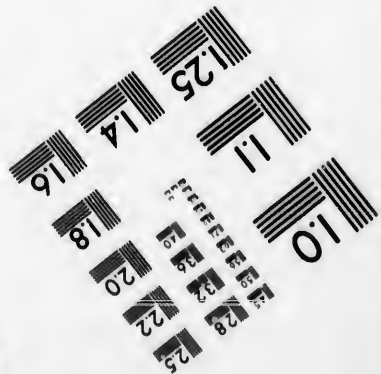
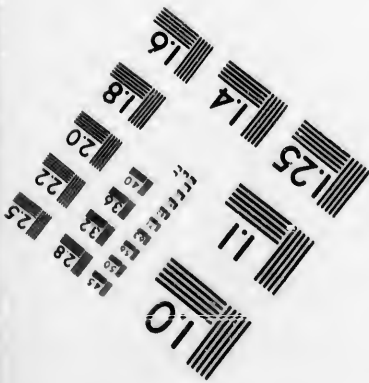
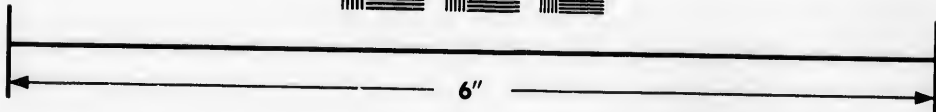
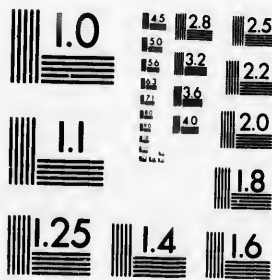


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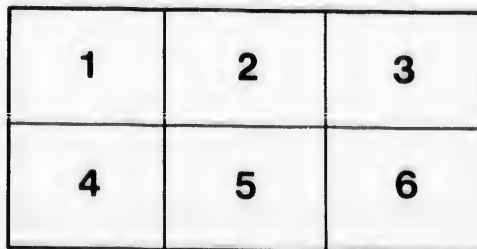
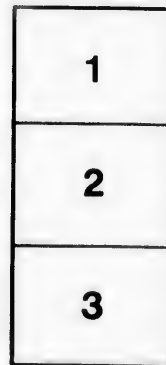
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Pamphlet Box F1

Y

SECOND

M

Maritime . . .

Pentathlon

. . . Contest

TO BE HELD IN PICTOU, N. S.

Saturday, August 8th, 1896,

AT THE 29TH MARITIME

Y. M. C. A. Convention.

C

A

PENTATHLON COMMITTEE.

1896.



J. H. Crocker, Chairman,	Amherst.
W. T. M. McKinnon - - -	"
E. H. Dimock, - - -	Windsor
J. E. Masters, - - -	Moncton
Arthur F. Bell, - - -	Halifax.

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PENTATHLON.



The idea involved in the pentathlon is all-round development. For this reason the events which were chosen to form its basis had certain conditions to meet. It was intended that the "pentathlon" should be used, not only in local and district as well as provincial "meets," but that it might form the basis for an International contest. The following are the ends at which the pentathlon must aim :—

1st. The events must be those which taken all together will test a man all-round. They should test the strength of legs, body, and arms ; they should test the higher elements also, a man should be compelled to "use his head ;" the heart and lungs should also be tested by something that demands endurance and wind ; agility should receive its due share of attention ; speed should be tested and a man's ability to spring should also be ascertained.

2. The events should be those which are "standard ;" that is, which are common in all parts of the

country, in order that they should be understood by and interesting to the average members of the association for whom they are designed.

3. The little apparatus required should be inexpensive. The reason for this is that these sports may be placed within reach of every association in the country. (It is taken for granted that every association has a field of some description.

4. The contest should be as short as consistent with a thorough test. Not only should each individual event take place as quickly as possible, but the whole contest should consist of as few events as possible, and at the same time test a man thoroughly.

