



OVER THE HILL TRACK CLUB

JANUARY, 1993

Let's welcome our new 1993 members:

<i>Julie Bredenbeck Corp</i>	30-39	<i>Robert Bredenbeck Corp</i>	30-39	<i>Elizabeth Cavicchi</i>	30-39
<i>John Doolittle</i>	40-49	<i>Debbie Ellis</i>	30-39	<i>Cathi Gerson</i>	40-49
<i>JoeAnn Jackson</i>	50-59	<i>Charles Johnson</i>	30-39	<i>James Joseph</i>	40-49
<i>Bob Kuebler</i>	40-49	<i>Michael Saunders</i>	30-39	<i>Kenny Longrich</i>	20-29
<i>Celeste Miller</i>	15-19	<i>Warren Miller</i>	40-49	<i>Bernard Wilson</i>	30-39

Let's welcome our 1993 renewals:

<i>Gene Abdenour</i>	70-79	<i>Tim Bailey</i>	30-39	<i>Rudy Bredenbeck</i>	60-69
<i>Jack Brunner</i>	40-49	<i>George Campbell</i>	40-49	<i>Dick Cavicchi</i>	70-79
<i>Mary Cavicchi</i>	60-69	<i>Thomas Cavicchi</i>	30-39	<i>Joe Chadbourne</i>	60-69
<i>Lawrence Finley</i>	30-39	<i>Patricia Finley</i>	30-39	<i>Joe Fodor</i>	50-59
<i>Jeff Gerson</i>	40-49	<i>Joan Gibson</i>	50-59	<i>Jack Greenwald</i>	60-69
<i>Rex Harvey</i>	40-49	<i>Paul Heyse</i>	30-39	<i>Eric Hines</i>	30-39
<i>Fred Hirsimaki</i>	60-69	<i>Buzzy Hood</i>	60-69	<i>Everett Hosack</i>	90-99
<i>Ed Hoyle</i>	50-59	<i>Allan Jackson</i>	60-69	<i>Frank Makozy</i>	30-39
<i>Mary Patterson</i>	60-69	<i>Guy Pizzoferrato</i>	30-39	<i>Jerry Plate</i>	40-49
<i>Allen Ray</i>	40-49	<i>Richard Russell</i>	50-59	<i>John Sloan</i>	50-59
<i>Therese Stepanek</i>	20-29	<i>Irvin Taylor</i>	40-49	<i>Bob Thomas</i>	30-39
<i>Norman Thomas</i>	40-49	<i>Patrice Thomas</i>	40-49	<i>Bill Weinacht</i>	70-79
<i>Alvin Williams</i>	40-49	<i>Alforzo Wilson</i>	60-69	<i>Dorothy Wilson</i>	60-69
<i>Rodney Wilson</i>	30-39	<i>Sook Yeng Wilson</i>	30-39	<i>Debbie Yurth</i>	20-29

1993 OFFICERS AND AGE GROUP COORDINATORS

Club Officers

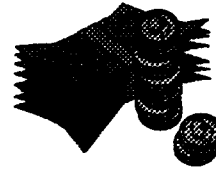
PRESIDENT	Geoffrey Packer	371-2822
VICE PRESIDENT PROGRAMS	Rodney Wilson	921-5651
VICE PRESIDENT COMMUNICATIONS	Patricia Finley	751-7187
SECRETARY	Patricia Finley	751-7187
TREASURER	Jack Brunner	659-6933

Age Group Coordinators

WOMEN (All ages)	Patricia Finley	751-7187
29 & UNDER MEN	Jeff Gerson	382-2656
30-39 MEN	Bob Thomas	252-2610
40-49 MEN	Norman Thomas	425-8219
50-59 MEN	John Sloan	1-492-5007
60+ MEN	NOT FINAL	
LONG DISTANCE	NOT FINAL	
RACEWALK	Tim Bailey	1-327-1641
WEIGHT THROWS	NOT FINAL	

**OVER THE HILL TRACK CLUB
JANUARY, 1993**

**VICE PRESIDENT - COMMUNICATION
NEWSLETTER UPDATE**



REPORT OF CASH FLOW

<u>Remaining Funds from previous month</u>	\$ 314.18
<u>Check received</u>	<u>\$ 0.00</u>
Beginning balance	\$ 314.18

Copying expenses (12/92)-

110 Copies X \$0.03 single side X 12 pages	= \$ 39.60
110 Copies X \$0.01 double sided X 10 pages	= \$ 11.00
17 Copies X \$0.05 (to make original)	= \$ 0.85
4 Copies X \$0.05 (to make mailing labels)	= <u>\$ 0.20</u>
sub total copies	<u>\$ 51.65</u>
plus tax (7%)	<u>3.62</u>
Total copying cost for Newsletter	<u>\$ 55.27</u>

Amount remaining \$ 258.91

Postal expenses (12/92)

\$0.52 per Newsletter X 107 Newsletters	\$ 55.41
Age group listings to Coordinators (4 X \$0.29)	\$ 1.16
Membership forms sent (3 X \$0.29)	<u>\$ 0.87</u>
Total Postage	<u>\$ 57.44</u>
<u>Total remaining for January Newsletter</u>	<u>\$ 201.47</u>

REPORT OF SUPPLIES

\$0.52 stamps purchased for club members & specials	107
plus \$0.52 stamps remaining from previous month	<u>00</u>
Total beginning stamps	107
less primary club members (105 primaries less 1 Finley)	<u>- 104</u>
Stamps remaining after club members	3
Less special mailings(W Penn., WolfPack,N.M.N.)	<u>- 3</u>
\$0.29 Stamps remaining for January Newsletter	<u>0</u>
\$0.52 Stamps remaining for January Newsletter	<u>0</u>
\$0.75 Stamps remaining for January Newsletter	<u>3</u>

OVER THE HILL TRACK CLUB JANUARY, 1993

FROM THE MOUSE PAD OF THE SECRETARY...

Happy December/January Birthday to....

DECEMBER:

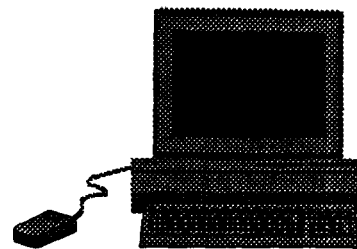
Bill Weinacht	1st	Jim Barrett	2nd
Kelly Lyan	3rd	Rodney Wilson	7th
Tim Bailey	12th	David Clinkscale	14th
Kenneth Lennon	14th	John Sloan	21st
Ken Madey	22nd	Allan Jackson	23rd
Dorothy Wilson	24th	George Mirka	27th
Carl Klehm	30th	Patricia VanHook	30th

JANUARY:

Joe Fodor	3rd	Brenda Ellis	4th
Alfonzo Wilson	4th	Rudy Bredenbeck	6th
Jack Brunner	9th	Chris Horton	10th
Matt Shaughnessy	16th	Dave Hunsinger	21st
Jack Greenwald	28th	Alfred Friedl	31st

FEBRUARY:

John Goodall	10th	Celeste Miller	12th
Allen Ray	13th	George Campbell	18th
Hal Mayhew	20th	Geoffrey Packer	20th
Jim Pauli	22nd	Money G. Goines	24th
Johnny Sherron	26th	Everett Hosack	28th
Gary Sutton	28th		



SCHEDULE OF MEETS:

Ohio State University TAC Track & Field Meet	February 7th	OSU Track Office	614-292-2931
Slippery Rock University All Comers Meet, Slippery Rock, Pennsylvania	February 12th Fld 5/Trk 8	Frank Makozy	419-847-1125
Knights of Columbus Indoor Track & Field Meet	February 13th	Larry Siefert	216-842-2142
* Midwest Masters Track & Field Classic, University of Cincinnati Armory	February 14th	Bill Schnier	513-556-0562(W) 513-681-3562(H)
TAC National Masters Indoor Pentathlon, Murfreesboro, Tennessee	February 19th		
Cincinnati Open Track & Field Invitational, University of Cincinnati Armory	February 20th	Bill Schnier	See above
Slippery Rock University Relay Meet, Slippery Rock, Pennsylvania	February 27th	Frank Makozy	419-847-1125
Ohio TAC Indoor Track & Field Championships, Univ. Cincinnati	February 28th	Jim Engel	6919 Cambridge Av. Cincinnati, Ohio 45227 513-561-0193
* National Masters Indoor Championships, Bozeman, Montana	March 19-21	Bob Sager	545 Coulee Dr. Bozeman, Mont. 406-587-1141
TAC National Master 56# Weight Throw, Woodstock, Illinois	April 17th		
Penn Relays	April 23-25		
North Coast Relays	May 9?	Geoff Packer	216-371-2822
Cleveland Track Classic	June 19th	Jeff Gerson	216-382-2656
Ohio Sports Festival Regionals	June 26,27		
Ohio Sports Festival Finals	July 17,18		
TAC National Masters Outdoor Championships, Provo, Utah	August 11-14		
TAC National Master Weight Pentathlon, Woodstock, Illinois	September 25th		
WAVA World Championships, Miyazaki, Japan	October 7-17		

**OVER THE HILL TRACK CLUB
JANUARY, 1993**

FROM THE MOUSE PAD OF THE SECRETARY (continued)

MEMBERSHIP DEADLINE:

This is your last Newsletter if you have not renewed your membership!! Please take advantage of the enclosed form to renew your membership.

