

Over the Hill Track Club

Seventh Annual Norm Bower Memorial Weight Pentathlon

Saturday, September 20, 2003
Kent State University, Kent, Ohio 44242
11:00 a.m. to 4:00 p.m.
Tele: 440 954 8122 Rex Harvey

All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue Bower=s daughter, born October 31, 1995

Over the Hill Track Club is once again sponsoring a fund-raising weight pentathlon in honor of Norm Bower, who passed away September 12, 1997. Norm Bower was much loved as a friend and a competitor in the weight events. He was joyful, bright, easy going, with a wonderful sense of humor. He supported every thrower who competed in the weights, no matter the skill level. Our track meets and our lives are brighter, more fun because of Norm, and the Club wishes to remember him and his family with this annual weight pentathlon held in his honor.

All meet fees, less awards expenses, and all donations included with meet fees will be contributed to an education fund for Emma Rose Bower, born October 31, 1995, Norm and Sue Bower=s daughter, and the sister of Brent Bower.

Date, Time, & Sequence of Events: Saturday, September 21, 2002, 11:00 a.m. to 4:00 p.m. Hammer, shot put, discus, javelin, and weight.

NOTE: In order to qualify legally for an official record in the weight pentathlon, you **must** throw the events in exactly this order: hammer, shot put, discus, javelin, and weight.

Host site: Kent State University, Kent, Ohio 44242; map and written directions available upon request.

Events & Weights by Age: Weight pentathlon (hammer, shot put, discus, javelin, and weight) or individual weight events. See attached Ages / Implements Specifications@ list. For the weight throw, where both WAVA and USATF specifications appear, we will use the WAVA standards, if the appropriate weight implement is available. We will throw by the age groups represented on the list. Some age groups will be combined to fill out flights.

Sanction & Rules: This is a USATF Sanctioned Meet. USATF rules which specify WAVA implements.

Number of Attempts per Event: 3 for the five-event weight pentathlon; 6 for individual events only.

Awards: Yes

Facilities: Javelin to be thrown from an all-weather surface onto grass; all other throws from concrete surfaces onto a grass playfield.

Other Facilities: Restrooms in adjacent Ice Rink, no showers.

Refreshments: Soft drinks will be provided gratis to all competitors by OTHTC members; water will also be available.

Fee, Donations, Mailing Information: All meet fees, less awards expenses, and donations included with meet fees will be contributed to the education fund set up in 1997 for Emma Rose Bower. OTHTC encourage all those who are able to donate beyond the entry fee amount. OTHTC also encourages those who are not going to compete to remit a donation for this worthy cause. Note the donation amount on the bottom left-hand memo section of your check. Your check is your receipt. The Bower family will receive a list of the names and addresses of all attendees and contributors, unless donors specify that their gifts be anonymous.

\$20 for the weight pentathlon, and \$5 per event if throwing four or fewer events. No refunds for no-shows. Make out checks to Over the Hill Track Club.

Mailing Instructions: Mail application with check made out to Over the Hill Track Club to: Rex Harvey, Over the Hill Track Club, 6744 Connecticut Colony Circle, Mentor, OH 44060; Tel: 440-954-8122.

Waiver: Signature required on attached meet application form.

Questions: Call Rex Harvey; 440-954 8122 or Jeff Gerson, 440-473-0636

The SEVENTH Annual Norm Bower Memorial Weight Pentathlon

Sponsored by: Over the Hill Track Club
Saturday, September 20, 2003 11:00 a.m. to 4:00 p.m.
Kent State University, Kent, Ohio
Phone: Rex Harvey 440-954-8122

All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue=s daughter, born October 31, 1995

REGISTRATION FORM

Name _____ Gender _____ Phone _____

Address _____ City _____ State _____ Zip _____

Date of birth _____ Your age as of 9/20/03 _____ Your club _____

E-Mail _____

Events you wish to enter:

Fee: \$20 for the weight pentathlon, and \$5.00 per individual event if throwing four or fewer events. No refunds for no-shows. Make checks payable to Over the Hill Track Club.

