The National Activities Week: October 14-21

Official Publication of the Kentucky High School Athletic Association

Sept. 1984
Proclamation
by
Martha Layne Collins
Governor
of the
Commonwealth of Kentucky

To All To Whom These Presents Shall Come:

WHEREAS, The Kentucky High School Athletic Association and the National Federation of State High School Associations support athletics and activities as a complement to academic requirements, the combination of which produces a wholesome learning experience; and,

WHEREAS, The Kentucky High School Athletic Association joins the National Federation of State High School Associations in proclaiming the week of October 14-21, 1984 as High School Activities Week; and,

WHEREAS, Honorary Kentucky High School Athletic Association High School Activities Week Chairperson Mary T. Meagher has combined her pursuit for academic excellence with the rigorous training and disciplined schedule demanded of an Olympic athlete; and,

WHEREAS, Miss Meagher has proven to be a fine example of the combination of academics and athletics by maintaining a B+ grade average both in high school and college, and capturing three gold medals in the swimming events of the XXIIIrd Olympiad this summer in Los Angeles;

NOW, THEREFORE, I, MARTHA LAYNE COLLINS, Governor of the Commonwealth of Kentucky, do hereby proclaim the week of October 14-21, 1984 as HIGH SCHOOL ACTIVITIES WEEK in Kentucky, and commend as exemplary the academic and athletic achievements of Honorary Kentucky High School Athletic Association Activities Week Chairperson Mary T. Meagher.

DONE AT THE CAPITOL, in the City of Frankfort, this the 5th day of September, in the year of Our Lord One Thousand Nine Hundred Eighty-four and in the year of the Commonwealth the One Hundred Ninety-third.

MARTHA LAYNE COLLINS
GOVERNOR

Drexell R. Davis
Secretary of State
Eldon Davidson, Monticello High School Principal, and Bob Rogers, Ballard Memorial High School Principal, have been elected President and Vice President, respectively, of the Kentucky High School Athletic Association Board of Control by the members of the Board.

Davidson, who served as Vice President of the Board during the 1983-84 school year, succeeds Knox Central Principal Charles Black in the presidency, and claims that the new position is quite an honor for him. "When I compare this with other honors I have received, no honor has given me more pleasure than being elected President of this Board."

Davidson has strong background and experience in Kentucky education beginning with his education at Hindman High School. Following his graduation, Davidson served three years in the United States Navy before enrolling at Morehead State where he received both his B.S. and M.A. degrees. He then studied at Eastern Kentucky and Murray State before receiving his Rank 1 degree from Western Kentucky University.

His teaching experience began with instruction in Biology and Science at Wheelwright, Cordia and Hindman High Schools, after which he accepted his first principalship at Jenkins High School in 1961. Following four years at Jenkins, he was named principal at Monticello High School, the position he still holds. He and his wife Betty have three children, Karen March, 25, John Walter, 23, and Richie Lando, 16.

Davidson is a strong advocate of the use of the full school day for instruction, and feels that one way to solve some existing schedule problems would be the elimination of athletic team travel on school time. "Many teams are using school time for travel, and yet haven't scheduled games against schools that are geographically closer and of similar competitive ability," he points out.

He does feel, however, that the state tournaments for boys and girls basketball should be left alone. "If the K.H.S.A.A. is to run the tournament, then let them run it. I feel very worried about the Kentucky Department of Education tampering with the state tournament," he said.

Davidson has several goals he would like to see accomplished during his tenure with his primary goal involving the attitude taken by the Board and member schools. "All member schools should recognize that the Board of Control is their elected representatives, doing a job to the best of their ability, and they should be supported publicly. This would strengthen the entire Association for the member schools to actively and vocally support the rulings of the Board."

Those feelings are echoed by incoming Vice President of the Board, Bob Rogers. "I wish schools across the state would realize that the K.H.S.A.A. is their association, and they should make more effort to see that the rules and rulings are upheld and supported rather than trying ways to circumvent and bypass these regulations."

Rogers, the representative of Regions I and II, said of his election, "I feel it is a great honor to serve in this position in an organization that I feel very proud to be a part of. Serving on this Board has been both a privilege and a challenge during the last three years."

Rogers graduated from Bethel College (TN) in 1966 after attending that school on a basketball scholarship. He received his M.A. from Austin Peay in 1969, and his Rank 1 from Murray State in 1971.

His teaching career began with a one-year stint at Male High School in Louisville in 1966-67 where he also served as assistant basketball coach. He then moved on to Earlron High School where he taught and coached from 1967-69 before going to Henderson City School in 1969 for a two year term as a teacher and head basketball coach. In 1971 he moved back to Earlron as a principal and basketball coach before giving up coaching and accepting an assistant principalship at Christian County in 1973.

In 1976, he moved to Webster County as an assistant principal and served there until accepting his current position at Ballard Memorial in 1980.

Rogers and his wife Gayle have two children, Jeff, a 17 year old senior, and Angie, a 15 year old sophomore, both of whom attend Ballard Memorial.

"My primary goal is to continue to serve and represent the schools in Western Kentucky in the best way I can," Rogers stated. "Communication from the state office and Board members to the schools is an essential ingredient to the success of our organization, and I have tried as others have, and should continue to try, to be an effective communication link. I am very appreciative of the support of the Western Kentucky administrators in helping me to communicate with my represented schools."

Shin splints is an athletic malady that plagues almost all sports. Mr. David Green, Athletic Trainer at Eastern Kentucky University presents an overview on the cause, treatment, and prevention of shin splints.

It is now three weeks into the season and your star player complains of pain in his/her lower leg. Upon further examination he/she has pain on the anterior aspect of the tibia and the interosseus space between the fibula and tibia. This is commonly referred to as Shin Splints, which is a catch all term that could be a simple strain of the tendon of the tibialis posterior muscle or something as severe as a stress fracture or anterior tibial compartment syndrome (severe swelling within the anterior fascia chamber of the muscle).

