

A STUDY OF THE INTER-SCHOLASTIC  
TRACK AND FIELD PROGRAMS OF CLASS AA SCHOOLS  
IN KANSAS

by

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A MASTER'S REPORT

submitted in partial fulfillment of the

requirements for the degree

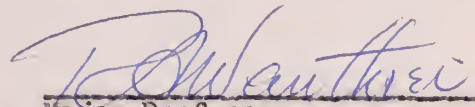
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## INTRODUCTION

### Statement of the Problem

In 1961 as track coach at the new class AA Wichita Heights High School, Wichita, Kansas, the author was assigned the responsibility of organizing a competent track program. Therefore, the author was interested in comparing Wichita Heights' track progress with other class AA Kansas high schools.

From the information collected from the questionnaire, it is hoped that the writer will have a better understanding of how the other class AA schools in Kansas operate their track programs.

### Purpose

The purpose of this report was to make a study of the present status of the class AA track and field programs in the State of Kansas. It was desired to determine present practices in the track and field programs concerning the following: size of schools, interscholastic sports participation, data concerning coaching personnel, track facilities and equipment, squad information, training programs for the squad, track meet participation, and general information concerning rules and customs associated with track programs.

It is hoped that the other class AA high schools and coaches who participated in the study may find the completed report to be of interest.

It is anticipated that the information herein may be useful to all track coaches and in general to the over-all track and field program in the state of Kansas.

## Method of Procedure

The initial step in this study was to conduct personal interviews with track coaches and other persons interested in track and field athletics to determine if others would be interested in this report as well as the author. Upon receiving favorable response, an extensive study of literature pertinent to the problem was made in preparing to construct a questionnaire.

After reviewing the literature on this subject and after conducting extensive interviews with several leading authorities, outstanding leaders, and track coaches in the field, it was decided that a short answer questionnaire would be prepared in order to receive a sufficient response from such a broad and conclusive investigation.

The questionnaire was mailed to the fifty-five class AA high school track coaches in Kansas. Of most importance to this study were the results obtained from the questionnaire; it was felt these results would make available accurate and complete information relative to the track and field programs in class AA Kansas high schools.

Forty-seven of the fifty-five schools replied to the questionnaire, and with the investigator's own questionnaire on Wichita Heights, the following tabulation resulted:

1. Questionnaires mailed . . . 56
2. Questionnaires returned . . 48
3. Percentage of return. . . . 85.7

Each question was tabulated for final analysis and interpretation as it appeared on the forty-eight survey questionnaires. This analysis resulted in the following tables and information.

## SCHOOL INFORMATION

Questions were included in the questionnaire which would yield as much information concerning the Kansas Class AA high schools' track and field programs as possible.

Table 1 shows the length of the schools existence, total and average enrollment of the forty-eight reporting class AA high schools.

Table 1. Length of the school's existence, total and average enrollment

Periods of School's Establishment	Number of : Schools	Total students : Enrolled	Average students en- : rolled per school
1960-1963	5	6,185	1,237
1950-1959	4	5,490	1,375
1940-1949	0	---	---
1939 --	39	38,930	998
Total	48	50,605	

As shown in Table 1, there were thirty-nine schools that were established before 1940 or World War II. Although this group made up 81.2 per cent of the total schools in the questionnaire, their average enrollment was only 998 compared to the 1950 schools with 1,375 average enrollment and the 1960 schools with 1,237 average enrollment. The 1939 group also had the largest and smallest enrollments reported. The results pointed out that there were no schools built during the 1940's.

Table 2 shows the number of schools, the percent, and the total enrollment in relation to their size group.

Table 2. School enrollment

Grouping : by Size : of School::	: Number of : Schools :	: Percent : of : Schools :	: New Schools : Built From : 1950-1963 :	: Number : of Four : Year : Schools :	: Total : Student : Enrollment :
460-799	20	41.6	1 (all boys)	7	12,349
800-1000	10	20.8	3	6	8,724
1001-1500	10	20.8	1	2	12,860
1501-2900	8	16.8	4	0	16,672
Total	48	100.0	9	15	50,605

The enrollment by size groups is shown in the table 2. This enrollment varied from a low of 460 students to a high of 2900 students. From table 2, it can be found that thirty or 62.5 percent of the schools that had enrollments of 460-1000 had only 41.6 percent of the total students enrolled. On the other hand, the eight schools in the 1501-2900 grouping had 33.3 percent of the total enrollment of all the class AA Kansas high schools which reported.

Table 3 shows the sports in which the schools engage in interscholastic competition, the percent, and the ranking of sports according to the schools' participation.

Table 3. Interscholastic sports participation.

Name of Sport :	: Number of Schools : Participating : in Each :	: Participating : Percentage :	: Ranking of Sport : According to : Participation :
Football	48	100	1, 2, & 3
Basketball	48	100	1, 2, & 3
Track & Field	48	100	1, 2, & 3

Table 3. (concluded)

Name of Sport	: Number of Schools Participating in Each	: Participating Percentage	: Ranking of Sport According to Participation
Golf	44	91.6	4
Tennis	35	72.9	5
Cross Country	32	66.0	6
Wrestling	26	54.1	7
Swimming	15	31.2	8 - 9
Baseball	15	31.2	8 - 9
Gymnastics	12	25.0	10

Football, basketball, and track and field were the three sports participated in the most by all the Class AA schools. The reporting Class AA high schools in Kansas showed 100 per cent participation in all three.

Of interest also was the fact that golf, tennis, and cross country showed participation by 91.6 per cent, 72.9 per cent, and 66 per cent of the schools. The table also points out that only 31.2 per cent of the reporting high schools were taking part in baseball.

Table 4 shows the number and per cent of schools which participate in 8, 9, or 10 interscholastic sports.

Table 4. Schools participating in 8, 9, or 10 interscholastic sports.

Number and Percent of Schools Participating in all 10 Sports	: Number and Percent of Schools Participating in 9 Sports	: Number and Percent of Schools Participating in 8 Sports
4 - 8.3 %	4 - 8.3 %	5 - 10.4 %

There were four or 8.3 percent of the schools participating in all ten of the interscholastic sports. Four or 8.3 percent of the schools participated in nine sports, and five or 10.4 percent in eight of the sports.

#### PERSONNEL

Tables five to twelve provide information concerning head coaching personnel in track and field.

Table 5 illustrates the ages of the forty-eight head track coaches.

Table 5. Age groupings of the forty-eight head track coaches.

Age of Coaches	:	Number of Coaches	:	Percent
24		1		2.0
25-30		10		20.8
31-35		14		29.1
36-40		8		16.6
41-45		7		14.5
46-50		3		6.2
51-55		2		4.1
56-62		3		6.2
Total		48		100.0

The coaches ranged in age from twenty-four to sixty-two. Table 5 shows the various age groups, and from this information the average age of thirty-six years for the forty-eight class AA high school track coaches may be determined.

Table 6 shows the years of experience for the track coaches and how long they have been at the present school.

Table 6. Track and field coaching experience.

Years Coaching	: Number : of Coaches	: Years in Same : School	: Number of : Coaches
1	0	1	6
2	1	2	6
3	3	3	2
4	0	4	7
5	5	5	4
6	5	6	2
7	4	7	5
8	3	8	3
9	2	9	3
10	3	10	2
11	1	11	1
12	7	12	0
13	1	13	0
14	0	14	0
15	2	15	1
16	2	16	0
17	1	17	2
18	0	18	0
19	0	19	1
20	0	20	1
21	1	21	0
22	3	22	0
23	1	23	0
24	0	24	0
25	0	25	0
26	0	26	0
27	0	27	1
28	0		
29	0		
30	0		
32	1		
35	1	37	1
40	1		

An important point which may be determined from table 6 was that the average years coaching experience in Kansas was 12.1 years and the average tenure per school was 7.5 years per coach. The years of coaching varied from two to forty with a range from one to thirty-seven years at the same school.

Table 7 shows the range of yearly salaries for track coaching in the

forty-eight class AA schools; this does not include the coaches' teaching salaries.

Table 7. Range of track coaches salaries.

Range	Salary	Number of Coaches	Percentage
1. Low salary	\$100.00	1	2%
2. Average salary	379.00		
3. Highest salary	700.00	2	4.1%

The average salary in class AA was \$379.00 for coaching track in the state of Kansas. Twenty-two or 45.8 percent of the coaches, representing the largest percentage, received \$300.00. Fifteen coaches or 31.2 percent received from \$500.00 to \$700.00. The range in salaries was from a low of \$100.00 to a high of \$700.00.

Forty-one or 85.4 percent of the reporting coaches had never coached a state championship team. Only three or 6.2 percent coached one championship team, two or 4.1 percent coached two championship teams, and two or 4.1 percent of the coaches had the privilege of coaching five state championship teams in the state of Kansas. The Kansas class AA championship track teams from 1945 to 1963 and the state runner-up teams from 1958 to 1963 are listed in the appendix.

Table 8 shows the number of state track meet winners and the number of coaches that developed these winners.

Table 8. The number of state winners and coaches.

State Winners	:	Number of Coaches
0		19
1		3
2		9
3		3
4		2
5		0
6		1
7		3
8		1
9		0
10		1
15		1
20		1
23		1
24		1
26		1
30		1

Nineteen or 39.5 percent of the coaches in table 8 had never coached a state winner. The range was from zero to thirty.

Table 9 points out the major curriculum areas and the number and percent of coaches teaching in each area.

Table 9. Subjects taught by head coaches.

Curriculum Area	: Number of Coaches : : Teaching in Each Area :	Percentage
Physical Education and Health	17	35.4
Mathematics	10	20.8
Social Science	10	20.8
Sciences	4	8.4
Industrial Arts	4	8.4
Business	3	6.2

Table 9 is divided into six major curriculum areas. Seventeen or 35.4 percent of the coaches taught physical education and health. Ten or 20.8 percent taught in the mathematics department, ten or 20.8 percent taught in the social science department, while four or 8.4 percent taught science, four or 8.4 percent instructed in the business department, and three or 6.2 percent were in the industrial arts field.

Table 10 illustrates the number of class hours taught by the forty-eight track coaches and the percent of the coaches teaching each hour.

Table 10. Number of class hours taught by the coaches and the percent teaching each number.

Class Hours Taught per Day	:	Number of Coaches	:	Percent
5		38		79.1
4		6		12.5
3		3		6.2
6		1		2.0

Thirty-eight, or 79.1 percent, of the coaches taught five class hours per day. The investigator was the only coach who taught six hours per day; however, this was only for the 1962-1963 school year.

It is interesting to note that twenty-four or 50% of the coaches taught only one subject. The other twenty-four or 50 percent taught two or more subjects with the majority of the twenty-four only teaching two different subjects.

