

## SCHEDULE

(Cooperation of All  
Coaches and Athletes Desired)

Friday, April 13, 1979

- 1:30 - 4 x 800-meter Relay  
2:15 - 3000-meter Run  
3:00 - Medley Relay  
(800-200-400-1600 meters)  
3:45 - 4 x 1600-meter Relay

## PRELIMINARIES

Saturday, April 14, 1979

(Time depends upon number of Heats)

- 10:00 - Shot Put, Pole Vault, High Jump,  
Long Jump, Discus.  
10:00 - 100-meter Dash (north straight away)  
10:00 - 300-meter Low Hurdles (semi-finals)  
- 100-meter Dash (semi-finals)  
- 200-meter Dash (north straight away)  
- 110-meter High Hurdles  
- 200-meter Dash (semi-finals)  
- 110-meter High Hurdles (semi-finals)

## FINALS

April 14, 1979

(Times depend upon the number of Heats)

- 1:30 - Pole Vault, High Jump, Long Jump,  
Shot Put, Discus.  
1:30 - 110-meter High Hurdles  
- 100-meter Dash  
- 1500-meter Run  
- 800-meter Relay  
- 400-meter Dash  
- 300-meter Low Hurdles  
- 800-meter Run  
- 200-meter Dash  
- Shuttle Hurdle Relay  
(440-meter intermediate Hurdles)  
(High Hurdle distance-36 inch height)  
- 1600-meter Relay

## RESULTS OF 1978 MEET

**Medley Relay (880-220-440-mile)** - 1, Pontiac (M.) Central (Mark Prunte, Ray Bell, Cedric Gonzales, Kerry Barnett), 7:39.6; 2, Cleveland Rhodes, 7:40.9; 3, Toronto Michael Power, 7:43.4; 4, Cleveland Heights, 7:44.1; 5, State College, Pa., 7:45.4; 6, Cleveland East Tech, 7:46.8.  
**Two-mile Run** - 1, Alan Scharu, Austintown Fitch, 9:15.9; 2, Brad Rowe, Crown Point, Ind., 9:17.3; 3, Rob Earl, Scarborough, Ont., W.A. Porter, 9:17.4; 4, Martin Schulist, Whitewall, Mich., 9:24.1; 5, Harold Rutila, Farmington, Mich., 9:25.2; 6, Charles Broski, Hazel Park, Mich., 9:32.9.  
**Four-mile Relay** - 1, Flint Kearsley (Dave Podsadecki, Ernie Jacot, Jim Scofield, Terry Doherty), 18:13.2; 2, Grosse Point North, Mich., 18:14.9; 3, Lakewood, 18:20; 4, Bay Village, 18:23.2; 5, Scarborough W.A. Porter, 18:23.3; 6, Gran Blanc, Mich., 18:36.1.  
**Two-mile Relay** - 1, Bay Village (Russ Martin, Jeff Lemay, Chris Koehler, Doug Fanta), 8:05.9; 2, Toronto (Ont.) Michael Power, 8:08.7; 3, State College, Pa., 8:12.5; 4, Altoona Area, Pa., 8:15.1; 5, Midland, Mich., 8:15.8; 6, Cleveland East, 8:15.9.  
**120-Yard High Hurdles** - 1, Del-Ray Feagin, Mansfield Senior, 13.8 (wind-aided record); 2, Marcus Allen, Detroit (Mich.) Cass Tech, 13.9; 3, Anthony Hancock, Cleveland John Hay, 14.0; 4, Marshall Sanders, Columbus Mifflin, 14.2; 5, Shelby Johnson, Taylor Center, Mich., 14.3; 6, Bob Hiler, Brecksville, 14.4.  
**100-Yard Dash** - 1, Mike Miller, Flint (Mich.) Northern, 9.5; 2, Dwayne Blanchard, Erie Tech., Pa., 9.7; 3, Lyndon Fong, Mississauga (Ont.) Lorne Park, 9.8; 4, Robert Baker, Gary (Ind.) Roosevelt, 9.8; 5, Ben Johnson, Scarborough (Ont.) Yorkdale, 9.9; 6, Anthony Sharp, Toronto (Ont.) Central O'Connor, 10.0.  
**Long Jump** - 1, Mike Lee, Columbus Briggs, 24-6 ½; 2, Brian Carpenter, Flint (Mich.) Southwestern, 24-3; 3, Jim Williams, Gary (Ind.) Roosevelt, 23-4; 4, Mark Maple, Cleveland John F. Kennedy, 23-4; 5, Cedric Gonzales, Pontiac (Mich.) Central, 22-9 ¼; 6, Dale Gaskins, Stow, 22-2 ¼.  
**Shot Put** - 1, Michael Petsch, Redford Union, Mich., 59-9 ½; 2, Mark Rodriguez, Indianapolis (Ind.) Lawrence, 58-11 ¾; 3, Fred Bieganski, Cousino, Mich., 56-8; 4, Rick Wise, Troy, O., 55-8 ¾; 5, Dave Walmoth, Southfield, Mich., 54-1; 6, Brian Lawrence, Columbus Eastmoor, 53-1 ½.  
**Discus** - 1, Chris Walker, Troy, O., 165-3; 2, Greg Black, Wooster Triway, 164-8; 3, Don Trumbull, Springfield, 164-4; 4, Steve Andrew, Cincinnati Mariemont, 162-4; 5, Tyrone Jordan, Canal Winchester, 156-10; 6, Mike Schincariol, Windsor (Ont.) Assumption, 155-9.  
**Pole Vault** - 1, Mark Bradley, Scarborough (Ont.) Woburn, 15-0; 2, Ron Vernsaco, Ft. Wayne (Ind.) Snider, 14-6; 3, Jeff Ward, East Lansing, Mich., 14-0; 4, Bob Evans, Troy, O., 14-0; 5, Bill Hoffelfinger, Vassar, Mich., 14-0; 6, (tie) Tim Turner, Detroit (Mich.) Bishop Borgess, Chris Mand, Dublin, 13-6.  
**Mile Run** - 1, Alan Scharu, Austintown Fitch, 4:18.2; 2, Gary Black, State College, Pa., 4:21.5; 3, Joel Albers, Cleveland Heights, 4:22.0; 4, Rob Earl, Scarborough (Ont.) W.A. Porter, 4:22.3; 5, Chris Koehler, Bay Village, 4:22.7; 6, Zack Kern, Austintown Fitch, 4:22.8.

