

5/9/66

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TOMMY SMITH'S 220, 200 WORLD RECORD RUNDOWN

Date: May 7, 1966 Place: San Jose State track Event: 220, 200 Straightaway

Times: 220 Yards -- 19.5 200 Meters -- 19.5

Watches for 220 Yards: 19.5, 19.5, 19.6 (shaded to .5)

Watches for 200 Meters: 19.4, 19.5 (shaded to .4), 19.6 (shaded to .5)

Wind: 4.02 mph, under the allowable limits

Existing world, American and collegiate records: 220 Yards -- 20.0 by Dave Sime, Sanger, Calif., 6/9/56; Frank Budd, Villanova, Pa., 5/12/62. 200 Meters -- 20.0 by the above two plus Tommy Smith, San Jose, Calif., 3/13/65.

- Official Race Results:
1. Tommy Smith, San Jose State, 19.5
 2. Wayne Hermen, San Jose State, 20.5
 3. Miguel Gonzales, Mexican Olympic Team, 20.9
 4. Dave Fishback, Athens Club, 21.4

Name of Meet: Triangular meet between San Jose State, Athens Club, Santa Clara JV

Smith's other performances: 9.3 wind-aided (7.24) in the 100 and an unofficial 9.2 110-yard 440 relay anchor leg on winning 40.5 team.

1063
1043
1039
1036

19.5
475

19.975

albest

220 YARD WORLD RECORD PROGRESSION

(compliments of Ed Jacobowsky, Sports Editor, Redwood City Tribune)

Time	Athlete	Year
21.8	Luther Cary	1891
21.2	Bernard Wefers	1896
21.2	George Parker	1914
20.8	Charlie Paddock	1921
20.6	Roland Locke	1926
20.3	Jesse Owens	1935
20.2	Mel Patton	1949
20.1	Dave Sime	5/11/56
20.0	Dave Sime	6/9/56
20.0	Frank Budd	5/12/62
19.5	TOMMY SMITH	5/7/66

What should now be obvious is that since Bernard Wefers knocked .6 off the existing world mark of 21.8 in 1896, no one has lowered the 220 straightaway standard by .5 until last Saturday.

POETIC JUSTICE: Not everything went to the horses on Saturday, Tommy took care of that

TOMMIE SMITH

Good chance for a record: I thought there was a good chance, but it was my third race of the day ~~xxx~~ and I hadn't concentrated on it or thought about it alot. Wayne was with me for 70 to 80 yards but I pulled ahead of him but at 200 yards then my knees came up ~~and then it was when xxx~~ and my form improved is when i took off. Wayne and I were out about the same time out the blocks. No, I don't consciously feel a change of gear but all the coaches think I have any extra bear but it's just the extra speed I have at the end. My stride at the end is longer at the end. I never knew how fast I was running. I knew it was a good race because my start was almost excellent, and popped out of the blocks and had great acceleration. I think my start may have made a different of three-tenths of a second. 19.8 to 19.5. Since I had been trying for a good time in the 220 for so long I didn't know what to say or how to react, but that night I couldn't believe it. But I'm really happy but I'd hate to anticipate whehter I could run faster. I've worked on this 220 for so long it takes harder work than you can imagein.

I think I am definitely a better ~~x~~ turn better, last year it was poor, but this year we have used a technique of starts on a curve with an imaginary person out there that I try to catch. I think I may be a better curve turner now than when I ran my 20.4. I have been working on it all year, but concentrating on it recently. Relay running does not hurt me. In fact, it has helped me becuase I can relax when a start. Expierence has improved my start, but this year I am starting my right foot forward and I have more power in that leg.

With this start I think I can run as fast from the blocks as I can from behind in a relay.

Six world records? I don't know. I'm just looking for the next one now, the 220turn and 440. But not right away, though this year. Those are the first two. I have never run against Carr, and I have never seen him run.

