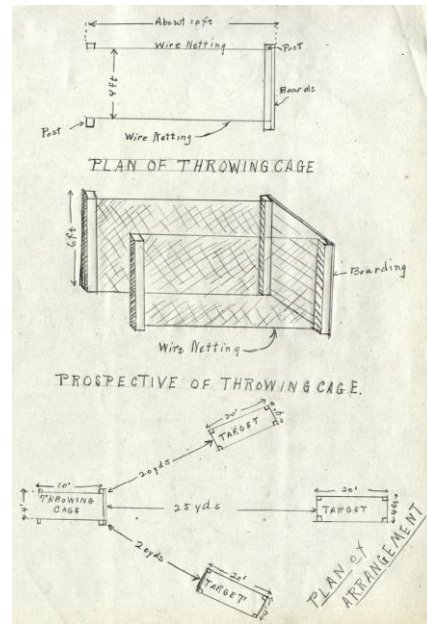




**HISTORY OF THE CALIFORNIA  
INTERSCHOLASTIC FEDERATION  
SOUTHERN SECTION  
(CIF-SS)**



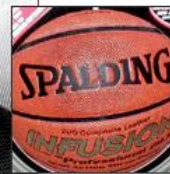
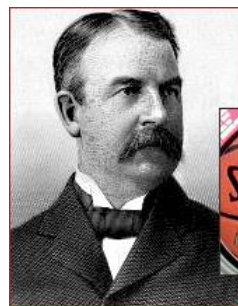
46<sup>th</sup> historical “tidbit.”  
Dr. John S. Dahlem

**THE HAND GRENADE THROW**

**(Substituted for the javelin throw in the 1919 CIF-SS Track Meet)**

The CIF-SS always had concerns about the insurance liabilities of certain sports or events. Their main concern was the javelin throw in track and field which had been contested from the first meet in 1913 and also was an event at the State Track Meet. World War I was coming to an end and there remained a very patriotic fervor in the community. At the November 18, 1918 CIF-SS Council Meeting the following motion was made and unanimously approved:

“Upon the motion, the throwing of the hand grenade shall be substituted for the javelin throw and the rules governing the same shall be those adopted by the Western Intercollegiate Conference Athletic Association, with the exception that it shall be an individual instead of a team event. Standard rules and grenades may be secured from A. G. Spalding Co.”



The Western Intercollegiate Conference was the beginning of what is today the Big Ten Conference. From the Harvard Crimson dated December 18, 1917:

Colleges of the Western Conference will probably compete in grenade throwing at their track meets next year if the plan of the athletic directors is adopted. Any such combination of military training with field events deserves the approval of those who wish one to be universal and the other to be continued. By injecting the rivalry of intercollegiate competition into the work of the R. O. T. C. 's, not only will training be undertaken more enthusiastically and thoroughly, but also it will become more widespread. Every effort to turn sports to direct advantage in military preparation is to be encouraged, for then increased practice in necessary tasks of war accompanies better physical development. Many grenadiers in many universities can now be developed to a high point of efficiency through the adoption of this new plan. Let competitions of this sort not stop here, however, but include all others in which it is especially necessary for a soldier to be experienced. Wall-scaling, rescue races and bayonet contest should be held also. the spirit of track rivalry may well take on a more direct military value.

The A. G. Spalding Company at that time wrote most of the rules and guide books for sports throughout the United States. These guides were published by the American Sports Publishing Company in New York. This page is from the Spring and Summer Catalogue, 1919, A. G. Spalding Company, (courtesy of Ellen Keith, Chicago History Museum Research Center):



