

## Sample Outline with Notecards

- This outline includes all the notecards to show you how each notecard is like a puzzle piece of your paper.
- Notice that tags and page/paragraph number are included on every notecard.
- You **MUST** have a paraphrase on each card; direct quotations are optional.
- Quote cards should include a draft sentence in which you practice working the quote into your paper.
- Including your in-text citations as you write is easy when you have all the necessary information on each notecard.
- Don't print this sample – it's 36 pages!!

### I. Introduction

#### A. Attention Grabber

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Title:

it wasn't always easy for women

Source:

Wickham, M. (1997). *Superstars of women's track & field*. Philadelphia, PA: Chelsea House. <http://dx.doi.org/0791043940>

Pages:

6

Tags:

quote, today

Direct Quote:

The only thing keeping an athlete back is the limitations of her body and her ability to dream.

Paraphrase:

Today, many people take women in track and field for granted. Today, there is not much, if not any, discrimination or regulations against women competing on the track. Today, "the only thing keeping an athlete back is the limitations of her body and her ability to dream" (Wickham, 1997, p. 6). But this wasn't always the case for women. They had to fight for what we have today.

**B. Thesis Statement: American women have evolved significantly in their rights for being able to compete in track and field in the Olympics, starting with their struggles as early as ancient Greece. Once they have gained their right to compete in 1928, the years leading to today have shown an increase in women's rights and they have been able to reshape the image of track and field.**

## II. Origins

### A. Attitudes Towards Women

Title:

men wanted women in traditional roles

Source:

Daulton, J. (2013). The evolution of gender equality in intercollegiate sports. *Skyline - The Big Sky Undergraduate Journal*, 1(1), 1-14. Retrieved from <http://skyline.bigskyconf.com/cgi/viewcontent.cgi?article=1006&context=journal>

Pages:

1-2

URL:

<http://skyline.bigskyconf.com/cgi/viewcontent.cgi?article=1006&context=journal>

Tags:

reason women didn't compete, origins

**Direct Quote:**

Prior to 1870, women engaged in activities of leisure such as horseback riding, boating, and swimming. There was this idea that women should not engage in activities that involved mental and physical endurance. It was believed that using both physical and mental capabilities during an activity could be harmful to a woman and affect her ability to bear children. Women were needed at home and this is where their energy should be exerted. They should be tidy and always strive to keep the home clean. They washed and made clothes, prepared meals, and looked after the children. Competition, independence, competence, and intellectual achievement were all male oriented stereotypes that were inconsistent and conflicting with the woman's role. This didn't stop women from wanting to be more physically active. Women began to create informal athletic clubs, which fostered their competitive spirit. Croquet, bowling, and archery became popular female sports. After 1870, higher education for women was becoming more accessible and opportunity to become involved in a broader range of sports began to emerge. In 1872, Mills College in Oakland, CA established women's baseball teams.

**Paraphrase:**

Even though most women wanted to be involved in more physically and mental activities, other people, especially men, didn't want such exertion for women. They thought that women should not waste their energy for these activities and instead save their energy for their traditional roles, like taking care of the kids, the house, and their husband. If a woman used up her energy for physically and mental activities, they believed, she wouldn't be as capable to bear children. Participating in such activities would apparently make a woman less feminine because of her fragility.

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**Title:**

each human had fixed amount of energy

**Source:**

Bell, R. C. (2008). A history of women in sport prior to Title IX. *The Sport Journal*. <http://dx.doi.org/1543-9518>

**Pages:**

para. 4

**URL:**

<http://thesportjournal.org/article/a-history-of-women-in-sport-prior-to-title-ix/>

Tags:

origins, 1800s, reason women didn't compete

Direct Quote:

Prior to 1870, sports for women existed in the form of play activities that were recreational rather than competitive and, being informal and without rules, emphasized physical activity (Gerber, Felshin, Berlin, & Wyrick, 1974). A dominant belief in the 1800s was that each human had a fixed amount of energy. If this energy were used for physical and intellectual tasks at the same time, it could be hazardous (Park & Hult, 1993). Horseback riding for pleasure, showboating, and swimming became fashionable, but women were not encouraged to exert themselves. Such physical activity for a woman was thought to be especially hazardous because during menstruation she was “periodically weakened” (Clarke, 1874, p. 100). In 1874, as women were beginning to gain access to higher education, Dr. Edward Clarke published *Sex in Education; or, A Fair Chance for Girls*, which sparked a tenacious and acrimonious debate about the capacity of women for physical activity. He stated that, “both muscular and brain labor must be reduced at the onset of menstruation” ( p. 102). Manipulating science to reinforce established dogma prevailed for many years in spite of repeated examples of women who were perfectly capable of performing physical feats and intellectual tasks. Many early opportunities for women to engage in physical activity were thwarted as a result of this dogma (Park & Hult).

Paraphrase:

During the 19th century, people believed that people had a certain amount of energy. Women were looked down upon if they exerted their energy through physical or mental activities because people believed exertion is dangerous, especially during menstruation.

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Title:

women's sports being taken over

Source:

Daulton, J. (2013). The evolution of gender equality in intercollegiate sports. *Skyline - The Big Sky Undergraduate Journal*, 1(1), 1-14. Retrieved from <http://skyline.bigskyconf.com/cgi/viewcontent.cgi?article=1006&context=journal>

Pages:

3-4

URL:

<http://skyline.bigskyconf.com/cgi/viewcontent.cgi?article=1006&context=journal>

Tags:

origins, 1923, wdnaaf, lou henry hoover, quote

Direct Quote:

Historians did not recognize early sport competition amongst women because it was usually played in physical education classes at school. This was largely due to the women's physical educators' criticisms of the male dominated system of winning at all costs. They were afraid this mentality would corrupt women's sports. In 1922, Harry Steward formed a U.S. Women's track team for the first "Women's Olympic Games" in Paris, France, when the male-dominated Amateur Athletic Union decided to take control of women's track and field. The women physical educators were infuriated by this and saw this as another means of controlling women's sports. Something had to be done. The only solution was to create a separate women's organization. In 1923, the Women's Division of the National Amateur Athletic Federation was established by Lou Henry Hoover, wife of future president Herbert Hoover and Vice President of NAAF. Mrs. Hoover, a staunch advocate for the separation of men's and women's sports, challenged the issues of philosophical differences over competition vs. participation, facilities and space for women, and the lack of qualified women's coaches.

