Age-Handicapping:
This is the first full masters meet to utilize age-handicapping. Unlike 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 400H. A time handicap will be given in the 110H, 800, 1500, and 5000. Handicaps are based on tables compiled by TAC Masters Track & Field 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#: M50-58: 12#: M60+: 8#: W30-49: 8#: W60+: 64#. You may, of course, use the heavier WAVA 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 in entry form.

False Starts:
The "no-false-start" rule will NOT be in effect. A competitor will be disqualified after a second false start.

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 = .927 X 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 80, 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.

After the race:
Please return to the finish line and give the timers your name. Stay in your lane in the sprint events.
**Information Sheet**

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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 400H. 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.

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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 MAVA kilogram weights.

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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.

**After the race:**
Please return to the finish line and give the timers your name. Stay in your lane in the sprint events.
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
PROCEDURES FOR HANDLING HEAT SHEETS:

1) Pam and Al take late entries at registration desk, writing them on the three-part heat-sheet:
   a. white copy
   b. yellow copy
   c. pink copy
Pre-entered athletes need not check in, but go directly to the starting area when their event is scheduled.

2) 10 minutes before an event's starting time, Bill Adler picks up the white & yellow copies (with carbon between), and takes to starter or field judge. Barbara takes pink copy of late entries to announcer, who already has pink copies of pre-entries.
   a. For running events: after starter is finished with heat sheet, Barbara takes it to finish line judge, Lewis Smith.

3) After event is over:
   a. 110H, pole vault, shot put, long jump, triple jump:
      Finish judge fills in marks. Barbara takes white & yellow copies to Pete Mundle, who adds in handicaps and determines winners. Then, Barbara takes yellow copy to announcer and white copy to awards table.
   b. 100 and 200 heats:
      Finish judge fills in times and places. Barbara takes yellow copy to announcer and white copy to Al at registration desk, who prepares lane assignments for finals. For finals, follow procedure #2, above.
   c. 100 final, 200 final, 400, 800, 1500, 5000, 400H:
      Finish line judge fills in times and places. Barbara takes yellow copy to announcer and white copy to awards table.

4) When announcer (Jay) receives yellow copy, he announces results, and asks first three finishers to come to awards table. When they arrive, he announces their names as Monica presents trophy, simultaneously, going from 3rd to 2nd to 1st.

5) Awards table should save white copies, as these will be the official results. Give to Al after meet is over.

6) Using yellow copies, Jay keeps tab on team scoring, announcing periodic updates. When final event is over, Jay announces winning club and asks representative to come to awards table, where Monica presents team trophy.

Note: The winner of each heat, plus the next fastest from all heats, will advance to an eight-person final.
INSTRUCTIONS:

1. Check in and receive all materials (number, etc.) several hours before competition.

2. Place number on front of singlet - it must be on singlet before reporting to clerking area.

3. Report to clerking area for running events 15 minutes before the running of your age group event.

4. Clerking areas will be as follows:
   - 100 meters & short hurdles - steeplechase water jump
   - 200, 5000, 5000 walk - middle of back straight away
   - 400, 800, 1500, steeplechase, 400 hurdles & all relays - Northeast ramp to the track

5. Sweats will be delivered to the area above officials room at the southeast corner of track.

6. No athletes are to be in the infield except athletes participating in event in action. Anyone violating this policy may be subject to disqualification!

7. Awards may be picked up at awards area located just south of the scoreboard.

8. Qualifying rounds:
   - A. All heat winners will advance to finals.
   - B. Remaining lanes will be filled with fastest non-winning times.

9. All throwing implements must be delivered to weights and measurements area 1 hour or more before event starting time. They will be delivered to throwing area 30 minutes before event. It will be your responsibility to take implements after event.

10. Good luck and if we can be of help, please contact one of the officials.
ATTENTION -- PLEASE READ

TO OBTAIN A MEDAL:

If you place first, second, or third in your event and age group, it is necessary to obtain an award slip from the official or his assistant immediately after the results have been determined. You may then exchange it for your medal at the awards table at your convenience without waiting for the results to be announced.

LANE AND ORDER ASSIGNMENTS:

Lane and heat assignments for running events and order of competition for field events have been assigned randomly by the computer in order to distribute advantages fairly. The officials and the announcer request that these assignments be observed. Therefore, please do not attempt to change them even if better assignments become open due to no-shows.

COMPETITOR NUMBERS:

Officials and the announcer request that for consistency and ease of identification all competitors wear their assigned numbers on the front of their jerseys. High jump or pole vault competitors may wear them on either front or back as appropriate to their style, but it is necessary that all competitors be easily identifiable.
Please award (name)________________________ (number)________________________
with (circle one) 1st 2nd 3rd place in the
(age group)___________ (event)____________________________

Meet official ______________  Awarded ______________
ATHLETES WHO DID NOT PREREISTER

The Trojan Masters Track Club would like to explain the reasons for the firm deadline on entries, so that you will not think it purely arbitrary. Because of the volume of paperwork required and the short time available to do it, we have attempted to utilize a computer for greater efficiency.

The bulletin board gives you an idea of the amount of information which has to be processed, not only once, but several times for different purposes. A computer is most useful in this task. There may be as many as 28 different data items to be entered for each athlete, which takes at least five minutes apiece for an expert. Multiply that by several hundred, and consider that many of the sheets on the bulletin board are required several days before the meet, and you will understand the need for an early entry deadline and the prohibition of late entries or day-of-meet entries.

All athletes who entered this year's meet will be sent entry blanks next year. If you did not enter this year and would like an entry blank next year, please fill out an information form which can be obtained at the information booth, which will contain much of the data needed on next year's entry form and help expedite the recording of next year's data.
No wind gear needed.
IMPORTANT INFORMATION

1. WEAR NUMBER ON FRONT EXCEPT 100, 200 AND 400 METER RACES (ON BACK)
2. CHECK IN ONE (1) HOUR BEFORE YOUR EVENT IS SCHEDULED TO START
3. CHECK SCHEDULE FOR HEATS AND FINALS
4. IF YOU ARE DOING MULTIPLE EVENTS, IT IS YOUR RESPONSIBILITY TO CHECK IN WITH THE OFFICIAL OF YOUR EVENT WHEN CALLED OR YOU WILL BE SCRATCHED

5. QUALIFYING TO FINALS FROM 100, 200 & 400 HEATS WILL BE:
   1. THE WINNER OF EACH HEAT AND THEN
   2. THE NEXT FASTEST TIMES TO FILL THE FINAL TO EIGHT PLACES

6. IN FIELD EVENTS – IF THERE ARE MORE THAN 8 ATHLETES IN AN AGE GROUP
   1. EACH ATHLETE WILL GET 3 Throws/Jumps IN FLIGHTS
   2. THE TOP 8 MARKS WILL GET 3 MORE Throws/JUMPS

   (YOU MUST CHECK IN WHEN THE EVENT IS CALLED AND YOU WILL BE ASSIGNED TO A FLIGHT – IF YOU ARE NOT THERE TO CHECK IN, YOU WILL BE SCRATCHED)

3. IN THE HIGH JUMP AND POLE VAULT THE BAR WILL NOT BE LOWERED WITHIN THE FLIGHT – CHECK IN WHEN THE EVENT IS CALLED

7. PROTESTS – MUST BE SUBMITTED TO THE MEET DIRECTOR WITH A $25.00 FEE TO BE REFUNDED IF PROTEST IS UPHELD

8. SECTIONS IN RACES RUN ON TIME HAVE BEEN FORMED BY YOUR SUBMITTED SEED MARKS (IF YOU DID NOT SUBMIT A MARK – YOU WILL BE IN AN UNSEEDED HEAT)