_____ Weight pentathlon (hammer, shot, discus, javelin, & weight)

Individual events only: _____ Hammer _____ Shot put _____ Discus _____ Javelin _____ Weight

NOTE: In order to qualify legally for an official record in the weight pentathlon, you **must** throw the events in exactly this order: hammer, shot put, discus, javelin, and weight and only first 3 throws count.

I will not be competing, but I elect to make a donation of \$ _____ (my check is enclosed).

Please bring your own implements. Although we will have a number on hand, we cannot guarantee that we will have all implements for all age groups.

Mail this registration form, along with your fee and/or donation check or money order made payable to Over the Hill Track Club, to: Rex Harvey, Over the Hill Track Club, 6744 Connecticut Colony Circle, Mentor, OH 44060; Tel: 440-954-8122.

Waiver for All Events: In consideration for acceptance of my entry into the OTHTC Sixth Annual Norm Bower Memorial Weight Pentathlon, I do hereby for myself and anyone entitled to act in my behalf, waive and release the Over the Hill Track Club, Cleveland, Ohio, Kent State University, Kent, Ohio, USATF, and all sponsors, their representatives and successors from all claims or liabilities of any and all damages which may be sustained or suffered by me in my connection with entry in, or arising out of my traveling to, participating in, and returning from my participation in this meet.

Athlete=s signature: _____ Date: _____

Printed name: _____

Parent or guardian=s signature (if athlete is under 18): _____

Printed name: _____

NOTICE: All athletes who participate in this competition may be subject to formal drug testing in accordance with USA Track & Field and IAAF Regulations. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. **SOME OVER-THE-COUNTER MEDICATIONS MAY CONTAIN BANNED SUBSTANCES. INFORMATION REGARDING DRUGS AND DRUG TESTING MAY BE OBTAINED BY CALLING THE USOC HOT LINE.**

From anywhere in the state

Directions to Kent State University

From Northeast Ohio

Kent State University is easily accessible from all directions via major interstate highways; Ohio, Pennsylvania, and Indiana turnpikes; Cleveland Hopkins Airport; and Akron-Canton Airport.

From Kent

The Kent Campus

From I-76

Campus Bus Service

Kent Campus Access Map

Parking Services

Take the Kent/Route 43 exit (exit 33) and proceed north to Route 261. Turn right (east) onto route 261. Proceed 1/4 mile to Campus Center Drive. Turn left onto Campus Center Drive and follow it to the traffic light which is the junction of Campus Center Drive and Summit Street. At the traffic light, make a left onto Summit Street. At the traffic light proceed through to the Student Center Parking lot where visitor parking is provided for a modest fee. As a reference point, the 12-story University Library building is adjacent this intersection.