Paraphrase:

People who opposed the female participation in sports were scared that women's sports could be corrupted from "the women's physical educators' criticisms of the male dominated system of winning at all costs" (Daulton, 2013, p. 3). Women who were against women's sports being regulated, like Lou Henry Hoover, established the Women's Division of the National Amateur Athletic Federation.

Title:

why men didn't want women to compete

Source:

Woolum, J. (1992). Women in the Olympics. In *Outstanding Women Athletes: Who They Are and How They Influenced Sports In America* (2nd ed., Vol. 1). Retrieved from eLibrary database.

Pages:

para. 12

## Tags:

first modern olympics, ioc, baron pierre de coubertin, quote, reason women didn't compete

## Direct Quote:

Coubertin and the IOC opposed women's participation, stating: "we feel that the Olympic Games must be reserved for the solemn and periodic exaltation of male athleticism with internationalism as a base, loyalty as a means, arts for its setting, and female applause as reward."

## Paraphrase:

Women were not allowed to compete at all in the first modern Olympic Games. Coubertin, who helped create these Olympics, and the IOC led this opposition, saying "'we feel that the Olympic Games must be reserved for the solemn and periodic exaltation of male athleticism with internationalism as a base, loyalty as a means, arts for its setting, and female applause as reward'" (Woolum, 1992, para. 12).

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## Title:

international federations didn't recognize

## Source:

Woolum, J. (1992). Women in the Olympics. In *Outstanding Women Athletes: Who They Are and How They Influenced Sports In America* (2nd ed., Vol. 1). Retrieved from eLibrary database.

## Pages:

para. 70

## Tags:

origins, alice milliat, ioc, women's world games, how women were able to compete

## Direct Quote:

The difficulty in gaining acceptance for women's international competition was compounded by the lack of international federations willing to recognize women's sports. In an effort to get women's track and field events into the Olympics, Alice Milliat of France organized the Federation Sportive Feminine Internationale (FSFI) in 1921 to regulate women's sports and to stage a separate Women's Olympic Games. For 12 years (1922-34), the FSFI conducted four successful Women's Games. The success of the Women's Games presented a challenge to the traditional Olympics and ultimately

forced IOC officials to accept women's track and field events into the Games.

Paraphrase:

Women didn't only have trouble with trying to persuade the IOC and other men to be able to compete in more events in the Olympics. They also had a hard time getting acknowledged by international federations. However, the Women's World Games, created by Alice Milliat, helped to cause the IOC to allow women to compete in track on an Olympic team.

## B. Ancient Greece

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Title:

ancient greece olympic origins

Source:

McDougall, C. (2012). *Girls play to win track & field*. Chicago, IL: Norwood House Press. <http://dx.doi.org/9781599534671>

Pages:

18-19

Tags:

greece, origins, heraaia, first olympics, 776 bc

Paraphrase:

McDougall states in 2012 that in the year 776 B.C., the first Olympic Games to ever take place with track and field were held in Olympia, Greece. The requirements were very strict as to who is eligible to compete, with only non-slave Greek men. While no woman could compete, some women couldn't even come to the Games, which were married women. So, if a woman wanted to watch her husband compete, she wouldn't be allowed to. Women did, however, get to compete in a track event outside of the Olympics. This was called the Heraia, and it included one event, the 160 meter dash. It was much like the Olympic Games because it occurred in Olympia, Greece every four years.

## C. Meets Before 1928 Olympics

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Title:

vassar college first women's track meet

Source:

McDougall, C. (2012). *Girls play to win track & field*. Chicago, IL: Norwood House Press. <http://dx.doi.org/9781599534671>

Pages:

20-21

Tags:

vassar college, new york, first women's track meet, field day, origins, 1895

Paraphrase:

According to McDougall, women were finally able to compete in track and field in 1895 when New York's Vassar College held a track meet for women called Field Day (2012). Even though it was widely disapproved by many men, the meet included twenty-two students watched by 400 people, all female. These women could compete in five different events, and the amount of events increased in later years. This opportunity for these female students encouraged many other women throughout the United States, leading to more and more meets for women to be held.

Title:

1908 olympics: no american woman competed

Source:

Woolum, J. (1992). Women in the Olympics. In *Outstanding Women Athletes: Who They Are and How They Influenced Sports In America* (2nd ed., Vol. 1). Retrieved from eLibrary database.

Pages:

para. 42

Tags:

aoc, 1908, origins, reason women didn't compete

Direct Quote:

American women did not participate in London. The all-male American Olympic Committee (AOC) opposed American women's participation in events in which women did not wear long skirts, so no women were sent to London to represent the United States.

Paraphrase:



Although women were slowly started to gain influence in the Olympics, the American Olympic Committee, ironically consisting of all men, blocked the path of American women in the 1908 Olympic Games. Because the only events women could compete in in these Games required women to wear clothing that showed more skin instead of long skirts, they weren't allowed to go to these Olympics because the AOC disapproved of more revealing articles of clothing.

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Title:

1920 olympics: women demand track

Source:

Woolum, J. (1992). Women in the Olympics. In *Outstanding Women Athletes: Who They Are and How They Influenced Sports In America* (2nd ed., Vol. 1). Retrieved from eLibrary database.

Pages:

para. 68

Tags:

origins, 1920, ioc, demands

Direct Quote:

When the Games resumed in 1920 in Antwerp, Belgium, women began to demand that track and field events be included in the Olympic schedule. Track and field, the cornerstone of every Olympic Games, and other sports had gained popularity among European and American women after the war. However, Coubertin and the IOC remained staunch in their opposition to women competing in the Games.

Paraphrase:

In the 1920 Olympic Games, women started their request to be able to compete in track and field in the Olympics. They were rejected by the IOC, but women still remained tenacious with their request.

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Title:

women's world games

Source:

McDougall, C. (2012). *Girls play to win track & field*. Chicago, IL: Norwood House Press. <http://dx.doi.org/9781599534671>

Pages:

20, 23

Tags:

women's world games, origins, fsfi, alice millet, 1922

Paraphrase:

Alice Milliat set up the Fédération Sportive Féminine Internationale, which hosted the Women's World Games in 1922. These Games allowed women throughout the world, consisting of 19 countries, to compete in a total of 12 events. They were held four times both before and after women were able to start competing in the actual Olympic Games. These Games were an opportunity for women to show to the Olympic organizers that women should compete in track and field in the Olympics and that women deserve a large variety of track events to compete in.