ESTIMATED TIME SCHEDULE AND ORDER OF EVENTS

FRIDAY TRACK
1PM HURDLE HEATS IN AGES M50-54, M40-44, M35-39, M30-34
1:30 HURDLE FINALS F40-55, M70-72, F35-39 THEN MEN OLDER TO YOUNGER
2:30 5K RACEWALK WOMEN, THEN OLDER TO YOUNGER MEN (2 OR 3 SECTIONS)
4:30 100 HEATS M70-74, M65-69, M60-64, M55-59, M50-54, M45-49, M40-44, M35-39, M30-34
5:30 800 FINALS ON TIME WOMEN, THEN MEN – OLDER TO YOUNGER
7:00 10,000 METER RUN M30-59, THEN M60+ AND ALL WOMEN (2 SECTIONS)

FRIDAY FIELD
2PM HIGH JUMP (2 PITS ) WOMEN, THEN MEN OLDER TO YOUNGER
2PM SHOT PUT (2 CIRCLES) " "
2PM POLE VAULT M30-39 BAR WILL NOT BE LOWERED

SATURDAY TRACK
8AM 2K STEEPLECHASE M60+
8:15 3K STEEPLECHASE M30-59
8:45 400 HEATS M60-64, M55-59, M50-54, M45-49, M40-44, M35-39, M30-34
9:45 1500 METER RUN FINALS ON TIME – WOMEN, THEN MEN – OLDER TO YOUNGER
11:45 100 METER FINALS WOMEN, THEN MEN – OLDER TO YOUNGER
12:45-1:30 PM LUNCH BREAK
1:30 300 HURDLES FINALS M60+
1:45 400 HURDLES FINAL ON TIME – WOMEN, THEN MEN – OLDER TO YOUNGER
2:45 4 X 100 RELAYS
3:00 4 X 800 RELAYS

SATURDAY FIELD
9AM LONG JUMP (2 RUNWAYS) WOMEN, MEN – OLDER TO YOUNGER
9AM DISCUS " " "
9AM POLE VAULT M40-49 BAR WILL NOT BE LOWERED
11AM HAMMER THROW NEAR RIFLE RANGE
2PM PLOE VAULT M50+ BAR WILL NOT BE LOWERED
2PM JAVELIN M35-39, M30-34

SUNDAY TRACK
7:30 AM 20K RACEWALK START ON TRACK – FINISH ON ROAD NEAR TRACK
8AM 5,000 METER RUN FINALS – M30-64 SECTIONS OLDER TO YOUNGER
10AM 400 METER FINALS " " "
10:45 5,000 METER RUN FINALS F50+, F30-49, M65+
1PM 4 X 400 METER RELAY

SUNDAY FIELD
9AM TRIPLE JUMP (2 RUNWAYS) WOMEN, MEN– OLDER TO YOUNGER
9AM JAVELIN FIELD 'B' F50+, F30-49, M75+
9AM JAVELIN NEAR RIFLE RANGE M40-74 OLDER TO YOUNGER
INSTRUCTIONS FOR CLERKS OF THE COURSE

1. Ten minutes before the published time of the first heat of each event have P.A. system call all divisions to the Clerk area. The first heat of each event will start according to the published schedule.

2. "Clerk A" will provide the following information to the participants.
   a. How many heats and what divisions comprise each heat.
   b. Three watches will be on first and one watch on each of next 5 places, a 6th watch will give a running time.
   c. Athletes in later heats are to remain in general area so that they can hear the call over the bullhorn.
   d. Each heat will begin immediately after the conclusion of the prior heat; i.e., the published times are approximate times except for the first heat of each event.
   e. Will line up several heats in advance.
   f. Who will qualify for finals and when will the finals be run. [Footnote continued →]

3. "Clerk A" will escort first heat to starter and hand corrected heat card to Wilmoth's runner.
4. While first heat is being escorted, "Clerk B" will set the second heat and escort.
5. "Clerk A" will set third heat and escort.
Instructions for P.A. Announcers

1. Call all divisions to the Clerk area 10 minutes before the published time.

2. Periodically announce that the 1st heat of each event starts per the schedule and subsequent heats start immediately after the finish of the prior heat; the 2, 3, 4... heats published times for the 2, 3, 4... heats are approximations.

3. All participants in relays must report to clerk of course if not just lead off men.

4. Athletes in all heats are to remain in general area so that they may be ready to run following heat(s). Announce: "Heat will begin immediately after conclusion of prior heat.'

5. Announcement: Women's 100 Meter Cancelled due to lack of entries.

6. Starting Procedure: 1st false start charged to the offender, 2nd false start competitor is out of competition.

7. Professional: Will be Sunday at? all athletes will march length of track as country is called, step forward & raise hand.
10:00 a.m.  80-110 Hurdles Trials as needed  see note #3
       Triple Jump 50-up men & women (outside pit)  see note #2

1:30 - 3:00 p.m. Sports Medicine Clinic at Howard Johnson's Motel Parlor C

4:00 p.m.  400 Relay All Finals  see note #4
       High Jump 40-44 men (north pit) women (south pit) see note #1
       Triple Jump 40-44 men & women (outside pit)
       Discus 45-49 men & women  see note #2
       Hammer 30-34 men & women

4:30 p.m.  Two Mile Relay All Finals  see note #4

5:15 p.m.  5000m 60-up & all women  see note #4

6:00 p.m.  Triple Jump 45-49 men & women (outside pit)
       Javelin 50-up men & women  see note #2

6:10 p.m.  400m All Finals  see note #4

7:00 p.m.  5000m 45-59 men  see note #4

7:50 p.m.  5000m 30-44 men  see note #4

NOTES:

#1 ALL PARTICIPANTS WILL JUMP AS THE BAR IS RAISED UNTIL WINNERS ARE DETERMINED - SEE TAC RULE BOOK

#2 ALL PARTICIPANTS WILL HAVE 1 HOUR AND 30 MINUTES TO TAKE THEIR TRIALS- SIX WILL BE ALLOTTED EACH PARTICIPANT-AT THE END OF THE TIME LIMIT NO MORE TRIALS WILL BE GIVEN AND THE RESULTS WILL BE DETERMINED FROM COMPLETED TRIALS.

#3 TRIALS WILL BE RUN IN AGE GROUPS STARTING WITH THE OLDER WOMEN TO YOUNGEST MEN THAT HAVE MORE THAN 10 ENTRIES - IF THE TRIALS HAVE LESS THAN 10 REPORTING - IT WILL BE RUN AT SCHEDULED FINAL TIME WITH ONLY THE PARTICIPANTS REPORTING FOR TRIALS ELIGIBLE FOR THE FINALS.

#4 ALL FINALS WILL BE RUN IN SECTIONS (SOMETIMES MORE THAN ONE AGE GROUP AT A TIME) STARTING WITH THE OLDEST WOMEN TO YOUNGEST MEN.
PRESENTS AN
Educational Seminar
AND
Hospitality Room
IN CONJUNCTION WITH
1985 TAC National Masters Championships

WHERE:
Howard Johnson's Motel
501 West Washington Street
Indianapolis, Indiana
Parlor C

FEE:
NO CHARGE - EVERYONE WELCOME

- SCHEDULE -

Friday, Aug. 23rd:
2:15 - 3:30 pm
"Acute and Chronic Injuries of the Master
Track Runner" by Methodist Sports Medicine
Clinic, Indianapolis, Indiana.