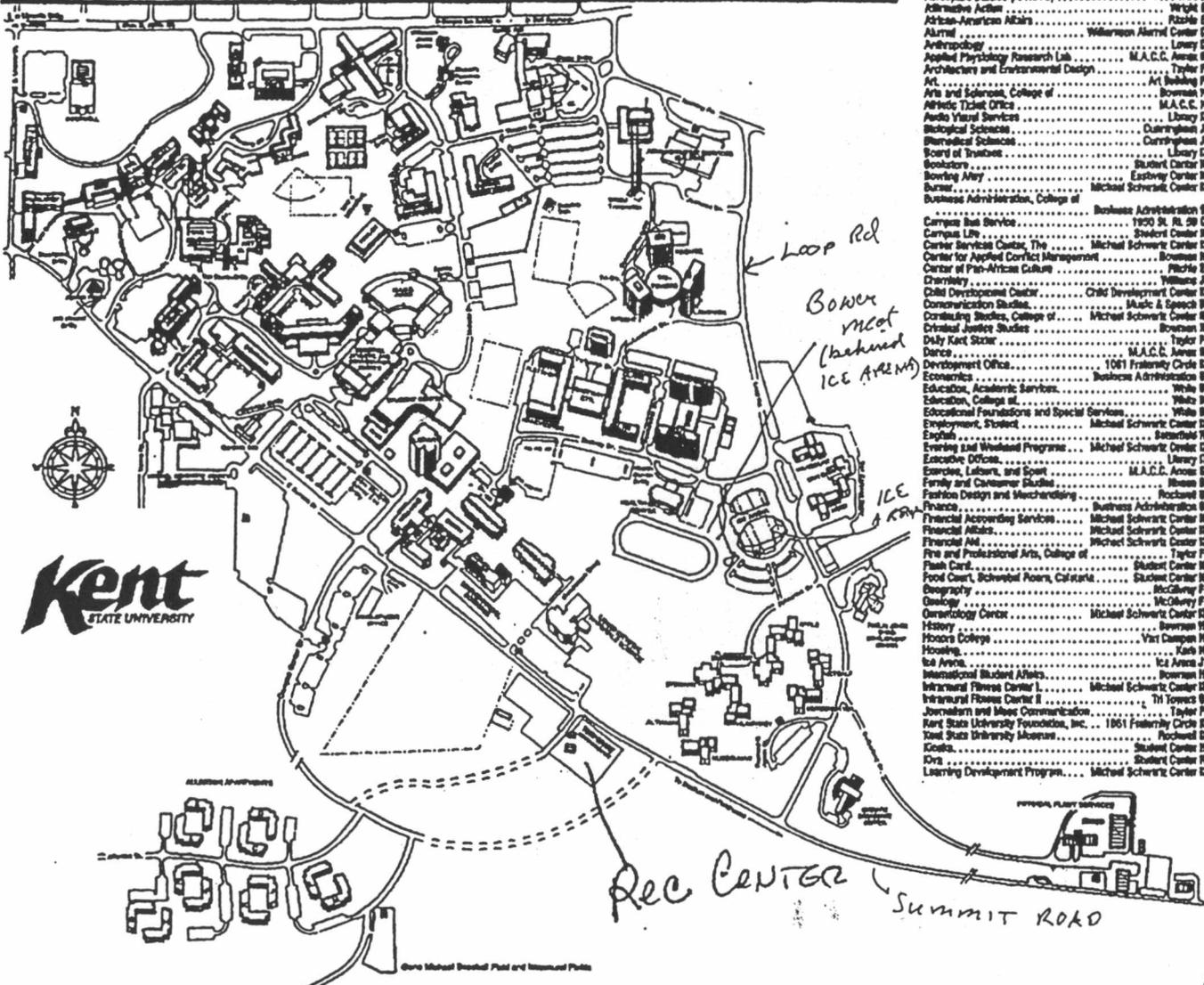
From I-80 (Ohio Turnpike)

Use exit 187/13 (Streetsboro). After the toll booth, proceed straight (follow Ravenna sign) onto Route 14 traveling southeast, go past Route 303 to Route 43. Turn right (south) on Route 43 and continue south for approximately six miles until you come to the traffic light at East Main Street in Kent. Turn left (east) onto East Main Street and follow East Main Street to the fifth traffic light. Turn right (south) onto Lincoln Street. Proceed on Lincoln Street to the first traffic light. Turn left at the light and proceed on Summit Street to the second traffic light. At the third traffic light make a left turn into the Student Center Parking lot where visitor parking is provided for a modest fee. As a reference point, the 12-story University Library building is adjacent this intersection.

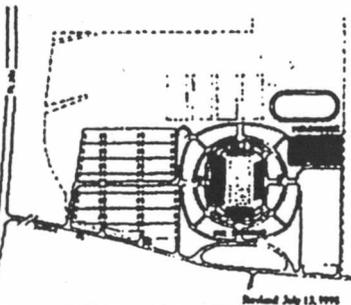
From I-90

Proceed toward Cleveland. Take I-271 south to I-480 east; stay on I-480 until it becomes Route 14 in Streetsboro. Turn right (south) on Route 43 and continue south for approximately six miles until you come to the traffic light at East Main Street in Kent. Turn left (east) onto East Main Street and follow East Main Street to the fifth traffic light. Turn right (south) onto Lincoln Street. Proceed on Lincoln Street to the first traffic light. Turn left at the light and proceed on Summit Street to the second traffic light. At the third traffic light make a left turn into the Student Center Parking lot where visitor parking is provided for a modest fee. As a reference point, the 12-story University Library Building is adjacent this intersection.

