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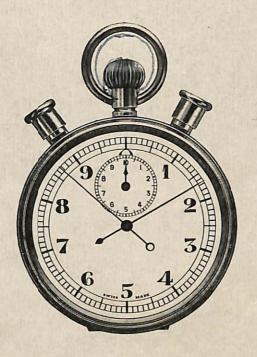
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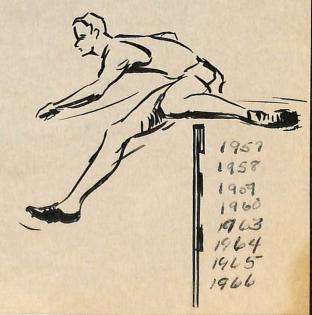


TRAINING WORK-OUT LOG BOOK





The Don Canham Co.
Ann Arbor, Michigan



				COLUMN AND AND AND AND AND AND AND AND AND AN
NAME	DATE	DISTANCES	REST	TIMES
E. LEPS	MONNOV 10,61	3 X 34 miles	15 min	3:21-3:22.5 - 3:19.1
E. LEPS	TUES ILL	6 x 440 yos	10 min	:60 -:61.1-:62 -:60.5
E. LEPS	WED 12th	8 x 300 YDS	5 MIN	All ABOUT :38 SEC.
ELEPS	THURS 13 TH	10 x 220 YOS	5	:28 SEC. EACH
E LEPS	FR1. 14 TH	Light we	erm up	- ni times
E. LEPS	SAT. 15 TH	34 MILE TRIAL	-	3.07.8
E. LEPS	SUN 16 TH	LONG WALK		
MARTIN-LEPS ADVINO-HAYES	NON NOV 17	2 x 34 miles	15min	3:17.2 - 3:16.5
SAME GROUP.	TUESNOV 18	2 x 660	10 min	1:25,3 - 1:25,6
SAME GROUP.	WED NOV 19	10 x 330's	5 min	all about 40 sec.
SAME GROUP	THURS NOV 20	8 x 220		Easy on times taken.
ME SECTION OF STREET	AUDITOR OF STREET	Mark the second second and the	SECOND MATERIAL PROPERTY.	AND DESCRIPTION OF THE SECOND PROPERTY OF THE

THIS LOG BOOK IS DESIGNED SO THAT THE ATHLETE OR COACH CAN KEEP A HANDY RECORD OF TRAINING. SPACE IS PROVIDED TO RECORD 900 DIFFERENT WORKOUTS (30 LINES ON 30 PAGES). IN ADDITION, THE BOTTOM OF EACH PAGE IS BLANK SO THAT THE ATHLETE OR COACH CAN MAKE NOTES OR COMMENTS ON WORKOUTS. AN ATHLETE USING THIS BOOK CAN RECORD 900 WORKOUTS IN DETAIL--HE WOULD HAVE A COMPLETE THREE-YEAR RECORD.

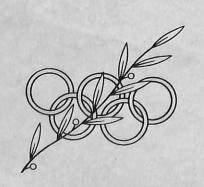
YOU CAN USE EACH LINE FOR AN INDIVIDUAL'S DAILY WORKOUT AS SHOWN ON THE FIRST SEVEN LINES ABOVE -- OR YOU CAN USE EACH LINE FOR GROUP WORKOUTS AS SHOWN ON THE LAST FOUR LINES.

TO KEEP YOUR TRAINING SCHEDULES PROGRESSIVE AND UNIFORM FROM DAY TO DAY, WEEK TO WEEK, MONTH TO MONTH, USE THE BOOKLET EACH TRAINING PERIOD. YOU WILL FIND THAT YOU WILL REFER TO IT CONSTANTLY FOR COM-PARISONS, ETC.

GOOD LUCK,

DON CANHAM TRACK COACH

UNIVERSITY OF MICHIGAN



NAME	DATE	DISTANCES	REST	TIMES
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WORKOUT REMARKS
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NAME	DATE	DISTANCES	REST	TIMES
				
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 WORKOUT REMARKS						

NAME	DATE	DISTANCES	REST	TIMES
Reddick	2-12-57	1 × 220 yds.		25.5
Williams, L.	2-7-51	1 x 220 vds.		24.6
Lyman.	2-7-57	1 x 220yds.		26.2
JONES, B.	2-7-57	1 x 220 yds.		25.2
Terry, T.	2-7-57	1 x 220 yds.		27.6
Matthew	2-7-57	1 x 50 yds.		6.0
Daniels	2-7-57	1 x 50yds.		6.7
Scott	2-7-57	1 x 50 yds.		6.2
Williams	2-7-57	1 x58 yds.		6.2
Reddick	2-7-57	1 x100 yds.		11.0
Williams	2-7-57	1 x 100 yds.		10.8
Lyman	2-7-57	1 x 100 yds.	• • • • • • • • • • • • • • • • • • • •	11.4
Jones	2-7-57	1 x 100 yds.		11.1
Matthew	2-7-57	1 x 100 yds		10.7
Daniels	2-7-57	1 x 100 yds.		11.7
Scott	2-7-57	1×100 yds		11.0
Terry.	2-7-57	1 x 100 y ds.		12.0
Daniels	3-20-57	3 x 50 yds.		6.7:6.25:6.1.5
Matthews	3-20-57	3 x50 yds.		6.4; 6.1; 6.4.5
Scott	3-20-57	3 x 50 yds,		6.3; 6.3; 6.8.5
Reddick	3-20-57	3 x soyas.		6,3 9 6.4 9 6.7
Williams	3-20-57	1 x 220yds		28.4
Reddick	3-20-57	axaaoids		29.7: 30.4
Lyman	3-20-57	2 x22 oyds.	·	33.3 , 29.2.5
Daniels	3-20-57	1 x100yds.		12.8
Jones	3-20-57	1 x 1 Boxds.		12.3.5
Scott	3-20-57	3x100xds.		12.7912,5913.0
Matthews	3-20-57	3x100yds.		12,50,12,50,12,4
hyman		2 x 10 0 yds.		12.4.5 , 12.6

NAME	DATE	DISTANCES	REST	TIMES
Daviels	3-20-67			12.8
Daniels	3-24-57	, ,		6.4 9 6.5 9 6.25
Matthew	3-24-57	3 x 50 yds,		6,6 ; 6.4.5 ; 6.4
Scott	3-24-57			6.5 9 6.3 9 6.3.5
Reddick	3-24-57			6.7; 6.6; 6.6
Williams		1 x 220 yds.		29.4
Reddick	3-24-57	2 x 220 yds.		32.0; 30.5
Lynan	3-24-57	2 x 220 yds,		29.9 ; 30.6
Jones		2 x 220 yds.		33.3; 30.0
Jones		2 x 100 yds.		13.0 , 13.0
Scott	3-24-57	2 x Ino yds.		12.9 - 13.5
Matthews	3-24-57	2 x 100 yds. 2 x 100 yds.		12.8 -, 12.7
Lynan	3-24-51	2 x 100 yds.		13,3; 13,4
Daniels	3-24-57	1 x 100 yds.		12.8
Williams	3-24-57	1 x 440 yds.		47.7
Scott 7		· ·		
Matthew	3-24-57	1 x 440 yd. Relay		48.0
Daniels		,		
Jones J				
	3-24-57	1xbasketball throws		7.
Scott	3-31-57	1 x 50 yds,		(injured)
Daniels	3-31-57	1 x 50 yds.		5,8
Matthew	3-31-57	1 x 50 yds.		5.9
Jones	3-31-57	1 x soyds,		6.2
hyman	3-31-57	1 x 50 yds.		6.4
Williams	3-31-57	1 x 50 yds.		6.4
	3-31-57	1×100yds,		13,0
Lynan Jones	3-31-57	1×100yds,		13.1
Matthew	3-31-57	1×100 yds.		12.8

