

SEVENTH ANNUAL GRIGGS  
COUNTY PLAY DAY  
PROGRAM

9:30 to 12:00—Athletic Events.

12:00 to 1:00—Picnic Lunch.

1:00 to 2:00—Community Singing.

2:00 to 4:00—Special Features.

4:00—Young Men's Ball Game.

4:00 to 7:30—Special Matinee for  
Children.

GIRLS

Class A. Under 8 years.

20 yard dash.

Baseball throw.

Potato race.

Class B. 8 to 12 years.

50 yard dash.

Baseball throw.

Potato race.

3-legged race.

Class C. High Sch. Fresh & Soph.

100 yard dash.

Running high jump.

Running broad jump.

Basket ball throw.

BOYS

Class A. Under 8 years.

50 yard dash.

Baseball throw.

Potato race.

Class B. 80 to 100 pounds.

75 yard dash.

Potato race.

3-legged race.

Class C. High Sch. Fresh & Soph.

220 yard dash.

Shot put (12 pounds)

Running high jump.

Running broad jump.

Explanations and directions to be observed when training for events: In training for dashes, run on level ground. Have distances measured accurately. Practice for the races with hands on the chalk line, and with one foot from 8 to 10 inches in advance of the other.

In baseball throw, practice throwing for distance. The winner in this contest is the one who can throw the greatest distance.

**POTATO RACE:**—On goal 1, the starting line, have as many circles as there are players; Goal 2, 20 yards from the first goal. Place 3 potatoes in each circle on goal 2. At a given signal each runner on goal 1 starts for a potato in his circle on goal 2 and returns it to goal 1, and so on until all three potatoes are in his circle at goal 1. The contestant who finishes first wins the race. If a potato is dropped anywhere but in the circle it must be picked up and properly placed before another is touched.

**THREE-LEGGED RACE:**—Two contestants run together. Their legs must be tied at the ankle and just above the knee to avoid strain on the ankle.

**RUNNING BROAD JUMP:**—"Take off" is a board 4 inches wide and 2 feet long buried so that its proper surface is even with the ground. Loosen the soil beyond the take off for a distance of 12 feet or better. The jumper approaches the take off at a run, steps on it and jumps. The distance is measured to print of the back of his heels. If the jumper steps over the take off it is a foul and the try is lost. In case the jumper falls backward the point nearest the take off where his body touched is measured.

**RUNNING HIGH JUMP:**—Uprights should be placed in the ground or on broad bases. These bases or uprights should have inch measurements indicated and so arranged that a fish pole or hemp line string can be used to adjust the height of the jumper. There should be no sag in the pole or rope. The jumper should run from his most convenient angle. The uprights should not be less than 6 feet but may be 10 feet.