CAMPUS MAP



Departments, Offices, Services	Buildings Key	Departments, Offices, Services	Buildings Key
Academic Assessment	Class 86	Library Studies	M.A.C.C. Annex 8
Academic Success Center	Michael Schwartz Center 18	Library and Information Science	Library 17
Academic Testing Services	Michael Schwartz Center 18	Liquid Crystals Institute	Liquid Crystals Institute Building 18
Accounting	Business Administration 63	Map Library	McSherry 71
Administrative Services	Business Administration 63	Marketing	Business Administration 63
Admissions	Michael Schwartz Center 18	Mathematics and Computer Science	Mathematical Sciences Building 35
Adult, Counseling, Health, and Vocational Education	White 96	Military Science (MTC)	White 93
Adult Services	Student Center 17	Mechanical and Chemical Language Building	Schubert 84
Aerobics Studio (APFCO)	White 93	Music	Music & Speech 98
Administrative Action	White 93	Music Library	Music & Speech 98
African-American Affairs	Ritzke 54	Musical Services	Michael Schwartz Center 18
Alumni	Williamson Alumni Center 13	Parasport	Michael Schwartz Center 18
Anthropology	Looney 04	Physical Education Inst.	M.A.C.C. Annex 86
Applied Psychology Research Lab	M.A.C.C. Annex 86	Physics	Smith 47
Architecture and Environmental Design	Taylor 78	Physiological Advising and Scheduling System	Class 86
Arts and Sciences, College of	Arts Building 74	Planetarium	Smith 47
Artistic Ticket Office	Bowman 94	Politics	Stoddard 72
Audio Visual Services	Library 17	Political Science	Powman 94
Biological Sciences	Currington 28	Psychology	Ratz 22
Biomedical Sciences	Currington 28	Reading and Writing Development Center	White 99
Board of Trustees	Student Center 17	Rec Hall	Music & Speech 98
Bookstore	Student Center 17	Recreational Services	M.A.C.C. Annex 86
Bowling Alley	Eastview Center 19	Regional Campus Administration	Lincoln Building 11
Business	Michael Schwartz Center 18	Registrar	Michael Schwartz Center 18
Business Administration, College of	Business Administration 63	Registrar and Graduate Studies	Terrace 33
Business and Writing Development Center	1900 St. Rt. 59 016	Residence Services	Park 89
Business Services Center, The	Student Center 17	RTG	White 93
Center for Applied Conflict Management	Michael Schwartz Center 18	Scheduling Office	Student Center 18
Center of Pan-African Culture	Bowman 94	Sociology	Merrill 88
Chemistry	White 93	Speech and Hearing Clinic	Music & Speech 98
Child Development Center	Child Development Center 119	Speech Pathology and Audiology	Music & Speech 98
Communication Studies	Music & Speech 98	Sport Psychology	M.A.C.C. Annex 87
Consulting Studies, College of	Michael Schwartz Center 18	Student Advising Center	Lane 58
Crabtree Justice Studies	Bowman 94	Student Affairs	Michael Schwartz Center 18
Daily Kari Store	Taylor 78	Student Center	Student Center 17
Dance	M.A.C.C. Annex 86	Student Disability Services	Michael Schwartz Center 18
Development Office	1901 Fraternity Circle 28	Student Employment	Michael Schwartz Center 18
Economics	Business Administration 63	Student Financial Aid	Michael Schwartz Center 18
Education, Academic Services	White 96	Student Health Center	Student Center 17
Education, College of	White 96	Student Research and Analysis	Business Administration 63
Educational Foundations and Special Services	White 96	Teaching, Leadership, and Curriculum Studies	White 96
Employment, Student	Michael Schwartz Center 18	Technology	Van Dusen 74
English	White 93	Telecommunications	Music & Speech 98
Evening and Weekend Programs	Michael Schwartz Center 18	Tickets Office	Student Center 17
Executive Offices	Library 17	Undergraduate Studies	Class 86
Exercise, Leisure, and Sport	M.A.C.C. Annex 86	Undergraduate Studies	Michael Schwartz Center 18
Family and Consumer Studies	Bowman 97	Undergraduate Studies	Michael Schwartz Center 18
Fashion Design and Merchandising	Rockwell 82	Undergraduate Studies	Michael Schwartz Center 18
Finance	Business Administration 63	Undergraduate Studies	Michael Schwartz Center 18
Financial Accounting Services	Michael Schwartz Center 18	Undergraduate Studies	Michael Schwartz Center 18
Financial Affairs	Michael Schwartz Center 18	Undergraduate Studies	Michael Schwartz Center 18
Financial Aid	Michael Schwartz Center 18	Undergraduate Studies	Michael Schwartz Center 18
Fine and Professional Arts, College of	Taylor 78	Undergraduate Studies	Michael Schwartz Center 18
Food Court, School Plaza, Cafeteria	Student Center 17	Undergraduate Studies	Michael Schwartz Center 18
Geography	McSherry 71	Undergraduate Studies	Michael Schwartz Center 18
Geology	McSherry 71	Undergraduate Studies	Michael Schwartz Center 18
Gerontology Center	Michael Schwartz Center 18	Undergraduate Studies	Michael Schwartz Center 18
History	Bowman 94	Undergraduate Studies	Michael Schwartz Center 18
Honors College	Vari Campus 112	Undergraduate Studies	Michael Schwartz Center 18
Housing	Karr 98	Undergraduate Studies	Michael Schwartz Center 18
Ice Arena	164 Arena 111	Undergraduate Studies	Michael Schwartz Center 18
International Student Affairs	Bowman 94	Undergraduate Studies	Michael Schwartz Center 18
Intramural Fitness Center I	Michael Schwartz Center 18	Undergraduate Studies	Michael Schwartz Center 18
Intramural Fitness Center II	Th Towels 616	Undergraduate Studies	Michael Schwartz Center 18
Journalism and Mass Communication	Taylor 78	Undergraduate Studies	Michael Schwartz Center 18
Kent State University Foundation, Inc.	1901 Fraternity Circle 28	Undergraduate Studies	Michael Schwartz Center 18
Kent State University Museum	Rockwell 82	Undergraduate Studies	Michael Schwartz Center 18
Kiosk	Student Center 17	Undergraduate Studies	Michael Schwartz Center 18
Kiosk	Student Center 17	Undergraduate Studies	Michael Schwartz Center 18
Learning Development Program	Michael Schwartz Center 18	Undergraduate Studies	Michael Schwartz Center 18
		Administrative Services Building 218	
		Upward Bound Program	Michael Schwartz Center 18
		Urban Studies and Architecture Library	Taylor 78
		WCU	Brookfield Center 152
		Writing Center	Schubert 84
		Werner's Research Center	Williamson Alumni Center House 17