#### D. Breakthrough

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Title:

what brought women to compete

Source:

Woolum, J. (1992). Women in the Olympics. In *Outstanding Women Athletes: Who They Are and How They Influenced Sports In America* (2nd ed., Vol. 1). Retrieved from eLibrary database.

Pages:

para. 13

Tags:

first modern olympics, origins, how women were able to compete

Direct Quote:

By the end of the nineteenth century, however, the impact of industrialization, urbanization, and women's reform movements contributed to the increased role of women in sport. The worldwide bicycling craze helped spur dress reform that loosened women's restrictive clothing. This meant more freedom of movement, and in sports the freer movement meant better, more active performances. Local and national organizations formed that encouraged competition in a variety of sports, such as golf, tennis, and sailing. Although women lacked the international support to request full inclusion in the Olympics, their participation in leisure-time activities

contributed to an initial appearance in the Games, helping women get a small foothold into the world of international athletics.

Paraphrase:

Some of the main reasons that women broke out of their traditional roles to start competing in the Olympics were the development of industries and urban areas, as well as women's reform movements. These events helped to allow women in sports in the Olympics like golf and tennis, however, they still weren't yet approved to compete in track and field as Olympians.

Title:

first acknowledgment of women's sports

Source:

Woolum, J. (1992). Women in the Olympics. In *Outstanding Women Athletes: Who They Are and How They Influenced Sports In America* (2nd ed., Vol. 1). Retrieved from eLibrary database.

Pages:

para. 50-51

Tags:

1912, how women were able to compete, origins

Direct Quote:

Forty-two women from nine countries swam in the first official swimming events. Obtaining recognition for swimming events was a major breakthrough for women in the Olympic movement. It was the first acknowledgment of women's increasing involvement in competitive sport by a major international sports organization.

American Swimmers. American women swimmers did not compete in the swimming events in Stockholm. Although the ISF recognized women's swimming on a worldwide basis, American women still did not have a national sports organization to represent them. The Amateur Athletic Union (AAU) did not begin sanctioning women's swimming in the United States until 1914.

Paraphrase:

Even though American women weren't able to compete in it, women from other countries competed in swimming for the first time in the 1912 Olympic Games. Since women's competitive sports were finally acknowledged, this was a huge accomplishment for women as a whole that led them to be

allowed to compete in more and more Olympic events, including track and field.

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Title:

women getting into the olympics

Source:

McDougall, C. (2012). *Girls play to win track & field*. Chicago, IL: Norwood House Press. <http://dx.doi.org/9781599534671>

Pages:

22-23

Tags:

origins, alice milliat, ioc, women's world games, iaaf, 1900, 1920, 1928

Paraphrase:

In the year 1900, women were allowed to compete in the Olympic Games, however not in track and field. This lasted until 1928 after many struggles and difficulties. Women had to wait awhile to compete in track in the Olympics, and this was all thanks to Alice Milliat. Milliat was a French woman who was a main leader in driving women to be able to compete in the Olympics for track and field. She led movements to try to persuade the International Olympic Committee into allowing women to compete in track and field in 1920, but the committee disapproved of it, saying that women are not capable of such strenuous work. The IOC didn't even allow it when 20,000 people watched women compete in the Women's World Games. After a lot of waiting, women were finally able to compete in track in the 1928 Olympic Games when the International Amateur Athletic Federation, the organization that basically controls track and field, granted their right.

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Title:

play day and sports day

Source:

Daulton, J. (2013). The evolution of gender equality in intercollegiate sports. *Skyline - The Big Sky Undergraduate Journal*, 1(1), 1-14. Retrieved from <http://skyline.bigskyconf.com/cgi/viewcontent.cgi?article=1006&context=journal>

Pages:

4

URL:

<http://skyline.bigskyconf.com/cgi/viewcontent.cgi?article=1006&context=journal>

Tags:

wdnaaf, ina e gittings, play day, sports day

Direct Quote:

The first conference of the Women's Division condemned women's participation in international competing and promoted control of women's sports by women, thus the "Play Day" was born. The play day limited women sport to a day of outside schools gathering together to compete in mixed teams composed of players from the various schools. They could play archery, baseball, basketball, field hockey, soccer, swimming, track and field, tennis, and volleyball. Winning was not the objective, but rather, social interaction. Play Days dominated women's sports throughout the 1920's and 1930's. However, it was in the 1930's that a woman named Ina E Gittings, director of women's physical education at University of Arizona, decided to challenge the Play Day. She saw this model as keeping women suppressed and blamed the women's physical education directors who were afraid of women's sports becoming like men's. As a result, the "Sports Day" was created. This allowed for women's sports to be played competitively amongst other institutions where each school was now individually recognized as a team.

Paraphrase:

Hoover's Women's Division was intended to allow women to control their own sports instead of men. To achieve this, women created Play Day. This allowed women to spend a day with different schools competing in sports such as track and field. Play Day was more of a social and friendly competition instead of a need to win. However, not all women agreed with this approach. Ina E. Gittings felt that Play Day restrained women from equality in sports, so she helped establish Sports Day. Now, instead of being a social activity, Sports Day allowed women to be part of an actual sports team and play against schools in a competitive manner.

### III. 1928-1950

#### A. First Women's Olympic Track Meet

Title:

first olympic women's track meet

Source:

McDougall, C. (2012). *Girls play to win track & field*. Chicago, IL: Norwood House Press. <http://dx.doi.org/9781599534671>

Pages:

25

Tags:

first women's olympic track meet, 1928, 1932

Paraphrase:

Women were given the right to compete in track and field in the Olympic Games of 1928, however they didn't get all the rights they wanted or deserved. Women were only allowed to compete in five events: the 100-meter dash, 800-meter run, 4x100-meter relay, high jump, and discus throw. They were still looked down upon by many people, especially men. The IOC wasn't happy with women competing either, trying to take women out of the Olympic Games in 1932.

