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A Study of Track-and-Field Athletes Participating in the 18th Olympiad Held in Tokyo

*By Shoji Yonemura**

I investigated the age, height and weight of 914 men and 312 women who participated in track-and-field events in the 18th Olympiad held in Tokyo in October, 1964. I classified these athletes by events excepting relay races, and studied interrelations of data thus arranged. Events participated in by men were 22, while those by women were 11. First I conducted these researches on all entrants, and then on prize winners and champions. What I have so far found out from these researches are :

1. In case of men, many of entrants for walking races and hammer throw are older than those for other events.
2. Many of entrants for such events as require the outburst of energy are rather young.
3. In point of height and weight, track athletes and field athletes, both male and female, are quite different from each other morphologically.
4. In case of women, entrants for 800 m races and discus throw have the longer athletic age than those for other events.
5. A comparative study of the data in the report by E. Jokl on the 17th Olympiad held in Rome, Italy, shows that my research results are on the whole the same with them in terms of age, height and weight.
6. The analysis of athletes' makings shows that functional makings depend largely upon morphological makings.
7. When we bring up international athletes, it is most important to begin it with the building up of a strong constitution.

On the basis of the above-mentioned, I think that athletes must first have strong

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enough constitution in order that they may be able to "run faster, jump higher and be stronger," which is the motto of the Olympiad.

Athletes with strong constitution may not always make a wonderful showing, but it is a fact that many of the champions and winners of higher prizes in various events are numbered among the highest in terms of both height and weight in each event. From this fact, we are aware how important a role athletes' constitution plays when they display their ability.

From this standpoint, I believe that it is much more important to establish absolute constitutional superiority than to try to improve athletic techniques.