JANUARY 10TH MEET:



Thank you to those of you who volunteered to assist at the January 10th Lake Erie USA Indoor Track & Field meet. Thanks also to those of you who did not volunteer but was drafted last minute. So far the meet appears to have been a huge success. We won't know the final numbers until we receive an expense sheet from the Lake Erie USA Association. Once we get the information, the meet budget will be listed in the Newsletter so that all of you will be aware what we spent and made. Results have been included later in the Newsletter. **THANKS AGAIN FOR YOUR EFFORTS!!!** (cut out the attached if you volunteered)!!

A WORD FROM THE PRESIDENT

No comments this newsletter.

TREASURER'S REPORT

For period ending: December 31, 1992

Balance as of December 2 \$ 1,793.95

Less Expenses:

 To P. Finley for meet \$ 300.00

 To L. Finley for Meet Mgr. 200.00

Balance less expenses \$ 1,293.95

Plus Income:

 Deposits \$ 1,620.00

 Unused relay check \$ 40.00

 Interest, December 2 \$ 4.26

 Interest, January 2 \$ 4.76

Balance as of January 2 \$ 2,962.97

**OVER THE HILL TRACK CLUB
JANUARY, 1993**

Vice President -- Publicity

Nothing to report.

Officer/Age Group/Event Coordinator Reports
WOMEN ON THE MOVE

Relay Talk

BRAVO!! EXCELLENT!! WONDERFUL JOB!!!

Kudos to the women who participated in the January 10th meet!! Although we lost by 1 point to the Motor City Strider women, I am very proud of our relay teams!!! Our relays added 30 points to our final standings. The next meet I am looking forward to for at least one relay team is the open meet at Ohio State. A meet for a masters team is the Cincinnati meet on February 14. On February 28, there is another meet in Cincinnati. Relay potentials...(I think all relays are 4X400)

Columbus-Open

Debbie Yurth
Celeste Miller
Patricia Finley
Therese Stepanek

Cincinnati-Masters

Debbie Ellis
Bonnie Iorfido
Patricia Finley
Sue Stiegelmeier

If your name is not listed and you would like to run a relay, feel free to contact me.

Nothing to report.

Open Men

Nothing to report.

30-39 Men

Nothing to report.

40-49 Men

Nothing to report.

50-59 Men

Nothing to report.

60+ Men

Nothing to report.

Long Distance Runners

Nothing to report.

Racewalking

Nothing to report.

Weight Throws

**OVER THE HILL TRACK CLUB
JANUARY, 1993**

RESULTS!!!

Autumn Leaves Five Mile Run, November 8, 1992

60+ Men Buzzy Hood 6th

Lake Erie Association Indoor Track & Field Championships, January 10, 1993

Relay splits:

Sprint Medley Relay

Open Women	Celeste Miller	30.6	4:55.8	1st
	Angie Coats	35.3		
	Debbie Yurth	1:07.4		
	Therese Stepanek	2:42.5		
30-39 Women	Mary Patterson	37.5	5:10.4	1st
	Patrice Thomas	39.3	Splits do not match official time.	
	Patricia Finley	1:18.2		
	Kitty Consolo	2:33.4		
40-49 Men	Garry Gosky	29.3	4:49.2	1st
	Rex Harvey	28.7	Splits do not match official time.	
	Norman Thomas	1:05.5		
	Jeff Gerson	2:45.7		
4 X 400 Relay				
Open Women	Debbie Yurth	1:08.75	4:55.10	1st
	Celeste Miller	1:13.??	Splits do not match official time.	
	Patricia Finley	1:20.7		
	Therese Stepanek	1:08.11		
40-49 Men	Jeff Gerson	1:09.8	4:29.2	1st
	Rex Harvey	1:01.0		
	Jack Brunner	1:16.4		
	Norman Thomas	1:02.1		

Slippery Rock All Comers Meet, January 22, 1993

30-34M	Paul Heyse	220 yd	27.68	5th
		440 yd	1:00.3	4th

**OVER THE HILL TRACK CLUB
JANUARY, 1993**

SPOTLIGHT:

RICHARD BREDENBECK

AND

BYRON P. FIKE

RUDOLF BREDEBECK

7860 CHAFFEE ROAD
SAGAMORE HILLS, OH 44067
216-467-4032

December 19, 1992

OVER THE HILL TRACK CLUB
c/o PATRICIA FINLEY
20610 E. SUNSET DRIVE
WARRENSVILLE, OHIO 44122-6342

DEAR PAT,

ENCLOSED IS A CONTRIBUTION TO THE OVER THE HILL TRACK CLUB FROM THE BREDEBECK FAMILY IN THE MEMORY OF MY FATHER RICHARD BREDEBECK. RUNNING WAS A LARGE PART OF HIS LIFE AS HE GREW OLDER AND HE BECAME A WORLD CLASS ATHLETE HOLDING A NUMBER OF U.S. AND WORLD AGE GROUP RECORDS. I HAVE ENCLOSED SOME OF HIS OWN RECORDINGS OF TIMES AND RECORDS OF VARIOUS DISTANCES AND RECORDS. ON NOVEMBER 1, 1987 HE DIED OF A MASSIVE HEART ATTACK IN THE MIDDLE OF A 5 MILE ROAD RACE. FROM NOTES ON HIS DECK THAT I FOUND AFTER HE DIED, IT WAS CLEAR THAT HE WAS TRYING FOR A NEW U.S. 5 MILE ROAD RACE RECORD FOR AGE 82 ON THAT DAY. HE DIED AS MOST OF US WOULD LIKE TO GO - DOING WHAT WE LOVE AND TESTING OURSELF IN THE ULTIMATE CHALLENGE. IRONICALLY HE WAS SELECTED ATHLETE OF THE YEAR FOR AGE 82-84 BY TAC IN 1987. AN HONOR THAT HE NEVER KNEW ABOUT. HE WOULD HAVE BEEN VERY PLEASED WITH THAT RECOGNITION.

WE WOULD LIKE THIS CONTRIBUTION TO BE USED TO HELP FUND THE CLEVELAND CLASSIC WHICH IS AN OUTSTANDING MASTERS TRACK MEET THAT MY FATHER ALWAYS LOOKED FORWARD TO PARTICIPATING IN. PERHAPS AN ANNUAL RICHARD BREDEBECK MEMORIAL AWARD COULD BE ESTABLISHED FOR SOME EVENT OR FOR AN OUTSTANDING ATHLETE OR MVP AGE GROUP AWARD.

IF YOU HAVE ANY QUESTIONS ON THIS DO NOT HESITATE TO CONTACT ME.

BY THE WAY I THINK YOU DO A GREAT JOB WITH THE NEWSLETTER. KEEP UP THE GOOD WORK.

Rudy Bredebeck 46

Richard / Bacole. Book 12-26-85

U.S. and W.P.R. Currently Holding
 Masters Age Records 1985

Age 69	- 800 m	in 2.38.7	on 8-9-1975	W.R.
" 75	- 1 mile	" 6.45	" 6-26-1981	W.R.
" 76	- 1 mile	" 7.05.1	" 5-22-1982	W.R.
" 68	- 3000 m	" 11.51.0	" 2-16-1974	U.S.R.
" 72	- "	" 11.55.8	" 3-19-1978	W.R.
" 78	- "	" 14.23.0	" 6-2-1984	W.R.
" 70	- 2 miles	" 13.10.0	" 3-14-1976	U.S.R.
" 72	- "	" 12.48.0	" 3-19-1978	W.R.
" 74	- "	" 13.47.6	" 6-21-1980	W.R.

There are a few notable Road - Other Races than the years,
 some more W.P.R. Age Records since then.

Road Races are not eligible for these Record Books.

Age 66 - 1972	11 mile Road Race	in 77.10 = 7.01 p.m.
" 67 - "	6 "	" 40.32 = 6.45 " "
" 68 - 1974	1 "	" 5.57
" 69 - 1975	10 "	" 76.25 = 7.38 " "
" " "	9.2 "	" 69.00 = 7.30 " "
" " "	25 km = 15.6 miles	" 1.59.36 = 7.40 " "
" 70 - 1976	5 mile Road Race	" 34.47 = 6.57 " "
" - "	9.2 "	68.05 = 7.24 " "
" 71 - 1977	5,000 m	" " 20.50
" 72 - 1978	1st Race 10,000	44.16 = 7.08.4 " "
" 74 - 1979	10,000 m	" " 45.15 = 7.18 " "
" 75 - 1981	10 miles	" " 80.47 = 8.05 " "
" " "	3000 m	" " 13.06 = W.R.
" " "	" "	" " 14.05 = W.R.
" 76 1982	" "	" " 23.15 = 7.28 " "
" 77 "	3 miles	" " 14.23 = W.R.
" 78 1984	3,000 m	" " 39.22 = 7.52 " "
" " "	5 mile	" " 25.45 = 8.17 " "
" 79 1985	5,000 m	" " "

BLUE CROSS AND BLUE SHIELD OF OHIO
NORTHERN OHIO SENIOR OLYMPICS FINALS
BALDWIN-WALLACE COLLEGE, BEREA
THE GEORGE FINNIE STADIUM
SATURDAY, JULY 25, 1987

MEN'S 3,000 METER RUN:

Age 55 - 59

1 - Jaan Mannik.....	11:51	Sylvania
2 - Victor J. Donato.....	12:20	Mayfield Hts.
3 - Arthur S. Beagle.....	12:47	Toledo

Age 60 - 64

1 - Clyde Hart.....	14:19	Warren
2 - Richard H. Cavicchi.....	16:16	Fairview Pk.

