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

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

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  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

Remaining Funds from previous month $151.63
Check received $0.00
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 $28.60
plus tax (7%) 2.02
Total copying cost for Newsletter $30.62

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) $0.00

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 0.00

Total beginning stamps 76
less primary club members 73
(75 primaries less 1 Finley, 1 Meyers)

Stamps remaining after club members 3
Less special mailings(W Penn., WolfPack, N.M.N.) 3

$0.29 Stamps remaining for May Newsletter 0
$0.52 Stamps remaining for May Newsletter 0
$0.75 Stamps remaining for May Newsletter 0
OVER THE HILL TRACK CLUB
APRIL, 1993

FROM THE MOUSE PAD OF THE SECRETARY...

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

MARCH:
George Kapsuh 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
  See Above

- Ohio T&F Open & Masters Championships
  June 5
  John Blakely
  Cedarville College
  See Above

New Jersey Open & Masters Meet
  June 6
  Sandy Kalb
  See Above

Columbus Relays Track & Field Series (Y, O, M) 6pm
  June 8
  Curtis Stitt
  Kent State Mini Meet
  See Above

Kent State Mini Meet
  June 8
  Rud O'Donnell
  Kent State Campus
  See Above

Northwest Track Club Evening Series
  June 9
  Harold Martin
  See Above

* NORTH COAST RELAYS
  June 12
  Form Included
  See Above

* Capital City Striders Invitational
  June 12
  Form Included
  See Above

* West Penn Track Club Outdoor Meet I
  June 12
  Form Included
  See Above

Potomac Valley All Comers T & F Meet
  June 13
  Scott Bentley
  See Above

Kent State Mini Meet
  June 15
  See above

Northwest Track Club Evening Series
  June 16
  Harold Martin
  See above

Lake Erie USA Track & Field
  June 19
  Ed Wilson
  See above

* Discount Drug Mart Track Meet
  June 19
  Form Included
  See above

Columbus Relays Track & Field Series (Y, O, M) 6pm
  June 22
  Curtis Stitt
  Kent State Mini Meet
  See above

Kent State Mini Meet
  June 22
  See above

Kent State Mini Meet
  June 29
  See above

Over The Hill Track Club
OVER THE HILL TRACK CLUB  
APRIL, 1993

SCHEDULE OF MEETS:

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

* 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!!!

<table>
<thead>
<tr>
<th>Relay</th>
<th>4 X 100</th>
<th>4 X 200</th>
<th>4 X 400</th>
<th>Sprint Medley</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Open)</td>
<td>C. Miller</td>
<td>C. Miller</td>
<td>T. Stepanek</td>
<td>C. Miller (100)</td>
</tr>
<tr>
<td>(Open)</td>
<td>Y. Rabb</td>
<td>D. Yurth</td>
<td>D. Yurth</td>
<td>Y. Rabb (100)</td>
</tr>
<tr>
<td></td>
<td>L. Kidd</td>
<td>P. Finley</td>
<td>P. Finley</td>
<td>D. Yurth (200)</td>
</tr>
<tr>
<td></td>
<td>A. Coats</td>
<td>T. Stepanek</td>
<td>D. Ellis</td>
<td>T. Stepanek (400)</td>
</tr>
</tbody>
</table>

Over The Hill Track Club
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 Derby.

Call us for more information:
216-725-2340 Ext. 4415

---

Baby Beauty Contest
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 $250 Savings & Vegas Vacation Bond 4 days/3 nights

AGE GROUPS & JUDGING SCHEDULE

6 to 12 mos. | 10:00 am
12 to 18 mos. | 10:30 am
18 to 24 mos. | 11:00 am

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

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 AMERICAN HEART ASSOCIATION

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.
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.

