



OVER THE HILL TRACK CLUB

MAY, 1993

(This Newsletter is an EXPRESS edition, all normal sections will resume in July)

Let's welcome our new 1993 members:

Ben James

30-39

FAREWELL TO AN OUTSTANDING ATHLETE, CLUB MEMBER, FRIEND:

During the week of June 14, our fellow club member Dr. Allan Jackson passed away. If you have a picture or a write up you would like to share for the next Newsletter please send it to me. We have deep felt sympathy for Joe Ann, Allan's wife and are saddened by her loss.

CLEVELAND TRACK CLASSIC HELP NEEDED:

The Cleveland Track Classic is scheduled for July 24 at Brunswick. Please contact Geoff Packer to volunteer your services for the meet!!!

Cleveland Track Classic is almost here!

Men's 40-49 relays (FOUR) are currently being

put together emphasizing QUALITY - CLUB RECORDS - MEET RECORDS.

4 x 200 - Gosky, Plate, Salupo, Harvey ALT-Miller

4 x 800 - Gerson, Packer, Kuebler, Thomas ALT-Joseph

4 x 100 - Gosky, Williams, Plate, Harvey Alt-Salupo

4 x 400 - Gerson, Harvey, Packer, Thomas ALT-Plate

RE: NATIONAL MASTERS CHAMPIONSHIPS in PROVO, UTAH (Aug. 11-14)

Anyone interested in competing for OTHTC on relays should communicate that to his/her coordinator.

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

WOMEN ON THE MOVE

THANKS FOR YOUR PARTICIPATION AT NORTH COAST!!!

Now let's relay up again at the Cleveland Track Classic:

<u>4 X 100</u> (Open)	<u>4 X 400</u> (Open)	<u>4 X 800</u> (Open)
B. Ellis	T. Stepanek	Iorfido/Stiegelmeier
Y. Rabb	D. Yurth	D. Ellis
L. Kidd	P. Finley	D. Yurth
A. Coats	L. Kidd	T. Stepanek
4 X 100 (Masters 30+)	4 X 200 (Masters)	4 X 400 (Masters)
M. Patterson	P. Thomas	B. Iorfido
P. Thomas	C. Gerson	J. Cole-Everett
Sa. Stiegelmeier	Sa. Stiegelmeier	E. Strauss
P. Finley	M. Patterson	Su. Stiegelmeier

SCHEDULE OF MEETS.

Ohio Sports Festival Regionals	June 26,27	Larry Siefert	842-2142
* East Allegheny 5K Road Race	June 27	Form Included	Gary Brown 823-8280
Kent State Mini Meet	June 29	See above	See above
Northwest Track Club Evening Series	June 30	Harold Martin	See above - June 9
Case Mini Meet	July 1	CWRU Finnigan Track	E. 115th N. of Euclid
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
Case Mini Meet	July 8	CWRU Finnigan Track	E. 115th N. of Euclid
* Dayton Track Classic	July 10	Form Included	Bob Jones Dayton Masters 1-513-837-2754
* 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
Case Mini Meet	July 15	CWRU Finnigan Track	E. 115th N. of Euclid
* West Penn Track Club Outdoor Meet II	July 17	Form Included	Ray Sanchas West Penn. TC Raritan Valley Comm. College. N. Branch. NJ
Raritan Valley - Elite Feet Twilight Meet	July 17	Form Included	
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 Marshall Univ. Huntington, W Va.
Midwest Masters T&F Championships	July 31	Form Included	See Above See Above 703-370-9841
BBB Classis for Girls and Women	July 31	Chuck La Chiusa	
BBB Classic for Boys and Men	August 1	Chuck La Chiusa	
Potomac Valley TC All Comers Meet	August 8	Bob Briggs	
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	CHUCK KLEIM	(815) 338 - 2880
Over The Hill Cross Country Meet	October 3	Jeff Gerson	University School
WAVA World Championships. Miyazaki. Japan	October 7-17		

C^T
93C

The fifteenth annual
CLEVELAND TRACK CLASSIC

Mail to: Geoff Packer
2845 North Park Blvd.
Cleveland Hts., OH
44118-4030

OFFICIAL ENTRY FORM

I. Personal Information.

NAME _____
(last) (First) (middle)