It was difficult to summarize the answers received from the coaches who were asked for their strong coaching events. In most instances, each coach had two or more strong coaching events. After analyzing as

comprehensively as possible, the stronger coaching abilities seemed to be about equally distributed among the five major track divisions. About 20 percent of the forty-eight coaches were strongest in each of these five areas: weight events, jumping events, sprints and relays, distance running, and hurdles.

Table 11 shows the sports and percent of the additional coaching assignments for the head track coaches.

Table 11. Coaching assignments other than track.

Sport	: Number of Coaches	: Percentage
Cross country	16	33.3
Head football	13	27.0
Assistant football	12	25.0
Assistant basketball	8	16.6
Head basketball	1	2.0
Head swimming	1	2.0
Assistant wrestling	1	2.0

Sixteen or 33.3 percent of the track coaches also handled the cross country teams in the fall. Thirteen or 27 percent were head football as well as head track coach. Only two percent or one coach was at the helm in basketball. The only other head coach among the forty-eight coaches who doubled in head coaching duties was a head swimming coach.

Table 12 shows the enrollment of the twelve schools which have head football and track coaching combinations.

Table 12. Comparison of enrollment to head football-track combination.

School Enrollment	:	Individual Who Doubles as Head Football and Head Track Coach
460		1
600		1
612		1
650		1
675		1
720		2
740		1
820		1
850		1
900		1
906		1
1,100		1

Table 12 shows the head football-track coaching combination assignments in schools from 460 to 1,100 enrollment.

Table 13 pertains to the coach's participation in college track, his main coaching duties, and information concerning the school's athletic director.

Table 13. Coaches track history and athletic director status.

Question	:	Yes	:	%	:	No	:	%
1. Participated in track in college.		31		64.6		17		35.4
2. Lettered in track in college.		25		52.0		23		48.0

Table 13. (concluded)

Question	:	Yes	:	%	:	No	:	%
3. Is track your major coaching duty?		29		60.4		19		39.6
4. Are you athletic director?		5		10.4		43		89.6
5. May your athletic director also coach?		18		37.5		14		29.1

Thirty-one, or 64.4 percent, of the coaches participated in track in college, while twenty-five, or 52 percent, lettered in college. Twenty-nine, or 60.4 percent, considered track as their major coaching duty; five, or 10.4 percent, of the track coaches also served as the athletic director. The athletic director may coach in eighteen or 37.5 percent of the schools, while fourteen, or 29.1 percent, cannot coach. Ten, or 20.8 percent, of the schools did not have athletic directors, while six, or 12.6 percent, did not answer this question.

#### Assistant Coaches

The number of assistant track coaches employed per school, and the number and percent of schools are listed in table 14.

Table 14. Assistant track coaches.

Number of Assistants per School	:	Number of Schools	:	Percent
0		2		4.0
1		14		29.1
2		16		34.0
3		9		19.0
4		0		0.0
5		5		11.0
6		1		2.0

Fourteen, or 29.1 percent, of the schools have one assistant track coach; sixteen, or 34 percent, employed two assistants; nine, or 19 percent, of the schools assigned three assistants. Five, or 11 percent, of the schools had five assistants; while one, or two percent, listed six assistants. Only two schools did not employ assistant track coaches.

Table 15 is concerned with the total and average number of assistant track coaches, size of squad which reported out for track, assistants' average salaries for coaching track, and ratio of boys to coaches in the four enrollment groups.

Table 15. Squad size per coach in relation to school enrollment.

School Enrollment:	No. of Schools:	No. of Assistant Coaches:	Average Number of Coaches:	Average Size Squad Reporting:	Average Number of Boys per Head Coach:	Assistant's Average Salary
460-799	20	34	1.7	50	18	\$ 172.00
800-1000	10	21	2.1	78.9	25.4	200.00
1001-1500	10	26	2.6	83.2	23.1	223.00
1501-2900	8	23	2.9	128.0	44.1	240.50
Total	48	104				

In table 15, a comparative analysis was made from the answers given to several questions concerning schools enrollment, number of assistant coaches, the average size squad reporting for track, the average number of boys per coach, including the head coach, and the average salary for the assistant coaches in the different size groupings in class AA Kansas high schools. From the analysis of table 15, it can be pointed out or determined that there were 104 total assistant coaches plus forty-eight head coaches or a total

of 152 track coaches in the forty-eight reporting schools. With a total of 3,646 boys out for track, the resulting average was twenty-four boys per coach. The range of assistants was from one to five. The assistants' average salary ranged from \$172.00 in the 460-799 enrollment group to \$240.50 in the 1501-2900 group. The assistants total range in salaries was from zero to \$350.00. Twenty-five coaches or 52 percent received \$200.00.

Table 16 shows the enrollments of the ten schools in the 1001 to 1500 enrollment group, the number of assistant coaches per school in relation to the size of the school's track squad, and the comparison of salaries of the assistants to the head coaches for coaching track.

Table 16. Number of coaches, coaches salaries, and size of squad in each school of the 1001 to 1500 enrollment group.

Enrollment	: Number of : Assistant : Coaches	: Ave. Size of : Squad Reporting: : for Track	: Assistant's : Salaries	: Head : Coach's : Salary
1100	1	65	\$ 150.00	\$ 300.00 *
1100	2	85	250.00	500.00
1135	3	60	250.00	500.00
1200	2	42	200.00	500.00
1250	2	65	200.00	400.00
1275	3	100	150.00	300.00
1350	3	85	300.00	500.00
1450	3	80	200.00	700.00
1500	2	100	150.00	300.00
1500	5	150	300.00	600.00

\* Approximate only

Table 16 comprised of the 1001 to 1500 enrollment group shows the number of assistants varied from one to five. However, only one school had one assistant, and only one had five as table 16 points out.

The average size squad reported for track in this enrollment group ranges from 65 to 150. The assistant coaches' salaries varied from \$150.00 to \$300.00, while the head coach's salary was from \$300.00 to \$700.00.

### Trainer and Equipment Manager

The following answers were given by the coaches as to whether they had an adult trainer other than an assistant coach. Only three schools had adult trainers, while forty-five schools did not employ a trainer. The three trainers salaries were \$300.00, \$200.00, and one was based upon an hourly basis.

None of the forty-eight schools reported employing an adult manager for sports.

### Student Assistants

The range of student managers reported by each school was from zero to six with the average being 2.2 managers per school.

Twenty-five of the forty-eight schools reported they did not have student trainers; however, thirteen schools had one, and eight schools used two student trainers.

Table 17 shows the letter requirements for student assistants in the forty-eight schools. The requirements take into account that the service must have been satisfactory in the coach's opinion.

Table 17. Letter requirements for student assistants.

Letter Requirements	: Number of Schools	: Percent
1 year service	28	58.3
2 years service	20	41.7

Table 17 points out that twenty-eight, or 58.3 percent, of the schools require one years service, while twenty, or 41.7 percent, require two years service for a student assistant to letter.

### FACILITIES

Table 18 shows the number of schools and percent of each in regard to the type of track facilities used by each school. The facilities include the type of track surfaces, the pole vault, broad jump, and high jump runway and take-off surfaces, and the shot put and discus ring surfaces.

Table 18. Track surface facilities.

Type of Surface	: Track : : Surface :	: % :	: P.V., B.J., : : H.J. : : Surfaces :	: % :	: Shot Put : : & Discus : : Surfaces :	: % :
Rock cinder	14	29.0	13	27.0	1	2.0
Coal cinder	20	42.0				
Asphalt	2	4.1	19	39.5	1	2.0
Rubber asphalt	2	4.1	3	6.2	0	---
Dirt and clay	5	10.4	6	12.5	5	10.4
Grass	2	4.1	6	12.5	1	2.0
None	2	4.1	1	2.0	1	2.0
Concrete	0	---	0	---	38	79.1
Wood	0	---	0	---	1	2.0

As illustrated in table 18, the majority of schools, 38 or 79.1 percent, used concrete surfaces for the shot put and discus rings.

Nineteen or 39.5 percent of the schools used asphalt runways. Three high schools, or 6.2 percent, used the new rubber asphalt surface. From table 18 it may be determined that the cinder type surfaces were used by the largest percent of schools with a total of 34 or 71 percent of the reporting schools utilizing this type.

The types of landing material, the number of schools and percent used for the pole vault, broad jump, and high jump are shown in table 19.

Table 19. Landing material for track jumping events.

Landing Material :	P.V. :	% :	B.J. :	% :	H.J. :	% :
Sand	33	69.1	42	87.5	35	72.9
Sawdust	9	18.7	4	8.3	10	20.8
Combination	8	16.6	4	8.3	5	10.4

Table 19 clearly shows that sand was still the most widely used landing material for all three jumping events in class AA high schools in Kansas. Sand was used by 69.1 percent for pole vaulting, 87.5 percent in broad jumping, and 72.9 in high jumping.

#### EQUIPMENT

The forty-eight schools policies on providing track shoes are given in table 20.

Table 20. Policies on track shoes.

Questions	: Schools	: %	: New Schools
1. Do not furnish any shoes.	19	39.5	5
2. Furnish all shoes.	17	35.4	1
3. Furnish only meet shoes.	8	16.6	2
4. Rent all shoes.	3	6.2	1
5. Furnish only practice shoes.	1	2.0	0
Total	46		

Table 20 results were quite interesting as they showed that nineteen or 39.5 percent of the schools do not furnish any shoes, either warm-up shoes, practice spike shoes, or meet spike shoes. Seventeen, or 35.4 percent of the schools furnished all shoes, and eight, or 16.6 percent, furnished only meet shoes. All shoes were rented to the athletes by three, or 6.2 percent of the schools, with a rental charge from \$3.00 to one-half of the total price of the shoes.

Policies of the forty-eight schools in regard to furnishing various uniform equipment are outlined in table 21.

Table 21. Policies on furnishing track equipment.

Equipment	: Schools : Furnishing : Equipment	: : :	Percent
Meet uniforms	48		100.0
Practice uniforms	44		91.6
Socks	15		31.2
Supporters	13		27.0
Towels	38		79.1
Rent towels	2		4.1

The policies reported in table 21 on the supplying of socks and supporters were of interest as they showed that only fifteen, or 31.2 percent, of the schools furnished socks and only thirteen, or 27 percent, furnished supporters.

The following answers were given by coaches as to whether they furnished different running uniforms for the sophomore and "B" teams from those of the varsity, and if they provided sweat suits used only for meets.

Nineteen or 39.5 percent of the schools provided separate sophomore and "B" team running suits different from the varsity. Twenty-nine or 60.5 percent did not have different uniforms.

