



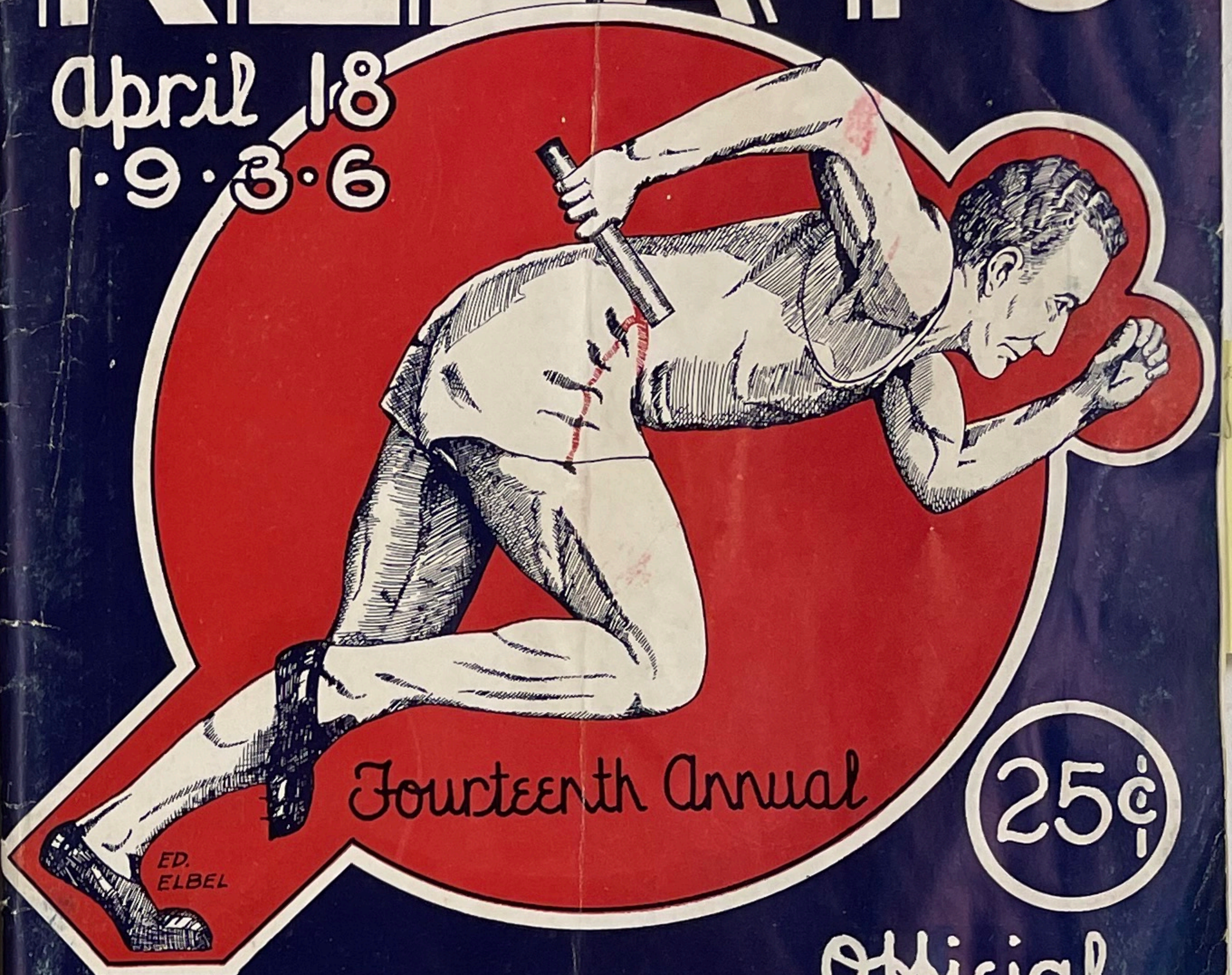
ANNUAL INTERSCHOLASTIC  
INDOOR TRACK AND FIELD MEET  
OF THE  
**NEW YORK ATHLETIC CLUB**  
22nd REGIMENT ARMORY  
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Fourteenth Annual

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TRACK AND FIELD  
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Marquette Stadium · Milwaukee





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TRACK ATHLETICS

ALL track athletics call for three qualities that must be cultivated. These are, in the order of their importance, mental self-control, rhythmic motion, ability to go your limit.