ADDRESS _____

City _____ State _____ Zip _____

Telephone (home) _____ (business) _____

Birthdate _____ Age as of date of meet: _____

Sex: Male _____ Female _____ USA T&F Card #: _____

Affiliation: _____

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

First event....\$7.00 (under 20...\$4.00) \$ _____

Additional events \$5.00 each (under 20: \$3.00 each) \$ _____

Relay entries (\$20/team; under 20: \$12/team) \$ _____

TOTAL: \$ _____

LIABILITY WAIVER

In consideration of your acceptance of this entry, I hereby for myself, my executors and administrators, waive any and all rights and claims for damages I may have against the sponsors, institutions and individuals associated with the 1993 Cleveland Track Classic, their representatives, successors and assigns, and will hold them harmless for any and all injuries and loss suffered by me in connection with said event. I attest that I am physically fit and sufficiently trained to participate safely in this event. If I suffer injury or illness at this event, I hereby authorize meet officials, at their discretion, to have me transported to a medical facility; I take full responsibility for this action. I hereby give permission for the free use of my name and picture in any media account of said event. I understand that, if competing under USA T&F rules, I am subject to possible drug testing.

SIGNATURE: _____ DATE: _____

(parent or coach's signature if under 18)

DATE: Saturday, July 24, 1993.

LOCATION: Brunswick High School (71 to Brunswick exit; east 1/2 mi. on Rte. 303).

DIVISIONS: [Men and women]: 19 and under; 20-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-79; 80 and over.

AWARDS: In each age group: First Place - Trophy; 2nd & 3rd Place: Medallions; 4th, 5th & 6th Places - Ribbons. Male & female MVP trophies each 10-yr. group. Athlete of meet award. Trophies for top three teams.

SPECIAL NOTES

1. CTC T-shirts will be available at the meet for \$8.
2. 1/8" pyramid spikes or flats ONLY.
3. Concession stand open. No shower or changing facilities on site.
4. All events are finals, & will be run in heats against time.
5. The meet is sanctioned by the Lake Erie USA T&F, and is subject to all USA T&F standards and regulations. Clubs must be registered with USA T&F in order to compete for team trophies. Masters weights & hurdles according to USA T&F national masters standards.
6. Entries must be received by July 14. On-site registration will be available, until noon, at double the normal rate. No late fee for relays.
7. Time schedules provided on attached sheet are estimates only.

(Detach Here)

For further information or entry forms, contact:

Geoff Packer: (216) 371-2822

Geoff Gerson: (216) 382-2656

Norm Thomas : (216) 842-2142

Time	Event	Age Grp	Record	Time	Event	Age Grp	Record	Time	Event	Age Grp	Record	Time	Event	Age Gr.	Record
9:00	SP	M(50's)	44'1"	Noon	TJ	M(30's)	44'8"	2:15	400	M(50's)	54.9	4:45	Hmmr	W(60+)	76'10"
9:00	LJ	M(30's)	22'7"		HJ	W(Open)	5'10"			M(40's)	49.2			W(50's)	69'1"
9:30	DSC	M(30's)	160'1"	12:30	SP	W(OPen)	199'2"			M(Open)	46.7			W(40's)	65'7"
9:30	JAV	M(Open)	260'1"		JAV	M(30's)	54'7½"	2:30	Hmmr	M(80+)	58'9"			W(30's)	55'5"
9:30	HJ	M(Open)	7'½"		35Wt	M(40's)	140'5"			M(70's)	135'11"			W(Open)	95'5"
9:30	PV	M(Open)	16'6"	12:45	DSC	M(50's)	7'6"			M(60's)	168'3"	4:50	200	W(60+)	35.9
9:45	4X2	W(40+)	2:29.7		PV	M(70+)	8'6"			M(50's)	163'9"			W(50's)	34.8
	Relay	W(30's)				M(60's)	13'0"			M(40's)	164'3"			W(40's)	28.4
		W(Open)	1:36.2			M(50's)	14'0"		LJ	M(80's)	8'11½"			W(30's)	26.8
		M(50+)	1:55.3			M(40's)	15'1"			M(70's)	11'8½"			W(Open)	24.0
		M(40's)	1:36.3			M(30's)	11'1"			M(60's)	15'8½"			M(80+)	37.4
		M(30's)	1:31.0							M(50's)	18'6"			M(70's)	29.5
		M(Open)	1:24.9	1:00	Mile	W(50+)	5:59.8	2:45	SP	W(60+)	32'½"			M(60's)	27.4
10:00	SP	M(40's)	52'4½"			W(40's)	5:25.1			W(50's)	28'7½"			M(50's)	24.0
10:15	4X8	W(30+)	11:29.2			W(30's)	5:51.9			W(40's)	25'8"			M(40's)	22.6
	Relay	W(Open)	10:08.0			W(Open)	4:53.0			W(30's)	35'5½"			M(30's)	21.7
		M(50+)	9:56.0			M(80+)	8:11.5	3:10	HJ	W(60+)	3'8"			M(Open)	21.1
		M(40's)	9:12.8			M(60-79)	5:36.0			W(40-59)	4'6"		DSC	M(80+)	58'0"
		M(30's)	8:24.5			M(50's)	5:03.1			W(30's)	5'6"			M(70's)	125'5"
		M(Open)	8:09.8			M(40's)	4:33.0		TrJ	M(40's)	43'7½"			M(60's)	140'10"
10:30	DSC	W(Open)	168'5"			M(30's)			Mile	W(60+)	11:52.3	5:40	2-	W(60+)	23:41.2
10:30	JAV	M(50's)	147'9"			M(Open)	4:09.0		Race-	W(50's)	10:25.3		Mile	W(40-59)	13:28.1
10:30	LJ	W(Open)	20'3"	1:00	LJ	M(40's)	21'3½"		Walk	W(40's)	9:55.6			W(30's)	
10:30	35Wt	M(Open)	73'5½"		HJ	M(70+)	4'6"			W(30's)	9:16.2			W(Open)	10:42.0
		M(30's)	45'10½"			M(60's)	4'8"			W(Open)	9:04.9			M(60+)	12:34.1
10:30	TrJ	M(70+)	22'2½"			M(50's)	5'4½"			M(80+)	12:41.0			M(50's)	11:02.6
		M(60's)	32'½"		TrJ	W(60+)	23'4"			M(70's)		6:00	2-	M(40's)	10:09.7
		M(50's)	35'7"			W(40-59)	26'3"			M(60's)	9:15.6		Mile	M(30's)	9:20.9
10:50	HJ	M(30's)	6'7¼"			W(30's)	29'10"			M(50's)	8:33.7	6:15	2-	M(Open)	8:58.4
10:50	100H	W(40+)	19.4			W(Open)	36'10½"			M(40's)	7:19.8		Mile		
		W(30's)	17.0	1:30	16Wt	W(60+)	27'10"			M(30's)	7:32.6	6:30	4X4	W(30+)	
		W(Open)				W(50's)	30'10"			M(Open)	6:18.2		Relay	W(Open)	3:44.9
		M(60+)	16.6		25Wt	W(40's)	22'5½"	3:35	300H	M(60+)	53.3			M(40+)	3:46.0
		M(50's)	14.5			W(30's)	21'1½"		400H	M(50's)	1:03.3			M(30's)	3:24.1
		M(40's)				W(Open)	26'8"			M(40's)	1:01.0			M(Open)	3:11.5
	110H	M(30's)	14.1		JAV	M(80+)	40'8"			M(30's)	53.4				
		M(Open)	14.16			M(70's)	106'6"			W(30+)	1:13.7				
11:30	SP	M(30's)	51'10½"			M(60's)	130'1"			W(Open)	1:10.79				
	LJ	M(Open)	25'9½"	1:45	TrJ	M(Open)	51'11"			M(OPen)	50.00				
	DSC	M(Open)	192'9"		4X1	W(30+)		3:45	LJ	W(50+)	10'4"				
	JAV	M(40's)	225'10"		Relay	W(Open)	46.9			W(40's)	14'7"				
	25Wt	M(80+)	17'10"			M(50+)	53.1			W(30's)	19'5½"				
		M(70's)	36'10"			M(40's)	46.4		Hmmr	M(30's)	149'8"				
		M(60's)	51'1½"			M(30's)	42.7			M(Open)	242'8"				
	35Wt	M(50's)	44'11"			M(Open)	40.7	4:00	SP	M(80+)	21'1"				
11:30	100	W(60+)	15.7	2:00	HJ	M(40's)	5'10½"			M(70's)	39'0"				
		W(50's)	15.0		DSC	M(40's)	147'11"			M(60's)	42'8½"				
		W(40's)	13.3	2:15	JAV	W(60+)	84'1"	4:05	DSC	W(60+)	90'4"				
		W(30's)	12.1			W(50's)	85'10"			W(50's)	70'7"				
		W(Open)	11.6			W(40's)	76'5"			W(40's)	74'3"				
		M(80+)	15.6			W(30's)	104'0"			W(30's)	94'0"				
		M(70's)	13.6			W(Open)	151'6"		800	W(50+)	3:54.7				
		M(60's)	12.6		400	W(60+)	1:26.3			W(40's)	2:31.5				
		M(50's)	11.6			W(50's)	1:16.0			W(30's)	2:22.0				
		M(40's)	10.8			W(40's)	1:05.3			W(Open)	2:09.7				
		M(30's)	10.5			W(30's)	1:04.5			M(80+)	4:02.5				
		M(Open)	10.2			W(Open)	54.8			M(70's)					
						M(80+)	1:29.2			M(60's)	2:41.9				
						M(70's)	1:10.6			M(50's)	2:10.2				
						M(60's)	1:05.2			M(40's)	2:02.9				
										M(30's)	1:58.1				
										M(OPen)	1:50.7				