Saturday, Aug. 24th:
12:45 - 1:45 pm
"Peaking Mentally for the Masters Runner"
will be given by Judy Foster and Dr. Kaye Porter
Sports Psychiatrist, from Eugene, Oregon

1:45 - 3:00 pm
"Care of and Recovery from Injuries of the
Master Runner" by Community Hospital Sports
Medicine Clinic, Indianapolis, Indiana.

Sunday, Aug. 25th:
1:30 - 3:00 pm
"Flexibility to Prevent Injuries for the
Master Runner" by St. Francis Hospital Sports
Medicine Clinic, Beech Grove, Indiana.

Come enjoy the refreshments, psyche out your competition and learn how
to lengthen your years of running.

INFORMATION: 317/882-1800 or 317/844-1558.
Composite Report of 181 Evaluations out of 643 Entrants

PLEASE HELP US EVALUATE THIS MEET!

Putting on this meet has been both educational and frustrating. Oregon Track Club Masters would like to enable TAC and future hosts of National Masters Championships to benefit from our experiences. We have many comments and suggestions to make from the organizer's viewpoint. We would like your help in evaluating this meet from the participant's perspective.

Please fill this out by Sunday noon and leave in the "Evaluation" box at either the Meet Headquarters in Douglass Hall or at the Information Table in the tent at the south end of Hayward Field.

Thanks!

1. We attempted to help with housing and recreation and in our view came up short. How important is it to have the meet organizers involved in:
   a) Housing: Very 73 Somewhat 76 Not at all 19
   b) Recreation/Tours: Very 14 Somewhat 90 Not at all 64
   c) Travel to meet: Very 29 Somewhat 73 Not at all 66

2. Due to the unexpectedly large number of entrants in some events, we had scheduling problems.
   a) We instituted an early check-in to weed out scratches. Did this cause you a problem? Yes 13 No 157 If yes, in what way? Too long between check-in & competition - 7; Difficulty with rest before race or transportation to & from hotel - 3; Mile relay Friday night for those from out of town - 2
   b) Were there schedule changes that caused you a problem? Yes 25 No 146 If yes, please explain.
      Having 200m late on Sunday - 7; Event started early/late - 4; Didn't know when to warm up - 3; Late 10k - 2
   c) Should there be qualifying standards to discourage unreasonably slow entrants or mere "medal-seekers"? Yes 66 No 99; for any reason? Yes 45 No 41 If yes, please explain. To keep number of entries down - 13; Nationals should be quality meet - 12; Slow entrants hinder others - 4; Have standards for awarding medals - 6; Limit # of events per entrant - 5

3. We are curious about the extraordinary interest shown in this meet and would like to know why you entered.
   a) Was Eugene itself a major attraction? Yes 123 No 47 If yes, why? Track capital - 47; excellent track - 11; well-run meets - 11; Close - 27; Good climate - 11; Visit area/scenery - 18; Alma mater - 2; Fans - 2
   b) Did you attend the Olympics and make this part of your trip? Yes 16 No 156 (Yesses--CA-6; CT-1; GA-1; MA-1; NH-1; NJ-1; NM-1; OH-2; FL-1; N. Zealand-1
   c) Other reasons for entering? Because national meet - 45; Competition - 28; Close - 9; Relatives/friends near-5; See standing in age group -4; Set PR - 3; Liked Nats. last year - 3
   d) What state or country are you from? State
      Country Canada - 3
      New Zealand - 1
      Taiwan - 1
      AK-1; AZ-2; CA-61; CO-3; CT-2; FL-1; GA-5; HI-2; ID-1; IL-2; LA-1; MA-4; MI-2; MN-1; MO-7; MT-1; NE-1; NH-1; NJ-5; NM-1; NV-2; NY-3; OH-4; OR-28; PA-2; TX-10; UT-1; VA-1; WA-20; WI-1 (over)
4. Are there competitive events not included in this meet that you would like to have added at future meets? Please specify by sex and event. Pentathlon/decathlon - 9; (We had women register
W.Hammer - 9; M.3000m - 6; M.Mile - 1;
W. TJ - 3; W.3000m - 2; Standing long jump (M&W) - 2; TJ-2; Steeple-2;
W. PV - 1; Marathon - 1; M.50m - 1;
800m relay - 1; Coed relay - 1; Sprint medley relay - 1

5. How do you feel about competing at night?
Strongly for 29 For 45 Neutral 61 Against 29 Very Against 10

6. How would you rate the factors in choosing sites for future National Championship Meets?

<table>
<thead>
<tr>
<th>Factor</th>
<th>Very Important</th>
<th>Important</th>
<th>Worth Considering</th>
<th>Not Important</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location</td>
<td>78</td>
<td>71</td>
<td>25</td>
<td>1</td>
</tr>
<tr>
<td>Climate</td>
<td>87</td>
<td>67</td>
<td>19</td>
<td>3</td>
</tr>
<tr>
<td>Quality of facility</td>
<td>109</td>
<td>60</td>
<td>5</td>
<td>2</td>
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<tr>
<td>Meet experience of host club</td>
<td>88</td>
<td>67</td>
<td>19</td>
<td>2</td>
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<tr>
<td>Vacation potential</td>
<td>15</td>
<td>36</td>
<td>89</td>
<td>36</td>
</tr>
</tbody>
</table>

Other (specify) Shift meets around country-3; have in central location-2;
Housing facilities-2; density of T&F enthusiasts in area-2; Good officials-1;
Don't conflict with other meets-2; Support for sponsor available-1

7. What did you find most successful in the organization of this meet? Well-organized-42; adherence to schedule-30; Announcing-23;
Capable officials-20; Meet info/packets-16; Friendly, helpful people-16;
Early check-in-6; Experienced hosts-5; "All of it"-6; Registering-5; Cheap, convenient dorm rooms

8. What did you find least successful?
Travel agent related-13; Late night events-12; Location of headquarters hotel-6;
Local transportation-3; Lax judging on field events-3; Early weigh-in-2;
Unhappiness with specific scheduling-6; Inadequate maps-2; Dorm food-2

9. Other comments and suggestions?
The suggestions for changes are listed separately. Below is an attempt to summarize the comments, almost all of which were most complimentary.

28 people commented on the organization and running of the meet as being excellent, marvelous, great, etc.

12 people said it was the best Nationals they had ever attended

6 people wanted the Nationals in Eugene again some time

6 people just stated they had a marvelous time, loved the meet, found the meet exciting, etc.

5 people found the newspaper coverage to be outstanding and their names on the scoreboard a thrill

2 people commended specifically the runners' numbering system
COMMENTS & SUGGESTIONS RE SCHEDULING

**Jumps** -- Don't schedule PV and HJ at same time; some want to enter both.

**Distance runs** -- 5K should be last event; meet biased toward distances
- 10k - marginal event; run early on Saturday
- run on Saturday
- run late in meet; too tiring
- have 1500 and 10K on same day and 5K two days separate so can double in 1500 & 5K
Distance runs should be first or last event of day

**Relays** -- Have at end of meet (2)

**Sprints** -- Heats should be day before finals; too much time scheduled for heats - scratches are to be expected

**Event changes** -- Allow more flexibility in switching events (3)

**Deadline** -- Deadline for registering was too early (3)

**Night** -- Late night events are bad (3)

**Saturday** -- Start competition earlier on Saturday (5)

**Sunday** -- Don't schedule events during church time
Start later on Sunday

**Day/night** -- "Because of chilly nights here, have most events during day" (CA)

**Schedule changes** -- Don't "threaten" compressing the schedule; the uncertainty it causes is bad.

**General** -- Have meet in two days rather than 3

"The Pan Am championships are in Ottawa this week-end. Presumably someone in TAC had something to do with awarding the Pan Ams to Ottawa. To subsequently approve the US Natl. Championships the same week-end is irresponsible and your TAC executive should be reprimanded."