## B. Influential Women

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Title:

Mildred "Babe" Didrikson 1932 national championships

Source:

McDougall, C. (2012). *Girls play to win track & field*. Chicago, IL: Norwood House Press. <http://dx.doi.org/9781599534671>

Pages:

26-28

Tags:

mildred didrikson, influential women, national championships, 1930, 1932

Paraphrase:

Mildred "Babe" Didrikson grew up wanting to be the greatest athlete no matter her gender. Many shunned her because of her rejection of the traditional roles and looks of a woman, but that didn't stop her from striving toward her dreams. She began competing in track and field in 1930, where she set a world record in the javelin throw. Didrikson also showed her

strength as an athlete in the 1932 national championships when she competed in eight events, an amount that is still fascinating and unbelievable in today's standards. She set a few more world records, breaking her own record in the javelin and breaking records in the 80-meter hurdles, high jump, shot put, and baseball throw. In the national championships, she was the only person in her team, and she performed so well that her one-person team won the championships.

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Title:

Mildred "Babe" Didrikson 1932 olympics

Source:

McDougall, C. (2012). *Girls play to win track & field*. Chicago, IL: Norwood House Press. <http://dx.doi.org/9781599534671>

Pages:

27-28

Tags:

1932, mildred didrikson

Paraphrase:

Mildred Didrikson continued to compete in a large variety of events, and in the Olympic Games in 1932, Didrikson competed in three, which was the maximum amount even though she had qualified in five in the trials. By getting two gold medals and one silver, along with her many other accomplishments, Didrikson became known as the first female superstar in track and the greatest female athlete for during that time.

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Title:

Mildred "Babe" Didrikson influence

Source:

Daulton, J. (2013). The evolution of gender equality in intercollegiate sports. *Skyline - The Big Sky Undergraduate Journal*, 1(1), 1-14. Retrieved from <http://skyline.bigskyconf.com/cgi/viewcontent.cgi?article=1006&context=journal>

Pages:

4-5

URL:

<http://skyline.bigskyconf.com/cgi/viewcontent.cgi?article=1006&context=journal>

Tags:

quote, mildred, didrikson, 1932, influential, women, aau

Direct Quote:

One woman that historians did take notice of was the legendary Babe Didrikson Zaharias. Babe won five out of the eight events at the Amateur Athletics Union (AAU) women's track and field championships in 1932, thus launching her 25 year career as an athlete in various sports. She particularly excelled at throwing and jumping events, as well as golf. Across the span of her career, Babe won 364 first-place medals in innumerable track and field events, basketball, softball, and golf games. She also was chosen A.P. Athlete of the Year six times and was named to a various collections of Halls of Fame. Babe was not as well-known as Babe Ruth, however, her contribution to women in sport was extremely important. She broke the mold by showing everyone that women could succeed just as well as men in all athletics, debunking the myth that women were too weak to play highly physical sports.

Paraphrase:

In the AAU 1932 track and field championships, Babe Didrikson succeeded in a way that proved that women's abilities in sports are just as good as men's abilities. In the championships, there were eight events, and she won five of them. She won 364 gold medals in the four sports she played and she was a six-time A.P. Athlete of the Year. Daulton talks about Didrikson in 2013, saying "She broke the mold by showing everyone that women could succeed just as well as men in all athletics, debunking the myth that women were too weak to play highly physical sports" (p. 5).

Title:

schools that brought out women

Source:

McDougall, C. (2012). *Girls play to win track & field*. Chicago, IL: Norwood House Press. <http://dx.doi.org/9781599534671>

Pages:

30-31

Tags:



schools, alice coachman, 1948

Paraphrase:

From the 1930s to the 1950s, even though women were finally accepted into competing in track in the Olympics, there weren't many schools or universities that accepted it. However, two schools did have women on their track team: Tuskegee Institute and Tennessee State University. These schools brought many great and influential women into the Olympics, like Alice Coachman, the first African American gold medallist. Coachman and these two schools showed how African Americans, especially women, are equal and deserve the events that white men have.

Title:

Tidye Pickett's legacy

Source:

Grossman, R. (2016, August 21). Tidye Pickett's legacy; Chicago track star was first African-American woman to compete in Olympics. *Chicago Tribune*, News, p. 15. Retrieved from eLibrary database.

Pages:

para. 1-23

URL:

[http://elibrary.bigchalk.com/elibweb/elib/do/document?set=search&searchType=natural&dictionaryClick=&secondaryNav=&groupid=1&requestid=lib\\_standard&resultid=9&edition=&ts=1DCE10AB268CB1FFF32A32533A5486AF\\_1486141575672&start=1&publicationId=&urn=urn%3Abigchalk%3AUS%3BBCLib%3Bdocument%3B245428271](http://elibrary.bigchalk.com/elibweb/elib/do/document?set=search&searchType=natural&dictionaryClick=&secondaryNav=&groupid=1&requestid=lib_standard&resultid=9&edition=&ts=1DCE10AB268CB1FFF32A32533A5486AF_1486141575672&start=1&publicationId=&urn=urn%3Abigchalk%3AUS%3BBCLib%3Bdocument%3B245428271)

Tags:

african-american women, quote, tidye pickett, influential women, 1932, 1936, discrimination

Direct Quote:

As the African-American members of the 2016 U.S. women's track and field team step into the starting blocks this month at the Summer Olympics in Rio de Janeiro, they are following in the footsteps of Chicago's Tidye Pickett, the first black woman to run in an Olympic event.

When Pickett made the 1936 U.S. Olympic team, the Chicago track- and-field star, in effect, signed up for the proverbial leap from the frying pan into the fire. She traveled from a segregated America to an Olympics in Berlin

where Adolf Hitler intended to showcase his racist ideology. The Nazi dictator confidently expected German athletes to vanquish untermenschen -- lesser breed -- competitors, including Jews and blacks.

"Systematically these Negroid parasites in our national body corrupt our innocent fair-haired girls," Hitler wrote in "Mein Kampf," his autobiography.

...

Soon the Tribune was taking notice of "a Negress From Englewood High School," as it dubbed her. In 1932, the Tribune reported that "17-year-old Tidye Pickett, colored sprinter from the Board of Education playground, tied the national indoor record of :07.4 for the 60-yard dash yesterday at the Olympic preparatory track meet in the Naval armory."

That achievement earned Pickett an invitation to the 1932 Olympics in Los Angeles. Under the headline "Chicago Girl in Olympics," the Chicago Defender, a black newspaper, called her the "ace dash star on the board of education playgrounds track team."

...

In Los Angeles, Pickett and Stokes were expected to be members of a 4 x 100 relay team. But at the last minute, two white runners took their places. When word of the decision leaked out, the Chicago Defender cried foul under the headline "Tidye Pickett May Lose Olympic Spot."

