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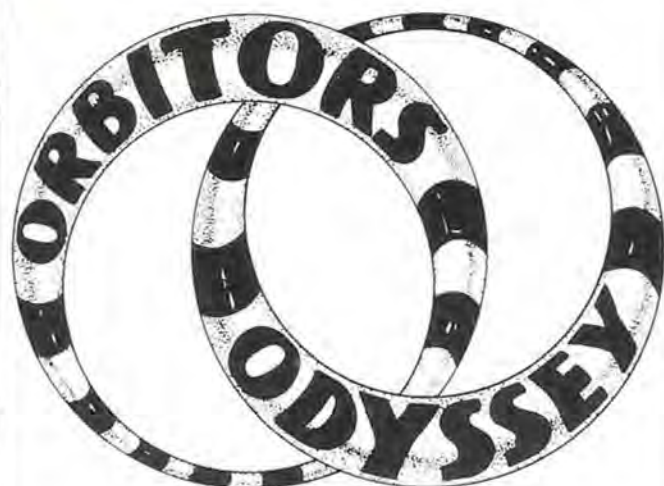
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TODAY'S EVENTS

Discathon

A race in which players must run and throw discs around a circuitous 1(one) kilometer course. The course uses natural objects to define the mandatory route which the disc must travel. Good race strategy involves accurate throwing which reduces the length of the run. A wide range of throwing skills are required including precise curve control, strong distance and great accuracy. The running component demands speed, endurance and agility. Additionally, a carefully planned race strategy is necessary for attainment of low times.

Disc Golf

One of the most exciting developments in play is the public acceptance of Disc Golf. Many club and municipal courses have been experiencing very heavy usage. Play is analagous to ball golf except that fairways are shorter and much more restricted. Holes are completed by either striking objects on informal courses or hitting Disc Pole Holes on standardized courses.

Distance

More powerful players, better technique and improved discs have pressed the distance barriers well past the length of a football field. Both the backhand and the sidearm are popular deliveries for this power event.

Freestyle

Freestyle is the "hotdog" aspect of Frisbee® disc play. Based on the throw and catch fun of the beach and backyard, freestyle has become an extremely challenging and beautiful aspect of competitive play. Judging is done by other active players and considers difficulty, execution, variety and presentation.

Maximum Time Aloft

MTA is one of the most demanding of all flying disc disciplines. Good performances require strength, control and an extensive knowledge of the nature of disc flight. Players throw a "boomerang" flight into the air and catch the return flight cleanly in one hand. Time is measured from release until first contact in the catching attempt.

Ultimate

A field game played with seven players on each team. Ultimate has become extremely popular with club, high school and college teams. The disc is moved from player to player by passing and goals are scored by throwing to a team member in the end zone. The 165G® model is used for Ultimate play.

Guts

Two teams of five players face each other across a 14 meter neutral zone. The disc is thrown at great velocity across this zone with points being scored for wild throws or missed catches. All throws must be caught cleanly in one hand. The Professional® model is used for Guts.



Photo: Gary Gossett

SCHEDULE

1984 MAZDA U.S. OPEN FRISBEE® DISC CHAMPIONSHIPS SUNDAY, JULY 1, 1984

8:00 a.m.	Women's Golf Final (Holes #1 thru #9)
9:30 a.m.	Men's Golf Final (Holes #10 thru #18A) Hacky Sack® Footbag Circle & Instruction
10:30 a.m.	Ultimate
11:00 a.m.	Women's & Men's Self Caught Flight Final (Maximum Time Aloft)
11:30 a.m.	Hacky Sack Footbag & Frisbee disc Skills Clinic Guts Game Hacky Sack Footbag Net Game
12:30 p.m.	Women's Distance Final
12:45 p.m.	Men's Distance Final
1:00 p.m.	Gaines Ashley Whippet Invitational Western Regional Final
1:45 p.m.	Women's Discathon Final
2:00 p.m.	Men's Discathon Final
2:15 p.m.	Hacky Sack Footbag Freestyle
2:30 p.m.	Women's Freestyle Final
2:55 p.m.	Hacky Sack Footbag Freestyle
3:00 p.m.	Men's Freestyle Final
4:00 p.m.	Jam Time

Seventh Annual
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Two days of disc golf on La Mirada Regional
Park's demanding championship course.