Qualifying standards could be based on times and distances in meets in US the previous year. E.g., men's 1500m age 40-45: average of track meet times range from 4:05 to 5:50. Take 75% of time difference for a qualifying time of 5:32 minutes. (TX)

Have skills clinic with big name atheletes

"Submasters should organize and have own meets -- a 30 yr old not really compatible with a 60 yr old re social, competitive, etc. Not much real exchange occurs. I thought original 40+ was good and even approved 10 year grouping for ease of organization, officiating. Would give real meaning to medals won. I suppos the 59 yr old doesn't want to tangle with a kid of 50 though."
COMMENTS & SUGGESTIONS RE EVENTS

Field -- Have standard hammer throwing cage
Have weight implements to loan to competitors
Keep non-competitors away from the rings
Mark shorter distances in javelin, etc.

Track -- Announce start area for 10k, 5k, 1500 etc.
Combine more age groups when numbers of entrants is small - especially for distance runs (2)
Call out unofficial times at end of race as in road runs
In steeplechase the low sun caused a glare at the water jump; should have sheet of plywood under the hurdle to block glare from approaching runner (Trethewey)
Heat assignments for timed heats caused a problem for those who did not submit best times; they then could not be seeded correctly (e.g., Hadley in 800m) (2)
If not needed for records, give accutrack pictures to winners

Walks -- Put map of 20k walk in packets
Splits should have been at 5km, 10km, and 15km, not in miles as here. Thus, couldn't set age record for 10km and 15km
Was course certified? "The 20k course should be 2500-3000 meter loops maximum according to TAC standards. NRDC certification is required for NIAC championships. The Masters T & F Committee in Indianapolis, 12/83, was told the US Olympic Trials course would be used. If this proved impossible, a substitute should have been found and certified weeks ago. It's bad to have to question the "meaning" of the race two days before the event." (WA)

General -- Include submaster rules on implement and hurdle chart
Flag or note in program world and national records
Several commended awarding ribbons for 4th, 5th & 6th places
Put title of meet and date on the ribbons
Give medals, not ribbons, for relays
"Notify exactly how athletes will be informed of their place and finish at the end of each race as soon as the race ends and get the names of the 3 winners at the end of each race. And notify them when they can get their times and where. We just wandered around after the race and had to worry about the possibility of mistakes which could not be immediately resolved at the very end of the race." (CA)
HOSPITALITY & HOUSING COMMENTS & SUGGESTIONS

Several requests for shuttle service:
- from track to hotels (especially Valley River Inn) - 5
- to and from airport - 2

Have iced water & fruit drinks available at track for competitors - 2
Map in packet should have shown Valley River Inn - 2
Have later hours for packet pick-up (Friday night problem)
List locations of high school track facilities in packet
Provide more specific info on parking in packet
Mail out better map in advance
Have list of local addresses and phone numbers of entrants

Need changing facilities near field
Restrooms on field were shabby
Several liked the brunch
Liked post meet party - "I'm not really ready to party until after running so don't really appreciate banquets the evening before the last day--can't fully enjoy it while I'm mentally preparing. The brunch before the meeting was a nice substitute. In fact the two social events were good as that gave opportunity to mix and mingle with everyone--those who came and left early and those who came and left late."
One person wanted social event earlier in meet

Provide addresses and lists of hotels/motels, especially those close to field - 4
Send yellow pages listing of accommodations

Cheap convenient dorm rooms were very successful - 3
Objection to $15 surcharge - 2

Organizers might help in providing reduced rate housing - 2
Have housing and recreation preplanning but not booking

Several stated that headquarters hotel should be closer to track
"Too bad you picked Valley River Inn for headquarters. They certainly didn't appreciate the business like the other motels did and the highest in price. However, most of their help are lovely people. Only the higher up employees were a little rude." (PA)

Don't give white T-shirts -- like underwear
Worx

Put Ages of each finisher in results.
1979 NATIONAL AAU TRACK & FIELD CHAMPIONSHIPS

FRIDAY, SATURDAY, SUNDAY
JUNE 15, 16 & 17, 1979

MT. SAN ANTONIO COLLEGE
Walnut, California
**SCHEDULE OF EVENTS.**

**FRIDAY, JUNE 15**

Admission Free Friday

<table>
<thead>
<tr>
<th>TIME</th>
<th>DIV.</th>
<th>EVENT</th>
<th>TYPE</th>
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</thead>
<tbody>
<tr>
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<td>M</td>
<td>20K Walk</td>
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</tr>
<tr>
<td>11:40</td>
<td>W</td>
<td>400m Hurdles</td>
<td>Heats</td>
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<tr>
<td>12:10</td>
<td>M</td>
<td>400m Hurdles</td>
<td>Heats</td>
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<td>12:40</td>
<td>W</td>
<td>100m Dash</td>
<td>Heats</td>
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<td>Semis</td>
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<td>6:20</td>
<td>M</td>
<td>3000 Steeplech.</td>
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<td>6:50</td>
<td>W</td>
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<tr>
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<td>10,000m Run</td>
<td>Final</td>
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**FINAL EVENTS IN BLUE**

**SATURDAY, JUNE 16**

Adults $5 In Advance ($7 At Gate)

Juniors (18 and under) $3 ($5 at the gate)

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**FINAL EVENTS IN BLUE**

**SUNDAY, JUNE 17**

Adults $5 In Advance ($7 At Gate)

Juniors (18 and under) $3 ($5 at the gate)

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<td>W</td>
<td>3000m Run</td>
<td>Final</td>
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<tr>
<td>4:25</td>
<td>W</td>
<td>800m Med. Relay</td>
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<td>Final</td>
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<td>12:00</td>
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<tr>
<td>1:00</td>
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<td>Javelin</td>
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<tr>
<td>3:00</td>
<td>M</td>
<td>Javelin</td>
<td>Final</td>
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</table>
The best track and field athletes in the United States will battle for spots on the American team for the Pan-Am Games and the World Cup Games.

First three places in each event eligible for the U.S. team in the Pan-American Games in July in Puerto Rico.

First place finishers eligible for the U.S. team at the World Cup Games in August in Montreal.

