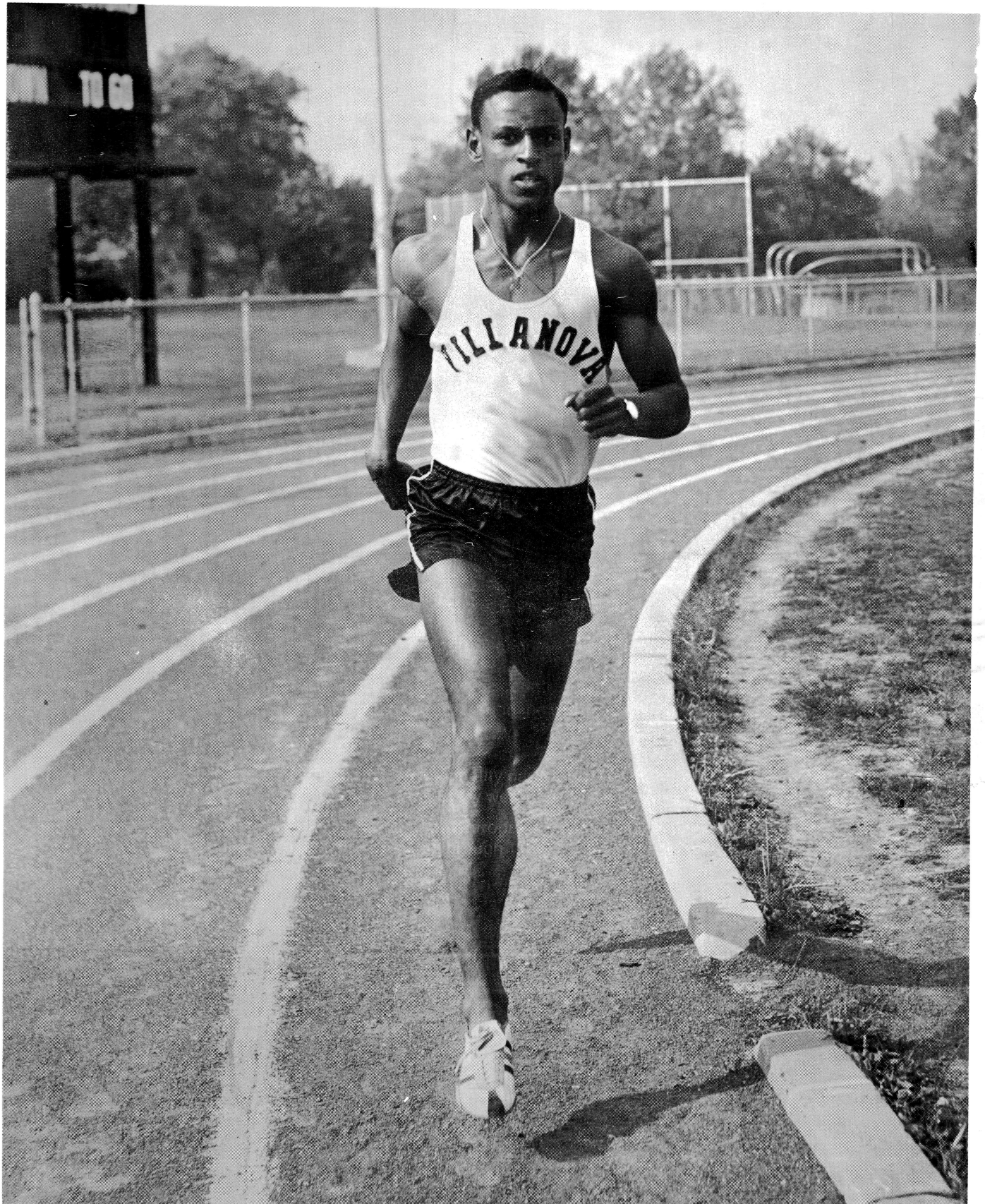


REVIEW

PENNSYLVANIA TRACK & FIELD REVIEW

DECEMBER 1970

1709 FORSTER ST., HARRISBURG, PA. 17103



SPECIAL 1970 ANNUAL EDITION

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PENNSYLVANIA TRACK & FIELD REVIEW

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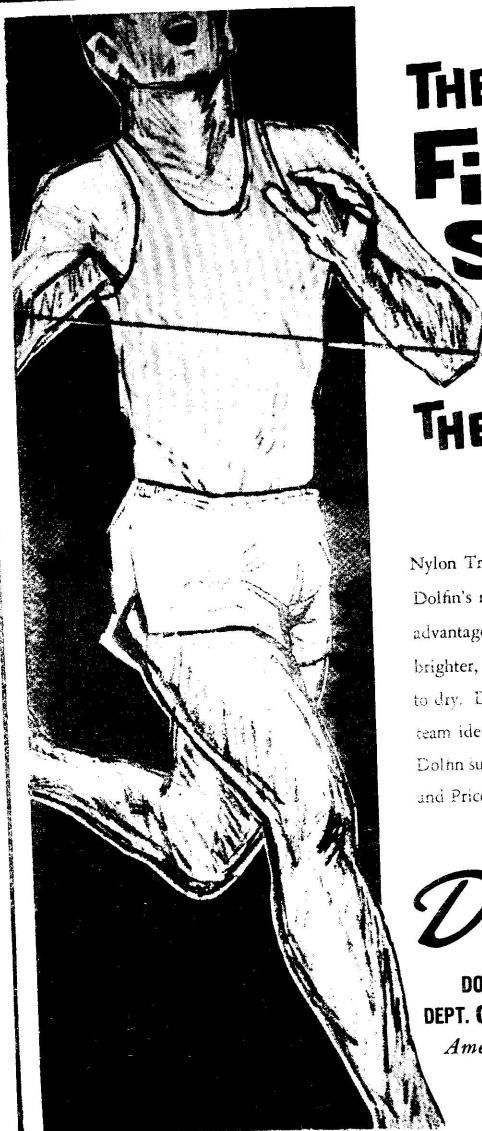
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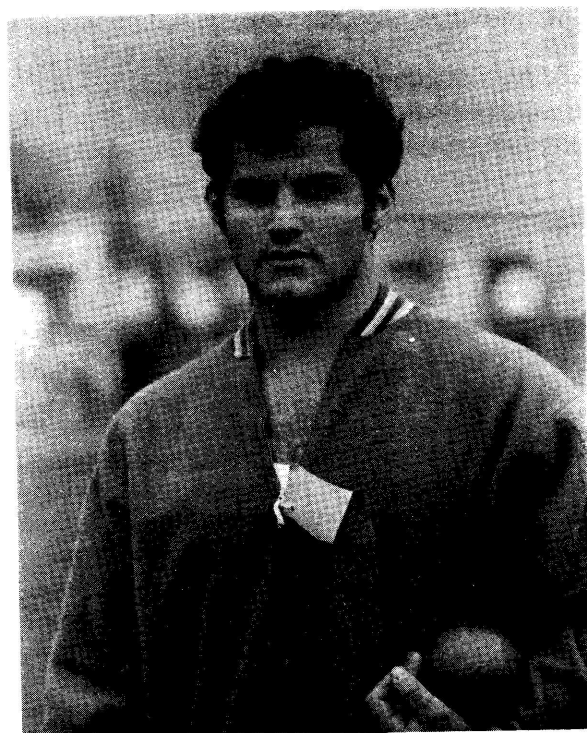


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Baldwin High School of the Greater Pittsburgh Area (District 7) appears to be dominating shot put competition in the Keystone State. On the left is 1968 State Champion Gary Demar, who tossed the shot 62-1 1/4 at the PIAA Meet that year, but finished his high school career with 64-2 1/2 which makes him co-holder of the best all-time Pa. performance. Ron Semkiw, only a sophomore in 1970 won the State PIAA Class A title in the same event with a 58-7 toss, however, he led the State, also with a fine 61-9 1/4 effort.

THE FOLLOWING ARTICLE SPECIAL
TO PENNA. TRACK & FIELD REVIEW

FUNDAMENTALS OF FIBREGLAS POLE VAULTING

By Dr. Richard Ganslen

Author of *Mechanics of Pole Vault*

This is a positive article about pole vaulting. Many vaulters have used these ideas to become World, Olympic and Intercollegiate champions and you may be our future World Record holder.

Pole vaulting is a scientific skill and therefore requires close adherence to certain basic physical laws if the athlete hopes to be successful. The introduction of the Fibreglas poles to pole vaulting has added a new dimension to the art of pole vaulting and although the records may be higher, THE BASIC PRINCIPLES OF EFFICIENT POLE VAULTING HAVE NOT BEEN SIGNIFICANTLY ALTERED by the new poles, ONLY THE TIMING HAS BEEN CHANGED!

In the brief discussion which follows, we will try to summarize some of the essential principles of vaulting based upon 30 years of teaching, coaching and vaulting research. Especial attention will be given to utilizing the Fibreglas poles efficiently.

A word of caution: Too often, out of blind faith, young vaulters blindly try to copy the form of the current champion, scarcely realizing that this champion's form may only be efficient for his particular body type. Some champions have certain unusual physical qualities which permit them to use a style which would be disastrous to another. Every young vaulter, beginner or expert, must keep in mind WHAT IS PRACTICAL FOR THE INDIVIDUAL AND THEN CONSIDER MECHANICAL PERFECTION IN FORM AS HIS ULTIMATE GOAL. Very few great athletes have perfect form, but they work zealously toward perfection every day of their



MARK MONDESCHIN
PENNA. BEST AT 15'0 1/4"

athletic life. Since we do not really know what the ultimate pole vault record will be, we have yet to see the perfect pole vault.

SOMETHING ABOUT POLES

POLE VAULTING POLES IN THEMSELVES DO NOT HAVE ANY ENERGY OF THEIR OWN. THEY ONLY HAVE THE CAPACITY TO TEMPORARILY STORE POTENTIAL ENERGY WHICH IS LATER RELEASED AS THE POLE SPRINGS BACK TO ITS ORIGINAL STATE. ALL OF THE ENERGY STORED IN A POLE COMES FROM THE POLE PLANT AND ENERGY GENERATED DURING THE RUN UP AND TAKE-OFF DRIVE. The vaulter's movements during the vault proper do not add to, BUT CONSERVE THE ENERGY OF THE POLE FOR RELEASE LATER IN THE VAULT. BY CONSERVING THE ENERGY OF THE POLE AND PROPER TIMING, THE VAULTER CAN DETERMINE HOW AND AT WHAT CRITICAL INSTANT HE CAN WITHDRAW THE ENERGY FROM THE POLE MOST EFFICIENTLY. The hand spread on the pole and spring at the take-off are only techniques which aid the vaulter in storing energy in the pole. The rapid storage of energy in a Fibreglas pole and its slower release, requires alterations in the vaulter's timing which will be discussed in more detail.

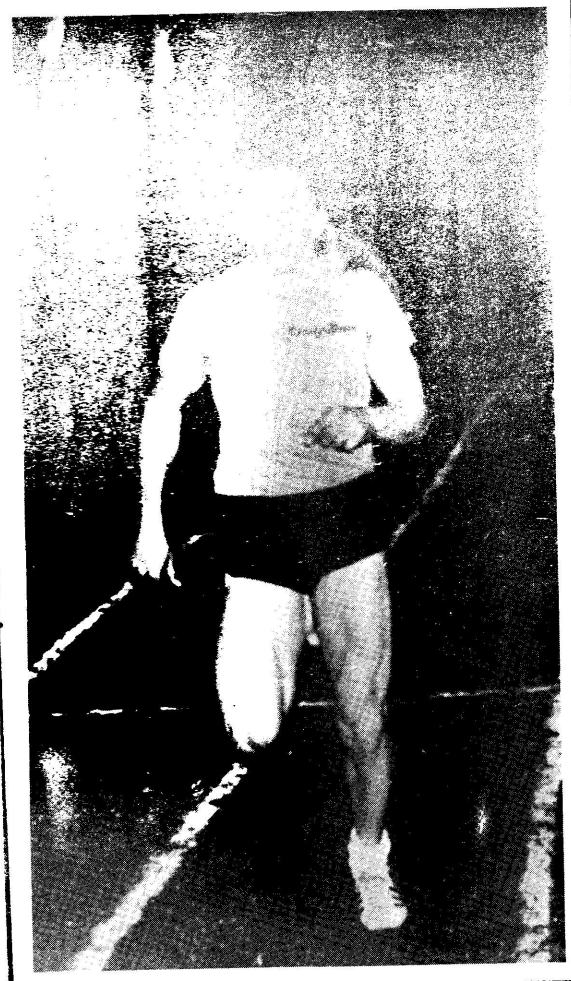
THE RUN

The run should never be longer than necessary for the vaulter to reach top speed three or four strides from the take-off. The speed should never be any greater than it can be controlled, and must not contribute to a hurried pole plant or unbalanced take-off position. That is to say, THE MAXIMUM CONTROLLABLE SPEED IS ALWAYS THE VAULTER'S GOAL. Speed should be used in proportion to need to clear the height in question and still leave a comfortable reserve for peak heights.