To fulfil these conditions, the following sports were chosen :—

1st. The one hundred yard dash. This is standard and develops agility and skill in starting, and speed in running, together with the muscular development.

2nd. Throwing the twelve pound hammer ; twelve instead of sixteen pounds as it is better adapted to men of average weight. The only apparatus needed is the hammer, which is inexpensive, and a tape to measure. This event is standard and requires both muscle and skill. It uses the whole body, but the principal work is done by the waist, shoulders and arms.

3rd. The running high jump. This is comparat-

ively short, needs but little apparatus, is well known and generally increasing in popularity. It demands spring, skill, physical judgement, and co-ordination, testing a man very differently from either the hundred yard dash or the hammer throw.

4th. Pole Vaulting. This is short, needs little apparatus, is standard and attractive to spectators. It demands speed in running, spring in jumping, skill in placing the pole and in managing one's self on the pole, agility in crossing the stick, muscular strength of arms and shoulders, and endurance if the exercise is at all prolonged.

5th. The mile run. We have now really tested a man very thoroughly except the capacity for endurance, vigor and strength of heart and lungs. For these latter a mile run is a good test. The mile run is chosen rather than the half mile because the latter has in it more of the element of speed, which has already been tested.

The pentathlon score scheme has been devised in order to give each man full credit for his performance in a fair and just manner.

The most desirable method must be that which will give each man a mark depending upon his own performance, which shall not vary with the performance of others, but which from year to year he can

raise as he gains strength and skill. The table is so arranged that for a really good performance in the event a man would receive one hundred, and for what would be called a poor performance he would secure nothing, all the intervening numbers being graduated evenly. Thus, to ascertain each one's standing by this table, find the event in which he is working, run down the column until you come opposite the figure representing his performance, run out to the left, and take the figure opposite, this will give the number of points to which he is entitled. Thus, in the pole vault, if he goes eight feet nine, we look down the column marked pole vault until we come to the figure eight feet nine; glancing to the right or left on the same line, under the column marked "rank" we find seventy, which will represent the value of his performance in that event. The same holds true of the other events. We add up the figures representing each event and have the total standing for a man's performance as a whole. If in any event a man should pass the limit he receives marks in the same ratio in which the score has been increasing before. Thus, if a man should run a hundred yards in ten seconds, he should receive one hundred and twenty points, that is, ten for each fifth of a second. If a man does not enter in any event he receives zero in that event.

By means of this method of scoring it will be im-

possible to have records for the individual man which shall be uniform all over the country. Thus, if a man in Halifax should make three hundred and fifty out of the five events, and a man in St. John makes three hundred and sixty, it is safe to say that the latter is the best all-round athlete. In the same way we could compare the averages of teams of classes. This system might be used to determine the superiority of one class over another in college athletics.

The rules which are to govern these events will be found on the back of each score card. The manner of judging in several events is slightly different from the ordinary method. In the hundred yard dash each man is timed by two or three stop watches, the timers being instructed to watch certain competitors; that is:—"A" would have two men to take his time, "B" would have two men to take his, while "C" would have still two more to keep his time.

Another method has been proposed by JAMES H. McCURDY, of New York, viz., to mark off the ground at intervals of 6 ft. from the finish, allowing this distance for every fifth of a second, then the three watches are set on the first man and a pistol is fired at the time that the first man crosses the tape. A mark is made at the place where each man is when the pistol is fired, then his position gives him his time. Thus if he is inside the first six feet, he will be credited with the time of the first man plus one fifth of a second.

If a man is four spaces behind the first man you add four-fifths of a second to the time of the first man. In this way three watches are sufficient, and the time will be more accurate.

In order to give some idea of the manner in which the score is kept, and also to show how little a man need accomplish in order to score in every event, I append the following from the scoring table :—

SCORING TABLE.