United States team which will face the U.S.S.R. will also be selected from these championships.
National AAU Track Meet Schedule

At Mt. San Antonio College

Today

7 a.m.—Men's 50-kilometer walk final at Cal Poly Pomona
11:40—Women's 400-meter hurdles heats
Noon—Men's hammer trials
12:10 p.m.—Men's 400-meter hurdles heats
12:40—Women's 100-meter heats
1—Women's shotput trials; men's long jump trials
1:10—Men's 100-meter heats
2—Men's high jump trials
2:10—Men's 110-meter hurdles heats
2:40—Women's 400-meter relay semifinals
3—Women's discus trials
3:10—Men's 400-meter heats
3:40—Women's 200-meter heats
4—Men's 200-meter heats
4:40—Women's 1600-meter relay semifinals
5—Women's 800-meter heats; men's discus trials
5:20—Men's 800-meter heats
5:40—Women's 100-meter hurdles semifinals
6—Men's 110-meter hurdles semifinals
6:20—Men's 3000-meter steeplechase semifinals
6:50—Women's 800-meter medley relay semifinals
7:10—Women's 10,000-meter final
7:50—Women's 5000-meter walk final
8:20—Women's 3200-meter relay

Saturday

10 a.m.—Women's long jump trials; women's high jump trials
11—Men's javelin trials; men's shotput trials
Noon—Men's hammer final; men's pole vault trials
1—Women's 400-meter hurdles semifinals; women's javelin trials; men's long jump final; men's high jump final; women's shotput final
1:20—Men's 400-meter hurdles semifinals
1:40—Women's 100-meter semifinals
2—Men's 100-meter semifinals
2:20—Women's 400-meter semifinals
2:40—Men's 400-meter semifinals
3—Women's 1500-meter semifinals; men's triple jump trials; men's discus final
3:20—Men's 1500-meter semifinals
3:40—Women's 100-meter hurdles final
3:55—Men's 110-meter hurdles final
4:10—Women's 100-meter final
4:20—Men's 100-meter final
4:30—Women's 800-meter semifinals
4:50—Men's 800-meter semifinals
5—Women's discus final
5:10—Women's 400-meter relay semifinals
5:30—Men's 5000-meter run final
5:50—Women's 1600-meter relay

6—Men's 5000-meter walk final

Sunday

10:30 a.m.—Men's 20-kilometer walk final
Noon—Women's long jump final; men's pole vault final
12:45—Women's 200-meter semifinals
1—Women's javelin final; women's high jump final
1:15—Men's 200-meter dash semifinals
1:45—Women's 400-meter hurdles final
2—Men's 400-meter hurdle finals; men's shotput final; men's triple jump final
2:10—Women's 1500-meter final
2:20—Men's 1500-meter final
2:30—Women's 400-meter final
2:40—Men's 400-meter final
2:50—Women's 200-meter final
3—Men's 200-meter final; men's javelin final
3:10—Women's 800-meter final
3:20—Men's 800-meter final
3:35—Men's 3000-meter steeplechase final
3:55—Women's 400-meter relay final
4:05—Women's 3000-meter steeplechase final
4:25—Women's 800-meter medley relay final
4:35—Men's 10,000-meter final
5:10—Women's 10-kilometer walk final
et of Guidelines for Multinationals

"has reduced potential tensions between governments and the multinationals, he added. "The policy of a multinational enterprise is by definition border-crossing while the countries' goals are national goals. This produces tensions."

The OECD guidelines include a general outline for acceptable behavior by multinational corporations and for proper policies by individual governments that must deal with the companies.

Admitting the language of the guidelines is "vague" and general, Dewitz asserted that "their credibility depends on their practical applicability".

In addition to approving the change in a section dealing with employees' rights, the OECD council also authorized its committee to hold regular consultations with governments, representatives of corporations and workers' spokesmen in order to clarify language in guidelines.

The one substantive change in the text of guidelines follow suggestions made by a committee representing international trade unions which had received a complaint from workers at the Hertz car rental franchise in Denmark.

During a strike, the workers complained that Hertz management tried to import workers from Great Britain to operate the business. At the council meeting, however, the ministers urged companies to publish statements of their adherence to the rules and encouraged governments to establish means to publish the rules and monitor conformity.

Both the trade union and industry committees which met with the OECD study group issued statements accepting the guidelines as important first steps toward consistent international treatment of multinationals.

el OKs Western Publishing Purchase

Merger Part of Effort to Reduce Firm's Dependence on

BY ALEXANDER AUER
Times Staff Writer

Shareholders of Mattel Inc. today approved a merger with Western Publishing Co. Inc., moving a big step toward its chairman's effort to reduce the company's dependence on the toy business.

Western Publishing's shareholders had approved the merger earlier this month. Formal completion of the transaction will occur today, when the requisite documents have been filed with state and federal officials.

Hawthorne-based Mattel will pay $120 million to each and
INSTRUCTIONS FOR CLERKS OF THE COURSE

1. Ten minutes before the published time of the first heat of each event, have P.A. system call all divisions to the Clerk area. The first heat of each event will start according to the published schedule.

2. "Clerk A" will provide the following information to the participants:
   a. How many heats and what divisions comprise each heat.
   b. Four watches will be on first and one watch on each of next 5 places, a 6th watch will give a running time.
   c. Athletes in later heats are to remain in this general area so that they can hear the call over the bullhorn.
   d. Each heat will begin immediately after the conclusion of the prior heat; i.e., the published times are approximate times except for the first heat of each event.
   e. Will line up several heats in advance.
   f. Who will qualify for finals and when will the finals be run.

3. "Clerk A" will escort first heat to starter and hand corrected heat card to Wilmoth's runner.

4. While first heat is being escorted, "Clerk B" will set the second heat and escort.

5. "Clerk A" will set third heat and escort.
Instructions for P.A. Announcers

1. Call all divisions to the Clerk area 10 minutes before the published time.

2. Periodically announce that the 1st heat of each event starts per the schedule and subsequent heats start immediately after the finish of the prior heat; the 2,3,4...m heats are approximations.

3. All participants in relay must report to clerk if out, not just lead off man.

4. Athletes in all heats are to remain in general area so they may be ready to run following heat. The clerk will begin immediately after conclusion of prior heat.

5. Announcement: Women's 100 Meter canceled due to lack of entries.

6. Starting procedure: 1st false start charged to the offender. 2nd false start competitor is out of competition.

7. Personal: Will be Sunday at? All athletes will march length of track as country is called, step forward & raise hand.
<table>
<thead>
<tr>
<th>LANE</th>
<th>NAME</th>
<th>NO.</th>
<th>SCHOOL</th>
<th>PLACE</th>
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**MEET** Natl AAU Masters  
**EVENT** 200 Men's 30-34  
**HEAT** 2 of 3 heats  
**QUALIFY FOR** □ QUAR.  
□ SEMI.  
□ FINALS: Time 6 places  

PLUS 2 fastest 3rds

---

(Head Judge)  
(Head Timer)  
(Referee)  

TO ANNOUNCER (BEFORE)
### Natl AAU Masters

**Event:** 200 mens 30-34

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**Qualify for:** up to 6 Places

**Event Heat:** 3 of 3

**Plus 2 fastest thirds**
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(HEAD JUDGE) ___________________________  (HEAD TIMER) ___________________________  (REFEREE) ___________________________

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**Event:** Men's 200 40-44

**Qualify for:** QUAR. SEMI. FINALS

**Time places**

- **Buddy:** 1ST - 45.8
  - 200 - 23.3
  - 100 - 11.5
- **Riddick:** 1ST - 46.0
  - 200 - 23.3
  - 100 - 11.5
- **Nick:** 400 - 1:17.3
- **Ray:** 200 - 23.1
  - 800 - 2:30
  - 400 - 56.2

**Referee:**

**Announcer (Before):**
**Natl AAU Masters**

**Event:** Men's 200 40-44

**Heat:** 2 of 3

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**To Announcer (Before):**

(HEAD JUDGE)   (HEAD TIMER)   (REFEREE)
### Natl AAU Masters

**MEET:**

**EVENT:** 200 meters 45-49 + 2 Fastest times

**HEAT:** 1 of 3 HEATS

---

**QUALIFY FOR**
- [ ] QUAR.
- [ ] SEMI.
- [ ] FINALS:
  - [ ] TIME
  - [ ] PLACES

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**BILL:**
- N 76 - 200 - 15T