Shin Splints are caused by a variety of things such as: poor conditioning, faulty footwear, bad running habits, overuse, weak arches, and running on hard or imbalanced surfaces. These are only a few possible causes for this annoying injury. One of the most common reasons for this...
problem is changing from one running surface to another (from gymnasium floor to a soft field. What happens is the interosseous membrane between the tibia and fibula or the tendon sheaths become inflamed or irritated. The following are symptoms your athlete will express: a persistent aching pain felt with weight bearing, walking, and running. The medial aspect of the tibia is tender to the touch and sand-like protrusions (bumps) may be felt. There can be a rise in body temperature and possible muscle spasms, but there is very little swelling. There may be an acute form of shin splints that will last only a few days or there will be a chronic case lasting up to several months.

Shin splints can be treated in a variety of ways, each individual athlete may react differently to each treatment regimen. Some will work for one athlete but not for others and vice versa. Probably the safest treatment is complete rest but no one knows for how long and if you are in the middle of the season it’s difficult to rest. Some people have had results using heat, in the form of a whirlpool (108 degrees for 10-15 minutes), hydroculator steam pack or heat balms (cramergesic, ben gay, sports rub, etc.). This should be given before practice and using ice after practice. Some use ice before and after practice in the form of ice bags or ice cup massage. You will have to experiment with each treatment technique until you find the best for each individual athlete.

Taping may be beneficial for the aid of shin splints. There are several ways to tape. Like taping the longitudinal arch with a figure-of-eight taping, circular strips around the shin itself making sure not to restrict the calf muscle, and taping pads in place at the heel or the ball of the foot for support and cushioning from the impact of running. You can also use taping techniques in combination with each other. Again, you may need to experiment to find the best treatment for each individual athlete. The athlete needs to stretch properly prior to activity. The stretching needs to be a preventative technique but it should be used within the treatment regimen. The athlete needs to stretch his gastrocnemius by standing flat footed with toes slightly pointed in towards a wall 3 feet away, keep heels flat on the floor with back and legs straight, no touch the head to the wall. The athlete should hold this stretch for 10 seconds and do 10 repetitions. They should stretch the dorsiflexors (anterior tibialis muscle). This is done by sitting on the lower leg that is flexed under oneself while the foot is plantarflexed. (You may use any other stretching techniques for these muscle groups).

Some other preventive methods may include: run on grass or resilient surfaces, pads the heels (heelcups), having good shoes with proper arch support, and gradual conditioning of the athlete.

In summary, shin splints are a pain located on the medial border of the bottom two-thirds of the tibia. The exact cause is not really known, but there are a wide variety of possible ones. Treatment is usually experimental, if it feels good and it works on that athlete use it. This is the same with taping. Prevention is the best cure with proper stretching and gradual conditioning. If no response to treatment within three weeks, see a physician to rule out the possibility of a more serious injury like a stress fracture or anterior compartment syndrome.

David T. Green
Athletic Trainer, Certified
Eastern Kentucky University

FROM THE COMMISSIONER'S OFFICE

WRESTLING CLINICS 1984-85

Saturday-November 3-Western Kentucky-Hopkinsville High School-1:00 P.M.
Saturday-November 10-Northern Kentucky-Conner High School-1:00 P.M.
Saturday-November 17-Frankfort-Frankfort High School-1:00 P.M.
Tuesday-November 20-Louisville-Seneca High School-7:00 P.M.

1984 STATE CROSS COUNTRY MEET
NOVEMBER 3

Time Schedule
1:00 p.m.-4:00 p.m.
BOYS-5000 meters
GIRLS-3000 meters

1984-85 Cross Country Regions
The regional sites, managers and teams are assigned to each class and are listed below. Each school listed will receive from the regional manager an information sheet and entry form to the meet.
THE KENTUCKY HIGH SCHOOL ATHLETE FOR SEPTEMBER, 1984  PAGE THREE

1984 CROSS COUNTRY REGIONS

The regional sites, managers and teams are assigned to each class and are listed below. Each school listed will receive from the regional manager an information sheet and entry form to the meet.

REGION ONE:
Manager: Willie Simpson, Providence High School, Cedar St., Providence, Ky. 42450
Boys Class A: Crittenden County, Fort Campbell, Lyon County, Providence, St. Mary, Hughes-Kirk, South Hopkins, Graham, Trigg County, Muhlenberg Central, West Hopkins.
Girls Class A: Crittenden County, Fort Campbell, Fulton City, Providence, Trigg Co., West Hopkins, Graham, Hughes-Kirk, Lyon County, South Hopkins, Muhlenberg Central.
Manager: Tony Rowe, Daviess County High School, Owensboro, Ky. 42301
Boys Class AA: Bowling Green, Breckinridge Co., Grayson County, Calloway County, Union County, Owensboro Catholic, Webster County
Girls Class AA: Bowling Green, Breckinridge County, Grayson County, Calloway County, Union County, Owensboro Catholic, Webster County
Boys Class AAA: Apollo, Christian County, Daviess County, Henderson Co. Hopkinsville, Warren Central, Madisonville-N. Hopkins, Marshall County, North Hardin, Owensboro
Girls Class AAA: Apollo, Christian County, Daviess County, Henderson County, Hopkinsville, Madisonville N. Hopkins, Marshall County, North Hardin, Owensboro, Warren Central

REGION TWO:
Manager: Bobby Williams, West Hardin High School, Stephensburg, Ky. 42781
Boys Class A: Glasgow, Bardstown, Caverna, Edmonson Co., Fort Knox, Green Co., Hancock County, Kentucky Country Day, Gamaliel, West Hardin, St. Francis, Hart County, Trinity (Whitesville), Christian Academy of L'ville, Bethlehem
Girls Class A: Glasgow, Bardstown, Caverna, Edmonson County, Fort Knox, Hancock Co., Kentucky Country Day, West Hardin, Bethlehem, St. Francis, Trimble County, Hart County, Trinity (Whitesville)
Boys Class AA: Barren County, East Hardin, Elizabethtown, Larue County, North Bullitt, Washington County, Meade County.
Girls Class AA: Barren County, East Hardin, Elizabethtown, Larue County, North Bullitt, Washington County, Mead County.
Manager: Bro. Borgia, St. Xavier High School, 1609 Poplar Level Road, L'ville, Kentucky 40217
Boys Class AAA: Atherton, Central, Dupont Manual, Iroquois, Male, St Xavier, Shawnee, Butler.