NAME	DATE	DISTANCES	REST	TIMES
Lyman	3-31-51	1 x 220 yds.		28.4
Williams, b.	3-31-57	1x220yds,		27.9
Jones, B.	3-31-57	Jx St. broadjump		6'10" 7'5"; 76
		3 x St. broad jump		5'8" 6'2" 5'11"
Lyman Scott		3 x St. broad jump		7'5" 7'6" 9 7'10
Reddick	3-31-57	3x St. broad jump		5'11' 6'3" - 6'3" 7'4" - 7'6" - 7'7"
DanielsI		3 x St. broadjump		7'4" 9 7'6" - 7'7"
Williams, L.	3-31-57	3 x St. broad jump		6'11"; 7'3"; 6'10"
Terry, J.		3 x St. broad jump		7'8", 7'8", 8'2"
Matthews		3 x St. broad jone		7'4"-7'6"- 7'5
Macon		1: X St broad jum		6'10"
Matthews	4-17-57	1x220yds.		25.1 *
Daniels	4-17-57	1 x 220 yds.		25.8 *
JONES		1 x 220 yds.		26.1 *
Lyman	4-17-57	1 x 220 yds		26.6 *
Williams	4-17-57	1 x 220 yds-		26,7 *
Scott	4-17-57	1x220yds.		28.6 (injured leg) +
Daniels	4-17-57	1 x 100 yds.		11.2 *
Matthews	4-17-57			11,2 *
Jones	4-17-57	1		11.5 🖟
Williams	4-17-57	1x100yds.		11.7 *
Lyman	4-17-57	1x100yds.		11.9
Matthews	4-17-57			5.8 *
Daniels	4-17-57	1x50yds.		5.9 *
Jones	4-17-57	1x50yds.		6.0 *
Williams	4-17-57	1x50yds.		6.1
Lyman	4-17-57	. / /		6.5
Lyman Matthews	4-17-57	1 x Broadjump		17'5" *
Macon	4-17-57			36'3"; 36'+

indicates	Outdoor
1. 10101 1 -0	

WORKOUT REMARKS	Maicates Outabor
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NAME	DATE	DISTANCES	REST	TIMES
Daniels	4-19-57	1x 27yds.(82")		4.0 *
Williams	4-19-57	1 x 27 vds.(82")		3.9.5 🕌
Matthews	4-19-57	3 x 27 yds.(82")		4.09 3.89 3.7 *
Jones	4-19-57	2 x 27 yds(82")		3.9 ; 3.8 *
Lyman	4-19-57	1 x 27 yds.(82")		4.2 - *
Scott	4-19-57	3 x 27 ydo.(82")		4.1.939 9 3.8.5 ¥
Macon	4-19-57	1 x Discus		109 *
Matthews	4-19-57	1 x broad jump		15'4" *
Williams	4-24-57	1 x 220 yds.		25.6 🗶
hyman	4-24-57	1 x 220 yds.		26.0 *
Matthews	4-24-57			25.6 1
Terry	4-24-57	L		273 *
Daniels	4-24-57			10.8 *
Matthews	4-24-57	1 x 100 yds.		11.1 *
	-			
				*

* indicates Outdoor

NAME	DATE	DISTANCES	REST	TIMES
Daniels, I.	1-12-58	1x100yds.		12.7
Williams, L.	1-12-58	1 x 100 yds.		13.0
Jones, B.	1-12-58	1 x 100 yds		12.7
Hudson, M.	1-12-58	1 x 100 yds.		13.0
Lyman	1-12-58	1 x 100 yds.		13.3
Matthews	1-12-58	1 x 100 yds.		13.0
Smith	1-12-58	1 x 100 yds.		13.7
Daniels, I.	1-15-58	1 x 100yds.		12.4
Williams, L.	1-15-58	1 x 1 Doyds		12.4
Jones, B.	1-15-58	1x1Doyds.		12.4
Hudson, M.	1-15-58	1 x 100 yds.		12.5
Lynan	1-15-58	1 x 100 yds.		13.2
Matthews	1-15-58	1 x 100 yds.		13.0
Smith	1-15-58	1 x 100 yds.		13.2
Daniels, I.	1-22-58	1x50yds.		5,8
Williams, L.	1-22-58			5. 8
Jones, B.	1-22-58	1x50yds.		5. 8
Hudson, M.	1-22-58	1 x 50 yds.		5.9
Lyman	1-22-58	1x50 yds.		6.2
Matthews	1-22-58	1x50yds.		6.1
Crowder, S.	1-22-58	1 x 50 yds.		6.0
Smith	1-22-58	1x50yds.		6.4
Jerry, J.	1-22-58	1x50 yds.		6.5
Daniels, I.	1-22-58	1 x100 yds.		13.0
Williams, L.	1-22-58	1 x 100 yds.		12.3
JONES, B.	1-22-58	1 x 100 yds.		12.2
Hudson, M.	1-22-58	1×100 yds.		12.3
Lynan	1-22-58	1 x 100 xds.		13.0
Matthews	1-22-58	1 To 1 To 1		12.4

WORKOUT REMARKS

7

NAME	DATE	DISTANCES	REST	TIMES
Crowder 5	1-22-58	1x100yds.		12,9
Snith Terry, J. Daniels, I. Williams, L. Jones, R.	1-22-58	1 / 1		13,5
Terry, J.	1-22-58	Ix100 yds.		/3,5
Daniels, I	2-5-58	1 x 50 yds.		5.9
Williams, L.	2-5-58	1 x 50 yds		6.1
Jones, R.	2-5-58	1 x sords.		5.7
Hudson, M.	2-5-58	1 x soyds. 1 x soyds.		6.1
hyman	2-5-58	1 x 50 yds.		6.1
hyman Matthews	2-5-58	1x50yds.		6.2
Crowder, S.	2-5-58	1 x 50 yds.		6.5
1 Smith	2-5-58	1 x 50 yds.		6.7
Daniels, I.	2-6-58	1 x 100 yds.	_	12.5
Williams, L. Jones, B.	2-6-58	1 x 100 yds.	• • • • • • • • • • • • • • • • • • • •	11. 7
Jones, R.	2-6-58	1x 100 yd6.		11.6
Hudson, M.	2-6-58	1 x 100 yds.		11.9
Matthews	2-6-58	1x100yds.		11.8
Matthews Crowder, S.	2-6-58	1 x 100 yds.		12.6
Snith	2-6-58	1 x 100 vds.		12.5
Daniels, I.	2-6-58	1 x 50 yds.		6.3
Daniels, I. Williams, L.	2-6-58	1 x 50yds.		6.1
Jones, 13.	2-6-58	1 x 50 yds.		5,8
Hudson, M.	2-6-58	1x50 yds.		6.2
Matthews	2-6-58	1x50 y ds.		6.3
Crowder, S.	2-6-58	1 x 50 yds.		6.5
Smith	2-6-58	1x50yds.	· · · · · · · · · · · · · · · · · · ·	6.5
Crowder, 5.	2-19-58	2 x 50 yd. hurd.		7.4 ; 7.3
Terry, J.	2-19-58	2x50ydohurd.		7.7 ; 7.8
Terry, J. Daniels, I.	3-16-58	1 x 50 yds.		6.1
Jones, B.	3-16-58	1 x 50 yds.		6.0