**RM:**
- R 76 - 210 - 24.2

**BS:**
- R 21 - 18T - 24.2
- N 11.4

---

(HEAD JUDGE)  (HEAD TIMER)  (REFEREE)

TO ANNOUNCER (BEFORE)
## Natl AAU Masters

### Meet:
200 men's 45-49

### Event:
+ 2 Fastest times

#### Qualify for
- trial
- semi
- quar.
- semi.
- finals:

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- NG: 78 - 1st - 50
- 1st - 300
- HB: 76 - 1st - 400
- TR: 5076 - 3rd - 600
- 400 - 1st - 400
- 480 - 1st - 480
- 800 - 1st - 800
- V77 - 1st - 77
- V80 - 1st - 80
- V83 - 1st - 83
- V79 - 1st - 79
- V81 - 1st - 81
- V82 - 1st - 82

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**TO ANNOUNCER (BEFORE)**
ATC FORM K (REV. 4-77) REORDER FROM ATLANTA TRACK CLASSIC
PLEASE SPECIFY 3 OR 6 PARTS WHEN ORDERING. P. O. BOX 12345
ATLANTA, GA. 30355

Natl AAU Masters

MEET

TRIAL SEMI FINAL

EVENT

200 men's 45-49 2 Fastest times

QUALIFY FOR QUAR. SEMI. FINALS:

HEAT 3 OF 3 HEATS

QUALIFIES FOR QUAR. SEMI. FINALS:

LANE NAME NO. SCHOOL PLACE FP Q TIME

1 Joe [Signature] 248 UNA [Signature] 1

2 John Poppe[Signature] 248 UNA [Signature] 2

3 Dick Mar[Signature] 240 N. Cal Srs. [Signature] 3

4 Thane Baker 201 Dallas Srs TC [Signature] 4

5 Harold Kitt 229 Portland TC [Signature] 5

6 William Clark 212 Phila Masters [Signature] 6

7 Jerry Don[Signature] 216 UNA [Signature] 7

8 [Signature] [Signature] [Signature] [Signature]

JUDGE (HEAD JUDGE) TIMER (HEAD TIMER) REFEREE (REFEREE)

TO ANNOUNCER (BEFORE)

PAGE OF PAGES
**EVENT**

**200 Meters 50-54**

**HEAT** 1 OF 2 HEATS

**QUALIFY FOR** QUAR. SEMI. FINALS

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**TIME**

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**TO ANNOUNCER (BEFORE)**
ATC FORM K (REV. 4-77) REORDER FROM ATLANTA TRACK CLASSIC
PLEASE SPECIFY 3 OR 6 PARTS WHEN ORDERING. P.O. BOX 12345
ATLANTA, GA. 30355

PAGE_______OF_______PAGES

MEET

TRIAL []  SEMI []  FINAL []

EVENT_200 Men 50-54_ HEAT_2_ OF_2_ HEATS

[] QUALIFY FOR  [] QUAR.  [] SEMI.  [] FINALS: TIME 6 PLACES

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<td>288</td>
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St. Petersburg
Castle Rock, Colo.

[HEAD JUDGE] [HEAD TIMER] [REFEREE]
### MEET: AAI, Masters

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<tr>
<th>EVENT</th>
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<tr>
<td>HEAT</td>
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<td>QUALIFY FOR</td>
<td>6 PLACES</td>
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### MEET: AAI, Masters

- **Qualify for** 6 PLACES
- **Finals:** Time places

---

**LANE NAME NO. SCHOOL PLACE**

- 1
- 2 Robert Coughlin 331 Hoosier TC
- 3 Don Harris 339 Phila Masters
- 4 Bob Hunt 340 So. Cal Striders
- 5 Jack Tuttle 360 UNA
- 6 Jim Manno 348 N. Jersey Masters
- 7 Howard Strassburg 359 UNA

---

**TIME**

- 6.77 - 200 - 57.6 - 25.6
- 6.77 - 60.5 - 1ST
- 6.77 - 95.3
- 6.78 - 152.8
- 6.79 - 155.8 - 26.3

---

**[HEAD JUDGE]**

**[HEAD TIMER]**

**[REFEREE]**

---

**TO ANNOUNCER (BEFORE)**
# Natl AAU Masters

## Event: 200 Men 55-59

**Heat 2 of 2 Heats**

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<th>LANE</th>
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- QUALIFY FOR: QUAR., SEMI., FINALS
- TIME: 6 places

---

**Note:**

- Please specify 3 or 6 parts when ordering.
- Page 1 of 1 pages
- ATC Form K (Rev. 4-77) Reorder from Atlanta Track Classic
- P.O. Box 12345
- Atlanta, GA. 30355

---

**To Announcer:** (Before)

---
St. Olymus
1. 5000 cones
2. 10000 laps
3. Facility fee
4. Inconsistency
   a. Smith refused Mao.
   b. Dänkis got in
   c. Too-hard line
5. Javelin
   a. Supposed to get 6 throws
   b. Only got 4, not consistent
   c. One 100-ft tape
      (all throw 100-200)
6. Measured to find 1
   javelin, not back
7. Decathlon on same day
   a. Blaney asked Smith to
announce D. start.
8th PV started at 10' instead of 7'6" as 1st bar missed.
Veronica drove to Covina to return car. Not on in proper order, no records count.

12. High Jump
Went from 4'10" to 5'2"
(Supposed to go up 2")
Eliminated 7 guys.

8. No 1st + 3rd Medal after MID-1ST-DAY
(Clearanc didn't have money)
9. Ran hate

10. TH wrong heights.
11. Steeplechase with low
12. Blanks were too hard for others.

13. Combined division
14. Age change
15. Too early in day
16. HAVE TO DRIVE DOWN TO GET MEDALS

17. CAN'T RUN IN LOWER DIVISION

18. #3 Fur (Marathoner didn't know about it)

19. BAIRO Vaulted while entrants waited REGIONALS

1. No ARS. All Los Gatos Service Club

2. They made $5000

3. Medals only cost $1.30
Welcome to the Pan American Master Games

Track & Field Information

1. No Pre-Registration is required. You must report to the clerk of the course at the first call for your event and stay in the staging area as you are put in your heat or final race. Because of the time schedule, a runner will be scratched if he is not present by the 3rd and final call for his event.

2. Starting rule for all events: 1st false start charged to the field, 2nd false start will disqualify the runner who false starts.

3. Medals will be given for the first three places in all divisions. (except relays where winning team receives four first place medals) Athletes must report to the victory stand when called for presentation.

4. Relays can be entered by club or made-up of individuals representing various clubs or unattached. There is no additional fee for a relay team to enter. All lanes are assigned on a first come basis and entries are accepted by the clerk of the course up until the start of a relay.

5. The 5,000 meters will be run in 3 sections because of the large number of entries and the revised time schedule. Section I will be women over 40; Division IV; Division III; Division III-A; Division II and Division II-A. Section II will be Division I and I-A. Section III will be sub-masters A and B.

6. All 5,000 and 10,000 meter competitors will be assigned a number to be used during the race by the clerk of the course at the first call for your event. Only 5,000 and 10,000 meter runners will be assigned numbers!!

7. A trainer will be available under the sun tent area just east of the starting line of the sprints and west of the clerk of the course area.

8. A precession of all athletes from all countries will be held on Sunday, September 4th on the sprint and hurdle straight away in front of the spectator stands. Please listen for the announcement and report to the sprint straight away area when called.