REGION THREE:
Manager: Barry Binkley, Dayton High School, 8 & Walnut St., Dayton, Ky. 41074
Boys Class AA: Connor, Covington Catholic, Dixie Heights, Highlands, Lloyd Memorial, Scott, Simon-Kenton
Girls Class AA: Conner, Dixie Heights, Highlands, Lloyd Memorial, Scott, Simon-Kenton
Manager: Rich Rostel, Trinity High School, 4011 Shelbyville Rd., Louisville, Ky. 40207
Boys Class AAA: Ballard, Eastern, Fern Creek, Jeffersontown, Moore, Seneca, Trinity, Waggener, Oldham Co.
Girls Class AAA: Assumption, Ballard, Eastern, Fern Creek, Oldham Co., Moore, Seneca

REGION FOUR:
Manager: Randy Crist, Anderson Co High School, Broadway Ave., Lawrenceburg, Ky. 40342
Boys Class A: Grant Co., Lexington Catholic, Spencer Co., Owen Co., Anderson Co., Williamstown, Carroll Co., Frankfort
Girls Class A: Grant Co., Lexington Catholic, Spencer Co., Owen Co., Anderson Co., Frankfort, Williamstown
Manager: Charles Mitchell, Pleasure Ridge Park High School, 5901 Greenwood Rd., Louisville, Ky. 40258
Boys Class AAA: Holy Cross, DeSales, Doss,Fairdale, Pleasure Ridge Park, Southern, Valley, Western, Shelby Co., Bullitt Central
Girls Class AAA: Doss, Fairdale, Holy Rosary, Pleasure Ridge Park, Southern, Valley, Western, Mercy Academy, Shelby County, Holy Cross

REGION FIVE:
Manager: Gordon Bocock, Pulaski Co. High School, Somerset, Ky. 42501
Boys Class A: Berea, Garrard Co., Harrodsburg, Kentucky School F/T Dear, Mercer Co., Model, Somerset, Monticello, Wayne Co., Harlan

REGION SIX:
Manager: Frank Miklavcic, Paintsville High School, Paintsville, Ky. 41240

(continued on page eleven)
BELLEVUE HIGH SCHOOL - CLASS A GIRLS
Kentucky Track Meet
Lexington, Kentucky-May 26, 1984


300m Low Hurdles
1. Robertson, Lisa (12) Bellevue 45.19
2. Anthony, Andy (12) Bullitt East 46.49
3. Mertz, Lori (12) Bishop Br 47.95
4. Atkins, Jill (12) Raceland 49.30
5. Ray, Michelle (6) Ballard 50.58
6. Brown, Holly (12) Providence 51.60

100m Low Hurdles
1. Robertson, Lisa (12) Bellevue 14.90
2. Anthony, Andy (12) Bullitt East 15.30
3. Mertz, Lori (12) Bishop Brossart 15.54
4. Daniels, Gail (11) Ft Campbell 15.67
5. Brown, Holly (12) Providence 17.15
6. Cantor, Amy (11) Lewis Co. 17.44

100m Dash
1. Robertson, Lisa (12) 12.63
2. Cheatham, Tammi (9) Carroll Co. 12.81
3. Jackson, Wanda (9) Ft. Camp 13.08
5. Miller, Lea (11) Bath Co. 13.15
6. Howard, Lesley (11) Harlan 13.20

200m Dash
1. Reinwater, Lydawn (7) Larue Co. 25.23
2. Robertson, Lisa (12) Bellevue 25.53
3. Beach, Jackie (10) Frankfort 25.97
4. Thompson, Melisa (12) Trigg Co. 26.34
5. Pritchard, Maria (10) Ballard 26.39
6. Rothwell, Francine (12) Madison 27.23

400m Dash
1. Beach, Jackie (10) Frankfort 58.14
2. Thompson, Melissa (12) Trigg Co 59.68
3. Whitton, Julie (12) St. Henry 59.98
4. Hawkins, Kim (11) Bath Co. 1:00.19
5. Jenkins, Tammi (11) Ft. Campbell 1:01.77
6. Stampler, Stephanie (8) Berea 1:02.94

800m Run
2. Russell, Jennifer (11) Anderson Co. 2:21.71
3. Martin, Robin (11) Mercer Co. 2:22.02
4. Duff, Margaret (12) Somerset 2:23.44
5. Hall, Marcia (10) Providence 2:26.19
6. Tingley, Dena (8) Raceland 2:31.16

1600m Run
1. Hawkins, Kim (11) Bath Co. 5:10.71
2. Wiseman, Traci (10) St. Henry 5:12.77
3. Marksberry, Louann (12) Owen Co. 5:25.83
4. Mouton, Pam (11) Ky. Co. 5:29.01
5. Matz, Heather (9) Ft. Knox 5:34.31
6. Wallace, Ginger (10) Trigg Co. 5:35.83

400m Relay
1. Madison 50.58
2. Fort Campbell 51.29
3. Franklin 52.08
4. Todd Central 52.87
5. Bath County 54.56
6. Somerset 54.67

800m Relay
1. Madison 1:46.63
2. Fort Campbell 1:48.07
3. Franklin 1:50.14
4. Bellevue 1:51.78
5. Trigg County 1:52.03
6. Larue County 1:53.00

3200m Run
1. Whisman, Tracy (10) St Henry 11:31.18
2. Bell, St. Mary (9) Anderson Co. 11:48.16
4. Thompson, Vicki (10) Green Co. 12:13.90
5. Hosteller, Lisa (12) Riverside 12:31.82
6. Myla, Mary (10) Ft. Knox 12:35.49

