

This article taken from the Emporia Gazette, May 15, 1911.

This submitted by Carle Kuhn

Victory to Sixth District

In the first annual track and field meet of the Kansas State High School Athletic Association, athletes of the Sixth congressional district won first place with 39 points. The Fifth congressional district was second with 32 points, Second district third with 11 ½, Fourth fourth with 10, Seventh fifth with 9 ½, and First sixth with 6. Norton High School scored 20 points, Humboldt 11 ½, Dickinson County 11, Emporia 10, Clay County 10, Jewell City 10, Junction City 8, Kirwin 8, Nortonville 6, Great Bend 6, Stafford 3 ½, Alma 3, and Phillipsburg 1. Sixty-six athletes were entered.

This meet was the final competition of athletes who were winners in the various congressional meets of the state. Winners of the first and second places only in the congressional meets were eligible in Saturday's meet, and it was a fine class of athletes that appeared. The best records were Root's time of four minutes and forty-seven seconds on the mile run, Trusler's time of 17 and 4-5 seconds in the high hurdles, and Hall's fling of 110 feet, three inches for the discus. The meet was well handled, and the thirteen events were rolled off in two hours.

Trusler was the only Emporia athlete that broke into the scoring, and he was good for two firsts. Diggs evaporated at the last minute, or the locals might have copped the winning the honors. Trusler ran away from the field in the high hurdles, winning with ridiculous ease, and he topped the high jump bar a few inches above the others.

The best showing of the day from the point of interest was Arnold's performance in the relay. He was fifty yards behind the Chase County runner at the start of the last lap, but steadily gained about the circle, and passed his opponent on the home stretch. It was a beautiful performance and a rousing finish for the meet. Arnold is a natural track athlete, and is star of the Norton High School.

The meet attracted small attention, for some inexplicable reason, and the crowd was insignificant. In spite of rooting support the appearance of the athletes was splendid.

Arnold, of Norton, was highest individual scorer, with 11 points. Trusler, of Emporia, Sweatt, of Humboldt, and Root, of Clay County, were tied for second with 10 points each. Handsome medals were presented to winners of firsts.

The record of events is as follows:

100-yard dash—Knowles, Kirwin, firsts; Nichol, Nortonville, second; Corman, Dickinson county, third. Time, 10 3-5 seconds.

Pole Vault—Edwards, Jewell City, first; Pence, Jewell City, second; Corman, Dickenson County, third. Height, 9 feet, 3 inches.

12-pound shot put—Sweatt, Humbolt, first; R. Taylor, Dickinson County, second; Porter, Great Bend, third. Distance, 39 feet, 3 inches.

Mile run—Root, Clay County, first; Schesser, Norton, second; Starrett, Norton, third. Time 4 minutes, 47 seconds.

Broad jump—Porter, Great Bend, first; Lee, Junction City, second; Edwards, Jewell City, third. Distance, 20 feet, 2 inches.

440-yard dash—Sweatt, Humbolt, first; Donovan, Norton, second; Madden, Norton, third. Time, 55 4-5 seconds.

120-yard Hurdles—Trusler, Emporia, first; T. Gantenbein, Dickinson County, second; Edwards, Jewell City, third. Time, 17 4-5 seconds.

Discus—Hall, Junction City, first; R. Taylor, Dickinson County, second; Hartwige, Humbolt, third. Distance, 110 feet, 3 inches.

220-yard dash—Arnold, Norton, first; Knowles, Kirwin, second; Lear, Stafford, and Toland, Humbolt tied for third. Time, 24 2-5 seconds.

High jump—Trusler, Emporia, first; Kerans, Alma, second; Bronson, Phillipsburg, third. Height, 5 feet.

Half-mile run—Root, Clay County, first; Nichol, Nortonville, second; Schesser, Norton, third. Time, 2 minutes, 13 4-5 seconds.

220-yard hurdles—Arnold, Norton, first; Fowler, Stafford, second; T. Gantenbein, Dickinson County, third. Time, 28 2-5 seconds.

Mile relay—Norton, first; Chase County, second. Time, 3 minutes, 47 3-5 seconds.

This article taken from the Topeka Daily Capital, April, 16, 1911.