9. Hammer Throw: All participants will meet at 8:00 A.M. at UCLA and travel to Cal State Northridge for competition which will begin at 9:00 A.M.

10. All field event competitors will have 2 hours in which to complete their preliminary and/or 2 hours in which to complete their final competition. The bar in the High Jump and Pole Vault will not be lowered. It is the responsibility of the athlete to be available to begin jumping at his required starting height, regardless of other events he might be competing in during the afternoon.
BIENVENIDOS A LOS JUEGOS DEPORTIVOS PAN AMERICAN MASTERS

INFORMACION GENERAL

1. No necesita registrarse por adelantado. Presentese al actuario de la cancha (Clerk of The Court) a la primera llamada de su próxima competición y estese en la area designada hasta que se coloque en su carrera. Para que el programa avance precisamente, el corredor se quitará de la carrera si no se presenta a las 3 llamadas.

2. Las Reglas del empiezo de cada carrera: El primer empiezo falso se le cargara al campo. El segundo empiezo falso descalificara al corredor que lo cometio.

3. La medallas se daran a los primeros tres lugares an todas las divisiones. (a las carreras de equipo, iran cuatro medallas de primer lugar)Todos los atletas deben presentarse al banco de la victoria en cuanto se llamen sus nombres.

4. Carreras de equipo pueden inscribirse para la carrera per medio de un club, or por parte de un individo que represente varios clubs, or sin enganche. No habra honorario adicional para estas carreras. Todas las sendas seran indicadas, a segun lleguen, uno por uno y las entradas seran aceptadas hasta el comienzo de cada carrera de equipo.

5. Los 5,000 metros se conduciran en tres secciones, porque hay bastantes entradas y el programa ha sido revisado. La Seccion I seran para mujeres mayores de 40; Division IV; Division III, Division III-A; Division II y Division II-A. La Seccion II sera Division I and I-A. La Seccion III sera sub-masters A and B.

6. Todos los competidores inscritos en los 5,000 y 10,000 metros se les indicara un numero el cual usaran durante la carrera. El actuario de la cancha se lo dara a la primera llamada de la competencia. Nada mas los corredores de 5,000 y 10,000 metros recibiran este numero.

7. Un entrenado estara disponible bajo la carpa de sol al este de la linea del comienzo y al oeste de la area del actuario de la cancha.

8. Tendremos un desfile de todos los atletas de todos los paises el Domingo, el 4 de Septiembre, frente al puesto de espectadores. Por favor tomen atencion al anuncio y presentense a la area designada en cuanto se anuncie.

9. LANZAMIENTO DEL MARTILLO: Todos los participantes deben reunirse a las 8:00 de la manana a UCLA y de alli van a viajar a Cal State Northridge a la competencia que comenzara a las 9:00 de la manana.

10. Todos los competidores en competicion del campo tendran 2 horas para completar sus preliminares, mas/o 2 horas para completar los finales. La tranca a traves de el Salto Alto y el Salto con Garrocha no se bajara. Es la responsabilidad de cada atleta que se presente disponible a comenzar a brincar a la altura que requiere sin tener en cuenta otros acontecimientos en que competiran durante la tarde.
AL,

Regarding field events—One day meet:

1. Field events must start on time regardless of the lunacy of scheduling for other field events. If the hammer is scheduled for 11:00, competition should start at that time. No warming up, no checking off who's present, etc. Once all of that should be done before, once the schedule gets off 15-30 minutes, then everybody and everything gets out of synch, and the situation deteriorates because nobody knows what the hell is going on or at what time. This also begins to effect running events and the jumps.

2. Field events should be conducted like George does the Grandfather Games. If enough room (room and personnel are available. For instance, 1-12 hammer (participant gets 6 throws); 12-1 javelin, 1-2 shot; 2-3 discus. Participants throw only during the set times according to age group, so
While 50-59 throw hammer, 40-49 throw javelin or whatever. That way all four areas are working at the same time. If sectors overlap or officials are minimal, then start with the javelin an hour or more before the running and jump events start, to reduce the possibility of accident because you'll have fewer bodies in the area available for speaking.

③ If the KER format isn't possible, never schedule more than two throwing events at the same time, even overlapping. If discus and shot, for instance, must go on at the same time, then break up the age groups; shot — old to young; discus — young to old. This, unfortunately, puts competitors, usually the 50-59 group, in a tight spot. However, starting one of the events with those boys takes some pressure off of them.

④ Except for major meets, preliminaries should not be held because they screw up the timing and competitiveness of the event especially
WHEN SOME THROWERS ARE ALL DONE WHILE OTHERS
HAVEN'T EVEN THROWN YET. HOW WOULD YOU LIKE TO
BE ALL DONE THROWING FOR QUALIFICATION, BUT OTHER
PEOPLE HAVEN'T EVEN THROWN YET? IT'S LIKE
RUNNING THE HURDLES BY YOURSELF WHILE YOUR
OPPONENT RUNS WITH HIS AGE GROUP.

5) IF POSSIBLE (THIS IS TIED SOMEWHAT TO THE
PREVIOUS PARAGRAPH), THROWING SHOULD BE DONE IN
SOME ORDER AND RESTRICTION, SO THAT, IF EVERYBODY
GETS 6 THROWS, AND SOMEBODY SHOWS UP AFTER
THE THIRD ROUND, HE GETS 3 THROWS, NOT 6,
PROVIDING, OF COURSE P.A. ANNOUNCEMENTS HAVE BEEN
MADE AND EVERYTHING IS ON SCHEDULE — BACK
TO THE FIRST PARAGRAPH.

THERE'S MORE, BUT MY HAND HURTS.

JERRY

UNIFORMITY — CONSISTENCY — THESE THINGS CAN
VARY FROM MEET TO MEET, BUT THEY SHOULD BE THE
SAME FOR ONE MEET. IN OTHER WORDS, IF SOMEBODY SHOWS
UP DATE FOR THE DISCUS AND GETS ONLY 2 THROWS, THE PERSON IN THE SAME SPOT AT THE JAVELIN SHOULD GET ONLY 2 THROWS, NOT SIX OR 0.

THERE'S NO EXCUSE FOR FIELD EVENTS NOT TO GO OFF SMOOTHLY IN A TWO DAY MEET IF THE PROPER FORETHOUGHT HAS BEEN GIVEN TO PLANNING. ANY MEET DIRECTOR WHO STATES SIMPLY IN HIS APPLICATION "OLDER COMPETITORS WILL THROW FIRST AND YOUNGER ONES WILL FOLLOW" SHOULD HAVE A RATTLE SNAKE PUT IN HIS MAILBOX AND HIS Tourniquet STOLEN. IT'S NO WONDER THAT WE STAND AROUND FOR HOURS WITH THAT KIND OF LACK OF PLANNING.
INSTRUCTIONS FOR CLERKS OF THE COURSE

1. Ten minutes before the published time of the first heat of each event have P.A. system call all divisions to the Clerk area. The first heat of each event will start according to the published schedule.

2. "Clerk A" will provide the following information to the participants:
   a. How many heats and what divisions comprise each heat.
   b. Three watches will be on first and one watch on each of next 5 places, a 9th watch will give a running time.
   c. Athletes in later heats are to remain in this general area so that they can hear the call over the bullhorn.
   d. Each heat will begin immediately after the conclusion of the prior heat; i.e., the published times are approximate times except for the first heat of each event.
   e. Will line up several heats in advance.
   f. Who will qualify for finals and when will the finals be run. [Footnote continued →]

3. "Clerk A" will escort first heat to starter and hand corrected heat card to Wilmoth's runner.