Rank	100 yd. dash.	12-lb. Hammer	Running High Jump.	Pole Vault.	1-Mile Run	Rank.
	sec.	ft. in.	ft. in.	ft. in.	min. sec.	
0	12 2-5	50	3 6	5 10	6 40	0
1		50 6	3 6½	5 10½	6 39	1
2		51	3 6½	5 11	6 38	2
3		51 6	3 6¾	5 11½	6 37	3
4		52	3 7	6	6 36	4
5		52 6	3 7¼	6 0½	6 35	5
6		53	3 7½	6 1	6 34	6
7		53 6	3 7¾	6 1½	6 33	7
8		54	3 8	6 2	6 32	8
9		54 6	3 8¼	6 2½	6 31	9
10	12 1-5	55	3 8½	6 3	6 30	10
11		55 6	3 8¾	6 3½	6 29	11
12		56	3 9	6 4	6 28	12
13		56 6	3 9¼	6 4½	6 27	13
14		57	3 9½	6 5	6 26	14

It will be seen at a glance that to score ten points in any of these events a man need only run the 100 yards in 12 1-5 sec., throw the hammer 55 ft., jump 3 ft. 8½ in., vault 6 ft. 3 in., and "walk" the mile run in 6 min. and 30 sec.

• • • RULES • • •

GOVERNING

Maritime Province's Pentathlon Contest

TO BE HELD AT

Pictou, N. S., Saturday August 8th 1896.

SECTION I.

I.—**Events.** The events shall be the one-hundred yard dash, throwing a twelve pound hammer, running high jump, pole vaulting for height and one-mile run.

II.—**Officers.** The meeting shall be under the direction of the **Referee, Clerk of the Course, Judge** of jumping, **Judge** of pole vaulting, **Judge** of hammer throwing, **Judge** of one-hundred yard dash, **Judge** of mile run, not less than three **Timers**, one **Starter**, one **Scorer**, a **Marshal**, and an **Official Reporter**.

There shall be as many assistants, to these officers as the referee may determine and appoint.

III.—The **Starter** shall control the competitors at the mark. No appeals shall be made from his decisions as to whether a start was made before the pistol report or not. In the one-hundred-yard dash, a false start shall put the runner back one yard, a second false start an additional yard, and a third false start shall disqualify a runner for that event.

IV.—**Records** shall be accepted only for the five stated events. Any may be omitted, however, the contestant receiving zero in each such event.

Mile Run	Rank.
40	0
39	1
38	2
37	3
36	4
35	5
34	6
33	7
32	8
31	9
30	10
29	11
28	12
27	13
26	14

ten points
run the 100
ft., jump 3
mile run in

V.—**Numbers.** Each competitor shall receive from the clerk of the course and shall fasten upon his person in a conspicuous place, a number by which he shall be known in that competition.

VI.—**Running.** In races on straight tracks competitors shall keep their own positions on the track from start to finish.

Not less than three watches shall be held on the leading man in each heat.

VII.—**Running High Jump and Pole Vaulting.** The stick shall be started as nearly as possible to three feet and six inches from the ground in the high jump, and five feet and ten inches in the pole vault. It shall be raised thereafter **two inches** at a time in the high jump, and **four inches** in the pole vault. Displacing the bar is a failure. Each contestant shall be allowed but **ten jumps**. The best one shall be counted. Contestants shall jump in regular order as called for by the judge. A contestant may omit his jump at any height, but he cannot in any case try a height after once having "passed" it. The jump shall be made over a square bar. **Three balks** shall count as one failure, and thus be one of the ten jumps called for. It is a balk if the contestant crosses a line six feet from and parallel with the posts. The "Dive" is not allowed. There shall be one set of jump standards for every five contestants. The pole vault standards may have any support in

which to stick the pole. It must, however, be no higher than the surface of the ground. Private poles may be used, but only by owners or with their permission. The pole vault standards must be 11 ft. or more in length.

VIII.—**Throwing the Hammer.** The hammer shall not be more than four feet in length, and shall weigh not less than twelve pounds. Fulfilling these conditions it may be of any size shape or material.