"Lily-whiteism, a thing more pronounced than anything else around here on the eve of the games, threatened to oust Tidye Pickett and Louise Stokes from participating and put in their places two girls who did not qualify," the Defender's correspondent reported. "The injustice of the move is being placarded by track followers out here but to no avail, for unless Avery Brundage rules otherwise, Misses Pickett and Stokes will not run on the team."

Brundage, longtime head of the U.S. Olympic Committee, didn't intervene. The NAACP sent a telegram urging that the black runners be given fair treatment, but the group got no response.

So Pickett went home with nothing to show for having been on an Olympic team. Half a century afterward, she was still convinced that she and Stokes should have been in that race, even though their replacements helped the team win a gold medal.

"But times were different then," she said in the alumni interview. "Some people didn't want to admit we were better runners."

Back in Chicago, Pickett started preparing for the next Olympics, scheduled to take place in Berlin four years later. She added new events to her repertoire. In her 1934 debut as a hurdler, she missed winning by inches. The Defender noted: "Miss Pickett's performance was very impressive not only because the winner is the holder of the American record but also because Miss Pickett had run a heat, semifinal and final in the 50-meter dash, and a heat in the hurdles all within a half-hour."

The following year, Pickett was part of a Chicago team that set a Canadian record for the 400-yard relay. The Defender proudly noted that she was "the only colored girl on the entire Chicago Park District team."

Given her newfound versatility, Pickett was scheduled to compete at the Berlin Olympics in the hurdles, a relay and the 100-meter dash. She worried most about the hurdles, having acquired a bad habit of letting her trailing foot catch the top of the hurdle. That was less of a problem in the U.S., where the hurdles were set to fall over when hit -- so a runner could keep on going. But in Berlin, the hurdles were set to remain upright on impact.

Fellow Olympians Jesse Owens and Ralph Metcalfe, a Chicagoan, tried to coach her out of her trailing-foot habit. But in the semifinals, Pickett's foot caught the hurdle and was broken. She couldn't compete in the other events.

Paraphrase:

Since 1936, African-American women have been deeply inspired by Tidy Pickett, who was the first female African-American Olympian. Pickett almost competed in the 1932 Olympic Games, however discrimination was so extreme during that time that she was replaced by white runners. "But times were different then," she said in the alumni interview. "Some people didn't want to admit we were better runners." (Grossman, 2016, para. 19). She was able to compete in the 1936 Olympics, however she broke her foot on a hurdle in the semifinals race, and that was the end for the Olympic career and she couldn't compete in her relay or 100-meter dash. Even though Pickett's career was stopped short by an injury, her legacy keep rolling on. Being the first African-American women to compete in the Olympics, Tidy Pickett helped inspire colored women for the years after.

Title:

Margaret Jenkins influence

Source:

McDougall, C. (2012). *Girls play to win track & field*. Chicago, IL: Norwood House Press. <http://dx.doi.org/9781599534671>

Pages:

25

Tags:

margaret jenkins, influential women

Paraphrase:

Many women were determined in proving that women are capable of doing extraordinary on the track or on the field, and Margaret Jenkins was one of them. She is considered to be possibly the first great thrower for the United States with her 100 medals and two world records.

### C. Evolution of Amount of Events

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Title:

events added 1948

Source:

McDougall, C. (2012). *Girls play to win track & field*. Chicago, IL: Norwood House Press. <http://dx.doi.org/9781599534671>

Pages:

35

Tags:

1948, amount of events

Paraphrase:

In 1948, female Olympians in track and field were able to compete in three more events: the 200-meter dash, shot put, and long jump.

## IV. 1951-1990

### A. Evolution of Amount of Events

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Title:

events added 1960

Source:

McDougall, C. (2012). *Girls play to win track & field*. Chicago, IL: Norwood House Press. <http://dx.doi.org/9781599534671>

Pages:

35

Tags:

1960, amount of events

Paraphrase:

In 1960, women could compete in the 800-meter run in the Olympic Games.

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Title:

events added 1964

Source:

McDougall, C. (2012). *Girls play to win track & field*. Chicago, IL: Norwood House Press. <http://dx.doi.org/9781599534671>

Pages:

35

Tags:

1964, amount of events

Paraphrase:

Women were finally starting to prove their strength and abilities. In 1964, two of some of the toughest events were added to the list of women's events in the Olympics: the 400-meter dash and the pentathlon.

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Title:

events added 1972

Source:

McDougall, C. (2012). *Girls play to win track & field*. Chicago, IL: Norwood House Press. <http://dx.doi.org/9781599534671>

Pages:

35

Tags:

1972, amount of events

Paraphrase:

The 80-meter hurdles were extended to 100-meter hurdles in 1972. Also in this year, women in the Olympics could compete in the 1,500-meter run.

## B. Increase in Rights

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Title:

schools allowing women in track

Source:

McDougall, C. (2012). *Girls play to win track & field*. Chicago, IL: Norwood House Press. <http://dx.doi.org/9781599534671>

Pages:

37-38

Tags:

schools, aiaw, title ix, 1971, 1972, 1981, ncaa

Paraphrase:

For a long time, women weren't allowed to compete in most schools and universities around the country. This changed during the 1970s when women's track became more popular and accepted. In 1971, the Association for Intercollegiate Athletics for Women set up school sports for women. A year later, in 1972, Title IX was passed by Congress, which required all schools funded by the federal government to set up women's sports. Almost a decade later, in 1981, the NCAA allowed women to compete in the national championships, which is arguably the most important meet of an American track and field athlete's college career.

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Title:

effect of soviet union boycott

Source:

McDougall, C. (2012). *Girls play to win track & field*. Chicago, IL: Norwood House Press. <http://dx.doi.org/9781599534671>

Pages:

40-41

Tags:

soviet union, 1980, 1984, boycott, ioc, amount of events

Paraphrase:

The Soviet Union boycotted the 1984 Olympic Games after the United States boycotted in 1980 for political reasons. They took out all of their athletes from competing in the Olympics, and since the Soviet Union was one of the best countries in the world athletically, the United States women's track team got the opportunity to prove its ability after Title IX. Women turned out to be very successful in track, getting 16 medals. This brought a lot of attention onto what women are capable of achieving, so attitudes towards women competing in track changed entirely, leading to the IOC giving women the right to compete in the 400-meter hurdles, 3,000-meter run, marathon, and heptathlon.