Registration Form

<table>
<thead>
<tr>
<th>Name:</th>
<th>Address:</th>
</tr>
</thead>
<tbody>
<tr>
<td>City:</td>
<td>State: Zip:</td>
</tr>
<tr>
<td>Phone: (________)</td>
<td>____________</td>
</tr>
<tr>
<td>Sex: Age on day of race:</td>
<td></td>
</tr>
<tr>
<td>Events you will be competing in:</td>
<td></td>
</tr>
</tbody>
</table>

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 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 ________________

MAIL TO: 211 Commerce Drive
Medina, Ohio 44256
I. Personal Information

NAME

Last: ______________________ First: __________________ Middle: __________________

ADDRESS

City: ______________________ State: __________________ Zip: ________________

Telephone (home): __________ (business): __________

Birthday: __________ Age as of date of meet: __________

Sex: Male ______Female ______ TAC #: __________________

II. Event Entries

Please enter me in the following events:

1. __________________ event __________________ best recent mark
2. __________________ event __________________ best recent mark
3. __________________ event __________________ best recent mark
4. __________________ event __________________ best recent mark
5. __________________ 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, USA T&F, & THEIR REPRESENTATIVES, SUCCESSIONS, 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)
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 - 35I, 56I
      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

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)

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.

Over The Hill Track Club
WESTERN PENNSYLVANIA TRACK CLUB
OPEN & MASTERS OUTDOOR T & F CHAMPIONSHIPS

TIME: 8:00 AM   DATE: June 12, 1993
PLACE: Carnegie Mellon University
       Pittsburgh, PA

FACILITIES: Excellent 8 lane all-weather track

SANCTION: USAT&F   MEET DIRECTOR: RAY SANCHAS

ENTRY FEE: $4.00 per event, $12.00 per relay, by June 8. $5.00 per event,
$15.00 per relay, late or post entries. Entries will not be
accepted less than 30 minutes before the event, and only in
already entered events (relays excepted). Any questions? Call
RAY SANCHAS 412-281-4136 (Days) or 412-429-1410 (Eves before 9:30
PM).

AWARDS: 1, 2, 3 in all events (Open, 10 year age groups from 30-39,
etc.). You may participate in only one age group (relays
excepted). Team awards in the following divisions: Open, 30-39,
40-49, 50-59, 60 plus, and Overall. Total scores for men and
women combined.

AGE DETERMINING DATE: JUNE 12, 1993

EVENTS: 110m High Hurdles, 100m Dash, 200, 400, 400 IM Hurdles, 800,
Mile, 2 Mile, 10K, 1,500 walk, 4 x 400, 4 x 800, High Jump, Long
Jump, Triple Jump, Pole Vault. Shot put will probably be held.
Confirmation will be given to interested athletes. Discus and
Javelin will probably NOT be held due to field repair.

ORDER OF EVENTS

RUNNING: 8:00 AM: 10K, 9:00 AM: 4 x 800, 110 H. Hurdles, 100, Mile, 400,
4 x 100, 400 I. Hurdles, 800, 200, 1,500 Walk, 2 Mile, 4 X 400.
FIELD EVENTS: 9:00 AM: PV, SP, LJ. High Jump to follow Pole Vault. Triple
Jump to follow Long Jump.

MAIL ENTRY TO: RAY SANCHAS, 428 Center Ave., Carnegie, PA 15106
Checks payable to: W.P.T.C.

NAME: ______________________________________ PHONE: (  ) __________
ADDRESS: ___________________________________ AGE ON 6/12/93: __________
EVENTS: ___________________________________ CLUB ________________________
**MEET SITE:** Marshall University—The track is located between 3rd and 5th Avenues on 20th Street; it has a 400 meter tartan surface, and eight (8) 42 inch wide lanes. All runways and take-off areas are tartan, except the javelin area, which is grass.

**SPIKES:** Spikes must be no longer than 1/4 inch

**ELIGIBILITY:** Competition is open to all men and women (no qualifying standards), age 30 and over. Entrants must have 1993 USA TRACK & FIELD membership card or include card fee with entry. "Card pending" will not be accepted.

**DIVISIONS:** Men and women, submasters and masters, will be divided into five-year age groups from 30 to 90 +

**AGE:** The age of a competitor is his/her age on 31 July 1993

**ENTRIES:** All entries must be postmarked by Saturday, 17 July 1993. There will be no refunds or changing of events after entries are received.