1600m Relay
1. Bellevue 4:06.12
2. St. Henry 4:12.00
3. Bath County 4:14.52
4. Madison 4:17.80
5. Mitchell, Gabrielle, Ballard 4:23.95

Discus
1. Waller, Lori (11) Walton V. 120°
2. Bryant, Sharette (10) Ft. Camp. 100°
3. Anthony, Andy (12) Bullitt East 100°
4. Powell, Anita (10) Larue Co. 90°
5. Mitchell, Gabrielle, Ballard 90°
6. Green, Lori (11) Lex. Cath. 84°

Shot Put
1. Waller, Lori (11) Walton V. 35°
2. Turner, Hilarie (10) Owen Co. 33°
3. Kirk, Stacy (11) Garrard 32°
4. Cross, Karen (12) Fairview 32°
5. Powell, Anita (10) Larue Co. 31°
6. Fowler, Brenda (9) Providence 31°

High Jump
1. Shea, Maureen (12) St. Henry 5°
2. Hickman, Phyllis (10) Bardstown 5°
3. Blanton, Sonya (9) Edmonson Co. 5°
5. Williams, Tracy (9) Fort Knox 5°
6. Bryant, Charlotte (12) Menifee Co. 4°

Long Jump
1. Clemmons, Angie (12) Bath Co. 173°
2. Jenkins, Kammie (11) Ft. Campbell 164°
3. Howard, Lesley (11) Harlan 162°
4. Anthony, Andy (12) Bullitt East 162°
5. Martin, Robin (11) Mercer Co. 151°
6. Adkins, Angela (10) Grant County 151°

TOTAL POINTS
Bellevue .................................................. 52
Bath County .............................................. 44
Fort Campbell .......................................... 44
St. Henry ................................................... 40
Frankfort .................................................. 28
Meadows ................................................... 27
Bullitt East ............................................... 26
Walton Verona ............................................ 20
Trigg County ............................................. 19
LaRue County ............................................ 17
Anderson County ....................................... 16
Owen County ............................................. 14
Bishop Brossart ......................................... 12
Carroll County ......................................... 12
Providence ............................................... 12
Bardstown ................................................ 10
Mercer County .......................................... 8
Harlan ...................................................... 7
Ballard Memorial ....................................... 6
Edmonson County ....................................... 6
Gamaliel .................................................... 6
Fort Knox .................................................. 5
Raceland .................................................. 5
Somerset ................................................... 5
Fairview .................................................... 4
Green County ............................................. 4
Kentucky Country Day .................................. 4
Todd County Central ................................... 4
Berea ....................................................... 2
Fleming County ......................................... 1
Grant County ............................................ 1
Lewis County ............................................ 1
Lexington‘n Catholic .................................... 1
Menifee County ......................................... 1

PAGE FOUR
THE KENTUCKY HIGH SCHOOL ATHLETE FOR SEPTEMBER, 1984

Harold Stidham, Coach
FORT KNOX HIGH SCHOOL - CLASS A BOYS
Kentucky High School Track Meet
Lexington, Kentucky May 26, 1984

100m Dash
1. Mitchell, Mark (11) Lex. Cath. 10.84
2. Baker, Al (10) Trigg Co. 11.29
3. Douglas, Tony-Bardstown 11.29
4. Turnley, Calvin (12) Trigg Co. 11.29
5. Williams, Pat (10) Ft. Knox 11.40
6. Ratliff, Bobby (12) Bath Co. 11.54

200m Dash
1. Mitchell, Mark (11) Lex. Cath. 22.33
3. Turnley, Calvin (12) Trigg Co. 22.86
4. Ratliff, Bobby (12) Bath Co. 23.12
5. Harrison, Raymond (9) Bardstown 23.30
6. Williams, Pat (10) Ft. Knox 23.38

400m Dash
1. Wagner, Tommy (12) Murray 50.19
2. Holland, Jim (12) Ft. Knox 50.54
4. Turnley, Calvin (12) Trigg Co. 51.12
5. Mitchell, Mark (11) Lex. Cath 51.79
6. Rawe, Greg (12) Bishop Brossart 51.94

800m Run
1. Rawe, Greg (12) Bishop Brossart 1:58.76
2. Moore, George (12) Murray 1:58.79
3. Howard, Sean (12) Elliott Co. 2:00.04
4. Weisenhan, Tim (11) Lex. Cath. 2:00.10
5. Patton, Greg (12) Ft. Campbell 2:01.90
6. White, Kirby (11) Menifee Co. 2:02.23

1600m Run
1. Howard, Sean (12) Elliott Co. 4:26.78
2. Cooper, John (10) Bishop Br. 4:26.86
3. Bertram, Mark (11) Bishop Br. 4:31.35
4. Cuniff, Jerry (9) Berea 4:34.48
6. Stoneman, Keith (10) Menifee Co. 4:42.07

3200 Run
1. Thomas, Jesse (12) Anderson Co. 9:42.70
2. Bertram, Mark (11) Bishop Brossart 9:45.07
3. Cuniff, Jerry (9) Berea 9:53.72
4. Billington, Jason (10) Murray 10:01.48
5. Givens, David (11) Green Co. 10:02.15
6. Wright, Lynus (10) Trigg Co. 9:53.72

110m High Hurdles
1. Overall, Don (8) St. Mary 15.99
2. Banaster, Jim (12) Paris 16.00
4. Chipwood, Joe (12) Carvera 16.35
5. Hannan, John (12) Berea 16.50
6. Young, Rocky (11) Nicholas Co. 16.76

300m Low Hurdles
1. Bosey, Teddy (12) Fort Knox 39.65
2. Hannan, John (12) Berea 39.80
3. Roberts, Dennis (12) Bardstown 40.31
4. Coldiron, Phillip-Nicholas Co 40.64
5. Dickman, Bob (11) Ludlow 40.79
6. Osborne, Bob (12) Todd Cnt 41.78

800m Relay
1. Fort Knox 1:32.41
2. Bardstown 1:33.69
3. Ludlow 1:34.87
4. Trigg County 1:35.77
5. Bath County 1:36.81
6. Raceland 1:38.34