I have placed mental self-control first, for the body naturally obeys the mind. What you think and will, the body does. Thinking and willing with energy and accuracy form an important part of athletic training. A sluggish mind will not produce alert action. It is for this reason that athletics so often develop a boy into a manly and thinking student. He must train his mind to train his body. The next point is that of rhythmic motion. Rhythm is a law of muscular action. What is done rhythmically will be done always with more force and precision than that which is done irregularly. To acquire rhythmic action, form the habit of counting to yourself so as to time your motions. Count by fours — one, two, three, four; one, two, three, four — putting a slight stress on the one and the three, as *one, two, three, four*. Practicing to music is done in many gymnasiums, and it is a very excellent method of acquiring rhythmic action, but it is not always available, and any boy can count.

vol. VI — 9

But all of these things and all of your practice will not avail when the final test comes, if you have never trained yourself to "go your limit." Did you ever reflect how far short we habitually fall of doing what we can do? I remember seeing a very timid and very sluggish boy run from a herd of cattle. How he ran, and straight up hill at that! You have no idea how fast you can run, because you do not force your body to do its utmost. You should not, as I have said, attempt to go your limit whenever you practice. That will use up your reserve vitality, which should remain as a reserve for the critical moment. But you must learn how to go your limit. You must drive yourself relentlessly at times. Use your utmost will power to force your body to do more. Compel it, occasionally, to do its utmost. In this way it will become your servant and obey your commands. The success of many athletic trainers consists in their ability to inspire their pupils with this spirit of doing their utmost. Remember, however, that this is to be done but seldom. Otherwise you will "go stale," that is, lose your reserve vitality, and fail to respond when the test comes. But reserve strength

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# The Amateur Athlete

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# National Championships

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**National  
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**Pacific Northwest  
Conference Track Meet**

BORLESKE FIELD — 1:30 P.M.

