

and legislate on athletic matters pertaining to its peculiar province. In bicycling, the "Canadian Wheelmen's Association" alone has jurisdiction, and the various field sports—lacrosse, football, tennis, cricket, ice skating, &c.—each look to their respective "associations" or "unions" to legislate for their peculiar requirements, and make rules for the governing of their several championship contests. In the United States these functions are assumed by the "National Association of Amateur Athletes of America," the "Amateur Athletic Union," the "League of American Wheelmen," and others.

A statement of the mode of procedure to enter, and a description of the working of a championship athletic meeting may be of interest to other than aspirants for the champion's honours and rewards, and, as English, American, and Canadian amateur athletic matters follow much the same lines, the description will serve for all.

The aspirant for the laurel, having graduated in the successive ranks of "green" competitor and "club champion," now seeks for new fields to test his mettle. He will do well to put himself under the direction of a competent trainer, or at least secure the advice of some old war-horse who has been relegated to the quiet pastures of grand-stand ease; perfect himself by assiduous practice on the cinder path; acquire a thorough knowledge of the *head-work* necessary to assist him in judiciously saving his legs and wind; and, specially, take care to reinforce all this with constant practice in the gymnasium.

In due time he will see a notice in the papers, and on his club's bulletin, stating that a "championship meeting" will be held on such a day and grounds, and directing intending competitors to address their entries, with name of club—or satisfactory guarantees of their *amateur* standing, if unattached—to the secretary, with the prescribed fee for each and every event for which they intend entering. The amateur rule under which one must qualify is very rigid in its requirements, and is substantially the same in all athletic bodies; that before me reads thus: "An amateur is one who has never competed for a money prize, or staked bet, or with or against a professional for any prize, or who has never taught, pursued, or assisted in the practice of athletic exercise as a means of obtaining a livelihood."

The programme of Canadian championship events is usually as follows:—

TRACK EVENTS.	FIELD EVENTS.
3 mile walk.	Throwing 56 lbs. weight.
2 " run.	Putting the shot.
1 " "	Throwing the hammer.
880 yards "	Running high jump.
440 " "	" long "
220 " "	Pole leap.
100 " " (in heats).	
120 " " (hurdles).	

His entry having been accepted, he will receive a competitor's ticket, entitling him to admission to the grounds and the select circle inside the track strictly reserved for the officials, properly accredited press representatives, and competitors actually engaged in taking part in the event in progress. The officials in charge of the meeting, whose peculiar functions will be incidentally described later on, are as follows:—

One Clerk of the Course, with assistants, if necessary.			
One Starter.			
One Judge of Walking,	do.	do.	do.
One Scorer,	do.	do.	do.
Three Time-keepers.			
Three Judges at the finish.			
Two Measurers.			
One Referee.			

On arriving at the grounds he will repair to the dressing rooms, don his running costume—which may be of any style and colour his own fancy, or club may demand (provided it shall be a jersey and loose drawers, covering his body from the shoulder to the knee)—lace on his well-fitting leather running shoes, spiked under the toe and ball of the foot, and present himself before the clerk of the course, who will attach to his back, or breast, a number corresponding to that set opposite his name on the printed programmes, and direct him to be ready to proceed to the starting point when his event shall be called.

Suppose the meeting to be held on the new grounds of the "Montreal Amateur Athletic Association"—admittedly one of the finest on the continent, having regard to its size, situation, and completeness of appointments—let us glance for a moment at the surroundings.

Just on the western outskirts of the city, some two miles away from the association's head-quarters, which contain its various club and recreation rooms, library, and gymnasium; under the shadow of Mount Royal and overlooking the broad expanse of the blue St. Lawrence, the association has purchased and fitted up, at a cost of \$6,000, its permanent recreation ground and cinder track. The block of land is some 500 ft. wide by 600 ft. long, completely fenced in, having a fine club house, with dressing-rooms, lockers, shower baths, committee-rooms, and a large hall above for meetings, with covered grand-stand accommodation for 6,000 people. The running-track, 18 ft. wide on the home-stretch, and 12 ft. on the remainder, and measuring one-third of a mile around, measured according to rule, 18 inches from the inner curb, encircles a beautifully level piece of green sward, with room thereon for two or more games to be played at one time, and already, in its short life of two years or so, the scene of many an exciting lacrosse and football contest.

The bell is ringing, however, for the next event—say the mile race—and our friend steps jauntily on to the track and lines up to the starting point beside the other competitors. His number proclaims him, to those who may not be familiar with his appearance, as a "favourite" for first place, and he is vigorously cheered. The starter orders the men to the mark, one of whom, perhaps, in his eagerness to be off, actually attempts to go before time, and is promptly ordered back one yard by the watchful official—if this were a 100 yds. race the consequences to the competitor might be serious, where every inch tells—and when all are steady at the line he starts them off by firing a pistol; a "snap-cap" is no start. The three time-keepers instantly start their timing-watches; the electrical timer, a feature in athletic circles first introduced and perfected by the M. A. A. under the direction of Prof. McLeod, of McGill University, is automatically set to register by the discharge of the starter's pistol, and all eyes follow the knot of straining runners on their course, and, as they pass the winning point on each round or "lap," the scorers tally it, and inform every man the number of laps he has made. Now the runners swing round on the final lap and come up the home-stretch; the judges on either side of the track, and the three time-keepers, are all attention, and, as the pace is noticeably fast, the grand-stand rises on tip-toe of expectation to see a "record lowered." On they come, our friend well in front, straining every nerve to keep his place, and putting in a final "spurt," which lands him "in" a good winner. The judges note the positions of the other men; the time-keepers gather in a bunch to compare notes, and, if necessary, make an average of the result; the electric time-keepers announce the result as registered on the chronograph; the grand-stand roars out its demand for the "time," which