This article submitted by Carle Kuhn.

DICKINSON WINS 5TH DISTRICT MEET

Special to the Capital.

Manhattan, Kan., April 16.—In the first interscholastic track and field meet of the high schools of the Fifth congressional district, held here today, the Dickinson County High school, of Chapman, easily won first place, making 53 ½ points. Alma was second with 27 ½ points; Junction City, third, 21 ½ points; Clay County, fourth 19; Onaga, fifth 16 and Manhattan sixth. Wamego sent a team of eight men, but they arrived too late to be entered. The meet was conducted by the athletic management of the Kansas State Agricultural college and took place on the new college athletic field. The events, entries and points were as follows:

440-yard dash—Dickinson 7, Clay 3, Manhattan 1.

120-yard hurdles—Dickinson 6, Junction City 5, Alma 1.

100-yard dash—Dickinson 6, Junction City 3, Onaga 1.

Half mile run—Clay 5, Alma 3, Onaga 2, Dickinson 1.

220-yard dash—Dickinson 6, Alma 4, Junction City 1.

Relay—Clay 5, Alma 3.

Referee J. D. Whetam, Clerk of the course O. C. Thompson.

This article taken from the Topeka Daily Capital, May 3, 1911.

This article submitted by Carle Kuhn.

HOW TO TRAIN FOR CITY SCHOOL MEET

**W. L. Driver, Who Will Have Charge of Contests at Public Schools
Field Day on May 19, Gives Some Hints.**

WORK SYSTEMATICALLY

**Has Divided Training Plans Into Three Weekly Sections—Work for
Form First, Then Speed.**

A course of instruction in track and field work to help contestants prepare for the Public School Athletic League field day, to be held May 19, has been prepared by W. L. Driver, athletic director of Washburn college, who will superintend the school meet. These instructions will be of great value in assisting untrained contestants to get themselves in shape to the greatest credit to themselves in the field day competitions.

For convenience the training is divided into weekly sections. The first week the contestant should work for form and endurance. Getting proper form in performing athletic feats is the foundation of all success in athletics. No matter how great may be the persons natural ability, care in observing the proper form in any style of athletics will greatly increase the quality of his performance. The second speed and form, and the third week for speed alone, having supposedly acquired proper form or style. Following are Mr. Driver's instructions for the first week.

“Train at least three days per week. Do not do too much the first day or two. Quit just before you have had enough. Limber up before you begin to run or jump. To do this, run slowly about a block, lifting the knees high to the chest. Then run slowly ten yards and walk ten, lifting the knees to the chest, and repeat until you have traveled about a block. Now you are ready to begin work. Don't forget to limber up each day.

THE DASHES.

First week; Monday—Three starts of ten yards each, run fast 25 yards and then jog two blocks. Tuesday—Jog four blocks. Wednesday—Same work as Monday. Thursday—Run one block at slow speed. Friday—Four starts of ten yards, run fast thirty yards and after resting, run slowly three blocks.

THE BROAD JUMP

One should limber up for work in the broad jump just as he does for the runs. In addition to the limbering up exercises noted above, practice squatting with the heels raised half dozen times each day. This is a good exercise between jumps.

Speed counts in the broad jump, so strive to run at your fastest pace when you come up to the takeoff. The takeoff is a board sunk flush with the ground and all jumps are made from it. The first thing to learn is to hit the takeoff with your jumping foot while running fast. This takes lots of practice. Start at the same distance from the board each time. Also start on the same foot. Any distance from 40 to 50 feet from the board will probably be sufficient distance to run.

First week: Monday—Take half dozen runs to locate the board. If you hit behind move up just that much if ahead, move back. Jog 150 yards.

Tuesday—Repeat Monday.

Wednesday—Six runs at takeoff and then jump twice for height, straight forward with knees well up.

Thursday—Run slowly two blocks.

Friday—Six runs at the takeoff; jump twice for height and once for distance.

If possible, dig a place in the ground so you will have a soft place to light while practicing both the broad and high jump. Lighting on the hard earth will make the legs sore.

THE HIGH JUMP

Limber up easily, not so much as you were instructed to for the runs. Take plenty of the squatting movements with heels raised.

