

C 4750

All students of Harvard University desiring to enter as competitors in Athletic contests are required to give evidence of their ability by making the following strength tests, in addition to the regular physical examinations:

Candidates for the University Crew and Foot Ball Team and Weight Throwers are expected to make a total strength test of 700 points.

Candidates for the Class Crews and Foot Ball Teams and Gymnastic, Wrestling and Sparring Contests, 600 points.

Candidates for the University and Class Ball Nines, LaCrosse Teams, Track and Field Events, 500 points.

These points are reckoned as follows:— The number of kilos. lifted with the back and legs straight, and the number of kilos. lifted with the legs bent, added to the strength of the grip of the right and left hand, expiratory power as tested by the manometer, and one-tenth of the weight in kilos. multiplied by the number of times that the person can raise his weight by dipping between the parallel bars and pulling his weight up to his chin on the rings. Where the strength test falls below the desired standard the capacity of lungs is taken into account in summing up the condition.

These tests are made and certificates granted on any day, excepting Saturday and Sunday, between 2 and 4 p.m. within two weeks previous to a contest, but no examinations are made or certificates granted on the day of the contest.

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