Title:

women began to gain their rights

Source:

Daulton, J. (2013). The evolution of gender equality in intercollegiate sports. *Skyline - The Big Sky Undergraduate Journal*, 1(1), 1-14. Retrieved from <http://skyline.bigskyconf.com/cgi/viewcontent.cgi?article=1006&context=journal>

Pages:

6-7

URL:

<http://skyline.bigskyconf.com/cgi/viewcontent.cgi?article=1006&context=journal>

Tags:

1950s, 1960s, advancements

Direct Quote:

In the 1950's and 1960's, women's interest in sport was viewed as fleeting. Although feminism was beginning to surge all over America, there was the old traditional belief that a woman belonged at home. A woman interested in sport would slowly grow out of this "phase" and assume her womanly role as homemaker, wife, and mother. If she wanted to pursue a career in sports, the

only position available was “gym teacher”. If a woman wanted to study physical education, she either had to go to an all-female college or a college where men and women studied together, but men participated in athletics and women participated in intramurals. There were a limited number of teams sponsored by the women’s physical education department. Players had to have their own equipment, share uniforms with other teams, and pay for their own meals on road trips. The coach was usually a volunteer, paid for expenses out of her own pocket, and used her own car to transport the team. There were not a lot of spectators at the games and they were recognized in the school paper on occasion. Men’s athletics were clearly more of a priority amongst colleges during this time period. However, the programs that did exist for women were competitive and winning became important. The creation of the Division of Girls and Women’s Sports (DGWS) in 1958 allowed women to serve as committee members, conduct training programs, and write and incorporate rules. Many of the physical education activities during the 1950’s and 1960’s were governed by the DGWS. These women focused on increasing opportunities and improving programs already in existence.

As the beginning of the 1960’s trended towards the traditional views of women’s roles, the latter half displayed more acceptance and recognition of achievements for women in sport. Donna de Varona, a 1964 Olympics swimmer, became the first woman’s sports broadcaster on national TV for ABC and founded the Women’s Sports Foundation. In 1966, the first intercollegiate basketball tournament was played in Pennsylvania. In 1968, Peggy Fleming was named the Associated Press Female Athlete of the Year for skating 28 and Debbie Meyer became the first female to win three individual gold medals in Mexico City. At age 16, Debbie set Olympic records in the 200-meter, 400-meter and 800-meter freestyle races. Although women were still not permitted to play some sports, these were huge advances towards equality. As this era ended, it opened the door to the most important advancement for women and intercollegiate sports, the creation of Title IX.

Paraphrase:

Even though America's feminist movements were growing in the 1950's and 1960's, many people still wanted women to continue their traditional roles. It was very difficult for a woman to have a sports-related job, because they were only allowed to be a physical educator. It was also difficult for women to compete in sports with the lack of equipment and teams. Although, even with the lack of teams, women's sports were becoming more and more competitive. Women in track and field and many other sports were starting to accomplish more by setting records and pursuing higher sports-related positions. These increasing achievements started to shed light on women's abilities in athletics.



### C. Influential Women

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Title:

Wilma Rudolph polio

Source:

Wickham, M. (1997). *Superstars of women's track & field*. Philadelphia, PA: Chelsea House. <http://dx.doi.org/0791043940>

Pages:

9-10

Tags:

wilma rudolph, polio, influential women, african-american women

Paraphrase:

As a very young girl, Wilma Rudolph developed polio in her left leg. She was told that she would never walk normally again, but because of her family's determination to make her better, she was able to fully recover. She didn't know it yet, but this recovery will be very crucial for her future career.

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Title:

Wilma Rudolph track success

Source:

Wickham, M. (1997). *Superstars of women's track & field*. Philadelphia, PA: Chelsea House. <http://dx.doi.org/0791043940>

Pages:

11-15

Tags:

wilma rudolph, influential women, 1956, 1960, african-american women

Paraphrase:

After getting recruited by Ed Temple, Tennessee University's women's track coach, Rudolph found that she could make it big in track and field and was driven to become one of the best. In the Olympic Games in 1956, Rudolph did well, but wasn't able to achieve the gold medals that she wanted. She trained hard for the 1960 Olympics, but when she arrived there, she hurt her

ankle and was unsure whether she would be able to even compete. She was, however, able to make another very important recovery and got three gold medals in all of her events. Her world record in the 200-meter dash helped name her the fastest woman in the world.

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Title:

Wilma Rudolph legacy

Source:

Wickham, M. (1997). *Superstars of women's track & field*. Philadelphia, PA: Chelsea House. <http://dx.doi.org/0791043940>

Pages:

15

Tags:

wilma rudolph, african-american women, influential women

Paraphrase:

Wilma Rudolph was, and still is, a prominent figure for all women, especially those who are African-American. She gained her successes during a time where African-Americans were still being discriminated against, and the Ku Klux Klan was protesting against Civil Rights. Many African-American women look up to Rudolph through both her medals and her honors of being named the Sportsman of the Year, Woman Athlete of the Year, and inductee of the Black Athletes Hall of Fame. Especially after all of her hardships and recoveries, Rudolph's achievements continue to inspire many black women to start competing in track and field, helping to shape today's track community.

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Title:

jackie joyner-kersee influence

Source:

McDougall, C. (2012). *Girls play to win track & field*. Chicago, IL: Norwood House Press. <http://dx.doi.org/9781599534671>

Pages:

42-44

Tags:

jackie joyner-kersee, 1986, influential women

Paraphrase:

Jackie Joyner-Kersee is one of the most influential women in track and field history. She became the first women to score over 7,000 in the heptathlon, further proving the previously unknown capabilities of women. Athletes who compete in the heptathlon, which is multi-event, usually do not exceed in a single event, but Jackie Joyner-Kersee became an exception to this when she got the world record in the long jump.

Title:

flo-jo influence

Source:

McDougall, C. (2012). *Girls play to win track & field*. Chicago, IL: Norwood House Press. <http://dx.doi.org/9781599534671>

Pages:

44

Tags:

flo-jo, influential women

Paraphrase:

Named the fastest woman in the world, Florence Griffith-Joyner set world records in both the 100- and 200-meter dashes. She got three Olympic gold medals and one silver medal in the Olympics in South Korea, influencing both women and the attitudes towards women.