**300-meter Hurdles** - 1, Darin Hill, Middletown, 36.8; 2, Shelby Johnson, Taylor (Mich.) Center, 37.0; 3, Del-Ray Feagin, Mansfield, 37.8; 4, Jim Wooley, Eastwood, Ont., 38.4; 5, Mark Oblinger, Garden City, Mich., 38.8; 6, Paul Green, Sandusky, 39.0

**440-Yard Dash** - 1, Darrel Sargent, Ashtabula Harbor, 48.4; 2, Calvin Thomas, Cleveland Glenville, 48.5; 3, Deon Hogan, Detroit Kettering, 48.9; 4, Randy Woodson, Detroit (Mich.) Redford, 49.6; 5, Dorrence Lindsay, Detroit (Mich.) Pershing, 50.0; 6, Ray Marks, Cleveland East Tech, 50.1.

**High Jump** - 1, Milt Ottey, Agincourt (Ont.) Timothy Eaton, 6-8; 2, Pete Williams, Columbus West, 6-8; 3, Jeff Nowak, Dearborn (Mich.) Edsel Ford, 6-6; 4, William McBrearty, Grosse Pointe (Mich.) South, 6-6; 5, Dave Randolph, Nordonia, 6-6; (tie), Jon English, Birmingham (Mich.) Brother Rice, Glen Wiesniewski, North Olmsted, 6-4.

**220-Yard Dash** - 1, Mike Miller, Flint (Mich.) Northern, 21.8; 2, Anthony Battle, Flint (Mich.) Southwestern, 21.8; 3, Calvin Thomas, Cleveland Glenville, 22.0; 4, Mark Evelyn, Agincourt, Ont., 22.1; 5, Henry Brandon, Akron Buchtel, 22.4; Dennis Valine, Ann Harbor Huron, Mich., 22.4.