Revised July 13, 1995

Norm Bower Memorial Weight Pentathlon - 9/20/2003
 7th Annual
 Kent State University, Kent, Ohio
 Shot Put / Discus Throw / Hammer Throw / Javelin Throw / Weight Throw

Event _____

		Attempt 1	Attempt 2	Attempt 3		Attempt 4	Attempt 5	Attempt 6	Best	Place
1	^{6K} GERSON MSG	15.27	16.50	F		—————	—————			
2	^{5K} SLOWN M63	26.98	25.51	27.14		F	—————			
3	^{16LB} VOGT M45	17.76	F	18.06		18.47	—————			
4	^{4K} K. CRAIG W22	55.20	F	F		52.03	—————			
5	^{5K} BITSKO M60	45.85	44.82	F		F	—————			
6	^{4K} FEICK M71	34.77	36.31	36.45		36.41	—————			
7	^{5K} MARTIN M66	F	F	14.85		—————	—————			
8	^{12LB} Bender M15	37.35	F	F		—————	—————			
9	^{3K} Szanto W59	21.39	23.01	F		22.80	23.60	F		
10	3K ^{4K-3K} M. Craig W50	^{4K} 7.74	^{4K} 7.14	F _{3K}		17.66 _{3K}	—————			
11	^{4K} HOSACK M100	4.54								
12	JONES M17	F	20.16	22.81						
13	HARVEY M57	31.93	34.86	35.91	34.47	F	P			
14										
15										
16										
17										
18										