City of Dayton
Division of Recreation and Parks

Sanctioned by the Athletic Congress

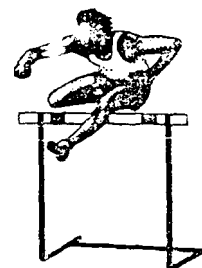
Dayton Track Classic

Saturday, July 10, 1993 - Welcome Stadium



Special notes:

1. All competitors must have a 1993 TAC Card.
2. All events are finals, and run against time.
3. Entries must be received no later than July 2, 1993.
4. Late entries at registration table - 7:30 a.m. - 8:30 a.m. July 10, 1993.
- * 5. Registration limited to four individual events (Does not include relays).
6. Registration will be closed 1/2 hour before start of event (at the discretion of the meet director).
7. Long Jump, Triple Jump, Shot Put and Discus - All competitors will receive 3 attempts.
8. All weather fast tartan track.
9. Entry fee \$10.00 - 1st Event and \$4.00 each additional event.
10. Late entry fee \$12.00 - 1st Event and \$5.00 each additional event.
11. Age as of July 10, 1993.
12. Relays \$12.00.
13. Sanitary facilities - No showers
14. No Refunds.



Divisions: Five Year Age Divisions

1. Open Men and Women (ages 19 - 29)
2. Masters Men and Women (ages 30 - 80+)

For additional information please contact:

Bob Jones - President
Dayton Masters T/C
1-513-837-2754

Schedule of Events

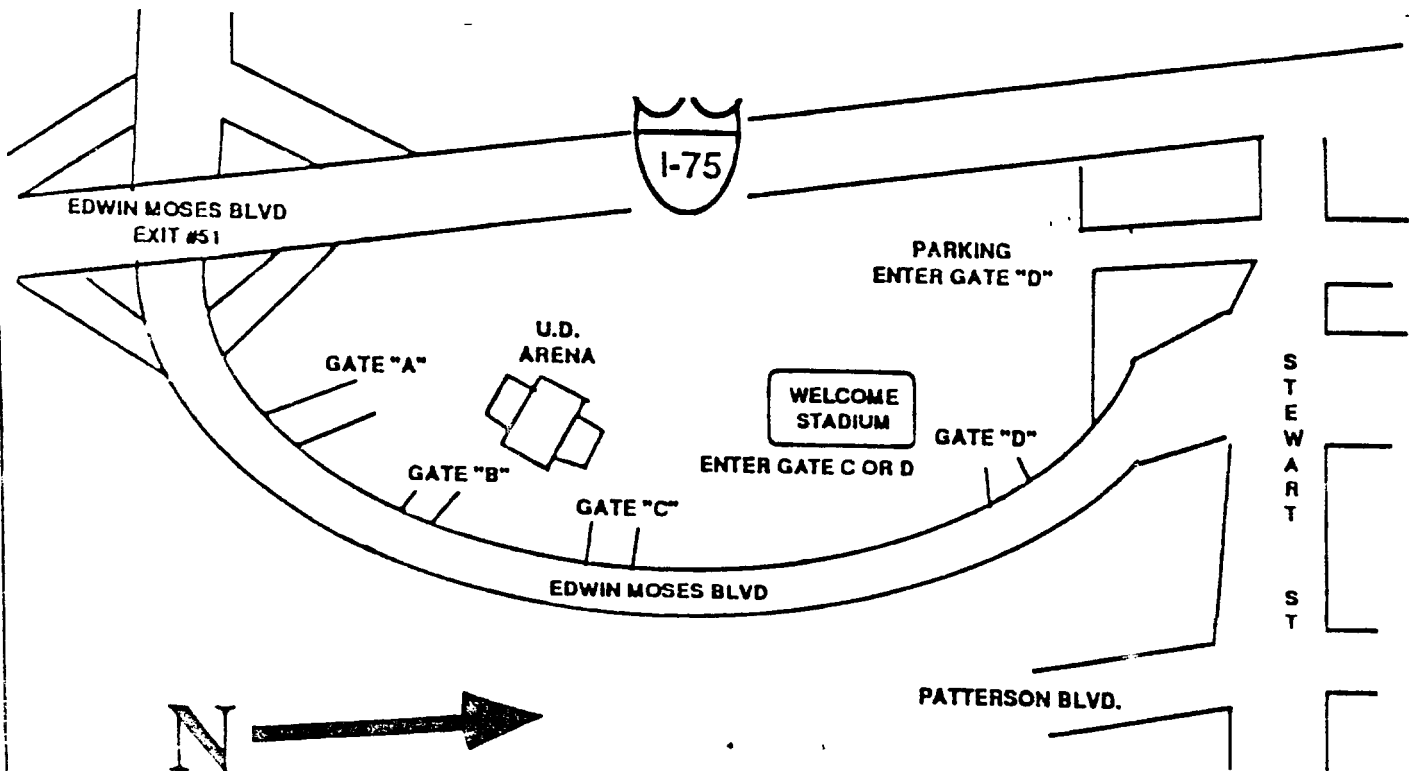
Women Before Men, Oldest to Youngest

Track Events

- 9:00 a.m. 1500 Meter Walk
- 9:30 a.m. 3000 Meter Run
- 10:30 a.m. Hurdles
- 11:15 a.m. 100 Meter Dash
- 12:00 800 Meter Run
- 12:30 Lunch
- 1:15 p.m. 4 x 100 Meter Relay
- 1:45 p.m. 400 Meter Dash
- 2:15 p.m. 1500 Meter Run
- 2:35 p.m. 200 Meter Dash
- 3:15 p.m. 4 x 200 Meter Relay

Field Events

- 9:00 a.m. Shot Put
- 9:00 a.m. High Jump
- 9:00 a.m. Long Jump
- 1:00 p.m. Discus
- 1:00 p.m. Pole Vault
- 1:00 p.m. Triple Jump





Dayton Masters Track Club Inc.
Dayton Track Classic
Entry Form

Entry Fee \$10.00 1st event, \$4.00 each additional event.
Relays \$12.00. Entries must be received by July 2, 1993.
Late entries after July 2, 1993, \$12.00 1st event, \$5.00 each
additional event.

Send check and entries to:
Dayton Masters Inc.
7567 Roselake Drive
Dayton, Ohio 45414

Name _____ Club _____ TAC# _____
Address _____ City, State, Zip _____
Telephone Number _____ Date of Birth _____ Sex _____ Age _____

Event	Best Recent Time
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

Relay Entry Form _____
Club _____ Age-Division _____ Event _____
Names of all relay members _____
Club _____ Age-Division _____ Event _____

All competitors must complete waiver

Waiver for all events

In consideration for acceptance of my entry in the Dayton Track Classic, I do hereby for myself and anyone entitled to act in my behalf, waive and release The Dayton Masters Track Club Inc. of Dayton, Ohio and all sponsors, their representatives and successors from all claims or liabilities of any arising out of my participation in this event.

Date _____ Signed _____



CASE WESTERN RESERVE UNIVERSITY

1993

Case Western Reserve University

Mini Meets

When: June 10, 17, 24
July 1, 8, 15

Where: C.W.R.U. Finnigan Track located on East
115th North of Euclid Avenue

Time: 7:00 P.M.

Entry Fee: \$2.00 for unlimited competition

Type of Competition: No age group

Awards: No awards

Additional Information: No need to preregister- just show up
at the track

Events: June 10, 24, July 8
200
800
3200
4 x 400
Triple Jump
High Jump
Discus

June 17, July 1, 15
100
400
1600
4 x 400
Long Jump
Shot Put

Bill Surdek
Spartan Track & Field/Cross Country

MAILING ADDRESS
Case Western Reserve University
10900 Euclid Avenue
Cleveland, Ohio 44106-7223

VISITING AND DELIVERY
Emerson P.E. Center
Adulbert Gymnasium

Phone 216-368-2867
Fax 216-368-2422

Toll Free
Ohio 1-800-367-8600 ext 2865
National 1-800-321-6984 ext 2865

1993 USATF NATIONAL MASTERS DECATHLON / HEPTATHLON CHAMPIONSHIPS WOLFPACK OPEN / YOUTH INVITATIONAL Columbus, Ohio, July 10-11, 1993

MEET: Masters athletes (30 & Over) are invited to participate in the 1993 National Masters Decathlon/Heptathlon Championships to be held at Upper Arlington High School in Columbus, Ohio on the weekend of July 10-11, 1993. In addition, as a development effort on behalf of the Ohio USATF Track & Field Committee, we will invite up to 16 Open (29 & Under) and/or Youth (15-16, 17-18) athletes to compete in a Wolfpack Invitational Division. The meet will be scheduled on an oldest to youngest priority, giving Masters and out-of-state guests priority in scheduling matters.