**ENTRY FEE / T-SHIRT:**

- 1st Event: $10.00
- Next Event(s): $7.00 ea. $14.00

**TENTATIVE SCHEDULE OF EVENTS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00</td>
<td>Hammer</td>
</tr>
<tr>
<td>9:00</td>
<td>Shot Put (W)</td>
</tr>
<tr>
<td>9:45</td>
<td>High Jump (M)</td>
</tr>
<tr>
<td>9:00</td>
<td>5000m RW</td>
</tr>
<tr>
<td>9:45</td>
<td>5000m Run</td>
</tr>
<tr>
<td>10:20</td>
<td>Short Hurdles</td>
</tr>
<tr>
<td>10:30</td>
<td>400m Dash</td>
</tr>
<tr>
<td>11:30</td>
<td>100m Heats</td>
</tr>
<tr>
<td>12:00</td>
<td>Lunch Break</td>
</tr>
<tr>
<td>12:15</td>
<td>Javelin (M)</td>
</tr>
<tr>
<td>12:30</td>
<td>100m Finals</td>
</tr>
<tr>
<td>1:00</td>
<td>3000m Run</td>
</tr>
<tr>
<td>1:30</td>
<td>Long Hurdles</td>
</tr>
<tr>
<td>2:00</td>
<td>200m Heats</td>
</tr>
<tr>
<td>2:30</td>
<td>800m Run</td>
</tr>
<tr>
<td>3:00</td>
<td>200m Finals</td>
</tr>
</tbody>
</table>

**TRACK EVENTS:**

- 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m Run, 5000m Race Walk
- Short Hurdles (80m, 100m and 110m), Long Hurdles (300m and 400m)

**FIELD EVENTS:**


**AWARDS:** Plaques will be given to top three finishers in each event.

**LODGING:** Marshall University Twin Towers Dormitory, located on campus, is adjacent to the track. Reserve room by Saturday July 18th, Ms. Linda Bowen (304) 696-3125

**JAVELIN IMPLEMENTS:**

- 400 g, 600 g & 800 g
- Shot Put: 3 kg, 4 kg, 5 kg, 6 kg & 16 lb
- Hammer: 3 kg, 4 kg, 5 kg, 6 kg & 16 lb
- Weights: 16 lb, 20 lb, 25 lb & 35 lb
- Discus: 1 kg, 1.5 kg & 2 kg

**HOLIDAY INN - UNIVERSITY**

- Located two blocks West of the track, has a $45.00 flat rate (1-4 people), (304) 525-7741

**PAKET PICK-UP:** Marshall University track on Saturday 7:30 to 9:30 A.M.
COMPETITION: Running events will be run in age-group sequence: women, followed by oldest youngest men. Whenever 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

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 - 5:00pm  
(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 - 5'6"; Women - 4')  
3:30 PM - 110m HH TRIALS (M)  
3:45 PM - 100m HH TRIALS (M)  
4:00 PM - 100m Dash TRIALS (M,W)  
4:20 PM - 1500m Run (M,W)  
4:45 PM - 100m Dash FINAL (M,W)  
5:00 PM - 100m HH FINAL (M)  
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)  
6:45 PM - 400m Dash (M,W)  
7:15 PM - 3000m Run (W)  
7:30 PM - 5000m Run (M)  

POST-ENTRY: NOON - 5:00pm  
(JAVELIN IS PRE-ENTRY ONLY)  
* EVENT FIELDS MAY BE LIMITED AT THE  
MEET DIRECTORS DISCRETION *

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

FROM INFORMATION/SEND ENTRIES TO:  
JAMES SIEDLISKI  
c/o NJ-TAC  
PO BOX 10120  
NEW BRUNSWICK, NJ 08906-0120  
(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 - 30 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 ATHLETIC CLUBS/NJ-TAC, RARITAN VALLEY COMMUNITY COLLEGE, ELITE FEET AC OR THEIR RESPECTIVE OFFICERS, AGENTS, REPRESENTATIVES, SUCCESSORS, OR ASSIGNS, FOR ALL DAMAGES WHICH MAY BE INCURRED OR SUFFERED BY ME IN CONNECTION WITH ENTRY TO, AND ARRIVING 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 MY DRAINED ENTRY, MY NAME, ADDRESS AND SIGNATURES ON PERFORMANCE CAN BE USED TO FILL 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
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
Birthdate (Month-Day-Year)

Address
City
State
Zip Code
Zip + 4

Home Phone (area code first)
Business Phone (area code first)

