

1980

1980 Program

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BRAIN TRACK

1980

*George Fox
College*



RECOMMENDED ORDER OF EVENTS
WITHOUT TRIAL HEATS

- 60 minutes before track events - Hammer
- 45 minutes before track events - Pole Vault & Long Jump
- Triple Jump (immediately following the Long Jump)
- 30 minutes before track events - Shot Put & Javelin
- Discus (immediately following Shot Put)
- 15 minutes before first track event - High Jump
- 400 Meter Relay (440 Yard)
- 3000 Meter Steeplechase
- 1500 Meters (One Mile)
- 110 Meter Hurdles (120 Yard)
- 400 Meters (440 Yards)
- 100 Meters (110 Yards)
- 800 Meters (880 Yards)
- 400 Meter Hurdles (440 Yard)
- 200 Meters (220 Yards)
- 5000 Meters (Three Miles)
- 1600 Meter Relay (One Mile)

SCORING

Meet Scoring

No. of Teams

In Meet

Individual Events

Relay Events

2	5	3	1			5	0					
3	5	3	2	1		5	3	0				
4	5	3	2	1		5	3	2	0			
5	6	4	3	2	1	6	4	3	2	0		
6	10	8	6	4	2	1	10	8	6	4	2	0
7 or more	10	8	6	4	2	1	10	8	6	4	2	1

TIES: If two or more competitors tie for a place, points for the places involved are equally divided between those competitors. For example, if two competitors tie for second place, the points for second and third places are added up and divided between the two placers. The competitor placing behind them is awarded fourth place.

NUMBER OF COMPETITIVE TRIALS

THROWS & HORIZONTAL JUMPS: Each competitor is allowed three trials. Then, competitors equal to the number of places in the meet (depending on the number of teams participating), plus one, are taken into the finals where they are again allowed three trials. The competitor who had the best mark in the preliminaries competes last in the finals; the person with the second best preliminary mark competes next to last, etc.

VERTICAL JUMPS: If a competitor has three consecutive misses, at any height or heights, he is eliminated from competition. This continues until only one competitor remains. For example, a person may jump at 6'0" and miss. He may jump at that height again or pass and jump a higher height. If he misses again (at either height), he may take his third attempt at the present height or pass and wait for the next height. If he makes this effort, he is allowed to continue with at least three more attempts; if not, he is eliminated from the competition.

RUNNING EVENT EQUIVALENTS

<u>Metric</u>	<u>English</u>	<u>English</u>	<u>Metric</u>
100	109 y, 1'1"	100 yds	91.44
110	120 y, 10.7"	120 yds	109.728
200	218 y, 2'2"	220 yds	201.168
400	437 y, 1'4"	440 yds	402.336
800	874 y, 2'8"	880 yds	804.672
1000	1093 y, 1'10"		
1500	1640 y, 1'3"	one mile	1609.344
2000	1 mi, 427 y, 8"	two miles	3218.688
3000	1 mi, 1520 y, 2'6"	three miles	4828.032
5000	3 mi, 188 y, 2'4"	six miles	9656.064
10,000	6 mi, 376 y, 4'8"	marathon (26 mi, 385y)	42,195

TIME CONVERSION

- 100 yds - 100 meters: Add 0.85 to the yard time or subtract from the meter time.
- 120 yds - 110 meters: No change in time if timing is done by hand.
- 200 meters - 220 yds.: Add 0.1 to the meter time.
- 400 meters - 440 yds.: Add .3 to meter time. Relay: Add .2 to meter time.
- 800 meters - 880 yds.: Add .7 to meter time or subtract from yard time.
- 1600 meters - mile relay: Add 1.1 to meter time or subtract from mile time.
- 1500 meters - mile and up: Sliding percentage scale.