My favorite event is the 220, ~~turn!!!~~, as I will not be running the straightaway again. I think the best race is the auarter for me, but the 220 is my favorite. I like the 220 because it's not a very long race and takes speed but the quarter doesn't require that much speed and the average guy can run 23.0 and ~~23.5~~ and really mutilate the the time really mutilate but a 220 ~~xxxxx~~ this guy run a 21.5 is very slim and it takes endurance and speed. Anyone who can run sub 9.5 I respect. in the ~~p~~ 100. I lost to Charlie Greene in the lonly race I ran against him. ~~x~~

I think I will go in the 220 and 100 and possibly the long jump as well as the 440 relay. in the NCAA. The 220 and 440 are only 10 minutes apart in the NCAA, so I have to make a choise the ~~xxxx~~.

I want very much to run in the AAU, but the Rotc may ~~g~~ keep me out. because I must put in summer camp, (which starts June 19). ~~xxxxx~~ I strongly hope they can manage to get me out. I have only run in one AAU meet (Rutgers in 1964).

What I will run in the future depends on what I achieve this year. I think I have the speed for a 100 but not the start. I am not capable of running a 9.1 right now.

I want very much to run in the Olympics. If I consider pro-football, I wouldn't sign a pro contract until after the Games. It's not definite, though, whether I will play football. I haven't played football since high school, but the lure of dollars of football has a part in it. But I have always wanted to compete in the Olympics! Track is my favorite sport, and has since ~~xxx~~ early in my sophomore year. Track has a relaxed atmosphere and is more fun.

I had my first injury as a sophomore in high school in my groin in my left leg and it kept me out of the state wmeet which I had qualified for it. But I couldn't run because I could hardly walk. In my freshman year of my first meet of my college career I injured my left hamstring. I had just finished basketball, and it putme out for eight weeks. It has really frightened me but I don't sonsciously think about it now. I didn't jump again as a freshman or any as a sohpmore. I have never trained for the long ;jump. The most I have ever done to work on it is jump 25'11 $\frac{1}{4}$ ".

I have worked on steps a couple of times but that's all. I don't think I will ever concentrate on it unless I accomplish aeverything else I want to try. I don't like the half; but I have too many other things to concentrate on anyway. I have run a 352 in 34.2, and you add 10 seconds so you can see why I am after the 440 and not the 800.

I train all year but not running during the summer. I run long distances in the fall (but not cross country). I did it once but I'll never do it again.

I have never run a 60-yard dash because I'm not ready to in the winter indoors.

Psychology plays a very big part in my track, both in my self and in psyching out other athletes. Sometimes I run too loose. so I get off balance. Track is a science. I do get never, I have always been neverous before every single race I have ever run. You have to get nervous.

Bud Winter has helped me considerably on my start. It was my one sore spot as a freshman, and he has helped it out.

Winning is very important, but when I am defeated I don't get upset over the fact. I'm disturbed but not upset. I enjoy winning.

My biggest disappointment was in 1964 when I missed the special race in the AAU that qualified athletes for the Olympic semi-trials. I didn't know anything about it, and the time was only 47.1 which I felt sure I could have run that fast.

My recent performances: the 9.2w, 19.5 and the 9.2 have given me the most pleasure.

I got interested in track in grammar school.

I prefer one, two, three or four. But if I got the outside lane in an important race I wouldn't be psyched out. I know pace now.

I don't care ~~prefer~~ to compete in five or six meets, I have just done it because my team needed the points. I think the long run it will help me but I didn't particularly like it at the time.

My goal is to do the best I can; if I ~~can~~ have I done the best I can then I will be satisfied.

I'm 6'3", 173 lbs., I ~~can~~ think it is a good running weight.

It's tommy on my birth certificate. But the C. doesn't stand for anything. P. J. K.

He lives with San Jose State'd number one basketball player, and has since they were freshman.

I think I could have run faster than my 45.7. I run relaxed, and it doesn't mean I can run faster. In a way it bothers me that people think this because they think I am loafing. I

I have only run one rane slower than my first race of 47.7, and that was after I came back from my ekght weeks of injury in my freshman year.

I'm interested in child psychology research.