<u> </u>	WORKOUT REMARKS					
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NAME	DATE	DISTANCES	REST	TIMES
Hudson, M.	3-16-58			6-2
Matthews	3-16-58	/ 1		6.3
Matthews Crowder, S.	3-16-58			6.2
Smith '	3-16-58	1x50yds.		6.3
Snith Williams, L.	3-16-58			12.0
JoNes, B.	3-16-58	•		12.2
Hudson, M.	3-16-58	1 x 100 yds.		12.3
	3-16-58	1 x 100 yds.		12,9
Lyman Matthews	3-16-58	1 x 100 yds.		12.2
Crowder, S.		1x50yd. hurd.		7.3
Terry, J.	3-16-58	1 x 50 yd. hord.		7.5
7				
		107		
Matthews	1-9-59	1 x 50 yds.		6.3
Hudson, M.	1-9-59	1 x 50 yds.		5.9
Crowder, S.	1-9-59	1 x 50 yds.		6.1
Smith	1-9-59	1 x 50 yds.		6.4
Smith Daniels, I.	1-9-59	1 x 50 yds.		6.0
Kudolph, W.	1-9-59	1 x 50 yds.		6.2
Daniels	1-9-59		·	12.4
Williams, L.	1-9-59	1×100yds.		12.0
Hudson, M.	1-9-59	2 x 100 yds.	<u> </u>	12.1 - 12.4
Matthews	1-9-59	1 x 100 yds.		12.4
-Rudolph, W.	1-9-59			12.8
Crowder S.	1-9-59	2x50yd. hurd.		7.4 - 7.3
Reeves	1-9-59	2 x 50 yd. hord.		8.6 - 8.8
Williams, L.		1x220vds.		27.0
Daniels	1-9-59	1x220yds. 1x220yds.		28.9
Rudolph, W.	1-9-59	1x220yds.		28.8.5

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NAME	DATE	DISTANCES	REST	TIMES
Lindquist	1-9-59	1 x 220 yds.		30.2
Lyman	1-9-59	1x220yds.		29.0
Lynan	1-9-59	1x220yds.		1:16
LINdquist	1-9-59		4	1:20.3
Lynan Lindquist Smith	1-9-59	1 x 440 yds.		1:19.1
Lyman	1-9-59	1 x 880 yds.		3:/3
Lyman Lindquist	1-9-59	1x880yds.	-	3:22.8
Smith	1-9-59			3:28.3
Daniels	1-12-59			31.9
Williams	1-12-59			32.5
JONES, B.	1-12-59	1x220 vds		33.2
Hudson, M.	1-12-59	1x220yds 1x220yds.		34.1
Lynan	1-12-59	1 x 220 yds.		32.4
Lynean Matthews	1-12-59	1x220 yds,		31.2
Smith	1-12-59	1x220yds.		33.8
Matthews	1-14-59	1×50 yds.		6,2
Hudson	1-14-59			6.0
Crowder, S.	1-14-59	1 x 50 yds.		6.3
Rudolph, W.	1-14-59	1x50 yds.		5.9
Daniels	1-14-59	1×100 yds-		12.2
Jones, B.	1-14-59	1 x 100 yds.		11,9
Hudson, M.	1-14-59	1x100xds.		12.3
Matthews	1-14-59	1x100yds.		12.2
Crowder, 5.	1-14-59	1x50yd. hord		7.3
Terry J.	1-14-59	1x50yd. hurd.		7.4
Reeves	1-14-59	1x50yd. hurd.		8.2
Williams, L.	1-14-59	2 x 220 yds.		26.5;27.8
Daniels	1-14-59	2 x 220yds.		27.8; 28.2
Lyman	1-14-59	2x22oyds.		28.6; 29.0
- yran	11.1.01			1

WORKOUT REMARKS	WORKOUT	REMARKS
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NAME	DATE	DISTANCES	REST	TIMES
Lyman	1-14-59	1 x 440 yds.		1:19.1
Smith	1-14-59	1 x 440 yds.		1:20.5
Reeves	1-15-59	1 x high jump		4'6"
Terry, J.	1-15-59	1x broad jump		4'8"
Lindquist	1-15-59	2 x St. broad jump		7'4": 7'5"
Terry, J.		3x St. broad jum)	8': 7'104": 8'7" 8'9": 8'7": 7'5"
Smith'		3x St. broad jump		8'9" . 8'7" . 7'5"
Lyman		1 x 880 yds.		3: 7.25
Lindquist		1 x 880 y ds.		3:9.0
Daniels, I.		1x220yds.		28.8
Williams, L.		1 x 220 yds.		28.5
Jones, B.	1-15-59	1x220yds.	· · · · · · · · · · · · · · · · · · ·	28.4
Lyman		1 x 220 yds.	.,	29.7
Matthews	1-15-59	1x220yds.		29.5
Crowder, S.	1-15-59	1x220yds.		30.3
Matthews	1-18-59	1 x 50 yds.		6, 2
Hudson, M.	1-18-59			6, 3
Crowder S.	1-18-59	1x50yds		6.6
Smith	1-18-59			6,7
Rudolph W.	1-18-59			5.9.5
Daniels, I.	1-18-59	1 4 .		12.3
Jones, B.	1-18-59	1 x 100 yds.		12,3
Hudson, M.	1-18-59			12.3
Matthews	1-18-59	1 x 100 yds.		12.4
Crowder, S.	1-18-59	1 x 50 yd. hurd.		7.3
Terry, J.	1-18-59			7.5
Reeves	1-18-59			8 .4.5
hyman	1-18-59	1x440 yds.		1:15.8
SMYL	1-18-59			1:20,5

WORKOUT REMARKS	
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NAME	DATE	DISTANCES	REST	TIMES
Lindquist	1-18-59	1 x 880 yds.		3:10.7.5
Daniels	1-22-59	/ .		30.4
Williams, L.	1-22-59	/		28, 3
Jones, B.	1-22-59	<i>f</i> .		29./
Hudson, M.	1-22-59	<i>f</i> .		29,6
Lyman	1-22-59	1x220yds.		36.4
Matthews	1-22-59	Ix 220 yds.		29.6
Smith	1-22-59			31.0
TERRY, J.	1-22-59	1x22óyds.		31.9
Daniels, I.	2-5-59			28.5
Williams, L.	2-5-59	1 x 220 yds.	····	27.8
Jones, B.	2-5-59	1 x 226 yds.		28.3
Hudson, M.	2-5-59	1x220 yds.		28.9
Lyman	2-5-59	1 x 220 yds.		29.4
Matthews	2-5-59	1 x 220 yds		28,9
Crowder S.	2-5-59	1 x 220 yds.		29.4
Smith	2-5-59	1x220 yds.		32.5
Daniels, I.	2-19-59	1x 220yds.		27.5
Williams, L.	2-19-59	1 x 220 yds.		27.1
JONES, B.	2-19-59	1 x 220 yds.		27.4
Lyman	2-19-59	1x220yds.		28.0
Matthews	2-19-59	1x220yds		27.1
Daniels, I.	3-16-59	1 x 220yds.		27.7
Williams	3-16-59	1 x 220 yds.		26.9
Lyman	3-16-59	1 x 220 yds. 1 x 220 yds.		28.4
<i>'</i>				