The hazards of too much speed are: (a) it hurries the pole plant excessively; (b) causes a loss of balance at the take-off; (c) tends to make the vaulter run off the ground rather than spring; (d) may cause the vaulter to unconsciously slow down at the take-off instead of RELAXING; (e) vaulter loses confidence at extreme heights because he has used up all of his reserves too early in the competition.

LENGTH OF THE RUN

The length of the vaulter's run is largely determined by his ability to accelerate rapidly and often related to his general body weight. Heavy men often need more running distance. The average run length for over 23 World Ranking men was found to be 105 feet with a minimum of 105 feet and a maximum of 140 feet. A good run distance for high school vaulters is about 120 feet. In vaulting into the wind, the vaulter must shorten the run and lengthen the run with a following wind. Changing the stride length is not always the best way to run consistently. With side winds, the vaulter usually finds it desirable to carry the pole into the wind to compensate for the pressure of the wind and permit an efficient pole plant. Some vaulters run almost

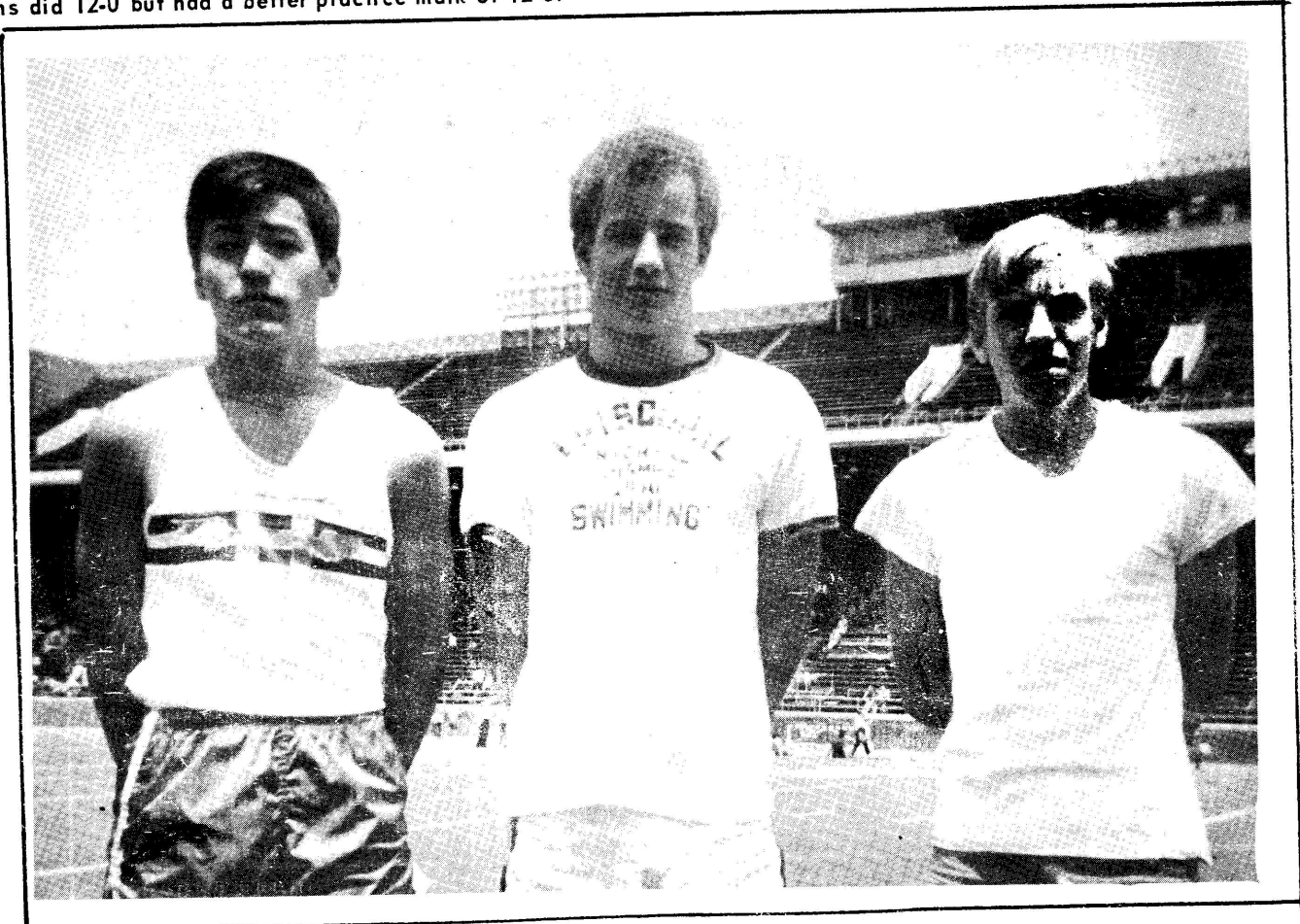


NORRISTOWN'S National Record Setting 1-Mile Relay Unit composed of four sophomores. Their 1970, 3.24.2 is the fastest on record by a total sophomore combo. L to R: Mike Spearman 51.5, Mike Crecinn 50.6, Stan Settle 52.6, and Vance McGhee 49.5. They are coached by Bob Shoudt.

RETURNING STANDOUTS

Enos Kimball as a sophomore at Jersey Shore High covered 440 yards in 50.9.

THREE SOPH POLE VAULT STARS: L to R: Brian Mondschein, Haverford High; Marc LeFevre, Episcopal Academy, Philadelphia; and Jeff Robbins, Catasauqua. Mondschein, brother of the state champ in 1970, Mark, did 13-6 in a summer meet. LeFevre had best of 13'-1/4" while Robbins did 12-0 but had a better practice mark of 12-6.



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Since its inception, the Pennsylvania Track and Field Association has tried to bring to its members up to date information on track and field issues and policies. The Association has made tremendous strides in the last year and hopes that continued interest will result in even greater accomplishments.

One new facet of our Association is the inclusion of the "Track and Field Review" as one of our official publications. Through the "Review" and its editor, Mr. Lowell Bond, the Association will continue to keep its membership up to date with the issues and events of the day.

If you would like to know more about the Pennsylvania Track and Field Association or would like to become a member, please contact Miss Helen Keiser at Lewisburg High School.

On behalf of the Association let me wish you the best of luck in the upcoming indoor and outdoor seasons.

Rich Frerichs

X-C CHAMPIONSHIPS:

On November 25, 1970, Penn State University will host three separate cross country meets:

1. The 9th annual National U.S. Track and Field Federation Championship.
2. The 2nd annual Penna. Federation Championship. This will be a three mile race.
3. The 2nd annual Junior Championship for high schools. This will be a three mile race.

In conjunction with these races, a distance running clinic will be held on November 24, from 6:30-9:00 p.m. at the Nittany Lion Inn.

For more information, contact Harry Groves at Penn State.

ASSOCIATION MEETING

The fall meeting of the Penna. Track and Field Association will be held on November 25, at 10:00 a.m. in the Nittany Lion Inn.

PICTURE - BEN CARNEY

Powerful 6'3" 200 lb. Ben Carney, Carlisle, filling in for injured Jim Scott at anchor in the 880 Relay at Shippensburg Invitational meet this past season.



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CROSS COUNTRY NEWS

COLLEGIATE

Penn State University was host for the first annual Penn State Invitational Cross Country Championships which were held at the University Golf Course on October 31st. Junior, Greg Fredericks of the Nittany Lions captured first place over the five-mile course with a time of 25:32.5. A total of 41 athletes competed representing West Chester State, Penn A.C., Mt. St. Mary's and Penn State.

Meet Director and Penn State coach Harry Groves plans on holding the meet annually. "There is a lack of opportunity for our post-collegians to continue competition," said Groves. "We hope the meet will provide that opportunity."

PENN STATE INVITATIONAL 10/31/70 Weather - Rain

24:49.2	5 Miles	Marty Liquori	Villanova	1970
Course Record	Distance	Name	Team	Year
				<u>TIME</u>
1.	Fredericks, Greg (PS)			25:00.7
2.	Allahand, Jim (PS)			25:32.5
3.	Showers, Bill (W. Ch)			25:52
4.	Synott, Tom (UNA)			25:53
5.	Kissel, Ralph (PS)			25:59
6.	Maguire, Charlie (PS)			26:02
7.	Lerch, Dan (W. Ch)			26:10
8.	Hillman, Bob (PS)			26:19
9.	Katz, Rick (UNA)			26:21
10.	Fullmer, John (PS)			26:22
11.	Spangler, Don (W. Ch)			26:24
12.	Coppens, Lou (PAC)			26:32
13.	Miller, Jim (PS)			26:44
14.	McClure, Jim (PS)			26:45
15.	Dawson, Bill (W Ch)			27:04
16.	Frick, Frank (PAC)			27:18
17.	Isenberg (W Ch)			27:25
18.	Worthen (PS)			27:28
19.	Bieganski (Mt. St. M)			27:38
20.	Stouffer (W. Ch)			27:41
21.	Stefanic (PS)			27:48

**SEND CROSS COUNTRY & TRACK NEWS,
MEET SCHEDULES, ETC. TO:**

**JIM BOND, Managing Editor
P.A. TRACK & FIELD REVIEW
1709 FORSTER ST.
HARRISBURG, PA. 17103**

SCHOLASTIC

P.I.A.A. CHAMPIONSHIPS 11/7/70 - Penn State University

EASTON'S MICKEY COLLINS WINS STATE A CROSS COUNTRY...Tim Cook a close second.

Senior, Mickey Collins of Easton High School captured the State Class A Cross Country Crown over the special 2½ mile layout at The Penn State University golf course on Saturday, November 7th.

In a great match race between Collins and Tim Cook of Chambersburg, who is also a senior, the two ran stride for stride over the first 1½ miles of the race, exchanging the lead now and then. From that point, Cook opened up a five-yard lead on Collins and held it to they reached the two-mile point. Cook set a brisk pace, but Collins inched up and finally caught the Chambersburg harrier at 2¼ miles. At this point, Collins put on a brilliant surge of speed and opened up a three to four yard lead, holding it into the tape with a fine clocking of 12:34.6 with Cook a close second in 12:35.0.

The State's strongest 880 and mile runner, Bob Schurko of Bethel Park High School finished third in 12:38.5, with another great trackster Dave Carter of Penn Hills finishing fourth at 12:47.0.

Collins and Cook met once earlier in the year, Sept. 5 at Harrisburg in a three-mile event along the shores of the Susquehanna River. Tim Cook won their first meeting 14:05 to 14:20.

In the Class B Championship Event, Dennis Fell of Greenville High School had a much easier time winning, finishing twenty yards in front of second place finisher, Tom Doty of Palmyra and third place finisher Marty Mattock of Mercer High. Fell's time was 12:50.8.

CLASS A

1.	Mickey Collins, Easton	12:34.6
2.	Tim Cook, Chambersburg	12:35.0
3.	Bob Schurko, Bethel Park	12:38.5
4.	Dave Carter, Penn Hills	12:47.0
5.	Keith Gallagher, Penn Hills	12:54.0
6.	Mike Boyles, Penn Hills	12:55.0
7.	Alex Kasich, Hickory	12:59.0
8.	Doug Mack, Lancaster	13:01.0
9.	Alvin Ramer, Chambersburg	13:02.0
10.	Nick Martin, Carrick	13:06.0
11.	Don Eppier, Penn Ridge	13:07.0
12.	Dave Bender, Oil City	13:09.0
13.	Tom Fulton, Meadville	13:10.0
14.	Geore Hendrickson, North Allegheny	13:11.0
15.	Greg Hendrickson, North Allegheny	13:11.0
16.	Ron Smith, North Penn	13:11.0
17.	Brent Hawkins, Uniontown	13:13.0
18.	John Baxter, Upper St. Clair	13:14.0
19.	Dan Cuthberton, Bradford	13:15.0
20.	Terry Wile, Kane	13:16.0

CLASS B

1.	Dennis Fell, Greenville	12:50.6
2.	Tom Doty, Palmyra	12:57.0
3.	Marty Mattock, Mercer	12:58.0
4.	Bruce Skiles, O. J. Roberts	13:02.0
5.	Dan Regelman, Rice Ave., Union	13:08.0
6.	Tom Freed, Riverside	13:09.0
7.	Tom Leonard, Canton	13:12.0
8.	Al Saginak, Neshannock	13:14.0
9.	Marty Brandt, Annville-Cleona	13:15.0
10.	Roy Kulikowski, Peters Twp.	13:16.0
11.	Skip Niles, Bloomsburg	13:17.0
12.	Steve Holtz, Red Land	13:17.0
13.	Dan Furlow, Warwick	13:17.0
14.	Dave Triana, Northeast	13:20.0
15.	Dale Hamlim, Troy	13:20.0
16.	Brian Sitler, Peters Twp.	13:20.0
17.	Dick Wolf, Jr., Elizabethtown	13:20.0
18.	Tom McDonald, Dunmore	13:22.0
19.	Glenn Orlosky, Mercer	13:24.0
20.	Dick Medlar, Oley Valley	13:25.0

JIMMIE DUTT

By Todd H. Jones

Temple, Pa.'s Jimmie Dutt, a current soph at Muhlenberg Twp. (Berks County) High School, has yet to run in a varsity meet and he is already a "legend" in District Three track circles.

