

## ***Track & Field Timeline & Overview***

*(Revised August 30, 2007)*

### **State Track Meet Timeline**

1890's	High schools hosts various invitational meets
1900	University of Iowa hosts annual invitational meet for high schools
1906	I.H.S.A.A. holds first ever State Championship Meet in Iowa City; the meet which was an "open" competition. Ida Grove won the team title with 46 points. Scoring was 5-3-1 for individual competitions and the two relay events (880 and mile); no restriction on the number of events an individual could have
1910	Last year for Hammer Throw. Scoring changes to 5-3-2-1 in all events.
1912	Competitors limited to three events with two being either running or field events
1924	Number of events an individual could compete in raised to four with no more than three running events
1926	District meets used to determine State Meet qualifiers in each event.
1926	Javelin added to list of field events
1928	Scoring in all events expands to five places: 5-4-3-2-1
1935	200 Yard Low Hurdles replaces 220 Yard Low Hurdles; 440 yard relay, Mile Medley, and Two Mile Relays added. Scoring expands to 6-4-3-2-1 for individual events and 8-6-4-2-1 in relays
1941	Last year for the javelin throw
1942	Football Throw added to list of field events
1948	State Meet split into two classes
1951	180 Yard Low Hurdles replace 200 Yard Low Hurdles
1953	State Meet moved to four classes
1963	Last year for the football throw
1968	Two Mile Run added to list of events
1971	Six places earn points: Individual – 6-5-4-3-2-1; Relays – 10-8-6-4-2-1
1973	State Meet moves from one-day event, with the addition of a Friday afternoon session.
1977	Scoring for individual events changes to 7-5-4-3-2-1; relays stay at 10-8-6-4-2-1
1978	Running events changed from yards to meters
1979	400 meter low hurdles added to the list of events
1983	Class 4-A drops district qualifying and uses regular season performances for state meet qualifying
1989	Last year for the pole vault
1990	Classes 2A and 3A drop district qualifying and use regular season performances for state meet qualifying
1990	Wheelchair events added to the State Meet (100, 200, 800 meters, shot put and discus)
2003	Iowa has first in the nation status as Wheelchair Team Champion is contested with Marshalltown winning; 800 meter wheelchair dropped and 400 meter added. First time State Meet scores eight places in all events: Individual Events – 8-7-6-5-4-3-2-1; Relays – 10-8-6-5-4-3-2-1
2004	All four classes return to district meets for state meet qualifying
2005	First Co-ed State Track & Field Meet, May 19-21. Scoring in all events (8 places): 10-8-6-5-4-3-2-1; event eligibility rule changed to allow an athlete to compete in four running events or four field events or any combination of the two equally four
2007	Shuttle Hurdle Relay is added to the list of state events

It was Saturday, May 19, 1906 when slightly more than 200 boys from 36 schools assembled at Iowa Field in Iowa City for the inaugural State Track Championships conducted by the Iowa High School Athletic Association. Thus the first ever state sports high school championship sanctioned by the IHSAA was born.

A sparse crowd of parents, spectators with only a handful of media watched as Ida Grove indelibly etched its name into the archives by winning the meet. The state high school track and field meet is now a major spectator event, attracting large crowds at Drake University, and is usually covered by nearly 400 state's media representing newspapers, TV, and radio.

Prior to 1906, some Iowa high schools held invitational meets and competed in some college meets where many of their events were contested. Interest in the sport was rekindled in the Modern Olympic Games in 1896 and especially the St. Louis Games of 1904, as well as the nation's emphasis on fitness.

In 2006, Iowa boys start their second century of competition. It is only fitting that we offer the following review and the timeline above to chronicle the sport and the State Meet. It is not intended to be complete but more to give the reader a quick glimpse how far the sport has come.

Finding the first names of state champions and the names of relay runners who won a state championship has been difficult. Newspapers, the Drake Relays, and the State Meet did not use full name reporting until the late 1930s and early 1940s. Hence, the IHSAA has initiated a call for assistance from schools and local media.

### **Medals Galore**

Nearly 3,000 individual event and relay champions were crowned in the first 100 years. When one figures state place winners the number of medals awarded swells to nearly 20,000.