1600 Relay
1. Fort Campbell 3:25.05
2. Fort Knox 3:27.80
3. Todd Central 3:33.32
4. Ludlow 3:34.18
5. Paintsville 3:34.46
6. Bath County 3:40.22

Shot Put
1. Poolish, John (12) Hancock Co. 53.6"
2. Whitaker, Brad (12) McLean Co. 51.4"
3. Berthet, Gary (12) Bardstown 50.5"
4. Caple, Danny (12) Ludlow 48.3"
5. Mounce, Mark (11) Somerset 46.2"
6. Mullins, Bucky (12) Fleming N. 45"""

High Jump
1. Brown, J.B. (12) Fort Knox 6'10"
2. Overstreet, Don (9) St. Mary 6'6"
3. Biggers, Mark (11) Murray 6'4"
4. Williams, Charles (12) Bardstown 6'0"
5. Pearson, Jack (12) Harrodsburg 5'10"
6. Lackey, John (12) Betsy Layne 5'8"

Pole Vault
1. Wood, Gerald (12) Hancock Co. 12'0"
2. Voach, Brian (12) Bardstown 10'9"
3. York, Mark (12) Glasgow 11'6"
5. Casey, Mark (11) Anderson Co. 11'0"
6. Burchell, Blake (12) Paintsville 9'0"

Long Jump
1. Johnson, Davie (11) Bardstown 22'9"
2. Cage, Jonathan (12) Russellville 21'9"
3. Young, Rodney (12) Fort Campbell 21'4"
4. Cooper, Eric (12) Berea 21'3"
5. Combs, John (12) Berea 20'9"
6. Young, Rocky (11) 19'11"

TOTAL POINTS
Fort Knox ........................................ 61
Bardstown ....................................... 36
Bishop Brossart .................................. 33
Hancock County .................................. 30
Murray ........................................... 28
Trigg County ..................................... 27
Berea ............................................. 26
Lexington Catholic ................................ 26
Ludlow ........................................... 24
Belfree ........................................... 22
St. Mary .......................................... 18
Elliott County ................................... 16
Anderson County ................................ 12
Paris ................................................ 10
Bath County ...................................... 8
Carroll County ................................... 8
McLean County ................................... 8
Russellville ...................................... 8
Todd County Central ............................. 7
Bard Memorial ................................... 6
Glasgow ............................................ 6
Kentucky Country Day ........................... 6
Nicholas County .................................. 6
Caverna .......................................... 4
Madison .......................................... 4
Paintsville ....................................... 3
Somerset ......................................... 3
Green County ................................... 2
Harrodsburg ..................................... 2
Fleming Neon .................................... 1
Health ............................................ 1
Jenkins ............................................ 1
Menifee County .................................. 1
Raceland ........................................ 1

* Denotes New State Record

Discuss
1. Poolish, John (12) Hancock Co. 1852"
2. Caple, Danny (12) Ludlow 1571"
3. Berthet, Gary (12) Bardstown 1444"
4. Wally, Bobby (19) Ft. Campbell 1383"
5. Blar, Jerry (11) Berea 1306"
6. Mounce, Mark (11) Somerset 1259"

The Kentucky State Athlete for September, 1984

Page Five
### 300m Low Hurdles
- Wampier, Monick (12) Whiteburg: 45.9
- Raglin, Michelle (11) Bourbon: 47.9
- Goins, Chante (10) Frank, Simpson: 48.2
- Skinner, Geraldine (11) Union Co.: 48.4
- Johnson, Marsha (11) Grayson Co.: 50.7
- Pruitt, Christian (11) Russell: 50.7

### 100 Low Hurdles
- Acquious, Cathy (11) Franklin Co.: 15.03
- Wampier, Monick (12) Whiteburg: 15.11
- Smith, Tweetie (9) Adair Co.: 15.99
- Goallouway, Ita (12) Oboro Cath.: 16.07
- Howard, Jennifer (10) Franklin Co.: 16.28
- Frazier, Lisa (11) Clay Co.: 16.41

### 100m Dash
- Robey, Regina (11) Logan Co.: 12.58
- Brooks, Angie (11) Union Co.: 12.65
- Robinson, Tina (8) Danville: 12.71
- Jackson, Tina (12) Franklin Co.: 12.89
- Williams, Lisa (11) Mason Co.: 12.92

### 200m Dash
- Custard, Mary (10) Harrison Co.: 26.32
- Smiley, Jacind (11) Boyle Co.: 26.38
- Couler, Danita (12) Whiteburg: 26.78
- Jones, Latonya (12) Ped. Trig.: 26.48
- Williams, Kim (12) Scott Co.: 26.51
- Grimes, machining (9) Colvey Co.: 26.56

### 400m Dash
- Custard, Mary (10) Harrison Co.: 57.88
- Jones, Latonya (12) Ped. Trig.: 59.78
- Flowers, Theresa (11) Logan Co.: 1:00.19
- Jackson, Tina (12) Franklin Co.: 1:00.80
- Stee, Alice (12) Boyle Co.: 1:00.82
- Coomer, Torma (9) Henry Clay: 1:01.08

### 800m Run
- Boggs, Deanna (10) Whitesburg: 2:17.95
- Plank, Kathy (11) Conner: 2:19.64
- Wood, Sharon (8) Danville: 2:22.49
- Cox, Nicole (7) Clay Co.: 2:26.42
- Beatchamp, Jacque (10) Barren Co.: 2:26.90
- Snook, Peggy (9) Western Hills: 2:27.02

### 1600m Run
- Plank, Kathy (11) Conner: 5:03.95
- Bogg, Deanna (10) Whitesburg: 5:12.98
- Ash, Tonya (8) Clay Co.: 5:15.39
- Caulk, Julie (8) Franklin Co.: 5:20.64
- Wilkins, Diane (11) Union Co.: 5:31.80
- Thomas, Missie (11) Union Co.: 5:31.80