As a junior high freshman at C. E. Cole Junior High in Laureldale, the 5-6, 132 pound sprinter dazzled area fans with a fantastic 10 flat 100 and a 22.4 furlong. He also covered the 440 in a good 53.3 and long jumped 19'-7 1/2".

Is it any wonder coach Sal Messina of Cole Jr. High and other track experts are predicting greatness for the unusually shy and modest Dutt?

15-year old Jimmy Dutt started in track during the 1968 season. As a 13-year old he ripped off sprint times of 10.5, 14.5 and 59.0 plus long jumping 18-2. In 1969 Dutt improved to 10.2, 22.9, 55.0 and 18-9. 1970 was the best year yet for the likeable Temple sprinter. He scored a triple in the All-County meet (100, 220, LJ) at Exeter and did the same thing earlier in the District Junior High meet at Manheim Twp.

Then at the annual Middle Atlantic AAU Junior Olympic finals at Wilmington, Delaware he captured the 14-15 class 100 in a swift 10.1 seconds. In the process he whipped Ambler's excellent sprinter, Leon Hill, Jr., who was about two yards behind at the finish.

Dutt's win at Wilmington qualified him for the Eastern Regionals at Atlantic City where he was only inches behind the winner, Arvid Lee of Washington, D.C. Lee and most of the other finalists were 16 or 17 years old. Lee's time of 10.4 on a slow track enabled him to qualify for the national championships at Knoxville, Tenn.

(continued on Page 8)



FROSH SPRINT SENSATION: JIMMIE DUTT

Jimmie Dutt, a legit 10.0 sprinter as a frosh this past season, has hopes for an Olympic gold medal someday. Dutt ran for Cole Jr. High, Laureldale (near Reading) the past three years. The 5-6, 132 pound sprinter star has done the 220 in 22.4.

MT. LEBANON HIGH SCHOOL'S DON MOLLENAUER GOING TO UNIVERSITY OF PITTSBURGH

In August of this year, Pitt announced the appointment of Don Mollenauer as assistant coach to head coach Jim Banner. Mollenauer, has left Mt. Lebanon where he coached since 1938 and compiled an almost unbelievable record in the tough W.P.I.A.L of 217 wins, 27 losses, and two ties in dual and triangular competition.

From 1944 to 1963 his teams went undefeated piling up victories in 144 consecutive meets. Mollenauer's teams went undefeated piling up victories in 144 consecutive meets. Mollenauer's teams have won 15 WPIAL titles and he has coached 60 individual league champions (District 7), and 18 PIAA State Champions.

Among the greats coached by Mollenauer are Steve Hein, a former weightman at Mt. Lebanon and now a coach at Pitt. Tom Carr, 1940 PIAA Champ 100-220; Danny Lee, 1958, PIAA Champ 120 High Hurdles and 180 Yard Lows; Gary Weisinger, 1957 who later ran on USA National Teams; Jim Stevenson, 1962 Champion in the Shot, and member of USA National Teams in the javelin during the mid-sixties.

"I hate to leave all the associations I've had with the kids and people at Mt. Lebanon, but I'll still be in the community and I'll be seeing the boys."

At Pitt, Mollenauer will be working with the weightmen, distance runners, and hurdlers.



DON MOLLENAUER

NEWS BULLETIN:

PITTSBURGH -- The Mt. Lebanon Track Club will sponsor a luncheon honoring Don Mollenauer, who has retired as track and cross-country coach at Mt. Lebanon High School.

The luncheon will be at the Sheraton Motor Inn, Fort Couch and Washington Roads in Bethel Park, at 12:30 p.m. Jan. 2, 1971. Ticket information is available from John Harwick, 467 Beverly Road, Mt. Lebanon, Pa. 15216.

CONTACT: Mr. John Harwick - 467 Beverly Road
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Mechanics of the Pole Vault

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JIMMIE DUTT (continued from Page 7)

Dutt placed third in the race with his Paul Harris A.C. summer teammate Wayne Hässler, a 9.9 sprinter, finishing second. Only the winner qualified for the nationals.

Dutt has two more chances for the nationals which are held in various cities across the nation. It is just one of his many goals. The biggest one is a shot at the Olympics. That's 1976. More immediate goals include breaking the all-time Pa. prep 100 mark of 9.6 seconds and the USA best of 9.3.

Dutt may well surpass both these goals if his many other sporting activities do not hamper him too much. This fall he is a member of the varsity football team where he excels as a running back and as a punter (in one game he averaged over 41 yards per boot).

In three years of Junior High competition he garnered 8 out of a possible 9 letters in track, basketball and football. He also found time to play baseball for the Temple Legion.

His junior high track record showed 28 sprint wins and only 3 defeats. The Laureldale flash - an Honor Roll student as well - also won two Middle Atlantic Junior Olympic sprint titles and both times he defeated Hill, a legit 10.1 sprinter and who like Dutt is also a football running back.

Besides sports Jimmie Dutt is also quite active in school activities. He was President of the ninth grade Student Council and was involved in the journalism and gym clubs. Outside of school he was active in the Oley 4-H Club and the Youth Fellowship at Rosedale United Church of Christ.

Jimmie Dutt is well-prepared for meeting his ambitious goals in track and life, too.

PENNSYLVANIA'S PHENOMENAL GENE "BEANYE" WHITE HITS 6'10 IN HIGH JUMP; RECORDS WIN IN LONG JUMP, 2ND PLACE FINISH IN TRIPLE JUMP AT GOLDEN WEST.

By Lowell C. Bond

Almost 14 years ago, May, 1957 to be more precise, a tall, lanky, Western Penna. lad by the name of Walt Mangham of New Castle High School straddled 6'9 3/4" to shatter the then existing national scholastic record for the high jump. This was considered exceptional since the world record stood at 6'11 for years, until California's Charley Dumas elevated the world mark to 7'1 2" at the U.S.A. Olympic trials just a year prior to Mangham's performance.

It wasn't until 1970 that Mangham's mark was bettered, unofficially, and it was accomplished by an all around "super" star and National high school champion. Gene White of Bristol High School located in southeastern Pennsylvania near the New Jersey Line. Gene, who is called "Beanye" by his friends and teammates, Fosbury Flopped 6'10" at Franklin Field in Philadelphia at The Middle Atlantic States Championships in June. However, his 6'10 jump is unofficial since he cleared the height after the event was over. He won the event with a commendable 6'8" and has several official 6'9" leaps to his credit.

The multi-talented lad was pursued by dozens of outstanding colleges and universities including Kansas, San Jose State, Tennessee, Maryland, Texas-El Paso, and Penn State. Gene and his high school coach Ron Sherratt discussed in detail and weighed each offer before choosing Penn State University, where he will be coached by Harry Groves, one of the best track and field mentors and cross country coaches in eastern United States.

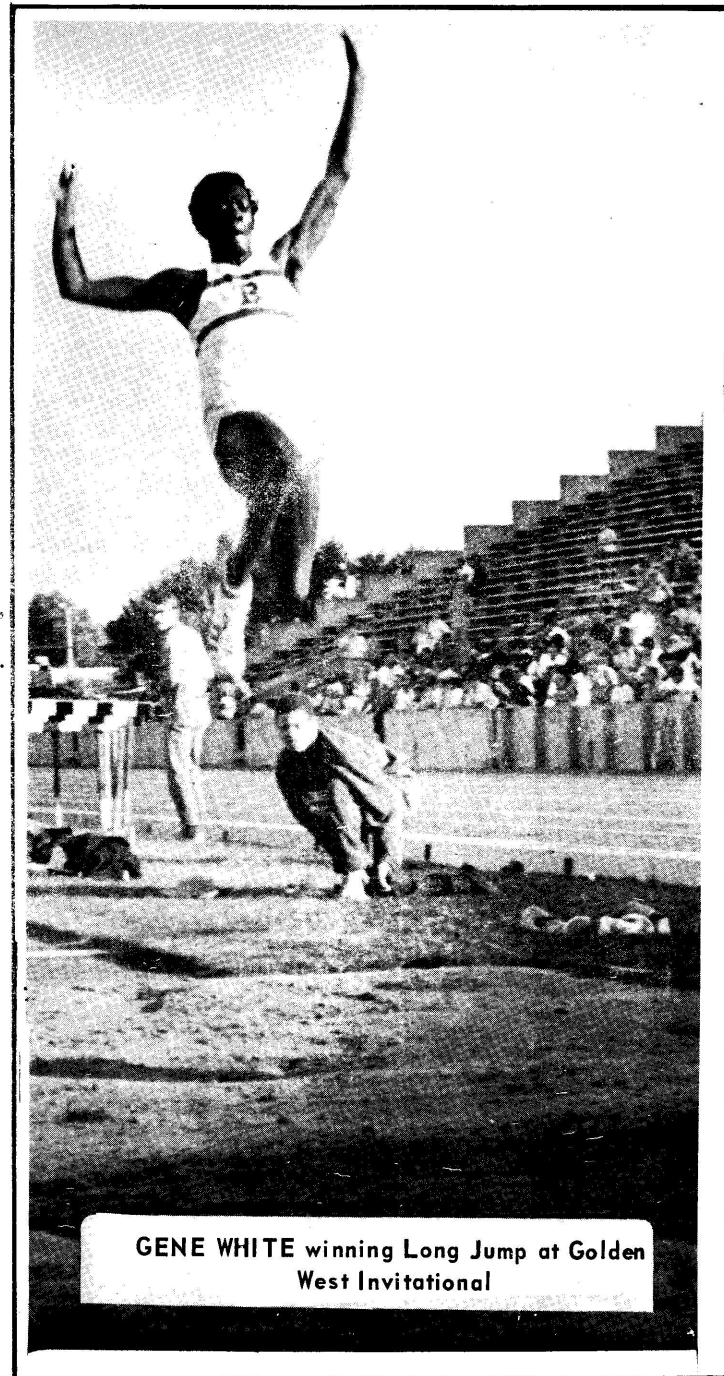
The 5'11 1/2", 140 lb. athlete, was one of four Pennsylvania track and field standouts invited to the 1970 Golden West Invitational Meet at Sacramento, California this past June. Ty Higgins of Lower Moreland High School in the discus; Mark Mondeschein of Haverford in the pole vault; and Mike Sperger of Wyncote, Pa., being the other three qualifiers who received invitations to a meet termed by many, as the national high school championships. To be invited to the G.W.I. Meet, one must be a senior in eligibility, and have a performance which ranks him 1st through 8th in a particular event. Each athlete is limited to participating in two events, only.

With best marks of 23-9 1/4 (legal) and 24-9 1/4, 24-6 (wind-aided) in the long jump, plus several jumps of 6-9 in the high jump, and a tremendous 50-0 1/2 (wind-aided) and a legal 48-9 1/4, White easily qualified in the top eight in all three events. Being restricted by the two event rule, it wasn't until the day of the meet at Hughes Stadium in Sacramento that Coach Sherratt and Beanye decided to go in the long and triple, and scratch in the high jump.

For the 8,000 fans on hand at the 11th Annual Golden West Meet, White put on a show more exciting than a three-ring circus. He constantly gained the applause and approval of the huge throng putting together a series of 23-9, 25-1 3/4, 25-4 1/4, 24-10, 24-11 1/4, and 25-1. He finished six inches ahead of second place finisher, Rudy Fellina of Florida, who managed a 24-10 1/4. In the triple jump, White's 49-1 1/2 placed him second, just one inch shy of the winning jump of 49-2 1/2 by Gerald Gaines of Chesapeake, Virginia. "At first, all I wanted to do was just to get to the meet," said Beanye. "After I got there, I realized that I could win it, but wasn't sure how I would hold up under pressure. I guess this proves I can compete with tough competition." Bristol Coach Sherratt stated White was tired in the triple jump after winning the long jump, and there was a tendency for a psychological letdown after grabbing a national title.

In an interview with "REVIEW", White announced his intentions on becoming a member of the 1972 U.S.A. Olympic Squad. During the summer of 1970, he along with top Olympic prospects from high schools and colleges throughout the country, was invited to attend the USA Olympic Training Camp which was held July 13 to August 2 at Duke University, Durham, North Carolina.

Dick Fosbury's former coach, Coach Wagner of Oregon State worked with Gene during his three weeks at camp, and discovered he had the tendency of turning too soon into the jump, rather than the proper method of attaining height of bar first, then make turn (back to bar) lifting feet afterwards. White plans on specializing in the high and long jumps at PSU. In



GENE WHITE winning Long Jump at Golden West Invitational

(continued on Page 10)

GENE WHITE (continued from Page 9)

his very first attempt at using the Fosbury Technique, which was just one year ago at the Emery Relays, Gene cleared 6-5.

Although he doesn't particularly care for running events, he has traveled 100 yards in a swift 9.8 and run 440 yards in 50.7 on a relay leg. Of the quarter, Beanye said, "I'd much rather run the mile." His 9.8 century was run barefoot at Trenton, N.J.

