

FIRST ANNUAL NATIONAL MASTERS NEWS

AGE-HANDICAPPING TRACK AND FIELD MEET

for men and women age 30 and up

SATURDAY, AUGUST 23, 1986

Birmingham High School - Van Nuys, California

Sanctioned by TAC/Southern California Association

Sponsored by the NATIONAL MASTERS NEWS

ENTRY DEADLINE - TUESDAY, AUGUST 19, 1986

ELIGIBILITY: All men and women age 30 and up.

ENTRIES: Pre-entry required before Tuesday, August 19. No late entries accepted.

FEES: First event \$6.00; additional events \$3.00.

FACILITIES: 8-lane, all-weather, rekoflex, certified, Olympic training track with rubber surfaces for jumps. Concrete throwing ring for shot put. $\frac{1}{2}$ inch spikes. Food concessions and changing rooms available.

AGE-HANDICAPPING: This is the first full masters meet to utilize age-handicapping. Contrary to most masters meets, there will not be the usual "age-group" competition. Instead, all ages and sexes will compete in the same "division," with the oldest runner getting a head start in each event. In the field events, an age-graded formula will determine the winners. (Thus, the first place finisher could be a 30-year-old man or a 75-year-old woman.) A distance handicap will be given to each competitor in the 100, 200, 400 and 400 IH. A time handicap will be given in the 110 HH, 800, 1500 and 5000. Handicaps are based on tables compiled by TAC Records Chairman Peter Mundle and Dr. Track's Runners' Time Standards.

TEAM AWARDS: A team trophy will be presented to the club whose members score the most points, based on 6-4-3-2-1 scoring.

HEATS: Heats will be run in the 100 and 200. The 110 HH, 400, 400 IH, 800 and 1500 will be run as seeded-sectioned finals. There will be one 5000 meter final.

TIMING: Hand-timing.

NOTE: Since Birmingham is a city school, there will be no hammer, javelin, discus or steeplechase competition. Because of the special nature of age-handicapping competition, there will be no relay competition.

AWARDS: Medals will be awarded to the first three places in each event, in a victory-stand presentation.

RESULTS: Complete results, including heats and sections, will be published in the October issue of the National Masters News.

HOUSING: Carriage Inn, 800/542-6082 (Calif.), 800/854-2608 (Nationwide), \$49/room. Pool.

Voyager Inn, 818/997-6007, \$41-\$45/room.

Town House Motel, 818/782-8800, \$36-\$42/room.

Golden Lion Motor Inn, 818/787-5400, \$41-\$48/room.

Arrow Motel, 818/786-6966, \$30-\$35/room. No pool.

DIRECTIONS: From the 405 (San Diego) Freeway, exit at Victory Boulevard and drive west 1.7 miles. From the 101 (Ventura) Freeway, exit at Balboa Boulevard and drive north 1.1 miles. The track entrance is on Victory, just west of Balboa. Free parking.

WEATHER: Since this is an evening meet, the weather should be mild, in the 70's, with little or no smog.

SCHEDULE: Times are approximate.

TIME	TRACK EVENTS	TIME	FIELD EVENTS
5:15 p.m.	* 110M HH Final	4:00 p.m.	Pole Vault (all ages, start lowest height)
5:45 p.m.	* 800M Final	4:30 p.m.	Long Jump (all ages)
6:15 p.m.	100M Heats	5:00 p.m.	High Jump " "
7:00 p.m.	100M Final	6:00 p.m.	Shot Put " "
7:15 p.m.	* 400M Final	7:00 p.m.	Triple Jump " "
8:00 p.m.	*1500M Final		
8:30 p.m.	200M Heats		
9:00 p.m.	* 400 IH Final		
9:15 p.m.	200M Final		
9:30 p.m.	5000M Final		

*Timed sections (if needed) based on submitted marks on entry form.

Please complete this form, sign and date release and mail with entry fee to:
NATIONAL MASTERS NEWS, P.O. BOX 2372, VAN NUYS, CA. 91404.