NAME	DATE	DISTANCES	REST	TIMES
Rudolph, W.	2-17-60	1x50yds.		6.1
Hudson, M.		1 x 50 yds.		6.1
Terry, J. Crowder, S.		1 x Soyds.		6.3
Crowder, S.	2-17-60	1 x 50 xds.		6.4
3mith	2-17-60	1 x 50yds.		6.5
Sapp, B.	2-17-60	1 x 50 yds.		6.6
JONES B.	2-17-60	1x100 yds.		12.5
Williams, L.	2-17-60			12.0
Hudson, M.	2-17-60	1 x 100 yds.	·····	12.1
Rudolph, W.	2-17-60	1 X 100 yds.		12.7
Sapp, B.		1 x 100 yds.		/3.4
terry, J.		3x St. broad jump		8'84" . 8'10" : 8'74"
Smith	2-17-60	3 x St. broad jump	<u></u>	8'4"; 8'3" = 8'5±"
Reeves	2-17-60	2x St. broad jump	· · · · · · · · · · · · · · · · · · ·	7'8' , 8'2"
Crowder, S.		1x50yd. hurd.		7.3
Terry, J.	2-17-60	1x50yd, hord.		7.4
Reeves	2-17-60	1 x 50 yd. hurd.		8.2
Williams, L.	2-19-60	1 x 220 yds.		28.5
Rudolph, W.	2-19-60	1x 220yds.		29.2
Joves, B.	2-19-60	1x 220 yds.		31.7
Rudolph, W.	3-1-60	1 x 50 yds.		5, 8
Hudson, Mi	3-1-60	1x50yds.		6.2
Jones, B.	3-1-60	1 x 50 yds.		6.1
Terry, J.	3-1-60	1 x 50 yds.	****	6.1
Crowder, S.	3-1-60	1 x 50 yds.		6.3
Smith	3-1-60	1 x 50 yds.		6.1
Sapp, B.	3-1-60	1 x 50 yds.		6.7
Terry, J. Crowder, S. Smith Sapp, B. Jones, B.	3-1-60	1 x 100 yds.		12.5
Williams, L.	3-1-60			12.4

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NAME	DATE	DISTANCES	REST	TIMES
Hudson, M.	3-1-60	1 x 100 yds.		12,2
Rudolph, W.	3-1-60	1x100yds.		12.2
Sapp, B.	3-1-60	1 x 100 yds		13.8
Williams, W.	3-1-60	1 x 220 vas.		27.8
Rudolph, W.	3-1-60	1x220yds.		28.6
Jones, B.	3-1-60	1 x 220 Vds.		28.8
Crowder, S.	3-1-60			7.3
Terry, J.	3-1-60			7, 3
Reeves		1x 60 yd, hord.		8.1
Terry, J.		3x St, broad jump		8'1" • 8'21" • 8'51"
Smith		3x Stibroad jump		フ'11"。フ'7点"。フ'5生"
Reeves		2 x St. broad jump		7'9" 9 7'5"
Rudolph, W.	MarGrass	1 x 50 yds.		6.0
Hudson, M.		2 x 50 yds.		6.1 - 5.9
Smith		2 x 50 yds.		6.2:6.3
Jones, B.	I	1 × 100 yds.		11.9
Hudson, M.		1 X100 yds.		11.7
Williams, L.		1 x 220 vds.		26.7
Crowder 5.	March-Grass			27.6
Crowder, S.		1 x 50 ydshurd		9.8
Terry, J.	1	1x50 yd. hurd		10.0
Reeves		1 x 50 yd. hurd.		10.5
Rudolph, W.	4-1-60	2 x 50 yds.		6.4 • 6.1
Hudson, M.	4-1-60	2 x 50 yds.		6.3 . 6.3
Jones, B.	4-1-60	2 x 50 yds.		6.4; 6.2
Williams, L.	4-1-60	2 x 50 yds.		6.4 ; 6.2
Smith	4-1-60	2 x 50 yds.		6,4 : 6.5
54pp, B.	4-1-60	2 x50 yds		7.2 : 7.0
Williams, L.	4-1-60	1 x 220 yds.		26.4

WORKOUT	REMARKS

NAME	DATE	DISTANCES	REST	TIMES
Rudolph, W.		1 x 220yds.		25,2
Crowder, S.		2x 50yd. hurd.		9,9 ; 9,9
Terry. J.	4-1-60	2x50yd. hurd.		9.9 ; 9.9
Terry, J. Roeves,	4-1-61	2x 50 yd. hord.		10.9 : 10.6
Rudoloh W.	4-8-60	1 x 50 yds.		5,7
Hudson, M.	4-8-60	1 x 50 vds.		5,8
1 Smith	4-8-60	1 x 50 yds.		6.0
3app. B.	4-8-60	1 x 50 yds		6.9
Anderson		1 × 50 yds.		6.7
Jones, B.	4-8-60	1 x 100yds.		11.1
Hudson, M.	4-8-60			11,3
Rudolph, W.	4-8-60	1 x 100 yds.		10.6
ANderson	4-8-60	1x 100 yds.		12.3
Sapp, B.	4-8-60	1 X 100 vds		12.5
Williams, L.	4-8-60	1 x 220 yds.		26.4
Rodolph, W.	4-8-60			26.3
Crowder, S.		1 x 220 y ds.	· · · · · · · · · · · · · · · · · · ·	26.7
Crowder, S.	4-8-60	2 x 50yd. hord,		9.6; 9.6
Terry, J.	4-8-60	2x50ydihurd.		9.4 ; 9.4
Reeves	4-8-60	2x50yd. hord.		10.6:10.6
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		Vinter	1960	
NAME	DATE	DISTANCES	REST	TIMES
MC GUIRE E	1-63	LOXI	1stheat 1	
Rudolph, W.	,,	,,	2 not heat x	7.0
Rudolph W.	1,	"	Final X	7.1 Final 3rd Pl.
			<u> </u>	
Brown U	1-11-63	2 X 50		6.3 4.2
Dunn, L.	,,	5 X.\$0		4.4, 4.3
MC Guike, E	"	5 X 25		3.3 3.4
Rundolph, W.	1-11-63	2x 25		3.6, 3.5
Daniel, M.	٠,	24 50		5.9, 6.4
Talbet, J.	"	//	ļ	6.4, 6.8
Henderson, C.	11	/ 1		6.3, 6.4
			ļ	
Repuch, V.	1-13-63	3x 56		6.5, 6.5, 6.4
Dunn, L.	11	11		6.5, 6.8, 6.7
MICGUREE.	• •	ti ·		6.4, 6.2, 6.2.4
Rudolph, W	1-13-63	3x56	ļ	1.2, 6.2, 6.1
Wilcher, F	,,	<i>i</i> ,		6.6, 6.4, 6.5
Daniel M.	11	11		6.2, 6.4, 6.3
Talbot, J.	1-13-63	3150		7.2, 7.4, 7.0
Hendersen C	"	/1		7.8 6.8 6.6
Brown, L.	1-15-63	3150	** ****	6.4, 6.3, 6.2
Dunn, L.	11	11	<u> </u>	6.3 6.4 6.2
MCGUIRYE.	11	,,		6.3 6.3 6.2
Kudalph, W.	1-15-63	3X5-0		6.1, 6.3, 6.3
Wilcher F	11	1,		6.3, 6.4, 6.4
Daniel, M.	,,	11		6.4, 6.4, 6.3