Sixteen or 33.4 percent of the teams furnished sweat suits used only for meets. Thirty-two or 66.6 percent used the same practice sweat suits for meets.

Table 22 shows the type of equipment used by the schools, the average inventory of equipment per school, and the range of equipment in the forty-eight schools' inventories.

Table 22. Track equipment.

Track Equipment	: Average Inventory : per School	: Range of : Equipment
Vaulting poles	3.2	1 - 7
Javelins	3.6	1 - 15
Discus	3.8	1 - 11
Starting blocks	5.1	2 - 15
Number of stop watches	4.0	
Hurdles	---	9 -108

Thirty-three or 68.7 percent of the schools had at least 60 hurdles in their present inventory. There were 28 schools or 58.3 percent who purchased jumping standards, whereas the other twenty schools made their own

standards.

In order to hold meets many schools either borrowed watches from another department in their school or from other sources.

In general, the questionnaire showed that different types of manufactured track equipment was used on every squad. That is, the ratio of fiber glass poles to metal poles, wood discus to rubber discus, brass to iron shot puts, was almost equal in numbers per squad.

#### SQUAD INFORMATION

Table 23 provides squad statistics for track and cross country.

Table 23. Squad information.

Question	: Lowest Squad : Reported	: Highest Squad: : Reported	Average
1. What is the average number of boys on your squad?	22	150	61.4
2. How many boys report out for track?	30	250	77.1
3. How many boys report out for cross country?	5	100	23.7

The average number of boys on the squad ranged from twenty-two to 150. From 30 to 250 boys reported out for track at the various schools, and the number of boys who reported out for cross country varied from five to 100.

Table 24 shows the approximate percent of cross country runners reporting for track in the thirty-four schools that have cross country.

Table 24. Percent of cross country runners reporting out for spring track.

Percent of Cross Country Runners Reporting for Track	Schools	Percent of Schools
100	10	20.8
75	12	25.0
50	7	14.5
25	5	10.4

As shown in table 24 all the boys who participated in cross country reported out for track in ten schools, 75 percent of them reported in twelve schools, 50 percent in seven schools, and 25 percent reported in five schools.

The coaches reported the following answers in regard to cutting their squad. Only one coach cut his track squad while forty-seven coaches did not.

Table 25 shows the four teams represented in the schools, other than the varsity team, and the number and percent of schools, representing each team.

Table 25. Track teams other than the varsity per school.

Teams	Yes	Percentage	No	Percentage
1. Freshman	15	100	--	--
2. Sophomore	20	41.6	28	58.0
3. "B" team	33	68.7	15	31.2
4. Others - "C" team	3	6.2	45	93.8

The fifteen four year schools all had freshmen track teams. Cities with several high schools made up the twenty schools or 41.6 percent of the schools with sophomore teams. Thirty-three or 68.7 percent of the schools sponsored

"B" teams.

Fourteen or 29.1 percent of the reporting schools permitted seniors to participate on their "B" teams in early season. Thirty-four or 70.9 percent did not allow seniors to participate on that level.

Ten or 29.1 percent of the thirty-four cross country coaches required their boys to participate in track, while twenty-four or 70.9 percent of the schools listed no requirements.

Table 26 shows the methods which had been most successful in influencing boys towards reporting for track.

Table 26. Methods used in getting boys interested in reporting for track.

Method	: Schools	: Percent
1. Other track boys influencing outside boys to report.	38	79.1
2. Recruiting by coaches.	30	62.5
3. Track in the P. E. program.	17	35.3
4. Requirement for all football players.	2	4.1
5. Requirement for all athletes.	1	2.0
6. Requirement for all basketball players.	1	2.0
7. A track assembly.	1	2.0
8. A track club.	1	2.0

There were three methods which the coaches used in interesting the boys in track. They were methods a, b, and c in Table 26. Method a - other boys influence - was considered by 79.1 percent, or the highest percent of coaches, to be the best; b - recruiting by coaches - was second

best at 62.5 percent, and c - track in the physical education program - was third at 35.3 percent.

Table 27 gives the average number of track letters awarded annually, the size track squad per school, and the various enrollment groups in which each school is classified in this study. Classification groups will be designated as follows: No. 1 for 460-799 group, No. 2 for 800-1000 group, No. 3 for 1001-1500 group, and No. 4 for 1501-2900 group.

Table 27. Average number of track letters awarded in relation to school enrollment and the size of each squad.

Number of Letters Awarded	:	Squad Size	:	Enrollment Classification
5		38		1
7		110		1
8		80		4
10		40		1
10		30		1
10		35		1
12		80		4
12		50		1
12		50		1
12		40		1
15		50		1
15		50		1
15		55		1
15		60		1
15		70		2
15		50		2
15		120		2
15		103		2
15		80		3
15		40		4
16		60		3
17		35		3
17		250		4
18		65		1
18		100		3

Table 27. (concluded)

Number of Letters Awarded	:	Squad Size	:	Enrollment Classification
20		40		1
20		80		2
20		50		1
20		60		1
20		75		1
20		100		2
20		150		3
22		45		2
22		100		3
23		60		2
25		70		2
25		65		3
25		85		3
25		85		3
25		125		4
25		200		4
28		65		2
30		65		1
30		170		4

In the above table 27, the range in letters awarded varied from five to thirty. Each classification group had a wide variation in comparison to squad size and the number of letters. The following information in table 28 was taken from table 27 in regard to the range of lettering per group classification.

The number of letters given in the four enrollment groups ranged as follows: in the 460-790 group from 5-30, in the 800 to 1000 enrollment group from 12 to 28, in the 1001-1500 group from 15 to 25, and in the 1501-2900 group from 8 to 30 letters.

Table 28. Letters awarded according to enrollment group classification.

460-799 Classification (Twenty Schools) (Two not reporting)	800-1000 Classification (Ten Schools)	1001-1500 Classification (Ten Schools) (One not reporting)	1501-2900 Classification (Eight Schools) (One not reporting)
1 school - 5 letters	1 school - 12 letters	1 school - 15 letters	1 school - 8 letters
1 school - 7 letters	4 schools - 15 letters	1 school - 16 letters	1 school - 12 letters
3 schools - 10 letters	2 schools - 20 letters	1 school - 17 letters	1 school - 15 letters
3 schools - 12 letters	1 school - 22 letters	1 school - 18 letters	1 school - 17 letters
4 schools - 15 letters	1 school - 23 letters	1 school - 20 letters	2 schools - 25 letters
1 school - 18 letters	1 school - 25 letters	1 school - 22 letters	1 school - 30 letters
4 schools - 20 letters	1 school - 28 letters	1 school - 25 letters	
1 school - 30 letters			
Total - 18 schools	10 schools	9 schools	7 schools

# TRAINING PROGRAM

The time when track practice began was either directly after school was dismissed or during the last hour of the school day. There were thirty-nine, or 81.2 percent, of the schools which began practice after school was dismissed. However, the remaining nine schools, or 18.8 percent, began practice the last hour of the school day.

The hours at which the various schools were dismissed are listed in Table 29.

Table 29. School dismissal time.

Time School is Dismissed	:	Number of Schools
1:30	:	1
2:35	:	1
2:40	:	1
2:45	:	3
3:00	:	11
3:05	:	1
3:08	:	1
3:10	:	1
3:12	:	1
3:15	:	2
3:18	:	1
3:20	:	3
3:26	:	1
3:30	:	8
3:35	:	2
3:40	:	1
3:45	:	3
3:50	:	2
4:00	:	4

The forty-eight schools dismissed classes at nineteen different times. The earliest is 1:30 p.m. and the latest is 4:00 p.m. However, eleven of

the schools dismissed at three p.m. while eight schools are dismissed at 3:30 p.m. The later two dismissal times were the most popular.

Morning practice was not too popular among the 48 class AA track coaches. There were forty-four or 91.6 percent of the schools which did not have morning practice. Four or 8.4 percent indicated they had morning practice sometime in early season or in mid-season.

Calisthenics were taken in groups by thirty-two schools or 66.7 percent in their practices; sixteen or 33.3 percent of the squads took them individually.

The length of practice varied from one to three hours in the 43 schools. Twenty-four or 50 percent of the reporting schools had practices which last for two hours. Seventeen or 35.4 percent of the schools practiced for  $1\frac{1}{2}$  hours, two schools or 4.1 percent practiced for three hours, and one school or 2 percent had a practice which lasted only one hour.

Forty-two schools had a weight training program while six did not. Table 30 shows the times at which this weight training was carried out.

Table 30. Weight training program.

Practice Periods	:	Schools
1. End of practice		17
2. Beginning of practice		11
3. Anytime		11
4. Off season		2
5. Before school in the morning		1

Table 30 above points out that the forty-eight coaches had their weight training programs mainly at three different times during the day. Seventeen coaches had their weight training programs at the end of practice, eleven at the beginning of practice, and eleven coaches had it anytime during the work-outs.

Very few of the coaches had their squad members record their weight before practice. Thirty-five, or 73 percent, of the squads never recorded their weight; twelve, or 25 percent, did in early season, and only one, or two percent, of the squads took their weight all season.

Training meals were served in the cafeterias of eleven, or 22.9 percent, of the schools for their track squad on the day of the meet. One, or two percent, of the schools had a training meal each day. However, thirty-six, or 75 percent, of the schools never set up a training meal at school for their track squad.

Forty-five of the schools indicated they did not use a loud speaker system in practice. However, three schools used the loud speaker during practice for instructional purposes.

Thirty-one, or 64.5 percent, of the coaches placed their daily work-out schedules on a chalk board or bulletin board each day.

#### MEET INFORMATION

Table 31 shows the types of track meets hosted by the forty-eight schools and the range of meets each school hosted.

Table 31. Track meets each school hosts per season.

Type of Meet	Total Number of Schools Who Host Meets	Range for the Number of Meets each School Hosted
1. Freshman	15	1 - 6
2. Sophomore	21	1 - 4
3. "B" team	24	1 - 5
4. Varsity duals quadrangulares	33	1 - 4
5. Varsity invitationals	29	1 - 4

In reference to varsity invitationals, twenty-nine, or 60.2 percent, of the schools reported hosting one invitational track meet. Thirty-three, or 68.7 percent, had smaller varsity meets such as duals, triangulars, or quadrangulares. Twenty-four, or 50 percent, of the schools hosted "B" team meets, while twenty-one, or 43.7 percent, hosted sophomore meets. All of the fifteen four year schools had freshman meets.

Table 32 shows the time schedule, the types and number of track meets held by the schools hosting meets.

Table 32. Track meets time schedule.

