



SPORTS . . .

By **ROD GEIER**
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Mid-Columbia Meet Friday Starts At 2:30

At least six Class A-1, A-2 and B high school track teams intend to take part in the Mid-Columbia Invitational Track Meet at The Dalles this Friday and others interested in entering one or all of the events are invited, according to Dalles Mentor Al Miller.

Ribbons will be awarded first through fourth places in all events but the relays, where trophies, donated by Don Williams Hardware, will be awarded. The first three places will be recognized in the relays so far as awards are concerned, he said.

Confirming their intentions to enter some of the meet events are Sherman, Goldendale, Wy-east, Hood River, Wahtonka and Maupin, said the track mentor.

The meet will be at the Thompson Street site.

Field events are scheduled to start at 2:30 p.m., and running events have been moved up to 3 p.m.

First scheduled relay event is the three-quarter mile spring medley. Four distances negotiated by runners are 340 yards, 110, 660 and 220.

In the mile relay, four runners each run a quarter mile — 440 yards or one lap of the track.

In the 2½-mile distance medley, four thinclads run three-quarters of a mile, 440 yards, 880 yards (half mile) and the mile (four times around the track).

Finally, there is the 880-yard relay where four runners each run half-way around the track, or 220 yards each.

To insure that each team of four runners circles the track required distance, the runners carry small batons, about the size of a rolled up newspaper. As the first runner completes his distance, he passes the baton on to the second runner; etc.

Relay races often are won or lost according to the smoothness of the exchange of the batons.