### 400m Relay
- 1. Logan Co.: 50.54
- 2. Danville: 50.73
- 3. Franklin Co.: 51.30
- 4. Harrison Co.: 51.36
- 5. Clay Co.: 52.16
- 6. Paduck Trig. 52.39

### 800m Relay
- 1. Danville: 1:46.29
- 2. Harrison Co.: 1:46.42
- 3. Franklin Co.: 1:47.47
- 4. Logan Co.: 1:47.94
- 5. Paduck Trigmen: 1:49.13
- 6. Boyle County: 1:50.48

### 3200m Run
- 2. Ballard, Genny (9) Lawrence Co.: 11:52.99
- 3. Thomas, Missie (11) Union Co.: 12:00.01
- 4. Cauld, Julie (8) Franklin Co.: 12:06.19
- 5. Wilkins, Diana (12) Meade Co.: 12:16.38
- 6. Malley, Beth (12) Meade Co.: 12:45.71

### 1600m Relay
- 1. Danville: 4:02.90
- 2. Harrison County: 4:07.39
- 3. Clay County: 4:09.90
- 4. Marion County: 4:15.52
- 5. Webster County: 4:16.05
- 6. Union County: 4:20.25

### Shot Put
- 1. Haltshett, Sherry (12) Ohio Co.: 35.10"
- 2. Compton, Pat (11) Fleming Co.: 35.2"
- 3. Bunch, G. (11) Barren Co.: 34.9"
- 4. Masure, Jonie (10) Rowan Co.: 34.8"
- 5. Webb, Pem (12) Bourbon Co.: 34.4"
- 6. Ewell, Karen (12) Loyd Mem.: 33.10"

### Discus
- 1. Haltshett, Sherry (12) Ohio Co.: 122.1"
- 2. Masure, Jonie (10) Rowan Co.: 117.0"
- 3. Lewis, Therette (12) Danville: 114.0"
- 4. Bunch, G. (11) Barren Co.: 110.1"
- 5. Masure, Julie (8) Rowan Co.: 109.1"
- 6. Linton, Ann (12) Washington Co.: 104.2"

### High Jump
- 1. Moss, Amberley (10) Colvey Co.: 5.3"
- 2. Young, Megan (9) Montgomery Co.: 5.2"
- 3. Young, Patti (11) Webster Co.: 5.1"
- 4. Rice, Kelly (12) Clay Co.: 5.0"
- 5. Compton, Pat (11) Fleming Co.: 5.0"
- 6. Harrison, Kellie (10) Dixie Heights: 4.10"

### Long Jump
- 1. Bailey, Sherila (12) Frank, Simpson: 18.2"
- 2. Jones, Latonya (12) Ped. Trig.: 17.5"
- 3. Henson, Tam (9) Clay Co.: 17.4"
- 4. Smith, Dianna (12) Danville: 16.3"
- 5. Compton, Pat (11) Fleming Co.: 16.2"
- 6. Patterson, Angi (11) Scott Co.: 16.2"

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### TOTAL POINTS
- Danville: 56
- Franklin County: 40
- Harrison County: 40
- Whitesburg: 36
- Clay County: 30
- Logan County: 30
- Conner: 28
- Penduck Trigmen: 23
- Ohio County: 20
- Union County: 19
- Franklin Simpson: 16
- Rowan County: 14
- Barren County: 12
- Boyle County: 11
- Calloway County: 11
- Bourbon County: 10
- Fleming County: 10
- Lawrence County: 8
- Webster County: 8
- Adair County: 6
- Meade County: 5
- Warren County: 4
- Owensboro Catholic: 4
- Scott County: 3
- Fleming Neon: 2
- Grayson County: 2
- Mason County: 2
- Dixie Heights: 1
- Lloyd Memorial: 1
- Russell County: 1
- Washington County: 1
- Western Hills: 1
### PADOUCAH TILGHMAN HIGH SCHOOL - CLASS AA BOYS

Kentucky High School Track Meet
Lexington, Kentucky-May 26, 1984

(L to R) Front Row: Ronald Clark, Sam Covington, Grey Williams, Craig Johnson, Neil Clark, Victor Copelan.

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<tr>
<th>100m Dash</th>
<th>300m Low Hurdles</th>
<th>800m Relay</th>
<th>1600m Relay</th>
<th>Shot Put</th>
<th>Discus</th>
<th>3200m Run</th>
<th>110m High Hurdles</th>
<th>Pole Vault</th>
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**TOTAL POINTS**

- Paducah Tilghman: 80
- Bowling Green: 56
- Franklin County: 46
- Middlesboro: 40
- Scott County: 25
- Highlands: 20
- Covington Catholic: 18
- Mason County: 18
- Grayson County: 17
- Barren County: 15
- Danville: 15
- Bourbon County: 14
- Calloway County: 14
- Webster County: 14
- Elizabethtown: 13
- Newport Central Catholic: 12
- East Hardin: 10
- Owensboro Catholic: 10
- Knox County: 8
- Knox Central: 8
- Mayfield: 8
- Whitesburg: 8
- Clay County: 6
- Woodford County: 5
- Rowan County: 4
- Harrison County: 3
- Bell County: 2
- Cawood: 2
- Russell County: 2
- Scottsboro: 2
- Lawrence County: 1
- Prestonsburg: 1
- Taylor County: 1
Ballard High School - Class AAA Girls
Kentucky High School Track Meet
Lexington, Kentucky - May 26, 1984


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SHELBY COUNTY HIGH SCHOOL - CLASS AAA BOYS  
Kentucky High School Track Meet  
Lexington, Kentucky-May 26, 1984

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1984 GIRLS' GOLF CHAMPIONS  
ELIZABETHTOWN COUNTRY CLUB  
MAY 15-16, 1984