In other events at the Golden West, Pennsylvania's Mark Mondschein hit his lifetime best of 15-0 1/2 but was good for only a fifth place finish in a great field of prep vaulters. Gordon Krall of Indiana had the winning effort of 15-6.

In the discus, Penna. record holder Ty Higgins, Lower Moreland High School propelled the disc 175-11, well off of his best of 187-3 3/4 and finished 7th in an event won by famed schoolboy great, and national high school record holder Chris Adams of Los Altos, California with 192'8 effort. Adams has been over 200 feet on several occasions and has a best of 201-3.

Mike Sperger, a graduate of Bishop McDevitt High School, Wyncote, Pa. leaped 6-8 for a fifth place finish. Consistent Jerry Culp of Oceanside, California won the event with 6-10 1/4.

GOLDEN WEST INVITATION RESULTS

TRIPLE JUMP

- 1. Gerald Gaines, Cheasapeake, Va. 49-2 1/2
- 2. Gene White, Bristol, Pa. 40-1 1/2
- 3. Tom Gilliam, Uniondale, N.Y. 48-7 3/4
- 4. Jerry Wooden, Atlanta, Ga. 48-2
- 5. Don Bailey, Denver, Colo. 47-8 1/4
- 6. Gerald Lytle, Huntingdon, N.Y. 47-2 3/4

LONG JUMP

- 1. Gene White, Bristol, Pa. 25-4 1/4
- 2. Rudy Falana, Largo, Fla. 24-10 1/4
- 3. Lynn Swann, San Mateo, Calif. 24-10
- 4. A. Williamson, Atlanta, Ga. 24-9 3/4

HIGH JUMP

- 1. Jerry Culp, Oceanside, Calif. 6-10 1/4
- 2. Gaylin Sweet, Colfax, Ill. 6-8
- 3. Mike Fleer, Salem, Ore. 6-8
- 4. John Blakely, Ft. Worth, Tex. 6-8
- 5. Mike Sperger, Wyncote, Pa. 6-8
- 6. Barry Schur, Tucson, Ariz. 6-8
- 7. Ray Lisby, Las Vegas, Nev. 6-6

POLE VAULT

- 1. Gordon Krall, Greenwood, Ind. 15-6
- 2. Bill Curnow, Midland, Tex. 15-6
- 3. Dixon Boughman, Kokomo, Ind. 15-6
- 4. Jim Kleiger, Denver, Colo. 15-0 1/8
- 5. Mark Mondschein, Haverford, Pa. 15-0 1/8
- 6. B. Horman, Kirkwood Mo. 15-0 1/8
- 7. Jeff Linta, Mansfield, Ohio 15-0 1/8
- 8. Terry Porter, Azle, Texas 15-0 1/8

In other events Ray Robinson of Lakeland, Florida became the fastest USA scholastic sprinter of all times running a lightning fast 100 yards in 9.2 seconds. His winning time in the 220 was a wind-aided 20.7, as was his century time. New York State's Fred Singleton of Mt. Vernon High showed the field how the hurdles should be run winning the 120 highs in 13.4 and the 180 lows in a swift 18.3. Jesse Stuart of Glaskow, Kentucky, heaved the 12 pound shot 71-9 3/4 inches in winning the shot put, and Anthony Colon of New York City captured the mile in 4.06.0.



Two of the most outstanding athletes at the Golden West Invitational Meet, 1970. Left, Gene White, Long Lump Winner, 25-4 1/4 and Fred Singleton, Mt. Vernon, N.Y., Hurdler who won the Highs, 13.4; and Lows, 18.3.

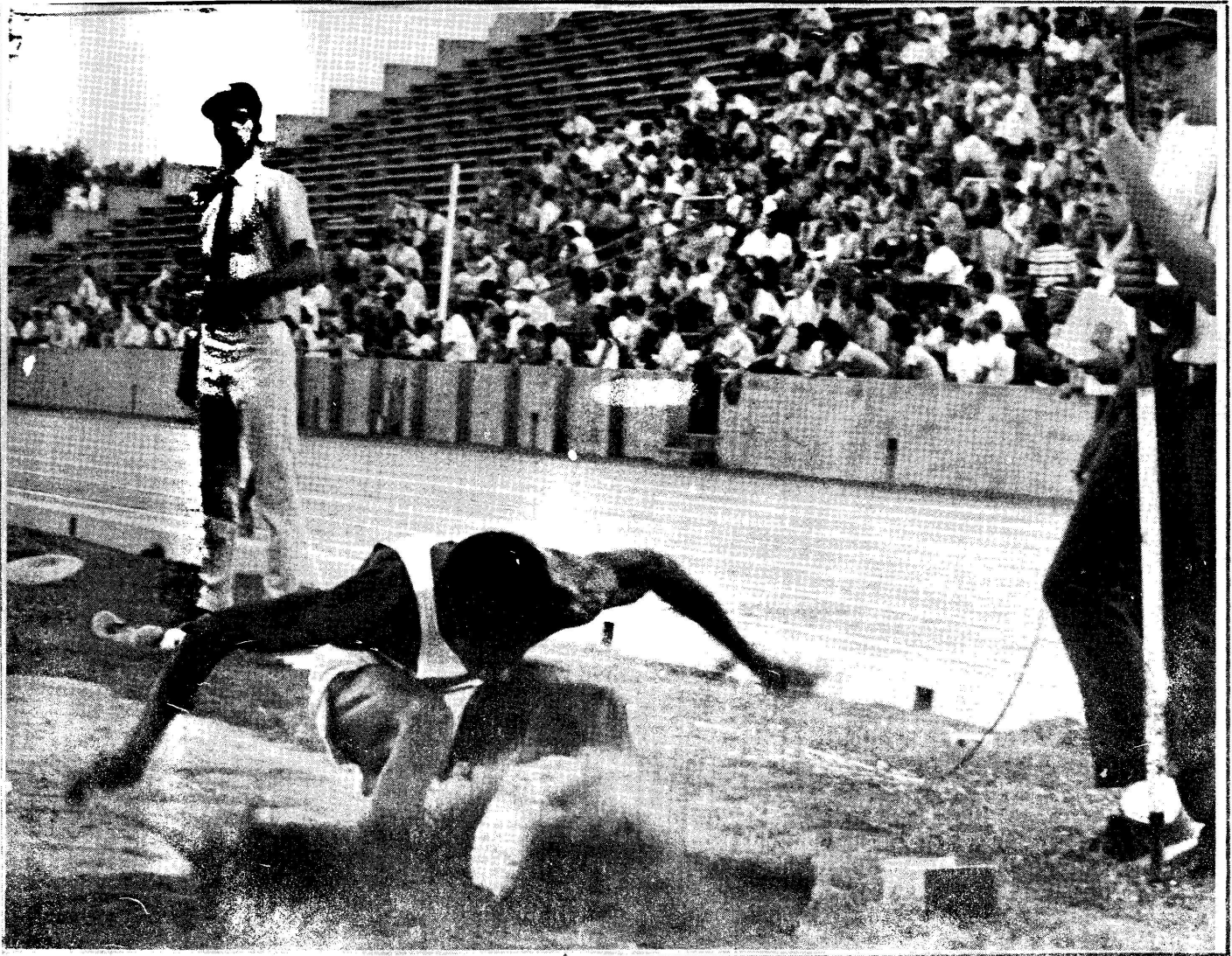
ANNOUNCEMENT:

In regards to REVIEW'S 1st Annual ALL-STATE track team which appeared in the June 1, issue, the following additions were made: Ron Shaw, Phila. Bartram 100 and 220 yard dashes, all-state selection; Bruce Hulse, Haverford, 120 High Hurdles, 14.6 and 14.7's early in season. Hulse also had wins over PIAA Champ Bruce McCutcheon and Doug Ewing of Norristown. Illness forced him out of the State Meet. Honorable Mention; Pete Christ of St. Francis Prep, Spring Grove, Pa. who was a junior during the 1970 season clocked 4.16.5 and 4.19.0 for the mile. All State Selection.

NOTE TO COACHES: Please send meet schedules to Pa. Track & Field Review as early as possible. (1971 indoor and outdoor) Thank you.

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TOP PHOTO: Gene White, Penna's top athlete for 1970 reaches out to 49'1 1/2 Triple Jump at the Golden West Meet.

LEFT: Gene and Coach Ron Sherratt after return from California. Their trip was totally financed by the Bristol School District. Expenses totaled over \$1800.00.

ABOVE: White and Ty Higgins of Lower Moreland at motel in Sacramento, shortly before start of competition.

BARTRAM'S RON SHAW STATE LEADER IN BOTH SPRINTS

The 1970 prep season culminated with outstanding performances in May and June by little Ronnie Shaw of Philadelphia Bartram. "Scooter" Shaw ushered in the indoor campaign with going away victories in the shorter 50 and 60 yard dashes at Convention Hall during the winter months, then dominated the outdoor sprints in the Philly Area, going undefeated in both the century and furlong.

At the Greater Valley Coaches Association Championship Meet in Philadelphia on May 27th, he came into head to head competition with two P.I.A.A. State Champs, Ron Miller, Class B 100 Champ from Unionville, and Bill Johnson, Class A 220 Champ from Chichester. In what was billed as the race of the year, Shaw won by a narrow margin over Johnson, with Miller placing fourth. Third place went to Rich Still, New Jersey State Champ.

Penn Hills High School's two-mile relay unit lead the nation in that event with 7:44.1 in winning the District 7 eight lap event over North Allegheny (7:46.3) in the fastest ever in Penna. However, a week later at the PIAA Meet, North Allegheny turned the tables winning over Penn Hills, 7:47.0 to 7:48.8. Wm. Tennant High School finished third with 7:50.2.

Abington's Bill Neely who finished a disappointing 5th place at the State Meet in May, came back strong at the Greater Valley Coaches Meet winning over powerful Wayne Wright of Philadelphia's Dougherty and Kerry Streets of Germantown. Neely, anchored Abington's 1:28.6 880 Relay team, an event which is run prior to the open 440 event, which explains Neely's mediocre performances early in the season. He led Penna. with 48.2. (47.0 relay)

New Castle High School's "Butch" Walker missed the State Championship meet due to racial disorders at his high school which caused the remainder of their schedule terminated prior to the meet. His early season mark of 47-9 in the triple jump places him second on the "Top Ten" list. As a junior, Walker jumped over 48 feet and was ranked fifth nationally.

The 880 yard run was perhaps the strongest event on a statewide basis for the year. A total of 52 runners went below the 2 minute mark, with the fastest time being turned in by Garry Gittings of Baldwin, 1:53.1.

Tom Lacey upped his personal best to 60-0 1/2 which was still not quite good enough to overtake Baldwin's Ron Semkiw throw of 61-9 1/4.

SOME OUTSTANDING RETURNEES FOR 1971

- SPRINTS:** Leon Hill, (soph.) Wissahickon
Best time as freshman 10.1
Jimmy Dutt, (soph.) Muhlenburg Twp.
Frosh times 10.0, 22.4
- 880** Bob Schurko, (Sr.) Bethel Park
Best time as Junior, 1:54.5
- MILE:** Schurko, (Sr.) 1970 time 4:15.2
Pete Christ, St. Francis of Spring Grove
(Sr.) 1970 4:16.5
Tim Cook, (Sr.) Chambersburg 4:20.3
Mickey Collins, (Sr.) Easton 4:21.8
- HURDLES:** Pierre Ritter, (Jr.) York H.S. 19.2
Mike Shine, (Jr.) Youngsville 19.5, 14.9
Doug Ewing (Jr.) Norristown 14.6, 19.7
- POLE VAULT:** Jack McQuade, (Sr.) Wissahickon 14-6 1/4
Brian Mondschein, (Jr.) Haverford 13-6

- HIGH JUMP:** Robert Young, (Sr.) Woodrow Wilson
Levittown 6-6 1/2
- SHOT PUT:** Ron Semkiw, (Jr.) Baldwin 61-9 1/2
- DISCUS:** John Reihner, (Sr.) Washington 170-3

PENNSYLVANIA'S TOP 10

SENIOR - underlined JUNIOR *

100 YARDS

9.7	Ron Miller	Unionville
9.7	Jim Scott	Carlisle
9.7	Wayne Wright	Daugherty, Phila.
9.7	Ron Shaw	Bartram, Phila.
9.7	Randy Barnes	Abington
9.8	Bill Johnson	Chichester
9.8	Gary Dumanick	Mount Carmel
9.8	Gary Cromley	Milton
9.8	Chuck Venne	Harris, Harrisburg
9.8	Pat Petre	Carlisle

220 YARDS

21.4	Ron Shaw	Bartram, Phila.
21.5	Wayne Wright	Daugherty, Phila.
21.5	Bill Johnson	Chichester
21.6	Doug Meccray	Downingtown
21.7	Joel Walker	Mount Lebanon
21.8	Dan Smith	Penn Hills
21.8	Dan Swanson	Warren
21.9	Gary Risch	Freeport
21.9	Wayne Hassler	Wilson
21.9	Gary Cromley	Milton
21.9	Randy Barnes	Abington

