

that time but also because the beginning of that period is the time when we began to have a system of scoring athletic events of such a character as would make a comparison between the past and the present of any real value.

In my endeavor to show how progress has been made, I shall proceed in four lines which manifest progress: first, comparison of the records of 1876 with the records of today; second, comparison of the variety of events which claim the attention of athletes today with the variety in '76; third, comparison of the number of persons who take part in these various sports today with the number who were interested in them in '76; fourth, comparison of the organization for the carrying on of sports today with the organization of that time.

Taking up the first branch of the subject, if we compare the records of '76 with the records of today we shall find that they stand as follows:

	1876	TODAY
Shot-put .....	30 feet, 11.5 inches	49 feet, 7.25 inches
Hammer Throw .....	75 feet, 10 inches	173 feet, 7 inches
Pole Vault (1877) .....	7 feet, 4 inches	12 feet, 5.5 inches
Running Broad Jump.....	18 feet, 3.5 inches	24 feet, 11.75 inches
Running High Jump.....	4 feet, 10 inches	6 feet, 5.62 inches

To be sure, these are events which require skill and in which we should naturally expect to find improvement along the line of a better knowledge of the application of the laws of mechanics, physiology, and even psychology through the training for and conduct of the event. However, great improvement has also been made in the runs—in which the preceding generation was supposed to excel. A comparison of the records shows the following:

	1876	TODAY
100 yards.....	11 seconds	9.6 seconds
220.....	23.5 seconds	21.2 seconds
440.....	56 seconds	47.75 seconds
880.....	2 minutes 16.5 seconds	1 minute 53.4 seconds
Mile.....	4 53.8 seconds	4 15.6 seconds

Records which stand out even more prominently than these