4. While first heat is being escorted, "Clerk B" will set the second heat and escort.

5. "Clerk A" will set third heat and escort.
Instructions for P.A. Announcers

1. Call all divisions to the Clerk area 10 minutes before the published time.

2. Periodically announce that the 1st heat of each event starts per the schedule and subsequent heats start immediately after the finish of the prior heat; the 2,3,4...n heats are approximations.

3. All participants in relay must report to clerk of course not just lead off man.

4. Athletes in all heats are to remain in general area so they may be ready to run following heat (and hear instructions) each heat will begin immediately after conclusion of prior heat.

5. Announcement: Women’s 100 Meter canceled due to lack of entries.

6. Starting procedure: 1st false start charged to the Offiﬁcials. 2nd false start competitor is out of competition.

7. Professional: Will be Sunday at? all athletes will march length of track as country is called, step forward & raise hand.
AL,

RE: FIELD EVENTS — ONE DAY MEET:

1. FIELD EVENTS MUST START ON TIME REGARDLESS OF THE LUNACY OF SCHEDULING FOR OTHER FIELD EVENTS. IF THE HAMMER IS SCHEDULED FOR 11:00, COMPETITION SHOULD START AT THAT TIME. NO WARMING-UP NO CHECKING OFF WHO'S PRESENT, ETC. ONCE ALL OF THAT SHOULD BE DONE BEFORE, ONCE THE SCHEDULE GETS OFF 15-30 MINUTES, THEN EVERYBODY AND EVERYTHING GETS OUT OF SYNCH AND THE SITUATION DETERIORATES BECAUSE NOBODY KNOWS WHAT THE HELL IS GOING ON AT WHAT TIME. THIS ALSO BEGINS TO AFFECT RUNNING EVENTS AND THE JUMPS.

2. FIELD EVENTS SHOULD BE CONDUCTED LIKE GEORGE DOES THE GRANDFATHER GAMES, IF ENOUGH ROOM (EX:20) AND PERSONNEL ARE AVAILABLE. FOR INSTANCE, 11-12 HAMMER (PARTICIPANT GETS 6 THROWS), 12-1 JAVELIN, 1-2 SHOT, 2-3 DISCUS. PARTICIPANTS THROW ONLY DURING THE SET TIMES ACCORDING TO AGE GROUP, SO
While 50-59 throw hammer, 40-49 throw javelin or whatever. That way all four areas are working at the same time. If sectors overlap or officials are minimal, then start with the javelin an hour or more before the running and jump events start, to reduce the possibility of accident because you'll have fewer bodies in the area. Available for spearing.

3. If the ker format isn't possible, never schedule more than two throwing events at the same time, even overlapping. If discus and shot, for instance, must go on at the same time, then break up the age groups: shot — old to young; discus — young to old. This, unfortunately, puts competitors, usually the 50-59 group, in a tight spot. However, starting one of the events with those boys takes some pressure off of them.

4. Except for major meets, preliminaries should not be held because they screw up the timing and competitiveness of the event especially
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(5) IF POSSIBLE (THIS IS TIED SOMEWHAT TO THE PREVIOUS PARAGRAPH), THROWING SHOULD BE DONE IN SOME ORDER AND RESTRICTION, SO THAT, IF EVERYBODY GETS 6THROWS, AND SOMEBODY SHOWS UP AFTER THE THIRD ROUND, HE GETS 3 THROWS, NOT 6, PROVIDING OF COURSE P.A. ANNOUNCEMENTS HAVE BEEN MADE AND EVERYTHING IS ON SCHEDULE—BACK TO THE FIRST PARAGRAPH.

THERE'S MORE, BUT MY HAND HURTS.

JERRY

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TOURNEQUET STOLEN. IT'S NO WONDER THAT WE
STAND AROUND FOR HOURS WITH THAT KIND OF
LACK OF PLANNING.
Guidelines on establishing a Masters program

By BOB FINE

DEVELOPMENT MEETS

The purpose of these meets is to provide low-keyed competition to be utilized in one's overall training program as an aid in experiencing competitive situations, developing pace, enhancing anaerobic ability and having fun.

These meets should not be viewed as the end result of training, but just part of the training.

1. Number of events. To hold a full-scale track meet would not be in keeping with the "low-keyed" nature of these meets. First of all, a full-scale meet will take up to six hours. Next, entry forms, seedings, extensive advance planning and dedicated officials will be required. This is in addition to greater expense. To try to hold full-scale meets at frequent intervals is just not feasible. It makes more sense to hold just a few events. It is suggested that a sprint (50 yards to 440 yds.), a middle distance (600 yards to one mile) and a distance race (2 to 4 miles) be held. Two field events can also be held. By varying the exact distance and type of event (as indicated later) enough variety can be maintained to keep interest.

2. Simplicity of administration.
   a. Every event should be post-entry. This saves mailing costs and administrative time.
   b. No prize money or awards. Aside from the expense they require paper work. Since the fields will not be large and since most of the competitors will be known to everyone it should be easy to keep track of everyone. If there is a potential problem of identifying the competitors, then a 3 x 5 index card with the competitor's name on it can be used. The competitors can then be instructed to return to the finish line as soon as they catch their breaths.
   c. All competitors should be prepared to assist in the administration of the meet. The meets should be run first, as sprinters are more high strung than the distance runners. The distance runners are to time the sprinters. (unless there are enough officials present) and then the sprinters are to time the distance runners. No prizes should be given out until after all the events have been completed. This is one way to be sure that there will be people available to help officials.
   d. Prizes. This can vary widely. No prize at all have to be given. If that is the case then no entry fees or a very small fee ($25) should be charged. Without prizes these "meets" are nothing more than a time trial. Prizes are recommended as many novices and champions will participate in these meets if they have a chance to receive a prize. Ribbons can be given costing under $25 per ribbon. A winner can be given with a trophy awarded to all competitors at the end of the season, with those competitors having the greater number of points receiving a larger trophy. Depending on the number of meets and size of the trophy entry fees will have to be charged. A $1 entry fee seems to work best. If the meets are sponsored by the same group like can be made the group logo costing between $150 to $250. A sponsor might be obtained to provide the die, using the sponsor's logo. If there is no sponsor then either a special fund-raising function could raise the money or the entry fees can be raised to absorb the cost of the die. By having your own medal it would cost about $1 for each medal. The cost varies depending on the manufacturer, size, extent of the design. In some of the special types of races, as discussed further on, trophies can be awarded to the first three and medals to 4th and 5th. In these races...
West Point is site for weight pentathlon

Entries are coming in for the first-ever North American Weight Pentathlon Championships to be held July 15 at the West Point Military Academy Athletic Field on the west bank of the Hudson River, according to Phil Partridge.

New divisions are being added to the original schedule, Partridge reported. College age divisions 20-24 and 25-29 and women’s decade, 40-44 and 60+ age groups have been added, he noted.

Satti sets world long jump mark

HICKHAM AIR FORCE BASE, HAWAII, April 14—San Francisco’s John Satti set an unofficial world record in the 65-69 long jump in the 5th annual International Masters Track & Field Meet in Hawaii.

Satti’s leap of 4.83 meters (15’10 1/4") shattered the mark of 15’8 3/4" set by Robert Reckwardt of West Germany in 1978. (An unofficial mark of 4.90 by Abels of West Germany is also pending.)