



OVER THE HILL TRACK CLUB

APRIL, 1993

Let's welcome our new 1993 members:

Lynette Kidd 20-29 Yohlaunda Rabb 20-29

Let's welcome our 1993 renewals:

Eric Bray 40-49 Jim Downey 50-59 Charlie Hall 50-59
 Lola Hall 50-59

GREAT NEWS!!!!:

The location for both the North Coast Relays *and* the Cleveland Track Classic have been chosen acquired and finalized (HURRAY!!) Where you ask is, I know the tension is mounting, you can't wait to hear, "out with it already" you say....okay. Both these meets will be held at Brunswick. Better yet, the entry form for the Noast Coast Relays can be found later in this Newsletter!! What a treat!! What a deal!! I'll see you in Brunswick!

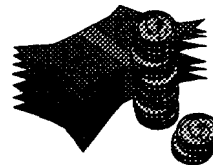
1993 OFFICERS AND AGE GROUP COORDINATORS		
<u>Club Officers</u>		
PRESIDENT	Geoffrey Packer	371-2822
VICE PRESIDENT PROGRAMS	Rodney Wilson	921-5651
VICE PRESIDENT COMMUNICATIONS	Patricia Finley	751-7187
SECRETARY	Patricia Finley	751-7187
TREASURER	Jack Brunner	659-6933
<u>Age Group Coordinators</u>		
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	Bob Bridges	725-5664
RACEWALK	Tim Bailey	1-327-1641
WEIGHT THROWS	Norm Bower	273-2413

ALL COMER MEETS:
 TUE NIGHTS: KENT STATE
 THURS NIGHTS: CASE WESTERN

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

Officer/Age Group/Event Coordinator Reports

**VICE PRESIDENT - COMMUNICATION
NEWSLETTER UPDATE**



REPORT OF CASH FLOW

<u>Remaining Funds from previous month</u>	\$ 151.63
<u>Check received</u>	<u>\$ 000.00</u>
Beginning balance	\$ 151.63

Copying expenses (2/93)-

80 Copies X \$0.05 single side X 6 pages	= \$ 24.00
80 Copies X \$0.01 double sided X 5 pages	= \$ 4.00
12 Copies X \$0.05 (to make original)	= \$ 0.60

sub total copies	<u>\$ 28.60</u>
plus tax (7%)	<u>2.02</u>
Total copying cost for Newsletter	<u>\$ 30.62</u>

Amount remaining \$ 121.01

Postal expenses (3/93)

\$0.29 per Newsletter X 75 Newsletters	\$ 21.75
Age group listings to Coordinators	\$ 0.00
Membership forms sent (0 X \$0.29)	<u>\$ 0.00</u>

Total Postage \$ 21.75

Total remaining for May Newsletter \$ 99.26

REPORT OF SUPPLIES

\$0.29 stamps purchased for club members & specials	76
plus \$0.29 stamps remaining from previous month	<u>00</u>

Total beginning stamps	76
less primary club members (75 primaries less 1 Finley, 1 Meyers)	<u>- 73</u>

Stamps remaining after club members 3	
Less special mailings(W Penn.,WolfPack,N.M.N.)	<u>- 3</u>

\$0.29 Stamps remaining for May Newsletter	<u>0</u>
\$0.52 Stamps remaining for May Newsletter	<u>0</u>
\$0.75 Stamps remaining for May Newsletter	<u>0</u>

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

FROM THE MOUSE PAD OF THE SECRETARY...

Happy March/April/May Birthday to....

MARCH:

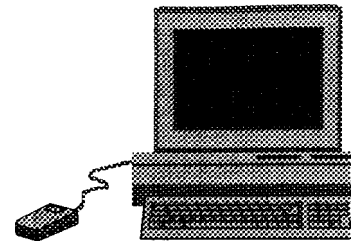
George Kapsulis	5th	Edith Barrett	9th
Elizabeth Cavicchi	11th	Ed Hoyle	17th
Frank Makozy	17th	Buzzy Hood	19th
Jim Downey	23rd	James Joseph	24th
Joan Gibson	26th		

APRIL:

Bob Bridges	2nd	Glenn Hasek	9th
Bill Carey	11th	Irvin Taylor	14th
Mary Patterson	19th	Eric Bray	24th
Jerry Plate	27th		

MAY:

Sue Stiegelmeier	13th	Joe Chadbourne	15th
Eric Hines	19th	Gregory Coats	21st
Jeff Gerson	27th		



SCHEDULE OF MEETS:

Columbus Track & Field Classic	May 23	Curtis Stitt Eastmoor H.S.	P.O Box 09147 Columbus, OH. 43209 614-237-6513
* WolfPack Track Club Track Triathlon	May 30	Form Included	Columbus, Ohio
Ohio T&F Open & Masters Championships	June 5	John Blakely Cedarville College	2137 Yourktown Ct Fairfield, Oh 45014 513-829-3565
New Jersey Open & Masters Meet	June 6	Sandy Kalb	Monmouth College W. Long Branch, NJ 908-363-5426
Columbus Relays Track & Field Series (Y, O, M) 6pm	June 8	Curtis Stitt	See Above
Kent State Mini Meet	June 8	Rud O'Donnell Kent State Campus	Athletic Dept. Kent, OH 44242 216-672-3717
Northwest Track Club Evening Series	June 9	Harold Martin	7521 Arundale Rd. Trotwood, Ohio 45426 513-837-5069
* NORTH COAST RELAYS	June 12	Form Included	Brunswick H.S.
* Capital City Striders Invitational	June 12	Form Included	Charleston, W. Va.
* West Penn Track Club Outdoor Meet I	June 12	Form Included	Carnegie Mellon Pittsburgh, Pa. 703-451-5869
Potomac Valley All Comers T & F Meet	June 13	Scott Bentley	Alexandria, Va.
Kent State Mini Meet	June 15	See above	See above
Northwest Track Club Evening Series	June 16	Harold Martin	See above - June 9
Lake Erie USA Track & Field	June 19	Ed Wilson	Austintown, Ohio
* Discount Drug Mart Track Meet	June 19	Form Included	Kenneth Dukes Memorial Stadium, Medina, Ohio
Columbus Relays Track & Field Series (Y, O, M) 6pm	June 22	Curtis Stitt	See Above
Kent State Mini Meet	June 22	See above	See above
Kent State Mini Meet	June 29	See above	See above

OVER THE HILL TRACK CLUB APRIL, 1993

SCHEDULE OF MEETS:

* Ohio Sports Festival Regionals	June 26,27	Form Included	Berea, Ohio
Northwest Track Club Evening Series	June 30	Harold Martin	See above - June 9
Steubenville Striders Open Track Meet (All ages)	July 3	??	Steubenville, Ohio
BBB, Niagara Masters Championships	July 3	Chuck La Chiusa	See Above
Columbus Relays Track & Field Series (Y, O, M) 6pm	July 6	Curtis Stitt	See Above
Kent State Mini Meet	July 6	See above	See above
USATF National Masters Decathlon/Heptathlon	July 10,11	John White	4865 Arthur Place Columbus, Ohio 43220 614-459-2547
Kent State Mini Meet	July 13	See above	See above
West Penn Track Club Outdoor Meet II	July 16 or 17	Ray Sanchas 412-429-1410	To be determined.
* Raritan Valley - Elite Feet Twilight Meet	July 17	Form Included	Raritan Valley Comm. College, N. Branch, NJ
Ohio Sports Festival Finals	July 17,18		
Cleveland Track Classic	July 24	Jeff Gerson	Brunswick HS
Wayne-Russell Track Meet	July 31	Frank Parks	Form will be included in future Newsletter
* Midwest Masters T&F Championships	July 31	Form Included	Marshall Univ. Huntington, W. Va.
BBB Classis for Girls and Women	July 31	Chuck La Chiusa	See Above
BBB Classic for Boys and Men	August 1	Chuck La Chiusa	See Above
Potomac Valley TC All Comers Meet	August 8	Bob Briggs	703-370-9841
TAC National Masters Outdoor Championships, Provo, Utah	August 11-14		
Potomac Valley TC All Comers Meet	August 22	Bob Briggs	703-370-9841
Potomac Valley Games	September 5	Scott Bentley	See above
Ohio Track & Field 56# Weight Throw	September 12	John White	Form in future.
TAC National Master Weight Pentathlon, Woodstock, Illinois	September 25		
Over The Hill Cross Country Meet	October 3	Jeff Gerson	University School
WAVA World Championships, Miyazaki, Japan	October 7-17		

* Form Enclosed

WOMEN ON THE MOVE

MORE Relay Talk

Now that the North Coast Relays has moved into reality and the not to distant future, please review the following relay teams. I have updated them since the March newsletter due to new club members and the ability to use existing club members who will be out of their school track programs. Get psyched, get ready...get trained!!!

4 X 100

(Open)
C. Miller
Y. Rabb
L. Kidd
A. Coats

4 X 200

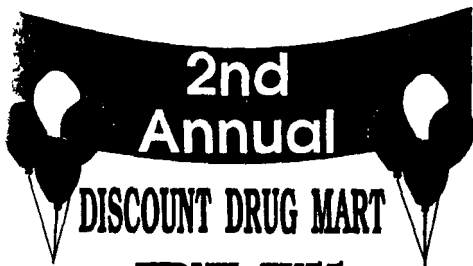
(Open)
C. Miller
D. Yurth
P. Finley
T. Stepanek

4 X 400

(Open)
T. Stepanek
D. Yurth
P. Finley
D. Ellis

Sprint Medley

(Open)
C. Miller (100)
Y. Rabb (100)
D. Yurth (200)
T. Stepanek (400)



2nd Annual

DISCOUNT DRUG MART

WBNX TV55

HUGGIES Baby Derby

Sponsored By:



HUGGIES Baby Steps



GRAND PRIZE: Family Vacation to Sunny

SARASOTA, FLORIDA for 7 Days/6 Nights

Baby Derby Races will be held at the following Discount Drug Mart locations:

June 5, 1993

10:30 a.m. 2:00 p.m.

Brunswick Canton Lakewood Elyria Independence Avon Lake

June 12, 1993

10:30 a.m. 2:00 p.m.

