

Over the Hill Track Club

Eighth Annual Norm Bower Memorial Weight Pentathlon

Saturday, September 17, 2005
Kent State University, Kent, Ohio 44242
11:00 a.m. to 5:00 p.m.
Tele: Rex Harvey 440 954 8122
Jeff Gerson 440 473-0636

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: 11:00 a.m. to approx. 5:00 p.m. Hammer, shot put, discus, javelin, and weight in that order.

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 field.

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

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; or Jeff Gerson, Over the Hill Track Club, 5091 Hickory Drive, Lyndhurst, OH 44124

Waiver: Signature required on attached meet application form.

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

Javelin

M. 10-64

Ken Mallory

31.83

30.36

29.16

30.84

26.97

F

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SHOT
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4K REX
5K SLOAN
6K REX
7.26K REX

~~ANGUS~~
~~SLOAN~~
~~ALLEN REX~~

HAMMER
3K BERNICE
4K REX
5K SLOAN
6K REX
7.26K KENT ST.

DISCUS
1.9 REX
1.5 REX
2.0 REX

JAV
400 BERNICE
500
600 SLOAN
700 JEFF
800 REX

WT.
35 KENT ST.
25 REX
20 SLOAN
16
12 BERNICE

Norm Bower Memorial Weight Pentathlon
Kent State University, Kent, Ohio - 9/17/2005
Results - Weight Pentathlon

M1-104 Weight Pentathlon

	Points	HT	SP	DT	JT	WT
----- M45 -----						
DNF Frank Makozy				DNS		
Unattached						
Age-Graded Mark:						
Age-Graded Percent:						
M48		(0)	(0)	(0)	(0)	(0)
----- M50 -----						
1 Joe Myers		28.28m	13.64m	34.68m	40.06m	11.53m
Unattached		92-09	44-09	113-09	131-05	37-10
Age-Graded Mark:		32.96m	15.64m	34.68m	51.23m	12.82m
Age-Graded Percent:		38%	67.66%	46.81%	52.03%	49.59%
M53	3002	(398)	(829)	(557)	(607)	(611)
----- M51 -----						
2 Gary Sutton		31.32m	10.24m	29.76m	36.89m	13.01m
Unattached		102-09	33-07.25	97-08	121-00	42-08.25
Age-Graded Mark:		36.50m	11.74m	29.76m	47.18m	14.47m
Age-Graded Percent:		42.09%	50.79%	40.17%	47.91%	55.96%
M51	2758	(455)	(591)	(460)	(547)	(705)
----- M55 -----						
3 Raymond Bzibziak		29.25m	10.21m	35.12m	25.77m	11.20m
Unattached		95-11	33-06	115-03	84-06	36-09
Age-Graded Mark:		34.09m	11.70m	35.12m	32.95m	12.45m
Age-Graded Percent:		39.3%	50.64%	47.41%	33.47%	48.17%
M51	2501	(416)	(588)	(566)	(341)	(590)
----- M55 -----						
1 Jeff Gerson		14.20m	5.90m	16.29m	21.19m	5.59m
Unattached		46-07	19-04.25	53-05	69-06	18-04.25
Age-Graded Mark:		18.44m	7.51m	17.89m	29.79m	6.76m
Age-Graded Percent:		21.27%	32.51%	24.15%	30.25%	26.17%
M58	1307	(168)	(337)	(233)	(296)	(273)
----- M58 -----						
DNF Don Ragon				DNS		
Unattached						
Age-Graded Mark:						
Age-Graded Percent:						
M58		(0)	(0)	(0)	(0)	(0)
----- M65 -----						
1 John Sloan		26.56m	9.30m	27.44m	31.85m	10.19m
Unattached		87-02	30-06.25	90-00	104-06	33-05.25
Age-Graded Mark:		37.33m	11.81m	34.33m	52.53m	12.85m
Age-Graded Percent:		43.05%	51.1%	46.35%	53.35%	49.71%
M65	2853	(469)	(595)	(550)	(626)	(613)
----- M66 -----						
2 Dave Servis		15.02m	6.90m	23.95m	24.29m	6.74m
Unattached		49-03	22-07.75	78-07	79-08	22-01.5
Age-Graded Mark:		23.81m	10.15m	29.97m	40.06m	8.50m
Age-Graded Percent:		27.45%	43.92%	40.46%	40.69%	32.88%
M66	2023	(252)	(495)	(464)	(443)	(369)

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....M1-104 Weight Pentathlon

3 Abe Sheinker	24.82m	6.28m	18.27m	12.47m	7.46m
Unattached	81-05	20-07.25	59-11	40-11	24-05.75
Age-Graded Mark:	39.34m	9.24m	22.86m	20.57m	9.41m
Age-Graded Percent:	45.36%	39.97%	30.86%	20.89%	36.39%
M65	1855	(501)	(440)	(326)	(169)

