

# C. I. F., SOUTHERN SECTION

# MONTHLY BULLETIN

Vol. I.

MARCH, 1938

No. 7

## ENCLOSURES

A questionnaire regarding relegating for 1938-1939 and entry blanks for a Class C and a Class B tennis tournament are enclosed.

The Principal is urged to fill out and mail the questionnaire at once to the C.I.F. Office.

We suggest that the entry blanks be given at once to the school's Tennis Manager.

## ARIZONA GETS SOUTHERN CALIFORNIA MAN

Orion Landreth who has coached football at the Long Beach Polytechnic High School for a number of years has accepted the position of Head Football Coach at the University of Arizona to succeed "Tex" Oliver who goes to the University of Oregon. Tex Oliver also went from Southern California to Arizona.

With Landreth gone from Long Beach Polytechnic it will be interesting to watch the battle for the championship in the Coast League. We will find out whether Landreth has been an unusual Coach or whether Long Beach has had unusual material.

## KINTER HAMILTON TO DEMONSTRATE STARTING TECHNIQUE

On Tuesday, March 15, Muir Tech will go over to Herbert Hoover in Glendale for a dual track meet. Time, 3:00 P. M. On Saturday, March 19, Herbert Hoover of San Diego will come up to Alhambra for a dual track meet at 2:30 P. M. Kinter Hamilton will start these two meets.

Mr. Hamilton, who has started the Southern California High School Championship Meet since the organization of the C.I.F., will start the Southern California Meet in the Coliseum on May 21.

At Hoover on March 15 and at Alhambra on March 19 Mr. Hamilton will be prepared to discuss with coaches the technique he follows in starting. He will be at the meets about a half hour ahead of starting time to answer questions and discuss methods. Arrangements will be made at both meets to make it possible for coaches interested to observe a starting demonstration in a regular meet.

Coaches are urged to attend these two meets. The columns of this Bulletin are open to a discussion of starting methods.

## HEALTH, PHYSICAL EDUCATION AND RECREATION MEETING IN PASADENA

The following announcement is being published upon request of Mr. Cecil F. Martin, Director of Health and Physical Education in the Pasadena City Schools. Mr. Martin is also President of the Association sponsoring the Convention.

### "Flash"

The California Association of Health, Physical Education and Recreation is to hold its Annual Convention in Pasadena, April 7, 8, and 9.

Outstanding speakers will discuss the topics of Athletics, Health, Physical Education and Recreation.

No one engaged in these fields can afford to miss this opportunity, which is right on our front door-step.

The co-chairmen, Miss Claire Colestock and Wm. K. Dunn, in charge of program, have done an outstanding piece of work in arranging this program, and President Cecil F. Martin assures you that the professional contacts and information will be of inestimable value to you.

The State News Letter will give full announcement of the program. Read and plan to be present at the following sessions:

Friday, April 8th, 11:45 to 2:15, Luncheon Session, Topic: "Men's Athletics," Speaker, Harry Moore, Woodrow Wilson High School, Long Beach.

"Women's Athletics," speaker, Rosalind Cassidy, Mills College, Oakland.

Come prepared to enter the discussion, project your questions and get them answered.

April 8th—2:15 to 3:30, demonstration of recreational activities, Pasadena Department of Recreation Headquarters, 395 E. Walnut Street. Enjoy a practical review of a wide range of recreation activities, and inspect a downtown headquarters replete with many recreational features.

April 8th—8:15 P. M., General Session. Chairman George Hjelte, Supt. L. A. Playground and Recreation Department. Speakers, Walter F. Dexter and Dr. Edward Lindeman.

Discussion Leaders, W. H. Orion, Chief of Bureau, Dept. of Education, State of California, Dr. Bovard, U. C. L. A., Dr. Pauline Hodgson, University of California, Berkeley, Wm. R. LaPorte, U. S. C., Josephine Randall, Supt. of Recreation, San Francisco; Mrs. Florence Hale Stephenson, State College, San Francisco.

