

1979

### 1979 Media Guide

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**BRAIN  
TRACK**

78-79

*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

<u>No. of teams in meet</u>	<u>Individual Events</u>	<u>Relay Events</u>
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 M	10.4	Gregg Griffin	77
	10.25w	Gregg Griffin	78
200 M	21.4	Gregg Griffin	76
400 M	48.2	Chad Neeley	78
800 M	1:53.7	Randy Ware	77
1500 M	*3:52.5	Bruce Greene	76
5000 M	14:36.66	Steve Blikstad	77
10,000 M	*30:22.8	Steve Blikstad	77
3000 M Steeplechase	8:50.16	Steve Blikstad	77
110 M HH	14.5	Mark Reynolds	78
400 M IH	52.34	Chad Neeley	78
Long Jump	23-9	Amadu Koroma	78
Triple Jump	48-5	Mark Halland	72
High Jump	6-6	Lon Austin	77
Pole Vault	15-8	Dave McDonald	69,71
Shot	55-3	Bob Hadlock	68
Discus	151-3.5	Del Dittus	75
Javelin	230-6	Eb Buck	75
Hammer	168-3	Allan Morrow	79
400 M Relay	41.3	Amadu Koroma Chad Neeley Mark Reynolds Gregg Griffin	78
1600 M Relay	*3:19.0	Chad Neeley Werner Seibert Mark Dreisner Steve Stuart	78
Decathlon	7054	Eb Buck	75
Marathon	2:25.19	Curt Ankeny	73

\*Converted from yards  
Records as of 3/9/79

# TEAM ROSTER

<u>NAME</u>	<u>HOMETOWN</u>	<u>YEAR</u>
Monte Anders	Nampa, ID	Junior
Lon Austin	Prineville, OR	Senior
Steve Blikstad	Newberg, OR	Senior
Scott Celley	Canby, OR	Freshman
Steve Curtis	Monmouth, OR	Freshman
Gary DeMain	St. Helens, OR	Junior
Gregg Griffin	Seattle, WA	Senior
Charlie Keeran	Cottage Grove, OR	Freshman
Rob King	Nampa, ID	Junior
Dave Molstad	Baker, MT	Senior
Allan Morrow	Newberg, OR	Senior
Bruce Oberst	Roseburg, OR	Junior
Tim Olds	Salem, OR	Freshman
Wendell Otto	Portland, OR	Sophomore
Bob Quiring	Rickreall, OR	Freshman
Leonard Renfer	Rogue River, OR	Freshman
Mark Reynolds	Newberg, OR	Sophomore
Tim Rochholz	Wichita, KS	Junior
Werner Seibert	Billings, MT	Senior
Tim Sherman	San Jose, CA	Sophomore
Lyndal Smith	Sutherlin, OR	Junior
Nolan Smith	Battle Ground, WA	Freshman
Steve Stuart	Eugene, OR	Junior
Duane Swafford	Springfield, OR	Junior
Tom VanWinkle	Gladstone, OR	Freshman
Dave Wilkinson	Lebanon, OR	Freshman

# 1979 Track Schedule

Mar.	3	Sat.	Linfield Icebreaker	McMinnville
Mar.	10	Sat.	Or.Sm.Col. Relays-Will.1:00	Salem
Mar.	17	Sat.	Pacific Invitational	Hillsboro
Mar.	24		Spring Vacation	
Mar.	31	Sat.	Lewis & Clark/Co-Ed	Portland
Apr.	2-3	M,Tu	Will.Inv.it.Decathlon	Salem
Apr.	7	Sat.	OCE,Warner at GFC	Newberg
Apr.	14	Sat.	U of P/OCE	Portland
Apr.	21	Sat.	EOSC Invitational	
Apr.	23-24	M,T	Dist. Decathlon, L & C	Portland
Apr.	25	Wed.	Linfield Invit. (tent)	McMinnville
Apr.	27	Fri.	Willamette/Co-ed	Salem
May	4	Fri.	U of Portland Twilight (District qualifying)	Portland
May	5	Sat.	Open	
May	11-12	F,S	Dist. II Lewis & Clark	Portland
May	17-19	U-S	Nationals	Abilene, Texas