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.
WOMEN ON THE MOVE

THANKS FOR YOUR PARTICIPATION AT NORTH COAST!!!

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

4 X 100  4 X 400  4 X 800
(Open)  (Open)  (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  4 X 200  4 X 400
(Masters 30+)  (Masters)  (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
* East Allegheny 5K Road Race
Kent State Mini Meet
Northwest Track Club Evening Series
Case Mini Meet
Steubenville Striders Open Track Meet (All ages)
BBB, Niagara Masters Championships
Columbus Relays Track & Field Series (Y. O. M) 6pm
Kent State Mini Meet
Case Mini Meet
* Dayton Track Classic

* USATF National Masters Decathlon/Heptathlon
Kent State Mini Meet
Case Mini Meet
* West Penn Track Club Outdoor Meet II
Raritan Valley - Elite Feet Twilight Meet

Ohio Sports Festival Finals
* Cleveland Track Classic
Wayne-Russell Track Meet
Midwest Masters T&F Championships
BBB Classic for Girls and Women
BBB Classic for Boys and Men
Potomac Valley TC All Comers Meet
TAC National Masters Outdoor Championships, Provo, Utah
Potomac Valley TC All Comers Meet
Potomac Valley Games
Ohio Track & Field 56# Weight Throw
TAC National Master Weight Pentathlon, Woodstock, Illinois
Over The Hill Cross Country Meet
WAFA World Championships, Miyazaki, Japan

Larry Siefert  June 26, 27  Form Included  842-2142
Gary Brown  June 27  See above  823-8280
Harold Martin  See above - June 9  See above
CWRU Finnigan Track  E. 115th N. of Euclid
??  Steubenville, Ohio  Steubenville, Ohio
Chuck La Chiusa  See Above  See Above
Curtis Stitt  See above  See above
CWRU Finnigan Track  E. 115th N. of Euclid
Form Included  Bob Jones

Dayton Masters  1-513-837-2754
4865 Arthur Place  Columbus, Ohio 43220
614-459-2547
John White  July 10, 11  See above
See above

Jeff Gerson  July 17.18  See above
Frank Parks  See above
Chuck La Chiusa  E. 115th N. of Euclid
Chuck La Chiusa  Ray Sanchas
Bob Briggs  West Penn, TC
John White  Raritan Valley Comm. College, N. Branch, N.J

Jeff Gerson  See above
Frank Parks  See Above
Chuck La Chiusa  703-370-9841
Chuck La Chiusa  703-370-9841
Bob Briggs  See above
Scott Bentley  Form in future.
John White  (815) 333-2330
(815) 333-2330

Ohio Track & Field 56# Weight Throw
TAC National Master Weight Pentathlon, Woodstock, Illinois
Over The Hill Cross Country Meet
WAFA World Championships, Miyazaki, Japan