Mentor Euclid Amherst Norwalk North Olmsted Parma Heights

ALL CRAWLING babies 12 months or younger are invited to compete in this CRAWLING race. There are no requirements, other than the above age limitation to enter this race. All race registrations will begin 45 minutes prior to each race at the above locations. All participants will receive a HUGGIES bib. Winners at each location will receive a FREE package of HUGGIES diapers. The winners from each location will be invited to compete in the HUGGIES BABY DERBY FINALS at the DISCOUNT DRUG MART/ WBNX TV55 TRACK MEET on June 19, 1993. The top two winners will receive a:

Family Vacation to Sunny SARASOTA, FLORIDA for 7 Days/6 Nights

The TOP winner will also receive a:

\$500.00 Savings Bond

Questions???

We'll be happy to answer your questions and give you more information about the HUGGIES Baby Derbies.

CALL US FOR MORE INFORMATION: 216-725-2340 Ext. 4415

Baby Beauty Contest TV 55 WBNX drug mart

June 19, 1993

at the DISCOUNT DRUG MART/WBNX TV55 BABIES WILL BE JUDGED IN THE FOLLOWING AREAS:

- *PERSONALITY *DRESS *PHYSICAL BEAUTY

ONE GRAND PRIZE WINNER OF A Las Vegas Savings Bond & Vegas Vacation 4days/3nights

AGE GROUPS & JUDGING SCHEDULE

Table with 2 columns: Age Group, Time

There will be six runner-up finalists, one boy and one girl per age group. Winner will be announced after the Baby Derby Race

Baby Beauty Contest QUESTIONS???? CALL 1-800-4-TV55

Baby Beauty Contest TV 55 WBNX drug mart

Registration Form

Childs Name: Birthday: Age: Sex: Parents: Address: City: State: Zip: Phone:

There is a \$5.00 per child registration fee (\$6.00 the day of the event). ALL REGISTRATION FEE PROCEEDS WILL BENEFIT THE



Mail this completed registration form along with a check or money order to:

WBNX TV55 Baby Beauty Contest 2690 State Road Cuyahoga Falls, Ohio 44223

Same day registrations are subject to a \$1.00 late entry fee.



WBNX TV55

Track Meet

To Benefit the



June 19, 1993

8:30 a.m. - 1:00 p.m.

Sponsored By:



Entry Proceeds Benefit the:



Northeast Ohio Affiliate, Inc.
1689 E. 115th Street
Cleveland, Ohio 44106-3988
216-791-7500
800-331-5124

Discount Drug Mart and TV55 invite your participation in our 10th annual track meet to benefit the American Heart Association. The track meet will be held on Saturday June 19, 1993 on the all weather track at Kenneth Dukes Memorial Stadium, next to Medina High School.

ENTRY FEE PROCEEDS WILL BENEFIT THE AMERICAN HEART ASSOCIATION.

The meet will begin at 8:30 a.m. and conclude at 1:00 p.m. Same day registration begins at 7:30 a.m. and is subject to a \$2.00 additional late entry fee. Anyone 18 years of age or older is eligible to participate in the competition.

All participants will receive a commemorative T-shirt and sports kit. There is a \$5.00 entry fee, which includes one event. Each additional event is \$1.00. This entry fee is payable with the attached registration form to Discount Drug Mart.

Questions???

We'll be happy to answer your questions and give you more information about this fantastic sporting event, that benefits, The American Heart Association.

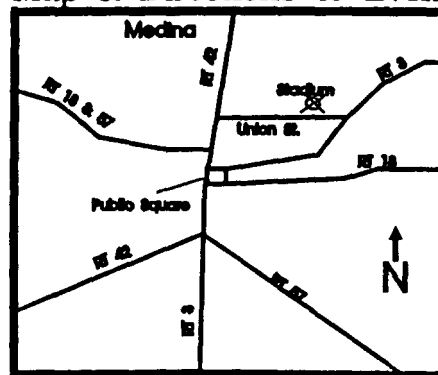
CALL US FOR MORE INFORMATION
216-725-2340

Schedule of Events

- 8:30 - Standing Long Jump, Shot Put, High Jump, Discus & Standing Long Jump
- 8:45 - 3000 Meter Run
- 9:30 - 60 Meter Dash
- 10:10 - 400 Meter Dash
- 10:45 - 800 Meter Run
- 11:15 - 1500 Meter Run
- 11:30 - 200 Meter Dash
- 12:00 - 100 Meter Dash

WINNERS will be acknowledged for Men and Women within each age group.

Map & Directions to Event



- North-
I-71 to Rt. 3 or I-77 to I-271 to Rt. 18 or Rt. 42 to Union Street.
- South-
Rt. 3 to Rt. 67 or Rt. 42 to Public Square, Rt. 3 from Public Square to Union Street.
- West-
Rt. 18 to Public Square Rt. 3 from Public Square to Union Street or Rt. 224 to Union Street.
- East-
Rt. 18 to Public Square Rt. 3 from Public Square to Union Street or Rt. 224 to Rt. 3.

Registration Form

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: (_____) _____

Sex: ____ Age on day of race: ____

Events you will be competing in:

In consideration of your acceptance of this entry, I hereby for myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against the sponsors, coordinating groups and any individuals associated with the event, their representatives, successors and assigns and will hold them harmless for any and all injuries suffered in connection with said event. Also, none of the above are responsible for the loss of personal items nor any other form of aggravation in connection with said event. I have been warned I must be in good health to participate in this event. If I should suffer any injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. In filling out this form I acknowledge that I am an amateur in such events and I also give permission for the free use of my name and picture in any broadcast, telecast or print media account of this event. I also acknowledge that I have read and fully understand my own liability and do accept the restrictions.

This form should be returned along with your entry fee by June 11, 1993 to avoid a \$2.00 late entry fee.

Signature _____

Date _____

Track Meet Committee
Discount Drug Mart
211 Commerce Drive
Medina, Ohio 44256

MAIL TO:



Mail to: OVER THE HILL TRACK CLUB, INC.
 c/o: Geoff Packer
 2845 North Park Blvd.
 Cleveland Heights, Ohio 44118

I. Personal Information

NAME _____
 Last First Middle
 ADDRESS _____
 City State Zip
 Telephone (home) _____ (business) _____
 Birthdate _____ Age as of date of meet: _____
 Sex: Male _____ Female _____ TAC # _____
 Club name: _____

II. Event Entries

Please enter me in the following events:

1. _____ event best recent mark	4. _____ event best recent mark
2. _____ event best recent mark	5. _____ event best recent mark
3. _____ event best recent mark	6. _____ event best recent mark

III. Fees (make all checks payable to: OVER THE HILL TRACK CLUB, INC.)

1st event is \$6.00 (under 20: \$3.00) \$ _____
 Additional events \$4.00 per event (under 20: \$2.00) \$ _____
 Relay entry is \$20.00 per relay. (under 20: \$12.00) \$ _____

Total Fees enclosed: \$ _____

[¹/₈" pyramid spikes or flats only.]

WAIVER OF LIABILITY

In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the OVER THE HILL TRACK CLUB, INC., BRUNSWICK BOARD OF EDUCATION, LAKE ERIE ASSOCIATION USA T&F, & THEIR REPRESENTATIVES, SUCCESSORS, AND ASSIGNS for any and all injuries suffered by me in said event. I give permission for the free use of my name and/or photograph in any broadcast, telecast or other account of this event.

SIGNATURE: _____
 (PARENT OR COACH'S SIGNATURE IF UNDER 18 YEARS OF AGE)

DATE: Saturday June 12, 1993.

MEET SITE:

Brunswick High School Athletic Field.
 3581 Center Rd. (Rte 303), Brunswick.
 71-South to Exit 226; east 1/2 mi. on
 Rte 303; school on right, past North
 Carpenter St.

Eligibility:

Open to male and female athletes of all
 ages. USAT&F (TAC) cards are optional,
 and will be available at the meet.

AGE DIVISIONS:

Individual events (same for men & women);
 Under 20; 20-29; 30-34; 35-39; 40-44; 45-49;
 50-54; 55-59; 60-64; 65-69; 70-74; 75-79;
 80 and over. Age of athlete is determined
 as of day of the meet. Athletes may go
 down in age in relays, but not in individual
 events. The youngest member of the relay team
 will determine the division in which it will
 compete. You need not belong to a club to form
 a relay, but your scores will not count in
 overall club team standing.

ENTRIES:

All entries must be postmarked by
 June 4, 1993. There will be no refund or
 changing of events after June 4. Late entries
 will be taken on Saturday, June 12, 1993, until
 10:00 a.m. at double the regular entry on a per
 available basis. NO PROBE ENTRIES.

ENTRY LIMITATIONS:

Athletes must limit events entered to fit time
 schedule. Event progress will not be held up
 awaiting athletes.

ENTRY FEE:

	<u>BEFORE DEADLINE</u>	<u>AFTER DEADLINE</u>
1st Event	\$6.00	\$12.00
Next Event	\$4.00	\$7.00
Relay Events	\$20.00 per team	No late fee.
(relay entries close 1 hour before race time)		
[Under-20 late entries: \$5/\$3.]		

AWARDS:

Medallions will be awarded to first place in each
 division in each event. Medals will be awarded
 to second and third places. Team trophies to the
 first three (3) clubs in overall scoring. All
 Ohio clubs must be TAC registered to be eligible
 for team trophies.

CUT HERE

SCHEDULE OF EVENTS:

TRACK

9:30 Distance medley relay
50 m dash
4 x 100 m relay
400 m dash
1-mile run
100 m dash
1-mile racewalk
200 m dash
Sprint medley relay
800 m run
4 x 200 m relay
2-mile run
4 x 400 m relay

FIELD

9:00 Standing Long Jump
Shot put
Discus
Javelin
High Jump
Pole Vault
Long Jump
Triple Jump

2:00 Weight throws - 35#, 56#
followed by hammer throws.

GENERAL NOTES:

No shower facilities - come dressed to run.

All events are FINALS. There will be NO PRELIMINARIES.

Events will be run in heats against time.

Events will be combined whenever possible.

Entry fees shall be paid in U.S. dollars by check drawn on a U.S. bank or by International money order.