**Shuttle Hurdle Relay** - 1, Detroit Northern (Tyrone Worthy, Russell Moody, James Jackson, Sidney Fuller), 59.2; 2, Mansfield Senior, 59.8; 3, East Lansing, Mich., 60.7; 4, Detroit (Mich.) Cass Tech, 61.3; 5, Gary (Ind.) Roosevelt, 61.8; 6, Pontiac (Mich.) Central, 62.2.

**880-Yard Run** - 1, John Bracco, Highland, Ind., 1:55.9; 2, Mike Rawlings, Crown Point, Ind., 1:56.9; 3, Joel Albers, Cleveland Heights, 1:57.7; 4, Mark Prunte, Pontiac (Mich.) Central, 1:57.7; 5, Larry Verburg, Utica (Mich.) Henry Ford, Mich., 1:58.2; 6, Alan Scharsu, Austintown Fitch, 1:59.1.

**880-Yard Relay** - 1, Mansfield Senior (Dana Richie, Tyrone Darson, Jerry Powell, Ivan Peoples), 1:30.3 2, (tie) Toronto (Ont.) C.W. Jeffries, Flint (Mich.) Southwestern, 1:31.0; 4, Cleveland John Hay, 1:31.2; 5, Gary Roosevelt, Ind., 1:31.6; 6, Cleveland John Adams, 1:31.6.

**1 Mile Relay** - 1, Mansfield Senior (Mike Davis, Robbie Williams, Wayne Curry, Ivan Peoples), 3:24.2; 2, Detroit (Mich.) Redford, 3:25.7; 3, Detroit (Mich.) Pershing 3:27.3; 4, Toronto (Ont.) Michael Power, 3:27.6; 5, Dayton Jefferson, 3:28.4; 6, Scarborough (Ont.) W.A. Porter, 3:29.3.

### NOTE TO COACHES

Ohio Track Rule - 1979  
No fault start rule —  
Rule 7 Article 6 Page 35

### **RUNNERS WILL BE DISQUALIFIED ON THE FIRST FALSE START!**

It is a false start if a runner fails to comply with the starters' commands, or if a runner is in motion after the command "set", or if a runner leaves the mark with a hand or foot after the "set" instruction but before the pistol is fired, or if a runner leaves the mark without pistol being fired. **THE OFFENDER OR OFFENDERS SHALL BE DISQUALIFIED.**

### **SPECIAL REGULATIONS - ATTENTION**

**FOLLOW THE SCHEDULE** - Starters in every event must be at the bull pen ready to run ten minutes before the event.

**Preliminaries** - Preliminaries will be conducted in every event EXCEPT the 1500-meters, the 400-meters, 4 x 800-relay, 4 x 1600-relay, 800-relay, medley relay, 800-meter run, shuttle hurdle relay, 1600-meter relay and 3000-meter run which will run in sections against time.

**Relay Exchange** - The 800 meter relay will be run in lanes and the team will exchange batons in their respective lanes. In the other relays the California Exchange will be used and the teams will be placed in position according to the position of the incoming runners.

**Pole Vault and High Jump** - In the pole vault prelims the bar will be placed at 13 FT., and in the high jump at 6-1 FT. Vaulters and Jumpers can warm up at lower heights, but this must be done before the event starts. In order to prevent unnecessary delay in the pole vault, competitors may, at the discretion of the officials in charge, be required to be ready to vault or jump within two minutes after the previous competitor's trail or be penalized by the forfeiture of one trail at that height.

**Rules** - Rules set up by the Ohio High School Athletic Association shall apply to all rulings.

**Out-of-State Schools** must adhere to their regulations where there is a differential between the standards set up by Ohio High School Athletic Association.

**Restrictions - Eoys' Track** - A participant may compete in a maximum of four (4) track and field events. The four events may be any combination of track and field events, including relays, or maybe four track events or four field events. The foregoing regulation applies to one and two day meets without exception.

**Shot Put** - Only puts of over 52 feet will be measured.

**Discus** - Only throws of over 150 feet will be measured.

**Long Jump** - Only jumps over 21 feet will be measured.

**300 meters** - Prelims will be run on the south portion of the track and finish at the north end. The finals will start on the north and finish at the common finish line.

**200 meter** - Prelims will be at the north end. The finals will be Olympic style on the curve with the finish at the common finish line.