For the average boy, the “scissors” jump will be easy; that is, if you jump the right foot, you will run from the left side of the bar and swing the left foot over; if you jump from the left foot, you will run from the right side and swing the right foot over first. Most boys jump from the left foot.

First week: Monday—Put bar at a height you can jump over and try jumping, swinging the opposite foot high; that is, the first foot over. Start from the same mark each time and move it backward until you know how many steps will bring you to the bar. Usually about ten steps will be sufficient run. Run one block.

Tuesday—Repeat.

Wednesday—Same.

Thursday—Six jumps for form; fast fifty; jog two blocks.

Friday—Three jumps at same height, then raise the bar three inches and try three more times.

This article taken from the Topeka Daily Capital, May 11, 1911.

This article submitted by Carle Kuhn.

HOW TO PREPARE FOR SCHOOL MEET

Driver Gives Training Instructions for Second and Third Week Preparation.

W. L. Driver of Washburn college has given out the instructions that should be followed by those who are training for the public school athletic meet to be held on Washburn field on May 19. Last week the Daily Capital printed instructions concerning the work of preparation for the first week and the following are the instructions for the second and third weeks of practice. The work of the first week was given for the building of form and endurance, the work of the second week for speed and form, and the work of the third week for speed alone. Each person should train at least three days per week. Some of the instructions follow in detail:

Limber up before you begin to run or jump. "To do this, run slowly about a block, lifting the knees high to the chest and repeat until you have traveled about a block. Now you are ready to begin work. Don't forget to limber up each day. The work of the second week for the dashes is as follows: Monday—Five starts, fast twenty-five yards, rest, fast fifty yards. Run easily one block. Tuesday—Jog slowly three blocks. Wednesday—Five starts, fast fifty yards, jog three blocks. Thursday—Run two blocks at moderate speed. Friday—Two starts, run one block at high speed. The work for the third week for the dashes is: Monday—Four starts, fast twenty-five yards, fast seventy-five yards, jog two blocks. Tuesday—Three starts, run easily two blocks. Wednesday—Six starts, easy seventy-five yards, fast twenty-five yards, jog one block. Thursday—Rest. Friday—The Meet.

The work for the broad jump is as follows: One should limber up for the work of the broad jump as he does for the runs. In addition to the limbering up exercises needed above, practice squatting with the heels raised half dozen times each day. This is a good exercise between jumps. Speed counts in the broad jump, so strive to run at your fastest pace when you come up to the take off. The takeoff is a hard board sunk flush with the ground and all jumps are made from it. The first thing to learn is to hit the

takeoff with your jumping foot while running fast. This takes lots of practice. Start at the same distance from the board each time. Also start on the same foot. Any distance from 40 to 50 feet from the board will probably be sufficient distance to run.

Second week: Monday—Six runs at takeoff; jump four times for height, jog two blocks. Tuesday—Same. Wednesday—Three runs at takeoff; three times for height trying to pull the knees up to the height of the chin. Run 50 yards fast. Thursday—run two blocks easily. Friday—Three jumps for height, three for distances, run fast 100 yards.

Third week: Monday—Three for takeoff; three for height; jog two blocks. Tuesday—Repeat with fast 50 yards added. Wednesday—Rest. Thursday—Rest. Friday—Meet.

If possible, dig a place in the ground so you will have a soft place to light while practicing both the broad and high jump. Lighting on the hard earth will make the legs sore.

THE HIGH JUMP

Limber up easily, not so much as you were instructed to for the runs. Take plenty of the squatting movements with heels raised. For the average boy, the “scissors” jump will be easy; that is, if you jump from the right foot, you will run from the left side of the bar and swing the left foot over; if you jump from the left foot, you will run from the right side and swing the right foot over first. Most boys jump from the left foot.

Second week: Six jumps swinging leg high, jog two blocks. Tuesday—Repeat. Wednesday—Three jumps at usual height; raise it twice with two jumps at each height. Thursday—Jog three blocks. Friday—Six jumps at usual height, then raise three times.

Third week: Monday—Six jumps at usual height, swing legs high. Jog one block. Tuesday—Jog three blocks. Wednesday—Rest. Thursday—Rest. Friday—Meet.