2008 is the 103rd running of the State Championships and it is contested at the finest facility in the state -- Jim Duncan Track at refurbished Drake Stadium in Des Moines. It will attract over 2,000 student athletes from 300 plus schools, and is part of the Co-ed State Meet which attracts over 30,000 paid admissions and 50,000 fans, making it the largest prep meet of its kind in the nation.

### **Changes**

The State Meet has incorporated several changes throughout time. It started as a one-day "open competition" and remained as such until 1926 when district meets were used to determine state qualifiers. In the first six state meets there was no restriction on the number of events for an athlete, but a tight time schedule reduced any potential abuses. Starting in 1912, competitors were limited to three events with two being either running or field events. A limit of four events with no more than three running events went into effect in 1924. In 2005, for the first time, all four events could be running or field events.

As the lists of events grew and longer races became more vogue, caps on the total distance athletes were allowed to run were created starting at 1,800 yards and gradually increased until being removed in 1965.

Originally only three places were scored in events. It was increased to four (1910), five (1928), six (1971) and since 2003 eight places have been scored.

In 1973 with the expansion of the number of state meet qualifiers, the championships added a Friday afternoon session. With the creation of the State Co-ed Meet in 2005, portions of three days are being used.

Timing has changed from stop watches being reported in fifths of seconds, to tenths, and now fully automatic times which are used in some high schools and since 1977 at the State Meet. The first 65 years State Meet sites had been at local high schools or college campuses but since 1973 the State Meet has resided at Drake Stadium.

A big factor in the growth of the sport was classification based on school enrollment. In 1948 the single class championship became two classes before moving to four in 1953.

Events have changed too. The first meets had just two relays – the 880 yard relay and mile relay. In 1935, the 440 yard, two mile, and mile medley relays were added, and in 2007 the shuttle hurdle relay debuted.

In another change the meet went to metric running distances.

Several field events were patterned after Olympic events and some were eventually retired. No longer is there a hammer throw, which was contested from 1906-1910. The javelin throw, which was started in 1927 last through the 1941 meet. It was discontinued because of safety, but not before Bruce Erickson of Traer became a three-time state champion and in 1939 he threw 195-08.25, second best in the nation. Also, gone is the football throw, which replaced the javelin in 1942 and was retired in 1963, and the pole vault, also dropped for safety reasons in 1989. Low hurdle distances were run at 220 yards, 200 yards, 180 yards, and in 1977 to 165 meters. A year later the 400 meter low hurdles was added.

In 1990 Iowa was one of the first states to include events for wheelchair athletes and in 2003 the IHSAA gained first in the nation status by having a separate team championship for schools entering wheelchair events. On the whole the State Championships have a rich legacy of competition and performances that have received national acclaim. Iowa prep performers have held national interscholastic records, became N.C.A.A. champions in college and/or represented the United States in the Summer Olympics.

Iowa coaches have worked to encourage multiple-sport athletes to compete in track and field. As a result the sport has long been the cornerstone of success for other sports. The list of individual champions and state meet competitors

contains many outstanding multi-sport athletes and the names of eventual U.S. interscholastic champions, national collegiate champions, world champions, and American Olympians.

### **A Salute to Some is a Salute to All**

In this tribute we can not possibly highlight all the greats, but we will recall those who set national interscholastic records while in high school, had superlative achievements at the state meet, and those who went on to reach national acclaim. Truly to remember some is to embrace all. A list of team and individual event champions by year and Iowa's all-time best performances by event can be found on the IHSAA track website.

A number of performances and performers several jump out through the first 100 years. We highlight those who set national interscholastic records while in high school, or had superlative achievements at the state meet, and some of the greats who went on to reach national acclaim after high school. The litany of outstanding track and field preps rolls through the sports pages of time, with the ink chronicling enduring performances far too numerous to mention in this piece.