Age 65 - 69

1 - Milton Durdella.....	12:56	Mayfield Hts.
2 - J.L. Wells.....	15:18	Toledo
3 - Milton Norris.....	16:42	Cleveland Hts.

Age 80 - 84 *mailed Copy to Peter Munnelle on 9-8-87*

1 - Richard Bredenbeck.....	16:31*	Brooklyn ✓
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{ * Beats world record time of 16:40.2 in age category. }

MEN'S 1,500 METER RUN:

Age 55 - 59

1 - Victor J. Donato.....	5:36	Mayfield Hts.
2 - Arthur S. Beagle.....	5:55	Toledo
3 - Sandy Crawford.....	6:22	Toledo

Age 60 - 64

1 - Clyde Hart.....	6:58	Warren
2 - Richard H. Cavicchi.....	8:00	Fairview Pk.

(MORE MEN'S 1,500 METER)

Compiled December 1982

History of Athletic Career of Richard Bredenbeck

Born 10-1-1905

At 14 years of age joined Turn & Sport Verein M^wusen in 1920. First two years mostly Apparatus Activity, then principally Track & Field until immigrating to U.S. in April 1927. Ran Sprints, 100, 200 & 400m and sometimes 800m and once 3000m. Also Shot Put, Weight Throw and Long Jump.

In 1930 joined Track & Field Team of Bildungs Verein Eintracht in Cleveland, Ohio, competing in same events as above until Summer of 1934 when time from work and school did not permit further participation.

In 1965 at Age 60 started some jogging and then running at YMCA in Cleveland.

In 1970 at Age 65 first ran a few Road Races over 5-10 miles..

In 1971 started to compete in U.S. Masters Track & Field Activity which is still continued to date.

Produced a number of Age and Age Division U.S. and World Records in this Pursuit in Local, National and International Competition as follows:

- 1971 - Age 65 - 100yds in 13.7, 220yds in 30.6, 440yds in 68.7,
880yds in 2.41.1, 1 Mile in 6.20.9, 2 Miles in 13.50,
3 Miles in 19.51
- 1972 - Age 66 - 440yds in 72.1, 880yds in 2.44.5, 1500m in 5.37.3,
5000m in 19.27.6
- 1973 - Age 67 - 440yds in 73.4, 880yds in 2.44.7, 1500m in 5.45.5,
3000m in 12.05, 3 Miles in 20.13.0
Age 68 - 5000m in 22.16, 6 Miles in 42.58, 10,000m in 44.30,
1 Hour Run with 8 Miles, 225yds
- 1974 - Age 68 - 100yds in 13.8, 220yds in 30.8, 440yds in 71.6,
880yds in 2.47.8, 1500m in 5.32.6, 1 Mile in 5.57,
3000m in 11.51, 3 Miles in 20.24
- 1975 - Age 69 - 880yds in 2.38.7
- 1976 - Age 70 - 1 Mile in 6.03.5, 2 Miles in 13.10, 3 Miles in 20.31,
5000m in 21.10, 6 Miles in 43.17, 10,000m in 44.46,
1 Hour Run with 8 Miles, 664yds, 3000m in 12.06
- 1977 - Age 71 - 3 Miles in 21.03, 5000m in 21.55, 6 Miles in 45.46,
1 Hour Run with 7 Miles, 1101yds
- 1978 - Age 72 - 2 Miles in 12.48.01, 3000m in 11.55.8
- 1979 - Age 73 - None
- 1980 - Age 74 - 1 Mile in 6.21.0, 2 Miles in 13.47.6
- 1981 - Age 75 - 1 Mile in 6.45.0, 3000m in 13.06.4
- 1982 - Age 76 - 1 Mile in 7.05.0, 3000m in 14.05.0

THE ATHLETICS CONGRESS/USA



MASTERS TRACK AND FIELD

It is hereby acknowledged that the following have been selected

1987 Athletes of the Year

Outstanding Female Athlete
Philippa Raschker

Outstanding Female Race Walker
Ruth Eberle

Outstanding Male Athlete
Tom Patsalis

Outstanding Male Race Walker
Max Green

Outstanding Multi-Events Athlete
Gary Miller

Outstanding Administrators
Frank and Dorothy Anderson

Outstanding Single Performance by a Masters Athlete
236-6 Discus
John Powell

1987 Age Group Awards

Track		Field	
Male	Female	Male	Female
35-39	Nancy Shafer	35-39	Joan Stratton
40-44 Stan Whitley	Phil Raschker	40-44 John Powell	Phil Raschker
45-49 Roy Turner	Jane Arnold	45-49 Carl Wallia	Karen Huff
50-54 Ken Dennis	Irene Obera	50-54 Bob Humphreys	Christel Miller
55-59 Norm Green	Jane Clarkson	55-59 Dave Jackson	Magdalena Kuehne
		Herm Wyatt	
60-64 Dean Smith	Josephine Sullivan	60-64 Del Pickarts	Bernice Holland
65-69 John Alexander	Margaret Lambert	65-69 Tom Patsalis	Helen Stephens
70-74 Payton Jordan	Pearl Mehl	70-74 Bill Morales	Mary Bowermaster
75-79 Claude Hills	Bess James	75-79 Carol Johnston	Edith Mendyka
80-84 Richard Bredenbeck	Mavis Lindgren	80-84 Burt DeGroot	
85-89 Herb Anderson		85-89 Buell Crane	
		Arling Pitcher	

Race Walk

Male		Female	
Larry Walker	40-49	Jeanne Bocci	
Max Green	50-59	Ruth Eberle	
Bob Mimm	60-69	Marie Henry	
Don Johnson	70+	Adaline Crocker	

Chairman
Jerry Donley

Secretary-Treasurer
Al Sheahan

Awards Coordinator
Bev LaVeck

WILLIAM L. WEINACHT
1035 BROOK LANE
ROCKY RIVER, OHIO 44116

Nov. 17, 1992

After fighting cancer for 1½ years, Byron Fike died Nov. 11th, 2 weeks short of reaching 85. Just a month before he was installed in the Summit County Sports Hall of Fame in Akron, Ohio attended by 500 persons.

Byron was a "man's man" yet gentle, humble and soft-spoken who loved his fellow competitors and all he met. Born in W. Virginia he has not a worldly person and more comfortable in a "homey" atmosphere but beneath the surface there was a mountain of wisdom gleaned from his varied experiences. He was once a butcher, then ran his own food business and in later years a car salesman.

A semi-pro baseball player, he turned to Track & Field in his 60's and amassed about 1400 medals and trophies winning almost every event he entered. He was a gallery favorite evoking cheers for his pluck, determination and grit and loved to come from behind and break the tape even if he had to fall or collapse to win.

Chary of flying, his first flight was to the Nationals in Orlando but this excited, wide-eyed enthusiast so captivated the crew that he wound up in the cockpit with the Captain. At the World Games in Eugene he set out to obtain 100 autographs but instead received an astounding 1000, translated into 1000 new friends of this disarming, lovable guy. Deeply religious, Byron was an officer in his church, said grace at every meal and was a model Christian.

Along with his many friends, I'll miss this great man and am not ashamed to say I lost my voice and wept when his family notified me. So long Byron - you ran the "Good race of Life" as a winner.

"Good"



Bill Weinacht
Rocky River, Ohio

Pls. include in next Newsletter.

Byron was "one of a kind".

Thanks!

OVER THE HILL TRACK CLUB TEAM RESULTS

	PRELIMS PLACE	FINALS PLACE	POINTS
BAILEY, TIM D - I#192 - B#685 - OTHT			
#25 1,500 Meter Race Walk 35-39 Me		8:42.80	1st 10
#115 400 Meter Dash 35-39 Men's		1:01.30	4th 4
Bower, Norm - I#60 - B#556 - OTHT			
#343 Shot Put 40-44 Men's		37'10.50"	2nd 8
#382 Weight Throw 40-44 Men's		41'05.50"	1st 10
#396 Weight Throw 40-44 Men's		25'11.00"	1st 10
Bray, Eric - I#51 - B#557 - OTHT			
#278 High Jump 40-44 Men's		4'10.00"	3rd 6
Bridges, Bob - I#15 - B#558 - OTHT			
#112 400 Meter Dash 50-54 Men's		1:03.90	3rd 6
#38 4x800 Meter Relay 50-59 Men's		10:26.30	1st 10
Brunner, Jack - I#6 - B#559 - OTHT			
#85 55 Meter Dash 50-54 Men's		8.00	3rd 6
#210 200 Meter Dash 50-54 Men's		29.70	3rd 6
#315 Long Jump 50-54 Men's		14'07.50"	3rd 6
#160 1,600 Mtr Sprint Medley 50-59		5:01.00	1st 10
Cavicchi, Dick - I#67 - B#560 - OTHT			
#17 1,500 Meter Race Walk 70-74 Me		14:50.00	1st 10
#134 1,500 Meter Run 70-74 Men's		14:06.00	1st 10
Cavicchi, Mary Anne - I#66 - B#561 -			
#96 400 Meter Dash 60-64 Women's		2:38.40	2nd 8
#123 1,500 Meter Run 60-64 Women's		11:30.30	1st 10
Coats, Angela - I#75 - B#562 - OTHT			
#307 Long Jump 14-29 Women's		12'08.50"	4th 4
#333 Shot Put 14-29 Women's		31'07.75"	3rd 6
#359 Weight Throw 14-29 Women's		15'01.00"	1st 10
#156 1,600 Mtr Sprint Medley 14-29		4:55.80	1st 10
Coats, Grover - I#76 - B#563 - OTHT			
#59 55 Meter High Hurdles 50-54 Me		9.50	1st 10
#85 55 Meter Dash 50-54 Men's		7.40	1st 9
#112 400 Meter Dash 50-54 Men's		1:02.20	1st 10
#210 200 Meter Dash 50-54 Men's		27.00	2nd 8
#276 High Jump 50-54 Men's		4'06.00"	1st 10
#315 Long Jump 50-54 Men's		16'08.00"	1st 10
Coats, Reggie - I#74 - B#564 - OTHT			
#320 Long Jump 14-29 Men's		17'00.25"	9th
Finley, Lawrence E - I#105 - B#565 -			
No results			
Finley, Patricia - I#106 - B#566 - OT			
#76 55 Meter Dash 30-34 Women's		8.70	2nd 8