440 YARDS

48.2	Bill Neely	Abington
48.4	Charles Curtis	Wissahickon
48.7	Rick Weaver	Oil City
49.0	Ken Warner	
49.0	Wayne Wright	Daugherty, Phila.
49.0	Ed Marsteller	Baldwin
49.1	Tim Olack	Alliquippa
49.4	Rich Jackson	Westinghouse
49.5	Pete Dietrich	Mount Lebanon
49.9	Van Barbour	Chambersburg
49.9	Ed O'Neal	Warren
49.9	Dan Rothermal	Mount Lebanon
49.9	Chuck Monzingo	Jefferson, Pittsburgh

880 YARDS

1:53.1	Garry Gittings	Baldwin
1:53.3	Rich Matrunick	Derry Area
1:54.5	Bob Abraham	Upper St. Clair
1:54.5	Bob Schurko	Bethel Park
1:55.0	Dave Bowman	Springfield
1:55.3	Rick Weaver	Oil City
1:55.6	Dave Thomas	North Allegheny
1:55.9	Dan Sullivan	Mount Lebanon
1:56.0	Don Creehan	Pgh. South Hills Cath.
1:56.2	James Heidelberger	William Tennant

ONE MILE

4:14.3	Garry Gittings	Baldwin
4:15.2	Bob Schurko	Bethel Park
4:16.5	Pete Christ	St. Francis, Spr. Grove
4:16.6	Bob Hillman	North Allegheny
4:18.3	Tom Synott	Mount Lebanon
4:19.4	Gary Murray	North East
4:19.8	Herb Gibson	McKeesport
4:20.3	Tim Cook	Chambersburg
4:20.5	Bill Moder	Hickory Twp.
4:21.6	Don Tarasi	Penn Hills
4:21.8	Mickey Collins	Easton

TWO MILE

9.15.4	Bill Louv	Upper Merion
9.23.1	James Koster	Ridley
9.25.6	Norm Belden	Bishop Kenrick, Norris.
9.26.0	Jeff Bradley	Hempfield
9.34.1	John Baxter	Upper St. Clair
9.35.3	George Taylor	Penn Hills
9.35.5	Jim Ludwig	Exeter
9.36.0	Vince Volpe	Bishop Neumann, Phila.
9.36.5	Dave Carter	Penn Hills
9.37.4	George Ritter	Hamburg

120 HIGH HURDLES

14.3	Bruce McCutcheon	Penn Crest
14.3	Don Clune	Cardinal O'Hara, Phila.
14.4	Larry Lewis	Coatesville
14.4	Dave Salks	Muhlenburg
14.5	Gene White	Bristol
14.6	Bruce Hulse	Haverford
14.6	Doug Ewing	Norristown
14.6	Rich Booker	Kiski Area
14.6	Fred George	Thomas Jefferson, Pgh
14.7	George Crummel	William Penn, Hbg.
14.7	Mark Mendschein	Haverford

180 LOW HURDLES

19.2	*Pierre Ritter	William Penn, York
19.3	Charles Curtis	Wissahickon
19.5	Julius Myers	Schenley, Pittsburgh
19.5	Don Spiller	Milton
19.6	*Mike Shine	Youngsville
19.7	Larry Lewis	Coatesville
19.7	Bob Goltz	Norwin
19.7	Bob Frank	Mount Lebanon
19.7	Mike McKenzie	Baldwin
19.7	*Doug Ewing	Norristown

SHOT PUT

61.9 1/4	*Ron Semkiw	Baldwin
60.0 1/2	Tom Lacey	Abington
55.8	Jim Nelson	Bradford
57.10	Bill Chada	Highlands
57.4 1/4	Jimmy Joe	Coatesville
56.9	John Reihner	Washington
56.6	Tim Horney	Union
55.10	Ron Powley	East Pennsboro
55.5	Joe Snow	Clariton
55.5	Tom Pavik	Thomas Jefferson, Pgh.

POLE VAULT

15.0 1/4	Mark Mondschein	Haverford
14.6 1/4	Jack McQuade	Wissahickon
14.2	Steve Raab	Bishop McDevitt, Wyncote
13.9	Glenn Hauze	Bethlehem Freedom
13.9	Lenny Jenkins	Reading
13.9	Dennis Red	Mechanicsburg
13.6 3/4	Jim Montgomery	Baldwin
13.6 1/2	Bruce Hallman	Boyertown
13.6	Brian Mondschein	Haverford
13.5	Dave Waltz	Mount Lebanon

HIGH JUMP

6.9	Gene White	Bristol
6.8	Mike Sperger	Bishop McDevitt, Wyncote
6.6 1/2	Robert Young	Woodrow Wilson
6.6	Bill Chada	Highlands
6.5	Terry Thompson	Oil City
6.5	Bruce Kocher	Palmerton
6.5	Mel Brown	Canon-McMillan
6.5	Chris Adams	Abington
6.4	Carl Snyder	Dallastown
6.4	Ben Perrin	Pittsburgh South Hills
6.4	Mel Mason	Pittsburgh South Hills
6.4	Rich Booker	Kiski Area
6.4	Jim Gray	Butler
6.4	Steve Grice	Corry
6.4	Doug Snowberger	Waynesboro
6.4	Butch Walker	New Castle

LONG JUMP

25.4 1/4	Gene White	Bristol
22.11 3/4	Gregg Gates	Scotland
22.11	Bill Goodman	York
22.11	Harvie Oliver	Valley
22.11	Roosevelt Randall	Clariton
22.10 3/4	Phil Rea	Elizabeth Forward
22.7	Joe Allwein	Lebanon
22.6 1/2	Tom Stackfield	Carlisle
22.6 1/4	Mike Haluszcak	Montour
22.5	John Miller	Lewisburg
22.5	Steve Raab	Bishop McDevitt, Wyncote

TRIPLE JUMP

49.1 1/2	Gene White	Bristol
47.9	Butch Walker	New Castle
47.8	Allan Nash	West Chester
47.6 1/2	James Leonard	Perry
47.4	Bill Rea	Elizabeth-Forward
46.7	Doug Dennison	Lancaster
46.5	Roosevelt Randall	Clariton
46.2	Harvie Oliver	Valley
45.10	Tom Groves	Middletown
45.7 1/4	Earl Detra	Brandywine

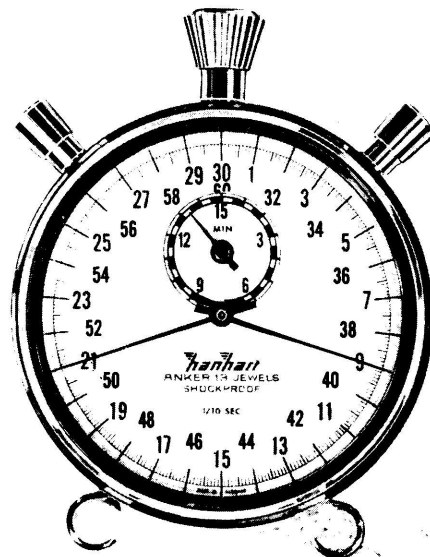
DISCUS

187.3 3/4	Ty Higgins	Lower Moreland
170.3	John Reihner	Washington
170.3	Tom Lacey	Abington
166.9	Kevin Baker	Radnor
162.9 1/2	Tim Braun	Labrobe
162.8 3/4	Larry Scola	Canon-McMillan
161.1	Ron Semkiw	Baldwin
160.6	Jeff Swope	Bangor
158.8 1/2	Gary Howanec	Mount Carmel
156.10	Lee Stone	Big Spring

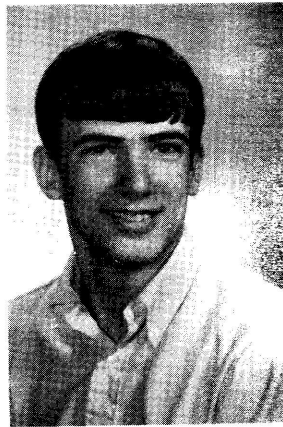
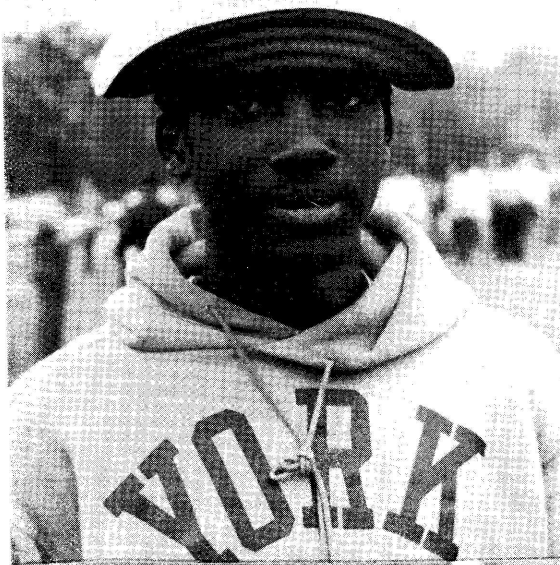
JAVELIN

222.4	John Clark	Titusville
218.6	Ed O'Neil	Warren
210.5	Dave Kiser	Clariton
207.11	Dave Kuhn	Central Dauphin, Hbg.
205.8	Tom Stevenson	Mount Lebanon
203.0	Clair Herr	Hempfield
200.3	Jerry Putt	Boiling Springs
199.4	Bob Parker	Lancaster Catholic
197.10	George Williams	Fox Chapel
196.2	Sam Smith	Carlisle

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1971 GREAT PROSPECTS



UPPER LEFT:
Pierre Ritter, York H.S.,
leaped 6-10 in 1970. Won
state title in 1971.
Ritter is a member of
the Pennsylvania State
Long Jumpers' Club.
He should be a contender
to beat in this event.

ABOVE:
Brian Mondeschein, brother of Mark of Haverford
High School. Brian has upped his personal best
to 13-6.

MIDDLE LEFT:
Pete Christ, St. Fran-
cis, Spring Grove, ran
mile in 4:16.5 as a
junior in 1970. Also
ran 4:17.0.

LOWER LEFT:
Wayne Tollins of
Steelton High School
is a consistent half
miler and miler. Ran
880 in 1:57.1.

LOWER RIGHT:
Lee Latham of Steelton
Highspire High School
leaped 6-3 as a junior
in 1970.



ON THE COVER

DON WEBSTER - FOUR YEARS LATER AS A VILLANOVA SOPH 1963 --- Don Webster ran for two seasons as a member of the Villanova frosh and soph track teams. Don's best national performance was in the 1963 AAU 220 championship race at St. Louis when he ran a windy 20.6 for fourth place behind the great Henry Carr and Paul Drayton.

DON WEBSTER

By Todd H. Jones

Who is the greatest track athlete in Pennsylvania prep history?? Is it the fabulous "Ted" Meredith who in 1912 won the Olympic 800 meters title?? Or is it the all-around jump sensation of 1970 - Gene White of Bristol?? A case could be argued for either, no doubt.

This writer's choice, though, is the legendary Don Webster who ran unchallenged for three seasons from 1959 through 1961. The amazing thing about Webster is that the Kennett Square youngster was only 16 years of age at graduation. Both Meredith and White were 19 as high school seniors.

Webster was poetry in motion when he ran. It actually appeared the smooth 6-0 sprinter was loafing as his very unusual stride length of nine feet ate up the cinders. The Kennett Square flash leaned back when he ran but it didn't hamper his stride at all.

I well recall the 1961 PIAA championships when Webster "coasted" to a 21.2 clocking in the trials of the Class A 220 yard dash. One wonders how fast he would have run that day had he been pushed in this particular qualifying race.

My first sight of this gifted sprinter came earlier in the spring of 1961 when the Emrey Relays were held at Bethlehem. That day Webster anchored three championships in the 440, 880 and mile relays under very poor conditions (rain and cold weather). I never did find out his time for the anchor of the mile relay but Webster made up at least 40 yards on his opponent and pulled away in the stretch to win by a good 5 yards.

No athlete in the history of track and field has ever run the times that Webster did at such an early age. That includes the miler by the name of Jim Ryun.

The Kennett Square lad clocked a terrific 23.8 for the 220 at the tender age of 12. Many high school sprinters can't run that fast.

The following year in 1958 he established the international age mark for 13 when he unloaded a 10.2 clocking for the 100. He also had a best of 22.8 for the 220.

In 1959 Webster entered high school (varsity) competition and he was an instant success. He posted times of 10 flat, 21.7 (international age 14 record) and 49.5 (also international age 14 mark). He was undefeated that season in copping the District One and PIAA state meet titles in the quarter. The state meet was held in the rain and Webster's winning time was an excellent 49.5.

1960 saw this talented trackster go unbeaten again. He had bests of 9.9, 20.9 (finished less than a yard behind the great Frank Budd) and 46.7. In this latter race he beat Josh Culbreath of Olympic fame and the time was first announced at 46.5 which would have broken Dave Mills' national mark. However, only two clocks caught the time and it was later adjusted to 46.7 - still the national record by a prep junior. Later that summer the 15-year old sensation placed seventh in the AAU 440 champs and missed making the Olympic trials by one place. His scholastic record that season showed a District One and PIAA double win in both the 220 and 440 yard dashes. It rained again at the state meet but the amazing Webster clocked 22.3 and 49.4 for the titles.

