To decide with the other active W.A.A. members whether or not Eastern Illinois University shall be represented and to make suggestions for representation to athletic events and conventions, and similar or related meetings.
4. To remove from office, by two-thirds majority vote, any member of the council who fails to fulfill adequately the duties of her office. The council shall decide what is adequate.
5. To act as the clearing house for problems of the association.
6. To appoint committee heads for the various W.A.A. activities.

ARTICLE VII Duties of Council Members

A. President:

1. To call and preside at all meetings of the Women's Athletic Association and of the Women's Athletic Association Council. The president shall decide all questions of order, using Robert's Rules of Order, unless an appeal is made by the members.
2. To be a member ex-officio of all committees.
3. To appoint all committees not otherwise provided for with approval of council
4. To work diligently to further the organization.

B. Vice-President:

1. To perform all duties of the president in case of her absence.
2. To be in charge of the W.A.A. paper.
3. To be responsible for all publicity, such as bulletin boards, notifying, scrapbook, posters, and announcements.
4. To be A.R.F.C.W. Secretary.
5. To act as social chairman.

C. Secretary:

1. To keep records of all the proceedings at W.A.A. Council meetings.
2. To take charge of and record the credits of W.A.A. members
3. To post notices each term of each girl's credit standing.
4. To give each head of committee, sport head and the like, a special form to fill out in regard to club, committee, etc.
5. To take care of all correspondence.
6. To take care of the files.

D. Treasurer:

1. To take charge of all bills
2. To make periodic financial reports to council

B. Sport Heads:

1. To be regular members of Women's Athletic Association Council.
2. To take charge of all plans, suggestions and business, etc. of her activity.
3. To present all problems of regulations, business, etc., of her activity to the council.
4. To fill out and present to the secretary at the end of each term the special form given to her by the secretary.
5. To take to her activity members all important notices acted upon in council meeting & pertaining to the general W.A.A. member.
6. To keep accurate records such as attendance and skill, required by secretary.
7. To submit articles for the W.A.A. news.

F. Sponsor or Sponsors:

1. To advise and have supervision over all affairs pertaining to the interest of the association.
2. To approve all records of the association.
3. To check on the eligibility of W.A.A. members selected to represent Eastern Illinois University at sportsdays, conferences, etc.

ARTICLE VIII

Eligibility of Elective Offices

- A. No member shall hold more than one elective office on the council at the same time, except as specified in C, Article IX.
- B. No member shall be eligible for elective office without a grade point average of two for all college courses taken at Eastern Illinois University. Averages are not to be considered by quarters.
- C. No member shall be eligible for an elective office unless she is an active member and has served on the W.A.A. Council one full year or is serving her third quarter on council during her enrollment at Eastern Illinois University.
- D. Candidate for president must be a third term sophomore, a junior when taking office.

ARTICLE IX

Election

- A. Regular election shall be held in Spring term.
 1. Only active members shall vote.
 2. Voting for members of council shall be by secret ballot.
 3. Nominations shall be posted one week before the elections.

BY-LAWS

ARTICLE I

Regulations of Activity Groups

- A. Each activity is governed by its own regulations and by such inter-group regulations as shall be enacted by Council.
- B. Credit is given the participant for attending the total number of meetings held by the group, less one.
- C. Participation must be within the "active period" and is therefore not accumulative from year to year.
- D. It is recommended that all meetings be with the group, and that "on your own" meetings be allowed by sport head only in case of absolute necessity.
- E. Excused absences which do not exceed one-third ($1/3$) of the total meetings held by the group may be made up by participant to qualify for credit under "B" above.
- F. Credit should not be given unless the participant is present for tournament games and special events.

ARTICLE II

Awards

- A. A participation credit shall be awarded for participation as specified in Article I of the By-Laws.
 - B. A service credit is given to each officer for each quarter she serves. Sport heads will receive one service credit for a school year's service on Council, with the exception of modern dance head, swimming heads and intramural heads, who will receive two service credits. One-half service credit is given to heads of committees as specified in Article VI, Part G. A regular activity credit will be given to sport heads for participation in the sports of which they are heads.
 - C. A Junior award is given for 9 participation credits, 1 service credit; 12 participation credits, $1/2$ service credit; or a total of 15 participation credits.
 - D. A senior award shall be given for 18 participation credits and 2 service credits, 21 participation credits and $1\frac{1}{2}$ service credits, or 24 participation credits and 1 service credit.
- This senior award shall consist of one (1) of the following:
1. Plazer, which may bear the crest of the organization.
 2. Honor blanket of wool, inscribed as designated by the Council.

Re-election:

1. If a re-election is necessary, it shall be done in the most feasible manner, with a majority vote of council deciding what is feasible.
2. Election shall be by a majority of the votes.
3. Nomination shall be made by council or by petition signed by 10 active members of W.A.A.

When elected officers must be off campus, runners up shall serve in their absence, subject to council's approval.

ARTICLE X
Installation

Installations shall consist of an introduction of the new officers by the retiring president, installation by the retiring officers, and a response at the annual W.A.A. Banquet.