For additional information, call:

Geoff Packer: (216) 371-2822


OVER THE HILL TRACK CLUB



TRACK AND FIELD

CHAMPIONSHIPS

Saturday, June 12, 1993
Brunswick, Ohio

OVER THE HILL TRACK CLUB
APRIL, 1993

WOMEN ON THE MOVE

(Masters 40+)
M. Patterson
P. Thomas
Sa. Stiegelmeier
J. Jackson

(Masters)
P. Thomas
C. Gerson
Sa. Stiegelmeier
M. Patterson

(Masters)
B. Iorfido
J. Cole-Everett
E. Strauss
Su. Stiegelmeier

(Masters 30+)
J. Jackson(100)
P. Thomas(100)
D. Ellis(200)
Su. Stiegelmeier(400)

Alternates:
M. Cavicchi (M)
P. Finley (O)

S. Medley Alternates:
L. Kidd (100/O)
M. Cavicchi (100/M)
P. Finley (200)
B. Iorfido (400)
J. Cole-Everett (400)

(Masters 40+)
M. Patterson(100)
Sa. Stiegelmeier(100)
C. Gerson(200)
E. Strauss(400)

RESULTS!!!

Penn Relays, Philadelphia, Pa., April 24, 1993

Bill Weinacht 75-79M

100M 14.5 1st Shattered old record of 15.5!!!

DON'T FORGET TO SEND IN YOUR RESULTS!!!

NOTICE!NOTICE!NOTICE!NOTICE!NOTICE!NOTICE!NOTICE!NOTICE!NOTICE!

THE WEST PENN OPEN & MASTERS OUTDOOR TRACK MEET HAS BEEN MOVED FROM CARNEGIE-MELLON UNIVERSITY TO THE UNIVERSITY OF PITTSBURGH. TIMES FOR THE MEET ARE NOT CHANGED. THE SHOT, JAVELIN AND DISCUS WILL NOW BE HELD ALTHOUGH THROWERS WHO ALSO RUN SHOULD NOTE THAT THE FIELD IS ABOUT 2 BLOCKS FROM THE TRACK.

FOR THOSE WHO DO NOT KNOW, THERE IS A JUNIOR REGIONAL MEET BEING SIMULTANEOUSLY HELD SO THAT ATHLETES OF ALL AGES MAY COMPETE.

WATCH FOR CONFIRMATION OF THE SOMERSET SUMMER ALL-AGES T&F MEET IN SOMERSET, PA ON SATURDAY, JULY 17, 1993. THIS MEET WILL BE WORTH THE DRIVE AS THE FACILITIES ARE EXCELLENT AND THERE IS A GERMAN FESTIVAL GOING ON SO THAT EVEN THE NON-ATHLETES IN THE FAMILY CAN HAVE A FUN DAY.



COMPETITION: Running events will be run in age-group sequence: women, followed by oldest youngest men. When ever it is possible, athletes in 5 year age groups will compete against each other; in some events, age groups will be combined to provide competition.

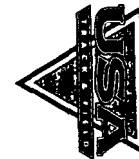
OFFICIALS: The West Virginia Association of USA TRACK & FIELD is the host for this meet. Approximately 50 members of this Association are registered USA TRACK & FIELD officials at the national or masters level.

One or more of these registered officials will be in charge of each event in the meet.

FURTHER INFORMATION:

Contact:
Dr. David Stooke
119 Cheyenne Trail
Ona, WV 25545

(304) 736-8474



David Stooke
119 Cheyenne Trail
Ona, WV 25545



DOWNTOWN/UNIVERSITY AREA
1-800-828-9016

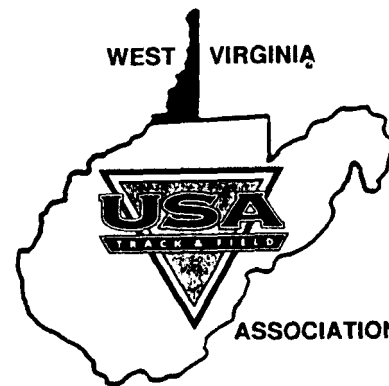
Name _____ TAC/USATF
 Representing (Firm or Group) _____
 Address _____
 City _____ State _____
 Date Arriving _____ Hour _____ 6 P.M.
 Credit Cd No _____
 Check Date Departure _____
 GTD

\$45.00 FLAT RATE FOR ALL ROOMS 1-4 PEOPLE

King Bed Room: (1 Person) ()
 King Bed Rooms: (For Two) () Roll Away (if Available \$5) ()
 Double Bed Room: (For One) () Baby Crib (Limited - Complimentary) ()
 Double Bed Room: (For Two) ()
 * If reservation card is not received at least 2 weeks prior to groups arrival date. Rooms will only be reserved upon availability.
 Rooms will not be held after 6 P M unless stated above and guaranteed

If room at rate requested is unavailable, one at nearest available rate will be reserved

**MIDWEST MASTERS
OUTDOOR
TRACK & FIELD
CHAMPIONSHIPS**



Marshall University
Saturday, July 31

1993

Huntington, West Virginia

**SECOND ANNUAL
RARITAN VALLEY - ELITE FEET TWILIGHT MEET
RARITAN VALLEY COMMUNITY COLLEGE, NORTH BRANCH, NJ
SATURDAY, JULY 17, 1993**

FOUR (4) EVENT MAXIMUM
\$5.00 FOR ONE (1) EVENT
\$8.00 FOR TWO (2) EVENTS
\$10.00 FOR THREE (3) EVENTS
\$12.00 FOR FOUR (4) EVENTS

POST-ENTRY: NOON - 8:00pm
(JAVELIN IS PRE-ENTRY ONLY)
* EVENT FIELDS MAY BE LIMITED AT THE
MEET DIRECTORS DISCRETION *

THIS IS A 1993 NJ-TAC TRACK & FIELD GRAND PRIX EVENT
TAC CARD PRICES: \$8.00 - NJ RESIDENTS 18yrs & YOUNGER
\$12.00 - NJ RESIDENTS 19yrs & OLDER
\$12.00 - NON-NJ RESIDENTS

ORDER OF EVENTS:

NOON - JAVELIN (M,W)
1:00 PM - LONG JUMP (M,W) {FOLLOWED BY} TRIPLE JUMP (M,W)
3:00 PM - SHOT PUT (M,W) {FOLLOWED BY} DISCUS (M,W)
3:00 PM - HIGH JUMP (M,W) {Men's minimum standard - 5'8": Women - 4'}
3:30 PM - 110m HH TRIALS (M) {If necessary}
3:45 PM - 100m HH TRIALS (W) {If necessary}
4:00 PM - 100m Dash TRIALS (M,W)
4:20 PM - 1500m Run (M,W)
4:45 PM - 100m Dash FINAL (M,W)
4:55 PM - 110m HH FINAL (M)
5:00 PM - 100m HH FINAL (W)
5:15 PM - 800m Dash (M,W)
5:40 PM - 400m IH (M,W)
6:00 PM - 200m Dash (M,W)
6:20 PM - 5000m Racewalk (M,W)
7:00 PM - 400m Dash (M,W)
7:15 PM - 3000m Run (W)
7:40 PM - 5000m Run (M)

EVENT DESCRIPTION:

- LIGHTNING FAST 1 YEAR OLD MARTIN SURFACE
- BRAND NEW AAE TRACK & FIELD EQUIPMENT
- FAT TIMING
- DUAL LONG/TRIPLE JUMP RUNWAYS WITH FOUR PITS
- TAC SANCTIONED EVENT
- TAC CERTIFIED OFFICIALS

FOR INFORMATION/SEND ENTRIES TO:

JAMES SIEDLISKI
c/o NJ-TAC
PO BOX 10120
NEW BRUNSWICK, NJ 08908-0120
(908)463-8444 - phone
(908)463-8479 - fax

***** TIMES ARE BEST ESTIMATES. TIMES WILL BE ADVANCED IF POSSIBLE - KEEP ALERT! PLEASE COOPERATE - DON'T ASK FOR EXCEPTIONS *****

DIRECTIONS TO RARITAN VALLEY COMMUNITY COLLEGE: FROM ROUTE 287, EXIT ONTO 22 WEST. CONTINUE PAST JOHNSON & JOHNSON ETHICON COMPLEX. TAKE FIRST RIGHT ONTO ROUTE 28. FOLLOW SIGNS TO BLUE SIGNS FOR RARITAN VALLEY COMMUNITY COLLEGE. AT COLLEGE ENTRANCE THEN LOTS #4 & #5. FROM NJ TURNPIKE, LEAVE THE TURNPIKE AT EXIT 10. AFTER TOLL, EXIT ONTO ROUTE 287 NORTH. FOLLOW DIRECTIONS ABOVE. FROM ROUTE 1, EXIT ONTO ROUTE 18 NORTH, TAKE EXIT FOR "EASTON AVE - SO BOUND BROOK", LEFT AT FIRST LIGHT, RIGHT AT NEXT LIGHT ONTO "EASTON AVE". CONTINUE ON "EASTON AVE" APPROX 2 MILES AND EXIT LEFT ONTO 287 NORTH. FOLLOW DIRECTIONS ABOVE. FROM GARDEN STATE PARKWAY NORTH, LEAVE PARKWAY AT EXIT 140-A ONTO ROUTE 22 WEST. FOLLOW DIRECTIONS ABOVE. FROM GARDEN STATE PARKWAY SOUTH, LEAVE PARKWAY AT EXIT 127 ONTO 287 NORTH. FOLLOW DIRECTIONS ABOVE.