OVER THE HILL TRACK CLUB TEAM RESULTS

	PRELIMS PLACE	FINALS PLACE	POINTS
Finley, Patricia - I#106 - B#566 - OT			
#155 1,600 Mtr Sprint Medley 30-39		5:10.40	1st 10
#248 4x400 Meter Relay 14-29 Women'		4:55.30	1st 10
FODOR, JOE - I#206 - B#721 - OTHT			
#111 400 Meter Dash 55-59 Men's		1:03.40	1st 10
#137 1,500 Meter Run 55-59 Men's		4:55.00	1st 10
Gerson, Jeff - I#9 - B#567 - OTHT			
#113 400 Meter Dash 45-49 Men's		1:07.00	2nd 7
#161 1,600 Mtr Sprint Medley 40-49		4:49.20	1st 10
#253 4x400 Meter Relay 40-49 Men's		4:29.20	1st 10
Gosky, Garry - I#64 - B#568 - OTHT			
#86 55 Meter Dash 45-49 Men's		8.00	1st 10
#211 200 Meter Dash 45-49 Men's		32.50	2nd 8
#277 High Jump 45-49 Men's		4'04.00"	1st 10
#316 Long Jump 45-49 Men's		13'03.75"	1st 10
#342 Shot Put 45-49 Men's		29'07.75"	4th 4
Greenwald, Jack - I#38 - B#569 - OTHT			
#83 55 Meter Dash 60-64 Men's		7.90	1st 10
#110 400 Meter Dash 60-64 Men's		1:08.60	1st 10
#208 200 Meter Dash 60-64 Men's		29.10	1st 10
Harvey, Rex - I#8 - B#570 - OTHT			
#60 55 Meter High Hurdles 45-49 Me		8.60	1st 10
#290 Pole Vault 45-49 Men's		11'06.00"	1st 10
#342 Shot Put 45-49 Men's		38'02.00"	2nd 8
#161 1,600 Mtr Sprint Medley 40-49		4:49.20	1st 10
#253 4x400 Meter Relay 40-49 Men's		4:29.20	1st 10
HASEK, GLENN - I#182 - B#703 - OTHT			
#188 800 Meter Run 30-34 Men's		2:16.20	1st 10
Heyse, Paul - I#21 - B#571 - OTHT			
#116 400 Meter Dash 30-34 Men's		59.40	1st 10
#214 200 Meter Dash 30-34 Men's		27.30	3rd 6
Hirsimaki, Fred - I#11 - B#572 - OTHT			
#56 55 Meter High Hurdles 65-69 Me		11.40	2nd 8
#273 High Jump 65-69 Men's		4'06.00"	2nd 8
#286 Pole Vault 65-69 Men's		7'06.00"	2nd 8
#312 Long Jump 65-69 Men's		13'04.50"	2nd 8
#377 Weight Throw 65-69 Men's		18'07.00"	1st 10
#390 Weight Throw 65-69 Men's		12'08.00"	1st 10
Hood, Buzzy - I#127 - B#573 - OTHT			
#109 400 Meter Dash 65-69 Men's		1:21.70	3rd 6
#135 1,500 Meter Run 65-69 Men's		6:24.00	2nd 8
#181 800 Meter Run 65-69 Men's		3:46.00	1st 10

OVER THE HILL TRACK CLUB TEAM RESULTS

	PRELIMS PLACE	FINALS PLACE	POINTS
Hosack, Everett - I#129 - B#574 - OTH			
#78 55 Meter Dash 85 & over Men's		13.60	1st 10
#308 Long Jump 85 & over Men's		6'01.75"	1st 10
#334 Shot Put 85 & over Men's		15'11.50"	1st 10
Iorfido, Bonnie - I#30 - B#575 - OTHT			
#155 1,600 Mtr Sprint Medley 30-39		5:10.40	1st 10
Jackson, Allan - I#57 - B#576 - OTHT			
#18 1,500 Meter Race Walk 65-69 Me		DQ	
#82 55 Meter Dash 65-69 Men's		8.90	3rd 6
#109 400 Meter Dash 65-69 Men's		1:20.70	2nd 8
#273 High Jump 65-69 Men's		DNF	
#338 Shot Put 65-69 Men's		31'08.00"	1st 10
Kapsulis, George T - I#112 - B#577 -			
#38 4x800 Meter Relay 50-59 Men's		10:26.30	1st 10
#160 1,600 Mtr Sprint Medley 50-59		5:01.00	1st 10
Longrich, Scott B - I#42 - B#578 - OT			
#117 400 Meter Dash 14-29 Men's		58.70	9th
#143 1,500 Meter Run 14-29 Men's		4:57.00	8th
#346 Shot Put 14-29 Men's		28'03.00"	10th
Madey, Ken - I#68 - B#579 - OTHT			
#88 55 Meter Dash 35-39 Men's		7.20	1st 10
Miller, Celeste - I#69 - B#580 - OTHT			
#77 55 Meter Dash 14-29 Women's	8.40	6th	8.10 5th 2
#156 1,600 Mtr Sprint Medley 14-29		4:55.80	1st 10
#248 4x400 Meter Relay 14-29 Women'		4:55.30	1st 10
Miller, Warren - I#62 - B#581 - OTHT			
#87 55 Meter Dash 40-44 Men's		7.50	1st 10
#317 Long Jump 40-44 Men's		14'02.50"	1st 10
Patterson, Mary - I#29 - B#582 - OTHT			
#70 55 Meter Dash 60-64 Women's		9.80	1st 10
#96 400 Meter Dash 60-64 Women's		1:43.70	1st 10
#195 200 Meter Dash 60-64 Women's		38.70	1st 10
#155 1,600 Mtr Sprint Medley 30-39		5:10.40	1st 10
Plate, Jerry - I#24 - B#583 - OTHT			
#161 1,600 Mtr Sprint Medley 40-49		4:49.20	1st 10
#253 4x400 Meter Relay 40-49 Men's		4:29.20	1st 10
Quirarte, Sam - I#27 - B#584 - OTHT			
#141 1,500 Meter Run 35-39 Men's		4:32.50	2nd 8
#239 3,000 Meter Run 35-39 Men's		9:36.70	1st 10
RAY, ALLEN - I#2 - B#585 - OTHT			
#290 Pole Vault 45-49 Men's		8'06.00"	2nd 8

OVER THE HILL TRACK CLUB TEAM RESULTS

	PRELIMS PLACE	FINALS PLACE	POINTS
RAY, ALLEN - I#2 - B#585 - OTHT			
#342 Shot Put 45-49 Men's		34'00.00"	3rd 6
#381 Weight Throw 45-49 Men's		31'02.50"	1st 10
#395 Weight Throw 45-49 Men's		18'04.75"	1st 10
Russell, Richard - I#39 - B#586 - OTH			
#160 1,600 Mtr Sprint Medley 50-59		5:01.00	1st 10
SANDERS, MICHAEL J - I#207 - B#709 -			
#116 400 Meter Dash 30-34 Men's		1:01.00	2nd 8
SHAUGHNESSY, MATTHEW - I#173 - B#692			
#346 Shot Put 14-29 Men's		47'06.25"	
SLOAN, JOHN - I#1 - B#587 - OTHT			
#59 55 Meter High Hurdles 50-54 Me		10.70	2nd 8
#289 Pole Vault 50-54 Men's		DNF	
#315 Long Jump 50-54 Men's		12'02.50"	4th 4
#341 Shot Put 50-54 Men's		33'05.00"	2nd 8
#380 Weight Throw 50-54 Men's		21'10.00"	1st 10
#38 4x800 Meter Relay 50-59 Men's		10:26.30	1st 10
Smith, Denver - I#16 - B#588 - OTHT			
#56 55 Meter High Hurdles 65-69 Me		9.80	1st 10
#207 200 Meter Dash 65-69 Men's		31.20	1st 9
#273 High Jump 65-69 Men's		4'06.50"	1st 10
#286 Pole Vault 65-69 Men's		8'00.00"	1st 10
#312 Long Jump 65-69 Men's		14'00.50"	1st 10
#338 Shot Put 65-69 Men's		24'03.50"	2nd 8
Stepanek, Therese - I#109 - B#589 - O			
#156 1,600 Mtr Sprint Medley 14-29		4:55.80	1st 10
#248 4x400 Meter Relay 14-29 Women'		4:55.30	1st 10
Stiegelmeier, Sue - I#113 - B#590 - O			
No results			
Taylor, Irvin - I#33 - B#591 - OTHT			
#278 High Jump 40-44 Men's		5'00.00"	1st 9
Thomas, Norman - I#41 - B#592 - OTHT			
#161 1,600 Mtr Sprint Medley 40-49		4:49.20	1st 10
#253 4x400 Meter Relay 40-49 Men's		4:29.20	1st 10
Thomas, Patrice - I#40 - B#593 - OTHT			
#73 55 Meter Dash 45-49 Women's		9.80	1st 10
#155 1,600 Mtr Sprint Medley 30-39		5:10.40	1st 10
Williams, Alvin B - I#44 - B#594 - OT			
No results			

