



Over The Hill Track Club

January, 1996

1996 OTHTC Officers

President	Norman Thomas
V.P. Programs	Bob Thomas
V.P. Communications	Jeff Gerson
Secretary	Rex Harvey
Treasurer	Jack Brunner

Group Coordinators

Women (All)	Deborah Yurth	382-5170
Men - Open	Bob Thomas	252-2610
30-39	Tim Bailey	327-1641
40-49	Norman Thomas	425-8219
50-59	Grover Coats	464-3865
60+	Jack Greenwald	327-3762
Weight Events	John Sloan	492-5007
Multi Events	Rex Harvey	446-0559
Racewalk	Tim Bailey	327-1641

President's Message

Happy New Year! I hope everyone is healthy and getting back into shape. Indoor Nationals is three months away. Members of the Executive Committee are currently making plans to get a record number of submasters and masters to Greensboro.

We hope to see all club members at Kent on January 6. We plan to develop a full slate of indoor meets. We plan to acknowledge OTHTC members who excelled in 1995. Look for updated club records, practice schedules, a weight pentathlon (outdoors), and greater numbers of active members for 1996.

I am encouraging all members to communicate with their coordinators and speak up for what you want from the OTHTC family. Good luck with your running, throwing, and jumping!

Indoor Meets

Jan. 6	K.S.U.	Lake Erie Assn.
Jan. 14	Santee, CA.	Steve Scott Festival
Jan. 27	Slippery Rock U.	All-Comers
Feb. 10	K.S.U.	All-Comers
Mar. 3	K.S.U.	Masters & Submasters
Mar. 16	K.S.U.	All-Comers
Mar. 29-31	Greensboro, N.C.	NATIONAL MASTERS CHAMPS.

D.C. Road Runners & Potomac Valley Track Club sponsor indoor track meets on Sundays, at the Thomas Jefferson Community Center in Arlington, Virginia.
January 14 - January 28 - February 11
Masters can qualify for the Mobil Invitational Track Meet (ESPN) on February 24.
Call Info Line (DCRRC) 703-241-0395 or contact NLT for forms.

College of the Desert (California) is sponsoring a meet (outdoors on a grass track) on January 27. Contact NLT for entry forms.

Projected dates for OTHTC SPONSORED meets (outdoor):
North Coast Invitational May 19 (Sun)
Cleveland Track Classic July 13 (Sat)
Weight Pentathlon TBA



**1996 LAKE ERIE ASSOCIATION INDOOR
CHAMPIONSHIP MEET
USA TRACK & FIELD**

Junior, Open, Sub-Master, & Masters Divisions
Kent State University Field House (at football stadium)
Kent, Ohio (2 miles off campus on left after Route 261 intersection)
Saturday, January 6, 1996

For further information:

Rex Harvey (216) 531-3000

Ed Wilson(216) 792-5472

Joann Kitchen (216) 221-6689

Age Groups: Junior (14 to 18 anytime in 1996), Open 14 to 29, Sub (30-34, 35-39), Master (40-44, 45-49, etc. in 5 year groups).

Rules: Competition will be conducted under current USAT&F rules. (No false starts allowed for Sub Masters and Masters)

Equipment: flats and 1/4 inch or less spikes are permitted in the Field House.

Sanction: by the Lake Erie Association of USA Track & Field, the only internationally recognized T&F governing body in the U.S.

Registration: starting 8:00 AM Note!! USA Track & Field membership required- USAT&F cards will be available on site.

\$9 for Lake Erie Association residents, and \$13 for those from outside the Association. Card is valid everywhere in the US throughout the calendar year 1996 and provides valuable insurance coverage and other benefits.

Entry Fees: \$7 for 1st individual event \$5 each for the next three individual events and \$7 each for more than four individual events for entries postmarked on or before Jan. 2, 1996 Day of meet entries will be accepted at pre-registration costs plus \$2 per event. Entries will not be accepted without payment in full.

Relays: Relay entries will be day-of-meet and will be \$20 per team. Championship relays will be only for USATF registered clubs, but any relay may enter the Open division and earn non-championship awards. Master's relays will be in 10 year groups; 30-39, etc.

Awards: Championship medals for the first three places in each event of all Divisions.

Facilities: polyurethane 6 lane 300 meter oval & runways (9 lane straight), astroturf high jump approach, board throwing rings.

Weight Throw: will be held indoors; for safety reasons, officials will insist on no beginning throwers.

Weights: Men Open-49: 35#, 50-59: 25#, 60-69: 20#, 70-79: 16#, 80+: 12#

Women Open-34: 25#, 35-49: 20#, 50-59: 16#, 60+: 12#

Flights and Heats will be seeded from entry information and final results will be determined by time or distance. Age Groups may be combined as required but separate age group awards will be given.

Masters (M40+ & W35+) competition will be with implements, distances, and heights per USATF specifications.

Sub Masters (M30-39 & W30-34) competition will be with Open specifications except Men's Hurdles which will be 39"

Junior (age 14 - 18) competition is open to those born anytime in the period 1978 thru 1982, **Open (age 14 - 29)** competition is open to those born anytime in the period 1966 to 1982). If you are 14 to 18, you must declare either Junior or Open, you cannot compete in both. **Sub-Master & Master** age is determined by your actual age as of Jan. 6, 1996 Sub-Masters and Masters must compete in their own Age Groups except for the Relays where they may move down as far as desired.