EVENT 1. _____ EVENT 2. _____ EVENT 3. _____ EVENT 4. _____

NAME _____ SEX _____ 1993 NJ-TAC # _____

ADDRESS _____

TOWN _____ STATE _____ ZIP CODE _____ PHONE # _____

SIGNATURE OF ATHLETE _____ IF UNDER 18 - SIGNATURE OF PARENT (NOT COACH) _____ DATE _____

IN CONSIDERATION FOR MY ENTRY BEING ACCEPTED, INTENDING TO BE LEGALLY BOUND, FOR MYSELF, MY HEIRS, EXECUTORS, AND ADMINISTRATORS, WAIVE RELEASE AND DISCHARGE ANY AND ALL RIGHTS, CLAIMS AND DAMAGES WHICH I, OR WHICH MAY ACCRUE TO ME AGAINST THE ATHLETICS COMMISSION/USA, NJ-TAC, RARITAN VALLEY COMMUNITY COLLEGE, ELITE FEET AC OR THEIR RESPECTIVE OFFICERS, AGENTS, REPRESENTATIVES, SUCCESSORS, OR ASSIGNS, FOR ALL DAMAGES WHICH MAY BE SUSTAINED AND SUFFERED BY ME IN CONNECTION WITH ENTRY IN, AND ARISING OUT OF MY TRAVEL TO, PARTICIPATION IN, AND RETURN FROM THIS OUTDOOR TRACK & FIELD MEET. I CERTIFY THE LEVEL OF PHYSICAL FITNESS NECESSARY TO COMPETE AND WILL WITHDRAW THE ENTRY IF THAT LEVEL BECOMES INADEQUATE. I UNDERSTAND WITH MY SIGNED ENTRY, MY NAME, LIKENESS AND PERFORMANCE OR PERFORMANCES MAY BE USED TO PROMOTE THE EVENT BEFORE, DURING AND AFTER THE DATE OF COMPETITION.

second annual
raritan valley



elite feet
twilight meet



saturday, july 17, 1993
raritan valley community college
north branch, nj

sponsored by
raritan valley community college
& elite feet athletic club

1993 OFFICIAL



ENTRY FORM

SPORT INFORMATION (check only one sport)

TEAM SPORTS

Basketball Soccer Volleyball

INDIVIDUAL SPORTS

Bowling Track & Field Wrestling

ATHLETE/COACH/CAPTAIN INFORMATION

Fill in all requested information. Incomplete entry forms will be returned.

Male Athlete Female Athlete Coach Captain (also write name on roster as athlete number one)

First Name			M.I.	Last Name		
Address						Birthdate (Month-Day-Year)
City			State	Zip Code	Zip + 4	
Home Phone (area code first)		Business Phone (area code first)		Phone Number (Emergency Contact Person)		
Emergency Contact Person						

REGIONAL INFORMATION

COUNTY: _____ COUNTY CODE (see map on page 3) _____
Individual Sports Athlete list County of residence. Team Sports list county of majority of players on roster.

REGION (Must enter region according to county—see map on page 3)

Northwest - Toledo Northeast - Cleveland Southwest - Cincinnati Southeast - Columbus

TEAM NAME

Team Sports must have team name. Individual athletes may list team or club affiliation.									
---	--	--	--	--	--	--	--	--	--

EVENTS

Track & Field athletes may enter 4 events, all other sports list 1 event only.

1	Event Code	Age Division	Event Name/Description
2	Event Code	Age Division	Event Name/Description
3	Event Code	Age Division	Event Name/Description
4	Event Code	Age Division	Event Name/Description

ENTRY FEES

Entry Fee	
Per Event Fees (Track & Field)	
TOTAL ENCLOSED	

MAKE CHECK PAYABLE AND MAIL TO:

THE OHIO GAMES
 PO BOX 91654
 CLEVELAND OH 44101-3654

IMPORTANT! Entry will be returned if waiver on back is not signed.

OFFICE USE ONLY

Date _____ Check No. _____ Cash _____ Amount _____ Proc. By _____ # _____

WAIVER AND RELEASE OF LIABILITY

Check Sport: Basketball Bowling Soccer Volleyball Track & Field Wrestling

Team or Club Affiliation: _____

ADULT amateur athletic waiver and release of liability

In consideration of being allowed to participate in any way in the Ohio Games, athletics/sports program and related events and activities, the undersigned:

1. Agree that prior to participating, they each will inspect the facilities and equipment to be used, and if they believe anything is unsafe, they will immediately advise their coach or supervisor of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence, but the actions, inactions or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known or not reasonably foreseeable at this time.
3. Assume all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.
4. Release, waive, discharge and covenant not to sue the Ohio Games, Incorporated its affiliated clubs, their respective administrators, directors, agents, coaches, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessees of premises used to conduct the event, all of which are hereinafter referred to as "releasee," from any and all liability to each of the undersigned, his or her heirs and next of kin for any claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise.

I, THE UNDERSIGNED, HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT VOLUNTARILY.

Athlete Signature	Athlete Printed Name	Date

MINOR amateur athletic waiver and release of liability (under 18 years of age)

In consideration of being allowed to participate in any way in the Ohio Games, Incorporated athletics/sports program and related events and activities, the undersigned:

1. Agree that the parent(s) or legal guardian(s) will instruct the minor participant that prior to participating, he or she should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he or she should immediately advise his or her coach or supervisor of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence, but the actions, inactions or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known or not reasonably foreseeable at this time.
3. Assume all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.
4. Release, waive, discharge and covenant not to sue the Ohio Games Incorporated, its affiliated clubs, their respective administrators, directors, agents, coaches, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessees of premises used to conduct the event, all of which are hereinafter referred to as "releasee," from any and all liability to each of the undersigned, his or her heirs and next of kin for any claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise.

I/WE, THE UNDERSIGNED, HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I/WE HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT VOLUNTARILY.

Parent Or Guardian (Signature)	Parent Or Guardian (Printed Name)	Relationship	Date
Parent Or Guardian (Signature)	Parent Or Guardian (Printed Name)	Relationship	Date
Athlete Signature	Athlete Printed Name		Date

TRACK & FIELD

REGIONAL INFORMATION

ORTHWEST - GREATER TOLEDO

Sunday, June 20, 1993

Jim & Char Petinot, Coordinators
Home Telephone: 419-382-7685
Business Telephone: 419-245-1727

Venue

University of Toledo
2801 W Bancroft
Toledo, Ohio

NORTHEAST - GREATER CLEVELAND

June 26 & 27, 1993

Dr. William Taraschke, Coordinator
Home Telephone: 216/826-1306
Business Telephone: 216/826-2184

Venue

George Finnie Stadium
Baldwin-Wallace College
East Bagley Road
Berea, Ohio

OUTHWEST - GREATER CINCINNATI

Wednesday, June 22, 1993

Andy Wolf, Coordinator
Home Telephone: 513-474-3679
Business Telephone: 513-232-2772

Venue

Anderson High School
7560 Forest Road
Cincinnati, Ohio

SOUTHEAST - GREATER COLUMBUS

Friday, June 18, 1993

Terry Oehrman, Coordinator
Home Telephone: 614-654-7999

Venue

Lancaster High School
1312 Granville Road
Lancaster, Ohio

Competition Location

Athlete's county of residence determines regional competition location. Please refer to the regional map on page 3.

Entry Deadline

Saturday, June 5, 1993. See "Entry Deadline" on page 13.

Male 60 - 69, Male 70 & over, and Female 50 & Over divisions may enter up to Monday, June 28, 1993. These athletes automatically qualify for the finals.

On-site entries may be accepted for an additional \$1.00, depending on the availability of lanes. To avoid problems, enter by June 5, 1993.

Entry Fee

\$5.00 for the first event, \$3.00 each additional event up to four events. (Maximum of three events in the Bantam & Midget divisions.) On-Site entries an additional \$1.00 per event.

ATHLETES THAT QUALIFY FOR FINALS COMPETITION MUST SUBMIT AN ADDITIONAL \$5.00 AT THE REGIONAL COMPETITION.

How to Enter

Determine the proper age division and choose from one to four events within that division. (No more than three events in the Bantam and Midget Divisions) See page 13 for instructions.

Regional Time Schedules

Northwest

Sunday, June 20, 1993

8:00 A.M.: Check-in begins for all age divisions.

9:30 A.M.: Meet starts for all age divisions. See order of events below

Northeast

Saturday, June 26, 1993, Sub-Bantam, Bantam, Midget, Youth, & Intermediate Competition.

8:00 A.M.: Check-in begins.

9:30 A.M.: Meet begins. See order of events below

Sunday, June 27, 1993, Young Men/Young Women, Open, & Masters Competition

8:00 A.M.: Check-in begins.

9:30 A.M.: Meet for begins. See order of events below

Outwest

Tuesday, June 22, 1993

5:00 P.M.: Check-in begins for all age divisions.

6:00 P.M.: Field events begin

6:30 P.M.: Running events begin. See order of events below

Outeast

Friday, June 18, 1993

12:00 P.M.: Check-in begins for all age divisions.

1:00 P.M.: Meet starts for all age divisions. See order of events below.

Regional Events

All athletes must begin competition at the regional level to qualify for the finals except athletes in the Male 60 - 69, Male 70 & over, and Female 50 & Over divisions. These athletes automatically qualify for the finals if entered by June 28, 1993. **No on-site entries at the finals.**

Order of Events

3000m Run, 100m Hurdles, 110m Hurdles, 100m Dash, 1500m Run, 400m Dash, 800m Run, 400m Hurdles, 200m Dash.

Field Events: Staggered by age division throughout the meet beginning at the start time. Field event age groups may be combined during meet for conduct of competition.

Finals Qualification

The top four finishers per event will advance to finals. **Every finalist must submit an additional \$5.00 finals fee at the regional competition (covers up to four events),** and declare in writing their intent to compete in the finals within one hour of the completion of their event. If one of the top four finishers cannot attend the finals then the next finisher will be invited that day

Age determination dates are as follows:

29 & Under Divisions:

Determined by year of birth. See event code listings that follow

30 & Over Divisions

Age as of July 18, 1993. Athletes born in 1963 must compete in the 30 & Over Division, even if they have not yet reached their 30th birthday

Male Divisions

Male Sub-Bantam	
Born 1985 or 1986	
Event	Code Name
69-01	100m Dash
69-06	Long Jump

Male Bantam	
Born 1983 or 1984	
Event	Code Name
70-01	100m Dash
70-04	400m Dash
70-08	800m Run
70-05	1500m Run
70-06	Long Jump

Male Intermediate	
Born 1977 or 1978	
Event	Code Name
73-01	100m Dash
73-02	200m Dash
73-04	400m Dash
73-08	800m Run
73-05	1500m Run
73-03	3000m Run
73-10	110m Hurdles (36")
73-11	400m Hurdles (33")
73-06	Long Jump
73-07	High Jump
73-12	Shot Put (12 lbs)
73-13	Discus (1.6Kg)
73-14	Pole Vault

Open Men 2	
Born 1964 to 1968	
Event	Code Name
76-01	100m Dash
76-02	200m Dash
76-04	400m Dash
76-08	800m Run
76-05	1500m Run
76-03	3000m Run
76-10	110m Hurdles (42")
76-06	Long Jump
76-07	High Jump
76-12	Shot Put (16 lbs)
76-13	Discus (2Kg)
76-14	Pole Vault