## HAMMERS

**SPALDING "OFFICIAL OLYMPIC" ATHLETIC IMPLEMENTS**

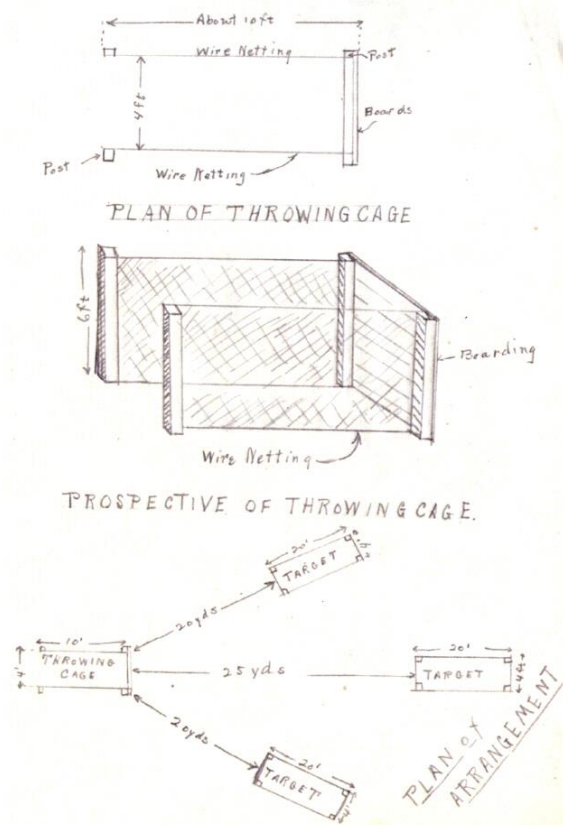
**Spalding Athletic Hammers**

<p>16BH. Spalding "Official Olympic" Brass Shell Head Hammer (Patented August 20, 1912), including ball-bearing swivel. Supplied regularly with double triangle grip (Patented Dec. 22, 1914). . . . Each, \$12.00</p> <p>12BH. 12-lb. Brass Shell Head Hammer, otherwise same as No. 16BH. . . . Each, \$11.00</p> <p>regular Spalding Hammer listed above furnished with No. MC grip</p> <p><b>Extra Handles for Athletic Hammers</b></p> <p>MG. Single Grip Style (see cut). Supplied separately with wire handle. . . . Each, \$2.75</p> <p>FT. Double Triangle Grip, complete with wire handle, finished separately. . . . Each, \$1.00</p> <p><b>Leather Case for Athletic Hammers</b></p> <p>L. Leather case, to hold either 12 or 16-lb hammer. . . . Each, \$3.75</p> <p>5. Spalding "Official Olympic" Discus No. 5 Wood center. . . . Each, \$9.00</p> <p>Patented (March 20, 1912)</p> <p>15. Spalding Practice All-Steel Discus (Patented March 20, 1912) . . . . Each, \$6.50</p> <p>16. Spalding "Practice" Discus, all steel. Each, \$6.50</p> <p><b>Spalding "Youths' Official" Discus</b></p> <p>Y. Spalding "Youths' Official" Discus, wood center. . . . Each, \$6.00</p> <p><b>Regulation 56-lb. Weight</b></p> <p>2. Endorsed by all weight throwers. Lead. Packed box, guaranteed correct in weight. Complete, \$20.00</p> <p><b>Spalding "Official Olympic" Javelin</b></p> <p>153. Spalding "Official Olympic" Javelin. Each, \$5.00</p> <p>The Javelin is to be thrown. Vaulting rules next page.</p> <p><b>Reshafting Javelins</b></p> <p>all to be returned to us, charges prepaid. . . . \$2.50</p>	<p>No. 16HB. 16-lb. Solid Iron Head Hammer, including ball-bearing swivel and double triangle wire grip. (Patented Dec. 22, 1914). . . . Each, \$6.00</p> <p>No. 12HB. 12-lb. Solid Iron Head Hammer, otherwise same as No. 16HB. . . . Each, \$5.00</p> <p>No. 8IH. 8-lb. Solid Iron Head Hammer, without ball-bearing swivel. Double triangle grip. . . . Each, \$3.50</p> <p>instead of triangle style, on special order, for an extra charge of \$1.75</p> <p><b>Spalding Athletic Shot</b></p> <p>No. 16BS. Spalding "Official Olympic" Brass Shell Shot, 16-lb. (Patented August 20, 1912). . . . Each, \$11.00</p> <p>No. 12BS. 12-lb. Brass Shell. . . . " 9.25</p> <p>No. 16IS. 16-lb. Solid Iron. . . . " 2.50</p> <p>No. 12IS. 12-lb. Solid Iron. . . . " 2.25</p> <p>No. 24LS. 24-lb. Solid Lead. . . . " 12.00</p> <p>No. 24IS. 24-lb. Solid Iron. . . . " 6.00</p> <p>No. 8IS. 8-lb. Solid Iron. . . . " 1.60</p> <p>No. 5IS. 5-lb. Solid Iron. . . . " 1.35</p> <p>Leather Covered . . . " 9.00</p> <p>No. 26. 8-lb. leather covered. . . . " 8.00</p> <p>No. 5. 5-lb. leather covered. . . . " 8.00</p> <p><b>Spalding Indoor Athletic Shot</b></p> <p>Rubber Covered. Patented December, 1905</p> <p>Scientifically made; perfectly smooth; gives fine grip, has proper resistance when in contact with hand; wears longer than ordinary leather covered; best shot will not sink out; always full weight.</p> <p>No. P. 16-lb. Each, \$15.00 No. Q. 12-lb. Each, \$12.00</p> <p>Leather Covered Shot</p> <p>Method of construction prevents loss of weight even when used constantly.</p> <p>No. 3. 12-lb. Each, \$11.00 No. 4. 16-lb. Each, \$13.00</p> <p><b>Spalding "Official Olympic" Hurdle</b></p> <p>Patented December 22, 1914. As illustrated above, this hurdle is made of steel, is fully adjustable to three different heights required in hurdle races under various rules; 2 feet 8 inches, 3 feet, and 3 feet 6 inches.</p> <p>Three adjustment Hurdle. . . . Each, \$6.00</p> <p>No. 31. Three Adjustment Hurdle. . . . Set, \$240.00</p> <p>Set of forty. . . .</p> <p><b>Spalding Lanes for Sprint Races</b></p> <p>No. L. Spalding Sprint Lanes. Sufficient stakes and cord to lay out four 100-yard lanes. Stakes are made with pointed ends and sufficiently strong so that they can be driven into hard ground. . . . Set, \$18.00</p>
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The rule book for the hand grenade throw was written by Lewis Omer and titled, Hand Grenade Throwing as a College Sport (1918). It was nine pages long and the only copy was in the British Library. It was destroyed during World War II aerial bombing.