Emergency Contact Person
Phone Number (Emergency Contact Person)

REGIONAL INFORMATION

COUNTY:
COUNTY CODE (see map on page 3)

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
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

Athlete Signature
Athlete Printed Name
Date
ORTHWEST - GREATER TOLEDO

Sunday, June 20, 1993
Jim & Charm Penrose, Coordinators
Home Telephone: 419/382-7685
Business Telephone: 419/245-1727
Venue: University of Toledo
2801 W Bancroft
Toledo, Ohio

SOUTHWEST - GREATER CINCINNATI

Sunday, June 20, 1993
Andy Wolf, Coordinator
Home Telephone: 513-474-3670
Business Telephone: 513-232-2772
Venue: Anderson Hohn School
5960 Forest Road
Cincinnati, Ohio

OCEANWEST - GREATER CINCINNATI

Thursday, June 23, 1993
Dr. William Taraschke, Coordinator
Home Telephone: 216/826-1306
Business Telephone: 216/826-2184
Venue: George Finne Stadium
Bardwell-Wallace College
East Bayley Road
Berea, Ohio

SOUTHEAST - GREATER COLUMBUS

Sunday, June 20, 1993
Terry Oehrrman, Coordinator
Home Telephone: 614-654-7999
Venue: Lancaster High School
1312 Grawrie Road
Lancaster, Ohio

**REGIONAL INFORMATION**

**Age Determination Dates are as follows:**

30 & Under Divisions:
- Age as of July 18, 1993
- Athletes born in 1964 or 1965 may enter up to Monday, June 28, 1993

30 & Over Divisions:
- Age as of July 18, 1993
- Athletes born in 1963 may enter up to Monday, June 28, 1993

30 & Over Divisions:
- Age as of July 18, 1993
- Athletes born in 1963 may enter up to Monday, June 28, 1993

**Regional Time Schedules**

**ORTHWEST**

Sunday, June 20, 1993
8:00 A.M.: Meet for all age divisions.
9:30 A.M.: Meet starts for all age divisions. See order of events below.

Monday, June 21, 1993
5:00 P.M.: Meet begins. See order of events below.
6:00 P.M.: Field events begin
6:30 P.M.: Running events begin. See order of events below.

**SOUTHWEST**

Monday, June 21, 1993
12:00 P.M.: Meet begins. See order of events below.
1:00 P.M.: Meet starts for all age divisions. See order of events below.

**EAST**

**DATERD OF EVENTS**

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

Field Events:
- Scored by age group through the meet beginning at the start time. Field event age groups may be combined during meet for conduct of competition.

**NATIONAL QUALIFICATION**

The top four finishers per event will advance to finals. Every finalist must submit an additional $5.00 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.
COMPETITION INFORMATION

July 17 & 18, 1993

Proposed Venues:

Indoor: Physical Education Building
Cleveland State University
Dana Artman, Commissioner
Home Telephone: 216/366-2050

Grass: Brunswick Lake
Brunswick
Harry Sullivan, Commissioner
Home Telephone: 216/332-9291
Business Telephone: 216/326-2815

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.

### Indoor Divisions: **A**

<table>
<thead>
<tr>
<th>Event Code</th>
<th>Age Division</th>
<th>Event Name and Description</th>
<th># of Players on court</th>
<th># of Players on roster</th>
</tr>
</thead>
<tbody>
<tr>
<td>05-12</td>
<td>12 &amp; Under</td>
<td>Female - indoor</td>
<td>6</td>
<td>9</td>
</tr>
<tr>
<td>05-14</td>
<td>14 &amp; Under</td>
<td>Female - indoor</td>
<td>6</td>
<td>9</td>
</tr>
<tr>
<td>05-16</td>
<td>16 &amp; Under</td>
<td>Female - indoor</td>
<td>6</td>
<td>9</td>
</tr>
<tr>
<td>05-18</td>
<td>18 &amp; Under</td>
<td>Female - indoor</td>
<td>6</td>
<td>9</td>
</tr>
<tr>
<td>05-18</td>
<td>18 &amp; Under</td>
<td>Male - indoor</td>
<td>6</td>
<td>9</td>
</tr>
</tbody>
</table>