Male 40 - 44	
Age as of July 18, 1993	
Event	Code Name
79-01	100m Dash
79-02	200m Dash
79-04	400m Dash
79-08	800m Run
79-05	1500m Run
79-03	3000m Run
79-06	Long Jump
79-07	High Jump
79-12	Shot Put (16 lbs)
79-13	Discus (2Kg)
79-14	Pole Vault

Male 60 - 69*	
Age as of July 18, 1993	
Event	Code Name
82-01	100m Dash
82-04	400m Dash
82-05	1500m Run
82-06	Long Jump
82-12	Shot Put (5Kg)

Male Midget	
Born 1981 or 1982	
Event	Code Name
71-01	100m Dash
71-02	200m Dash
71-04	400m Dash
71-08	800m Run
71-05	1500m Run
71-06	Long Jump
71-07	High Jump
71-12	Shot Put (6 lbs)

Young Men	
Born 1975 or 1976	
Event	Code Name
74-01	100m Dash
74-02	200m Dash
74-04	400m Dash
74-08	800m Run
74-05	1500m Run
74-03	3000m Run
74-10	110m Hurdles (39")
74-11	400m Hurdles (36")
74-06	Long Jump
74-07	High Jump
74-12	Shot Put (12 lbs)
74-13	Discus (1.6Kg)
74-14	Pole Vault

Male 30 - 34	
Born 7/18/58 to 12/31/63	
Event	Code Name
77-01	100m Dash
77-02	200m Dash
77-04	400m Dash
77-08	800m Run
77-05	1500m Run
77-03	3000m Run
77-10	110m Hurdles (39")
77-06	Long Jump
77-07	High Jump
77-12	Shot Put (16 lbs)
77-13	Discus (2Kg)
77-14	Pole Vault

Male 45 - 49	
Age as of July 18, 1993	
Event	Code Name
80-01	100m Dash
80-02	200m Dash
80-04	400m Dash
80-08	800m Run
80-05	1500m Run
80-03	3000m Run
80-06	Long Jump
80-07	High Jump
80-12	Shot Put (16 lbs)
80-13	Discus (2Kg)

Male 70 & Over*	
Age as of July 18, 1993	
Event	Code Name
83-01	100m Dash
83-04	400m Dash
83-05	1500m Run
83-06	Long Jump
83-12	Shot Put (4Kg)

Male Youth	
Born 1979 or 1980	
Event	Code Name
72-01	100m Dash
72-02	200m Dash
72-04	400m Dash
72-08	800m Run
72-05	1500m Run
72-03	3000m Run
72-09	100m Hurdles (33")
72-06	Long Jump
72-07	High Jump
72-12	Shot Put (4Kg)
72-13	Discus (1Kg)

Open Men 1	
Born 1969 to 1974	
Event	Code Name
75-01	100m Dash
75-02	200m Dash
75-04	400m Dash
75-08	800m Run
75-05	1500m Run
75-03	3000m Run
75-10	110m Hurdles (42")
75-11	400m Hurdles (36")
75-06	Long Jump
75-07	High Jump
75-12	Shot Put (16 lbs)
75-13	Discus (2Kg)
75-14	Pole Vault

Male 35 - 39	
Age as of July 18, 1993	
Event	Code Name
78-01	100m Dash
78-02	200m Dash
78-04	400m Dash
78-08	800m Run
78-05	1500m Run
78-03	3000m Run
78-10	110m Hurdles (39")
78-06	Long Jump
78-07	High Jump
78-12	Shot Put (16 lbs)
78-13	Discus (2Kg)
78-14	Pole Vault

Male 50 - 59	
Age as of July 18, 1993	
Event	Code Name
81-01	100m Dash
81-02	200m Dash
81-04	400m Dash
81-08	800m Run
81-05	1500m Run
81-03	3000m Run
81-06	Long Jump
81-07	High Jump
81-12	Shot Put (13 lbs)
81-13	Discus (1.5Kg)

* FINALS ONLY DIVISIONS. NO REGIONAL COMPETITION. MUST ENTER BY JUNE 28, 1993.

COMPETITION INFORMATION

July 17 & 18, 1993

Proposed Venues:
 Indoor: Physical Education Building
 Cleveland State University

Dana Artman, Commissioner
 Home Telephone: 216/356-0260
 Jill Pompei Commissioner
 Home Telephone: 216/779-4639

Grass: Brunswick Lake
 Brunswick

Harry Sullivan, Commissioner
 Home Telephone: 216/331-9091
 Business Telephone: 216/266-2915

Entry Deadline

Monday, June 28, 1993. See "Entry Deadline" on page 13. NO ON-SITE ENTRIES.

Entry Fee

\$100.00 per indoor team, \$100.00 per sixes team, \$50.00 per triples team.

How to Enter

Must enter as a team. Coach or Captain must fill out entry form and complete roster. The number of players on the roster is limited to amount listed below. The entry form and instructions are on page 13.

Regional Location

Volleyball will be a finals only competition. However, teams will still maintain their regional identity. The home region is determined by the majority of roster players county of residence. No more than two players on the roster may be from counties outside the regional boundaries. Please refer to the regional map on page 3.

Competition Format

Each team will be organized into pools with top teams advancing to single elimination playoffs to determine division champions.

Entry Limits

There is a limit of 20 indoor teams and 25 outdoor teams per division. Additional teams may be accepted, depending on availability of courts, officials, and the number of teams entered in all divisions. Teams accepted on a first-come, first-served basis. Enter early to avoid disappointment.

AGE DIVISIONS/EVENT CODES

The date for determining eligibility for the indoor divisions is January 1, 1993.

USVBA Skill Levels "A-BB-B-C" - Open to all ages.

The skill levels below follow USVBA league definitions. USVBA membership is not required. Contact the finals commissioner if you have any questions regarding the level of your team.

Event Code	Age Division	Event Name and Description	# of Players on court	# of Players on roster
05-12	12 & Under	Female - indoor	6	9
05-14	14 & Under	Female - indoor	6	9
05-16	16 & Under	Female - indoor	6	9
05-18	18 & Under	Female - indoor	6	9
06-18	18 & Under	Male - indoor	6	9

Event Code	Age Division	Event Name and description	# of players on court	# of players on roster
07-20	Open	Male level "A" outdoor	3	4
08-20	Open	Male level "BB" outdoor	3	4
09-20	Open	Male level "B" outdoor	3	4
10-20	Open	Female level "A" outdoor	3	4
11-20	Open	Female level "BB" outdoor	3	4
12-20	Open	Female level "B" outdoor	3	4

Event Code	Age Division	Event Name and description	# of players on court	# of players on roster
13-20	Open	Coed, Level "A" outdoor	6	8
14-20	Open	Coed, Level "BB" outdoor	6	8
15-20	Open	Coed, Level "B" outdoor	6	8
16-20	Open	Coed, Level "C" outdoor	6	8

Volleyball continues on the next page . . .

Event Code	Event Name
85-01	100m Dash
85-06	Long Jump

Event Code	Event Name
85-01	100m Dash
85-02	200m Dash
85-04	400m Dash
85-08	800m Run
85-05	1500m Run
85-06	Long Jump
85-07	High Jump
85-12	Shot Put (6 lbs)

Event Code	Event Name
86-01	100m Dash
86-02	200m Dash
86-04	400m Dash
86-08	800m Run
86-05	1500m Run
86-03	3000m Run
86-09	100m Hurdles (30")
86-06	Long Jump
86-07	High Jump
86-12	Shot Put (6 lbs)
86-13	Discus (1Kg)

Event Code	Event Name
87-01	100m Dash
87-04	400m Dash
87-08	800m Run
87-05	1500m Run
87-06	Long Jump

Event Code	Event Name
88-01	100m Dash
88-02	200m Dash
88-04	400m Dash
88-08	800m Run
88-05	1500m Run
88-03	3000m Run
88-09	100m Hurdles (33")
88-11	400m Hurdles (30")
88-06	Long Jump
88-07	High Jump
88-12	Shot Put (4Kg)
88-13	Discus (1Kg)

Event Code	Event Name
89-01	100m Dash
89-02	200m Dash
89-04	400m Dash
89-08	800m Run
89-05	1500m Run
89-03	3000m Run
89-09	100m Hurdles (33")
89-11	400m Hurdles (30")
89-06	Long Jump
89-07	High Jump
89-12	Shot Put (4Kg)
89-13	Discus (1Kg)

Event Code	Event Name
90-01	100m Dash
90-02	200m Dash
90-04	400m Dash
90-05	1500m Run
90-03	3000m Run
90-09	100m Hurdles (33")
90-11	400m Hurdles (30")
90-06	Long Jump
90-07	High Jump
90-12	Shot Put (4Kg)
90-13	Discus (1Kg)

Event Code	Event Name
91-01	100m Dash
91-02	200m Dash

Event Code	Event Name
92-01	100m Dash
92-02	200m Dash

* FINALS ONLY COMPETITION.
 NO REGIONAL COMPETITION. MUST ENTER BY JUNE 28, 1993

FINALS INFORMATION

July 17 & 18, 1993

Location:
 George Finnie Stadium
 Baldwin-Wallace College
 East Bagley Road
 Berea, Ohio

Lawrence J. Seifert, Commissioner
 Home Telephone: 216/842-2142
 Dr. William Taraschke, Commissioner
 Home Telephone: 216/826-1306
 Business Telephone: 216/826-2184

Finals Schedule

All finalists will receive a finalist packet that contains the finals schedule information, Opening Ceremonies information, an athlete credential, and a T-shirt redemption card. Finalist packets will be distributed at the regional competition site. It is the athlete's responsibility to pick up their packet. Finalist packets will only be mailed to the athletes registered in the Male 60 & over and Female 50 & over divisions.

Finals Check-In

Thursday, July 17, 1993 Bantam, Midget, Youth, & Intermediate

9:00 A.M.: Check-in begins.

10:15 A.M.: Meet for begins. Athletes are responsible for arriving in time to have an adequate warm-up.

Friday, July 18, 1993 Young Men/Women, Open, & Masters Competition

9:00 A.M.: Check-in begins.

10:15 A.M.: Meet for begins. Athletes are responsible for arriving in time to have an adequate warm-up.