## When being close really does count: hand-grenade tossing included in track meets

APRIL 5, 2013 DROBIK.5@OSU.EDU COMMENTS OFF



Hand grenade throwing diagram. 1918

In an old Department of Athletics collection, we recently found a folder simply entitled "hand grenades." It contained correspondence and diagrams from 1918 related to a proposed hand-grenade tossing event for track meets. Kind of like the shotput event, only with more damaging consequences.

In early spring 1918, the United States had been fighting in World War I for nearly a year, and the war effort at home was going strong. Here at OSU, the campus was home to a barracks, machine-gun range, and a small hospital. A school for military aeronautics was open for one year (1917-1918), an aviation laboratory opened, and an airplane landing field was installed.

So, naturally, someone came up with the idea of including a hand-grenade tossing competition at track events to prepare student cadets once they hit the front lines in France. *The Lantern* first reported about it in March 1918:

“The war spirit seems to have affected the athletic department, and the kaiser better keep his eye on Ohio State athletes when they get to France. Yesterday Director [Lynn] St. John brought to the Athletic House a box of hand grenades which will be used by the weight men in practice and may become an established event. They are the regulation size used in war work.”



Charles Hubbard

St. John later explained that the competition would be an individual event. There would be three targets of four feet square (the usual size of a trench). Each man would receive a number of grenades and would take up position in a “box” made out of wood but with mesh sides so the competitor could be seen by judges who (presumably) were sitting a safe distance away. He would be required to make a certain number of hits. Competitors would be judged on speed and form, as well as accuracy.

Track Coach Frank Castleman even visited Camp Sherman in April 1918 in order to receive “first-hand information on the art of bomb throwing, hence being prepared to coach his men in the new field event,” according to *The Lantern*.

Later in April at its first track meet, against Ohio Wesleyan, the hand-grenade event went off without a hitch. In fact, Charles Hubbard of Ohio State set the best record, getting five of 10 grenades into the pen. The event continued to be included through the season; it was listed, in fact, among the events in that year’s Big Six Championship, which the Buckeyes won.

The war ended in November 1918, so the event’s inclusion in track meets remains a one-season-only affair.

The State CIF followed the CIFSS with somewhat a similar motion (from the CIF State Federated Council Meeting Minutes of March 8, 1919):

“Mr. Moore, on behalf of the committee appointed to consider the substitution of some other event for the javelin throw, reported in favor of eliminating the javelin this year and making no substitution at present, but recommended that the grenade be introduced in school sport with the expectation that it may be introduced as a field event in 1920. Upon motion duly made, seconded, and carried, this report was adopted.”

On March 17, 1919, the CIFSS issued the following statement (from the CIF-SS Council Minutes):

“The throwing of the hand grenade will be an exhibition event, medals being awarded, but points will not count in the Southern California Track Meet. Schools desiring information regarding the hand grenade rules will write H. J. Moore, Inglewood High School.”