### Outdoor Divisions - Triples: **B**

<table>
<thead>
<tr>
<th>Event Code</th>
<th>Age Division</th>
<th>Event Name and Description</th>
<th># of players on court</th>
<th># of players on roster</th>
</tr>
</thead>
<tbody>
<tr>
<td>07-20</td>
<td>Open</td>
<td>Male level &quot;A&quot; outdoor</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>07-20</td>
<td>Open</td>
<td>Male level &quot;BB&quot; outdoor</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>07-20</td>
<td>Open</td>
<td>Male level &quot;B&quot; outdoor</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>10-20</td>
<td>Open</td>
<td>Female level &quot;A&quot; outdoor</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>11-20</td>
<td>Open</td>
<td>Female level &quot;BB&quot; outdoor</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>12-20</td>
<td>Open</td>
<td>Female level &quot;B&quot; outdoor</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

### Outdoor Divisions - Stills: **C**

<table>
<thead>
<tr>
<th>Event Code</th>
<th>Age Division</th>
<th>Event Name and Description</th>
<th># of players on court</th>
<th># of players on roster</th>
</tr>
</thead>
<tbody>
<tr>
<td>13-20</td>
<td>Open</td>
<td>Coed, Level &quot;A&quot; outdoor</td>
<td>6</td>
<td>8</td>
</tr>
<tr>
<td>14-20</td>
<td>Open</td>
<td>Coed, Level &quot;BB&quot; outdoor</td>
<td>6</td>
<td>8</td>
</tr>
<tr>
<td>15-20</td>
<td>Open</td>
<td>Coed, Level &quot;B&quot; outdoor</td>
<td>6</td>
<td>8</td>
</tr>
<tr>
<td>16-20</td>
<td>Open</td>
<td>Coed, Level &quot;C&quot; outdoor</td>
<td>6</td>
<td>8</td>
</tr>
</tbody>
</table>

Volleyball continues on the next page . . .
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 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.

TC1/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.