For sheer longevity nationally no Iowa mark ever compared with Des Moines Roosevelt's 8:05.3 effort in two mile relay winning the 1938 State Meet. The Riders' shaved 24 seconds off their district qualifying time in establishing a new national interscholastic record eclipsing the previous record of 8:09.3 by Deerfield High School of Chicago, IL. Ken Reesman, Bob Cramer, Eugene Hogan and Lowell Baal did the baton duties and the mark stood 15 years until Bellflower, CA ran 7:56.0 in 1953. Roosevelt's prowess in the two mile relay today manifests itself in the strength Iowa City, City has had in the 1990s and early 2000s. The Little Hawks have Iowa all-time bests in the 4 x 100, 4 x 200 and 4 x 400 meter relays and their title rush the last 14 years.

Ames, Davenport Central, Des Moines East and Iowa City, City have 57 of the first 100 team titles, and collectively in that time span have crowned 390 event champions, with Ames leading the way with 113. Ames joined some of the elite relays nationally in 1987 when they ran the nation's best 4 x 800 meter relay in establishing an Iowa all-time best of 7:44.06. In fact in the years from 1987-2005 only 18 other quartets in the nation have run faster!

### **The Sprinters**

The state's climate that does not lend itself to developing outstanding sprinters, but Iowa has produced several. From 1911-13 Greenfield's Charles Hoyt won three straight 100 and 220 yard dashes in the State Meet en route to seven career gold medals. He ran a nation's best of 9.8 in 1913 -- the same year the American Amateur Athletic Union called him "America's best sprinter." His 9.8 effort was equaled by Bill Carter of Chicago in 1914 and was not bettered until 1932 when Foy Draper of California ran 9.6. Hoyt's best was during his junior year in high school. He passed up the final semester of his senior season, completing graduation requirements and enrolling at Grinnell College where he continued to set records, and won the first ever watch in the Drake Relays when he won the 1916 220 yard dash. World War I interrupted his career but he later returned to complete his studies at Grinnell College and eventually coached track there.

In the 1955 Mason City's Bill Woodhouse in the State Meet won the 100 and 220 yard dashes upsetting the state's 220 all-time leader (at that time) Tom Jennings of Marshalltown. Woodhouse went on to Abilene Christian where he was one of a number of runners who clocked a world record of 9.3. He usually led off Abilene Christian's world best 440 and 880 yard relay teams anchored by Bobby Morrow.

But for sheer speed and versatility it is difficult to match Des Moines North's Clyde Duncan, who won 9 straight state titles -- the 100, 220 and 440 each in 1962, 63 and 64. He also took the 100 dash at the Drake Relays each of those three years and ran on five victorious Drake Relay quartets during his prep career. In 1964 he ran an Iowa all-time best of 9.3 in the 100 and 21.1 in the 220 around a turn, which converts to 21.0 in meters. All other all-time leaders in the 220 from 1930-64 ran their best performance on a straight-a-way. The greatness of his 9.3 can be seen in a picture of the 1964 Drake Relays finals where he won seemingly by 8-9 yards.

Duncan went on to a sterling collegiate career at Texas Southern, where he was a member of two world-record setting relays. He continues his affiliation with Iowa and the Drake Relays as a coach at his collegiate alma mater. One of his more famous athletes who he recruited as an assistant coach at the University of Houston was NCAA and Olympic long jump and sprint champion Carl Lewis.

Prior to Duncan, Clinton's Carl Nelson blazed his name into the listings of the nation's best. He ran a 9.5 100 in 1933 to tie California's Frank Wykoff, a 1928 fourth place Olympian as a high schooler. The two would have shared the nation's best but the same year Jesse Owens of Ohio blazed a 9.4. Nonetheless, Nelson and Wykoff kept their second place national standing until 1941 when Bob Kelsey of Massachusetts joined them. Owens, Nelson, Wykoff and Kelsey kept

the top spots from 1933 to 1954, when Jim Jackson of Alameda, CA clocked a 9.4. Wykoff, who was born in Des Moines and lived in Norwalk until 1924, won gold medals in the 1932, 36 and 1940 Olympics.