The CIF-SS track meet was held at Los Angeles High School on April 20, 1919 and the winner of the grenade throw was Tyson from Huntington Park High School with “11 puts.” This meant that he was probably throwing the grenades into an area some distance away in an accuracy event.

### HUNTINGTON PARK HIGH SCHOOL TRACK TEAM



TRACK

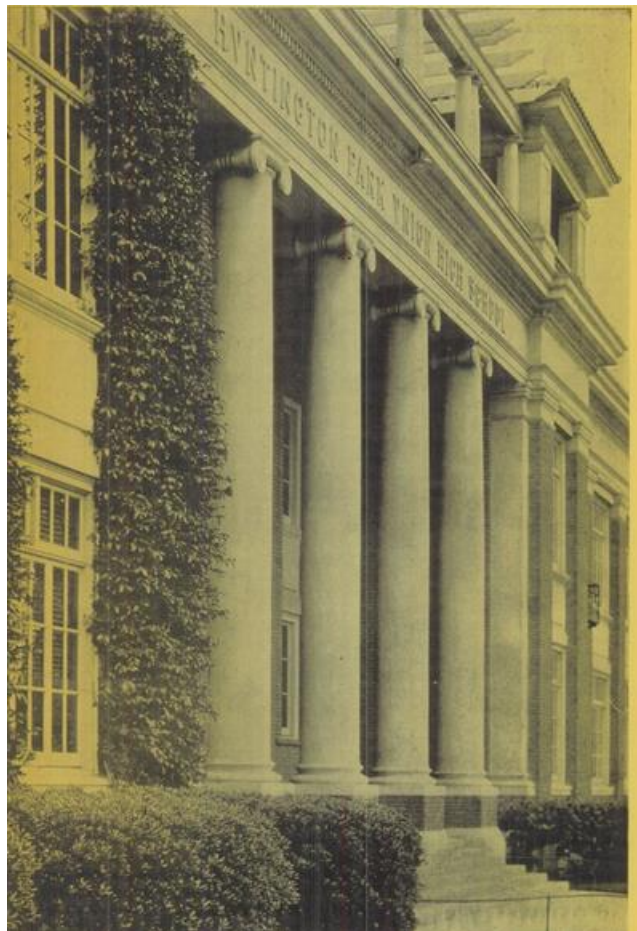
# SOUTHLAND FIELD MEET.

The Southern California interscholastic track and field meet will be held on April 19 on the athletic field of the Los Angeles High School. There will be fourteen events this year, the track and field events occurring simultaneously. The programme is as follows: Track events 880-yard run; 100-yard dash; 440-yard dash, 120-yard hurdles; 220-yard dash, 220-yard hurdles, 1 mile run; one-half-mile relay (4 men); Field events, high jump, pole vault, broad jump, discus throw; shot put and hand grenade throw.

The throwing of the hand grenade is substituted this year for the javelin throw. Any schools desir-

ing to be represented in this event are advised to communicate with H. G. Mooren vice-principal of the Inglewood High School, for drawings and specifications regarding it. The grenade throw is an exhibition affair and though medals will be awarded place winners, the points will not count toward the winning of the meet.

Present indications are that all competitions will be keen and that the meet will be fully up to the standard of former years. It is hoped that every high school will put the best team possible in the field as only those who win points on April 19 will be allowed to compete in the State meet which will be held in Southern California on April 26.



# Manual Arts High School Romps Away with Southern California Prep ...

Los Angeles Times (1886-1922); Apr 20, 1919;

ProQuest Historical Newspapers: Los Angeles Times (1881-1990)

pg. VII3

# Manual Arts High School Romps Away with PURPLE TEAM SURPRISES.

## Local High School Teams Win First Four Places in Sensational Meet.

Los Angeles high schools took the first four places in the annual Southern California interscholastic track and field meet at Los Angeles High yesterday. Manual Arts won by many lengths. Los Angeles High was second, Lincoln third and Harvard fourth. The Southern California high school record for the discus throw was broken by "Husky" Guzman of Harvard, who hurled the disc 117 feet 7 1/2 inches. The former record of 115 feet 11 1/2 inches was held by Boyle of Los Angeles High. Records in both hurdles were tied by Dugges, the Claremont hurdler.

Manual finished the meet by taking the relay after a close finish with Redlands. Harvard taking third, and Los Angeles fourth. Manual Arts is now the only school which has won the handsome relay cup twice, the other winning schools being Long Beach, Redlands, Pasadena, and Pomona.

Wright of Lincoln, who took first in both the 100 and 220 and Dugges, the winner of both hurdles, were tied for individual honors.