Saturday, April 9th—9 to 11:30, General Session. Chairman, Dr. George Merideth, Deputy

**CALIFORNIA INTERSCHOLASTIC  
FEDERATION SOUTHERN SECTION**

**SOUTH PASADENA HIGH SCHOOL**  
South Pasadena, California BLanchard 7-1707

**Executive Committee**

H. J. Moore, Principal Woodrow Wilson High School, President.  
S. Chester McIntosh, Principal Puente High school  
Kinter Hamilton, Principal Harvard School.  
Normal Hayhurst, Principal Herbert Hoover High School.  
John E. Alman, Principal South Pasadena High School.  
Seth F. Van Patten, Commissioner of Athletics  
M. W. Perry, Principal Escondido High School, President of the Council.

Supt. of Schools, Pasadena. Speakers, Dr. C. L. Lowman, Orthopedic Hospital, Dr. Reginald Bell Stanford University and Dr. Clarence Case, U. S. C., together with noted discussion leaders.

April 9th, 11:45 to 2:15—Luncheon Session, including Elementary Schools, Co-educational, Health Service.

2:30 to 4:30, Modern Dance Section for men and women. Health service, Corrective Physical Education and Health Education, Nurses and Dental Hygienist and problems at secondary level for both men and women.

Concluding Event—6:30 P. M., Banquet and Dance, Cecil F. Martin, Director of Physical Education and Recreation, Pasadena City Schools presiding. Speaker, Dr. John A. Sexton, Supt. of Schools, Pasadena, President of the National Education Administrators Association and California Teachers Association. Dancing 9 to 12.

Clear your calendar for April 8th and 9th and plan to attend this conference and enjoy the social and educational programs.

**TRI-COUNTY LEAGUE PRESENTS TRACK  
TROPHIES AT LEAGUE MASS MEETING**

The Tri-County League will hold its League Track and Field Meet at Downey on Saturday, April 9.

Following the Meet, which will close about 5:00 P. M., a basket lunch on tables set up in the Downey High School Gymnasium will be served. Ice cream and coffee or milk will be supplied by the League.

At 7:00 P. M. they will meet in the School Auditorium and each of the eight schools will furnish ten minutes of entertainment. At 8:30 P. M. the medals and trophies won in the Track and Field Meet will be formally presented.

A lunch and entertainment given under such circumstances should help in promoting goodwill among the schools of the League.

**TECHNIQUE OF STARTING**

Mr. Hamilton who will start the Southern California meet in the Los Angeles Coliseum on May 21 contributes the following suggestions on the technique that he will use in starting our final Meet. These suggestions, we believe, should be carefully noted and practiced by coaches in training their track athletes.

**"Track and Field"**

**Standardization of Starting Practice in  
Southern California**

The findings and directions set forth herein for the guidance of starters in Track in Southern California are the result of experience and practice.

**Preparation For the Race**

(A) The starter shall instruct the Clerk to have the competitors ready, their holes dug, or blocks set, a sufficient time before the race is to start so that the Starter and the Contestants are not hurried.

(B) All officials, attendants, and others shall be excluded from the area, for a considerable distance behind and at the sides of the starting line and away from the area within the immediate range of vision.

(C) There shall be no movement within the vision and within the immediate area there must be absolute silence.

**Rules**

**False Start**

Touching the ground in front of the mark after the command, "Get Set," and before the pistol is fired is a false start.

**Penalties**

No penalties shall be inflicted for the first false start, but the competitor shall be disqualified for the second false start.

**Hurdles**

The only penalty shall be disqualification for the second false start.

**Jurisdiction**

The starter has complete jurisdiction from the time the clerk announces that the competitors are ready until the start is completed.

**Manner**

The manner of the Starter should be quiet, helpful, dignified, and firm, not fault-finding.