~~Hosack DT 5.18 5.70 5.75~~

Norm Bower Memorial Weight Pentathlon - 9/20/2003

7th Annual

Kent State University, Kent, Ohio

Shot Put / Discus Throw / Hammer Throw / Javelin Throw / Weight Throw

Event _____

		Attempt 1	Attempt 2	Attempt 3		Attempt 4	Attempt 5	Attempt 6	Best	Place
1	16 LB SZANTO W59	8.84	6.75	7.89		8.00	8.13	8.19		
2	25 LB BENDER M15	12.58	F	11.37		11.97	12.44	F		
3	25 LB JONES M17	F	7.13	7.01		8.03	7.45	F		
4	25 LB GERSON M56	7.06 8.62	—	—		—	—	—		
5	20 LB MARTIN M66	5.14	5.07	6.92		—	—	—		
6	35 LB VOGT M	5.85	6.25	6.05		6.75	6.90	6.51		
7	16 LB FEICK M71	15.77	F	16.84		—	—	—		
8	20 LB BITSKO M60	14.82	14.85	14.92		F	15.31	F		
9	20 LB SLOAN M63	F	9.72	9.35		—	—	—		
10	HOSACK M100	2.79	3.32	F						
11	HAMMBA									
12	JONES	F	20.16	22.81						
13	HARVEY	31.93	31.96	35.91	34.47					
14										
15										
16										
17										
18										

HA

**Norm Bower Memorial Weight Pentathlon
Kent State University, Kent, Ohio - 9/20/2003**

	Points	HT	SP	DT	JT	WT
---- M15-16 ----						
1 Jim Bender		37.35m	9.81m	35.78m	35.04m	12.58m
Unattached		122-06	32-02.25	117-05	114-11	41-03.25
Age-Graded Mark:		37.35m	9.81m	35.78m	35.04m	12.58m
Age-Graded Percent:		43.06%	42.43%	48.3%	35.58%	48.65%
M15	2490	(469)	(474)	(579)	(371)	(597)
---- M17-18 ----						
1 Jonathon Jones		22.81m	9.81m	26.17m	39.71m	7.13m
Unattached		74-10	32-02.25	85-10	130-03	23-04.75
Age-Graded Mark:		22.81m	9.81m	26.17m	39.71m	7.13m
Age-Graded Percent:		26.3%	42.43%	35.33%	40.32%	27.57%
M17	1831	(236)	(474)	(390)	(438)	(293)
---- M45 ----						
1 Leonard Vogt		18.06m	11.30m	27.99m	36.56m	6.25m
Unattached		59-03	37-01	91-10	119-11	20-06.25
Age-Graded Mark:		21.39m	12.57m	29.38m	44.90m	7.33m
Age-Graded Percent:		24.67%	54.41%	39.67%	45.6%	28.36%
M45	2125	(214)	(641)	(452)	(514)	(304)
---- M55 ----						
1 Jeff Gerson		16.50m	6.46m	22.03m	24.56m	7.06m
Unattached		54-02	21-02.5	72-03	80-07	23-02
Age-Graded Mark:		21.43m	8.22m	24.19m	34.52m	8.54m
Age-Graded Percent:		24.72%	35.59%	32.67%	35.06%	33.05%
M56	1680	(215)	(379)	(352)	(363)	(371)
---- M60 ----						
1 Mickey Bitsko		45.85m	11.73m	39.50m	29.77m	14.92m
Unattached		150-05	38-06	129-07	97-08	48-11.5
Age-Graded Mark:		64.45m	14.90m	44.36m	44.07m	16.99m
Age-Graded Percent:		74.31%	64.45%	59.89%	44.75%	65.73%
M60	3805	(917)	(784)	(754)	(501)	(849)
2 John Sloan		27.14m	9.25m	31.47m	32.03m	9.72m
Unattached		89-00	30-04.25	103-03	105-01	31-10.75
Age-Graded Mark:		38.15m	11.75m	35.34m	47.41m	11.07m
Age-Graded Percent:		43.99%	50.82%	47.72%	48.15%	42.82%
M63	2705	(482)	(591)	(570)	(550)	(512)
---- M65 ----						
1 John Henry Martin		14.85m	8.15m	26.50m	11.75m	6.92m
Unattached		48-09	26-09	86-11	38-06	22-08.5
Age-Graded Mark:		23.54m	11.99m	33.16m	19.38m	8.72m
Age-Graded Percent:		27.14%	51.88%	44.76%	19.68%	33.76%
M66	1915	(248)	(606)	(527)	(153)	(381)
---- M70 ----						
1 Ray Feick		36.45m	11.24m	32.33m	32.00m	16.84m
Unattached		119-07	36-10.5	106-01	105-00	55-03
Age-Graded Mark:		58.72m	14.63m	45.67m	55.87m	21.79m
Age-Graded Percent:		67.7%	63.29%	61.65%	56.74%	84.28%
M71	4173	(821)	(767)	(781)	(676)	(1128)
---- M100 ----						
1 Everett Hosack		4.54m	2.79m	5.75m	5.95m	3.32m
Unattached		14-11	9-02	18-10	19-06	10-10.75
Age-Graded Mark:		46.81m	18.92m	35.84m	81.13m	13.96m
Age-Graded Percent:		53.98%	81.82%	48.4%	82.41%	53.98%
M101	3973	(624)	(1032)	(581)	(1060)	(676)