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NAME	DATE	DISTANCES	REST	TIMES
Brown U.	 	11 226	10201	27.8
Rudolph, W.	//	11		29.1
Dunn L.	"	//		28.9
Rudolph, W	1-28-63	1 x 206		13. /
MCGUIRE, E.	11	11		12.8
Henrierson, C	//	//		14.0
Talbot, J.	1+28-63	1 x 100		14.0
Brown, V.	t,	1,		129
Dunn, L.	11	"		13.4
Daniel M.	1-28-1.3	1x 160		14.1
,				
BROWN, U.	1-31-63	1x 100	<u> </u>	12.7
Radolph, W.	.,	49		12.7 (5-)
McGuire E.	<i>.</i> .	,,		1310
Wilnher F.	1-31-63	1 × 106		13.8
Daniel M	21			14.0
Talbot, J.	,,			13.9
BROWN V.	1-31-63	1 y200		27.8
Dunn, L.	,,	1X50		L.2 (5-)
MCGUIRE E.	"	71		6.6 (5-)
Wilcher E	1-31-63	1 X 550		5.96.1
Daniel, M.	/1	. •		6.0
Talbot J.	11			L.G.
·Dunne L.	1-31-63	2 x 50 hurdles		7.4,7.0
Rudolph, W	,,	1150		5.9
Brown, V.	2-6-63	1X 106		12.4
Dann L.	',	2 x 50 hurdles		7.3, 7.4
MCGURE, E	//	1 × 100		13.0

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NAME	DATE	DISTANCES	REST	TIMES
		 	 	
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NAME	DATE	DISTANCES	REST	TIMES
Wilcher, F	2-6363	1 x 100		13, 1
Daniel M	2-6-43	11		13.9
Dunn 2	**	2 x 50		4.2, 6.1
mc Guire E.	4,	, ,		6.1, 6.0
Wilcher F	2-6-63	/1		6.5, 6.3
Daniel M.	"	<i>)</i> (6.1, 6.3
Ercash, U.	,	1 x 226		37.8
Beown V.	2-8-63	1 x 100		12.5
Dunn, L.	,,	/ /		12.8
MCGUIRE E.	1.	11		12.8
Wilcher, F.	2-8-63	1 X 100		13.6
Daniel M.	,,	,,,		13.5
MC GUIRE E.	1.	2 × 56	-	6.1, 6.0
wilcher F	1,	()		6.1, 6.2
Daniel M.		11		6.2 6.1
Brown, V.		1x220		27.2
Dunn L.		1×50 hurales		7.4
BRown V.	2-12-63	1 × 160		12.3
W/lchet F		/ (12.8
Daniel M.		2 X 100		13.2, 13.2
Dann, L.		1 X 100		12.5
Mc Guire E.		2 X5-6		6.6.5.9
Wilchel F.		,,		6.0, 6.0
Daniel M.		2 x50		6.1, 6.1
BROWN L.		1 x 220		27.1
Dahn L.		3x50 hurdles		7.5, 7.5, 7.3
		<u> </u>		-

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MASON - DIXON Meet

REST

TIMES

1st Place

ard Place

3rd Place

1st Place

4 1134 4th Place

43.8 , st #

2.8, 2.2 2.6, 2.7, 2.5, 2.5

7.9

11.1

DISTANCES

high Jump

10 yd. tash

DATE

2-16-63

3-24-63

11

2-16-63 446 Kelay

2-20-63 Gx block to 1 thurdle

50

160

BECAD JUMP

NAME

McGuire, E.

Wilcher Dunn

Dunn. L.

Wilcher, F

Mc GUIRE E.

mc Guire, E

MCGUIRY, BROWN

Dunn L.

Terry JOHAN

	5	pring 19	64	4
NAME	DATE	DISTANCES	REST	TIMES
MC GUIRE E.	4-3-64	1 x 100 m		12.2
Crews, 5.	*1	2 x 100 m		13.1, 12.9
Tyus W.	*,	1 x 100 m		12.0
Danne	\$-3-64	11		12.4
Daniel, M.	11 -	2 x 16tm		12.9, 12.9
Harvey, E.	, ,	1 x 100 m		12.4
Dann, L	4-3-64	1 × 200 m		25.7
Harvey, E	* /1	11	1	26.2
MC GUIRE, E	,,	//		24.8
Tyus, W.	, .	11	·	25-2
McGuire, Dunn	4-3-44	3 x 440 relay		51.1, 50.4, 50.9
Tyus, Brown		-		
		() P	J- 1 1	1/5 Athens, Ohio
			L / 17	y
MCGUIRE, E	4-12-64	1 X 100		12.2 1st Place
Tyus, W.	<i>A</i> 1	/1		and Place
Daniel, M.	- 21	')		3rd Place
Brown, U.	4-12-64	1 X 5 2 6		24.8 1st Place
Dunn, L.	71	,,		, not place
Harvey, E.	// *	' '		3rd Place
Mc Guire, Dunn	4-12-64	21410 yd.	Pelay	47.4 1st Place
Tyus, BROWN			1	
				,

	WORKOU	T REMARKS	 	
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NAME	DATE	DISTANCES	REST	TIMES
				Phila Pa.
	2 6 10 5	1 luania	Palan	F MIA 14.
/ <i>C</i>	11113	INAVIOL	Kelay	5 Franklin Field
McC. A.	(1 311-111	400 yd. Re	1/6	46.7 1st Place *
McGure Danh	1-24 64	400 ya. Ke	Tay	46.11 11404.
Tyus, Brown				
	0) ///	TEEP	G 0	MES Nashville,
- AV 8	LUI	IFLA		Tenh.
(a)	i-t-> 111	266		1115 d pl
Brown, U.	5-2-64	226 yd.		24.2 1st Place
Harvey, E	11			3rd Place
McGuire, E.		166 yd.		10.5 1st Place
Tyus w.	5-2-64	D T		10.6 and Place
mcGuire, E.	11	Bean D Jump		19' 1/4" 1st Place
Terry, J.				2nd Plact
Brown, U.	5-2-44			1.18.8 1st Place
mc Guine nuch		446 yd. r	elay	47.5 1st Place
Tyus, Brown	//		,	54 NI
Daniel Crews	5-2-64	886 yd. Rel	ay	1.42 1st Place
Harvey Dunn			/	
Harbey, E.	5-7-64	260 m		25.2, 25.8
Daniel, M.	//	/ ·		26. 7. 27.8
Tyus, W.	1.1	11		24.6, 25.4
Dunn, C	5-7-64	260 m		25.3, 26.0
MCGuire, E.	31	*1		24.0, 24.7
Brown, V.	"	11		24.5 24.9
Crews, 6.		//		25.2 2611
me Guike, E	5-7-64	2 X 100 m		12,1, 12,2
Crews, E.	1/	11		12.4 , 12.4
Daniel m	, ,	1,		13.7 12.9