MEN'S DECATHLON: Saturday, July 10 at 10:00 AM - 100M, LJ, SP, HJ, 400M
Sunday, July 11 at 9:00 AM - HURD, DT, PV, JT, 1500M

WOMEN'S HEPTATHLON: Saturday, July 10 at 10:30 AM - HURD, HJ, SP, 200M
Sunday, July 11 at 10:30 AM - LJ, JT, 800M

PLACE: Upper Arlington High School Athletic Field and Track, 1650 Ridgeview Rd, Upper Arlington, OH.
Located two miles northwest of the main OSU campus in Northwest Columbus.

HOSTS: Wolfpack Track Club and Scioto Track Club **INFORMATION:** [614] 459 - 2547

SANCTION: Ohio Association of USATF -- event subject to the USATF drug testing program.

USATF MEMBERSHIP: USATF membership numbers are required for all athlete participants. For information, Ohio athletes should write Ohio USATF, PO Box 5848, Dayton, OH 45405 or call [513] 276-5121 (evenings).

AGE DETERMINATION: Youth - December 31, 1993; Adults - July 10, 1993

AGE GROUPS: Youth - Intermediate (born 1977-8), Young Men / Women (born after 8/1/1974, 1975-76).
Adults - Open, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79,....., 95-99

ENTRY FEE: Submasters and Masters - \$40 (includes Meet T-Shirt and Banquet Pasta Supper on Saturday Night)
Youth and Open - \$15 **LATE FEE:** \$5 on Thurs, 7/8 or Fri, 7/9; \$10 on Sat, day of meet

ADDITIONAL MEET T-SHIRTS: \$10.00 each **ADDITIONAL BANQUET TICKETS:** \$17.00 each

ENTRY DEADLINE: Wednesday, July 7, 1993 **ATHLETE NUMBERS:** To be worn by all participants

LATE REGISTRATION: 6 - 8 PM on Fri, 7/9 (at the track); 8 - 9 AM on Sat, the day of the meet.

CHECKS PAYABLE TO: John White, Wolfpack Track Club, 4865 Arthur Place, Columbus, Ohio 43220

SCORING: IAAF scoring tables as specified in the 1993 USATF Rulebook. The Masters results will be age factored first using the latest WAVA 5-year age-factors (all within each age-group use the same factors).

AWARDS: USATF National Masters medals awarded to the top 3 finishers in each masters age group. A Championship patch is awarded to each masters and submasters gold medalist. TAC Association medals awarded to the top 3 in each Open and Youth division.

TRACK: Resurfaced red Tartan, 8-lane, all-weather, metric track, 1/4" spikes, accutrack timing, USATF Officials

THROWS: SP - concrete, raised ring; DT - concrete, raised ring, cage; JT - grass runway, spikes needed.

JUMPS: LJ - one runway; HJ - two pits provided, one on track; PV - two pits provided, one at LJ pit.

FACILITIES: soft drinks, water, toilets, adequate parking, some shade from stands, low risk neighborhood.

Men's Implements: (per 1993 WAVA and USATF)

Age	Shot	Discus	Javelin	Hurdles	distance	height	first	space	end
IB,YM	12lb	1.6K	800gr		110M	39"	45'	30'	46'
Open	16lb	2.0K	800gr		110M	42"	45'	30'	46'
30-49	16lb	2.0K	800gr		110M	39"	45'	30'	46'
50-59	6K	1.5K	800gr		100M	36"	13M	8.5M	10.5M
60-69	5K	1.0K	600gr		100M	33"	13M	8.5M	10.5M
70+	4K	1.0K	600gr		80M	30"	12M	7M	19M

Women's Implements: (per 1993 WAVA and USATF)

Age	Shot	Discus	Javelin	Hurdles	distance	height	first	space	end
IB,YW	4K	1.0K	600gr		100M	33"	13M	8.5M	10.5M
Open	4K	1.0K	600gr		100M	33"	13M	8.5M	10.5M
30-39	4K	1.0K	600gr		100M	33"	13M	8.5M	10.5M
40-49	4K	1.0K	600gr		80M	30"	12M	8M	12M
50+	3K	1.0K	400gr		80M	30"	12M	7M	19M

Convenient Motels (all located 3-4 miles east of the meet site):

Holiday Inn@	328 W Lane Av	614-294-4848	800-Holiday
Ramada Inn@	3110 Olentangy River Rd	614-267-7461	800-228-2828
Parke University@	3025 Olentangy River Rd	614-267-1111	
Cross-Country Inn#	3246 Olentangy River Rd	614-267-4646	800-621-1429
Red Roof Inn#	441 Ackerman Rd	614-267-9941	800-The-Roof
Days Inn#	3160 Olentangy River Rd	614-261-0523	800-325-2525
Buckeye Inn#	3232 Olentangy River Rd	614-261-7141	
Cross-Country Inn*	1445 Olentangy River Rd	614-291-2983	800-621-1429
Olentangy Inn*	1299 Olentangy River Rd	614-294-5211	

@ - These convenient motels offer shuttle service to the airport if reserved in advance. The airport is 10 miles east of the motels, and the taxi fare is \$15 each way. The host Wolfpack TC plans to offer some shuttle service from these motels to the track, but we are counting on assistance from athletes with automobiles to ease the pressure. Remember to ask the motels for senior and weekend discounts.