SCHEDULE

- Sat. 8:15 Preliminary — One Round — Women, Masters & Grandmasters
 11:00 Open Qualifying — Flight A, One Round
 1:30 Open Qualifying — Flight B, One Round
 4:00 Open Qualifying — Flight C, One Round
 Open Division cut to 72 players
 for Sunday quarter final.
- Sun. 8:15 Finals — One Round — Women, Masters & Grandmasters
 11:00 Quarter Final — One Round — Cut to 28 & Ties for Semi-Finals
 2:00 Semi-Final — One Round — Cut to Top 3 & Ties
 3:30 Finals — 9 Holes

Registration Info:
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About The Disc

Sport has gone crazy in our generation, since Sputnik launched the Space Age. Football, baseball, and basketball enjoy more popularity than ever, but they are giving ground to a flood of other athletic activities. Soccer and hockey are joining the ranks of major sports in this country. People were bicycling, running, swimming, bowling, climbing, rafting in incredible numbers. Amid this enthusiasm for sport spring the seedlings of a new order of sports, namely, hang gliding, skateboarding, and disc play. They embody the Space Age—flight, freedom, exploration and ephemeral control.

Frisbee® disc play is a modern phenomenon. Eighty million people have tried it. More discs are sold each year than baseballs, basketballs and footballs combined. But the exact origins of disc play remain pleasantly and tantalizingly shrouded in uncertainty. There is evidence of considerable fascination with saucerlike objects prior to the commercial production of plastic discs. Paper plates, records, pie tins, and can tops all spent some time in the sky. Their appeal was obvious—they truly flew. Pie tins get most of the credit for pre-plastic play, probably because they perform fairly well. Some tins fly well even by today's standards.

Despite this early activity, there was no real precedent for the flying disc. It fell into our hands without instructions. Fortunately, its entrancing flight was enough to keep people exploring the potential of this new plaything. Enthusiasts were faced with a unique opportunity to develop play as they saw fit. And the creative possibilities soon proved to be the disc's best feature.

There is something special about the Frisbee disc. It seems simple enough—a plastic saucer. It can be propelled in an incredible number of methods, fly in a wide range of trajectories and attitudes, and be caught in an infinite number of methods. The catch is particularly intriguing because it makes maximum use of the flight characteristics of the disc. When freestyle experts catch a saucer, they rarely hold it on initial contact but rather play with the flight of the disc for several moments before stopping its rotation in the final catch. This can involve such things as changing flight attitude through touching the surface of the disc; adding or reducing rotation; or using the spin to carom off body parts, all while taking into account the flow of the wind, which has a profound effect on the whole operation. All this requires an intimate knowledge of the nature of the Frisbee disc's flight. Careless or gross contact in flight can produce wobbly, unpredictable gyrations. The triumph comes in cooperating with the saucer in the production of the desired result.

One of the amazing features of the disc, however, is that pleasures are available at all levels of competence. Just to see it fly through the brightness of a summer afternoon can bring a special joy all its own. The inexperienced catcher leaps and merely grazes the bottom of the disc, and amazingly it glides up into the wind and returns to be caught again. The ball holds not such mystery. It has a slavish attachment to the Earth and falls quickly if missed in the first catching attempt. Frisbee holds a special wonder. It responds clearly to its treatment and is almost eager to perform.

This amazing toy wonder has generated an especially interesting impact on its admirers. The Frisbee disc was a smash hit when introduced. It was popular in fad dimensions. People loved the way it flew, the way it curved and soared. As with all fads, the wide appeal of the original Pluto Platter fell off. Most people moved on to the next interesting toy, but a few continued to play with the disc, having had a glimpse of its possibilities. As they continued, these early enthusiasts learned more about the saucer and developed activities utilizing that new knowledge. Progress was slow. Each little pocket of enthusiasm made its own breakthroughs, depending on its mix of personality and creativity. They advanced, but there was much to learn.

People don't invent new games with baseballs or footballs; they play what they're 'supposed' to play. Try a behind-the-back swings-only game of tennis at a country club and people will be incensed that you don't "play right." and so the flying disc became a magnet for maverick sports talents who preferred following their own inclinations to structured play. The fusion of this talent with the disc's natural potential made for an incredible rush of creative activity.

The people you will see playing today are the culmination of those years of creative play combined with superior athletic talents. They will certainly amaze you, but in the amazement there is also an invitation for you to participate. We are only at the beginning of this discovery and every new player brings unique perspective and potential.

Come on—play catch...invent games!

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The Hacky Sack footbag and the Frisbee disc share much in common. Both are simple in design and yet hold great possibilities for creative use. They work particularly well together in that they fit into different situations. Only have 3 minutes while they check the oil? Pull out the footbag! Nice breeze on the sandy beach? It's disc time! Got 6 friends and 20 square feet? Hacky Circle! On the hilltop with a smooth meadow below? Sounds like a fling!

To fully appreciate their possibilities, both the Frisbee disc and Hacky Sack require some commitment. The skills are both physically and intellectually challenging with a certain amount of persistence required for real mastery.