BUD WINTER

in San Jose

It was a warm day and the wind was out of the northwest. Just the right amt. of wind in the 220, as I ~~thought~~ sort of felt at the time it was the right time. In fact, I was as nervous for this 220 as I was at the Olympic Games. I didn't know whether it would be good or bad. Things had been going sort of good. ~~five 100 in~~ the 440 relay in 9.3 and the 100 in 9.3 (windy), and the rest of the marks were going well, as far as the track was concerned. It took some work to get it ready. They bought 10 lbs. of calcium chloride over the track (straight), which pulls the moisture out of the air. The grounds crew handwatered the track the day before and early that morning. All the things were there for a world record. The man was right, weather, wind, clocks, competition. It amazes anything ever is broken. The wind must be right. I was supposed to give a cue for a low wind. So I held a portable wind gauge in my hand and the wind was very gusty for four and five minutes. We missed the boat on the 100. ~~kwink~~ And the starter didn't even look at me despite waving my arms and whistling. Tommie got out of the blocks pretty well wobbling just a shade. Wayne was out ahead for about 70 yards. And then Tommie relaxed and away he went. I stood by the wind gauge the whole time, but I knew when he was 10 yards ahead of Wayne that he had something. I didn't know what the time was. Then I saw Split shaking his hand and I knew something was big. And he jogged back faster than I can run. A couple of interesting things haven't been brought up. We took every precaution in order to provide the opportunity but weren't predicting a record. We measured the track no less than five times. We checked the watches and ~~found~~ found two of them to be a hair over and broke out new watches, and so all the watches were all right. I went out and measured his stride. ~~kwink~~ He was the only man all day to run in lane four where all our records have been made. Middle of the track, I guess. I checked his stride from 120 yards on. His stride was 8'5" up to 20 yards from the tape and then it was ~~7'8"~~ 8'7" and went to 8'9" in his last three strides. Now this tells us something. It tells us that he is accelerating at the end of a 200 when most are decelerating. A mathematician came up with 23.08 mph average, and that at sometime during his race he exceeded Bob Hayes' fastest of 26.9 mph. First part of his race was standing still and then he got going. So he had to go way over that 23 mphs to make up that sort of average. We suspected how great he could be, but now we know it. ~~With~~ We're two world records down with six to go. Got your, next being the 100m, 220 turn, 200 turn, 440 and 400 and then the 100-yards. ~~The 440~~ There are plenty of opportunities left, Modesto would be a good place for the 440. One more all-comers, and then the invitational meets and championships meets. We'll give him the opportunity. We don't rule out the long jump possibility, ~~but we think~~ he had a ~~trial~~ but the first time he ran the runway at San Jose as a freshman he pulled a muscle. He was hurt once more in the long jump. The AAU has taken steps in notifying the Pentagon (re; getting him out ROTC), who has notified the Presidio which is investigating. But he scheduled for duty in Kentucky the 19th of June. Tommie didn't say very much after the race. In his own modest way, he will wear the crown well if he is to be a world champion. He has retired the 220 straight away record; ~~we~~ will never be run again though others may take a stab at it. His greatest improvement has been practicing starts on the turn and learning to dig and pick up, driving out well. He might revert back to old habits once in a while. When he ran 20.3, he caught Wayne before the ~~start~~ curve was over, and Wayne is a great

①

23.5
21.5
45.0

and spectacular

Great Tommie Smith slipped into his fluid "Tommie-jet" gear during a 220-yard straightaway race during an all-comers meet on his home San Jose, California, track on May 7, and the result was the greatest performance in the history of track and field. Greater than Randy Matson's 70'7 $\frac{1}{4}$ " shot put or Ron Clarke's 27:39.4 10,000-meters, according to the Portuguese Scoring Tables.