X	New	Fenn	Relay	Recerd
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NAME	DATE	DISTANCES	REST	TIMES
Trus. W.	5-7-64	2 X 100m		12.6 , 12.1
Harvey E.	"	11		12.5 12.5
Dunn, L	,,	11		12.7 12.3
				, ,
* m	D- W	ESTER	N ATA	LETIC ASSOC.
mc Guire, E	5-16-64	160 yd trial he	al	11.0
MC GUIRE E	<i>(</i>)	" Final		10.9 1st Place
White willye	//	n II		11.0 2 nd Place .
Austin	,,	11 1.		11.5 3rd Place
Daniel Dunn	5-14-64	440 yd. rela	u	47.0 1st Place
Crews, McGuire		/	/	
Daniel Crews	5-16-64	880 yd. relay		1.41.6 1st Place
Harvey, Dunn		/		
, ·				
MC Guire E	5-19-64	2x75		8.2, 8.5
Tyus, W.	ונ	2×75		8.3 8.4
Dunn, L	"	2 x80 hurdle	S	11.9, 11.8
Brown U	11	3x220 (star	PROUND CERNER	13.5, 13.8, 14.2
				,
Brown, U.	5-22-64	2x200m		24.2, 24.3
Harvey, E	5-21,64	1 x 440		61.0
Dann, C.	4,	2 x 80 hurdles		11.9, 11.5
Tyus, W	,,	2 X 100 m		11.5- 11.4
MCGUIRE E.	11	/1		11.7
,				

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-	Chicago				

	Win	ter 1963	ີ້	
NAME	DATE	DISTANCES	REST	TIMES
Tyus, W.	1-14-65	3 15-D		6.0 5.8 5.7
MCGUIRE, E.	11	11		6.1, 6.2 5.8
Guss S.	11	11		6.3 6.4, 6.3
Daniel, M	1-14-45	3×50		6.4, 6.3 6.3
Grews E	"	11		6.3, 6.2, 6.3
Rollings, C.	,,	/ +		6.4 6.2, 6.4
Cantrell, S.	1-14-65	3150		6.8 6.7, 6.5
Watson M.	"	//		6.2, 6.3, 6.3
Harvey	′,	"		6.2 4.3, 6.3
Baskervilles E	"	11	<u> </u>	6.5 6.5 6.4
Tyus, W.	1-19-65	3150		5.8.5 ,5.7 5.8
McGuire, E	11	//		6.1, 6.1, 6.1
Guss S.	"	11		6.4 6.2 6.3
Islatson, m	. ,,	1,		6.31 6.3 6.3
				Red. Black
mc Givire, E	1-25-65	2 X 15-6		17.0 16.6
Guss, S.	//	3 x 15-0.		17.8 18.6, 17.5
Watson, m,	"	, ,		18.0 17.4 17.2
Harvey, E.	1-25-65	11		18.1 17.7 17.2
Crews E.	"	<i>/</i>		18.3 18.2, 18.7
Dunn, L.	,,	2 X 15-0		18.4 16.4
Rallings, C.	1-25-65	3 x 15-6		18.5 17.8, 17.7
Cantrell S.	,,	1 X 15-6	ļ	17.5
Baskerville	"	11		18.5
			_	
Baskerulle	1-27-65	High Jump		4'9" 4'10" 4'11 5"U" 5'2" 5'3" 4'2" 4'4" 4'L"
				51211 51311
Cantrell	1-29-65) 4		4'2" 4'4" 4'6"

Red LI	ne C	hairs	out
Black		e hair.	s 117

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NAME	DATE	DISTANCES	REST	TIMES
MC Guire E	2-1-65	2 X150		16.7, 16,7
Trus w.	r	11		16.5 16.3
Dunn, L.	1 (14.3 16.4
Harvey, E.	2-1-65	2 x 150		14.9, 14.7
Crews E.	,,	11		16.7 16.8
Watson, M.	11	//		16.8 17.0.
Rawlings, C.	2-1-65	2 x 156		17.6, 17.6
Guss s.	11	11		16.7, 17.0
Baskerulk, E.	11	11		17.7, 17.8
Cantrell	2-1-65	11		17.7, 17.3
Baskerville. E	2-2-65	High Jump		4'8", 5.'6"
Cantrell S.	"	11		4.8"
Dunn, L	2-3-65	3 x50m hurd	4S	7.2, 7.3, 7.4
Baskerville, E.	81	11		7.9, 7.4, 7.6
Cantrell S.	4.	, ,		7.7, 7.1, 7.6
Baskerulle, E.	2-4-45	High Jump		4'6", 4'8", 4'10" 5'0"
1=1.212	.,			5'2"
Cantrell s	4.,	3)		4'6" 4'8" 4'10"
				, , , , , , , , , , , , , , , , , , , ,
ME GUIRE E	2-5-65	2 X 150	\ <u></u>	16.3 16.5
Dunn, C.	,.	2 "		16.4, 16.3.
Tyus W	1,	1,		16.0, 15.8
Harvey, E	2-5-65	2 X150		16.3 16.3
Crew, E	/ /	H		16.6 16.3
Guss, S	• •	**		16.9, 17,1
Rallings, C.	2-5-65	2 x 150		16.7, 16.7
National, C.		d x 136		1/4.1, /4.

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NAME	DATE	DISTANCES	REST	TIMES
Inlatson, 111.	2-5-65	2 x 150		16.6, 16.7
Baskerulle, E.	*/	'1		17.5- 17.4
Cantrell S	11	//		17.4 17.5
		Outsi	DE	
Rallings, C.	1-65	2 x 260m		26.8 26.7
Guss s.	"	11		25.8 26.5
Harvey, E.	"	11	~	26.8 26.5
Daniel M.	1-65	2 X 200 m		27.6, 28.5
Mc Guice E.	11	#1		24. 5 25.3
MC GUIRE E	4-2-65	1x 100m		11.9
Tyus, W.	"	,,		11.8
Tyus, W. Dunn, L.	"	"		12.5
Harvey F	4-2-65	1 × 100 m		12.2
Daniel m	"	//		omit.
Guss s.	11	1 X 200m		24.6
Rallings, C.	41-2-45	1 × 100 m		12.3
Watson, m.	1,	11		cmit
Rallings, C.	4-5-65	Lex long sump		N'5" 17'4" 16' 7 (17'8') 17'4", 1714
Guss 5.	"	4x 11		18.7 (9'2") 19'11/3 (19'5")
Watson M	"	L/X 11		15'6" 18'13" 17'9" (18'4")
Tyus, Harvey,	4-8-65	1x 880 relay		1:42.6
Watson Cantrell				
, -				
		<u> </u>	•	

			Spikes	
CIEC	LES	mean	best	jumps

NAME	DATE	DISTANCES	REST	TIMES
Dunn, Guss Team B	4-8-65	1x880 relay		1:42.5
McGuiRe, Rollings		/		>-
				