- use Ackerman Rd or Lane Av exit, go east to Olentangy River Rd, then north to motels.

* - use Lane Av exit, go east to Olentangy River Rd, then south to motels.

Directions to the Track: From the east, west, or (south) of Columbus, take I-70 (I-71) to northbound SR 315 on the near west (south) side of Columbus. From the Motels (except the Holiday Inn on Lane Av), proceed to Lane Av and turn west. From the north of Columbus, take US 23 or I-71 to I-270 and then go west to southbound SR 315. Exit SR 315 at Lane Av, just north of Ohio State University. Proceed west to North Star, north to Zollinger, and west to Holyoke. At Holyoke turn south and enter the parking lot on the right side between the Upper Arlington High School buildings and the athletic field containing the track facility. Park on the south end of the track!

Banquet Meeting/ Get Together: This event is a tradition of the National Masters Decathlon/Heptathlon Meet. The host is asked to arrange a pasta buffet where a good social outing can be obtained and a brief meeting of the active athletes can be held. Among other things, we will be deciding on the location of the 1995 National Masters Decathlon/Heptathlon Championships. Columbus has a sizeable Italian Restaurant Community, but most of it is on the east side of town. Modest price banquets near the track were not available. We finally selected a good, up-scale restaurant that is six miles from the motels but easy to locate. The cost is \$5 more than last year (\$13.95 + tax + gratuity = \$17.00). The meal will consist of table service of all you can eat of three dishes (lasagna, rotini w/sausage, and chicken parmigiana), salad, vegetable, bread, beverage, etc. Additional appetizers and alcoholic beverages will be served on a cash basis. Please plan to attend and join in on the comradery of Masters Track and Field!

Banquet Location/ Time/ Directions: The Banquet will be held Saturday night, July 10, 1993 at the La Scala Italian Bistro, 4199 West Dublin-Granville Rd (SR 161) at 7:30 PM. From the motels, proceed to Olentangy River Road and turn north. Travel approximately 3 miles north to Dublin-Granville Rd (SR 161). Turn west (left) and travel approximately 3 miles to the La Scala restaurant. The restaurant is on the left and has a large parking lot.

ALL USATF SANCTIONED COMPETITIONS ARE SUBJECT TO DRUG TESTING

Athletes who participate in this competition will be subject to formal drug testing in accordance with USATF rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event, and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hotline at 1-800-233-0393. [TAC Memo, 1/27/87] *This notice does not mean that this track meet has been selected for actual drug testing.*

**1993 USATF NATIONAL MASTERS
DECATHLON / HEPTATHLON CHAMPIONSHIPS
WOLFPACK OPEN / YOUTH INVITATIONAL
Columbus, Ohio, July 10-11, 1993**

ENTRY FORM - MAIL TO THE MEET DIRECTOR

MAKE CHECKS PAYABLE TO: JOHN WHITE, WOLFPACK TRACK CLUB

MAIL CHECKS WITH ENTRY FORMS TO: JOHN WHITE [614] 459-2547 (H)
4865 ARTHUR PLACE
COLUMBUS, OH 43220

NAME: _____ GENDER: _____ PHONE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

AGE AS OF 7-10-93: _____ CLUB: _____ DATE OF BIRTH: _____

1993 USATF #: _____ [REQUIRED OF ALL PARTICIPATING ATHLETES]

ATHLETIC RELEASE

IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY, I HEREBY FOR MYSELF, AND MY HEIRS, EXECUTORS AND ADMINISTRATORS WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES THAT I MAY HAVE AGAINST WOLFPACK TRACK CLUB, ITS OFFICERS, MEMBERS, AND MEET OFFICIALS FOR ANY AND ALL INJURIES SUFFERED BY ME OR MY CHILD (ATHLETE) IN THIS MEET. I FURTHER ATTEST THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR COMPETITION IN THE EVENTS I AM ENTERING. I AM AWARE OF THE USATF PROGRAM FOR DRUG TESTING OF ATHLETES.