OVER THE HILL TRACK CLUB TEAM RESULTS

	PRELIMS PLACE	FINALS PLACE	POINTS
Wilson, Alfonzo - I#26 - B#595 - OTHT			
#82 55 Meter Dash 65-69 Men's		8.60 2nd	8
#273 High Jump 65-69 Men's		4'00.00" 3rd	6
Wilson, Rodney - I#25 - B#596 - OTHT			
#89 55 Meter Dash 30-34 Men's		7.01 2nd	8
#214 200 Meter Dash 30-34 Men's		25.40 2nd	8
Yurth, Deborah - I#114 - B#597 - OTHT			
#156 1,600 Mtr Sprint Medley 14-29		4:55.80 1st	10
#248 4x400 Meter Relay 14-29 Women'		4:55.30 1st	10

5th ANNUAL TRI-STATE TRACK CLUB INDOOR T&F

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7, 93
12:30PM

HAGERSTOWN JUNIOR COLLEGE
Hagerstown, MD.

DIRECTIONS: Take Rt. 40 west exit (Hagerstown) off I-70. Turn right at the first light & travel for about 2 miles & turn left into the college at the light. Follow the road behind the college to the field house. **RESULTS:** Bring a self-addressed stamped envelope(4X9½) to the meet or mailed with entry form. **EQUIPMENT:** Must bring your own shot & pole vault pole. **TRACK:** 200 meter-rubberized track & field runways. **NO SPIKES!** **AWARDS:** Special medallions to first 3 in each age group, male & female. **ENTRY FEE:** Must accompany entry form; teams & individuals will use the same forms. \$3.00 for each ind. even for age 18 & under and \$5.00 for 19 & over by Feb. 6, 1993. On meet day fee will be \$5 & \$10. **RELAYS** will be held, only if we have time. Must be out by 5 p.m, if we have time, relays will be 4X200 & 4X400 for 10/under, 11-14, 15-18, 19-39, 40-49, 50 & over at \$15.00 for each team.
CONCESSION STAND: will be open for drinks & snacks.
INFORMATION: Wayne Vaughn (301) 733-6076
CHECKS: Must be made out to: Wayne Vaughn & mail them to, 734 W. Franklin St Hagerstown, Md. 21740.

* Male only

EVENTS	TIMES	8/U	9-10	11-12	13-14	15-18	19-29	30-39	40-44	45-49	50-54	55-59	60-69	70/O
*Pole Vault	12:30					X	X	X	X	X	X	X	X	X
High jump	12:30	X	X	X	X	X	X	X	X	X	X	X	X	X
Shot put	12:30	X	X	X	X	X	X	X	X	X	X	X	X	X
55m	1:00	X	X	X	X	X	X	X	X	X	X	X	X	X
1500m	1:30	X	X	X	X	X	X	X	X	X	X	X	X	X
55m H	2:00			X	X	X	X	X	X	X	X	X	X	X
400m	2:20	X	X	X	X	X	X	X	X	X	X	X	X	X
3 K	2:40	X	X	X	X	X	X	X	X	X	X	X	X	X
800m	3:10	X	X	X	X	X	X	X	X	X	X	X	X	X
200m	3:30	X	X	X	X	X	X	X	X	X	X	X	X	X

TEAM & INDIVIDUAL ENTRY FORM

List from youngest to oldest

CLUB/SCHOOL _____

TELEPHONE (Home) _____

COACH'S/INDIVIDUAL NAME _____

(Business) _____

ADDRESS _____

STATE _____

CITY _____

ZIP _____

DATE OF MEET: FEB. 7, 1993

Name	M/F	AGE AS OF 2-7-93	55M	200M	400M	800M	1500M	3000M	Role Vault	High Jump	Shot Put

NUMBER OF INDIVIDUAL EVENTS (age 18/under) _____ X \$3.00 = _____

NUMBER OF INDIVIDUAL EVENTS (age 19/over) _____ X \$5.00 = _____

PLEASE MAKE ALL CHECKS TO: WAYNE VAUGHN & mail to:

Wayne Vaughn
734 West Franklin Street
Hagerstown, MD 21740

TOTAL \$ _____

THE TENTH ANNUAL MIDWEST MASTERS TRACK & FIELD CLASSIC



Sunday, February 14, 1993

9:30 a.m. - Fieldhouse Opens - Meet Day Registration Begins
The University of Cincinnati Armory Fieldhouse

Mailed entries must be postmarked by Saturday, Feb.6, 1993. Entries received on time will be \$5.00 per event (unlimited events). Relays are \$10.00 per team. Make checks payable to the University of Cincinnati. Checks must accompany all entry forms. Entries received without proper payment will be assessed the meet day price of \$7.00 per event and \$15.00 per relay team. No refunds will be given if the meet is held.

In the running events, age groups may be combined to get a workable number in each race. If this is necessary, heats will be formed according to predicted time placed on entry form. If no time was placed on the entry form, it will be up to the discretion of the meet director. Age groups will then be separated for final results.

SCHEDULE OF EVENTS

3000M Walk (30-59 men)	11:00
3000M Walk(60+ and all women)	11:30
3000M Run (30-44 men)	12:00
3000M Run (45 + and all women)	12:30
55M Dash	1:00
55M Hurdles	
55M Finals (needed in age groups with more than 6 entries)	
1500 M	
400M	
800M	
200M	
3000M (30-44 men)	
4 x 400 Relay	4:00 estimate
Pole Vault	11 - 1
Shot Put	11 - 1:30
Long Jump	11 - 2
Triple Jump	2 - 4
High Jump	1 - 4
Weight Throw (outdoors)	1:30 - 4



PROCEDURES

1. **RUNNING EVENTS** - In all the running events, age groups have to be combined to get a workable number in each race. Every effort will be made to keep you with your own group but that may not always be possible. If we do combine heats, they will be formed from the predicted time placed on the entry form. Age group results will then be separated for the final results. Report to the clerk of the course at the starting line to get your lane and section. Upon completing your race, remain at the finish line so that the officials can record your number and time. Women precede men in all running events and younger age groups precede older ones in all running events.
2. **FIELD EVENTS** - (Long Jump, Triple Jump, Shot Put, Weight Throw). In these events the competition will be held during a specified time period. All competitors will receive 5 attempts. You are to report to the official, give him your name and number, then compete. The competition will terminate at the designated time. There will be no exceptions so do not wait until the last minute.
3. **FIELD EVENTS** - (High Jump, Pole Vault). - The starting height will be determined by the level of competition on meet day. Once the bar has been raised to a new height, there will be no lowering of it.

ALL NUMBERS: must be worn on shirt fronts.

OFFICIALS: TAC Certified Officials, U.C. Staff, and U.C. Track Team members.

MEDICAL PERSONNEL: The Sports Medicine Staff at U.C. will be available with access to emergency medical care.

STARTING BLOCKS will be provided.

A SMALL SHOWER ROOM is available for both men & women. Bring your own locks & towels.

SCORING

First Place	5 points
Second Place	3 points
Third Place	1 point

AWARDS

1-5 points	UC COFFEE MUG
6-10 points	LONG SLEEVE T-SHIRT
11-15 points	SWEATSHIRT
16-20 points	WINDBREAKER
21 & over	NIKE BAG 23" x 11" x 14"

YOUR AGE IS THAT ON THE DAY OF THE MEET

AGE GROUPS

30-34	45-49	60-64	75-79
35-39	50-54	65-69	80+
40-44	55-59	70-74	

RELAY AGE GROUPS

30-39	60-69
40-49	70+
50-59	

You may compete in a younger age group, but if you do in one event, you must do so in every event.

TAC MASTERS STANDARDS

	<u>30-39</u>	<u>40-49</u>	<u>50-59</u>	<u>60-69</u>	<u>70+</u>
hurdle heights	39"	39"	36"	33"	30"
shot put - men	7.26K (16)	7.26K (16)	6K (12)	5K (8)	4K (8)
weight throw	35 lbs.	35 lbs.	35 lbs.	25 lbs.	25 lbs.
hurdle heights	33"	30"	30"	30"	30"
shot put - women	4K (8)	4K (8)	3K (6)	3K (6)	3K (6)
weight throw	25 lbs.	25 lbs.	25 lbs.	25 lbs.	25 lbs.

The kilogram shot is the official TAC shot. If one is available, all athletes will use that one. If not, all competitors will use the designated shot measured in pounds.

LODGING

MEET HEADQUARTERS:

Clarion Hotel
141 W. 6th Street
Cincinnati, Ohio 45202

(800) 876-2100
(513) 352-2110

Ask for Special UC Rate for Midwest Masters Classic

\$45.00

MAIL CHECKS (Payable to the University of Cincinnati) to:

Bill Schnier
Track Coach
University of Cincinnati ML #21
Cincinnati, OH 45221-0021

U.C. TRACK OFFICE: (513) 556-0562
SCHNIER RESIDENCE: (513) 681-3562

.....
**DETACH AND MAIL. MUST BE POSTMARKED BY FEBRUARY 9th.
CHECK MUST BE ENCLOSED WITH ENTRY.**

NAME: _____ CLUB: _____

ADDRESS: _____ CITY/STATE _____

PHONE: (____) _____ DATE OF BIRTH: _____ ZIP _____

SEX: _____ AGE: _____ AGE GROUP: _____

EVENTS

PREDICTED TIME/DISTANCE

1. _____

2. _____

3. _____

4. _____

In consideration of accepting this entry, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages against the University of Cincinnati and their representatives for any and all injuries suffered by me in said events. I am physically fit and sufficiently trained for competition.