TIME	TRACK EVENT	TIME	FIELD EVENT
9:30 AM	3000M WALK		
following	60M HURDLES	9:30 AM	POLE VAULT
following	4 X 800M RELAY	9:30 AM	SHOT PUT
following	3000M RUN	following	WEIGHT THROW
following	60M DASH	10:30 AM	HIGH JUMP
following	800M RUN	9:30 AM	LONG JUMP
following	400M DASH	following	TRIPLE JUMP
following	MEDLEY RELAY (2, 2, 4, 800M)		
following	1500M RUN		
following	200M DASH		
following	4 x 400M RELAY		

Official Entry Form: Please enter by filling in your expected performance for seeding purposes. Competition will be older to younger. Women then Men.

TIME	TRACK EVENT	ENTRY	TIME	FIELD EVENT	ENTRY
0930	3000M WALK				
following	55M HURDLES		0930	POLE VAULT	
following	4 X 800 RELAY		0930	SHOT PUT	
following	3000M RUN		following	WEIGHT THROW	
following	55M DASH				
following	800M RUN		0930	LONG JUMP	
following	400M DASH		following	TRIPLE JUMP	
following	Medley RELAY				
	(2, 2, 4, 800M)		1030	HIGH JUMP	
following	1500M RUN				
following	200M DASH				
following	4 X 400 RELAY				

Lake Erie Association of USA Track and Field
 4173 Wilmington Road
 South Euclid, Ohio 44121



Detach here and send to: **Lake Erie Association Indoor Championships**
 160 Chatham Way
 Mayfield Heights, OH 44124 (make payment to: Lake Erie Association USAT&F)

NAME	BIRTH	AGE	GENDER: M F
ADDRESS	CITY	STATE	ZIP
USAT&F (Required!)	TELEPHONE ()	CLUB	\$ENCLOSED

*Athletes who participate in this competition will be subject to formal drug testing in accordance with USAT&F rules 1 and 2, 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 prescriptions and over the counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hotline at 1-800-233-6039 *

In consideration of my being accepted, I intending to compete and to be legally bound, do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all right and claims for which I may have or which may hereafter occur to me against USA Track & Field, USA Track & Field Lake Erie Association, and Kent State University or their officers, Agents, representatives, successors and/or assigns, for any and all damages which may be sustained or suffered by me in connection with my association with, entry in, or arising out of my traveling to, participating in, and returning from the 1996 Lake Erie Association of USAT&F Indoor Championship Meet to be held January 6, 1996 at the Kent State University Field House.

ATHLETE'S SIGNATURE _____ DATE _____

PARENT OR GUARDIAN'S SIGNATURE _____

(If athlete is under 18) [Over]

SLIPPERY ROCK UNIVERSITY
ALL COMERS MEET
ALL TRACK AND FIELD ATHLETES WELCOME
SATURDAY JANUARY 6, 1996
&
SATURDAY JANUARY 27, 1996

AGE GROUPS/MALE AND FEMALE

- 4th grade and under
- 5th grade and 6th grade
- 7th grade and 8th grade
- 9th grade through 12th grade
- Open
- Masters - 30-39, 40-49, 50-59, 60-69, ...

REGISTRATION

9:00 a.m. Saturday January 7th & Sunday January 29th at the Morrow Fieldhouse, Slippery Rock University

COST

\$5.00 per person, **ALLOWED 3 events**
\$10.00 per person, **enter as many events desired**

AWARDS

Awards for 1st, 2nd, & 3rd, in each event and age group.

FACILITY

220 yd. Grasstex surface - **NO SPIKES**

ORDER OF EVENTS

FIELD

Age Groups Will Compete Together

9:30 Long Jump - Open Pit - All Jumpers
Shot Put - All Males First
High Jump - All Females First
Pole Vault- All Vaulters

TRACK

Females First in All Events

Age Groups May Compete Together

Running Events Will Be On A Rolling Time Schedule

10:00 Two Mile Run
880 yd. Run
55 meter dash finals if needed
55 meter hurdles finals if needed
440 yd. Run
220 yd. Run
One Mile Run
4 x 220 yd. Relay

We will provide starting blocks and 16lb. shots(Men), 4kg. shots(Women).

Please provide your own high school or lighter shots.
Locker rooms are available

FOR FURTHER INFORMATION CALL

412-738-2798 OR 412 738-2797

PLEASE LEAVE A MESSAGE

RESULTS:

WAVA Championships - Buffalo NY - July 13-23

W35 - Patricia Finley	100M	14.51	
	Womens US National 4x100 Relay		3rd Place
M45 - Jeff Gerson	400M	1:04.26	46th Place
	800M	2:29.53	49th
	1500 M	5:22.05	49th

Independence Home Days 5K - August 25

M45 - Jeff Gerson	19:30	2nd Place
W45 - Cathi Gerson	26:00	2nd

Run at the Fair 5 Mile - Burton OH - September 3

Jim Joseph	30:53	1st Place
M-45 - Jeff Gerson	35:24	3rd
W-45 - Cathi Gerson	43:05	3rd

OTHTC X-Country Meet - 10/1/95 - University School

****First Place Overall - Bob Thomas (M40) 18:12*****

M-Open - Kevin Roberts	23:00	W-Open - Celest Miller	26:34
M-30 - Bill Biscouff	19:34	W-30 Barb Rabin	25:00
M-35 - Lawrence Finley	20:49	W-35 Lisa Holland	23:03
	Jim Scully	W-45 Cathi Gerson	27:33
	Michael Rabin	W-50 Patrice Thomas	38:40
M-40 Richard Popiel	25:48		
M-45 Jeff Gerson	21:30		
	Norman Thomas		
	Rex Harvey		
	Dan Salvini		
M55 Grover Coats	25:17		

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