**Voice**

The starter's voice should be clear rather than loud, but he must make sure that all hear his commands.

**Position**

For the sake of uniformity of practice and where it is possible, the starter shall stand three to six yards back from the pole lane, on the side away from the Grand Stand, and ten to fifteen yards ahead of the starting line, according to the focus required. The pistol should be held somewhat higher than the head, pointing upward, and

the hammer cocked. After the Command, "Get on your mark," the starter should remain steady in one position.

#### Instructions

Unless otherwise directed the starter shall give all the instructions at the time the contestants are standing at their mark.

#### General

There are two for running without lanes.

(A) You must not cross the path of a competitor until you are six feet ahead of him.

(B) You must not jostle him to impede his progress. Special instructions are to be given at this time if needed. Say no more than is necessary. Do not threaten with penalties.

#### Signal

The starter shall signal the head judge and receive an answer.

#### Commands

Commands should be given clearly, loud enough to be heard by the farthest man, not hurried and with assurance.

Nothing other than the necessary commands shall be said after the, "Get on your marks."

At this time examine the pistol before beginning the start. It is the best practice to keep all chambers filled with unexploded shells.

#### The Commands Are:

(A) "Stand up at your marks." Any instructions are given at this time.

(B) "Get on your marks." The hands are to be up to the line, but not on it.

(C) "Get Set." This command should be given evenly and smoothly. The time of the interval between the "Get set" and the pistol shall be not less than two (2) seconds after that interval when the contestants are steady. A sure interval is approximately 3 heart beats, or count 1001, 1002, 1003.

(Stand Up." The command to bring the men off their marks after the get set is "stand up."

It shall be given when any interference occurs, or when a competitor has made a false start. It should not be given merely because some competitor is not steady. Steady competitors should not be penalized for the unsteadiness of others.

"Should any of the contestants be in motion when the pistol is fired a recall shall be fired but no penalty may be given. If it be necessary to hold the men on their marks at the, "Get Set," as long as 4 seconds, they should be called up and a new start made.

#### Objectives

The starter's main objective is to see that all competitors get off to a fair start.

### COUNCIL MEETING, APRIL 2

President Perry has called the special session of the Council for April 2 to meet at 9:30 A. M. at the Harvard School. The Harvard School is now located on the grounds of what used to be the Hollywood Country Club, on Ventura Boulevard in the San Fernando Valley.

### NOVEL TRACK MEET

On Friday, February 25 Long Beach Polytechnic went to Beverly Hills for a dual track meet. The usual conventional set-up was not followed. All the races were four man relay races. In the field events each school entered three boys in each event and the sum of the best effort of the three boys was the record made by the school. Each event was scored as one point for the school winning the event.

#### Score

Class A Long Beach 6 - Beverly Hills 5.  
Class B Beverly Hills 7 - Long Beach 2.  
Class C Beverly Hills 5 - Long Beach 2.

#### Class A

High Jump—

Beverly Hills 17' 4", Long Beach 17".

Broad Jump—

Long Beach 57' 1", Beverly Hills 56' 4".

Pole Vault—

Long Beach 32' 6", Beverly Hills 30' 3".

Shot Put—

Beverly Hills 127' 2", Long Beach 123' 4".

Discus—

Beverly Hills 334' 2", Long Beach 328' 9".

440 Relay—Beverly Hills 44.6.

880 Relay—Long Beach 1:33.3.

1 Mile Relay—Long Beach 3:40.5.

2 Mile Relay—Long Beach 8:44.

70 Yd. H. Hur. Shuttle Relay—Beverly Hills 42.2.

120 Yd. L. Hur. Shuttle Relay—Long Beach 57.9.

#### Class B

High Jump—

Beverly Hills 16' 4", Long Beach 15' 2".

Broad Jump—

Beverly Hills 57' 8", Long Beach 53' 10".

Pole Vault—

Long Beach 30', Beverly Hills 26' 6".