Time	Varsity Invitational	Varsity Duals Quadrangulares	"B" Team	Sophomore	Freshman
9:00 a.m.	4	0	0	0	0
1:00 p.m.	4	0	0	0	0
1:30 p.m.	1	0	0	0	0
2:00 p.m.	1	2	0	1	2
2:30 p.m.	1	1	0	0	0
2:45 p.m.	1	0	0	0	0
3:00 p.m.	5	7	5	7	2
3:15 p.m.	0	0	2	0	0
3:30 p.m.	5	*10	5	4	*6

Table 32. (concluded)

Time	Varsity : Invitational	Varsity Duals : Quadrangulares	"B" Team :	Sophomore :	Freshman :
3:45 p.m.	0	3	2	0	1
4:00 p.m.	0	*10	*10	*3	3
Night	*7	0	0	1	1
Totals	29	33	24	21	15

\* Mode

There was wide variation in times for starting meets as indicated by table 32. The range was from 9:00 a.m. to night meets. The most popular time shown for having meets for each team was as follows:

<u>Meets</u>	<u>Time</u>
1. Varsity meets invitations	Night
2. Varsity duals quadrangulares	3:30 p.m. and 4:00 p.m.
3. "B" team	4:00 p.m.
4. Sophomore	4:00 p.m.
5. Freshman	3:30 p.m.

Night meet participation by the forty-eight schools is indicated by table 33.

Table 33. Participation in night meets.

Number of Meets	: Number of Schools
0	5
1	7
2	14
3	14
4	4
5	2
8	2
Total	119
	48

The questionnaire did not request the school for specific types of team participation in night meets, therefore, the above information in table 33 shows the total number of meets in which all the teams took part during the season. The participation of schools ranged from zero to eight meets. Total of night meets was 119 or an average per school of 2.5.

Night meets were preferred by thirty-six, or 75 percent, of the coaches, if the weather was agreeable, while twelve, or 25 percent, of the coaches were against night meets.

Forty-two, or 87.5 percent, of the schools did not require their pep clubs to attend any varsity track meets. However, six, or 12.5 percent, of the schools did require the pep club to attend as in football and basketball contests.

Table 34 shows the amount paid for track starters, and the number of schools paying each amount for their invitational track meets.

Table 34. Comparison of the starter's fee within the forty-eight schools.

Amount Paid Starters	: Number of Schools
\$ 5.00	2
7.50	3
10.00	1
15.00	4
17.00	1
18.00	1
20.00	3
25.00	3

The pay received by a starter was from \$5.00 to \$25.00 as shown in table 34.

The majority of schools did not pay their faculty to help at meets, except that in several cases the men teachers were given extra money to

help officiate at various extra-class activities, including track meets. One school reported paying \$1.50 to each faculty member per meet.

Personnel, other than faculty, which were used to officiate most track meets consisted of a combination of student and community help. Thirty schools used some student help, twenty-four schools used some community help, and four schools received help from other teams.

A small number of schools charged admission for their invitational meets. Eleven schools charged the public for their invitational track meets. The range was from \$.25 to \$1.00 per person.

Table 35 shows the variance in invitational entry fees charged by the reporting schools.

Table 35. Invitational track meets entry fees.

Entry Fee	:	Number of Schools
\$ .25 per boy		2
.35 per boy		4
.50 per boy		4
.75 per boy		2
3.00 per team		1
5.00 per team		5
7.50 per team		4
8.00 per team		1
Split cost among all teams		1

There was a considerable variance among the entry fees shown in table 35. This ranged from \$ .25 to \$ .75 per boy and from \$3.00 to \$8.00 per team.

Thirty-eight, or 79 percent, of the coaches preferred Friday for holding varsity meets. Ten, or 21 percent, preferred to hold the meets on Saturday.

Three modes of dress were worn by the squads on the day of the meet.

Twenty-six, or 54.1 percent, of the coaches had their squad dress with slacks and sport shirt, while nineteen, or 39.5 percent, of the coaches suggested normal school dress. Only three, or 6.4 percent, had their squads dress in slacks, shirt and tie.

In table 36, the opinions of the coaches were tabulated as to what one item made their invitational meet more successful.

Table 36. Factors contributing to the success of invitational track meets.

Item	:	Schools
1. Meet organization		7
2. Balanced teams		5
3. Condition of facilities		3
4. Good competition		3
5. Limited entries		2
6. Time of season		2
7. Established meet and good records		1
8. Large meet		1
9. Good public address system announcer		1
10. Open classification		1
11. Individual relay trophies		1
12. Extra events		1

The twelve items in table 36 were mentioned by the coaches as the ones they felt contributed the most toward making their particular invitational meet a success. Meet organization was suggested by seven coaches, five considered the balanced teams the most important factor in their meets, while three schools listed conditions, facilities, and good competition as the factors which contributed the most toward making their meets successful.

#### TRACK PROGRAM INFORMATION

Table 37 compares the financial status of the school's athletic program with that of the track program, as well as showing accounting and budgeting

procedures.

Table 37. Status of the school's athletic financial program.

Item	: Yes	: Percent:	No	: Percent
1. Is your athletic program self-supporting?	28	58.3	20	41.7
2. Is your athletic account kept separate from other activities?	41	85.4	7	14.6
3. Are you on a track budget?	34	70.8	14	29.2
4. Is your track program self-supporting financially?	1	2.0	47	98.0

Twenty-eight, or 58.3 percent, of the schools total athletic programs were self-supporting compared to only one or two percent of their track programs. Forty-one, or 85.4 percent, of the schools kept a separate account on athletics; thirty-four, or 70.8 percent were on a limited track budget.

In table 38 are tabulated the suggestions recommended by the coaches to help put track on more of a self-supporting basis.

Table 38. Coaches' recommendations to place track on more of a self-supporting basis.

Recommended Items	: Number of Schools
1. Night meets and charge admission	12
2. Improvement in publicity	6
3. Better facilities	3
4. Longer season with national championship meets	2
5. League dual meets	2
6. Better meet organization	2
7. Track queen ceremonies	1
8. Dismiss school and hold meets during school time	1

Listed above in table 38 are suggestions made by the coaches which were thought to be of assistance in placing track on more of a self-supporting basis similar to that of football and basketball. Twelve, or 25 percent, of the coaches felt the best method for improving track financially was to have night meets and charge admission. Six, or 12.5 percent, believed that improvement in publicity was necessary for a better program while three, or 6.3 percent, suggested better facilities. The other five suggested items are listed above in table 38.

The track and field expenditures varied considerably among the forty-eight reporting schools. The schools spent from \$200.00 to \$2,850.00. The average expenditure was \$1,147.00 with twenty-seven, or 56.2 percent, of the schools spending over \$1,000.00. A total of thirty-three schools spent over \$750.00, and forty schools spent in excess of \$500.00.

Schools traveled to track meets by private cars, school buses, and chartered commercial buses. The three methods of transportation were about equally utilized by the forty-eight schools. Approximately sixteen schools used private cars, another sixteen schools used their own buses, while the remaining sixteen chartered commercial buses.

Table 39 includes various tabulations on items pertaining to track program of the 48 reporting schools.

Table 39. Tabulation of the methods used in areas of the track program.

Program Questions	: Yes	: Percent	: No	: Percent
7. Do you take movies of your squad for instructional purposes?	16	33.3	32	66.7
8. Do you have a parent-squad meeting during the year?	4	8.4	44	91.6

Table 39. (concluded)

Program Questions	: Yes	: Percent	: No	: Percent
9. Do you have school traveling coats for all sports?	9	18.8	39	81.2
10. Do you have separate storage for your track equipment such as uniforms, shoes, and other small equipment?	38	79.1	10	20.9
11. Do you have a track bulletin board?	38	79.1	10	20.9
12. Do you have a track record board on display in school?	32	66.7	16	33.3
13. Do you have a progress board separate from the bulletin board on some of the best performances of events during the year?	24	50.0	24	50.0
14. Do you have your own laundry system in the school?	12	25.0	36	75.0
(a) If no, how do you launder?				
1. Each individual responsible	12			
2. Commercial laundry	20			
3. Others	4			

The above tabulations in table 39 indicated that sixteen, or 33.3 percent, of the coaches did take movies of their squad. Only four or 8.4 percent of the coaches had parent-squad meetings during the year.

Separate storage for track equipment, such as uniforms, shoes, and other small items, was provided at thirty-eight, or 79.1 percent, of the schools. Ten, or 20.9 percent, had no track bulletin boards, and a track record board on display was not used in sixteen, or 33.3 percent, of the reporting schools.

School laundry facilities were present in twelve, or 25 percent, of the schools. The other schools handled their laundry problem in several

ways. Twelve, or 25 percent, relied upon each individual to be responsible for his own; twenty schools sent all of their equipment to commercial laundries. Some schools used a combination of methods, and also many rented their towels.

Table 40 illustrates the degree of satisfaction of the coaches toward the state regulation of limiting participation to eight track meets.

Table 40. Track schedule regulations.

Questions	: Yes	: Percent	: No	: Percent
Are you satisfied with our present track schedule of eight meets?	20	41.6	28	58.4
Would you recommend that our schedule include ten meets; two of these must not be larger than quadrangular meets?	30	62.5	15	31.3

Twenty-eight or 58.4 percent of the reporting coaches were dissatisfied with the present Kansas High School Activities Association regulation limiting participation to eight meets. Although twenty, or 41.6 percent, were satisfied with our present schedule, thirty, or 62.5 percent, were in favor of ten meets. Three of the thirty recommended unlimited participation and three, or 6.2 percent, did not answer this question.

The answers given by the reporting coaches as to whether or not they thought the present track program of thirteen individual events and three relays was the best possible are tabulated in table 41.

Table 41. Track program events.

Question	: Yes	: Percent	: No	: Percent
Is our track program of 16 events, the best possible program?	28	58.3	20	41.7

Twenty-eight, or 58.3 percent, of the coaches expressed satisfaction with our present track program. However, twenty, or 41.7 percent, of the coaches suggested various additional events or suggested changes in some of the existing events.

Table 42 points out the coaches' recommended changes in our existing program.

Table 42. Analysis of coaches' recommendations on track events.

Events	:	Number of Coaches
Additional events:		
1. Two mile relay		11
2. 440 yard relay		10
3. Triple jump		5
4. Two mile run		2
5. 180 yard intermediate hurdles		1
6. Distance medley relay		1
7. Football throw		1
Removal of these events:		
1. Medley relay		6
2. Javelin		4

The suggestion was made by eleven of the twenty coaches that the two mile relay be added to our program, and ten coaches recommended that the 440 yard relay be added. The inclusion of the triple jump was suggested by five coaches.

Six coaches recommended removing the medley relay from the track events and four coaches suggested deleting the javelin.