ARTICLE XI
Term of Office for Council Members

Duration of office shall be one year. (Spring term to Spring term).

1. New officers shall begin their duties at the time of installation.
2. Following the election announcement, new officers shall work with old officers in order to acquaint themselves with their new duties.

ARTICLE XII
Meetings

The president shall call a meeting of the council approximately every two weeks or when it is deemed necessary in order to transact business of W.A.A.

ARTICLE XIII
Dues

There shall be no dues.

ARTICLE XIV
Amendments

This constitution may be amended at any meeting of the W.A.A. council by two-thirds vote of those present provided that the amendment has been submitted in writing at a previous meeting. Two-thirds of the council must be present if amendments are to be made.

Choice of type of senior award will be given the individual receiving it subject to approval by the council.

Activity credits earned spring quarter, with the exception of those earned by seniors and those juniors who are enrolled in a three-year curriculum at Easter, shall not count toward awards given during the current year.

Credits earned for service on council or for duties completed as heads of committees listed under Article VI, parts 6 and 7 shall be included in evaluation of credits for awards for the current year.

W.A.A. may have plaques, trophies, or cups for sports in which tournaments are held. Names of individuals or team winners shall be inscribed on these. These shall be under permanent ownership of W.A.A.

The Athletic Honor Award shall be given to any outstanding athletic senior or seniors who have at some time earned a Junior award. The award shall be given on the basis of scholarship, sportsmanship, leadership, and outstanding contributions to W.A.A. The selection shall be made by a faculty committee chosen by the sponsor.

Transfer students may have their athletic credits transferred to their Eastern record. Evaluation of credit shall be made by faculty sponsor and president.

APPENDIX II

1. The purpose of this appendix is to provide information to the representatives of the student body in the various housing areas. If you are a representative, lead on.

REQUIREMENTS OF REPRESENTATIVES

1. Must be a member of W A A
2. Must be a student residing
3. In the area in the dorm or area which is to be represented.
1 person--Andrew
1 person--Pemberton
1 person--Lincoln-Douglas
1 person--Ford, McKinney, Weller
1 person--all homes on West side of 7th Street
1 person--all homes on East side of 7th Street

DUTIES OF REPRESENTATIVES

1. Announcement of all activities to the students in the specific housing areas
2. Posting weekly schedules, announcement of coming activities, publicizing team standings
3. Help in organization of teams for intramurals
4. Liaison work with sportheads
5. Notification of teams, when needed
6. Notification of schedules
7. Attendance and participation in council meetings

APPENDIX III

PROGRESS-IMPROVEMENT CHART

EVENT:

NAME	TIME OR DISTANCE	TIME OR DISTANCE	TIME OR DISTANCE	TIME OR DISTANCE	TIME OR DISTANCE
WEEK 1					
WEEK 2					
WEEK 3					
WEEK 4					
WEEK 5					
WEEK 6					