----- M70 -----

1 Len Olsen	30.02m	9.56m	28.17m	18.61m	10.66m
Unattached	98-06	31-04.5	92-05	61-01	34-11.75
Age-Graded Mark:	48.36m	12.44m	39.79m	32.49m	13.79m
Age-Graded Percent:	55.76%	53.83%	53.72%	33%	53.35%
M74	2942	(649)	(633)	(660)	(334)

Norm Bower Memorial Weight Pentathlon
Kent State University, Kent, Ohio - 9/17/2005

Results - 2003 Norm Bower Weight Pentathlon - Age Grading: 1 Yr Indiv & 5 yr Multi

W70 Shot Put

Name	Age Team	Seed	Finals	Age-Grading
1 Katy Felkner	W74 Unattached		6.46m 21-02.50	15.38m 66.53%

W75 Shot Put

Name	Age Team	Seed	Finals	Age-Grading
1 Bernice Holland	W78 Unattached		5.97m 19-07.00	16.18m 69.99%

M45 Shot Put

Name	Age Team	Seed	Finals	Age-Grading
1 Frank Makozy	M48 Unattached		8.94m 29-04.00	10.61m 45.94%

M50 Shot Put

Name	Age Team	Seed	Finals	Age-Grading
1 Joe Myers	M53 Unattached		13.87m 45-06.25	16.96m 73.35%
2 Raymond Bzibziak	M51 Unattached		10.56m 34-07.75	12.37m 53.55%

M70 Shot Put

Name	Age Team	Seed	Finals	Age-Grading
1 Len Olsen	M74 Unattached		9.91m 32-06.25	14.50m 62.76%

M30 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading
1 Manny Konstantakos	M31 Unattached		31.88m 104-07	31.88m 43.03%

M45 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading
1 Frank Makozy	M48 Unattached		29.48m 96-09	32.88m 44.38%

M50 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading
1 Raymond Bzibziak	M51 Unattached		35.83m 117-07	35.91m 48.48%
2 Joe Myers	M53 Unattached		34.80m 114-02	36.55m 49.34%

M60 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading
1 Ken Mallory	M60 Unattached		38.46m 126-02	38.46m 51.92%

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Results - 2003 Norm Bower Weight Pentathlon - Age Grading: 1 Yr Indiv & 5 yr Multi

M70 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading
1 Len Olsen	M74 Unattached		28.17m	92-05 44.50m 60.08%

W70 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading
1 Katy Felkner	W74 Unattached		14.84m	48-08 32.83m 43.16%

W75 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading
1 Bernice Holland	W78 Unattached		19.16m	62-10 48.75m 64.10%

M50 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Joe Myers	M53 Unattached		31.02m	101-09 38.64m 44.55%
2 Raymond Bzibziak	M51 Unattached		29.44m	96-07 35.10m 40.47%

M70 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Len Olsen	M74 Unattached		30.02m	98-06 54.70m 63.07%

M45 Javelin Throw

Name	Age Team	Seed	Finals	Age-Grading
1 Frank Makozy	M48 Unattached		33.85m	111-01 44.00m 44.69%

M50 Javelin Throw

Name	Age Team	Seed	Finals	Age-Grading
1 Joe Myers	M53 Unattached		41.10m	134-10 55.69m 56.56%
2 Raymond Bzibziak	M51 Unattached		25.77m	84-06 33.61m 34.13%

M70 Javelin Throw

Name	Age Team	Seed	Finals	Age-Grading
1 Len Olsen	M74 Unattached		22.96m	75-04 44.93m 45.63%

W70 Weight Throw

Name	Age Team	Seed	Finals	Age-Grading
1 Katy Felkner	W74 Unattached		6.67m	21-10.75 12.29m 52.11%

Norm Bower Memorial Weight Pentathlon
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Results - 2003 Norm Bower Weight Pentathlon - Age Grading: 1 Yr Indiv & 5 yr Multi

M50 Weight Throw

Name	Age Team	Seed	Finals	Age-Grading
1 Gary Sutton	M51 Unattached		13.01m 42-08.25	14.72m 56.94%
2 Joe Myers	M53 Unattached		11.58m 38-00.00	13.56m 52.45%
3 Raymond Bzibziak	M51 Unattached		11.20m 36-09.00	12.67m 49.02%

M70 Weight Throw

Name	Age Team	Seed	Finals	Age-Grading
1 Len Olsen	M74 Unattached		11.15m 36-07.00	16.03m 61.98%

OFFICUTE

NORM BOWER WEIGHT PENTATHLON

17 SEP 05

Comb. Evt. Coord.

2005

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