POLICIES AND PROCEDURES

- USA Track & Field (formerly TAC) rules govern all events, with the exceptions noted below.
- The finals meet is sanctioned by USA Track & Field, membership is not required.
- Athletes may enter up to four events in Track & Field.
- Starting height for high jump is three feet and pole vault is eight feet.
- Long jump, shot put, and discus, will have four attempts per person at the regional competition. All throwing implements will be provided at the finals competition.
- Open and Masters competitors must compete in events listed for their age division. "Aging down" to another division is not permitted.

Competition Apparel

- Traditional track uniform: T-shirt or jersey and track shorts.
- Out of shorts and bare midriff shirts are prohibited.

CAPITAL CITY STRIDERS TRACK CLUB INVITATIONAL

June 12, 1993

Laidley Field - Charleston, West Virginia

Meet Director: William Ferrell
(304) 346-1733

Meet Chairman: Paul Gilmer, Jr.
(304) 345-0497 (Home)
(304) 347-7353 (Work)

Entry Deadline: June 10, 1993 - 9:00 p.m.

Mailing Address: William "Chip" Ferrell
Capital City Striders
P. O. Box 1243
Charleston, WV 25326

Individual Awards

Awards will be given to the top six places - first, second and third place finishers will receive plaques---fourth, fifth and sixth places will receive ribbons. Note: All events are not offered for every age group, so check the event listing carefully. The meet will give awards in only three masters age groups (30-39 sub-masters, 40-49 masters, 50-up masters).

Team Awards

Trophies will be awarded to the first, second, third, fourth, and fifth place teams.

Scoring

Scoring will be as follows - 10-8-6-4-2-1

Track

400 Meter eight lane tartan track. Track shoes with 1/4" spikes and flats recommended.

Directions to Laidley Field

(From I-64 West) Take I-64 east to Charleston and exit at Exit 99 to Washington Street. Make a right on Washington Street one block to Elizabeth Street. Make a right on Elizabeth Street to Laidley Field.

(From I-77 / I-79 North) Take I-77 or I-79 south to Charleston. Exit at Exit 99 to Washington Street. Make a right on Washington Street one block to Elizabeth Street. Make a right on Elizabeth Street to Laidley Field.

Lodging - See enclosure.

TCI/PG:1

CAPITAL CITY STRIDERS TRACK and FIELD

INVITATIONAL

June 12, 1993

Place: Laidley Field
Charleston, West Virginia

Time: 8:00 a.m. Check In
Come Ready to Run - Rain or Shine

Sponsors: Capital City Striders, Inc.

Sanction: By the West Virginia TAC (The Athletics Congress)

Special Rules: #1 **MUST RECEIVE:** Entry Blank, Entry Fee, Copy of Birth Certificate or other proof of age, i.e., Drivers License
By June 10, 1992

#2 Flats or track shoes with 1/4" or less spikes may be used.

----- **AGE YOU TURN IN 1993** -----

LIMIT: Ages 4-6, 7-8, 9-10, 11-12 --- Only Three Events, Including the Relay

<u>4-6</u>	<u>7-8</u>	<u>9-10</u>	<u>11-12</u>
50m Dash	50m Dash	1500m Racewalk	100m Dash High Jump
100m Dash	100m Dash	100m Dash	200m Dash Running Long Jump
200m Dash	200m Dash	200m Dash	400m Dash Shot Put (6 lb.)
4x100 Relay	400m Dash	400m Dash	800m Run Discus (1K)
	4 x 100 Relay	800m Run	1500m Run *4 x 100 Relay*
	4 x 400 Relay	1500m Run	3000m Run *4 x 400 Relay*
		Running Long Jump	1500m Racewalk
		Shot Put (6 lb.)	
		4 x 100 Relay	
		4 x 400 Relay	

LIMIT: Ages 13-14, 15-16, 17-18, only 4 events including relays, unlimited events for OPEN 19-29, SUB-MASTERS 30-39, MASTERS 40-49, and 50-Up

13-14

100m Hurdles (G-30")(B-33")
200m Hurdles (30")
100m Dash
200m Dash
400m Dash
800m Run
1500m Run
3000m Run
3000m Racewalk
Running Long Jump
High Jump
Shot Put (G 6 lb.)(B 4K)
Discus (1K)
4 x 100 Relay
4 x 400 Relay
4 x 800 Relay

15-16 --- and --- 17-18 OPEN, SUB-MASTERS and MASTERS

100m Hurdles (G-33")
110m Hurdles (B-39")
400m Hurdles (G-30")(B-36")
4 x 100 Relay
4 x 400 Relay
4 x 800 Relay
100m Dash
200m Dash
Triple Jump
Running Long Jump
Discus (G 1K)(B 1.6K)
Shot Put (G 4K)(B 12lb.)

100m Dash
200m Dash
400m Dash
800m Run
1500m Run
3000m Run - All Girls and Boys 15-16
5000m Run - Boys 17-18
High Jump
Pole Vault (Bring Own Pole)
3000m Racewalk

DEADLINE FOR ENTRY BLANK AND ENTRY FEE

MUST be received by June 10, 1993
\$ 3.00 Per Individual Event
\$12.00 Per Relay Team

MAKE CHECK PAYABLE TO:

CAPITAL CITY STRIDERS, INC.
Post Office Box 1243
Charleston, WV 25325
Phone: 304 346-1733

ORDER OF EVENTS

EVENT SCHEDULE	LONG JUMP	HIGH JUMP	SHOT PUT	DISCUS	TRIPLE JUMP	POLE VAULT
5000M BOYS 17-18 (O) (M)	B/G10-U	G11-12	G17-18	B/G11-12		
100M @ 110M HURDLE TRIALS	B/G11-12	B11-12	B10-U	G17-18		
3000M BOYS 11-15 ALL LADIES	B/G13-14	G13-14	G10-U	G13-14		
100M @ 110M HURDLE FINALS 1/2	B/G15-16	G15-16	B11-12	B13-14		
4X100M RELAYS GIRLS @BOYS ALL	B/G 17-18	G17-18	G11-12	G15-16		
400M DASH ALL FINAL	OPEN	B13-14	B13-14	B17-18		
100M TRIALS ALL FINALS AS/AF	SUB-MASTER	B15-16	G13-14	R15-16		
50M TRIALS G/B 4-6 & 7-8 ONLY	MASTERS	B17-18	G15-16	OPEN		
BREAK AND ALL RACEWALKERS		OPEN	B17-18	SUB-MASTERS	B/G 13-14	B13-14
1500M RUN ALL		SUB-MASTERS	B15-16	MASTERS	B/G15-16	B15-16
100M DASH FINALS IF REQUIRED		MASTERS	OPEN		B/G17-18	B17-18
50M DASH FINALS AS REQUIRED			SUB-MASTERS		OPEN	OPEN
4X400 RELAYS ALL			MASTERS		SUB-MASTERS	SUB-MASTERS
200M DASH ALL TIMED FINALS					MASTERS	
800M DASH ALL TIMED FINALS						
200M HURDLES 13-14 G/B ONLY						
400M HURDLES G/B 15-UP						
4X800 RELAYS ALL AGE 13-14 UP						

FIRST EVENT STARTS AT 8:30 AM

ROLLING SCHEDULE ALL GIRLS WILL RUN BEFORE BOYS

**CAPITAL CITY STRIDERS
1993 MEET SCHEDULE**

June 12	o CCS Invitational	Laidley Field Charleston, WV	8:30 a.m.
June 19	o AAU State Championship	Laidley Field Charleston, WV	9:30 a.m.
June 15,22,29	All-Comers	Laidley Field Charleston, WV	6:00 p.m.
June 26	o USATF State Youth, Juniors & Open Championship	Laidley Field Charleston, WV	9:00 a.m.
(F) July 10-11	o AAU Regional	Hammond, Ind.	9:00 a.m.
July 8-9-10-11	o USATF Regional	Laidley Field Charleston, WV	9:00 a.m.
July 13	o All-Comers	Laidley Field Charleston, WV	6:00 p.m.
(F) July 16-17-18	o East Coast Invitational	Towson, MD	Noon Friday
July 20	o All-Comers Championship	Laidley Field Charleston, WV	6:00 p.m.
(F) July 26-Aug 1	o USATF National	Baton Rouge, LA	- - -
(F) Aug 4 - Aug 7	o AAU National	Knoxville, TN	- - -

-
- o Must qualify to advance to AAU Regional
 - o Must qualify to advance to USA Track & Field Regional
 - o Must qualify to advance to AAU or USA Track & Field Nationals

(F) Contingent on available funding

Practice is 6:00-8:00 p.m. at Laidley Field every weekday, starting April 26, 1993

Post Office Box 1243
Charleston, WV 25326
(304) 346-1733
(501 (c) (3) Organization