Table 43 shows the forty-eight reporting class AA coaches recommendations in regard to holding at least one track meeting per day at the State Coaches Association Clinic in August.

Table 43. Track meetings in State Coaches Association Clinic.

Question	: Yes	: Percent	: No	: Percent
Do you recommend at least one track meeting per day at the State Coaches Association Clinic in August?	43	89.5	5	10.5

Forty-three, or 89.5 percent, of the track coaches recommended that at least one track meeting per day be included in the program for the State Coaches Association Clinic in August.

Table 44 shows the coaches recommendations for the State Track Clinic in March.

Table 44. March track clinic.

Question	: Yes	: Percent	: No	: Percent
Do you recommend a larger state track clinic in March?	41	85.3	7	14.7

Forty-one of the coaches suggested a larger clinic should be held in March. Eight coaches made the stipulation that it be held in the Kansas City area if it was on the same date as the Big Eight Indoor Track Meet.

The answers given by the reporting coaches as to whether or not they favored the state regulation limiting a boy to running only one race of

440 yards or more per day are tabulated in table 45.

Table 45. State regulations on running 440 yards or more in one day.

Question	: Yes	: Percent	: No	: Percent
Are you satisfied with our present state rule where a boy is allowed only to run one race of 440 yards or more per day?	22	45.8	26	54.2

Forty-five and eight-tenths percent, or twenty-two, of the coaches were satisfied with the present rule which allows a boy to run only one race of 440 yards or more in one day; however, twenty-six, or 54.2 percent, were not in favor of this rule but were in favor of allowing the boy to run two 440 yard races or more in one day during a meet.

Table 46 lists the suggestions for changing the existing rule which limits a boy to running one race of 440 yards or more.

Table 46. Twenty-six coaches' recommendations on changing the 440 yard rule.

Rule Recommendation	: Coaches
1. A boy may run a leg in the mile relay and any one of the following open races: 440, 880, mile.	13
2. A boy may run two races 440 yards or longer, but only one can be an open race.	10
3. No boy may enter more than two running events when each race is over 440 yards.	7
4. A distance runner (880, mile) may run two races of 440 yards or more, but one must be a relay leg.	5
5. A boy may double from an open 440 to the mile relay.	4
6. No restrictions at all - same as Missouri.	2
7. Two races of 440 yards or more with no stipulations	1

In the above table 46, thirteen coaches recommended that a boy be allowed to run the 440, 880, mile, and a leg in the mile relay. Ten coaches recommended that a boy run two races of 440 yards or longer, but only one could be an open race. The other suggestions are outlined in table 46.

Table 47 lists the strongest features which each coach reported for his individual track program.

Table 47. Schools strong track features.

Strong Features	: Number of Schools
1. Good attitude, interest, and hard work.	33
2. A balanced program--squad, facilities and interest.	20
3. Large squad.	19
4. Excellent schedule for all teams.	14
5. Excellent facilities and equipment.	13
6. Winning team and tradition.	10
7. Cooperation of other head coaches.	10
8. Excellent coaching staff.	8
9. Excellent junior high program.	3
10. Outstanding track and field promotion in the P. E. program.	0
11. Strong community interest.	0

The features contributing the most to a strong track program according to thirty-three, or 68.7 percent, of the coaches were good attitude, interest and hard work. Receiving the second largest number of votes was the balanced program which included the squad, facilities and interest.

In table 48, the weakest features of each school's track program are tabulated.

Table 48. Schools weakest track features.

Weakest Features	: Number of Schools
1. Lack of school interest.	30
2. Inadequate facilities.	23
3. Too few assistants.	22
4. Lack of community interest.	17
5. Insufficient budget.	14
6. Lack of equipment.	4
7. Poor junior high program.	2
8. Too many spring conflicts.	1

As indicated in the above table, there were five major weak areas selected by the coaches in their track programs. Thirty coaches listed the lack of school interest as the weakest feature; twenty-three coaches reported inadequate facilities; twenty-two coaches listed their weakest feature as too few assistants; seventeen coaches indicated lack of community interest, while fourteen reported an insufficient budget.

In table 49 are listed the lowest and best track records for each enrollment group in class AA listed in this study.

Table 49. Track records.

Events	460-800			801-1000			1001-1500			1501-2900		
	:Lowest	:Enrollment	Best	:Lowest	:Enrollment	Best	:Lowest	:Enrollment	Best	:Lowest	:Enrollment	Best
120 yd. high hurdles	18.7	14.4		16.7	14.7		16.5	*14.3		16.4	14.5	
100 yd. dash	10.6	9.8		10.4	9.9		10.5	9.8		10.1	*9.6	
Mile run	5:05.9	4:29.5		5:01.7	4:30.7		4:52.2	4:25.2		4:38.9	*4:08.9	
880 yd. relay	1:46	1:29		1:37	1:29.6		1:37.7	1:30.4		1:32.4	*1:28.8	
440 yd. run	55	49.8		53.5	49.1		53.6	49.0		50.7	*47.1	
180 yd. low hurdles	23	19.4		22.3	19.5		22.4	*19.1		21.4	19.3	
880 yd. run	2:19.5	1:56.9		2:07.7	1:58		2:05.3	1:56.4		2:00.2	*1:54.4	
Medley relay	4:01.5	3:38.1		4:05.6	3:40.7		3:51.0	3:34.0		3:40.2	*3:33.1	
220 yd. dash	24.0	21.3		23.6	*21		23.6	21.4		22.6	*21.0	
Mile relay	3:50	3:29		3:42.6	3:24.8		3:38.0	3:22.0		3:29.5	*3:21.7	
Pole vault	10'	*13' 8 $\frac{1}{2}$ "		10' 7 $\frac{1}{2}$ "	13' 1 $\frac{1}{2}$ "		11' 6 $\frac{1}{4}$ "	13' 1 $\frac{1}{4}$ "		10' 6"	13' 2 $\frac{1}{4}$ "	
High jump	5' 9"	6' 4 $\frac{1}{2}$ "		5' 7 $\frac{1}{2}$ "	6' 2"		5' 5"	*6' 5 $\frac{1}{4}$ "		5' 6"	*6' 5 $\frac{1}{4}$ "	
Broad jump	20' 9 $\frac{1}{2}$ "	23' 6 $\frac{1}{2}$ "		19'	*24' 4"		19' 6"	22' 9 $\frac{1}{2}$ "		20' 2"	23' 4 $\frac{1}{2}$ "	
Shot put	44' 2"	60' 3 $\frac{1}{4}$ "		44' 2"	55' 7 $\frac{1}{2}$ "		43' 3 $\frac{1}{2}$ "	*60' 9 3/8"		52' 2"	58' 4 1/8"	
Discus	131' 8"	164' 0"		110' 8"	166' 0"		130' 0"	159' 9 3/4"		141' 9"	*177' 8"	
Javelin	150' 0"	*227' 0"		150' 6"	209' 3"		164' 7"	206' 5"		164' 3"	199' 5"	
440 yd. relay	48.1	44.5		53.0	45.3		44.2	44.1		45.2	*41.0	
Two mile relay	8:54.9	8:12.0		---	8:39.8		8:14.1	8:00.4		8:52.0	*7:57.0	

\* Best Kansas high school records in class AA

Table 49 shows the all time best track and field records in class AA Kansas high schools. There were eighteen of the twenty schools in the 460-800 enrollment group who reported their records. One school from each of the other enrollment groups failed to report their records making a total of forty-three, or 89.5 percent, of the schools reporting their school records.

The enrollment group of 1501-2900 established ten of the best performances plus tying for two more of the total eighteen events. Those record events were:

100 yd. dash	9.6
mile run	4:08.9
880 yd. relay	1:28.8
440 yd. run	47.1
880 yd. run	1:54.4
medley relay	3:33.1
mile relay	3:21.7
discus	177' 8"
440 yd. relay	41.0
2 mile relay	7:57.0

Ties were:

220 yd. dash	21.0
high jump	6' 5½"

The 1001-1500 enrollment had three of the best marks plus one tie.

Those were:

120 yd. high hurdles	14.3
180 yd. low hurdles	19.1
shot put	60' 9 3/8"

The tie was the high jump at 6' 5½".

The 801-1000 group had one best event which was the broad jump at 24' 4" and one tie in the 220 yd. dash at 21.0.

Two of the best performances were held by the 460-800 enrollment group. Those records were in the pole vault at 13' 8½" and the javelin at 227' 0".

## SUMMARY

There were fifty-six class AA high schools in Kansas. Forty-eight schools, including the investigator's, replied to the questionnaire concerned with, "A Study of the Inter-Scholastic Track and Field Programs of Class AA Schools in Kansas."

In studying the length of time of existence of the schools, it was found that thirty-nine had been established before 1940 and the remaining nine schools had been established since 1950.

The enrollment of the schools ranged from a high of 2900 students to a low of 460. Eight, or 16.8 percent, of the schools in the 1501-2900 grouping had 33.3 percent of the total enrollment.

All forty-eight schools participated in football, basketball, and track on an interscholastic basis. There was 91.6 percent participation in golf, 72.9 percent in tennis, 66 percent in cross country, 54.1 percent in wrestling, 31.2 percent in swimming, 31.2 percent in baseball, and twenty-five percent in gymnastics.

The head coaches of track ranged in age from twenty-four to sixty-two with a mean age of thirty-six. The coaching experience average was 12.1 years, and the average tenure per school was 7.5 years per coach. The reporting coaches had a background of coaching experience from two to forty years. Head coaches salaries for coaching track varied from a low of \$100.00 to a high of \$700.00, and the average salary was \$379.00.

Forty-one, or 85.4 percent, of the reporting coaches had never coached a state championship team. Only three, or 6.2 percent, had coached one championship team, two, or 4.1 percent, had coached five championship teams.

Nineteen, or 39.5 percent, of the coaches had never coached a state winner. The remaining 60.5 percent had a range from one to thirty state champions.

Physical Education was taught by seventeen or 35.4 percent of the track coaches, ten taught in the mathematics and social science departments, four instructed in the science and business departments, and three were in the industrial arts department.

Thirty-eight, or 79.1 percent, of the coaches taught five class hours per day. Twenty-four taught only one subject while the other twenty-four taught two or more subjects.

Thirty-one of the forty-eight coaches participated in track in college and twenty-five of these lettered. Twenty-nine, or 60.4 percent, considered track as their major coaching duty while five of them also served as athletic directors.

One assistant track coach was assigned by fourteen, or 29.1 percent, of the schools, sixteen employed two, nine assigned three assistants, five or 11 percent of the schools had five, while one school had six assistants. Only two schools did not have assistant coaches.