Shot Put—

Beverly Hills 115' 9", Long Beach 114' 11".

440 Yd. Relay—Beverly Hills 46.2.

660 Yd. Relay—Beverly Hills 1:11.4.

Mile Relay—Long Beach 3:51.9.

70 Yd. H. Hur. Shuttle Relay—Beverly Hills 43.3.

120 Yd. L. Hur. Shuttle Relay—Beverly Hills 1:2.1.

#### Class C.

High Jump—

Beverly Hills 15' 1", Long Beach 14' 6".

Broad Jump—

Long Beach 53' 9½", Beverly Hills 53' 1½".

Pole Vault—

Long Beach 28' 9", Beverly Hills 26' 6".

Shot Put—

Beverly Hills 119' 7", Long Beach 115' 4".

440 Yd. Relay—Beverly Hills 48:

Mile Relay—Beverly Hills 4.8.

120 Yd. L. Hur. Shuttle Relay—Beverly Hills 1:2.8.

### TRACK RECORDS

Mr. Bill Schroeder, of the Helms Athletic Foundation, will send to each school about the

middle of March the results of extensive research and study on the subject of high school track and field records made by Southern California boys. If any school has questionnaires from Mr. Schroeder that it has not returned the school is asked to send them at once.

The results of Mr. Schroeder's study of track and field records will be of value to every track athlete and every track coach in Southern California High Schools.

The Helms Athletic Foundation is still assisting in the publication of this Bulletin.

## C.I.F., SOUTHERN SECTION, TRACK AND FIELD RECORDS

### Class "A"

- 880 Yds., Cartwright, Santa Ana 1:56.6, 1932.  
100 Yds., Holt, Hoover (G), 9.7, 1932.  
Worrill, Muir Tech, 9.7, 1935.  
120 Yd. H. H., Kirkpatrick, El Centro, 14.5, 1934  
440 Yds., Gillett, El Centro, 48.3, 1933.  
220 Yds., Wykoff, Glendale, 21.4, 1927.  
Anderson, Muir Tech, 21.4, 1932.  
L. H., Sangster, Muir Tech, 23.7, 1937.  
Mile, Zamparini, Torrance, 4:21.2, 1934.  
880 Yd. Relay, Manual Arts, 1:27.7, 1934.  
Pole Vault, Sefton, L. A. Poly, 13'W  
12 lb. shot, Raitt, Fullerton, 55' 10 $\frac{1}{4}$ ", 1935.  
Broad Jump, Bugbee, Montebello, 24'  $\frac{3}{8}$ ", 1937.  
High Jump, Johnson, Los Angeles, 6' 5 $\frac{3}{4}$ ", 1933.  
Football Throw, McKone, Pomona, 208' 6", 1934.  
Hop-Step-Jump, Swartley, Glendale, 43' 3 $\frac{1}{2}$ "  
1937.

### Class "B"

- 100 Yds., Morris, Hunt. Beach, 10:, 1937.  
Nelson, Pasadena, 10:, 1934.  
Groelling, Excelsior, 10:, 1936.  
Gordon, Pasadena, 10:, 1936.  
660 Yds., Norris, Bell, 1:24.5, 1933.  
120 Yd. L. H., Gipson, El Centro, 13:, 1935.  
220 Yds., Morris, Hunt. Beach, 22:, 1937.  
70 Yd. H. H., Peterson, Ventura Jr., 9.2, 1937.  
1320 Yds., Schuyler, Carpinteria, 3:15.6, 1934.  
660 Yd. Relay, Garfield, 1:07.6, 1934.  
10 Lb. Shot, Long, Woodrow Wilson, 52' 1 $\frac{1}{2}$ "  
1937.  
Broad Jump, Bugbee, Montebello, 23' 4 $\frac{3}{8}$ ", 1936.  
High Jump, La Carva, Beverly, 6'  $\frac{3}{4}$ ", 1936.  
Pole Vault, Monk, Washington, 12' 5 $\frac{3}{4}$ ", 1931.