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

<table>
<thead>
<tr>
<th>Ages</th>
<th>Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-6</td>
<td>50m Dash, 100m Dash, 200m Dash, 4x100 Relay</td>
</tr>
<tr>
<td>7-8</td>
<td>50m Dash, 100m Dash, 200m Dash, 4x100 Relay</td>
</tr>
<tr>
<td>9-10</td>
<td>1500m Racewalk, 100m Dash, 200m Dash, 400m Dash, 4x100 Relay</td>
</tr>
<tr>
<td>11-12</td>
<td>1500m Racewalk, 100m Dash, 200m Dash, 400m Dash, 4x100 Relay</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Ages</th>
<th>Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>13-14</td>
<td>100m Hurdles (G-30&quot;) (B-33&quot;); 200m Hurdles (30&quot;); 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)</td>
</tr>
<tr>
<td>15-16</td>
<td>100m Hurdles (G-33&quot;) (B-36&quot;); 400m Hurdles (G-30&quot;) (B-39&quot;); <em>4 x 100 Relay</em>; <em>4 x 400 Relay</em>; 800m Run; 4 x 800 Relay; 100m Dash; 200m Dash; 400m Dash; Triple Jump; Running Long Jump; Discus (G 1K) (B 1.6K)</td>
</tr>
<tr>
<td>17-18</td>
<td>100m Hurdles (G-33&quot;) (B-36&quot;); 400m Hurdles (G-30&quot;) (B-39&quot;); <em>4 x 100 Relay</em>; <em>4 x 400 Relay</em>; 800m Run; 4 x 800 Relay; 100m Dash; 200m Dash; 400m Dash; Triple Jump; Running Long Jump; Discus (G 1K) (B 1.6K)</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Event</th>
<th>Age/Gender</th>
<th>Long Jump</th>
<th>High Jump</th>
<th>Shot Put</th>
<th>Discus</th>
<th>Triple Jump</th>
<th>Pole Vault</th>
</tr>
</thead>
<tbody>
<tr>
<td>5000M Boys 17-18 (O) (M)</td>
<td>B/G10-U</td>
<td>G11-12</td>
<td>G17-18</td>
<td>B/G11-12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>100M @ 110M Hurdle Trials</td>
<td>B/G11-12</td>
<td>B11-12</td>
<td>B10-U</td>
<td>G17-18</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3000M Boys 11-15 All Ladies</td>
<td>B/G13-14</td>
<td>G13-14</td>
<td>G10-U</td>
<td>G13-14</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>100M @ 110M Hurdle Finals V/R</td>
<td>B/G15-16</td>
<td>G15-16</td>
<td>B11-12</td>
<td>B13-14</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4x100m Relays Girls @Boys All</td>
<td>B/G 17-18</td>
<td>G17-18</td>
<td>G11-12</td>
<td>G15-16</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>400m Dash All Final</td>
<td>OPEN</td>
<td>B13-14</td>
<td>B13-14</td>
<td>B17-18</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>100m Trials All Finals AS/AF Sub-Master</td>
<td>B15-16</td>
<td>G13-14</td>
<td>R15-16</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>50m Trials G/B 4-6 &amp; 7-8 Only Masters</td>
<td>B17-18</td>
<td>G15-16</td>
<td>OPEN</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Break and All Racewalkers</td>
<td>OPEN</td>
<td>B17-18</td>
<td>SUB-MASTERS</td>
<td>B/G 13-14</td>
<td>B13-14</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1500m Run All</td>
<td></td>
<td>SUB-MASTERS</td>
<td>B15-16</td>
<td>MASTERS</td>
<td>B/G15-16</td>
<td>B15-16</td>
<td></td>
</tr>
<tr>
<td>100m Dash Finals If Required</td>
<td></td>
<td>MASTERS</td>
<td>OPEN</td>
<td>SUB-MASTERS</td>
<td>B/G17-18</td>
<td>B17-18</td>
<td></td>
</tr>
<tr>
<td>50m Dash Finals As Required</td>
<td></td>
<td>SUB-MASTERS</td>
<td>MASTERS</td>
<td>OPEN</td>
<td>SUB-MASTERS</td>
<td>SUB-MASTERS</td>
<td>MASTERS</td>
</tr>
<tr>
<td>4x400 Relays All</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>200m Dash All Timed Finals</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>800m Dash All Timed Finals</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>200m Hurdles 13-14 G/B Only</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>400m Hurdles G/B 15-Up</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4x800 Relays All Age 13-14 Up</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**First Event Starts at 8:30 AM**
**Rolling Schedule All Girls Will Run Before Boys**
## CAPITAL CITY STRIDERS
### 1993 MEET SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 12</td>
<td>- CCS Invitational</td>
<td>Laidley Field</td>
<td>8:30 a.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Charleston, WV</td>
<td></td>
</tr>
<tr>
<td>June 19</td>
<td>- AAU State Championship</td>
<td>Laidley Field</td>
<td>9:30 a.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Charleston, WV</td>
<td></td>
</tr>
<tr>
<td>June 15, 22, 29</td>
<td>All-Comers</td>
<td>Laidley Field</td>
<td>6:00 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Charleston, WV</td>
<td></td>
</tr>
<tr>
<td>June 26</td>
<td>- USATF State Youth, Juniors &amp; Open Championship</td>
<td>Laidley Field</td>
<td>9:00 a.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Charleston, WV</td>
<td></td>
</tr>
<tr>
<td>(F) July 10-11</td>
<td>AAU Regional</td>
<td>Hammond, Ind.</td>
<td>9:00 a.m.</td>
</tr>
<tr>
<td>July 8-9-10-11</td>
<td>USATF Regional</td>
<td>Laidley Field</td>
<td>9:00 a.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Charleston, WV</td>
<td></td>
</tr>
<tr>
<td>July 13</td>
<td>- All-Comers</td>
<td>Laidley Field</td>
<td>6:00 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Charleston, WV</td>
<td></td>
</tr>
<tr>
<td>(F) July 16-17-18</td>
<td>East Coast Invitational</td>
<td>Towson, MD</td>
<td>Noon Friday</td>
</tr>
<tr>
<td>July 20</td>
<td>- All-Comers Championship</td>
<td>Laidley Field</td>
<td>6:00 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Charleston, WV</td>
<td></td>
</tr>
<tr>
<td>(F) July 26-Aug 1</td>
<td>USATF National</td>
<td>Baton Rouge, LA</td>
<td>- - -</td>
</tr>
<tr>
<td>(F) Aug 4 - Aug 7</td>
<td>AAU National</td>
<td>Knoxville, TN</td>
<td>- - -</td>
</tr>
</tbody>
</table>