Under perfect conditions and circumstances, the San Jose State junior raced to a 19.5 clocking for both 200-meters and 220-yards--a fantastic full half-second under the record first set by Dave Sime in 1956 and tied by Frank Budd in 1962. It marked the first time a world record has been broken in 1966, and there was no older world standard in the books. The timers clocked Smith at 200-meters in 19.4, 19.5 and 19.6 and at 220-yards at 19.5, 19.5 and 19.6. Everything appears to be in order for record approval, and ~~both~~ times at both distances will be submitted as 19.5. The wind registered 4.02 mph, under the allowable limit of 4.473 mph.

roughly

The Portuguese Scoring Tables convert straight 220 races into turn races by adding .475 seconds, which would mean his 220 turn time is 19.975-- $\frac{1}{2}$ more than two-tenths below Henry Carr's 20.2 world curve record. This 19.975 turn time is rated as worth 1063 points, a fantastic 20 points more than Matson's 70'7 $\frac{1}{4}$ " ~~and is worth~~ and 24 more than Clarke's 27:39.4 ~~for~~

Tommie describes the race this way! "I thought I had a good chance for the record, but it was my third race of the day and I hadn't concentrated on it or thought about it a lot." He claims that his start was nearly perfect, and that this probably made the difference between a 19.8 and 19.5 since in the past he has had difficulty with his start. ~~Remember~~ Wayne Hermen was out of the blocks with Tommie but Smith did not pass his teammate until about 70 or 80 yards when he began to relax. "At 200 yards my knees came up and my form improved, and I took off." Many coaches and observers feel that he has a special gear that no other athletes have, perhaps a "Tommie-jet" gear, but he feels differently, "I don't consciously feel a change of gear ~~but all the coaches think I have an extra gear~~ but it's just that I have extra speed at the end. My stride at the end of the race is longer than at the start, and this makes a difference." (Hermen was timed in 20.5.)

His Coach Lloyd "Bud" C. Winter, author of several highly popular and successful sprint books including "So You Want to be a Sprinter" and "The Rocket Sprint Start" and tutor of world record holders Ray Norton and Dennis Johnson, feels that Tommie's increase in his stride is most significant. "Tommie could be the greatest, fastest man alive. He has that uncanny ability to sustain speed longer... that extra something. During this 220 straight race, we measured his stride from 120 yards out. We were able to do this because we didn't allow any runners in lane four, the lane which Tommie was to use and which most of our records have been set in. So it was quite easy to measure his stride. At 120 yards, it measured 8'5" up to about 20 yards from the tape and then it was 8'7". In his last three strides, it measured 8'9". This tells us something. It indicates that he is accelerating at the end of a 220 when most are deaccelerating."

Everything was right for a record: 60 lbs of calcium chloride at a cost of \$60 was spread over the ~~the~~ portion of the track he would use in order to pull the moisture out of the air. The ground crews handwatered the track day before and the morning of the afternoon race. Bud says, "All things were there for a record. The man was right, because he had already run a 9.2 leg on the 440-yard relay anchor and a windy 9.3 100-yard dash, and the weather, wind, clocks and competition were right." The wind had been gusty all day, and just before the race Bud stationed himself a ways from the starting line with a hand wing gauge (not the one used officially) in order to be able to tell the starter when to shot the gun. But he never looked at my high sign, and despite the fact that Winter felt the wind was too great and was waving his hands frantically and whistling loudly the race went off. "By some miracle, the wind died down," Bud commented later.

A mathematician figured that Tommie's average speed was 23.08 mph. Bud Winter feels that at some time he must have ~~exceeded~~ Bob Hayes' record of 26.9 mph all-time recorded
 exceeded

2

human speed record. *And it seems likely possible*

Both Tommie and Winter agree that the big difference in his races now are his start, which he has diligently been working on. "Bud has been very important in this respect. 'I was a poor starter when I entered as a freshman at San Jose, and Bud has helped a lot.'" And both agree that he can be as great a turn ~~runner~~ ^{summer} as a straightaway runner. There had been some question about this, even after his sensational 20.4 for 220-yards. All year he has been working on starts on the turn and driving after an imaginary or sometimes real opponent with considerable vigor. ~~His coach~~ In this, he has learned to lean properly. His progress since the 20.4 has been marked, he says