APPENDIX IV

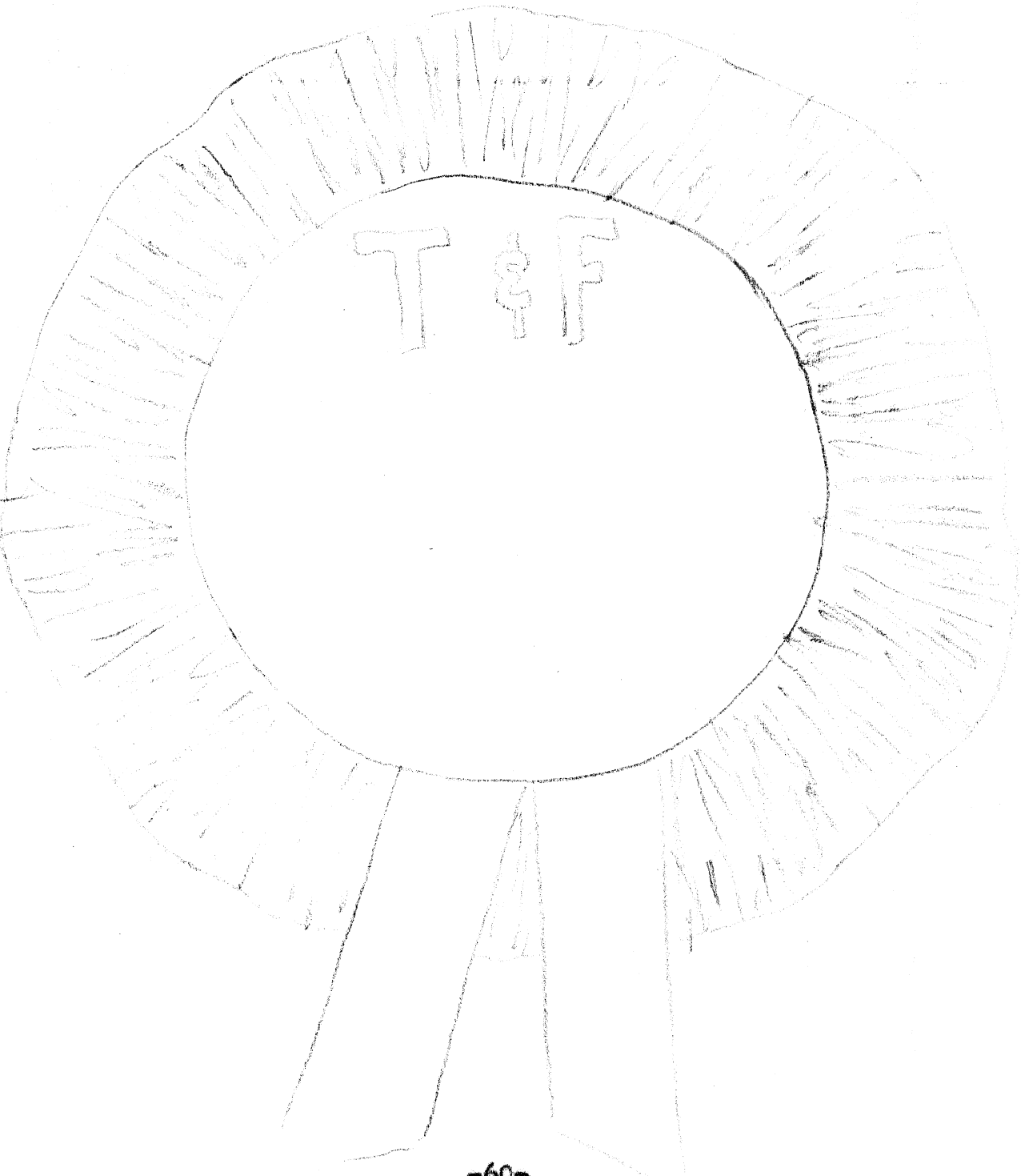
TRACK MEET

May 19, 1966

<u>TIME</u>	<u>EVENT</u>	<u>JUDGES, TIMERS, SCORERS</u>
10:10	SOFTBALL THROW (3 preliminary throws: 4 best distances for finals)	J. Quinn D. Clever K. King N. Bromley
	HIGH JUMP	H. Wirt
10:25	PRELIMINARY - 50YD, HURDLES (2 heats-one with 3, one with 4-4 best times for finalists)	L. Friedman K. Booth A. Steele H. Riley P. Nies
	JAVELYN (3 preliminary throws; 3 best distances for finalists)	D. McVey J. Wiggins B. Lehmann
10:40	FINALS-50 YD HURDLES	L. Friedman K. Booth A. Steele H. Riley P. Nies
	PRELIMINARY-RUNNING LONG JUMP (3 trials each 4 best distances for finals)	D. Davis D. Clever B. Hunter
10:55	50 YARD DASH	R. Hart S. Tennis M.E. Bullerman D. Koeberlein L. Moulton P. Nies
	DISCUS BB THROW	L. McCollegan C. Vavrinek H. Wirt
	SHOT PUT	J. Wiggins S. Jahr
11:10	220 RUN	J. Stevenson K. Admire H. Riley P. Nies
	STANDING LONG JUMP	K. Fearday C. Henry
11:25	75 YARD DASH 100 YARD DASH	N. Bromley D. Clever

APPENDIX V

AWARD



APPENDIX VI

EVENT SIGN-UP SHEET

Meet _____ Date _____ Deadline _____

50 Yard Dash

- 1.
- 2.
- 3.
- 4.
- 5.

440 Yard Distance

- 1.
- 2.
- 3.
- 4.
- 5.

75 Yard Dash

- 1.
- 2.
- 3.
- 4.
- 5.

Standing Long Jump

- 1.
- 2.
- 3.
- 4.
- 5.

100 Yard Dash

- 1.
- 2.
- 3.
- 4.
- 5.

Running Long Jump

- 1.
- 2.
- 3.
- 4.
- 5.

220 Yard Dash

- 1.
- 2.
- 3.
- 4.
- 5.

High Jump

- 1.
- 2.
- 3.
- 4.
- 5.

EVENT SIGN-UP SHEET

Javelin

- 1.
- 2.
- 3.
- 4.
- 5.

Shot Put

- 1.
- 2.
- 3.
- 4.
- 5.

Discus

- 1.
- 2.
- 3.
- 4.
- 5.

50 Yard Hurdles

- 1.
- 2.
- 3.
- 4.
- 5.

Softball Throw

- 1.
- 2.
- 3.
- 4.
- 5.

440 Relay

- 1.
- 2.
- 3.
- 4.
- 5.

Basketball Throw

- 1.
- 2.
- 3.
- 4.
- 5.

Shuttle Relay

- 1.
- 2.
- 3.
- 4.
- 5.

APPENDIX VII

FIELD SCORE SHEET

NAME	TRIALS						BEST DISTANCE	PLACE
	1	2	3					

Used for: Shot Put, Javelin, Discus, Basetball Throw, Softball Throw,
Running Long Jump, Standing Long Jump.

TRACK SCORE SHEET

NAME	LANE	TIME	PLACE

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