In order to help introduce more people to these new-age sports, Wham-O has promoted a 25 city series of Hacky Sack and Frisbee disc Festivals this Summer. At these events, people can both see top players and get hands (or feet)-on instruction. The next Southern California Festival is in San Diego on July 7th at Robb Field. Instructor meeting is at 11:00 with the first demonstration show at noon. For further information call Bill Tulin at (619) 273-7441. See you there!

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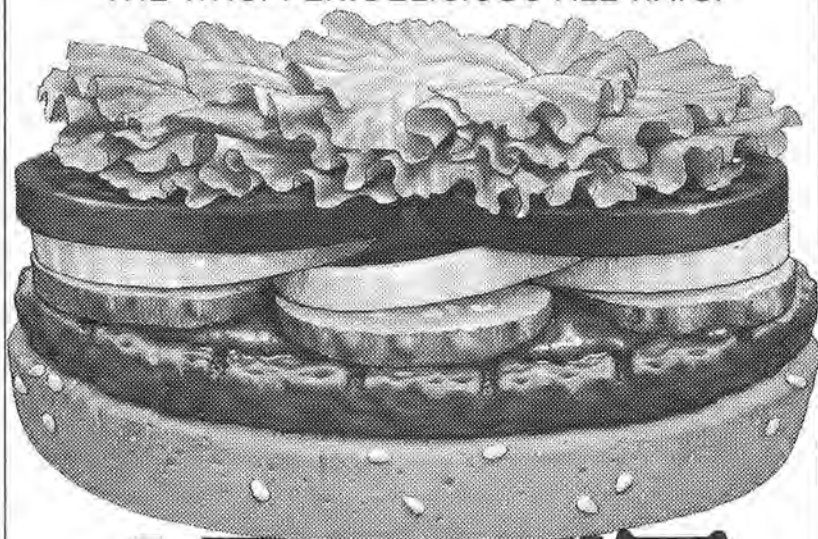
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HISTORY OF THE La Mirada Disc Golf Course

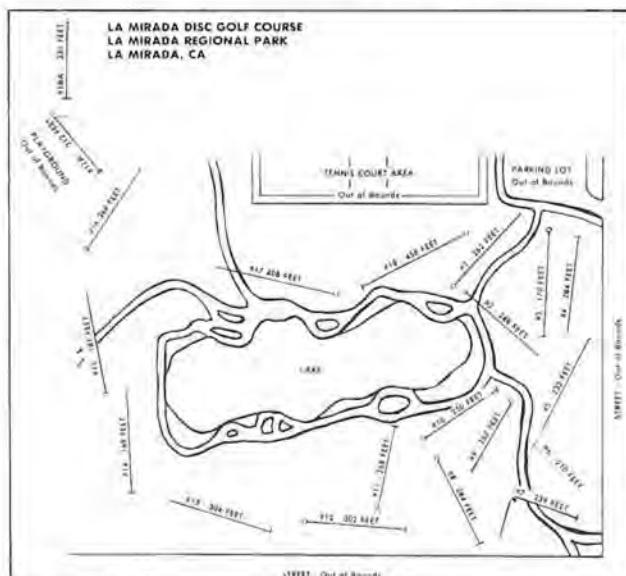
The La Mirada Disc Golf course used in today's tournament is located in the 240 acre La Mirada Regional Park in La Mirada, California. The Disc Golf course was donated in 1975 by Wham-O Mfg. Company and was designed by Ed Headrick. The first year the course was a natural course that consisted of just poles to hit and it was longer, finishing on the north side of the swimming pool. In 1976, with donations from the Disc Golf Association and Wham-O, the course was upgraded to Disc Pole Holes. A new design was created by Ed Headrick which included 9 variations of each hole; the only course in the country to have such a feature. Since then, the La Mirada Course has been considered one of the toughest in the country. The playing distance of the course is 4896 feet. The course consists of challenging holes such as the 13th - a treacherous 304 foot downhill hole with a lake on the right side of the fairway and the out-of-bounds road on the left.

In 1976 through 1978 the preliminary rounds of Disc Golf in the World Frisbee® disc Championships were played at the La Mirada course.

In 1978 the 1st Annual La Mirada Open was held and is now in its 6th year. The tournament has become one of the most prestigious annual Disc Golf tournaments in the country.

In past years on the La Mirada course, certain improvements have been made with help from volunteers from the La Mirada Frisbee disc Club, such as new basket placements and the construction of cement runways for tee areas. There is a commitment in the La Mirada disc community to continually improve and keep the La Mirada Disc Golf course one of the best in the country.

The links are open every day and free to the public.



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