The legendary Des Moines North Flying Four stunned the track world in 1948 when they set national marks in the 440 and 880 yard relays in the State Meet at Ames. The foursome of George Nichols, Connie Jones, Gary Scott and Reggie Kaiser flashed to a 1:27.6 performance in the 880 yard relay breaking a 17-year national record by six-tenths of a second. The mark was tied five years later but not broken until Los Angeles Jefferson, CA turned a 1:27.2 in 1955. In the same 1948 meet the North quartet went 42.3 in the 440 yard relay breaking the mark of 42.4 Glendale, CA set in 1928 with Frank Wykoff anchoring. Three weeks later Boys High School of Brooklyn, NY bettered North's time with a 42.0 being anchored by future Olympic champion Peter Remingo. However, North retained the number two listing until 1956.

### **Going the Distance**

Iowa has produced a bevy of distance runners bolstered by a proud tradition in cross country. Leading the impressive litany of performers at 1,600 and 3,200 meters are five performers that dominated their events.

Heading the all-time best list in 1,600 meters is Fort Madison great Ed DeLashmutt, who posted a 1,600 meter time of 4:05.6 in 1976. The time is converted from the traditional mile run (4:07.2). His performance came after Treynor's Jerome Howe registered a 4:07.7 (converted from a 4:09.3 mile clocking) in 1968. The same year Sioux City Central's fabled Doug Smith ran 4:12.6 in the mile, for a converted 4:11.0. Remarkably, those three times have stayed as the best in Iowa. In a sidebar, Smith burst on the scene as a ninth grader in 1965 when he stopped the mile watches in 4:15.5 (4:13.9 converted) for an Iowa all-time best eclipsing the mark set six years earlier.

Two preps from over a quarter of a century ago remain 1-2 on the all-time best list in the 3,200 meters. Jim Eicken of Davenport Central recorded a two-mile time of 8:55.4 in 1975, which converts to 8:52.0. Iowa City's Randy Jackson in the following year ran 9:00.2, converted to a metric time of 8:56.8. The two are the only ones to break the nine minute barrier in the event.

### **Hurdle Greats**

In the 110 meter high hurdles, five preps have run under 14.0, where there is no metric conversion for races run at 120 yards. Charles City's Randy Elliott posted a 13/6 in 1977 to lead the charts, while Bill Betterton of Carlisle ran 13.8 in 1992 to rank second. A trio of big school performers Greg Rumble of Urbandale (1974), Marshalltown's Dean Fogarty Chris Wycoff of Ames (1994) has a 13.9 to their credit.

Low hurdles races absorbed changes noted earlier but not before well known preps etched their name into history. The 220 yard low hurdles (1906-1934) saw Francis Layden of Davenport run a state all time best of 24.1 in 1931, and at 200 yards (1935-1950), Clinton's Bob Morris had an Iowa best of 22.4 in 1940. From 1951-1977 the race was run at 180 yards and Ames' Dan Wierson posted the state's all-time best in 1972 at 18.8. For one year, 1978, the race was at 165 meters and Jon Hutch of Clarion posted a state best of 20.3.

With the race now at 400 meters, Iowa preps continue to make gains. In 1996, Dustin Avey of Ames set an Iowa all-time best of 50.96 over the low hurdle barriers. Charles City's Greg Offerman in 2005 ran 51.35 in the state meet and a month later in a national meet over the intermediate height barriers clocked a 50.61.

Iowa track fans' love affair with the hurdles was expanded in the 2007 season with the addition of the Shuttle Hurdle Relay, run over 30" barriers.

### **4 Event Winners – Career Gold Leaders**

Perhaps the most difficult accomplishment at the State Meet is to win four individual gold medals and it has been done just five times in the first 100 years of the event. It was thought that the number was four, until research efforts uncovered that Carl Harris of Des Moines West was the first in 1907 winning the 100, 220, 440 and long jump. Vane Snorf, Des Moines Roosevelt (1926), Bob Brandt, Denison (1956), LeRoy McCuen, Corning (1976) and Adam Haluska, Carroll (2002) are the only ones to subsequently earn that honor.

Only 48 athletes have won three individual firsts at the State Meet in the same year. Forty-six athletes have won the same state event three consecutive years.