Signature: _____

USA Track & Field

National Masters Indoor Pentathlon Championship & Southeastern Masters Indoor Track & Field Championship

February 19 - 20, 1993
Murphy Center, Murfreesboro TN



Pentathlon Friday February 19th

3:00	Warmup
4:15	55M Hurdles Women 55M Hurdles Men LJ (Men), HJ (Women) SP (Women & Men) HJ (Men), LJ (Women) 800M (Women), 1000M (Men)
Fees: Postmarked Feb 12 or before \$20 Postmarked Feb 13 or after \$40	
Entry Deadline: Feb 17th. No entries will be accepted after this date.	

Track & Field Saturday February 20th

9:45	PV, Outdoor WT (25, 35, 56) HJ LJ TJ SP	1:30	55M Dash trials/finals 55M Hurdles finals 55M Dash finals 1 Mile Run 1 Mile Racewalk 300 Yd Dash 400 M 3000M 800M 200M 4 X 440 Relay
Fees: Postmarked Feb 12 or before \$8 first event; \$5 each additional Postmarked Feb 13 or after \$10 first event; \$7 each additional			
Entry Deadline: Feb 17th. No entries will be accepted after this date.			

Age Divisions: 30+ In 5 year age groups Men & Women
 Awards: Medals to top 3 finishers in each age group
 Rules: WAVA/USA T & F
 Facility: 280yd Sportred surface. 1/8"-3/16" spike recommended
 Meet Hotel: Garden Plaza Hotel, 1850 Old Fort Parkway, (615) 895-5555
 \$45/night room rate; 1-4 people/room
 Note: \$2.00 of each entry fee goes to the USA T&F Southeastern Regional Masters fund

.....
Entry Blank

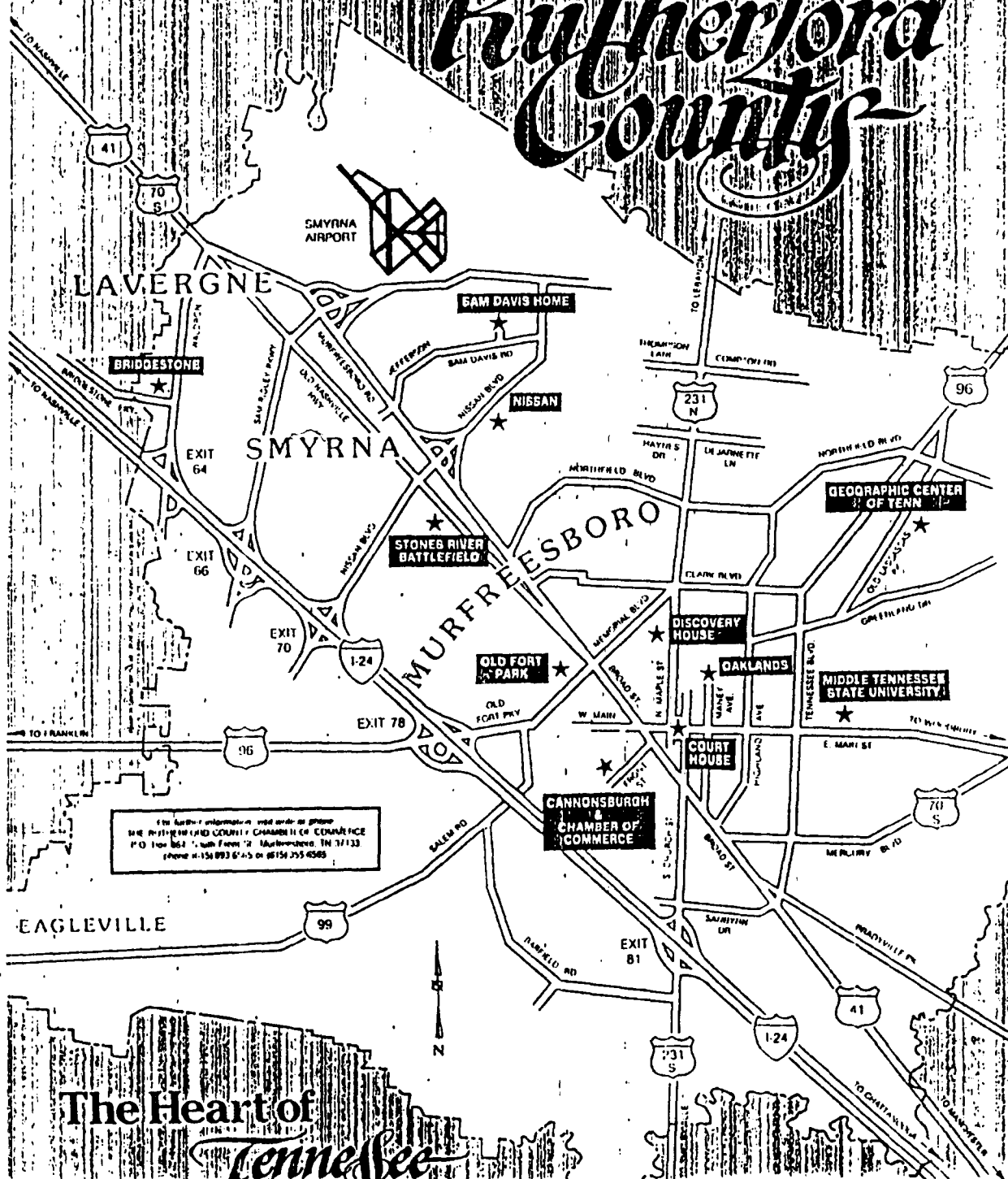
Name: _____ Age: _____
 Address: _____ City: _____
 State & Zip: _____ Male or Female (circle) _____
 Events: (1) _____ (2) _____
 (3) _____ (4) _____
 1993 USA T & F No. _____ (May be purchased for \$12 at meet)
 Amount Enclosed: \$ _____
 Waiver: _____

In consideration of your acceptance of my entry I do hereby for myself, my heirs, and executors waive, release, and forever discharge any and all claims for damages which may have or which may hereafter accrue against Nashville Track Club, MTSU, Tennessee Chiropractic Sports Council, USA Track & Field, and all volunteers associated with the meet.

Signature: _____ Date: _____

Mail Entry & Fees To: NTC, 2709 Linmar Ave. No. 5, Nashville, TN 37215
 For information Call: Randall Brady, (615) 383-6733

Rutherford County



For further information, visit our website or phone
THE HISTORIC AND COUNTY CHAMBER OF COMMERCE
P.O. Box 662, South Fork, TN 37133
Phone: 415-893-6745 or 615-255-4265

The Heart of
Tennessee



24th Annual Indoor

ONTARIO MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS 1993

The track will be open on March 6th at 8:00am

Meet Schedule

	Straight	Oval	Field
9:00am	60 m Heats * & Finals (women first)	400 m (seeded) 1500 m 3000 m Walk	9:30 am Pole Vault Shot Put Long Jump
12:00 noon	LUNCH BREAK		
1:00 pm	60 m Finals (if needed) Sprint Hurdles	800 m 200 m (seeded) 3000 m women 3000m men (This is a new event for men)	1:00 pm High Jump Triple Jump •Weight Throw

Notes:

1. The maximum number of events for any competitor is five(5).
2. In order to run the meet as efficiently as possible, some women's events will run before men's. Check order of events in your program on the day of the event.
3. In most cases younger age groups will follow older groups especially on the track. Check posted schedule.
4. The symbol "*" means that the morning event may include finals where the number of entries is not sufficient for heats. Check posted schedule.
5. If a competitor has two clashing events, the straight takes precedence over the oval, and the oval takes precedence over the field events. Officials will not hold up events.
6. All implements must be weighed in, marked and deemed safe for use. Once an implement is entered into competition it must remain at the event site until the officials release it. Other competitors may require it. Bring your implement. We may need it.
7. The symbol "*" indicates that entries may also be added on the day of the event for this event only, and only for preregistered athletes. This event will be held outside if weather and safety permits. The event is open to men and women.
8. The meet director will hold final authority in any appeal.

_____ cut here _____

PLEASE CHECK EVENTS ENTERED:

_____SEX_____	_____AGE_____	
_____60M	_____1500M	_____LONG JUMP
_____SPRINT HURDLES	_____3000M (MEN AND WOMEN)	_____HIGH JUMP
_____200M(RECENT BEST TIME)		_____TRIPLE JUMP
_____400M(RECENT BEST TIME)	_____WEIGHT THROW**	_____POLE VAULT
_____800M	_____3000M WALK	_____SHOT PUT

Entry Fees:

Non Member Fee \$8.00
 # _____ events x \$9.00 = _____
 +Insurance Fee \$1.00 (paid by all)
 Total Fee = \$ _____ (payable to O.M.T.F.A)



ontario masters
track & field association

Entry Form: ONTARIO MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS
1993

Saturday March 6, 1993

9:00 am to 5:00 pm

Metro Toronto Track and Field Centre. Steeles Ave., between Keele and Jane.
North York

Age classes: (as of March 6, 1993)

Men: 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+
Women: 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Awards: Championship medals to the first three finishers in each age group event.
(NOTE: If fewer than four competitors in any age event, each competitor must meet the award standards posted at the meet to be eligible for a medal.)