Norm Bower Memorial Weight Pentathlon

Kent State University, Kent, Ohio 9/20/2003

Conducted by the Over-The-Hill-Track Club

Individual Events (6 throws allowed):

M15-16 HT

Jim Bender 15 37.35m 43.0%

M45 HT

Leonard Vogt 45 18.47m 25.2%

M55 HT

Rex Harvey 57 35.91m 56.5%

M60 HT

Mickey Bitsko 60 45.85m 74.3%

John Sloan 63 27.14m 47.3%

M65 HT

John Henry Martin 66 14.85m 27.9%

M70 HT

Ray Feick 71 36.45m 69.9%

W19-24 HT

Kathryn Craig 22 55.20m 72.5%

W50 HT

M. Craig 50 17.66m 29.0%

W55 HT

Erika Szanto 59 23.60m 46.3%

M15-16 SP

Jim Bender 15 9.81m 42.4%

M17-18 SP

Jonathon Jones 17 9.81m 42.4%

M40 SP

Frank Makozy 44 9.17m 43.4%

M45 SP

Leonard Vogt 45 11.30m 54.4%

M60 SP

Mickey Bitsko 60 12.53m 68.8%

John Sloan 63 9.25m 55.6%

M65 SP

John Henry Martin 66 9.95m 65.7%

M70 SP

Ray Feick 71 11.54m 66.9%

W55 SP

Erika Szanto 59 8.38m 59.6%

M40 DT

Frank Makozy 44 29.67m 41.3%

M45 DT

Leonard Vogt 45 27.99m 39.6%

M60 DT

Mickey Bitsko 60 39.50m 59.8%

John Sloan 63 31.47m 50.9%

M65 DT

John Henry Martin 66 26.50m 45.9%

M70 DT

Ray Feick 71 32.55m 63.9%

W55 DT

Erika Szanto 59 22.16m 45.0%

M17-18 JT

Jonathon Jones 17 41.00m 41.6%

M40 JT

Frank Makozy 44 36.25m 44.4%

M45 JT

Charlie Green 45 51.64m 64.4%

Leonard Vogt 45 39.00m 48.6%

M60 JT

John Sloan 63 32.51m 52.2%

Mickey Bitsko 60 30.05m 45.1%

M70 JT

Ray Feick 71 32.00m 58.4%

W55 JT

Erika Szanto 59 17.34m 41.1%

M15-16 WT

Jim Bender 15 12.58m 48.6%

M17-18 WT

Jonathon Jones 17 8.03m 31.0%

M45 WT

Leonard Vogt 45 6.90m 31.3%

M60 WT

Mickey Bitsko 60 15.31m 67.4%

W55 WT

Erika Szanto 59 8.84m 55.2%

KENT ST.
FACILITY

KEN LONG

(330) 672-8444

WENDY ARNET
330 672-8443

CYNTHIA STONE 672-7493

2003 NARM BOWER WEIGHT PENT.

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