Tommie feels that his favorite race is the 220 but that his best event will probably be the 440. ~~because~~ "I like the 220 because it's not a very long race and it takes speed, but I'll be better at the quarter because most quarter-milers usually run their 220s in a 440 at 23.0 and follow-up with 23.5 or even a 22.5 but I have both the speed and the endurance to run ~~one of those 220s in under 21.5."~~ *two fast 220s*

Tommie's goals are to get a piece of the world records in six more events and run in the Olympics. Both he and Bud Winter believe that if he could hold ~~the~~ a piece of the world record at the short ~~sprint~~ (100-yards or 100-meters) and at the long sprint (400-meters or 440-yards) as well as the 220/200, ^{he would} he would achieve immortality of a rare kind. And it's all six of those events that he is aiming for the world record. Not necessarily right away, but definitely the 220 turn and 440 this year in that order. He believes he has the speed to run a 9.1 century but his start will have to become consistent--and he says he could not run a 9.1 this year. He doesn't rule out the long jump, but he says ~~he~~ if ~~with his record~~ he achieves everything else then he might consider it. And that he has potential in this event is obvious. He says he has never once practiced jumping, although on a few occasions he has worked on his step between meets. He is also somewhat leary of the long jump, because in his first meet as a freshman at San Jose ~~and in his~~ first jump he pulled his left hamstring badly and he was out of competition for eight weeks. He didn't jump again ~~in~~ that year, 1964, or again last year. He has jumped in six meets this year, but usually never more than two or three jumps. ^{in a meet} And he has a best of 25'11"--and it was measured at 26'10" from the point where he took off. While the long jump is a possibility, he doesn't consider the 880. "It's too long. ~~x~~ And I have too much else to concentrate on."

220 never run a again He will probably

~~He is very desirous of running in the Olympics~~
~~Tommie C. Smith (his birth certificate lists his name~~
~~Tommie Smith may well be on his way to becoming~~

He has had a small history of injuries, primarily in his leg

Tommie Smith may be ~~his~~ on his way to becoming the greatest sprinter history has ever known--or he may even be that right now, but he may not even run in the national AAU championships or any of the foreign meets this summer. But this, as he strongly points out, has absolutely nothing to do with his desire to run in the big time. He presently is committed to begin a summer camp ROTC (Reserve Officers Training Corps), June 19, the day after the NCAA championships--and a full week before the national AAU championships. Efforts have been instituted to have this changed. San Jose State officials have notified the Pentagon in Washington, D.C., ^{in connection with his program} and they have in turn requested an investigation be conducted by the Presidio Army Base in San Francisco--because his competing in these international meets would be in the national interest. His plans for the NCAA presently are to run the 100, 220, ~~take~~ 440 relay and take "one or two jumps in the long jump". ~~He~~ A decision had to be made between the 220 and 440 because of a schedule conflict, and he feels his points for the team title are more certain in the 220 than in the 440, where he has less experience.

His birth certificate states his name as Tommie C. Smith. Most reporters have erroneously referred to him as "Tommy". He has no preference between Tom and Tommie. The C. in his name has no meaning. He was born June 12, 1944 in Acworth, Texas. He has four brothers and seven sisters. ~~He actually began~~ His interest in track began in grammar school (about the fourth grade, about age ~~five~~ ¹⁰) when the physical education instructor saw ~~his~~ ^{one of his} sisters beat all the boys in school and figured ~~Tommie~~ ^{Tommy} asked whether she had any brothers who could run. Tommie demolished his sister! Tommie was great in high school. In his first-ever 440 as a ~~xx~~ 17-year-old, 11th grade junior at Lemoore High School, about

and is now a 6'3" 173 lb. healthy
now days work in a factory or a warehouse

greatest sprinter

3015 Carr
3013 Smith

(3)