#### **D. More Difficulties**

Title:

downside of title ix

Source:

Daulton, J. (2013). The evolution of gender equality in intercollegiate sports. *Skyline - The Big Sky Undergraduate Journal*, 1(1), 1-14. Retrieved from <http://skyline.bigskyconf.com/cgi/viewcontent.cgi?article=1006&context=journal>

Pages:

8-9

URL:

<http://skyline.bigskyconf.com/cgi/viewcontent.cgi?article=1006&context=journal>

Tags:

title ix, coaches

Direct Quote:

While this was a huge step towards equality, many women were still reluctant to believe equality was a realistic probability. Men's athletics were in an uproar and felt this could put an end to their programs. Title IX spurred many colleges to merge their women's and men's athletic departments. This did little to improve equality amongst the sexes, as most head athletic director's positions were almost always assumed by a male. This created a huge blow to women's athletic departments as they began to lose control over their own programs. The growth of opportunity for girls and women and equal access to coaching positions required by Title IX made it so that many schools needed to hire new coaches for new teams. Since the majority of athletic directors were male due to the merging of departments, most would hire male coaches. Even if a woman applied for the same position and was just as qualified, the directors would hire men. While Title IX promoted equality, it seemed to have a reverse affect for women coaches. Once again, the goal towards equality in sports was being attacked.

Paraphrase:

Even after Title IX was passed, most athletic directors were men. This was caused by Title IX merging together the male and female departments. There was a higher amount of male departments, so since they had the majority, and even more male coaches were hired even if a female coach had the same qualifications.

Title:

women weren't getting equal roles

Source:

Daulton, J. (2013). The evolution of gender equality in intercollegiate sports. *Skyline - The Big Sky Undergraduate Journal*, 1(1), 1-14. Retrieved from <http://skyline.bigskyconf.com/cgi/viewcontent.cgi?article=1006&context=journal>

Pages:

9

URL:

<http://skyline.bigskyconf.com/cgi/viewcontent.cgi?article=1006&context=journal>

Tags:

quote, unequal roles, 1980, 1978, cynthia brown

Direct Quote:

In a U.S. News article written by Cynthia Brown, Vice President for Education Policy at the Center for American Progress, Cynthia very candidly describes the conditions of women's athletic departments after Title IX. "I was the deputy director of the Office for Civil Rights in President Carter's Department of Health, Education, and Welfare, and as such I was sent on a university tour for a crash course on athletic scholarships and NCAA rules. I was gathering information about gender equity in college sports. The trip was fascinating. I was wined and dined by university presidents at each stop—Ohio State, Stanford, Duke, UCLA, and the University of Maryland. But when I visited the University of Richmond in 1978 and asked to meet with the woman athletic director, I wasn't allowed. Only in the quiet stalls of the women's bathroom could she tell me the truth: While the male athletes were treated like kings, women's athletics at the university were barely existent." By 1980, women's athletics budgets had risen from just 1 percent of men's budgets to nearly 16 percent. Membership in the AIAW grew to 971 institutions, and the association had begun permitting athletics scholarships.

Paraphrase:

Even though Title IX allowed women to have equal athletic job opportunities, they still struggled for it. Cynthia Brown describes her findings about this inequality during 1978: "While the male athletes were treated like kings, women's athletics at the university were barely existent" (Daulton, 2013, p. 9). However, their rights were indeed slowly increasing, and in 1980, women's pay in the athletic department increased tremendously from only 1 percent of the pay that men get to 16 percent.

Title:

women were sexualized

Source:

Daulton, J. (2013). The evolution of gender equality in intercollegiate sports. *Skyline - The Big Sky Undergraduate Journal*, 1(1), 1-14. Retrieved from

<http://skyline.bigskyconf.com/cgi/viewcontent.cgi?article=1006&context=journal>

Pages:

9-10

URL:

<http://skyline.bigskyconf.com/cgi/viewcontent.cgi?article=1006&context=journal>

Tags:

1980s, sexualization, today, media

Direct Quote:

While there were many barriers to still overcome, Title IX did increase women's representation in college athletics. In 1972, when it was enacted, women comprised of only 15.6% of college athletes. As of 1993, that percentage has grown to 34.8%. However, since the 1980s the percentage of women athletes has increased at an extremely slow pace, and in some years has decreased. In 1981-82 women were 30.5% of athletes and that percentage increased only to 34.8% over the next decade. As women's sports made a steady climb, a new challenge emerged during the 1980's. Women in sport were now increasingly in the public eye, but less portrayed as strong, athletic women. Sport media began to sexualize women athletes, emphasizing their inferior status. Sports Illustrated magazine has always used women models on their covers instead of women athletes who are making the sport scene. It remains the best-selling magazine in the U.S. despite a decade of protest by feminists. Katarina Witt, the German figure skater in the 1988 Olympics was honored by Time Magazine, calling her "The Most Beautiful Face of Socialism". Her costume at the Olympics was considered too sexy, but she became an overnight sensation as many people remembered the costume more than the performance itself. In 1998, Witt posed nude for Playboy. It was the second best-selling issue ever. The ever popular "Beer" commercials, commonly grafted to athletic events, also portrayed women in often subservient, or sexualized positions. The image of the "male jock" with his cold beer was not complete without one or a few scantily clad women surrounding him. This has continued over the last 30 years and these ideas of masculinity and femininity are portrayed as "normal" within the media and by the public. This did not help to deter discrimination on the intercollegiate level.

Paraphrase:

In the 1980's, the image of athletic women became worse because of the media. Women became sexualized by the media, and therefore were seen as weak instead of strong and athletic. Magazines like Sports Illustrated

included female models on their covers. This changed the face of athletic women and many people payed attention to their looks instead of their performances in sports. This problem still continues today, although it has gotten better throughout the years.

## V. 1991-Today

### A. Evolution of Amount of Events

Title:

modern events added

Source:

McDougall, C. (2012). *Girls play to win track & field*. Chicago, IL: Norwood House Press. <http://dx.doi.org/9781599534671>

Pages:

48-49

Tags:

amount of events, 2000, 2008

Paraphrase:

The amount of women's events in track and field have been getting added to the Olympics as recent as 2000 and 2008, where 4 more events were added. This brought the number of events for men and women almost equal.