**SATURDAY, MAY 25, 1946**



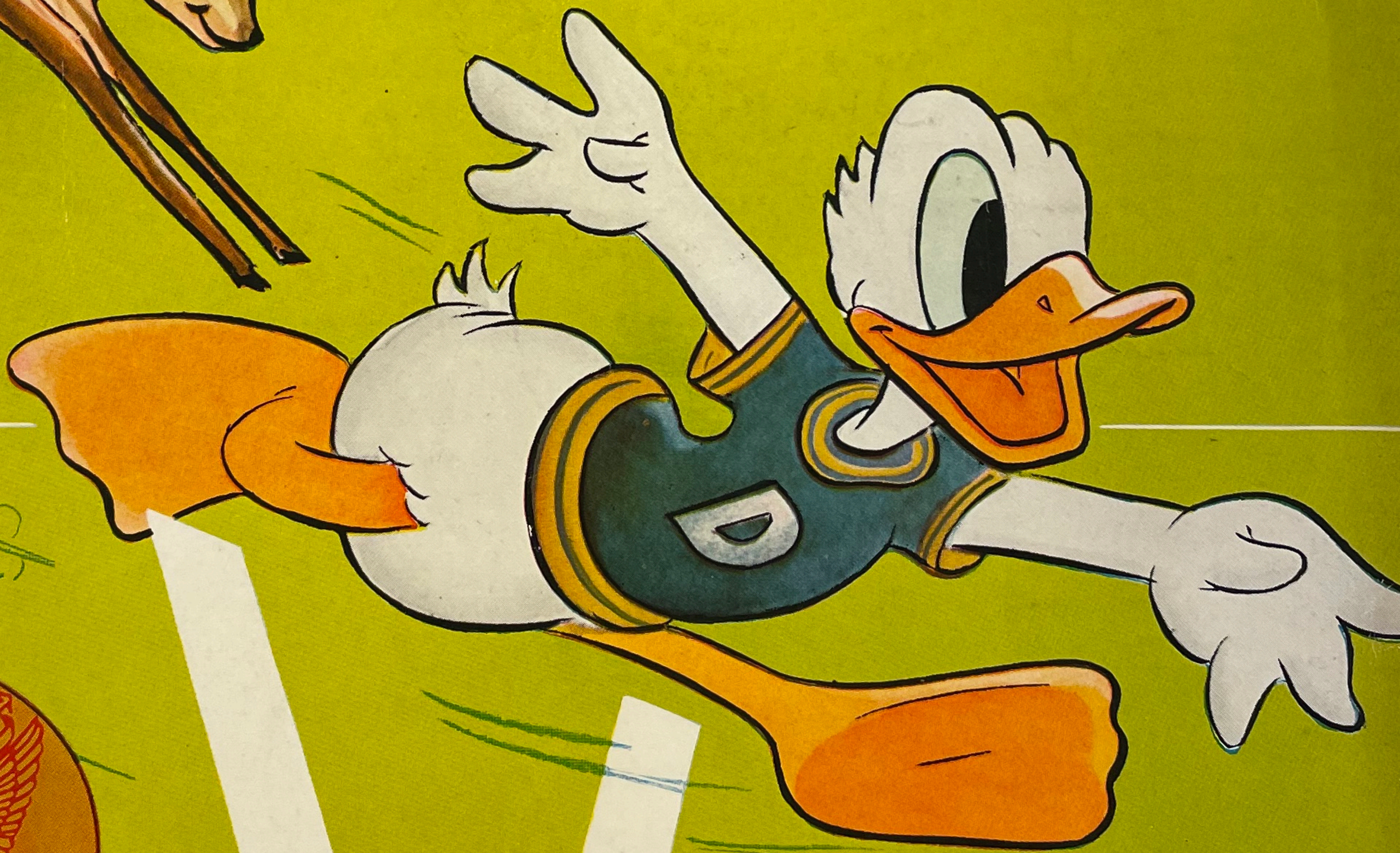




**NATIONAL A★A★U★**

**TRACK and FIELD**

**CHAMPIONSHIPS**



***Benefit* ARMY EMERGENCY RELIEF**



**JUNE 19 and 20 ★ 1942 ★ RANDALL'S ISLAND STADIUM ★ NEW YORK**

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NATIONAL TRACK AND FIELD CHAMPIONSHIPS

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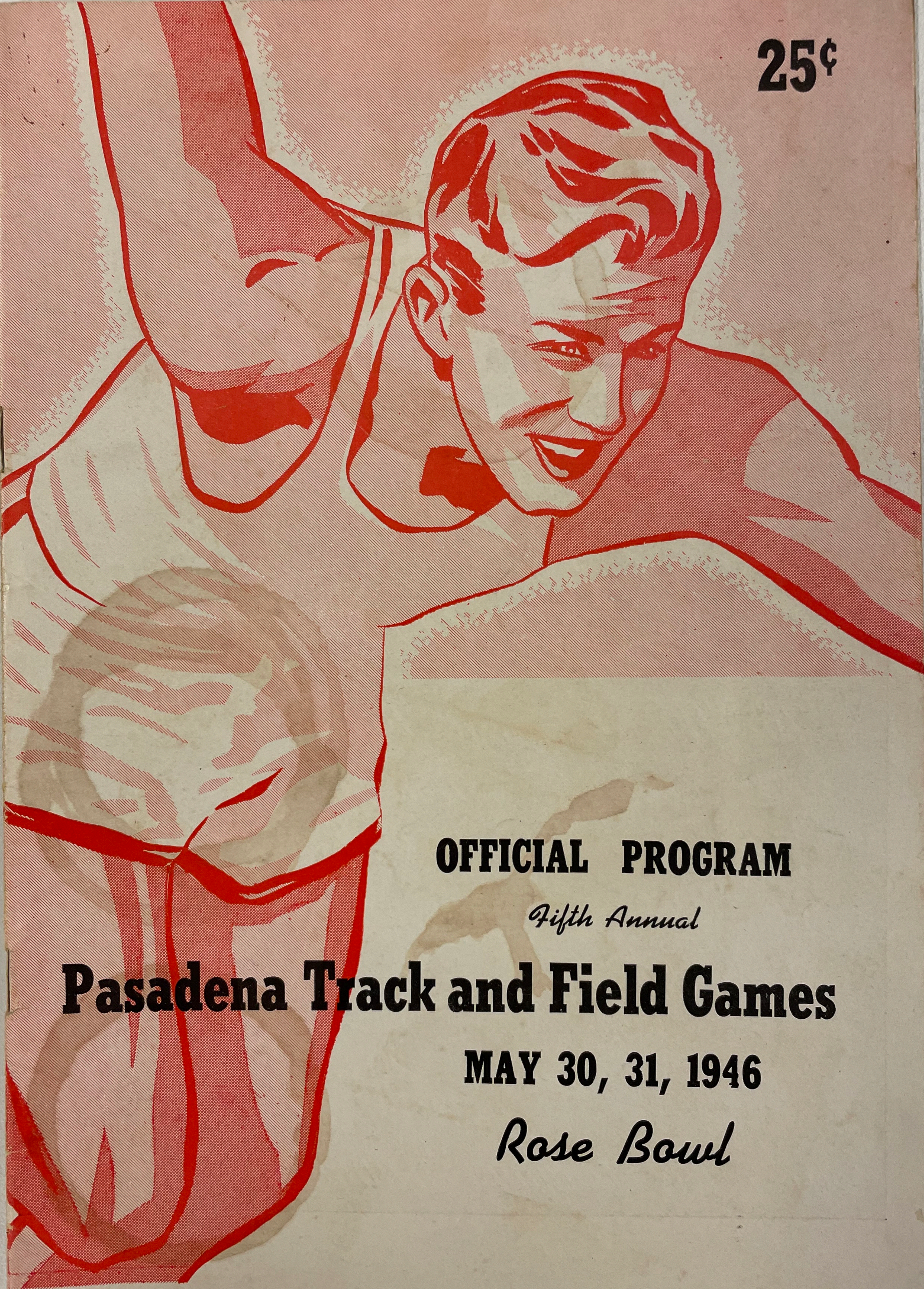