These forty-eight schools had from one to six assistant track coaches with their salaries ranging from zero to \$350.00. The average salary was \$204.50 in the 1501-2900 enrollment group. There were 104 assistant coaches or a total of 152 coaches including the head coaches. There were 3,646 boys who reported out for track which gave an average of twenty-four boys per coach.

Only two schools had an adult trainer other than an assistant coach, and none of the forty-eight schools had an adult equipment manager. The

schools had a range from zero to six student managers with the average being 2.2 per school.

Concrete rings were used for the shot put and discus surfaces by thirty-eight or 79.1 percent of the schools; nineteen or 39.5 percent used asphalt runways. Thirty-four or 71 percent of the reporting schools were utilizing cinder type track surfaces. Sand was used by 69.1 percent of the schools for pole vaulting landing material, 87.5 percent used it for the broad jump, and 72.9 percent for the high jump.

Track shoes were not furnished by nineteen of the forty-eight schools while seventeen, or 35.4 percent, of the schools provided all track shoes.

Socks were only furnished by fifteen or 31.2 percent of the schools, and thirteen or 27 percent only furnished athletic supporters. Of the forty-eight schools, only thirty-eight provided towels, forty-four schools practice uniforms, and all forty-eight schools furnished meet uniforms for their squads.

From thirty to 250 boys reported out for track at the various schools. Five to 100 boys reported for cross country.

Sophomore teams were sponsored by twenty schools, and thirty-three had "B" teams.

Of the methods suggested as helpful in recruiting boys for track, thirty-eight, or 79.1 percent, of the coaches suggested that other boys had the most influence; thirty track coaches thought their best recruiting method was by the coaches, and seventeen thought the track program in the Physical Education classes secured the most boys for track.

The number of track letters awarded was from five to thirty with the following variations per enrollment group. In the 460-799 group, it was from five to 30, in the 800-1000 group there were from 12-28. Fifteen to

twenty-five were awarded in the 1001-1500 group and eight to thirty in the 1501-2900 enrollment group.

Thirty-nine, or 81.2 percent, of the schools started practice after school was dismissed. The other 18.8 percent had practice beginning the last hour of the day. The variance in the dismissal of classes was from 1:30 p.m. to 4:00 p.m. Eleven schools dismissed at 3:00 p.m. while eight schools were dismissed at 3:30 p.m.

Thirty-six, or 75 percent, of the schools never set up a training meal, where eleven schools did.

A varsity invitational meet was hosted by twenty-nine or 60.2 percent of the schools. Thirty-three or 68.7 percent had smaller varsity meets. The starting time for meets was from 9:00 a.m. to night. Schools participated in zero to eight night meets. Thirty-six or 75 percent of the coaches were in favor of night meets.

The official starter fee ranged from \$5.00 to \$25.00. Other meet officials were not paid by most schools. One school reported paying \$1.50 to each faculty member per meet.

Eleven schools charged admission to meets; the admission ranged from \$ .25 to \$1.00.

The team entry fee ranged from \$ .25 to \$ .75 per boy and from \$3.00 to \$8.00 per team. Thirty-eight coaches or 79 percent preferred Friday for varsity meets; ten or 21 percent preferred Saturday for varsity meets.

Twenty-eight, or 58.4 percent, of the athletic programs were self-supporting compared to only one or 2 percent of the track programs.

Twelve, or 25 percent, of the coaches, the highest percentage on this item, felt the best method of improving track financially was to have night meets and charge admission.

The range of expenditures found the schools spending from \$200.00 to \$2850.00. The average expenditure was \$1147.00.

Twenty-eight, or 58.4 percent, of the reporting coaches were dissatisfied with our present track schedule regulations, limiting participation to eight meets. Thirty, or 62.5 percent, were in favor of ten meets.

The present track program was judged satisfactory by twenty-eight, or 58.4 percent; twenty, or 41.7 percent, suggested various additional events or suggested changes in some of our existing events. Eleven coaches suggested adding the two mile relay while ten coaches recommended including the 440 yard relay. The inclusion of the triple jump was suggested by five coaches. Six coaches suggested removal of the medley relay from track events, and four suggested the same for the javelin.

Forty-three, or 89.5 percent, of the coaches recommended at least one track meeting per day at the State Coaches Association Clinic in August. Forty-one suggested a larger clinic in March.

Twenty-six, or 54.2 percent, of the coaches did not favor the state regulation on allowing a boy to run only one race of 440 yards or more in one day. Thirteen of these twenty-six coaches favored the following: a boy may run a leg in the mile relay, and any one of the following open races--440, 880, or mile run. Ten coaches liked this rule, a boy may run two races of 440 yards or longer, but only one can be an open race. Five other rules were given as choices on page 42, table 45.

The features contributing the most to a strong track program according to thirty-three, or 68.7 percent, of the coaches were good attitude, interest, and hard work. Ten other features were mentioned on page forty-five and in table forty-six. Also eight weak features were commented upon on page forty-four and in table forty-seven.

Forty-three or 89.5 percent of the schools reported their school records. The enrollment group of from 1501-2900 established ten of the records plus tying for two more from a total of eighteen events. The 1001-1500 had three of the best performances plus one tie, and the 801-1000 group had one record and one tie. The enrollment group from 460-800 had two of the best performances.

### CONCLUSIONS

The conclusions reached concerning the class AA inter-scholastic track and field programs in the high schools of the state of Kansas were as follows:

The nine schools that had been established since 1950 had a larger enrollment average than the schools established before 1939.

Track and field ranked equal with football and basketball in participation as all three sports were represented in the forty-eight schools.

Track coaches might stay active in their profession as the length of their experience varied from two to forty years.

Most track coaches taught five class periods.

Track coaching has become more specialized as only fifteen double as other head coaches.

The ratio of coaches to squad should be about one coach to every twenty-five boys.

Very few coaches had ever coached a state championship team as forty-one or 85.4 percent had never won a state championship.

The average size squad of the small class AA schools was 50, whereas the large schools more than double this number by having an average of 128.

At the time of the study these track facilities were used by most of the schools: cinder type track surfaces, asphalt runways, concrete surfaces for the shot put and discus rings, and sand for landing material.

There was a wide variance in the furnishing of track equipment by the schools with the exception that all the schools provided the meet uniforms.

A difference of 220 boys existed in the difference between the smallest and largest number of boys who reported out for track. The range was from 30 to 250 boys.

97.9 percent of the coaches did not cut their squad.

Recruiting other boys to report out for track was best done by the track boys and the track coaches.

The range of letters awarded in track varied considerably as the difference was from five to thirty.

The average practice lasted for two hours.

Group calisthenics were taken by the squads more than they were taken by individuals. 66.7 percent preferred the group method.

Large invitational meets were hosted by twenty-nine or 60.2 percent of the reporting schools.

Pep club attendance was only required by six, or 12.5 percent, of the schools at track meets.

Night meets were preferred by 75 percent of the coaches.

There was an inconsistency in the official starter's fee in large invitational meets.

There were only twenty-eight or 58.3 percent of the schools whose athletic programs were completely self supporting.

There was a wide variance in entry fees to invitational meets.

Friday was preferred by the majority of coaches to hold varsity meets.

Over 50 percent of the schools spent more than \$1000.00 in their track budget, with the range being very wide with a low of \$200.00 to a high of \$2850.00.

The mode of transportation was about equally divided among private cars, school buses, and chartered commercial buses.

The majority of schools, 79.1 percent, provided separate storage for track equipment.

Twenty-eight, or 58.4 percent, were dissatisfied with our present track schedule of eight meets. Yet 62.5 percent of the coaches recommended our schedule include ten meets; two of these must not be larger than quadrangular meets.

58.3 percent of the track coaches favored our track program of sixteen events as is, however 41.7 percent recommended various changes.

The majority of coaches, forty-three, or 89.5 percent, suggested at least one track meeting per day at the State Coaches Association Clinic in August.

Forty-one, or 85.3 percent, recommended a larger state track clinic in March.

Twenty-six, or 54.2 percent, of the coaches were in favor of changing the rule which states the boy can run only one 440 yard race or more in a given day.

The features contributing the most to a strong track program as reported in the study were good attitude, interest, and hard work.

The weakest features of the reporting track programs were the lack of school interest, inadequate facilities, and too few assistants.

The largest schools with enrollments of from 1501-2900 had established more of the all time best track and field records than any of the other three groups as indicated in this study.

### ACKNOWLEDGMENT

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Also giving great assistance were the forty-seven high school track and field coaches who contributed their time and effort in completing and returning their copies of the questionnaire so that this report might be compiled.

Lastly, my wife, Carol, should receive appreciation for the time, effort, and assistance she gave toward completion of this study.

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## APPENDIX

## PARTICIPATING SCHOOLS

The coaches of the following forty-eight class AA high schools returned their questionnaires which were used to make up this report. Wichita Heights, the writer's school, is included in this group.

- |                                    |                             |
|------------------------------------|-----------------------------|
| 1. Altamont                        | 23. Manhattan               |
| 2. Argentine (Kansas City)         | 24. McPherson               |
| 3. Augusta                         | 25. Newton                  |
| 4. Bishop Mienge (Shawnee Mission) | 26. Olathe                  |
| 5. Campus (Wichita)                | 27. Ottawa                  |
| 6. Chanute                         | 28. Parsons                 |
| 7. Coffeyville                     | 29. Rosedale (Kansas City)  |
| 8. Derby                           | 30. Salina                  |
| 9. Dodge City                      | 31. Shawnee Mission East    |
| 10. El Dorado                      | 32. Shawnee Mission North   |
| 11. Emporia                        | 33. Shawnee Mission West    |
| 12. Fort Scott                     | 34. Sumner (Kansas City)    |
| 13. Garden City                    | 35. St. Joseph (Hays)       |
| 14. Great Bend                     | 36. Topeka                  |
| 15. Hayden (Topeka)                | 37. Topeka West             |
| 16. Highland Park (Topeka)         | 38. Turner (Kansas City)    |
| 17. Hutchinson                     | 39. Ward (Kansas City)      |
| 18. Iola                           | 40. Washburn Rural (Topeka) |
| 19. Junction City                  | 41. Washington (Bethel)     |
| 20. Kapaun (Wichita)               | 42. Wellington              |
| 21. Lawrence                       | 43. Wichita East            |
| 22. Leavenworth                    | 44. Wichita Heights         |

Participating Schools (concluded)

- 45. Wichita North
- 46. Wichita South
- 47. Wichita West
- 48. Wyandotte (Kansas City)

A STUDY OF THE INTER-SCHOLASTIC TRACK AND FIELD PROGRAMS OF CLASS AA SCHOOLS IN KANSAS.