In 1961 the Kennett Square sprinter was a high school senior although only 16 years of age. He again compiled a perfect scholastic record. Webster copped the District One championship in all three sprints but dropped the 100 in the states and concentrated at setting records in the 220 and 440. However, (yes, you guessed it) weather was again a factor (can you believe it not only rained but sleeted and hailed??) and the Kennett Square had to be content with winning times of 21.4 and 49 flat. His qualifying mark of 21.2 in the 220, however, set a new state mark. The winning time that day in the 100 was 10 flat well above Webster's best of 9.7 which he ran in winning the District One meet.

Later on that year the Kennett Square ace traveled to New Mexico where he ran a sizzling 46.5 in beating the famed Dolph Plummer (who later broke the world's record with a 44.9 in 1963). Only one USA prep has run the quarter faster. Ullis Williams did 46.1 in 1961 while Ted Nelson ran 46.5, too, the same season.

Webster's times of 46.7 at 15 and 46.5 at 16 are both international age marks as is the 20.9 furlong he ran at age 15. Needless to say his 220 and 440 bests are still No. 1 on the all-time Pennsy prep list while his 9.7 century is just .1 shy of the all-time mark.

Webster didn't confine his track talent to just the sprints. He had bests of 175 feet in the javelin, 22' in the long jump and 6' in the high jump. These marks would be school records at many smaller schools in the states.

After high school the Kennett Square great had an up-and-down time. He failed to improve on his sprint times as a frosh at Villanova but managed to run a 9.5 in 1963 as a collegiate soph. His best race of that season, though, and of his career, was a fourth-place finish in the national AAU 220 champs where he posted a windy 20.6. This was the race where Henry Carr and Paul Drayton had their celebrated "tie" as they ran the course in 20.4 seconds.

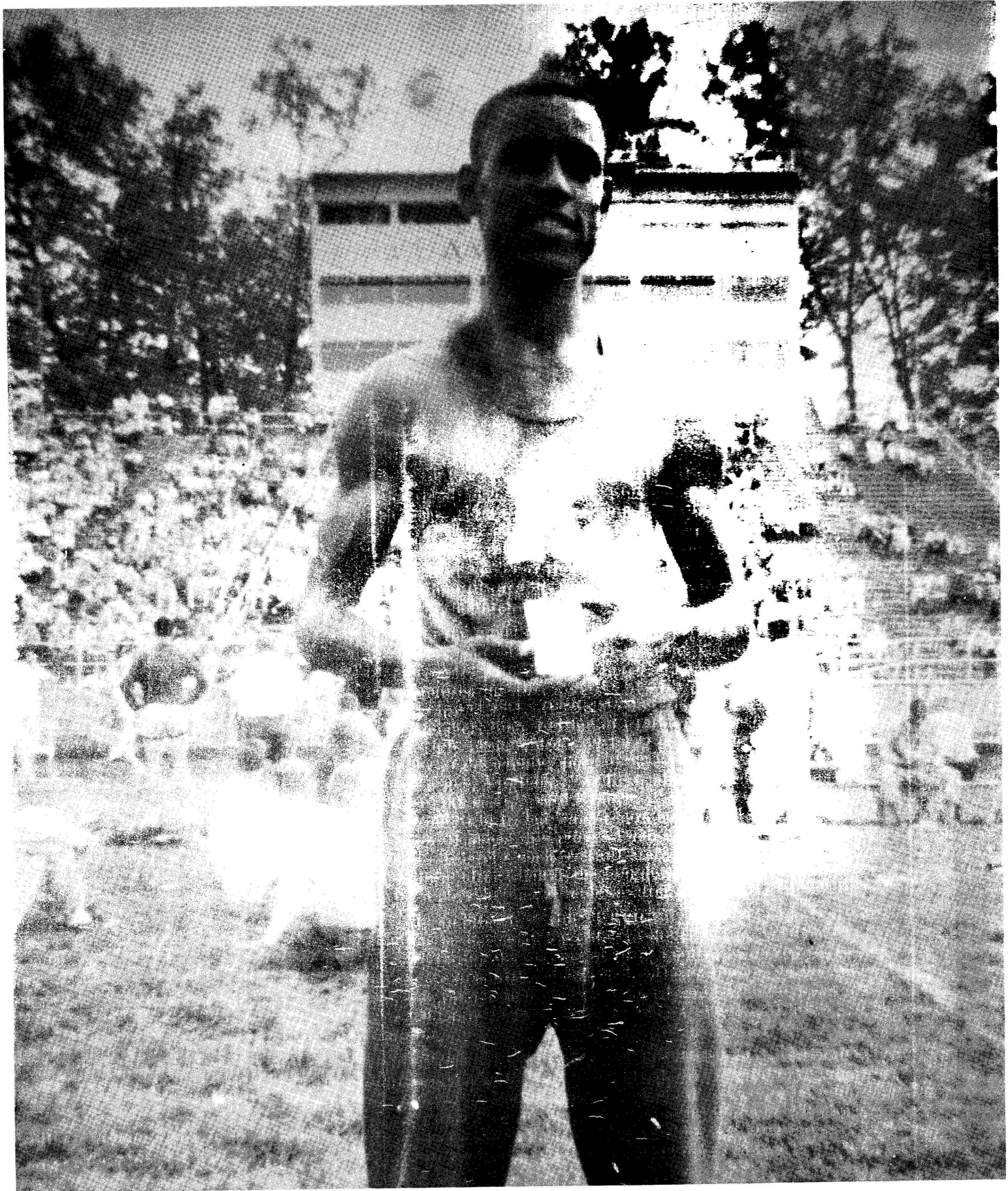
In 1964 Webster dropped out of school and ran for the well-known Southern California Striders. He had a good season but could only manage a seventh place in the final Olympic trials held at Los Angeles. This occurred in the 200 meters dash after he had earlier missed making the finals in the AAU 440 by a .1 of a second. To this day Webster feels this could have been "his year" had he not contacted mononucleosis earlier in the season.

Between 1966 and 1969 Webster worked and served in the US Army Corps of Engineers as a Lieutenant. He then re-

(continued on Page 23)

DON WEBSTER AS A HIGH SCHOOL SOPH IN 1959

The fabulous Don Webster of Kennett Square poses after winning the PIAA Class A 440 dash in the 1959 state meet. Don was only 14 years of age at the time -- possibly the youngest state champ in PIAA track history.



CROSS COUNTRY NEWS

SCHOLASTIC (continued from Page 6)

2nd Annual WYOMING VALLEY WEST INVITATIONAL Sept. 19, 1970

1. M. Collins	Easton	13:58.5
2. B. Dixon	State College	14:22
3. B. Dixon	State College	14:23
4. F. Jones	Shamokin	14:24
5. D. Batt	State College	14:25
6. R. Culton	Shamokin	14:26
7. J. Judge	Abington Heights	14:32
8. J. McDaniels	WVW	14:35
9. S. Niles	Bloomsburg	14:39
10. B. Faux	Bloomsburg	14:40
11. R. Faux	Bloomsburg	14:43
12. L. Gotshalle	State College	14:45
13. S. Unvarsky	Coughlin	14:48
14. D. Stull	WVW	14:52
15. E. Sheriff	Shamokin	14:57
16. C. Loftus	Abington Heights	15:00
17. M. Paulhamus	Williamsport	15:03
18. B. Binde	Montrose	15:04
19. R. Gallagher	Abington Heights	15:05
20. B. Grovatt	Easton	15:10
21. J. Gallagher	State College	15:12
22. R. Papperman	Abington Heights	15:16
23. R. Oren	Waston	15:17
24. P. Hanle	Easton	15:19
25. J. Mooney	Abington Heights	15:19
26. R. Ely	Montrose	15:25
27. J. Billiard	Easton	15:26
28. C. Smith	WVW	15:27
29. B. Vashat	State College	15:28
30. J. Hammaker	Bloomsburg	15:36
31. P. Koury	Easton	15:38
32. B. Jordan	Abington Heights	15:39
33. S. Drake	Bloomsburg	15:42
34. B. Kalka	Bloomsburg	15:45
35. J. Osburn	Montrose	15:50
36. J. Fox	Coughlin	15:52
37. D. Chew	Williamsport	16:01
38. M. Sciacca	Williamsport	16:02
39. R. Rozelle	Abington Heights	16:12
40. D. Filgiski	Shamokin	16:13

13:58.5 - Breajs E. Zavenski's Record of 1969

CENTRAL PENN CHAMPIONSHIPS At Millersville State College Oct. 22, 1970

1. J. Maiale	Reading	14:44
2. S. Figard	Reading	15:02
3. M. Fleming	Cedar Cliff	15:03
4. D. Walsh	York	15:15
5. R. Harman	York	15:21
6. J. Woynarowsky	Reading	15:25
7. J. Kohler	York	15:26
8. R. Hermes	Lancaster	15:28
9. S. Shenk	Carlisle	15:34
10. J. Bowman	York	15:38
11. D. Henise	York	15:44
12. J. Flower	Carlisle	15:46
13. F. Gross	Reading	15:48
14. B. Kochler	Trinity	15:49
15. R. Progin	Lancaster	15:50
16. B. Hoffman	William Penn	15:52
17. C. Hoopes	Lancaster	15:52
18. C. Anderson	Central Dauphin	15:53
19. Tom Einsig	York	15:54
20. Kurry Swigent	Carlisle	15:55
21. R. Watson	Lancaster	15:56
22. D. Ender	Cedar Cliff	15:58
23. B. Ensminger	Lancaster	16:05
24. R. Gunning	John Harris	16:12
25. M. Bilal	Reading	16:14
26. J. Kershnen	Reading	16:16
27. J. Hyle	Central Dauphin	16:17
28. J. McBride	John Harris	16:19
29. D. Nauss	Cedar Cliff	16:20
30. Wes Brock	York	16:21
31. F. Richland	York	16:22
32. P. Walker	Trinity	16:26
33. B. Knouse	Carlisle	16:28
34. A. Lipocky	Carlisle	16:33
35. I. Fetterman	Trinity	16:34
36. T. Koppe	Central Dauphin	16:36
37. J. Mulroy	Trinity	16:36
38. R. Miller	Carlisle	16:37
39. G. Esworthy	John Harris	16:41
40. D. Mathis	Carlisle	16:42
41. D. Watson	Lancaster	16:46
42. J. Robinson	Central Dauphin East	16:48
43. R. Cirillo	Cedar Cliff	16:49
44. Lee Hall	Cedar Cliff	16:50

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3. Chambersburg	189	8. Boyertown	248	3. Peters Twp.	128	8. Bristol	214
4. Easton	193	9. Hickory	264	4. Annville-Cleona	134	Jershey Shore	214
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						11. Exeter	266

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FUNDAMENTALS OF FIBREGLAS POLE VAULTING (continued from Page 3)

full speed from their initial take-off mark, but the majority of vaulters use a drifting approach and accelerate to a peak about 50-60 feet from the box. The vaulter must not be accelerating at the take-off. The stride should be uniform and powerful and low hurdling work or striding 220's is the best way to develop stride consistency. The pole should be carried comfortably elevated and lowered gradually toward the box. The pole must not be jabbed back and forth. All run rhythm must come from the swinging of the shoulders to maintain balance. The last few strides of the run must be made flat footed in order to permit gather for the spring at the take-off. All attention should be on the box at this time.

The ACCURACY AND UNIFORMITY of the run are critical to efficient vaulting which, with a perfect pole plant, constitute 60% of a successful vault. The run should always start by leading off with the same foot with the same length of stride. Most vaulters use two check marks, one at the start and some point about 50-60 feet from the box. Occasionally, a vaulter may use three marks, one for the start, a second three or four strides down the runway and a third 50-60 feet from the box.

POINT OF TAKE-OFF

The accuracy of the run is more critical than the speed since a man may clear 13'6" running with a speed not greater than 14 seconds to the 100 yards. The run strides must be consistent within a range of 6 inches six strides from the take-off. Unless the run is consistent as to accuracy, otherwise the pole will not bend uniformly.

We always discriminate between a STATIC and DYNAMIC take-off point. The first mentioned is approximated by having the vaulter place the pole in the box, cocking the arms overhead and noting the placement of the take-off foot. The DYNAMIC take-off point is determined by experimental vaults at a height. AS THE HEIGHT OF THE BAR INCREASES THE POINT OF TAKE-OFF TENDS TO MOVE IN CLOSER TO THE BOX UNDER THE HANDS. At moderate heights, below 13 feet, there is a general trend for the take-off point to be behind a vertical line dropped from the vaulter's top hand. That is to say, with the pole in the box, if the vaulter looks upward at an angle of approximately 80° above his forehead, he should, without the difficulty of craning his neck, see his uppermost hand on the pole.