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**MAY 30, 31, 1946**

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*Commencement*  
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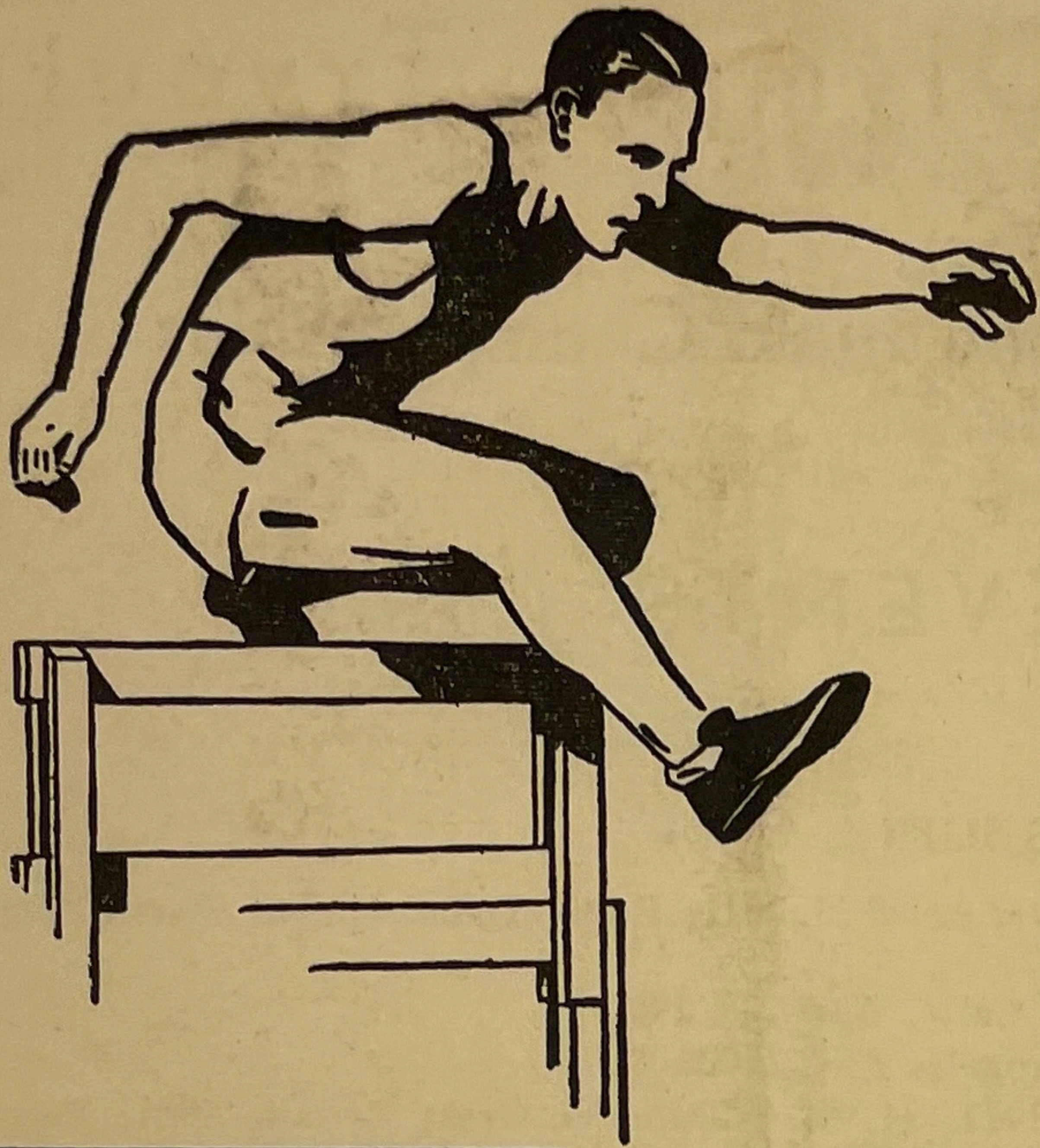
**PACIFIC  
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26-28 JAN. 1946**





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Final  
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and  
A. A. U. National  
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# Official Program

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Two o'clock p. m.