1ST ANNUAL NATIONAL MASTERS NEWS AGE-HANDICAPPING TRACK AND FIELD MEET

Al Sheahan, Meet Director

NAME _____ CLUB AFFILIATION _____

ADDRESS _____ 1986 TAC NUMBER _____

CITY/STATE/ZIP _____ TELEPHONE _____

AGE (on August 23, 1986) _____ MALE _____ FEMALE _____ BIRTHDATE _____

EVENT	BEST RECENT MARK	AMOUNT ENCLOSED
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Make checks payable to NATIONAL MASTERS NEWS and mail by August 16, 1986 to arrive by the August 19 deadline.
(No refund for default)

WAIVER:

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against the Los Angeles-Valley Athletic Club, Southern California Association/TAC, Birmingham High School, the National Masters News and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the National Masters News Age-Handicapping Track and Field Meet held August 23, 1986 at Birmingham High School in Van Nuys, California.

DATE _____ SIGNATURE _____

INFORMATION SHEET

Age-Handicapping:

This is the first full masters meet to utilize age-handicapping. Contrary to most masters meets, there will not be the usual "age-group" competition. Instead, all ages and sexes will compete in the same "division," with the oldest runner getting a head start in each event. In the field events, an age-graded formula will determine the winners. (Thus, the first place finisher could be a 30-year-old man or a 75-year-old woman.) A distance handicap will be given to each competitor in the 100, 200, 400 and 400IH. A time handicap will be given in the 110H, 800, 1500 and 5000. Handicaps are based on tables compiled by TAC Masters T&F Records Chairman Peter Mundle and Dr. Track's Runners' Time Standards, and are posted for you to look over.

Awards:

Trophies will be presented to the 1st, 2nd and 3rd place finishers in each event -- based on the age-handicapping tables. A team trophy will be awarded the club whose members score the most points -- based on 6-4-3-2-1 scoring.

PLEASE COME TO THE VICTORY STAND, WHEN YOU HEAR YOUR NAME ANNOUNCED, FOR YOUR TROPHY PRESENTATION.

Shot Put:

Tables are based on imperial weights: M30-49: 16#; M50-59: 12#; M60+: 8#; W30-49: 8#; W60+: 6#. You may, of course, use the heavier WAVVA kilogram weights.

Can I run the full distance? YES!

Entrants in the 100, 200, 400 and 400H receive a distance handicap, meaning you'll run less than the full distance. If, however, you want to get a time for the full distance, please feel free to waive your handicap and start at the scratch line.

Advancing to finals:

The winner of each heat, plus the next fastest from all heats, will advance to an eight-person final. The heats are seeded, based on times submitted on entry form.

Late Entries:

We'll try to accept late entries, since we don't like turning people away, but we may not have time to figure the handicap for you. So you may run the distance, without any handicap, from the scratch starting line.

Field-Events:

You are entitled to six throws/jumps.

Your best effort, added to your age-handicap, will determine the winners.

How to Figure Age-Handicaps:

Look at the posted age-handicapping chart. The running events were compiled by Dr. Track, who is here today. The field events were compiled by Pete Mundle, who is also here today. They'll answer your questions.

To find your handicap for a running event,

- 1) Find the men's open class (OC) time standard for the event.
- 2) Find the time standards for the event for your age and sex.
- 3) To find the distance you'll run, divide the OC time by your time standard. Then multiply that figure by the distance of the event. (Thus, for a 45-year-old man running the 100, divide 9.91 by $10.76 = .921 \times 100 = 92.1$ meters. So he'd get a head start of 7.9 meters.)
- 4) For the 800 and up, the oldest runner starts at :00, and younger runners start later, based on their time standard. (A 57-year-old man, whose standard in the 1500 is 4:11.28, would start 8 seconds ahead of a 53-year old man, whose standard is 4:03.22.)

If you have any comments or suggestions on the handicap tables, or on the way the meet is handled, please let us know. This is the first meet of its kind, and we're doing our best; but we expect some bugs and would appreciate your comments.

Check-In:

No check-in is necessary. Just go to the starting area when your event is called.

Lane Assignments:

Oldest-to-youngest go from the inside to the outside lanes. (This should make for more interesting races in the 200, 400 and 400H.) So there is no seeding by lanes.