Over The Hill Track Club
The fifteenth annual
CLEVELAND TRACK CLASSIC

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 #:__________________

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)
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Age Grp</th>
<th>Record</th>
<th>Time</th>
<th>Event</th>
<th>Age Grp</th>
<th>Record</th>
<th>Time</th>
<th>Event</th>
<th>Age Grp</th>
<th>Record</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
<td>SP</td>
<td>M(50's)</td>
<td>44'1&quot;</td>
<td>11:00</td>
<td>TJ</td>
<td>M(30's)</td>
<td>44'8&quot;</td>
<td>2:15</td>
<td>400</td>
<td>M(50's)</td>
<td>54.9</td>
</tr>
<tr>
<td>9:00</td>
<td>LJ</td>
<td>M(30's)</td>
<td>22'7&quot;</td>
<td>11:00</td>
<td>LJ</td>
<td>W(Open)</td>
<td>5'10&quot;</td>
<td>4:45</td>
<td>400</td>
<td>M(40's)</td>
<td>49.2</td>
</tr>
<tr>
<td>9:10</td>
<td>DSC</td>
<td>M(30's)</td>
<td>160'1&quot;</td>
<td>12:30</td>
<td>SP</td>
<td>W(Open)</td>
<td>199'2&quot;</td>
<td>4:45</td>
<td>400</td>
<td>W(50's)</td>
<td>69'11&quot;</td>
</tr>
<tr>
<td>9:10</td>
<td>DSC</td>
<td>M(30's)</td>
<td>160'1&quot;</td>
<td>12:30</td>
<td>SP</td>
<td>W(Open)</td>
<td>199'2&quot;</td>
<td>4:45</td>
<td>400</td>
<td>W(50's)</td>
<td>69'11&quot;</td>
</tr>
<tr>
<td>9:30</td>
<td>JAV</td>
<td>M(Open)</td>
<td>7'3&quot;</td>
<td>13:20</td>
<td>SP</td>
<td>M(50's)</td>
<td>54'7&quot;</td>
<td>2:30</td>
<td>Hmnr</td>
<td>M(80+)</td>
<td>58'9&quot;</td>
</tr>
<tr>
<td>9:30</td>
<td>HJ</td>
<td>M(Open)</td>
<td>7'3&quot;</td>
<td>13:20</td>
<td>SP</td>
<td>M(50's)</td>
<td>54'7&quot;</td>
<td>2:30</td>
<td>Hmnr</td>
<td>M(80+)</td>
<td>58'9&quot;</td>
</tr>
<tr>
<td>9:30</td>
<td>PV</td>
<td>M(Open)</td>
<td>16'6&quot;</td>
<td>14:45</td>
<td>DSC</td>
<td>M(50's)</td>
<td>7'6&quot;</td>
<td>4:45</td>
<td>400</td>
<td>M(50's)</td>
<td>35.9</td>
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<tr>
<td>9:45</td>
<td>4X2</td>
<td>W(40+)</td>
<td>2'29.7</td>
<td>15:00</td>
<td>DSC</td>
<td>M(80+)</td>
<td>29.5</td>
<td>5:00</td>
<td>400</td>
<td>M(50's)</td>
<td>34.8</td>
</tr>
</tbody>
</table>

**Record Time Event Age Grp Record**

- SP: 49.2
- LJ: 164'3"
- DSC: 15'35"
- JAV: 37.4
- HJ: 26.8
- PV: 24.0
- Relay: 21.1
- 100H: 21.0
- 100M: 19.8
- 1000: 19.4
- 400: 18.7
- 800: 18.3
- 1500: 17.6
- 3000: 16.9
- 5000: 16.2

**Time Event Age Grp Record**

- SP: 49.2
- LJ: 164'3"
- DSC: 15'35"
- JAV: 37.4
- HJ: 26.8
- PV: 24.0
- Relay: 21.1
- 100H: 21.0
- 100M: 19.8
- 1000: 19.4
- 400: 18.7
- 800: 18.3
- 1500: 17.6
- 3000: 16.9
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**Event Age Grp Record**

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- Relay: 21.1
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- 400: 18.7
- 800: 18.3
- 1500: 17.6
- 3000: 16.9
- 5000: 16.2
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.
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**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 a.m.</td>
<td>1500 Meter Walk</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>3000 Meter Run</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Hurdles</td>
</tr>
<tr>
<td>11:15 a.m.</td>
<td>100 Meter Dash</td>
</tr>
<tr>
<td>12:00</td>
<td>800 Meter Run</td>
</tr>
<tr>
<td>12:30</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:15 p.m.</td>
<td>4 x 100 Meter Relay</td>
</tr>
<tr>
<td>1:45 p.m.</td>
<td>400 Meter Dash</td>
</tr>
<tr>
<td>2:15 p.m.</td>
<td>1500 Meter Run</td>
</tr>
<tr>
<td>2:35 p.m.</td>
<td>200 Meter Dash</td>
</tr>
<tr>
<td>3:15 p.m.</td>
<td>4 x 200 Meter Relay</td>
</tr>
</tbody>
</table>

**Field Events**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 a.m.</td>
<td>Shot Put</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>High Jump</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Long Jump</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>Discus</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>Pole Vault</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>Triple Jump</td>
</tr>
</tbody>
</table>

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**Directions**

- **EDWIN MOSES BLVD**
  - **EXIT #51**
  - GATE “A”
  - GATE “B”
  - GATE “C”
  - GATE “D”
  - WELCOME STADIUM
  - ENTER GATE C OR D