The hammer shall be thrown from a circle having a radius of three and one-half feet. But three attempts shall be allowed. An attempt is as follows: When the competitor takes his place inside the circle with the hammer then lets go of the hammer and the head strikes outside of this circle, it is an attempt. The distance shall be measured from the nearest break in the ground caused by the hammer head to the nearest point in the circumference of the circle. A foul shall count as an attempt, but shall not be measured. A foul is as follows: When a contestant has thrown the hammer, and any portion of his person touches the ground outside the line of the half circle in the direction of the throw before the distance has been measured. No "turn" is allowed. Private hammers may be used but only by the owners or with their permission.

IX.—**Order.** The events shall begin with the dash and end with the mile run. The high jump and hammer throw shall precede the pole vault.

X. Further arrangements shall be made by the referee.

SECTION 2.

I. Banner may be competed for by teams of three men ; each man shall be a member in good standing of the Association under whose name he is entered, and shall not be a professional.

II. The banner is to be held one year by the victorious team. It must be won two years in succession by the same Association to become the permanent property of that Association.

III. Every man of the winning team, unless injured must score in each and all of the events. At least three teams must enter.

IV. That Association shall be awarded the Banner whose team secures the highest aggregate score.

V. Only those who score in all 5 events unless injured shall be entitled to a medal.

VI. Individuals of any team making a score entitling him to a medal shall be awarded one.

VII. Individual members of any Association may enter to compete for medals.

VIII. Medals shall be awarded as follows :—

Score 200 Bronze Bar with Silver Pendant.

“ 300 Silver “ “ “ “

“ 400 Gold “ “ “ “

IX. Entries must be made on or before Wednesday, August 5th., to the address of **J. H. Crocker**,
Amherst, N. S.

The First Maritime Contest.

The first contest, which was held at Halifax N. S. on the Wanderers A. A. C. grounds was most successful in every way. Much credit is due to Secretary Bell of Halifax for the efficient way in which the events were managed.

Fifteen men entered the contest last year, twelve of these won medals, one winning a gold medal, three winning silver medals, and six bronze medals.

Halifax, Amherst and St. John, were the only Associations who entered teams in the contest for the banner. The other Associations represented only sending one and two men.

Halifax was successful in winning the banner with 950 points, Amherst second with 900 points, St. John third with 756 points.

The following is the Record of the Scores made by the contestants:

NAME OR NUMBER	100 yd. Dash.	12 lb. Hammer	Running High Jump.	Pole Vault.	1 Mile Run.	Totals.
Forbes, Halifax	90	51	100	80	87	408
McCullough, St. Stephen	50	53	84	88	99	374
Crocker, Amherst	50	64	60	88	83	345
Cornwall, St. John	40	47	92	56	101	336
Reid, Amherst	40	60	60	56	66	282
McDonald, Pictou	40	66	60	24	89	279
Steele, Amherst	60	38	60	48	68	274
Maxwell, Halifax	50	48	84	40	52	274
Beale, Halifax	60	27	60	48	106	269
Stone, St. John	70	49	54	24	58	255
R. Smith, Moncton	60	2	62	40	38	202
McDougall, Halifax	20	34	62	32	49	197
C. Smith, Moncton	30	41	62	32	0	165
McRae, St. John	50	15	70	24	0	165

From a financial standpoint the contest last year was most successful, the gate receipts being sufficient to pay all expenses of advertising, postage, printing, medals, etc., and leaving a small balance to the credit of the committee.

The committee expect the number of entries this year to exceed last year. They are endeavoring to make it the most successful Athletic meet of the year.

Entries are expected from every Maritime Association. Each Association is expected to encourage and in every way possible to make the Second Pentathlon at least as successful as the first.

cores made by

1 Mile Run.	Totals.
87	408
99	374
83	345
101	336
66	282
89	279
68	274
52	274
106	269
58	255
38	202
49	197
0	165
0	165

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