In his career Des Moines North's Clyde Duncan won a total of 9 individual state meet gold medals, the most ever. In fact, the fabled sprinter never lost a race in the 100, 220 and 440 yard dashes at a time when his high school varsity competition was limited to only three years.

McCuen and Haluska and Iowa City High's fabulous Tim Dwight (1991-94 who also ran on four gold-medal relays) are the only athletes to win eight career individual state meet titles.

The IHSAA continues to research the list of names of relay runners that won state titles so that a more comprehensive list of season and career gold medals can be determined.

### **Wheelchair Competition**

In the 17 years of wheelchair events, Johnston's E.J. Runyan was terrific in winning a total of 16 firsts in four years, 1997-2000. Wheelchair events in 100, 200, and 800 meters, plus the shot put and discus started in 1990. Iowa was one of the first states to incorporate the vents into the traditional State Meet format. In 2003 the 800 meters was dropped and the 400 meters was added and the state was first in the nation to crown a Wheelchair Team Champion, which became a co-ed award in 2005.

### **More Stars on the Track and in the Field**

So profound has been the Iowa prep track experience that many Iowa prep champions, far too many to recognize here, have gone on to be collegiate champions and Olympians including three-time prep hurdle champion Frank Cuhel of Cedar Rapids (1922-24), hurdler and long jumper Morgan Taylor of Sioux City Central (1920-21) who was an Olympic gold medalist in the 400 meter hurdles in 1924 and a three-time Olympian; Ames' Cliff Cushman, a 1954 state mile champion, who became a silver medalist in the 400 meter hurdles at the 1960 Olympic Games in Rome.

Research continues to find other Iowans, including Lamoni's Jack Parker who in 1933 recorded the second best Iowa prep long jump at 23-2 the went onto the State Meet and led his school to second, by winning the long jump and 120 yd. high hurdles. That set the stage for a bronze medal in the long jump at the 1936 Berlin Olympics, behind none other than gold medalist Jesse Owens

The "quick review" of other former Iowa high school champions who earned national recognition in individual events also includes: 1932 NCAA high hurdle champion and Olympic gold medalist George Saling of Corydon who competed for the University of Iowa; 1928 400 meter silver medalist in the 400 hurdles, Frank Cuhel from Cedar Rapids Washington also from the U of I; 1921 and 1923 NCAA 220 champion for Iowa Eric Wilson of Iowa City High; 1922 Deak Wolters from Dubuque who won the 1922 NCAA 440 for Iowa State; 1927 NCAA mile champion and Olympian Ray Conger of Riceville who competed for Iowa State; Linn Philson of Harlan won the 1935 NCAA high jump while competing for Drake; 1943 javelin champion George Gast of Osage, another Iowa State athlete; Brian Tietjens of North Central, Manly, the first Iowa prep to clear 7-0 in the high jump (7-03.50 all time best) and went on to be a 1985 NCAA champion for Iowa State; and Scott Crowell of Mason City who set an national interscholastic record in the discus with a throw of 207-8 in 1978 before winning the 1981 NCAA discus title for Iowa State.

Three Iowa preps have long jumps of over the magical 24 foot mark, led by Davenport Central's Chris Walker who soared 24-05 in 1984. Iowa City's Hakim Hill in 2000 posted a best of 24-04. The two performances erased a previous all-time best of 24-03 by Iowa Valley, Marengo's Matt Zuber who leaped 24-03 in the 1985 state meet.

Two Iowa athletes who excelled in the shot put were also spectacular. Doug Lane of Cedar Rapids Jefferson was an outstanding prep in the shot and the discus winning a total of five high school titles and adding five more at the Drake Relays. His high school best in 1968 was 70-11, making him the third prep ever in America to break the 70' barrier. He was the 1972 NCAA shot put champion while competing for the University of Southern California. Preston's Al Feuerbach spring boarded his 1966 state shot put championship into a stunning career as a four time U.S. champion and three time Olympian, missing the gold medal by only six and half inches in 1972. He was the world record holder (1973) in the event following a career at Emporia State University. Scott Crowell of Mason City rocked the national discus world in 1978 with a throw of 207-8 for a new national mark, which stood until 1985. At Iowa State University he was an All-American and a 1981 NCAA Division I champion. He was the first ever national champion in the discus to become an NCAA Division I national champion.