Point Trophy,

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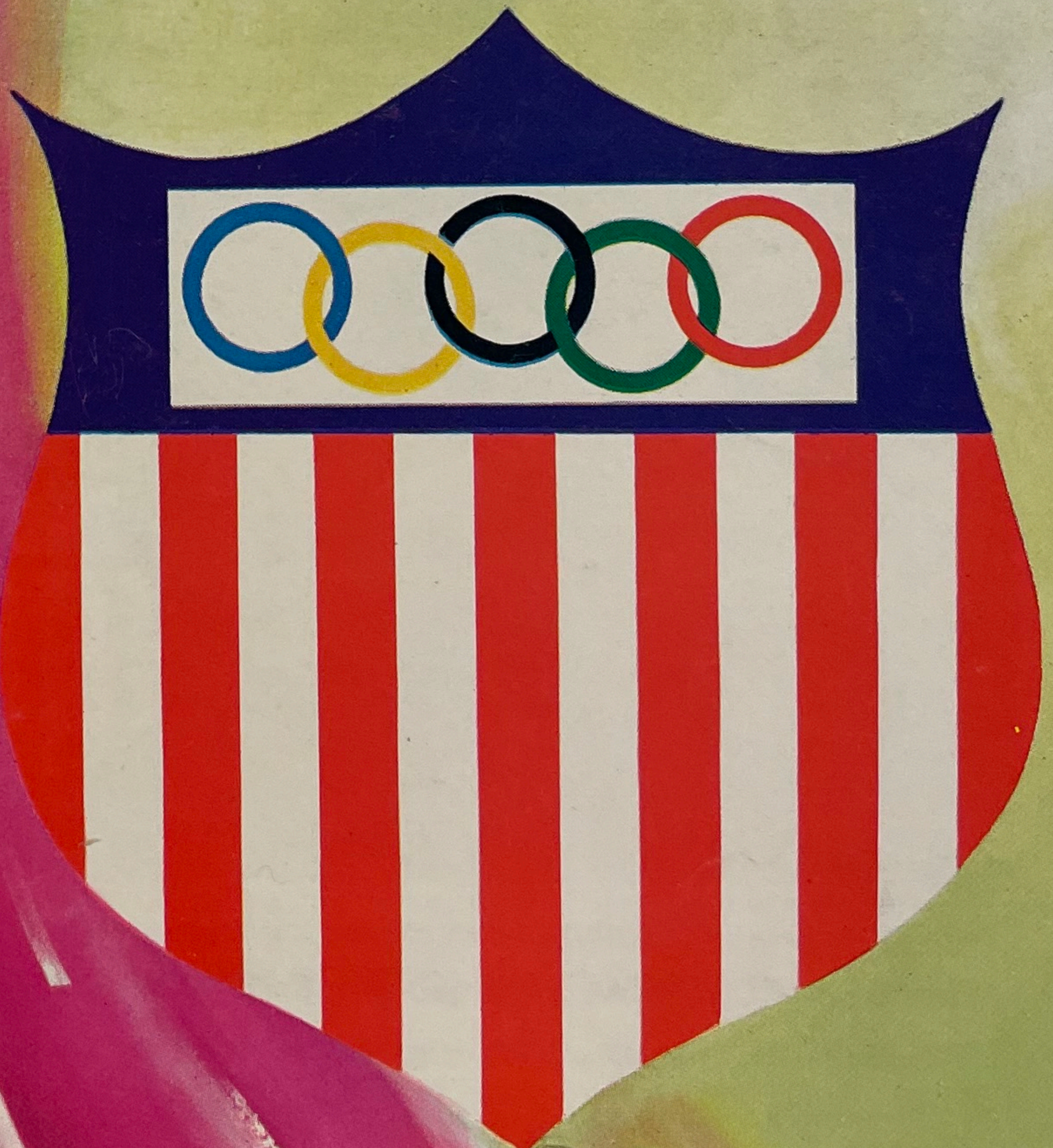
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8 o'clock**



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SATURDAY, JUNE 23, 1984  
FIRST EVENT 8:00 A.M.

Reserved Seat \$10  
**DAY 7**

LOS ANGELES MEMORIAL COLISEUM