If the take-off is TOO CLOSE, the pole bend may be excessive; (a) the forward (linear) velocity of the vaulter will be too great and uncontrollable; (b) the grip may be torn loose; (c) the vaulter will have no time to spring. A too close take-off and a late pole plant mean disaster. An inaccuracy in the take-off of 6 inches at any height above 13 feet, and often at lower heights, usually means failure. Estimate your take-off point statically, but determine your true take-off point dynamically by experiment! There must be some psychological preparation for the take-off and therefore the vaulter must relax and run flat footed the last few strides of the run. All attention must be on the plant and take-off action at this time.

DEVELOPING SPEED in the pole vault run is achieved best by leaning from the ankles and using high knee action. The weight MUST ALWAYS BE SHIFTED OVER THE TAKE-OFF FOOT at the moment of take-off. The weight shift is accomplished by twisting the right foot outward slightly as the vaulter plants his pole. Perfect balance in the vault has become more critical with the Fibreglas poles, since these poles may recoil from the box after the plant has started, it pushes the vaulter off balance. The weight shift is often, but not necessarily, a natural action.

PERFECTING THE POLE PLANT AND SHIFT

At the present time there exists a great controversy as to the extent of the hand shift on the pole. The hand spread of some vaulters after the shift may be as great as 18 inches. If the vaulter can achieve a good pole bend and control the body without spreading his hands more than a foot he will enjoy material benefits in reach over the cross bar with this technique. He will also, AND ALWAYS, be able to exert more muscular pulling force on the pole with the hands closer together. A vaulter should experiment with the shift and relate the amount of hand shift to pole bend and body control.

TIMING THE PLANT may be summarized in one word, EARLY! The plant is begun as the vaulter begins to pass over the right (next to last foot placement) before the take-off is planted. The vaulter MUST REACH FORWARD WITH THE POLE TO CONTACT THE BOX EARLY IN ORDER TO COMPLETE THE SHIFT AND GRASP THE POLE FIRMLY. The pole must not be thrown out away from the body during the shift or this will upset the balance. Reaching out early for the box will seem awkward at first, even champions slip up at times, but it will pay the vaulter rich dividends in a firm grip on the pole and permit him to concentrate on gathering himself for the spring into the air.

THE OVERHEAD POLE PLANT IS NOT RECOMMENDED. Several vaulters have enjoyed a measure of success with this type of plant which they use to help bend the pole, but there is a large body of evidence and opinion which dictates the use of an underhand or underhand-sidearm type of pole plant as being most efficient. Whichever type of pole plant is used IT IS IMPERATIVE TO KEEP THE POLE CLOSE TO THE BODY AT ALL TIMES. ALMOST ALL VAULTING IMBALANCES CAN BE TRACED BACK TO A POOR POLE PLANT, occasionally complicated by a poor running pattern.

The underhand pole plant is like the old fashioned shuttle pass in football or somewhat similar to the underhand scooping motion of the softball pitcher. The pole, which is carried balanced, with the left hand as a fulcrum, is pushed forward in coordination with the left hand release to contact the box. In the pure underhand plant the right hand may never pass above the hip bone. In the underhand-sidearm motion, the right hand comes through higher with a slight sidearm action. IT IS VERY IMPORTANT NOT TO THROW THE POLE OUT AWAY FROM THE BODY AT THIS TIME, OTHERWISE THE BALANCE WILL BE UPSET. A sidearm plant may be a complicating factor if the vaulter fails to shift his weight, but with a smooth underhand plant there is no tendency to upset the body balance. Balance your pole with pressure on top from the right hand, use the left hand as a fulcrum with a relatively loose grip.

Extensive research has demonstrated that a vaulter MUST SPRING AT THE TAKE-OFF and not merely run off the ground. A recent experiment conducted in Germany by Gerhard Jeitner reaffirmed research completed by the writer some 25 years ago as to the necessity for this spring. Substantial improvements in height can be expected once the vaulter learns to drive up into the air onto his pole. A 6 inch improvement with this technique can be expected overnight and improvements of 18 inches have been recorded with poor vaulters after a year of training.

WHY SPRING AND HOW TO SPRING

A vaulter must never forget that he is changing linear (horizontal) momentum into angular momentum and height. Any change of direction requires force in the newly desired direction of travel. The pole, pole plant and the spring of the vaulter are coupled to produce a change of direction. If the leg spring is not used, the entire burden of direction change falls upon the arm muscles. With the Fibreglas poles, the FLEXION OF THE POLE TENDS TO CAUSE THE BODY TO DRIVE STRAIGHT AHEAD more parallel than with a stiff pole, that is to say, the TAKE-OFF ANGLE IS MUCH LOWER, therefore, especial attention must be given to getting the body up on the pole and into a rocking position EARLY. The taller and longer legged vaulters, because of their greater centrifugal force, as well as the very fast vaulters, must give great emphasis to this action. Short gymnastic types of athletes, such as John Rose, can afford to delay this action slightly. DRAGGING OF THE HIPS HAS NEVER BEEN RECOMMENDED BY THE WRITER AND IS VERY UNDESIRABLE WITH A FIBREGLAS POLE because of the necessity for the quick rocking action after the take-off.

A vaulter, with a good natural swinging action must pay particular attention to the use of his lead leg in the take-off, since this action controls the subsequent action in the vault to such a marked extent. The take-off is a mixture of high jumping and broad jumping technique. If the swing is too long, the knee lift is exaggerated, but if the vaulter stalls out, or the pole does not bend enough, the knee thrust must be MORE FORWARD. The faster the run or the lower the height of the bar, the greater the need for accentuation of this knee lift. At very low heights, 10-11 feet, this action may be almost instantaneous.

In the early stage of the take-off the forward knee drive toward the pit is to help the swing and bend the pole. In this action the right leg sweeps forward and then backward toward and over the head, all in one blended motion. With a steel pole, the action was delayed in order to get the pole moving, but this is not as critical a problem with the Fibreglas poles. The duration of the swing for a conventional vault of 13 feet is only about 24/100ths of a second, so this action must be very fast. Poles store their energy during this stage of the vault. A failure of the pole to bend may therefore be traced to: (a) a failure to drive toward the back of the box, (b) failure to stiffen or resist the forward motion with the left arm, (c) inadequate hand spread on the pole, (d) error in take-off point. If the pole still doesn't bend, you may have the wrong pole for your style of jump!

All springing movements are most effective when the body weight is directly over and slightly ahead of the springing foot. Lifting of the lead leg augments the spring from the take-off leg. It is imperative that the vaulter not be off balance at this time because the pre-bent pole, from the plant, may recoil slightly and throw the vaulter further off balance. Some beginners may need to lean into the pole a fraction.

CONTROLLING THE SWING

We have already mentioned the control of the pole bend and swing by stiffening the left arm (resisting the forward motion) slightly. Actually, the swing on the Fibreglas pole is VERY FAST AND FLAT and is made in a different position than on a steel pole. The swing is faster because the center of body weight, as the pole bends, rises more slowly. As a consequence of the flat take-off angle the centrifugal force developed by the vaulter remains high. The pole flexion materially reduces the load on the arms and shoulders at this time, BUT THIS TAKE-OFF ADVANTAGE MUST BE PAID FOR LATER in the vault. The absorption of the take-off shock permits handgrips on the pole which are, today, more than 1 foot higher than the best grip Warmerdam was ever able to manage, and even beginners can hold much higher! Since the early flight of the vaulter is flat, the rise to the bar is VERY LATE AT A VERY ABRUPT ANGLE AND TREMENDOUS MUSCULAR FORCE MUST BE EXERTED SUDDENLY AT THE VERY LAST INSTANT IN THE VAULT.

Although some current champions have emphasized a fast left leg elevation in the pole vault, this technique dates back over several years to the vaulting of Suetō Ohe of Japan who used very slender flexible bamboo poles. The principal advantage of the fast left leg lift is to KEEP THE VAULTER ON HIS BACK and get him into the rocked up position SOONER. There is less tendency for the hips to drag during the vault if emphasis is placed on a fast elevation of the trailing leg. It is NOT necessary to exaggerate this action unless the vaulter has difficulty staying on his back. No matter what technique is used at this time in the vault to effect this rocking back action, the vaulter must rock back hard and fast and NOT GO TOWARD THE CROSSBAR. ALL ATTENTION SHOULD BE GIVEN TO FALLING BACK ON THE POLE AWAY FROM THE BAR. The pulling in and bending of the knees and the hips during the rocking action SPEEDS UP THE ACTION AND CONSERVES THE MOMENTUM OF THE MAN AND HIS POLE. The legs here act as a "couple" and the forces they generate augment the work that the vaulter is doing with his arms, making their effort proportionally less. The vaulter must NOT YET exert his maximum pulling effort, he only cocks his arms enough to roll back and WAITS FOR THE POLE TO BEGIN TO UNWIND. If the vaulter pulls up too soon he will stall out; conversely, if he pulls too late, the pole will throw him under the bar. All of the vaulter's attention, at this stage of the rocking action, must be directed toward bringing the feet back over the head and DRIVING THEM (NOT SWINGING) VERTICALLY INTO THE AIR. The rocking action brings the center of gravity under the hands in alignment with the true axis of the pole (a line drawn from the maximum handgrip to the base of the pole). This is quite deceiving because the curvature of the pole has little relation to the true projected axis of the pole drawn from the grip to the box. If this action is correct, the pole will continue to go forward without hesitation, but the vaulter hesitates until he "senses" the straightening of the pole!

THE ROCKING ACTION CAN BE HELPED MATERIALLY IF THE VAULTER WILL DROP HIS HEAD BACKWARD AS HE STARTS UP, AND IF HE DOES NOT TRY TO WATCH THE CROSSBAR AT THIS TIME.

The vaulter must remain on his back much longer during the swing up stage of the vault on a Fibreglas pole since he must wait until the pole begins to rebound. If the vaulter pulls maximally during the "deep bend" phase of the vault, his effort will be dissipated in a further bending of the pole and slowing of the pole, which may cause the vaulter to "stall out" in the air. When the pole has started to recoil and the vaulter's body weight is up to the level of his hands in front of the true axis of the pole, the vaulter exerts his maximal effort. THE PULL EXERTED BY THE VAULTER AND THE NATURAL RECOIL OF THE POLE ARE ALGEBRAICALLY ADDITIVE AND THE VAULTER GAINS GREAT PROPULSIVE FORCE, SINCE HE IS NOW TAKING BACK THE ENERGY HE PUT INTO THE POLE EARLIER IN THE VAULT. With faster recoiling metal poles, the vaulter, unless very experienced, seldom appreciated the pole spring and found it more difficult to time this action than when one uses Fibreglas.

The vaulter should pull up as parallel to the long axis of the pole as possible.

If the hips have not been elevated enough during the rocking action, or if the pull-up is premature, the vaulter will fly forward into the bar. THE VAULTER MUST NOT TURN OVER YET!

TIMING OF THE TURN

Many pole vaulters turn over prematurely. Many vaulters do not utilize their hip muscles effectively in twisting the trunk for a late, but very rapid turn so necessary with the Fibreglas technique. TOO MANY VAULTERS THROW THEIR LEGS OUT AND FORWARD IN THE TURN, INSTEAD OF ELEVATING THE LEGS AND DRIVING UPWARD, thus killing what may be a potentially great vault. Good turn mechanics can best be learned while hanging from a rope. THE TURN MUST BE VERY FAST AND VERY LATE. The late turn guarantees clearing of the lower hip. The turn and pushing action must not be separated, but are actually blended movements and merely an extension of the pull-up. If there is any hesitation in the vault at this time THERE IS SOMETHING WRONG WITH THE VAULT. The vaulter will usually stall out over the bar.

The push off over the bar must be started and completed while the vaulter's hips are still flying upward over the bar, NOT AFTER HE HAS STARTED TO FALL. The push-up is a maximal effort downward, but if properly blended into the pull and turn, the vaulter will not be conscious of a physical effort. The release from the pole is not important, other than that the lower hand is usually released first and both hands should be flipped up over the head.

CLEARANCE ACTION OVER THE BAR

Thirty-five or forty years ago the jack knife finish over the bar was considered the ultimate in perfection, but modern vaulters only use this technique in an emergency when they stall out over the bar. This style of clearance gives very little time over the bar and very little clearance area.

Generally speaking, the body is usually slightly arched over the bar, which action is then followed by an unjacking action. In this style of clearance, which we call the fly-away, the vaulter flips his hands over the head and simultaneously folds his legs toward the back. The pushing in of the stomach at this time is of no consequence since the primary concern at this instant is to clear the ampit area. A simple arch style of clearance, which is easier than the above mentioned action, is a compromise and does not require the fast reactions or the experience required for the fly-away. The fly-away is very valuable when the vaulter is attempting a great height above a low hand grip. The fly-away action gives the maximum amount of time over the bar.

The landing in the pit can be the most important part of any vault because it determines whether you will vault again. The vaulter must learn to relax and roll. Do not try to land stiff legged. In rolling, keep your head tucked into the chest. Stiff legged landings lead to early fatigue and frequent ankle injuries. Taping the ankles before competition is a small inconvenience when one considers the long layoff from competition which may occur subsequent to an ankle injury. Try to avoid landing directly on the buttock except in deep foam pits. The spine is poorly designed to take direct blows and severe back sprains may result because your spinal alignment at this time is seldom perfect. Keep your hands and arms out from under the body to prevent trapping and breaking an arm or a wrist.