- Must qualify to advance to AAU Regional
- Must qualify to advance to USA Track & Field Regional
- 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

CCS:5
**Shot Put - Women**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOLLAND, BERNICE</td>
<td>28'6&quot;</td>
<td>5'11&quot;</td>
</tr>
<tr>
<td>BROWN, SALLY</td>
<td>22'2&quot;</td>
<td>5'10&quot;</td>
</tr>
</tbody>
</table>

**Discus - Men**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>BREDENRECK, RUDY</td>
<td>65-69</td>
<td>5'10&quot;</td>
</tr>
<tr>
<td>WORCE, TIM</td>
<td>29-35</td>
<td>5'10&quot;</td>
</tr>
</tbody>
</table>

**Standing Long Jump - Men**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>BREDENRECK, RUDY</td>
<td>65-69</td>
<td>5'10&quot;</td>
</tr>
<tr>
<td>WORCE, TIM</td>
<td>29-35</td>
<td>5'10&quot;</td>
</tr>
</tbody>
</table>

**Shot Put - Men**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>BREDENRECK, RUDY</td>
<td>65-69</td>
<td>5'10&quot;</td>
</tr>
<tr>
<td>WORCE, TIM</td>
<td>29-35</td>
<td>5'10&quot;</td>
</tr>
</tbody>
</table>

**Standing Long Jump - Men**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>BREDENRECK, RUDY</td>
<td>65-69</td>
<td>5'10&quot;</td>
</tr>
<tr>
<td>WORCE, TIM</td>
<td>29-35</td>
<td>5'10&quot;</td>
</tr>
</tbody>
</table>

**Standing Long Jump - Women**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>BREDENRECK, RUDY</td>
<td>65-69</td>
<td>5'10&quot;</td>
</tr>
<tr>
<td>WORCE, TIM</td>
<td>29-35</td>
<td>5'10&quot;</td>
</tr>
</tbody>
</table>
### Hotel Information

<table>
<thead>
<tr>
<th>Miles to Track</th>
<th>Downtown Hotel</th>
<th>Rates</th>
<th>Contact Person</th>
<th>Phone</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Elk River Town Center Inn (Headquarters Hotel)</td>
<td>$444.00</td>
<td>Reservations</td>
<td>800-765-6566</td>
<td>7</td>
</tr>
<tr>
<td>1</td>
<td>Marriott</td>
<td>$76.00</td>
<td>Reservations</td>
<td>304-345-6500</td>
<td>2</td>
</tr>
<tr>
<td>1/2</td>
<td>Holiday Inn 1/2</td>
<td>$44.00</td>
<td>Reservations</td>
<td>304-345-4661</td>
<td>8</td>
</tr>
<tr>
<td>1</td>
<td>Holiday Inn Civic Center</td>
<td>$55.00</td>
<td>Reservations</td>
<td>304-345-0600</td>
<td>3</td>
</tr>
<tr>
<td>3/4</td>
<td>Charleston House Holiday Inn</td>
<td>$59.00</td>
<td>Reservations</td>
<td>304-345-4092</td>
<td>1</td>
</tr>
</tbody>
</table>

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 your hotel that you are with 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 304-344-6075.
<table>
<thead>
<tr>
<th>NAME:</th>
<th>AGE GROUP:</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEET:</td>
<td>DATE:</td>
</tr>
<tr>
<td>MEET SITE:</td>
<td></td>
</tr>
<tr>
<td>EVENT:</td>
<td>MARK:</td>
</tr>
<tr>
<td>EVENT:</td>
<td>MARK:</td>
</tr>
<tr>
<td>EVENT:</td>
<td>MARK:</td>
</tr>
<tr>
<td>EVENT:</td>
<td>MARK:</td>
</tr>
<tr>
<td>EVENT:</td>
<td>MARK:</td>
</tr>
<tr>
<td>EVENT:</td>
<td>MARK:</td>
</tr>
</tbody>
</table>

Over The Hill Track Club

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