The point results were as follows: Manual Arts, 22; Los Angeles, 17 1/2; Lincoln, 15; Harvard, 14; Claremont, 10; Polytechnic, 8; Redlands, 8; Santa Paula, 5; San Bernardino, 5; Pomona, 5; Montevideo, 5; Huntington Park, 5; Compton, 5; Venice, 3; San Diego, 3; Fillmore, 2; Santa Monica, 2; Lancaster, 2; Pasadena, 2; Hollywood, 2.

The results of the meet follow.

Harvard run—won by Tom (Bob) Elsworth (Hollywood) second Noel (San Bernardino) third, Gilbert (Harvard) fourth. Time, 2m. 31.5s.

100-yard dash first heat—won by Rapp (Claremont) second, (Harvard) third. Time, 11s.

100-yard dash second heat—won by Hans (S.C. Prep) Bright (Lincoln) second; Gene (San Diego) third. Time, 10.4s.

100-yard dash third heat—won by A. Nichols (Santa Paula) first; (San Bernardino) second; (Manual Arts) third. Time, 11s.

100-yard dash fourth heat—won by (Santa Monica) first; (Santa Paula) second; (Claremont) third; (Manual Arts) fourth. Time, 10.6s.

440-yard dash first heat—won by (Pomona) first; (Harvard) second; (Los Angeles High) third; (Harvard) fourth. Time, 21.1s.

440-yard dash second heat—won by A. Nichols (Santa Paula) first; (S.C. Prep) second; (Venice) third; (Claremont) fourth. Time, 21.1s.

440-yard dash third heat—won by Wilcox (Harvard) first; (Pomona) second; (Manual Arts) third; (Los Angeles High) fourth. Time, 20.4s.

120-yard high hurdles first heat—won by (Claremont) first; (Manual Arts) second; (Lincoln) third. Time, 17.2s.

120-yard high hurdles second heat—won by Dugges (Claremont) first; (Pomona) second; (San Bernardino) third; (Duckerman (Ventura) fourth. Time, 17.2s.

120-yard high hurdles third heat—won by Dugges (Claremont) first; (Pomona) second; (Los Angeles High) third; (Lincoln) fourth. Time, 16.7s.

200-yard dash first heat—won by Allen (Redlands) first; (Pomona) second; A. Nichols (Santa Paula) third. Time, 22.4s.

200-yard dash second heat—won by Wright (Lincoln) first; (Hollywood) second; (Los Angeles High) third. Time, 21s.

220-yard dash third heat—won by A. Nichols (Santa Paula) first; (Manual Arts) second; (Los Angeles High) third. Time, 24.2s.

220-yard dash fourth heat—won by Wright (Lincoln) first; (Hollywood) second; (Lincoln) third; (Claremont) fourth. Time, 24.2s.

220-yard low hurdles first heat—won by Anderson (Pomona) first; (Manual Arts) second; (Harvard) third; (Manual Arts) fourth. Time, 23.4s.

220-yard low hurdles second heat—won by Dugges (Claremont) first; (Santa Monica) second; (Harvard) third; (Claremont) fourth. Time, 23.4s.

220-yard low hurdles third heat—won by Dugges (Claremont) first; (Manual Arts) second; (Harvard) third; (Manual Arts) fourth. Time, 23.4s.

One mile run—won by Marvin (Lincoln) second; (San Bernardino) second; (Harvard) third; (McIntosh (Santa Monica) fourth. Time, 47.4s.

High jump—won by A. Nichols (Santa Paula) first; (Manual Arts) second; (Lincoln) third.

Discus—won by Guzman (Harvard) first; (Manual Arts) second; (Harvard) third; (Manual Arts) fourth. Distance, 117.7 1/2 ft.

Shot put—won by Boyle (Manual Arts) first; (Manual Arts) second; (Manual Arts) third; (Manual Arts) fourth. Distance, 45.6 ft.

Hand grenade (points not counted)—won by Tyson (Highland Park) first; (Highland Park) second; (Lincoln) third. 11 puts.

Relay—won by Manual Arts. Redlands, second; Harvard, third; Los Angeles, fourth. Time, 1m. 34.2s.

Score by schools—Manual Arts, 22; Los Angeles, 17 1/2; Lincoln, 15; Harvard, 14; Claremont, 10; Polytechnic, 8; Redlands, 8; Santa Paula, 5; San Bernardino, 5; Pomona, 5; Huntington Park, 5; Compton, 5; Venice, 3; San Diego, 3; Fillmore, 2; Santa Monica, 2; Lancaster, 2; Pasadena, 2; Hollywood, 2.