Tyus C-uss Teum H	4-8-45	1 x 8 80 relay	 	1.44.6
Rallings watson				
Теаш В	C 15-	1		1,100
Daniels Dunn	4-8-65	1 x880 relay		1:42.0
me Guire, Harvey				
Tyus, Guss TeumA	4-8-65	1 X 440 relay		49.6
Harvey Cantrell	7 , 0	17. 170 18.109		
,				
Mc Guire, Danh	4-8-65	1 x 440 relau	1	50.4
Watson, Baskerville				
T.com/A			·	
Daniel Guss TeamH	4-8-65	1x440 relac	/	48.6
Dunn, Txus				
Cantrell Haivey	5 . 1 5 - 1 5 -	14444 80/0		116.3
1	27-8-63	1 × 4410 relai		49.2
Watson, Mª Cuire				

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	<u> 5 U.</u>	mmer	1966	
NAME	DATE	DISTANCES	REST	TIMES
Watson	6-11-66	Long Jump		1811 (4) - # 18:4"
		, , , , , , , , , , , , , , , , , , ,		17'6" 18'4"
Roberts	"	, ,		15'0", 155", 14'5", 15'3" \$ 16'5
	<u> </u>	<u> </u>		
Benjamin	6-11-66	BROAD JUMP		4'10" *5'4"
Montgomery	4.1	''		5'4"
Rogers	6-14-66	1 x 160		11.5 11.8
Green	11	11		11.6 # 11.6
Netters	11	11		11.1 7 11.4
Davis	6-14-46	1 X 160		11.4 ¥ 11.5
Ranks	"	11		11.4 \$ 11.7
Snead	11	//		11.9 * 12.1
Banks	10-14-66	1 150		3rd
Davis	1,	,,		6.2
Snead	(1	11		4th
Rogers	11	11		6.1
BEOWN	6-14-66	1 X 326		28.1
NeHeis, M.	.,	11		350 4356
Green	11	′ ′		26.7 * 26.6
BRUWN	10-14-66	2/4/0		42.6

N- FINALS DAVIS, Netters, Locked	Good
Buskerville Home	

NAME	DATE	DISTANCES	REST	TIMES
Tyus, W	6-15-66	1 x 100	1000	10-8 16.7
MC GUIRE E	"	11		10.9 11.0
Render	,,	"		16.9 11.6.
Daniel	1,,	11		11.1 11.5
Tullic!				////
Davis	6-15-66	80 m hurale		11.7, 11.8, 11.6
·				
MCGUIRE	6-15-66	220 yd Dash		24.7, 24.7
Tuas	"	,,		24.8 24.9
Harvey	11	//		25.1, 25.6
		, , ,		
Regels	6-16-66	ICC yd Dash		11.7, 11.7 - * 12.0 11.5 11.6 * 11.4 12.0, 12.1, * 11.8
Banks	"	′′		11.5, 11.6, 11.4
Snead	//	//		12.6, 12.1. 11.8
Aletta	+			
NaHers	6-16-66	100 yd Dash		11.3, 11.4 * 11.3
Davis	''	// /		11.6
Green	,,	',		11.6.
D. k.	1 11 11	8-11 3 -1		10.2, 64 6.3
Banks	10-16-66	5-C yai. Dash		12
Davis Silead	1,			1 (- 1 7
Prication	11	11		6.4 6.4 6.5
Regals Nathers	11	1.		6.3 * 6.3
/ \ 7 (// /_)	1			6.5 6.0
NeHers	6-16-66	220 yd.		25.7 × 25.8
Rogers		<i>\$1</i>		26.7 × 27.3
GIETH	4, 8	*/		26.5 N 28.1
		11		

Brown - 62.5 * FINALS

NAME	DATE	DISTANCES	REST	TIMES
Roberts	6-17-66	Long Jump		F. F. 16'10" 16'6" 16:134
Wotson	11	1,		17'8" 18'7" 17'10" F 17'2
				¥ 18'9"
Tyus, W	10-17-66	50 ya Dash		5.4 \$5.9
Daniel M	11	,,		1.0 × 6.1
Davis, T	"	1		1.1 * 1.4
MCGUIRZ, E	.,	.,,		5.9 × 6.0
Render, M.	"	"		6.1 × 6.0
Harvey, &	"	//		10.3
Tyus W	6-17-66	300 yd. Dash		34.6 4 34.3
Harvey, E	11.	<i>i</i> ,		34.6 # 34.5 35-0 * 34.7
Daniel, M	11	/.		36.1
MCGUIRE E	//	"		34.3 33.6
Davis T.	"	21		34.8
nicGuire, E	10-17-66	75 xd. 1215th		8.5- * 8.3
Daniel, M.	"	' ' '		161 × 65
Davis, T	11	"		8.7 × 8.9
Tyus, W.	/,	"		8.4 X 8.2
Render, M.	1,	//		8.5 \$ 8.5
Harvey, E		11		8.6 × 8.7
· · · · · · · · · · · · · · · · · · ·				
Roberts	6-17-66	Ling Jump		17'4" 16'5'4" 17'5-4"
		/ / /	·	16'6" 16'63 F #17'5
ulatson	4-17-66	,,		F 18.64, 19'5-5"
		1 1		18'16" F F × 19'57

* FINAL			

NAME	DATE	DISTANCES	REST	TIMES
Ben jamin	6-24-66	High Sump		4'10"
Baskerulle E.	,,	"		5-14"
Mantgomery, 2-		11		5-14"
7 7,			_	
MCGUICE, E	6-24-66	100 yd Dash		10.4
Banks V	**	, (11.4
Green	"	• •		11.5
Rogers	1.	,,		11.6
Render, III.	.,	"		10,5
Davis, T		1/		16.6
Harvey, F.	1.	"		11.2
Siread,	1.	//		11.4
TUES	н	//		10.2
Tyus, w Netters	11	//		11.2
Daniel, III.	11	1,		11. 3
Davis I	11	11		1/.5
Tiavis				
Regals	6-24-64	5-0 vd. Desh		(a: b)
Banks	1,	5-0 yd. Dash		6:1
Davis	11	//		4.5
Snead	11	//		6.7
SHELLO				
Davis	12-24-66	Som hurale	<u> </u>	1/.6
1,1015		ocm mana.c	S1	
	·			
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WORKOUT REMARKS	S
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	NAME	DATE	DISTANCES	REST	TIMES			
	MCGUIRE, E.	6-24-66	220 yd Dash		25.1			
	Netters	11	17		25.5			
	Green.	//	11		27.1			
	Trus W.	11	//		549			
	Harvey, E	11	11		25.4			
	Beown	6-24-66	4146 yd. Dash		64.4			
χ	Team A	Le lay	440					
	BANKS ~	<u> </u>						
1	Snead				51.9, 53.1			
	DAVIS I.							
	NeHEIS							
	Team B							
	Green							
	Roberts				54.8, 53.7			
	Brown							
	Rogers							
	Team A							
	Render, m							
	Daniel M		2		48.5 52.0.5			
	nic Guike E							
	Hurley, E							
								
	Team B							
	DAVIS, T				56.3, 50.0			
į	HARVEY, E.							
K.	X Netters (DAVIS, I	,	WODKOTTT DEMAR	KS				
-	WORKOUT REMARKS							