Revised 03/08/93

60 METER SPRINT - MENS

18-21

CHAVE, DAVID 7.0
 PROSSER, MATT 7.1
 SLATT, ROBERT 7.2.5

22-25

BORTON, CHRIS 7.2
 KELLY, KEVIN 7.5
 SMITH, MICHAEL 7.5

26-29

TALVIS, DENNIS 6.8
 JOHNSON, SPENCER 7.1
 COYNE, NEAL 7.3

30-34

MILES, GERALD 7.3
 ZELLERS, ROBERT 7.6
 GOINS, MONROE 8.1

35-39

SMITH, MICHAEL 7.6
 MADEY, KEN 7.8
 HARRIS, BILL 8.8

40-44

LEWIS, ROYCE 7.8
 TASTE, LEE 7.9
 FELL, JOHN 8.5

45-49

BATHCOCK, LLOYD 7.7
 HALL, GEORGE 8.1
 GOSKY, LARRY 8.1

50-54

COATS, GROVER 8.1
 BRUNNER, JACK 8.5
 RUSSELL, RICHARD 8.8

55-59

WILLIAMS, PAUL 8.3
 GREENBURG, MORREN 8.5

60-64

GREENWALD, JACK 8.6
 WARDER, TOM 9.4
 BLAIZDIS, FRANK 10.7

65-69

CAVICCHI, RICHARD 17.0

70-75

WEINACHT, BILL 8.9
 PARK, THOMAS 11.3

76 & UP

MLOTEK, HERMAN 10.7
 BOSACK, EVERETT 15.6

50 METER SPRINT - WOMEN

22-25

CARTY-SNYDER, LINDA 8.1

26-29

WILLIAMS, KARLA 9.6

30-34

EVANISH, JANICE 9.0
 FINLEY, PATRICIA 9.4

35-39

JOHNSON, DENISE 9.3

40-44

HALL, MARCELLA 9.0
 WILSON, THERESA 10.9

45-49

THOMAS, PATRICE 10.8
 ROBERTS, CAROL 11.0

50-54

KEA, ESSIE 9.9

60-64

CAVICCHI, MARY 15.7

100 METER DASH - MEN

8-21

CHAVE, DAVID 11.6
 PROSSER, MATT 11.8
 WILSON, GLEN 12.0

22-25

BORTON, CHRIS 11.5
 SMITH, MICHAEL 11.8
 JOHNSON, MARCELLUS 12.8

26-29

BATHCOCK, LLOYD 24.9
 HALL, GEORGE 26.9
 ANGUS, BILL 27.2

ENNIS, TALVIS 11.0

MILES, GERALD 11.6
 ZELLERS, ROBERT 12.2
 GOINS, MONROE 12.7

35-39

SMITH, MICHAEL 12.3
 MADEY, KEN 12.5

40-44

COLLINS, FRED 12.2
 CRUTCHER, JAMES 12.4
 LEWIS, ROYCE 12.7

45-49

BOSWELL, JERRY 12.6
 ANGUS, BILL 13.0
 GOSKY, GARRY 13.0
 HALL, GEORGE 13.0

50-54

COATS, GROVER 13.2
 BRUNNER, JACK 13.9
 LYNHAM, RICHARD 14.1

55-59

WILLIAMS, PAUL 13.8

60-64

GREENWALD, JACK 13.7
 WARDER, TOM 15.0

65-69

CAVICCHI, RICHARD 32.7

70-75

WEINACHT, BILL 14.6
 PARK, THOMAS 19.1

76 & UP

MLOTEK, HERMAN 16.2

100 METER DASH - WOMEN

18-21

DREW, BECKY 16.3

22-25

CARTY-SNYDER, LINDA 13.1

30-34

JOHNSON, DENISE 15.4

40-44

HALL, MARCELLA 15.0
 WILSON, THERESA 21.8

45-49

THOMAS, PATRICE 18.2

50-54

KEA, ESSIE 16.0
 ROZEK, FRAN 33.0

200 METER DASH - MEN

18-21

CHAVE, DAVID 23.4
 PROSSER, MATT 24.0
 SLATT, ROBERT 24.3

22-25

BORTON, CHRIS 23.0
 BROWN, CHRISTOPHER 23.9

26-29

DEBNIS, TALVIS 22.6
 FERRELL, SCOTT 23.1
 SPONSELLEN, JERRY 23.9

30-34

MILES, GERALD 24.0
 FINLEY, LAWRENCE 24.5
 MILBOAN, MARK 25.8

35-39

SMITH, MICHAEL 25.3
 MADEY, KEN 25.6

40-44

COLLINS, FRED 24.6
 CRUTCHER, JAMES 26.2
 TASTE, LEE 27.2

45-49

BATHCOCK, LLOYD 24.9
 HALL, GEORGE 26.9
 ANGUS, BILL 27.2

COATS, GROVER 48.0
 BRUNNER, JACK 28.1
 DRUMMOND, JERRY 29.3

55-59

WILLIAMS, PAUL 28.9
 LABBEE, TOM 30.4

60-64

GREENWALD, JACK 28.1
 WARDER, TOM 35.8

70-75

WEINACHT, BILL 30.4
 PARK, THOMAS 40.2

200 METER DASH - WOMEN

18-21

MALONE, DEBRA 24.9
 CHAMBERS, JILL 29.4
 DREW, BECKY 37.6

22-25

CARTY-SNYDER, LINDA 26.9

26-29

YURTH, DEBORAH 28.5

30-34

FINLEY, PATRICIA 32.4

40-44

HALL, MARCELLA 31.3
 WILSON, THERESA 49.0

45-49

THOMAS, PATRICE 40.8

50-54

KEA, ESSIE 33.3
 ROZEK, FRAN 70.7

400 METER DASH - MEN

18-21

WILSON, DENNIS 56.3
 DOMBECK, ADAM 56.8

22-25

BORTON, CHRIS 53.0
 BROWN, CHRISTOPHER 54.5

26-29

JOHNSON, SPENCER 52.1

30-34

WISE, EARLE 53.5
 FINLEY, LAWRENCE 55.3
 WILSON, RODNEY 55.8

35-39

CRUTCHER, JAMES 61.8
 THOMAS, MORRIS 63.0
 GOSKY, GREGG 64.7

45-49

SALUPO, HICK 63.1
 GEARY, ROBERT 65.3
 BATHCOCK, LLOYD 66.8

50-54

COATS, GROVER 60.9
 BRIDGES, BOB 62.5
 DRUMMOND, JERRY 65.8

55-59

LABBEE, TOM 70.4

60-64

GREENWALD, JACK 64.7
 LARAR, GEORGE 81.7

65-69

CAVICCHI, RICHARD 2:14.0

400 METER DASH - WOMEN

18-21

MALONE, DEBRA 56.1
 DREW, BECKY 91.1

22-25

PARSONS, LAURA 90.0

YURTH, DEBORAH 62.6

GREENBURG, SHERRY 76.6

40-44

BROWN, SALLY 87.0

60-64

KNIERIEM, BEULAH 2:25.0
 CAVICCHI, MARY 2:39.5

65-69

GALLAGHER, EILEEN 98.0

70-75

TURSIC, PAULINE 1:50.5

800 METER RUN - MEN

18-21

WILSON, GLEN 2:04.4
 NORMAN, DREN 2:24.6

22-25

DILLER, ANDREW 1:59.2
 BOREW, BRUCE 2:54.2

30-34

WHITMAN, KEITH 2:00.1
 KOH, TIM 2:06.6
 COYNE, NEAL 2:18.8

35-39

THOMAS, BOB 2:05.5
 POPE, RICHARD 2:44.1

40-44

ANDREWS, GLENN 2:08.1
 STRIBBE, JERRY 2:49.5

55-59

GREENBURG, MORREN 2:55.6
 LABBEE, TOM 2:58.9

65-69

SPROCKHOFF, GUNTER 3:20.3

800 METER RUN - WOMEN

18-21

JONES, KELLE 2:30.9
 DREW, BECKY 4:32.3

22-25

PARSONS, LAURA 3:48.9

35-39

GREENBERG, SHERRY 3:01.4

50-54

ROZEK, FRAN 6:26.0

1500 METER RUN - MEN

18-21

WILSON, GLEN 4:28.0
 PUTKA, DAN 4:44.8
 HALL, JEFF 5:12.7

22-25

BORON, BRUCE 5:08.9

26-29

FRY, THOMAS 5:06.8

30-34

QUIRANTE, SAM 4:39.8
 PHILLIP, PHILLIP 4:54.1
 CAVICCHI, THOMAS 5:04.7

35-39

BAILEY, TIM 5:07.6
 POPE, RICHARD 5:35.3
 KRIST, ALAN 5:47.3

50-54

HEGEDUS, LES 4:50.8

60-64

SCHUMM, JR., BROOKE 6:26.5

18-21

DREW, BECKY 9:55.8

22-25

PARSONS, LAURA 8:10.6

30-34

COLE-EVERETT, JULIE 5:09.1
 VIEGELMEIER, SUE 5:54.1

40-44

BROWN, SALLY 6:57.7

60-64

CAVICCHI, MARY 11:54.1

3000 METER RUN - MEN

18-21

GALLAGHER, EILEEN 7:35.3

22-25

WILSON, GLEN 9:59.9
 HALL, JEFF 10:08.0
 PUTKA, DAN 10:20.5

30-34

MCWHERTER, CRAIG 10:08.5
 BORON, BRUCE 10:48.0

35-39

FRY, THOMAS 10:38.3

40-44

QUIRANTE, SAM 9:38.2
 CAVICCHI, THOMAS 10:40.1

45-49

SPEIGHT, WILLIE 10:37.1

3000 METER RUN - WOMEN

18-21

DREW, BECKY 16:54.9

22-25

PARSONS, LAURA 15:53.0

30-34

COLE-EVERETT, JULIE 10:52.2

35-39

ASH, KARLEEN 16:22.5

40-44

KNIERIEM, BEULAH 21:29.0

45-49

TURSIC, PAULINE 17:40.7

5000 METER RUN - MEN

18-21

MCFADDEN, TRAVIS 35.3
 FARREN, TRANS 34'2 1/2"

22-25

SHAUGHNESSY, MATT 45'4 1/2"

30-34

FAIX, PAUL 34'7"
 FREEMAN, DWAYNE 34'2 1/2"
 SUVAK, JOE 25'7 1/2"