TEAM CHAMPION- SACRED HEART ACADEMY

Individual Winner  
Lori Oldendick - Boone Co. - 159

TEAM SCORES

Sacred Heart ........................................ 722
Ballard High School ................................ 739
Notre Dame ........................................... 760
Woodford Co ........................................... 767
Allen Co.-Scottsville ............................... 776
Montgomery Co ....................................... 790
Corbin High School .................................. 812
Glasgow High School ................................ 820
Johnson Central ...................................... 821
Elizabethtown, Carroll County ..................... 823
Oldham Co .............................................. 828
Mayfield High School ............................... 852
Shelby Co .............................................. 855
Calloway Co ........................................... 856
Richmond Model High School ....................... 867
Marion Co .............................................. 918

Individual Scores

Medalist-Lori Oldendick, Boone Co. .............. 159
Runner-Up-Fe Meyers, Danville H.S .................. 168
3rd-Ann Hill, Oldham Co.......................... 170
3rd-Susan Jackson, Glasgow ....................... 175
4th-Laura Pulliam .................................... 171
5th-Missy Gahm, Sacred Heart .................... 173
5th-Ann Jones, Sacred Heart ..................... 173
5th-Debbie Fitch, Johnson Central ................ 173
5th-Joy Johnson, Lafayette H.S .................... 173
6th-Julie Esselman, Ballard H.S ................. 174

1984 BOYS' GOLF CHAMPIONS  
FORT KNOX ANDERSON COURSE  
MAY 15-16, 1984

TEAM CHAMPION  
COVINGTON CATHOLIC HIGH SCHOOL

Individual Winner  
Mike Quammen-Lafayette H.S.-152

Individual Scores

Barry Slayden, Marshall County ...................... 154
Steve Flesch, Covington Catholic ..................... 154
Ben Cooksey, Boyd County .......................... 155
Tony Guest, Oldham County ........................ 156
Ron Klondike, Ballard ................................ 157
Brad Smith, Carroll County ........................ 157
Martin Pennington, Corbin .......................... 158
Gary Gouvas, Warren Central ....................... 158
Steve Corey, Western ................................ 158
Jerry Allen, Bethlehem ................................ 159
Byron Bennett, Taylor County ....................... 159
Steve Cleveland, Madisonville-N. Hopkins ........ 159
Deron Jennings, Ballard Memorial .................. 159
Rick Blank, Covington Catholic ..................... 159
Jeff Guest, Oldham County .......................... 159

TEAM SCORES

Covington Catholic ................................... 641
Oldham County ........................................ 649
Lafayette ................................................ 656
Boyd County .......................................... 663
Marshall County ...................................... 664
Warren Central ........................................ 670
St. Xavier .............................................. 671
Corbin .................................................... 680
Mayfield ................................................ 680
Trinity .................................................... 685
Madisonville-North Hopkins ....................... 686
Carroll County ........................................ 688
## 1984 STATE SOCCER TOURNAMENT

<table>
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<tr>
<th>Daviess Co. Winner</th>
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### VOLLEYBALL INFORMATION

The K.H.S.A.A. will sponsor regional and state volleyball tournaments in October and November, 1984. The regional tournaments will be held during the week of October 22nd and the State Tournament is scheduled for November 2nd and 3rd at the University of Kentucky, Lexington, Ky.

The manager will be Assistant Commissioner Brigid L. DeVries.

The region sites and teams assigned to each are listed below:

- **Region 1** (at Fairdale High School)-Beth Haven Butler, Doss, Evangel, Fairdale, Holy Rosary, Pleasure Ridge Park, Shawnee, Valley, Western;
- **Region III** (at Ballard High School) Assumption Ballard, Christian Academy, Eastern, Fern Creek, Fort Campbell, Jeffersontown, Ky., Country Day, Oldham County, Sacred Heart, Seneca, Waggener;
- **Region IV** (at Dixie Heights, St. Henry, and Notre Dame)-Beechwood, Dixie Heights, Holmes, Holy Cross, Lloyd Memorial, Ludlow, Northside, St. Henry, Scott, Simon Kenton, Villa Madonna;
- **Region V** (at Newport & Highlands)-Bellevue, Boone County, Bishop Brossart, Campbell County, Carroll County, Conner, Dayton, Highlands, Newport, Newport Central Catholic, Walton Verona;
- **Region VI** (at Morehead University)-Belfry, Buckhorn, Cumberland, Ft. Knox, Fairview, Montgomery County, Oneida Baptist, Paul Blazer, Rowan County, Scott Co., St. Camillus, Wheelwright, Woodford County.

### BASKETBALL CLINICS

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>October 1</td>
<td>Somerset High School (Somerset)</td>
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<td>October 2</td>
<td>Bell County High School (Pineville)</td>
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<td>Hazard High School (Hazard)</td>
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<td>Prestonsburg High School (Prestonsburg)</td>
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<td>October 5</td>
<td>Morehead State University (Morehead)</td>
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<td>October 8</td>
<td>Ashland Community College (Ashland)</td>
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<td>Mason County High School (Maysville)</td>
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<td>Holmes High School (Covington)</td>
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<td>Apollo High School (Owensboro)</td>
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<td>Paducah Tilghman High School (Paducah)</td>
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<td>October 17</td>
<td>Murray High School (Murray)</td>
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<td>October 18</td>
<td>Hopkinsville High School (Hopkinsville)</td>
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<td>October 22</td>
<td>Bowling Green H.S. (Bowling Green)</td>
<td>7:00 P.M.</td>
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<tr>
<td>October 23</td>
<td>Elizabeth High School (Elizabethtown)</td>
<td>7:00 P.M.</td>
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<td>October 24</td>
<td>Durrell Education Annex (Louisville)</td>
<td>7:30 P.M.</td>
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<tr>
<td>October 25</td>
<td>Henry Clay High School (Lexington)</td>
<td>7:00 P.M.</td>
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</tbody>
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(continued from page three)


**Girls Class AA:** East Carter, Rowan Co., Russell, Whitesburg, Lawrence Co., Johnson Central, Knott Co. Central

**Manager:** Lenny Ferguson, Holmes High School, Covington, Ky. 41101

**Boys Class AAA:** Boone Co., Boyd Co., Greenup Co., Holmes, Campbell Co., George Rogers Clark

**Girls Class AAA:** Boone Co., Boyd Co., Notre Dame, Campbell Co., Covington Holmes
SITUATION #1: In a championship meet, each team is permitted two entries in an individual event.