X - High school girls for Summer Relay times HER KILIAL

> Team A- 47.7 Team B - 49.2

High School Team A 50.4 Team B 52.9

NAME	DATE	DISTANCES	REST	TIMES
 				
				
			 	
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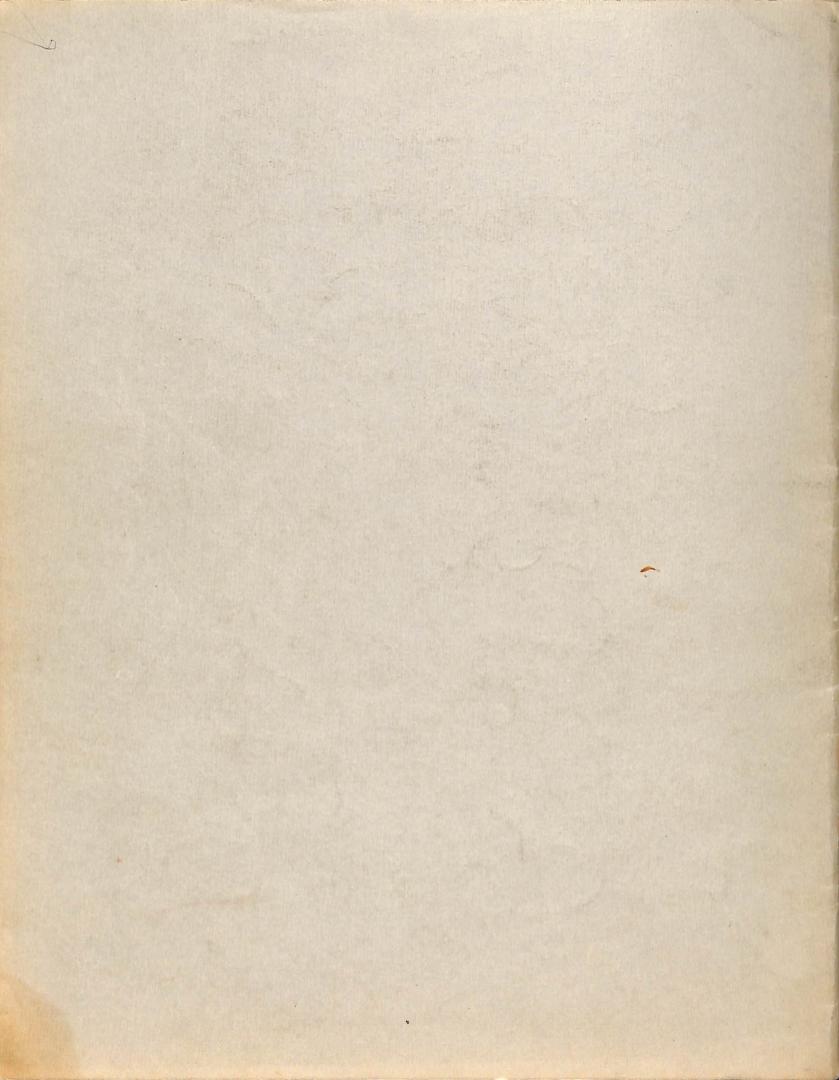
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_	WORKOUT REMARKS					



	EVENT_	Reluys	DA	TE U	pril	8,19	65
		MEET	(25)				
	CON	TESTANTS	SCHOOL	POSITION	NUMBER	ORDER OF	
Tyris	Team A		1.42,6	Harv.	wat		
Dunn	Team B		1:42.5	Buss	me	Roll	?
P. 00.		1	12.40	Ca 90 0	west 1	u . /1m	
Daniel	Team to Team to	3	1:42.0	the second second second	y me,		
_			(4403)				
MEBU	re Team A Team B		50.4	ouse,	Dunn	Can	Bask,
						=	
Contr	Team A Team B		48.6	B. H.	wat,	W.T.	
	PLACE	NAME	SCHOOL		TIME	F	POINTS
	1sт						
	2ND 3RD						
	4 тн						
	5тн						
					UDGES		
				OFFICIAL SO	SORER		

The Don Canham Co.

11-1-65 Mort Davis? Ship Me Huve Rudolph. Basken Daves Bernie Peters Ewine Contrell Shiringued mets
Sprie 23-24
April 30- My 1 Kender 260 mue 90. Mout. Methure Down Daniel

1966

STANDARDS FOR THE OUTDOOR NATIONALS

	Girls Division Age 14-17	Womens Division Age 14 and Over
50 yd Dash	6.3	and containing and
100 yd Dash	11.6	11.3
220 yd Dash	26.3	25.3
440 yd Dash	60.5	58.5
880 yd Dash	2:28.0	2:20.0
1500 Meter Run		5:05.0
440 yd Relay	52.0	50.0
880 Medley	1:51.0 (4x220)	1:51.0
50 yd Hurdles	7.4	
80 Meter Hurdles	-6 -64	12.2
100 M. Hurdles	Page 72-14	15.2
200 M. Hurdles	and the same	30.5
Shot Put	3710"	3910"
Discus	10510"	12010"
Javelin	110,011	12510"
Long, Jump	1710"	181011
High Jump	41511	51011

POLE VAULT - HIGH JUMP

EVENT HIS	h	Jur	n	10										_ D	ATE	_ (5	12	6/6	7		
		MEET.		I.	nt	ter	lask	S	qui	20	1	-	J	m	e	7	ri	als	6/6			
CONTESTANTS	School	No.	HEI	IGHT	HE	іднт	НЕ	IGHT	HEIGH	17	НЕІБНТ	HEIGHT	HEIGH	т	EIGHT	HEI	GHT	HEIGHT	HEIGHT	HEIGHT	HEIGHT	HEIGHT
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PLACE NAME			Sch	IOOL				ŀ	HEIGHT		POINT	s							HH			
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2ND																						
Зяр															760					REFER		
4тн													=	P	Lan	-	P	fore			FIELD JU	DGES
5 тн														19	en			, 0,0		OF	FICIAL SO	ORER
cleared																						

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The Don Canham Co. WARMED UP at 5'0"

POLE VAULT - HIGH JUMP

EVENT_ /+19/		ump								DATE	(0)	124	167			
		MEET														
CONTESTANTS	SCHOOL	No.	Неібнт	HEIGHT	HEIGHT	Неібнт	HEIGHT	HEIGHT								
			5'2"	5'4"	56"	5181									MANA	GAT AN
montanmerv			1	4	XX	XXX										
montgomery Baskerville		M LEM		4	XXX											
														N/A		
	TREBUSE															
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PLACE NAME			SCHOOL		F	EIGHT	POINT	s								
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4тн											RIBLE				FIELD JU	DGES
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we clear passed X failed

The Don Canham Co.

DISCUS, JAVELIN, HAMMER, SHOT PUT & BROAD JUMP

EVENT_	Long Juma	DATE	6/2	4/6	7
			1	/	
	MEET				

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	SCHOOL	TRIALS									FINALS FIRST SECOND THIRD							II		
CONTESTANT	오	NO.		FIRST		DISTANCE		DISTANCE		DISTANCE		FOURTH		_	SECOND		THIRD		FOURTH	
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