Title:

men's events compared to women's

Source:

Ellis, A. (2015, July 10). What is the most significant evolution in Olympic track and field? *Sporting News*. Retrieved from <http://www.sportingnews.com/other-sports/news/what-is-the-most-significant-evolution-within-the-entire-history-of-the-olympics/iw3kzouqdwkk1sifr3nazowq7>

Pages:

para. 2-6

Tags:

amount of events, today, 1956

Direct Quote:

The current men's Olympic program in athletics became set at the 1956 Summer Games in Melbourne. The 10-kilometer racewalk — an event that had been on and off the men's Olympic program since 1932 — was replaced by the 20-kilometer racewalk. This brought the total number of men's events to 24, including:

- 12 track events: 100 meters, 200 meters, 400 meters, 800 meters, 1,500 meters, 5,000 meters, 10,000 meters, 3,000-meter steeplechase, 100-meter hurdles, 400-meter hurdles, 4x100 relay, 4x400 relay
- Eight field events: Long jump, high jump, triple jump, pole vault, shot put, javelin, hammer throw, discus
- Three road events: Marathon, 20-kilometer racewalk, 50-kilometer racewalk
- One multi event: Decathlon.

By comparison, the women's program in 1956 consisted of only nine events:

- Four track events: 100 meters, 200 meters, 80-meter hurdles, 4x100 relay
- Five field events: Long jump, high jump, shot put, javelin, discus

Over the next few decades, the women's program slowly closed the gap, and today there are 23 events (the 50-kilometer racewalk is still not one of the women's events).

Paraphrase:

In 1956, men were able to compete in 24 events, a large amount compared to the amount that women had at the time, which was nine. Today, with 23 events, women have been able to almost match the amount of men's events.

Title:

event only men can compete in

Source:

Ellis, A. (2015, July 10). What is the most significant evolution in Olympic track and field? *Sporting News*. Retrieved from <http://www.sportingnews.com/other-sports/news/what-is-the-most-significant-evolution-within-the-entire-history-of-the-olympics/iw3kzouqdwkk1sifr3nazowq7>



Pages:

para. 20

Tags:

today, quote, amount of events

Direct Quote:

The women are one behind the men overall because the 50-kilometer racewalk remains a men's-only event. The event is not widely contested among women, however, so there has not been a proposal to the IOC to add the event. If women increase their participation over time and a proposal is made to make it an Olympic event, the process will be less of a struggle than what women have had to deal with over the past nine decades.

Paraphrase:

Today, there is only one event that just men are able to compete in, which is the 50-kilometer racewalk. There are no current proposals to make this a unisex event, but if there were, "the process will be less of a struggle than what women have had to deal with over the past nine decades" (Ellis, 2015, para. 20).

## B. Evolution Significance

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Title:

evolution of women in track significance

Source:

Ellis, A. (2015, July 10). What is the most significant evolution in Olympic track and field? *Sporting News*. Retrieved from <http://www.sportingnews.com/other-sports/news/what-is-the-most-significant-evolution-within-the-entire-history-of-the-olympics/iw3kzouqdwkk1sifr3nazowq7>

Pages:

para. 1

Tags:

quote, amount of events

Direct Quote:

The most significant way that the Olympics evolved was the gradual expansion of the women's program to match that of the men's. It has been a

decades-long process, but it has been important progress toward reaching much-needed gender equality in athletics.

Paraphrase:

Women have waited and fought for many of years, and they have finally been able to gain equality with the amount of events they can compete in compared to men. As Ellis states in 2015, "It has been a decades-long process, but it has been important progress toward reaching much-needed gender equality in athletics" (para. 1).

### C. More Difficulties

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Title:

today's problems with equality

Source:

Daulton, J. (2013). The evolution of gender equality in intercollegiate sports. *Skyline - The Big Sky Undergraduate Journal*, 1(1), 1-14. Retrieved from <http://skyline.bigskyconf.com/cgi/viewcontent.cgi?article=1006&context=journal>

Pages:

11-12

URL:

<http://skyline.bigskyconf.com/cgi/viewcontent.cgi?article=1006&context=journal>

Tags:

today, inequality, media

Direct Quote:

Today, 87% of parents feel it is important that girls are involved in athletics compared to 4% in 1972. This is a monumental change, as women are no longer viewed as too weak to play sports like they have been for over the last one hundred years. While some may argue that women's sport's continues to be controlled by an ideological system of gender roles and values, it can be argued that times have changed. Women enjoy limitless opportunities to play in whatever sport they desire and they have more scholarship funds accessible to them than they have ever had. Women's college games are recognized by the media and televised on major sports networks. The blood, sweat, and tears towards equality has paid off in many ways, but there is still more change that needs to occur. Despite the rise in participation and

scholarship funding for girls and women athletes, men's teams still receive more funding and woman coaches still receive less recognition than men. Woman coaches are paid less than men and women's sports programs are usually the first to be cut when a school is facing a budget issue. Leadership positions in college athletics are still predominantly held by men, as well as positions on the U.S. Olympics. This deeply rooted system of discrimination needs to be shattered for true equality to exist. Women athletes have proved they belong and there is no stopping them now. You've come a long way baby!

Paraphrase:

Women have come a long way throughout this past century, and a large majority of people support women in athletics. According to Daulton, while 4% of parents said in 1972 that girls should do sports, as of today, that percentage has increased drastically to 87%. Women now have many sports available to them and they have gained their spot on the media. However, women are still lagging behind men in one thing: equal pay. Women's teams and coaches don't get payed as much as men do, so programs of women aren't funded as well as men's programs. This lack of pay overall brings less attention to women through the media and doesn't give women the recognition that they deserve after all these years.

## VI. Conclusion

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Title:

conclusion quote

Source:

McDougall, C. (2012). *Girls play to win track & field*. Chicago, IL: Norwood House Press. <http://dx.doi.org/9781599534671>

Pages:

56

Tags:

quote, conclusion, today

Direct Quote:

Female track-and-field athletes have been fighting the odds since the beginning of the sport. To each challenge, however, the athletes have responded. They have proven that they are not only capable of competing in every track-and-field event,

but that they can achieve great things. With nothing to hold the next generation of women back, the possibilities are limitless.

Paraphrase:

The rights for women in track and field have improved drastically throughout the past century, and now women do not have to worry about discrimination against them in athletics. In 2012, McDougall acknowledges that "With nothing to hold the next generation of women back, the possibilities are limitless" (p. 56).