Facilities: 200m banked rubberized track and jumping surfaces. Two high jump and pole vault pits. Small pins or flats only. Athletes, officials and spectators must not wear street shoes in the field house. Change rooms with lockers and showers available. Do not leave any items of value unsupervised because of the chance of theft. Young children are not allowed at the track level for safety reasons.

Food service available in foyer. No food or drink in the field house at track level.

Americans and any other visitors to Canada are most welcome and eligible for medals.

A WAIVER FORM MUST BE SIGNED ON THE DAY OF THE MEET BEFORE ENTRY CAN BE GRANTED.

Tear off and send entry form with cheque payable to O.M.T.F.A. (Canadian Funds) TO:
Brian Keaveney
426 Valermo Dr.
Etobicoke, Ontario,
Canada, M8W-2L9
phone (416) 252- 7047

Non- Member Fee \$ 8.00 (Non-CMAA or Non- TAC Members)
Entry Fee \$ 9.00 per event (maximum of five events)
Insurance Fee: \$ 1.00 to be paid by all entrants

There are NO refunds.

****NO POST ENTRIES****

Entries including fees must be received by March 1, 1993

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PLEASE PRINT CLEARLY

CLUB _____

NAME _____ CITIZENSHIP _____

first last

Complete Mailing Address _____

Age as of March 6, 1993 _____ Date of Birth _____

day month year

Phone: _____

area home

business

CMAA membership number _____ or TAC number (USA) _____

1993 USATF National Masters Indoor Track and Field Championships



Friday, Saturday and Sunday, March 19-21, 1993
Brick Breeden Fieldhouse, Montana State University, Bozeman, Montana



MEET RULES

The meet will be conducted according to the 1992 TAC rulebook with the following changes:

In the LJ, TJ, SP, and weight throw, if there are more than 12 contestants in an age group, preliminary flights will be used.

WAVA implements and hurdle specifications will be used as published in the National Masters News.

Athletes must report to the marshalling area 1/2 hour prior to the scheduled starting time. Pole Vault Athletes should report one hour prior to the scheduled start of the event.

In age groups where there are less than five entrants, participants may be combined with another age group.

THROWS AND JUMPS

Implement weigh-in and measurement will be located in the South Conference room next to the Women's locker room. The 35lb. and 56 lb. Weights will be provided and no others may be used.

In the Shot Put, Weight Throw, Long and Triple Jump events, 7 participants will advance to the Finals, provided each has achieved a fair mark in the prelims. TJ - all women and men 45-9 and 70+, HJ - men 70+, and PV - 60-69 will be on Friday evening.

HJ and PV initial heights will be set as requested.

The 90 Second Rule will be strictly enforced (2 minutes will be allowed for the Pole Vault).

1/8th" cone spikes only are allowed on the track and for long jump, triple jump, high jump, and pole vault. Spiked shoes with the rubber waffle bottom are more effective on the tartan surface than the plastic bottom shoes. In shoes which have a recessed spike plate 1/4" cone spikes will be acceptable.

The Shot Put and Weight Throw will be on a wooden surface. The Weight Throw will be contested in Shroyer Gym which adjoins the Fieldhouse.

The 56 lb. Weight Throw will be conducted outdoors and no formal awards will be given.

TRACK EVENTS

50 Meter Dash and M Hurdles are run in lanes with prelims and finals where there are more than 8 runners in an age group. Starting blocks will be provided.

200 Meter Dash will be run in lanes, top 5 on time go to the finals, as needed. 6th place will be awarded by time.

400 Meter Dash will be run with a two turn stagger, in seeded sections as finals on time.

800 Meter Run will start with a two turn stagger in alleys of 3 per alley, and, where there are over 7 runners in an age group, will be conducted as finals on time in seeded sections.

1500 Meter Run will employ a waterfall start with up to 10 per section.

3000 Meter Run and 3000 Meter Race Walk will employ a waterfall start with up to 18 per section. The 3000 Race Walk will be contested on Friday evening with oldest age groups first working down to the youngest age groups. In both events participants will be seeded in rows by time.

4x400 M Relay - First leg will be run in staggered lanes. 5 teams per section, as finals on time.

4x800 M Relay - 5 Teams per section on time, first leg - two turn stagger. Relay events will be in 10 year age groups. 30-39, 40-49, etc. Relay team entries or changes will not be accepted later than three hours prior to the scheduled starting time of the event. See late fee schedule for cost. Relay members must be member of the same club, or be from the same TAC association.

All lanes in the first round will be selected randomly unless otherwise indicated above.

Where the number of competitors permit, age groups may be combined to fill all available lanes.

1/8" cones spikes only are allowed on the track, the rubber bottomed spiked shoes better on the tartan surface than the plastic bottom. In shoes with the recessed spike plate 1/4" cones spikes will be acceptable.

AWARDS:

TAC National medals will be awarded to the first three places in each age group. Ribbons will be awarded to the 4th, 5th, and 6th place finishers. National Champion patches (one per athlete) will be awarded to first place winners. No medals or ribbons will be awarded in the 56 lb. weight throw.

AIRPORT TRANSPORTATION:

The Bozeman Holiday Inn (1-800-366-5101) is meet headquarters and will run a shuttle bus to the airport for athletes staying there. In addition The Gran Tree Inn (1-800-624-5865) and The Comfort Inn (1-800-424-6423) also provide airport shuttle for their guests. Cab service is also available.

LODGING:

If you do not plan to rent a car we strongly suggest you try to stay at the following motels as the Fieldhouse shuttle will be running from the Holiday Inn and all these motels are within easy walking distance of meet headquarters. Make sure to get reservations early as this will be the end of ski season and rooms fill quickly.

- Holiday Inn - Bozeman (1-800-366-5101)
- Best Western GranTree Inn (1-800-624-5865)
- Bozeman Inn (1-800-648-7515)
- Comfort Inn (1-800-424-6423)
- Days Inn (1-800-325-2525)

Additional lodging and rental service information is available upon request.

TENTATIVE SCHEDULE

Friday, March 19

- 5:30 p.m. TJ - all women
PV - M60-69
HJ - M70+
- 6:00 p.m. Opening Ceremonies
- 7:00 p.m. 3000 race walk
- 7:30 p.m. PV - M70+, all women
TJ - M70+
- 8:30 p.m. TJ - M65

Saturday, March 20

- 8:00 a.m. LJ - M35
- 8:00 a.m. LJ - M40
- 8:00 a.m. HJ - M55
- 8:00 a.m. SP - M30
- 8:00 a.m. 60m- All
- 10:00 a.m. SP - M35
- 11:00 a.m. LJ - W50+
- 11:00 a.m. HJ - M50
- 11:00 a.m. PV - M30
- 11:00 a.m. SP - M40
- 12:00 noon WT - M60 (Shroyer gym)
- 12:00 noon SP - M50
- 12:00 noon WT - M65 (Shroyer gym)
- 12:30 p.m. 60m finals (as needed)
- 1:00 p.m. LJ - M70+
- 1:00 p.m. HJ - M45
- 1:00 p.m. SP - M55
- 1:00 p.m. WT - M30 (Shroyer gym)
- 1:00 p.m. 1500 - All
- 2:00 p.m. LJ - W30-49
- 2:00 p.m. PV - M35
- 2:00 p.m. SP - M45
- 2:00 p.m. WT - Women (Shroyer gym)
- 3:00 p.m. LJ - M50
- 3:00 p.m. HJ - M40
- 3:00 p.m. SP - M60
- 3:00 p.m. WT - M35 (Shroyer gym)
- 4:00 p.m. 400 - All
- 4:00 p.m. PV - M55
- 4:00 p.m. SP - M65
- 4:00 p.m. WT - M40 (Shroyer gym)
- 5:00 p.m. LJ - M45
- 5:00 p.m. HJ - M30
- 5:00 p.m. WT - M45 (Shroyer gym)
- 5:00 p.m. 60m hurdles - All
- 6:30 p.m. LJ - M60
- 7:30 p.m. 4x800 Relay - All
- 8:00 p.m. LJ - M65
- 9:00 p.m. LJ - M30

Sunday, March 21

- 8:00 a.m. LJ - M55
- 8:00 a.m. HJ - All women
- 8:00 a.m. PV - M50
- 8:00 a.m. 3000 - All
- 9:00 a.m. SP - W30-49
- 9:00 a.m. WT - M70+ (Shroyer gym)
- 9:30 a.m. TJ - M45
- 9:30 a.m. HJ - M60
- 10:00 a.m. SP - W50+
- 10:00 a.m. WT - M50 (Shroyer gym)
- 11:00 a.m. TJ - M30
- 11:00 a.m. TJ - M35
- 11:00 a.m. PV - M45
- 11:00 a.m. SP - M70+
- 11:00 a.m. WT - M55 (Shroyer gym)
- 11:00 a.m. 56#WT - All
- (MSU Track & Field complex - weather permitting)
- 11:30 a.m. HJ - M65
- 12:00 a.m. 200 - All
- 12:30 p.m. TJ - M50
- 1:30 p.m. Closing Ceremonies
- 2:00 p.m. TJ - M55
- 2:00 p.m. PV - M40
- 2:00 p.m. HJ - M35
- 2:15 p.m. 800 - All
- 3:00 p.m. TJ - M60
- 4:00 p.m. TJ - M40
- 4:15 p.m. 200 finals - All
- 5:00 p.m. 4x400 Relay - All

Final schedule will be posted at the packet pick-up area in the Brick Breeden Fieldhouse. Age groups may be merged into one race if there are not adequate entries for a full field.