### Class "C"

- 50 Yds., Leeming, Pasadena, 5:6, 1937.  
Wiley, L. A. High, 5:6, 1927.  
Kuramoto, San Pedro, 5:6, 1935.  
100 Yds., Dennis, Jefferson, 10:3, 1935.  
660 Yds., Manley, Jefferson, 1:28, 1935.  
120 Yd. L. H., Warren, Montebello, 13:7, 1936.  
440 Yd. Relay, Long Beach, 44:9, 1937.  
Pole Vault, Furman, Compton, 11' 8 $\frac{3}{4}$ ", 1931.  
8 lb. Shot, Davies, Montebello, 50' 4", 1937.  
Broad Jump, Marimoto, Gardena, 21' 11 $\frac{1}{8}$ ", 1933  
High Jump, Groat, Whittier, 5' 11", 1936.

### State C.I.F. Records

- 100 Yds. Lombardi, Los Angeles, 9:6, 1928.

Frick, San Ramon, 9:6, 1935.

- 220 Yds., Anderson, Muir Tech, 21:2, 1933.  
220 Yds., Allen, Jefferson, 21:2, 1937.  
440 Yds., Gillett, El Centro, 48:4, 1933.  
880 Yds., Lopez, Placerville, 1:57.1, 1936.  
Mile, Zamparini, Torrance, 4:27.8, 1934.  
120 Yd. H. H., Kirkpatrick, El Centro, 14:7, 1934  
220 Yd. L. H., Sangster, Muir Tech, 23:8, 1937.  
880 Yd. Relay, Los Angeles, 1:28.3, 1933.  
Pole Vault, Maynard, Belmont, 13' 1 $\frac{1}{4}$ ", 1937.  
High Jump, Thurber, Glendale, 6' 5 $\frac{1}{8}$ ", 1934.  
Broad Jump, Skinner, Manual Arts, 23' 8 $\frac{1}{2}$ "  
1934.  
Football T., Raitt, Fullerton, 220', 1935.  
12 lb. Shot, Young, Riis, 55' 10", 1934.  
Discus Throw, Houser, Oxnard, 144' 3 1-5", 1922  
16 lb. Shot, Young, Riis, 46' 10 $\frac{1}{2}$ ", 1934.  
Javelin Throw, Churchill, Hollister, 195' 6 $\frac{1}{4}$ "  
1932.

## TRACK AND FIELD RECORD CARDS

The C.I.F. Office has a supply of 5 x 8 cards ruled for use in running track and field events and for permanent record files for these sports. A supply of these cards will be mailed to schools upon request.

## SWIMMING MEETS AT L. A. HIGH

The Invitational Swimming Meet at L. A. High on February 25 and 26 was a most successful affair. There were about 350 entries which is the largest entry list ever to take part in a high school swimming meet in Southern California.

The Class A part of the meet was won by Huntington Beach with 35 points. L. A. High won the lightweight part of the meet with 27 points.

Mr. Crumly did a fine piece of work as manager. The officiating was exceptionally good. The best feature of the affair was the fact that the boys all seemed to have a lot of fun whether they won or not.

On March 25 and 26 L. A. High will stage an Invitational Relay Swimming Meet to which all schools of Southern California are being invited. This meet promises to be the best relay meet ever held in Southern California. Entry blanks will be sent out in a few days.

## TRACK COACH WANTS TO STEP OUT

Mr. Norman Barker, popular Track Coach at Long Beach Polytechnic High School, has filed papers for the Republican nomination for Congress. The Primaries are in August. Before coming to Long Beach Mr. Barker served in Congress from the State of Idaho.

The present Congressman from the Long Beach District is Mr. Robt. Scott who was elected to congress four years ago from the Woodrow Wilson High School on the Democratic ticket.

If these statesmen from the two High Schools battle like the athletic teams from the same schools what a race this will be.