SIGNATURE _____ DATE _____
(PARENT'S OR COACH'S SIGNATURE IS REQUIRED IF CONTESTANT IS UNDER 18 YEARS OLD)

Expected performance, for seeding purposes:

Decathlon:

100M	_____	HURD	_____
LJ	_____	DT	_____
SP	_____	PV	_____
HJ	_____	JT	_____
400M	_____	1500M	_____

Heptathlon:

HURD	_____	LJ	_____
HJ	_____	JT	_____
SP	_____	800M	_____
200M	_____		

SOMERSET SUMMER ALL AGES TRACK & FIELD MEET

TIME: 9:00 AM

DATE: SATURDAY, JULY 17, 1993*

***GERMAN FESTIVAL WILL BE IN PROGRESS SO PLAN TO STAY FOR THE DAY.**

PLACE: Somerset High School, Somerset, Pa. Directions mailed on request.

FACILITIES: 6 lane all-weather track with good jump and throwing facilities.

SANCTION: USAT&F

MEET DIRECTOR: RAY SANCHAS

ENTRY FEE: Under 18: \$3.00 per event, \$10.00 per relay, by July 12. Open & Masters: \$4.00 per event, \$12.00 per relay. Late or post entries add \$1.00 per event. 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 (Under 10, 10-12, 13-15, 16-18, Open, 5 year age groups from 30-34, etc.). You may participate in only one age group (relays excepted). Team awards in the following divisions: Youth, Open, 30-39, 40-49, 50-59, 60 plus, and Overall. Total scores for male and female combined. **OUTSTANDING MALE/FEMALE ATHLETE TROPHIES AWARDED AT END OF MEET.**

AGE DETERMINING DATE: JULY 17, 1993

EVENTS: 110m H.Hurdles, 100m Dash, 200, 400, 400 IM Hurdles, 800, Mile, 2 Mile, 5K, 1,500 Walk, 3K Walk, 4 X 100, 4 x 400, Dist. Medley, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.

ORDER OF EVENTS: TRACK: 9:00 AM: 5K, 10:00 AM: Dist. Medley, 110 H. Hurdles, 100, Mile, 400, 4 x 100, 400 Hurdles, 800, 200, 1,500 Walk, 2 Mile, 4 X 400, 3K Walk. FIELD EVENTS: 10:00 AM: SP, LJ (Youth then Open & Masters), TJ (Open & Masters then Youth), HJ. Discus and Javelin to follow SP.

COMPETITION ORDER: Younger to older women, then older to younger men (except horizontal jumps as noted above and high jump where entrants may enter at appropriate height with permission prior to start of event from clerk of course.) Age groups may be combined in heats and/or finals.

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

NAME: _____ PHONE: () _____

ADDRESS: _____ AGE: _____

EVENTS: _____ CLUB _____

Waiver: In consideration of your acceptance of my entry, I hereby waive and release any and all claims for damages which I may have or accrue as a result of my participation in the Somerset Summer All Ages Track Meet.

SIGNATURE: _____ DATE: _____

PARENT/GUARDIAN (if under 18): _____



TRACK MEET RETURNS: The Wayne Russell Track & Field Classic returns to Reilly Field in Salem on July 31 after a three-year absence for construction. New hurdles, starting blocks and jump pits have been purchased for the eight-lane track.

The 20th annual meet, minus the pole vault, javelin, 400-meter hurdles and 1K run, will be run from 8 a.m. to 8 p.m. It is open to all age groups. Call ~~Bob Beck~~ at ~~337-7778~~.

BOB
ZECK

337-6778



— Don Friedman

DISCOUNT MEET: The 10th annual Discount Drug Mart track meet, which will benefit the American Heart Association for the 10th straight year, will be Saturday at Medina High School, beginning at 8 a.m. (Sat. 6-19-93)

The events are: standing long jump, shot put, high jump, discus, 60-, 100-, 200- and 400-meter dashes, 800-, 1,500- and 3,000-meter runs and long jump. All events are open to male and female athletes, 18 years or older.

Additional information for both events may be obtained at any Discount Drug Mart. Call 725-2340, ext. 4456.

— Dick Zunt

The Plain Dealer

JUN 14 1993

OVER THE HILL TRACK CLUB
MAY, 1993



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

Rex Harvey
2661 Euclid Hgts. Blvd.
Cleveland Hts., Ohio 44106
93

HARV661 441061002 109 0 F 1
NOTIFY SENDER OF NEW ADDRESS
HARVEY
160 CHATHAM WAY
CLEVELAND OH 44124-2010



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: _____