RULING: Legal. (3-1-1)

COMMENT: The rule only states they cannot permit more than 4 per event, not count all entries in an individual event.

SITUATION #2: During a meet, a coach submits an entry card without identifying the name of the swimmer to the referee immediately after the announcement of results of the preceding event. The swimmers are disqualified.

RULING: Correct procedure. (3-2-3)

SITUATION #3: A swimmer who is entered in the 50-yard freestyle and 100-yard freestyle decides not to swim in the 50-yard freestyle in order to "save himself" for the 100 yards freestyle relay for which he has already qualified for finals. He is disqualified from the 50- yard and 100-yard freestyle races and the medley relay.

RULING: Incorrect procedure. (3-2-4)

COMMENT: The swimmer is not disqualified from an event in which he has already qualified. In this situation, the medley relay is not a part of the medley relay.

SITUATION #4: At a dual meet administered by 2 officials who cannot reach a close finish, the judgment of the referees takes precedence.

RULING: Correct procedure. (4-1-4)

COMMENT: If trained official times were available, the time board could be used.

SITUATION #5: The referee tells to notify either the swimmer or coach following a stroke disqualification.

RULING: Legal. However, the referee should have signalled the disqualification. (4-2-2)

SITUATION #6: The day after a dual meet was completed, one of the coaches discovers that a rival competitor swam 3 individuals events. The coach is informed that no changes can be made to the meet results.

RULING: Correct procedure. (4-2-3)

COMMENT: Once the referee signs the scoresheet, the score becomes official and shall not be changed.

SITUATION #7: If a dispute occurs between the referee and the coach, the referee must make the decision as to the correct reading of the watch. So, the referee’s decision takes precedence.

RULING: Correct procedure. (4-8-1)

SITUATION #8: Primary gun, automatic start/pad finish, secondary, gun, automatic start/20 button length.

RULING: Primary times are:

<table>
<thead>
<tr>
<th>Lane</th>
<th>Primary</th>
<th>Secondary</th>
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SITUATION #9: Primary gun, automatic start/pad finish, secondary, gun, automatic start/3 button length.

RULING: Official times are:

<table>
<thead>
<tr>
<th>Lane</th>
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<th>Secondary</th>
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SITUATION #10: Primary time-gun start/pad finish, secondary = manual start/3 button with only middle button recorded.

RULING: Lane 1 3:55.60 3:50.24 3:50.57

SITUATION #11: On the command "Swimmers, take your mark," a swimmer assumes a starting position with both feet at the front edge of the block. Then he/she moves one foot backward to the back of the block.

RULING: Legal. Providing the other swimmers had not yet gotten a simultaneous position. (8-1-1)

SITUATION #12: During a meet, a swimmer (a) starts from the pool deck, (b) because of an injury, starts in the water.

RULING: (a) Legal. (b) Legal provided approval was received from the referee. (8-1-1, 4-1-4)

SITUATION #13: A backstroke tails to touch the end wall on turn but the swimmer returns to the wall, using the legal backstroke, and touches it.

RULING: Legal provided the swimmer’s hips did not pass the vertical on either turn. (8-2-1)

SITUATION #14: During the individual medley, the swimmer uses a flip turn at the completion of the backstroke portion of the race.

RULING: Legal. (8-2-5)

COMMENT: The swimmer has not completed the race.

SITUATION #15: During the medley relay, each swimmer must touch the finish end pad when completing her portion of the race.

RULING: Correct. (8-3-1)

SITUATION #16: During a relay, the second swimmer from Team A stands at the back of the string block. As the first swimmer approaches, the second swimmer moves one foot to the front of the black and "vaults" into the water as the first swimmer touches the end wall.

RULING: Illegal. the second swimmer did not assume a legal forward starting position. (9-3-4)

SITUATION #17: Immediately prior to the competition, the diving referee permits one water entry for each contestant. A diver executes a 2½ S5 as his entry.

RULING: Correct procedure. The rule does not specify the type of entry or the diver’s choice. (9-2-1)

SITUATION #18: In order to expedite the meet, the referee denses all divers a practice approach or entry into the water

RULING: Legal. (9-2-1)

SITUATION #19: A diver fails to submit his diving scoresheet at the time designated for review by the referee, but submits it immediately after the announcement of results for the 60-yard freestyle. The diver is allowed to compete, but his scoresheet will not be reviewed by the referee.

RULING: Correct procedure. (9-3-3b, 9-3-4)

SITUATION #20: On the diving scoresheet, a diver has listed, then performs, dive #232, a back 3½ in pike position, degree of difficulty -- 2.0.

RULING: Legal. No penalty will be assessed for the wrong degree of difficulty being listed. This will be corrected by the diver referee as quickly as possible. (9-3-4)

SITUATION #21: In a championship meet, 2 divers tie for the last qualifying position. Both advance into the next round of competition.

RULING: Correct procedure. (9-4-2)

SITUATION #22: In a nonchampionship meet, a diver lists, then performs, dive #103, a forward 1½ in pike position.

RULING: Failed dive, first dive must be a required dive. (4-3-4)

COMMENT: If the remaining 5 dives kill off the 5 groups, there is no further penalty. If only 3 groups are killed diver will receive credit for failed dive at the point he/she does not meet the requirements for duals twice.

SITUATION #23: A diver mistakenly lists and performs the same dive twice.

RULING: Legal. A failed dive is then the second attempt

RULING: Correct procedure. (9-7-5)

SITUATION #24: A diver's feet leave the board prior to the dive performing a back 1½ somersault. The referee declares the dive deficient and instructs each judge to award no score of no credit on the dive.

RULING: Incorrect procedure. Each judge shall deduct 1½-2 points (9-5-2b)

SITUATION #25: A swimmer is disqualified from a race for one false start.

RULING: Incorrect procedure. (10-2-1a)
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