Tough to read, but says:

Hand grenade (points not counted)—won by Tyson (Highland Park) first; (Highland Park) second; (Lincoln) third. 11 puts.

"Hand grenade (points not counted) won by Tyson (Highland Park) (it should be Huntington Park) Gast, (Highland Park) second, Willey (Lincoln) third, 11 puts"



The grenade throw was not used at the CIF State Meet that year along with the javelin throw which was not contested again until four years later. The hand grenade throw was just a one year event as was evident from the February 16, 1920, CIFSS Council Meeting Minutes:

“...The javelin and hand grenade throws are to be eliminated as events beginning this year.”

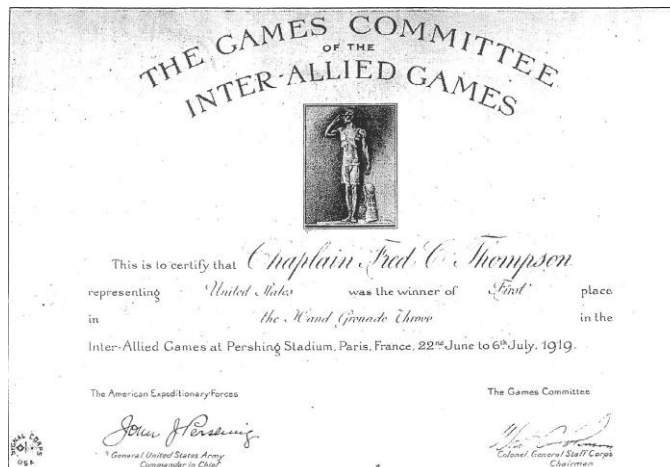
**Where did the idea of a grenade throw start?**

As early as 1917, the Big Ten Conference discussed adding the grenade throw to their track meets and believed it was just as pretty to watch as the hammer throw, discus, or the javelin throw. They wanted the grenade throw to cover three tests for distance, accuracy, and how many throws could be accomplished throwing into a trench while dropping to the ground in-between each throw. This would simulate battle conditions.

The Inter-Allied games of 1919, held in Paris, also included as one of their track and field contest the hand grenade throw for service men that had just finished fighting in World War I. In fact, they even considered the idea of a **bayonet competition**, but feared there would be no easy way to score it and were concerned about safety conditions.



The Inter-Allied competition used the French F-1 field grenade and threw it for distance. Most of the throwers used the stiff-arm approach, but the American soldiers threw the grenade like a baseball and won the top three spots led by the Thompson brothers who were from Southern California. Chaplain Fred Thompson won the event with a throw of 245' 11.”







The hand grenade throwing had to be formulated into a set of rules for competition. As "form" had been eliminated from the programme, the first rule adopted was a "free" method of throwing the grenade and no attention paid to form. In the trenches during the war the general method of throwing was with a long, sweeping arm motion with the elbow practically rigid, this supposedly for the purpose of having the grenade clear the thrower's own trench and to save the arm. The American soldiers were taught to throw in this way, but many of them had a considerable difference of opinion on the matter and really proved that they could throw farther and more accurately with the motion associated in throwing a base ball. The competitors in this event were allowed to run from a scratch line of their choice and there was no obstruction to throw over, the event finally adopted being really for "distance."

The French were interested in Base Ball not only as a sport, but as a means of improving hand grenade throwing. These grenades were an important part of the offensive and the farther they could be thrown with any degree of accuracy the better. A French grenade thrower was detailed to teach some of our boys how to hurl this deadly iron contraption. Of course he practiced with a grenade that had no load of powder and was somewhat lighter than the real missile in warfare. It weighed about two pounds, I guess. He threw in a peculiar fashion, somewhat as though it were a discus, and the best throw he could make was about seventy-five feet. Later, at a field meet, I saw an American soldier throw a similar grenade 78 yards, or more than three times as far as the French expert. And at this same meet, my old friend, "Hank" Gowdy, who also competed, made 73 yards on the throw. The French officers were immediately struck with the superiority of the American soldiers in the matter of grenade throwing and they speedily connected this superiority with the new fangled game which Americans played. Base Ball in their eyes was a contest which developed power to throw, hence was immensely important in trench fighting, aside from all its other well recognized values.

The Army record for the grenade throw was set by Al Blozis in 1944 with a throw of 284.54 feet.