35-39

BREDENBECK, RUDY	34' 1/2"	SCHWANDT, ERIC	5'4"	22-25	
JOHNSON, CLARENCE	29'5 1/2"				
WARDER, TOM	26'2 1/4"				
65-69		26-29		TERRY, JOHN	9'5"
CLARKE, RICHARD	34'9"	FRY, THOMAS	5'6"	26-29	
76 & UP		SHAUGHNESSY, MATTHEW	5'6"		
MLOTEK, HERMAN	23'3 1/2"	30-34		SWICKER, BRUCE	5'8"
HOSACK, EVERETT	14'3"	HUFF, DAN	6'0"	30-34	
*****		FREEMAN, DWAYNE	4'10"	ZELLERS, ROBERT	8'10 1/2"
SHOT PUT - WOMEN		SUVAK, JOE	4'8"	SURAK, JOE	8'7"
26-29		35-39		FIMLEY, LAWRENCE	7'11"
ELLIS, BRENDA	25'	HANDWERK, DAVE	5'0"	35-39	
30-34		40-44		WARNER, JIM	10'8 1/2"
FINLEY, PATRICIA	28'6 1/2"	DITTO, KEN	5'0"	ANSPACH, JOHN	9'1 1/2"
40-44		TAYLOR, IRVIN	4'10"	BAILEY, TIM	8'3 1/2"
BROWN, SALLY	22'2"	45-49		40-44	
45-49		GEARY, BOB	4'4"	LEWIS, ROYCE	8'4 3/4"
VAN HOOK, PATRICIA	19'10"	GOSKY, GARRY	4'4"	STRUBBE, TERRY	7'7 3/4"
50-54		50-54		EDWARDS, LARRY	7'4 1/4"
ROSEK, FRANK	12'2"	COATS, GROVER	4'0"	45-49	
65-69		SLOAN, JOHN	3'8"	GOSKY, GARRY	8'4"
HOLLAND, BERNICE	28'4"	60-64		ANGUS, BILL	7'11 1/2"
76 & UP		WARDER, TOM	3'8"	WIKTOROWSKI, TOM	6'9 1/2"
SEDA, LENKA	10'2 1/2"	JOHNSON, CLARENCE	3'8"	50-54	
*****		BLAZIDGIS, FRANK	3'4"	COATS, GROVER	8'6"
DISCUS - MEN		65-69		DRUMMOND, JERRY	8'0"
18-21		CAVICCHI, RICHARD	3'2"	MASTERTON, PATRICK	8'8"
MCFADDEN, TRAVIS	117'3"	76 & UP		55-59	
FARREN, TRAVIS	106'8 1/2"	MLOTEK, HERMAN	3'	LABBE, TOM	7' 1/2"
26-29		*****		60-64	
SHAUGHNESSY, MATHEW	125'11 1/2"	HIGH JUMP - WOMEN		GREENWALD, JIM	7'2 1/4"
30-34		18-21		BLAZIDGIS, FRANK	6'8 1/2"
MILBOAN, MARK	94'	GOOD, TONYA	4'4"	65-69	
SUVAK, JOE	92'10 1/2"	50-54		SPROCKHOFF, GUNTER	6'3 1/2"
FREEMAN, DWAYNE	92'8"	KEA, ESSIE	3'8"	76 & UP	
35-39		*****		MLOTEK, HERMAN	5'11 1/4"
KLAMAR, JOE	95'6"	RUNNING LONG JUMP - MEN		*****	
BLOMQUIST, ROBERT	81'7 1/2"	18-21		STANDING LONG JUMP - WOMEN	
40-44		DICARLO, JEFFREY	22'1"	18-21	
LEWIS, ROYCE	111' 1/2"	SLATT, CHRIS	18'4"	ANGUS, CALLIE	6'3"
45-49		22-25		26-29	
THOMPSON, WILLIAM	117'5"	BORTON, CHRIS	19'0"	WILLIAMS, KARLA	6'6 1/2"
GOSKY, GARRY	78'10"	JOHNSON, MARCELLUS	17'6 1/2"	45-49	
50-54		SCHWANDT, ERIC	15'8 1/4"	ROBERTS, CAROL	5'9 1/2"
ROHRBACHER, RICH	106'4 1/2"	26-29		ANGUS, LINDA	5'4"
KINCAID, CLYDE	100'10"	HANCOCK, PAT	18'10"	65-69	
SLOAN, JOHN	91'6"	30-34		HOLLAND, BERNICE	5'8 1/2"
60-64		HUFF, DAN	18'9"	*****	
BREDENBECK, RUDY	120'9"	SUVAK, JOE	13'7 3/4"		
JOHNSON, CLARENCE	92'6"	35-39			
WARDER, TOM	76'	ANSPACH, JOHN	16'7"		
65-69		HARLIS, BILL	16'1"		
CLARKE, RICHARD	92'9"	KRIST, ALAN	10'4"		
CAVICCHI, RICHARD	51'6 3/4"	40-44			
76 & UP		GOSKY, GREGG	13'11"		
ROHRBACHER, ELMER	53'10 1/2"	EDWARDS, LARRY	13'11"		
HOSACK, EVERETT	33'8 3/4"	45-49			
*****		BOSWELL, JERRY	18'7 1/2"		
DISCUS - WOMEN		ANGUS, BILL	16'9 1/2"		
45-49		GOSKY, GARRY	12'7 1/2"		
VAN HOOK, PATRICIA	50'1"	50-54			
60-64		COATS, GROVER	17'1 1/2"		
CAVICCHI, MARY	36'3"	BRUNNER, JACK	14'5 1/4"		
65-69		SLOAN, JOHN	12'8 1/2"		
HOLLAND, BERNICE	81'7"	55-59			
76 & UP		LABBE, TOM	10'11 1/4"		
SEDA, LENKA	29'8 1/2"	60-64			
*****		GREENWALD, JACK	13'3 1/4"		
HIGH JUMP - MEN		WARDER, TOM	11'2"		
18-21		*****			
DICARLO, JEFFREY	6'2"	RUNNING LONG JUMP - WOMEN			
PALMER, R.	6'0"	26-29			
PETROME, BRIAN	5'10"	WILLIAMS, KARLA	13'9 1/2"		
		45-49			
		ROBERTS, CAROL	9'3 1/2"		

		STANDING LONG JUMP - MEN			

HOTEL LIST

**7th Annual Capital City Striders Invitational
June 12, 1993**

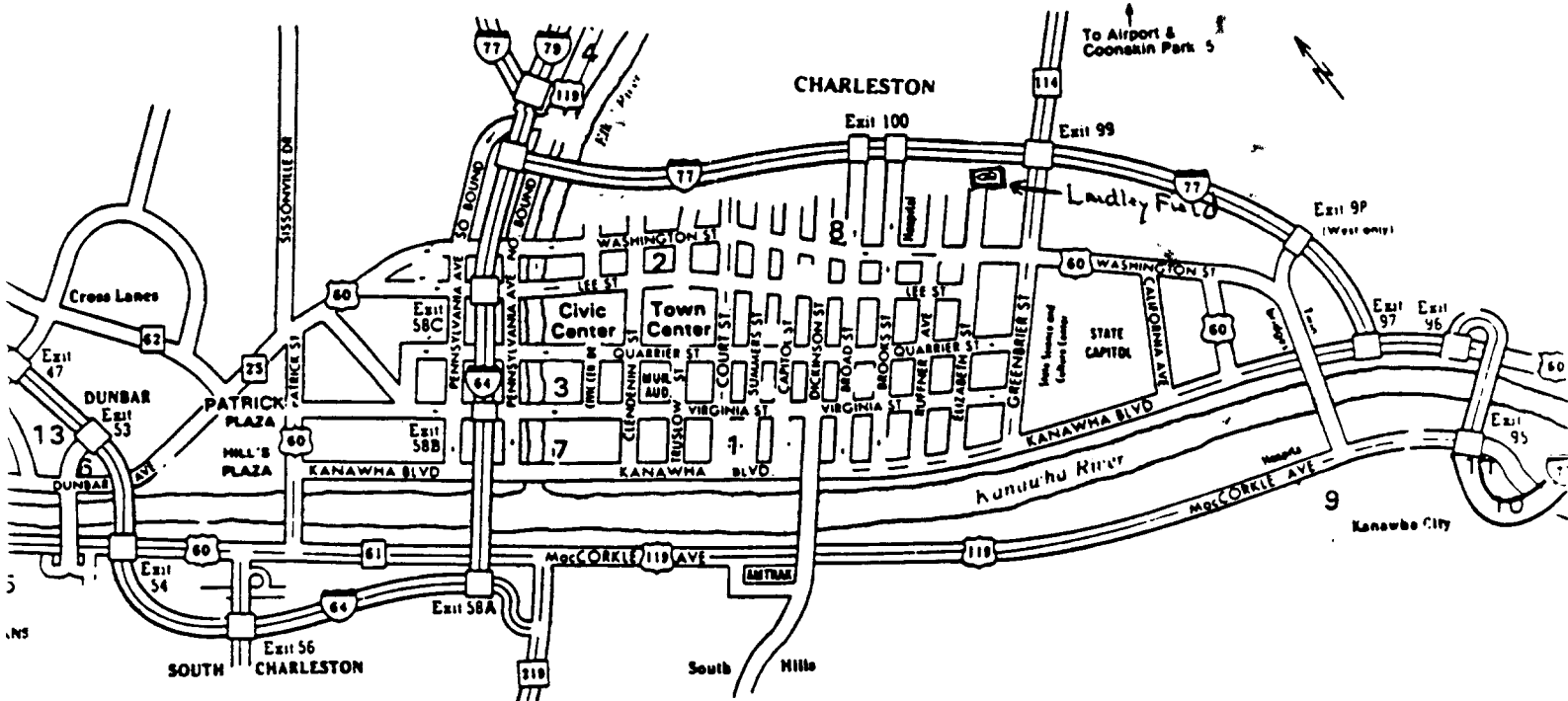
<u>Miles to Track</u>	<u>Downtown Hotels</u>	<u>Rates</u>	<u>Contact Person</u>	<u>Phone #</u>	<u>Map Location</u>
1	Elk River Town Center Inn (Headquarters Hotel)	\$44.00	Reservations	800-765-6566	7
1	Marriott	76.00	Reservations	304-345-6500	2
1/2	Holiday Inn Heart-O-Town	44.00	Reservations	304-343-4661	8
1	Holiday Inn Civic Center	55.00	Reservations	304-345-0600	3
3/4	Charleston House Holiday Inn	59.00	Reservations	304-345-4092	1

There is a 9% tax on lodging in West Virginia

Laidley Field is located at Elizabeth Street and
Piedmont Road on the East side of Charleston

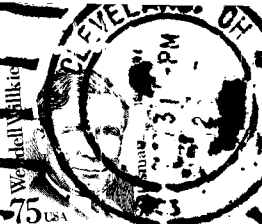
You must tell us that is for the Capital City Striders
track meet to get these rates.

For more information on this to do in our area, call
Charleston Visitors and Convention Bureau at 304-344-5075





OVER THE HILL TRACK CLUB
APRIL 1993



Over The Hill Track Club
c/o Patricia Finley
20610 E. Sunset Drive
Warrensville, Ohio 44122-6342

20 NO
CMT
PROV
2000

Pat & Marilyn
1600 Chestnut Hill Way
Mayfield Hills, Ohio
44124

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: _____

MEET SITE: _____

EVENT: _____ MARK: _____ PLACE: _____

EVENT: _____ MARK: _____ PLACE: _____

EVENT: _____ MARK: _____ PLACE: _____

EVENT: _____ MARK: _____ PLACE: _____

EVENT: _____ MARK: _____ PLACE: _____

EVENT: _____ MARK: _____ PLACE: _____

EVENT: _____ MARK: _____ PLACE: _____