School Information

1. How many years has your school been in existence? Check one.

1960-1963..... 1-3 years \_\_\_\_\_  
1950-1959..... 4-13 years \_\_\_\_\_  
1940-1949..... 14-23 years \_\_\_\_\_  
1939 ..... 24 & over \_\_\_\_\_

2. What is your school's total enrolment? .....  
a. 3 year system.....  
b. 4 year system.....

3. Check the following sports in which your school does not participate in interscholastic competition.

Football.....	Wrestling.....
Cross Country.....	Baseball.....
Basketball.....	Golf.....
Gymnastics.....	Tennis.....
Swimming.....	Track and Field.....

Personnel

Head Coach

1. Age of Head Coach .....  
2. Years of coaching track .....  
3. Salary for coaching track (does not include teaching salary) .....  
4. How many years as head coach in present school? .....  
5. How many State Championships Teams have you coached? .....  
6. How many State Winners have you coached? .....  
7. What subjects do you teach? ..... 1. ....  
..... 2. ....  
..... 3. ....  
8. How many class hours do you teach during a day? .....  
9. What are your strong coaching events? Check.

Sprints.....  
Distances.....  
Hurdles.....  
Jumping Events.....  
Weight Events.....

10. What sports, other than track, do you coach?

Cross country. ....  
Head .....  
Assistant. ....

11. Did you participate in track in college . . . . . Yes \_\_\_\_\_ No \_\_\_\_\_  
 12. Did you letter in track in college? . . . . . Yes \_\_\_\_\_ No \_\_\_\_\_  
 13. Do you consider track your major coaching duty. . Yes \_\_\_\_\_ No \_\_\_\_\_  
 14. Are you Athletic Director?. . . . . Yes \_\_\_\_\_ No \_\_\_\_\_  
 15. May your Athletic Director also coach?. . . . . Yes \_\_\_\_\_ No \_\_\_\_\_

### Assistant Coaches

1. Total number of assistants . . . . . \_\_\_\_\_  
 2. Assistants salaries. . . . . \_\_\_\_\_  
 3. Assistants duties Events \_\_\_\_\_

1st Assistant. . . . . \_\_\_\_\_  
 2nd Assistant. . . . . \_\_\_\_\_  
 3rd Assistant. . . . . \_\_\_\_\_  
 4th Assistant. . . . . \_\_\_\_\_

### Trainer and Equipment Manager

1. Do you have an adult trainer other than one of your  
 assistant coaches? . . . . . Yes \_\_\_\_\_ No \_\_\_\_\_  
 2. Trainer's Salary . . . . . \$ \_\_\_\_\_  
 3. Do you have an adult equipment manager for all sports: Yes \_\_\_\_\_ No \_\_\_\_\_  
 4. Equipment managers salary. . . . . \$ \_\_\_\_\_

### Student Assistants

1. How many student managers do you have? . . . . . \_\_\_\_\_  
 2. How many student trainers do you have? . . . . . \_\_\_\_\_  
 3. What is your letter requirements for student assistants? Check  
 a. 1 year service \_\_\_\_\_  
 b. 2 year service \_\_\_\_\_  
 c. Others . . . . . \_\_\_\_\_

### Facilities

1. What type of track surface do you have? Check one.

Rock Cinders . . . . . _____	Rubber Asphalt . . . . . _____
Coal Cinders . . . . . _____	Grass. . . . . _____
Clay . . . . . _____	Others . . . . . _____

2. What type of surface do you have for the P.V., H.J., & B.J.? Mark accordingly.

Cinder. . . . . _____	Rubber Asphalt . . . . . _____
Asphalt . . . . . _____	Dirt . . . . . _____
Clay. . . . . _____	Others . . . . . _____
Grass . . . . . _____	

3. What type of surface do you have for the discus and shot rings?

Concrete . . . . .	Grass . . . . .
Cinder . . . . .	Asphalt . . . . .
Dirt . . . . .	Wood . . . . .
Clay . . . . .	

Permanent type \_\_\_\_\_ or Portable \_\_\_\_\_

4. What type of landing material do you have for the P.V., B.J., & H.J.

<u>P.V.</u>	<u>B.J.</u>
1. Sand . . . . .	1. Sand . . . . .
2. Saw-dust . . . . .	2. Saw-dust . . . . .
3. Combination-1&2. . . . .	3. Combination-1&2. . . . .
4. Others . . . . .	4. Others . . . . .

1. Sand \_\_\_\_\_ 2. Saw-Dust H.J. \_\_\_\_\_ 3. Combination of 1&2 \_\_\_\_\_ 4. Others \_\_\_\_\_

### Equipment

1. What is your policy on shoes? Mark

a. Furnish only meet shoes . . . . .	.Yes _____	No _____
b. Furnish only practice shoes . . . . .	.Yes _____	No _____
c. Furnish only warm-up shoes. . . . .	.Yes _____	No _____
d. Furnish all shoes . . . . .	.Yes _____	No _____
e. Do not furnish any shoes. . . . .	.Yes _____	No _____
f. Rent all shoes . . . . .	.Yes _____	No _____
1) Rental charge . . . . .	\$ _____	

2. What other equipment is furnished? Check

a. Meet uniforms . . . . .	_____
b. Practice uniforms . . . . .	_____
c. Socks . . . . .	_____
d. Supporter . . . . .	_____
e. Towels. . . . .	_____

3. Do you have separate running uniforms for the Sophomores & "B"?  
(different from that of the Varsity) . . . . . Yes \_\_\_\_\_ No \_\_\_\_\_

4. Do you have Sweat Suits used only for meets? . . . Yes \_\_\_\_\_ No \_\_\_\_\_

5. What type of equipment do you use and the total number in your present inventory of the following:

#### Vaulting Poles

a. inventory _____
b. type _____

#### Hurdles

a. inventory _____
b. type _____
c. home made _____



## 2. What are your letter requirements?

- a. How many points per season . . . . . \_\_\_\_\_  
 b. Must complete season to earn letter... .Yes \_\_\_\_\_ No \_\_\_\_\_  
 c. Other items . . . . . \_\_\_\_\_

Training Program

## 1. When do you start practice? Check one

- a. Last hour of day . . . . . \_\_\_\_\_  
 b. After school . . . . . \_\_\_\_\_

## 2. What time is your school out? . . . . . \_\_\_\_\_

## 3. Do you have morning practice? Check one

- a. All season . . . . . Yes \_\_\_\_\_ No \_\_\_\_\_  
 b. Early season . . . . . Yes \_\_\_\_\_ No \_\_\_\_\_  
 c. None . . . . . Yes \_\_\_\_\_ No \_\_\_\_\_  
 d. Others . . . . . Y \_\_\_\_\_

## 4. How do you take calisthenics? Check one.

- a. Group . . . . . \_\_\_\_\_  
 b. Individual. . . . . \_\_\_\_\_  
 c. None . . . . . \_\_\_\_\_

## 5. How long is your average practice per day? . . . . . \_\_\_\_\_

## 6. Do you have a weight training program? . . . . . Yes \_\_\_\_\_ No \_\_\_\_\_

## a. If yes, when do you have it in season. Check one.

- 1) end of practice . . . . . \_\_\_\_\_  
 2) beginning of practice . . . . . \_\_\_\_\_  
 3) before school in morning. . . . . \_\_\_\_\_  
 4) anytime . . . . . \_\_\_\_\_

## b. If yes, where do you have your weight equipment? Check

- 1) weights .. outside near track . . . . . \_\_\_\_\_  
 2) inside . . . . . \_\_\_\_\_  
 3) Isometric equipment-  
     outside near track . . . . . \_\_\_\_\_  
     inside . . . . . \_\_\_\_\_

## 7. Does each squad member record his weight before each practice? Check one.

- a. all season . . . . . \_\_\_\_\_  
 b. early season . . . . . \_\_\_\_\_  
 c. never. . . . . \_\_\_\_\_

## 8. Do you have a training meal set-up at school for lunch? Check one.

- a. Just for the day of the meets . . . . . \_\_\_\_\_  
 b. Everyday . . . . . \_\_\_\_\_  
 c. None . . . . . \_\_\_\_\_

## 9. Do you use a loud speaker system in practice? . . . . . Yes \_\_\_\_\_ No \_\_\_\_\_

## 10. Do you put the daily workouts on a chalk board or bulletin board each day? . . . . . Yes \_\_\_\_\_ No \_\_\_\_\_

Meet Information

1. How many meets do you host in a season for each of the following teams?
  - a. Freshmen . . . . . \_\_\_\_\_
  - b. Sophomore. . . . . \_\_\_\_\_
  - c. "B" Team . . . . . \_\_\_\_\_
  - d. Varsity duals-  
quadrangulars. . . . . \_\_\_\_\_
  - e. Varsity invitational . . . \_\_\_\_\_
2. Generally, what time do most of your day meets start? Mark.
  - a. Freshmen . . . . . \_\_\_\_\_
  - b. Sophomore. . . . . \_\_\_\_\_
  - c. "B" team . . . . . \_\_\_\_\_
  - d. Varsity Duals -  
quadrangulars. . . . . \_\_\_\_\_
  - e. Varsity Invitational . . \_\_\_\_\_
3. In how many night meets do you participate? . . . . . \_\_\_\_\_
4. Do you prefer night meets, weather permitting? . . . . . Yes \_\_\_ No \_\_\_
5. Is your pep club required to attend any of your varsity meets?
  - a. Varsity . . . . Yes \_\_\_\_\_ No \_\_\_\_\_
  - b. Others . . . . Yes \_\_\_\_\_ No \_\_\_\_\_
6. How much do you pay your starter for Invitational Meets? \$ \_\_\_\_\_  
     For small meets . . . . . \_\_\_\_\_  
     None . . . . . \_\_\_\_\_
7. Is your faculty paid to help at meets?
  - a. Invitational meets . . . \$ \_\_\_\_\_  
     None . . . . . \_\_\_\_\_
  - b. Other meets . . . . . \$ \_\_\_\_\_  
     None . . . . . \_\_\_\_\_
8. Do you use people other than your faculty for meet personnel?
  - a. If yes, who (check one) . . . . . Student help \_\_\_\_\_  
     People in community . . . \_\_\_\_\_  
     Other teams furnish help \_\_\_\_\_
9. How much do you charge the public for your invitational meets? \$ \_\_\_\_\_
10. How much is your invitational entry fee for teams? . . . \$ \_\_\_\_\_
11. Do you prefer Friday or Saturday to hold varsity meets? Check
  - a. Friday . . . . . \_\_\_\_\_
  - b. Saturday . . . . . \_\_\_\_\_
12. How do you have your squad dress on the day of any meet. Check one.
  - a. Slacks, shirt, and tie . . . . . \_\_\_\_\_
  - b. Slacks and sport shirt . . . . . \_\_\_\_\_
  - c. Normal school dress. . . . . \_\_\_\_\_
13. In your opinion, what one item makes your invitational meet a better meet. (excluding help)

### Track Program Information

1. Is your athletic program self-supporting? . . . . . Yes ☐ No ☐
2. Is your athletic account kept separate from other activities? . . . . . Yes ☐ No ☐
3. Are you on a track budget? . . . . . Yes ☐ No ☐
4. Is your track program self-supporting financially? . . Yes ☐ No ☐
  - a. If yes, explain your basic program.
- b. If no, what do you recommend to get track on a more self-supporting basis like football and basketball?
5. What is your average season expenditure? . . . . . \$
6. How do you travel to meets most of the time? Check one.
  - a. private car . . . . . ☐
  - b. school bus . . . . . ☐
  - c. chartered bus . . . . . ☐
7. Do you take movies of your squad for instructional purposes?
 