BRUIN TRACK & FIELD RECORDS

<u>EVENT</u>	<u>MARK</u>	<u>NAME</u>	<u>YEAR</u>
100	10.4	Gregg Griffin	1977,79
	10.25w	Gregg Griffin	1978
200	21.2	Gregg Griffin	1979
400	48.1	Werner Seibert	1979
800	1:52.7	Wendell Otto	1979
1500	3:49.7	Wendell Otto	1979
5000	14:22.4	Steve Blikstad	1979
10,000	*30:22.8	Steve Blikstad	1977
3000 Steeplechase	8:49.8	Steve Blikstad	1979
110 HH	14.5	Mark Reynolds	1978
400 IH	52.34	Chad Neeley	1978
Long Jump	23-2 3/4 23-9w	Amadu Koroma	1978
Triple Jump	48-5	Mark Halland	1972
High Jump	6-7	Bob Quiring	1979
Pole Vault	15-8	Dave McDonald	1969,71
Shot	55-3	Bob Hadlock	1968
Discus	154-11	Charlie Keeran	1979
Javelin	230-6	Eb Buck	1975
Hammer	170-3	Allan Morrow	1979
400 Relay	41.3	Amadu Koroma Chad Neeley Mark Reynolds Gregg Griffin	1978
1600 Relay	3:18.8	Steve Stuart Tom Van Winkle Werner Seibert Monte Anders	1979
Decathlon	7054	Eb Buck	1975
Marathon	2:25.19	Curt Ankeny	1973

*Converted from yards
w - wind aided

Records as of 2/28/80

<u>NAME</u>	<u>HOMETOWN</u>	<u>YEAR</u>
Monte Anders	Newberg, OR	Junior
Jim Bright	Roseburg, OR	Junior
Tony Carson	Madras, OR	Freshman
Scott Celley	Canby, OR	Sophomore
Rob Cloud	Madras, OR	Freshman
John Cole	Canby, OR	Freshman
Steve Curtis	Monmouth, OR	Sophomore
Rick Frisk	Entiat, WA	Freshman
Brent Heydel	Milwaukie, OR	Freshman
Larry Holbrook	Eugene, OR	Freshman
Charlie Keeran	Cottage Grove, OR	Senior
Roger Miller	Lebanon, OR	Freshman
Bruce Oberst	Roseburg, OR	Senior
Tim Olds	Salem, OR	Sophomore
Wendell Otto	Portland, OR	Junior
Keith Pearson	Santa Ana, CA	Junior
Bob Quiring	Rickreall, OR	Sophomore
Kelly Reynolds	Newberg, OR	Freshman
Mark Reynolds	Newberg, OR	Junior
Tim Rochholz	Wichita, KS	Senior
Tim Sherman	San Jose, CA	Junior
Nolan Smith	Battle Ground, WA	Sophomore
Steve Stuart	Eugene, OR	Senior
Duane Swafford	Springfield, OR	Senior
Tom Van Winkle	Gladstone, OR	Sophomore
Scott Wilding	Portland, OR	Junior
Dave Wilkinson	Lebanon, OR	Sophomore
Jack Winter	Canyonville, OR	Sophomore

1980 Track Schedule

Jan 26	Sat	Portland Indoor	Portland	10:30am & 5:00pm
Feb 23	Sat	Trails End Marathon	Seaside	11:30am
Mar 1	Sat	Linfield Icebreaker Inv	McMinnville	1:00pm
Mar 8	Sat	Ore. Small College Rel.	Salem	1:00pm
Mar 15	Sat	Willamette (co-ed)	Newberg	1:00pm
Mar 22	Sat	Spring Vacation		
Mar 29	Sat	U of Puget Sound (co-ed)	Newberg	1:00pm
Mar 31	Mon	Willamette Decathlon	Salem	12:00noon
Apr 1	Tue	Willamette Decathlon	Salem	12:00noon
Apr 5	Sat	EOSC Invitational	LaGrande	
Apr 12	Sat	OSU - U of Port.	Corvallis	12:30pm
Apr 19	Sat	Lewis and Clark (co-ed)	Newberg	1:00pm
Apr 21	Mon	NAIA DISTRICT II		
22	Tue	DECATHLON CHAMPIONSHIPS	Portland (L&C)	12:30pm
Apr 26	Sat	Linfield & EOSC	Newberg	1:00pm
May 2	Fri	U of Portland Twilight (for District qualifying)	Portland	4:00pm
May 9	Fri	NAIA DISTRICT II	McMinnville	1:30pm
10	Sat	CHAMPIONSHIPS		11:30pm
May 17	Sat	Open		
May 22	Thur	NAIA	Abilene, TX	
23	Fri	NATIONAL		
24	Sat	CHAMPIONSHIPS		