30 miles from Fresno, California, the home of the world famous West Coast Relays, he ran 47.7!!! His coach threw him in the race at the last minute. He says he has only run one ~~quarter-mile~~ open quarter-mile slower than 47.7, and that was ~~after he~~ ~~had been injured~~ in his first meet after he had been injured for eight weeks as a freshman in college. By the time he had graduated, he had run 9.5, 21.1 straight, and 47.3 and long jumped 24'6½". He has now achieve this: 9.2w, 9.4, ~~20x~~ 19.5 (200/220 straight), 20.3 (200mt), 20.4 (220yt), 45.7 and 25'11"!! Utilizing the Portuguese Scoring Tables, he has ~~surpassed~~ ^{just matched} Henry Carr as the greatest all-round, three-event sprinter with ~~3013~~ ³⁰¹⁵ points to Carr's ~~3015~~ ³⁰¹⁵.

Tommie Smith is a great runner of beauty, primarily because he runs so relaxed. He never appears to be straining; in fact, to the casual observer in the stands, he appears to be loafing. Tommie says, "That people think that bothers me some, but I am definitely not loafing. It's a matter of relaxation, and I think about that consciously during my races. It's very important." In his 45.7 quarter-mile, he believes he could have gone faster if there had been competition but stresses that the appearance that he was letting up ~~was actually~~ in the final 50 yards was actually a relaxation that enabled him to run so smoothly and quickly to the finish line." ~~Whether he believes or not~~

When Tommie shifts into his special ~~and spectacular~~ "Tommie-jet" gear, it is dramatic and super-spectacular. You may not believe it when you see it with your own eyes, but then we may have never known a sprinter quite like ~~Carr~~ Tommie C. Smith.

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Via RCA

Jimmie Smith

298-6459

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19.5

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340 So ~~4th~~

#22

Calcium chloride
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19.875

100

19.975 -

2.25

1063 pts

Wayne 70 ahead

23.08 mph

Matson -

1043

had to 26.9
exceed

120 yds
stride

Clarke's

1039

20 yds from end
went to 8.7" - 8.9" in last

Final 58 4x800m 56 ~~2~~ Belgian 1578 3 yrs
1/220 CH Turn Lane 59 (ACC 880 578)

only ~~4~~ records are older in book

first WR of 1966 - broken
June 9,

oldest record (1956) in book

Time 70.0

Frank Budd

May 12, 1962

Villanova

usually person
deaccelerate do with
acceleration
speed has to

9.3W

How fast did you think you had run after the 19.5?

Describe the race

What was your reaction to the time?

Do you think you could run the 220 straight faster?

Do you agree with Bud that you are becoming a better turn runner?

Can you run as fast in an open race as coming from behind in a relay?

Are you going to make a conscious bid to break six more records?

How long will it take?

Did you ever run against ~~Dennis Carr~~ Henry Carr?

What is your favorite event; what is your best event?

Which NCAA events will you run?

What is your status on the AAU and foreign meets?

Future concentration/ what about the Olympics?

How long will you compete?

Is track your favorite sport? Do you still want to play pro-football?

What does your training consist of--at the various times of the year.

History of injuries
What are your best practice marks for 160 and 330 and 352?

How much has Bud Winter helped?

How instrumental in a coach

How important is winning to you?

What is your biggest disappointment?

Which performances have given you the most pleasure?

How did you get interested in track?

Which lane do you prefer in the 220 and 440? Does it make any real difference.

Do you like competing in 5 or 6 events.

Do you have any idol?

What are your all-time ambitions in track? What are your goals for this season?

Exact height and weight?

Tom, Tommie, Tommy? Which do you prefer?

What does the "C" mean in your name?

Studies; school teacher; 16 units:

Do you thin, you could go faster, i. e., in your 45.7 if you hadn't let up; ~~you~~ do you consciously in the 220 and 440?

How badly do you want to ~~xxxx~~ long jump?

How about the 880 or ~~event~~ the mile?

Was your 47.7 really your first ever 440? Have you ever run slower?

Did you long jump considerably in high school?

Where and why did you start wearing purple sweats?

State high school record?

Why did you not run in the AAU in 1962, 63 and 64?

Where born in Texas? jAcworth?