SOME FINAL SUGGESTIONS

PLACEMENT OF THE POLE VAULTING STANDARDS. On the assumption that the vaulter's mechanical form has been good, the most critical factor which determines the success of the vault is the PLACEMENT OF THE POLE VAULTING STANDARDS. With the Fibreglas poles, the standards must be kept deeper toward the pit at all times. It is not unusual for a vaulter to set the standards back as far as 24 inches from the box. If the vaulter must bring the standards in substantially below 13-14 feet, it probably implies that the vaulter is not getting the most out of his pole bend and swing. At present, it is rarely necessary to bring the standards in closer than 8 inches even at extreme heights. Close standards hurry the vaulter unnecessarily. The table on the following page gives you some idea of how champion vaulters set their vaulting standards.

The HAND GRIP ON THE POLE, especially with Fibreglas has been improved tremendously in the last three or four years. Many average vaulters can, today, hold as high on the pole as Warmerdam did when he set the World Record indoors at 15'8 1/2". Some vaulters have held 16' on the new poles. In general beginning vaulters go to two extremes, they either hold so high they cannot control their body or they are afraid to experiment. Vaulters in transition, who are just changing to Fibreglas, can afford to move their hand grip up 6" immediately. The maximum hand grip will be affected by the hand spread on the pole since this also controls the bend. More spread, more bend, more hand grip! Body control is the critical factor when one considers the maximum hand grip. John Pennel, 9 times the World Record Holder held 15'3" on the pole to clear 17'10 1/4". The grips of other vaulters are tabulated on the next page. (from Mechanics of the Pole Vault - 7th Edition)

NAME	WEIGHT	WT TEST		STANDARDS	RUN LENGTH	HAND		AFTER	BEGAN
		POLE	BEST GRIP			SPREAD	SUFT		
				PLACEMENT	(OXY MASKS)				VAULTING
						34"	24"		17
						24"	24"		13
									15
									17
									11
									4
	154		15'3"	24"					11
	170		15'	1-6"	113 & 114		24"		13
	170		15'3"	17-20"	115	24"			14
D'ENCAUSSE	160	175	15'5"	20"	120	30-36"			17
DIAS	180	180	15'3"	18"	118 (1)	20-24"			16
DIONISE	161	185	15'3"	20-24"	131	27-28"			13
MUSTAKARI	170	180	15'	24"	130 (2)	36"	24"		7
PENNEL	175	185	15'3"	2-24"	132	27	24"		15
RAILSBACK	170	185	15'10"	24"	130 (1)	30-34"			13
SEAGREN	175	190	15'2"	12-18"	130 (1)	16-24"			11
SCHIPROWSKI	154	170	15'5"	-	135 (2)	-			16
SLOAN	180	185	15'4"	24"	125	24-36"	24"		11
PAPANICOLAOU	165		15'10"	20-22"	134 (1)	36"	little		18
SMITH L.	180	185	15'	20-24"	128	28"			-
STEBEN	180	185	14'10"	8-18"	125 (2)	34"	24"		10
SOLA	154	175	15'4"	20"	129	18"	16"		14
VAUGHN	185	190	14'8"	24"	131	24'36"	15-18"		14



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TRIPLE JUMP: Art Walker, Charlie Craig, Dave Smith, Beamon, Norm Tate, Saneyev, Phil May, Gentile, Schmidt, others.

SHOT PUT: Matson, Woods, Maggard, Long, Steinhauer, Marcus, Salb, Sam Walker, O'Brien, McGrath, Varju, Les Mills.

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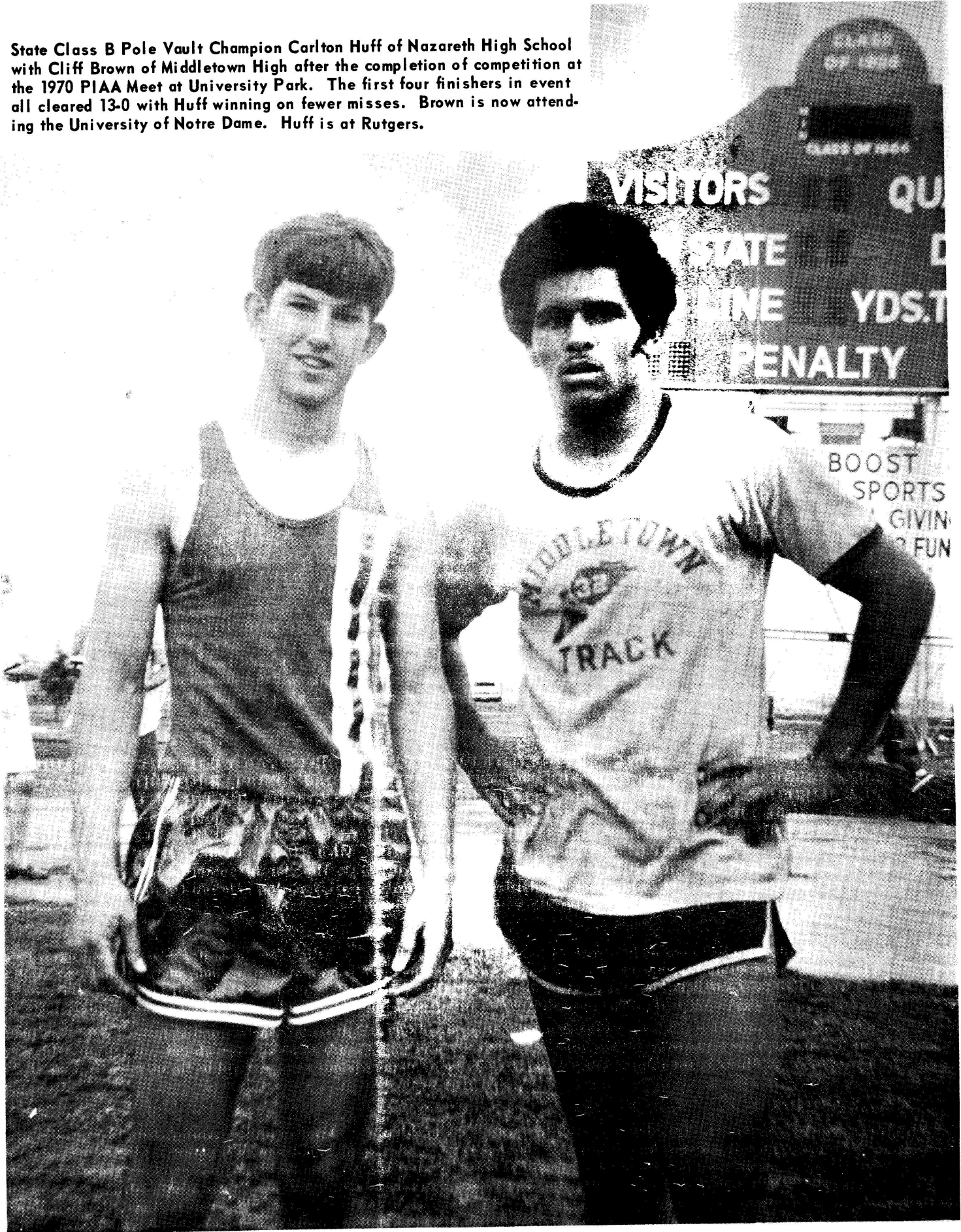
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State Class B Pole Vault Champion Carlton Huff of Nazareth High School with Cliff Brown of Middletown High after the completion of competition at the 1970 PIAA Meet at University Park. The first four finishers in event all cleared 13-0 with Huff winning on fewer misses. Brown is now attending the University of Notre Dame. Huff is at Rutgers.

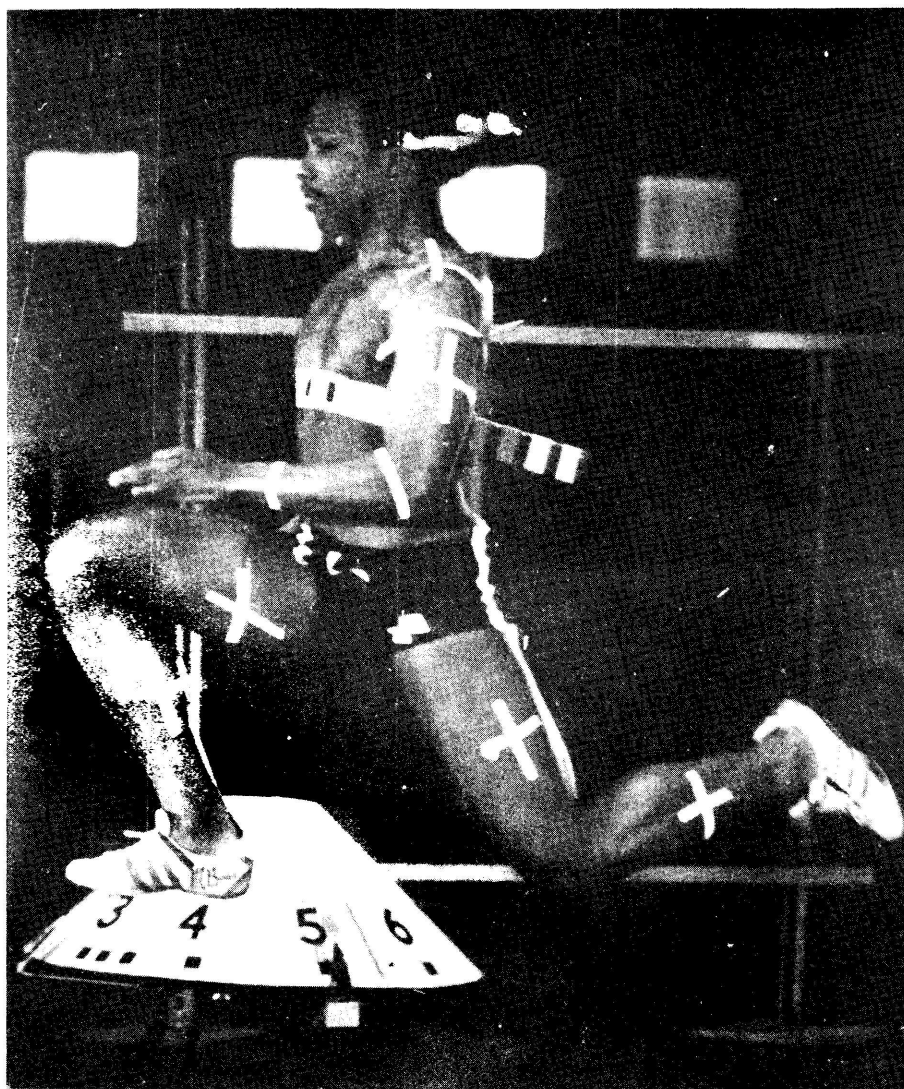


EXPERIMENTS IN TRACK & FIELD FORMER PENNA. PRODUCT UTILIZED

At the University of Wisconsin early this year a study was conducted that may be of great importance to coaches and athletes alike. The subject was the triple jump and the emphasis was on the kinesio-static interpretation of the hop-step phase. Doug Knox who, with assistance from the Kinesiology Department at the University, conducted the study and used several guides to aid him.

First, he had to find the centers of gravity for every muscle involved in the movement from the landing of the hop to the take-off into the step. Then the speed of movement was calculated and photographs both still and motion pictures were taken from four different angles: directly overhead, directly in front of the subject who in this case was Michael Bond of Harrisburg, Pennsylvania and the University of Wisconsin who was Big 10 triple jump champion and Indoor and Outdoor Big 10 record holder), and from both sides. The purpose of all this rather intricate and detailed manipulation and calculation was to determine the velocity of the subject throughout the movement - thus being able to exactly determine the extent in loss of momentum and more importantly specify through what movements this loss of momentum took place.

Thus the coach would be able to determine exactly what irregularities in movement are detrimental to his triple jumper's performance and know exactly what to do to correct them. Though this is a very new field of study the results may prove to be immensely beneficial to the knowledge of the triple jump and for that matter all track and field events.



Here we see Mike Bond going through the motions for the cameras. The white stripes on his body, the one black stripe on his shoe, and the protruding object on his back all indicate centers of gravity for that muscle group involved. The cone shape device on the left is the timing device.

DON WEBSTER (continued from Page 15)

re-entered college attending California State at Hayward where he is presently a senior working toward a well-earned degree.

Webster wrote this writer on September 4 and stated he plans to try out for the Pan American Games and hang around for another shot at the Olympics in 1972. He'll be eleven years out of high school then and be considered an "old man" at the age of 28.

Track fans should be reminded though that the great Mike Larrabee was two years older when he won the coveted gold medal in the 1964 Olympic 400 meters. Don Webster is set for a "comeback" and has to be given at least a 50-50 chance of making the Olympic team. Then who knows? He just may duplicate Mike Larrabee's feat. It would be a fitting climax in the career of Pennsylvania's greatest-ever prep track star.

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