Shroyer Gym is north of and adjacent to the Worthington Arena. Only the 35# weight throw event will be held there.

Running events will be women to men, oldest to youngest.



TEE-SHIRTS:

Quality Masters Championship Tee-Shirts are now available for \$10.00 each by ordering on the entry blank. Tee-Shirts will also be available at the meet for \$12.00 each.

MASTERS TRACK MEETING:

There will be a general meeting and get together for Masters Athletes at The Holiday Inn on Saturday night at 7:30 pm. Our apologies to those athletes who will still be competing.

CHANGING FACILITIES:

Locker rooms will be available at no charge at the Brick Breeden Fieldhouse. However, lockers and towels will not be provided and neither Masters Track or Montana State University will accept responsibility for lost or stolen items.

FIELDHOUSE SHUTTLE SERVICE:

Most motels are within a two mile radius of the Fieldhouse. However, there will be a Fieldhouse Shuttle service available at no charge departing from the Holiday Inn. The first bus will leave the Holiday Inn at 6:45 am on Sat. and Sun. morning and the service will continue throughout the meet on a half hour basis. On Friday evening the first shuttle will depart at 4:00 pm and continue on a half hour basis.

PACKET PICK-UP:

Meet packets will be available for early pick up on Thursday March 18th at on-site headquarters located in the Brick Breeden Fieldhouse from 3:00 - 6:00 pm and Friday, March 19th from 4:00 - 8:00 pm and, Saturday and Sunday, March 20-21 from 6:45 am - 4:00 pm.

AIRFARE DISCOUNT:

Through arrangements with Continental Airlines, Masters Track Meet participants can receive a discounted airfare. Call The Travel Station (1-800-522-8747) or Montana Travel (1-800-247-3538) for information. Car rentals are also available.

1993 TAC NATIONAL MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS ENTRY FORM

Please fill out completely, and return with your entry fees to:
 TAC National Meet
 Womens Athletics - MSU
 #1 Bobcat Circle - Breeden Fieldhouse
 Bozeman, MT 59717-0328

Please make checks payable to: "MSU - TAC"

NAME _____ AGE: _____ M _____ F _____
 ADDRESS _____ PHONE () _____
 CITY _____ STATE _____ ZIP _____

1993 TAC CARD NUMBER _____ BIRTHDATE _____
 ** TAC Cards will be available at the meet payable with a separate check.

TAC ASSOCIATION _____ CLUB _____

Requested starting height: HJ _____ PV _____

EVENTS ENTERED:
 1st Event _____ 2nd Event _____ 3rd Event _____ 4th _____

Recent Performance _____

If you desire a Masters Championship T-shirt, circle your size and include \$10.00 per shirt. S M L XL XXL

Relay Entry: 4x400 m _____ 4x800 m _____

Relay Team Members: _____

ENTRY FEE SCHEDULE:

	Early (prior to 2/26)	Regular (2/27-3/6)	Late (After 3/6)
First Event	\$15.00	\$18.00	\$30.00EA
2nd Event	\$10.00	\$13.00	\$20.00
Subsequent Event	\$5.00	\$10.00	\$20.00
Relay teams (per team)	\$32.00	\$32.00	\$40.00

ALL ENTRIES MUST BE ACCOMPANIED BY FEE OR THEY WILL NOT BE ACCEPTED. Please make checks payable to MSU - TAC.

Entries **MUST** be post-marked by the above given dates and all early and regular registration entries will be confirmed by mail.

\$ _____ + \$ _____ + \$ _____ + \$ _____ = \$ _____
 Individual Relay Fees T-Shirts TL Amount
 entry fees enclosed

** No phone or fax entries will be accepted.

ATHLETIC AND PUBLICITY RELEASE:

In consideration of your acceptance of my entry, I hereby for myself, my successors and assigns, release and forever discharge any and all claims for damages which I may have or may hereafter accrue against TAC/USA, The Montana Athletics Congress, Montana State University, Big Sky Wind Drinkers, and meet sponsors, organizers, officials and workers, for any damages suffered by me. I certify that I am a physically fit and that my level of training is sufficient to compete.

I hereby grant my permission to the use of films, videotape, and photographs for news coverage and meet publicity in which I appear.

Date _____ Athlete's Signature _____

Montana State University

Lodging Information

<u>Hotel/Motel</u>	<u>Rate Info.</u>	<u>Price</u>	<u>Accommodations</u>	<u>Conference Rooms</u>
Best Western GranTree Inn 1325 N. 7th Bozeman, MT 59715 406/587-5261 or 1-800-624-5865	Single, Double Suites Roll-aways		Dining room Indoor pool & jacuzzi Airport shuttle	Variety of rooms, sizes
Holiday Inn 5 Baxter Lane Bozeman, MT 59715 587-4561 or 800-366-5101	Single Double Roll-aways		Indoor pool & jacuzzi Game room Shuttle service	Conference and banquet facilities available for up to 600
Bobcat Lodge 2307 W. Main Bozeman, MT 59715 587-5241	Single Double Double (4 ppl) Roll-aways		Indoor pool, sauna Kitchenettes Near restaurants Laundry room	
Bozeman Inn 1235 N. 7th Bozeman, MT 59715 587-3176 or 1-800-648-7515	Single Double Double (4 ppl) 3 bed suite Roll-aways		Restaurant, pool, sauna, hot tub Guest laundry	Conference rooms available
City Center Motor Inn 507 W. Main Bozeman, MT 59715 587-3158	Single Double Double Roll-aways		Indoor pool, jacuzzi 4B's Restaurant Black Angus Restaurant	Meeting rooms available
Comfort Inn 1370 N. 7th Bozeman, MT 59715 587-2322 or 1-800-474-6423	Qu. Single (1-2) Qu Dbl (4 ppl)		Indoor pool, hot tub Sauna, exercise room Guest laundry, breakfast Game room	Meeting room (18 persons, classroom style)
Continental Motor Inn 1324 E. Main Bozeman, MT 59715 587-9231 or 1-800-221-1886	Single Double		Hot tub, restaurant access	
Days Inn 1321 N. 7th Bozeman, MT 59715 587-5251 or 1-800-325-2525	Up to 4 in rm Roll-aways		Free continental breakfast Sauna, hot tub	
Fairfield Inn by Marriott 828 Wheat Drive Bozeman, MT 59715 597-2222	Single Double Roll-aways		Indoor pool, jacuzzi Game room Free continental breakfast	Meeting room for 12
Prime Rate Motel 805 Wheat Drive Bozeman, MT 59715 587-2100 or 1-800-356-3004	Single Double Roll-aways Group discount		Continental breakfast Sauna, whirlpool	
Super 8 Motel 800 Wheat Drive Bozeman, MT 59715 586-1521 or 1-800-848-8888	Single Double Double (4 ppl) 3 beds Roll-aways		Apple Tree Restaurant	

MEMBERSHIP FORM



OVER THE HILL TRACK CLUB

For year ending: 12/31/____
 Membership Status: New []
 Renewal []

Membership Type: Individual \$25 []
 Family \$35 []

EVENTS
 (Circle if applicable)

Name: _____ Birthdate: _____ Sp MD XC HT
 Address: _____ Apt. No.: _____ Re Ju Hrd WT
 City: _____ State: _____ Zip: _____ WP Mr PV RW
 Home Phone: () _____ Business Ph.: _____ Sex: _____ Age: _____

FAMILY MEMBERS:

Name: _____ Birthdate: _____ Sp MD XC HT
 Sex: _____ Age: _____ Re Ju Hrd WT
 WP Mr PV RW

Name: _____ Birthdate: _____ Sp MD XC HT
 Sex: _____ Age: _____ Re Ju Hrd WT
 WP Mr PV RW

Name: _____ Birthdate: _____ Sp MD XC HT
 Sex: _____ Age: _____ Re Ju Hrd WT
 WP Mr PV RW

Name: _____ Birthdate: _____ Sp MD XC HT
 Sex: _____ Age: _____ Re Ju Hrd WT
 WP Mr PV RW

Name: _____ Birthdate: _____ Sp MD XC HT
 Sex: _____ Age: _____ Re Ju Hrd WT
 WP Mr PV RW

**OVER THE HILL TRACK CLUB
JANUARY, 1993.**

IMPORTANT CLUB REMINDERS...

NOW IS THE TIME TO SEND IN YOUR MEMBERSHIP RENEWALS. WITHOUT RENEWING YOUR MEMBERSHIP, YOU WILL RECEIVE YOUR LAST NEWSLETTER AT THE END OF JANUARY...RENEW NOW AND BRING A FRIEND!!!

Newsletter Results

**TO: Over The Hill Newsletter
c/o Patricia Finley
20610 East Sunset Drive
Warrensville, Ohio 44122-6342**

NAME: _____ **AGE GROUP:** _____

MEET: _____ **DATE:** _____ **SEX:** _____

EVENT: _____ **MARK:** _____ **PLACE:** _____

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Over The Hill Track
Patricia B. Finley
20610 E Sunset
Warrensville, OH 44122



Rex Harvey
2661 Euclid Hgts. Blvd.
Cleveland Hts., Ohio 44106
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