Yes ☐ No ☐
8. Do you have a parent-squad meeting during the year? . . Yes ☐ No ☐
9. Do you have school traveling coats for all sports? . . Yes ☐ No ☐
10. Do you have separate storage for your track equipment such as uniforms, shoes, and other small equipment? . . Yes ☐ No ☐
11. Do you have a track bulletin board? . . . . . Yes ☐ No ☐
12. Do you have a track record board on display in your school?
 

Yes ☐ No ☐
13. Do you have a progress board separate from the bulletin board on some of the best performances of all events during the year? . . . . . Yes ☐ No ☐
14. Do you have your own laundry system in the school? . . Yes ☐ No ☐
  - a. If no, how do you launder your equipment? Check.
    - 1) Each individual responsible. . . . . ☐
    - 2) Commercial laundry service . . . . . ☐
    - 3) Others . . . . . ☐
15. Are you satisfied with our present track schedule of eight meets?
 

Yes ☐ No ☐
16. Would you recommend that our schedule include ten meets; two of these must not be larger than quadrangular meets?
 

Yes ☐ No ☐

  - a. comments:

17. Do you think our present track program of 13 individual events and 3 relays is the best possible program? . . . . . Yes \_\_\_\_\_ No \_\_\_\_\_  
 a. If no, what events would you add to the track program?  
  
 b. If no, what events would you remove from our program?
18. Do you recommend at least one track meeting per day at the State Coaches Association Clinic in August? . . . . . Yes \_\_\_\_\_ No \_\_\_\_\_  
 a. Comments:
19. Do you recommend a larger state track clinic in March? Yes \_\_\_\_\_ No \_\_\_\_\_  
 a. Comments:
20. Are you satisfied with our present State rule where a boy is allowed only to run one race of 440 yards or more per day? . . Yes \_\_\_\_\_ No \_\_\_\_\_  
 a. If no, check your number 1 and 2 choices of the following or make your own comments below.
1. General rule to cover the below rule--no boy may enter more than 2 running events when each race is over 440 yards.
  2. A boy may run 2 races 440 yards or longer, but only one can be an open race . . . . . \_\_\_\_\_
  3. A boy may double from an open 440 to the mile relay.
  4. A boy may run a leg in the mile relay and any one of the following open races: 440, 880, or mile run. \_\_\_\_\_
  5. The total running distance may not exceed 1,320 yards. \_\_\_\_\_
  6. A distance runner (880 or mile) may run two races of 440 yards or more, but one must be a leg in a relay. \_\_\_\_\_
  7. Other comments: \_\_\_\_\_

21. What are your three strongest features about your track program?  
Check 1, 2, and 3.

1. Large squad . . . . . \_\_\_\_\_
2. Winning team and tradition. . . . . \_\_\_\_\_
3. Good attitude, interest, and hard work. . . . . \_\_\_\_\_
4. Excellent facilities and equipment. . . . . \_\_\_\_\_
5. A balanced program (squad, facilities and interest) . . . . . \_\_\_\_\_
6. Excellent schedule for all teams. . . . . \_\_\_\_\_
7. Excellent coaching staff. . . . . \_\_\_\_\_
8. Excellent Junior High program . . . . . \_\_\_\_\_
9. Outstanding track & field promotion in the P.E. program \_\_\_\_\_
10. Cooperation of other Head Coaches . . . . . \_\_\_\_\_
11. Strong community interest . . . . . \_\_\_\_\_
12. Others: \_\_\_\_\_

22. What are the weakest features about your track program? Check 1, 2, & 3.

1. Too few assistants. . . . . \_\_\_\_\_
2. Inadequate facilities . . . . . \_\_\_\_\_
3. Insufficient budget . . . . . \_\_\_\_\_
4. Lack of school interest . . . . . \_\_\_\_\_
5. Lack of community interest. . . . . \_\_\_\_\_
6. Lack of equipment . . . . . \_\_\_\_\_
7. Others: \_\_\_\_\_

#### School Records

- |                                |       |
|--------------------------------|-------|
| 120 yd. High Hurdles . . . . . | _____ |
| 100 yd. Dash . . . . .         | _____ |
| Mile Run . . . . .             | _____ |
| 880 yd. Relay. . . . .         | _____ |
| 440 yd. Dash . . . . .         | _____ |
| 180 yd. Low Hurdles. . . . .   | _____ |
| 880 yd. Run. . . . .           | _____ |
| Medley Relay . . . . .         | _____ |
| 220 yd. Dash . . . . .         | _____ |
| Mile Relay . . . . .           | _____ |
| Pole Vault . . . . .           | _____ |
| High Jump. . . . .             | _____ |
| Broad Jump . . . . .           | _____ |
| Shot Put . . . . .             | _____ |
| Discus Throw . . . . .         | _____ |
| Javelin. . . . .               | _____ |
| 440 yd. relay. . . . .         | _____ |
| 2 Mile relay . . . . .         | _____ |

Class AA State Championship Teams from 1945 to 1963.<sup>1</sup>

<u>Year</u>	<u>Winner</u>	<u>Runner-up</u>
1963	Topeka	Wichita East & Wyandotte
1962	Wichita East	Wyandotte
1961	Wichita East	Salina
1960	Wyandotte	Wichita East
1959	Wichita East	Wyandotte
1958	Wichita East	Shawnee Mission
1957	Wichita East	
1956	Topeka	
1955	Shawnee Mission	
1954	Wichita East	
1953	Wichita East	
1952	Wichita East	
1951	Wichita North	
1950	Wichita East	
1949	Wichita East	
1948	Topeka	
1947	Wichita East	
1946	Wichita East	
1945	Wichita North	

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<sup>1</sup> National Alliance Edition of Track and Field Rules Handbooks.  
1945-1963.

A STUDY OF THE INTER-SCHOLASTIC  
TRACK AND FIELD PROGRAMS OF CLASS AA SCHOOLS  
IN KANSAS

by

WALDO HERMAN WILSON

B. S., Kansas State University, 1952

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AN ABSTRACT OF A MASTER'S REPORT

submitted in partial fulfillment of the

requirements for the degree

MASTER OF SCIENCE

Department of Physical Education

KANSAS STATE UNIVERSITY  
MANHATTAN, KANSAS

1963

The purpose of this report was to make a study of the present status of the class AA track and field programs in the state of Kansas.

The initial step was to conduct a pilot study of coaches and persons interested in track and field athletics. After receiving favorable response, a short answer questionnaire was prepared and mailed to the fifty-five class AA Kansas track coaches. Forty-eight, or 85.7 percent, returned the questionnaire.

This study revealed that thirty-nine schools were established before 1940 and nine since 1950.

The enrollment ranged from 460 to 2900. There were twenty schools from 460 to 799 enrollment, ten schools from 800-1000, ten schools from 1001 to 1500, and eight from 1501 to 2900.

The percentages of interscholastic sports participation were football, basketball, and track - 100, golf - 91.6, tennis - 72.9, cross country - 66, wrestling - 54.1, swimming and baseball - 31.2, and gymnastics - 25.

The averages for the head track coaches were age - thirty-six, coaching experience - 12.1 years, and salary - \$379.00.

Only seven coaches had coached a state championship team.

Physical education was taught by seventeen of the track coaches. The remaining thirty-one instructed in the mathematics, social science, business, and industrial arts departments. Thirty-eight taught five class periods per day.

Sixteen track coaches handled cross country teams. Fifteen coaches doubled as other head coaches.

Thirty-one coaches participated in track in college, and twenty-five

of these lettered. Twenty-nine coaches considered track as their major coaching duty while five served as athletic directors.

There were 104 assistant coaches who had average salaries ranging from \$172.00 to \$240.50.

Two schools had an adult trainer, and none had an adult equipment manager. The schools had an average of 2.2 student managers.

Thirty-four utilized cinder type track surfaces. Nineteen were using asphalt runways, 79.1 percent were using concrete for the shot put and discus rings. Sand was the material most often used for jumping pits.

Track shoes were not furnished by nineteen schools, while seventeen furnished all shoes.

The meet uniforms were provided by all schools.

From thirty to 250 boys reported out for track. Five to 100 boys reported for cross country.

The schools reported sponsoring two, three, or four track teams.

Thirty-eight coaches suggested that other track boys had the most influence in recruiting boys for track.

The number of track letters awarded was from five to thirty.

Thirty-nine schools started practice after school was dismissed. The others began practice the last period of the day. Classes were dismissed from 1:30 p.m. to 4:00 p.m. The average practice time was two hours.

A varsity invitational meet was hosted by twenty-nine schools. The starting time ranged from 9:00 a.m. to night. Thirty-six coaches were in favor of night meets.

The official starter fee ranged from \$5.00 to \$25.00. Eleven schools charged admission of \$.25 to \$1.00 for track meets.

The team entry fee was from \$.25 to \$.75 per boy and from \$3.00 to

\$8.00 per team. Thirty-eight coaches preferred Friday for varsity meets; ten preferred varsity meets on Saturday.

Twenty-eight athletic programs were self-supporting. Twelve coaches felt the best method of improving track financially was to have night meets and charge admission.

Track expenditures ranged from \$200.00 to \$2,850.00 with an average budget of \$1,117.00 for the schools.

Dissatisfaction was expressed by twenty-eight coaches with our present track schedule regulation of only allowing eight meets per boy.

The present program of sixteen events was judged satisfactory by twenty-eight coaches; twenty suggested additional events or changes.

Forty-three coaches recommended at least a daily track meeting at the State Coaches Association Clinic, forty-one a larger March Clinic.

Twenty-six recommended changes be made on the number of races a boy may run over 440 yards in a given day.

The features contributing the most to a good track program according to thirty-one coaches was good attitude, interest, and hard work.

Forty-three schools reported their track records.