- **PARKING ENTER GATE “D”**

- **STEWART ST**

- **PATTERSON BLVD**
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
1. ___________________
2. ___________________
3. ___________________
4. ___________________

Best Recent Time

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
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


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, acutrack 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)

<table>
<thead>
<tr>
<th>Age</th>
<th>Shot</th>
<th>Discus</th>
<th>Javelin</th>
<th>Hurdles</th>
<th>distance</th>
<th>height</th>
<th>first</th>
<th>space</th>
<th>end</th>
</tr>
</thead>
<tbody>
<tr>
<td>IB, YM</td>
<td>12lb</td>
<td>1.6K</td>
<td>800gr</td>
<td>110M</td>
<td>39&quot;</td>
<td>45&quot;</td>
<td>30'</td>
<td>46'</td>
<td></td>
</tr>
<tr>
<td>Open</td>
<td>16lb</td>
<td>2.0K</td>
<td>800gr</td>
<td>110M</td>
<td>42&quot;</td>
<td>45&quot;</td>
<td>30'</td>
<td>46'</td>
<td></td>
</tr>
<tr>
<td>30-49</td>
<td>16lb</td>
<td>2.0K</td>
<td>800gr</td>
<td>110M</td>
<td>39&quot;</td>
<td>45&quot;</td>
<td>30'</td>
<td>46'</td>
<td></td>
</tr>
<tr>
<td>50-59</td>
<td>6K</td>
<td>1.5K</td>
<td>800gr</td>
<td>100M</td>
<td>36&quot;</td>
<td>13M</td>
<td>8.5M</td>
<td>10.5M</td>
<td></td>
</tr>
<tr>
<td>60-69</td>
<td>5K</td>
<td>1.0K</td>
<td>600gr</td>
<td>100M</td>
<td>33&quot;</td>
<td>13M</td>
<td>8.5M</td>
<td>10.5M</td>
<td></td>
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<tr>
<td>70+</td>
<td>4K</td>
<td>1.0K</td>
<td>600gr</td>
<td>80M</td>
<td>30&quot;</td>
<td>12M</td>
<td>7M</td>
<td>19M</td>
<td></td>
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Women's Implements: (per 1993 WAVA and USATF)

<table>
<thead>
<tr>
<th>Age</th>
<th>Shot</th>
<th>Discus</th>
<th>Javelin</th>
<th>Hurdles</th>
<th>distance</th>
<th>height</th>
<th>first</th>
<th>space</th>
<th>end</th>
</tr>
</thead>
<tbody>
<tr>
<td>IB,YW</td>
<td>4K</td>
<td>1.0K</td>
<td>600gr</td>
<td>100M</td>
<td>33&quot;</td>
<td>13M</td>
<td>8.5M</td>
<td>10.5M</td>
<td></td>
</tr>
<tr>
<td>Open</td>
<td>4K</td>
<td>1.0K</td>
<td>600gr</td>
<td>100M</td>
<td>33&quot;</td>
<td>13M</td>
<td>8.5M</td>
<td>10.5M</td>
<td></td>
</tr>
<tr>
<td>30-39</td>
<td>4K</td>
<td>1.0K</td>
<td>600gr</td>
<td>100M</td>
<td>33&quot;</td>
<td>13M</td>
<td>8.5M</td>
<td>10.5M</td>
<td></td>
</tr>
<tr>
<td>40-49</td>
<td>4K</td>
<td>1.0K</td>
<td>600gr</td>
<td>80M</td>
<td>30&quot;</td>
<td>12M</td>
<td>8M</td>
<td>12M</td>
<td></td>
</tr>
<tr>
<td>50+</td>
<td>3K</td>
<td>1.0K</td>
<td>400gr</td>
<td>80M</td>
<td>30&quot;</td>
<td>12M</td>
<td>7M</td>
<td>19M</td>
<td></td>
</tr>
</tbody>
</table>

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 motel's, 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 camaraderie 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 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:

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<tr>
<th>100M</th>
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<td>LJ</td>
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<td>400M</td>
<td>1500M</td>
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Heptathlon:

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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 Reily Field in Salem on July 21 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 Don Friedman at 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
NEWSPAPER 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: __________

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EVENT: __________________________ MARK: __________ PLACE: __________

Over The Hill Track Club