Others state champions not to be overlooked include 1970 NCAA decathlon champion and Pan-American Games gold medalist Rick Wanamaker of Iowa Valley, Marengo competed for Drake University; Ankeny's Kevin Little who went on to national and world acclaim at Drake in the 200 meters from 1989-2001; Sioux City East half miler Bob Prince who was an NCAA champion in 1976 for Kansas State; Treynor's Jerome Howe (mentioned above) took a brilliant high school career of championships in the 880 and mile to Kansas State, where he became a 1972 Olympian; Knoxville's Randy Wilson was a high school hurdle champion and went to Oklahoma and switched to the 800 meters and competed in the 1980 Olympic games; Iowa City, City High's Joey Woody went to University of Northern Iowa and specialized in the 400 hurdles becoming an All-American and eventually placing in several world championships.

The list of Iowans who combined state championships with NCAA titles expands when you look at Division III. Panora's Kip Janvrin, another Simpson College star, won three NCAA decathlon titles and added a pole vault and 400 hurdles before making the American Olympic squad in 2000. Central Peter Wagner from Southeast Polk, competing for Central was the NCAA Division III decathlon champion in 2001 and 2003. In NCAA Division III Championships, West Bend's Craig Cantrall took the 1994 high jump for Central College; the Dutch's Zech Schiebout from Pella Christian won the 1997 discus, and Dysart's Brent Hennessy competing for Simpson College was the 1981 national champion in the discus.

Even the discontinued events, some dropped for safety reasons, produced impressive performances. Besides Bruce Erickson's javelin throw in 1939 noted earlier, Bettendorf's Preston Schmidt's 1983 vault of 16-06.5 indoors had national ranking and leads a group of eight athletes to go 15-0 or higher. The Football Throw, as archaic as it sounds to some, was hugely popular from 1942-63. All told, ten athletes registered throws of 80 yards or more in the event with Audubon's Gary Eggers, uncorking a 1963 leading toss of 266-05 (over 88 yards).

Further, the honor roll of Iowans who became NCAA champions and All-Americans would swell if members of relay teams were included.

### **The Drake Experience**

Finally, no review of Iowa high school track and field would be complete without mentioning the Drake Relays. Predominately a collegiate event known as America's Athletic Classic, a long history of high school competition is integrated into the two and half day carnival.

Since 1911 Iowa boys have competed in select high school events which have been expanded over the years. Outside of the State Championships, which have been held on Drake's outstanding facility continually since 1973, no single track meet provides a showcase for so many preps and places them on a national platform. The Drake Experience is special to athletes and coaches. And true to their Iowa roots, the prep performers have always rewarded the fans with excellence, excitement and memories, as well as giving them a preview of the State Championships, three weeks later.

Drake's enthusiastic fans urged by the legendary announcing of Jim Duncan and in recent years Tom Kroeschell provides the stage of thrilling performances. The expected standard of excellence inspires new individuals to etch their names on the list of champions and legendary performances, as the sport proudly boasts a tradition of "being the best you can be when your best is needed."

### **Other Related State Events**

The IHSAA has held a State Cross Country Meet since 1930, with the University of Iowa sponsoring a "state meet" from 1922 through 1929. A summary of the state championships is recorded in the State Cross Country Stat Book, which is updated each summer and can be viewed and downloaded from the cross country page of the Association's web site [www.iahsaa.org](http://www.iahsaa.org)

In addition, the IHSAA from 1922 through 1972 held a State Indoor Track Meet in late February or early March, and a State Mile Team Race in the early fall approximately a month prior to the cross country championships.

### **Track Stat Book**

The IHSAA State Track Stat Book is updated annually and has a thorough history of the meet including all the event champions; team champions and runner-up, plus coaches of the championship teams. Until 2003 only the results of state meets going back to 1930 were included. The results now included all state meets from the very first in 1906 to the present. Within the list are the first and last names of event champions except for 20 we continue to research. The Stat Book can be viewed and downloaded from the track page of the IHSAA web site.