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

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
MEMBERSHIP FORM

Over The Hill Track Club

For year ending: 12/31/___

Membership status: New [ ] Renewal [ ]

Membership Type: Individual $20 [ ] Family $30 [ ]

Circle events coded beside name and address:

Name: ___________________________ Birthdate: __/__/____ SP MD LD XC

Address: ___________________________ Apt. No. ________ DH RE JU HD

City: _____________________________ State: _____ Zip: ________ TR WP PV RW

Home Phone: (_____) __________ Bus.: (_____) __________ Sex: ______ Age: ______

Best hours and days to contact______________________________________________

Family memberships: Relationship____________________________________

(Complete a form for each family member who are occupants of your residence.)

Favorite competitions and or distances____________________________________

Occupation & brief biographical sketch:

________________________________________________________________________

________________________________________________________________________

Please indicate the activities and committees in which you will participate:

(Participation in committees is particularly important in the success of our club.)

ACTIVITIES: COMMITTEES:

_____ Track & Field _____ Newsletter _____ Scheduling

_____ Road racing _____ Awards _____ Publicity

_____ Racewalking _____ Officiating _____ Sponsorship

_____ Other, specify_________________ Other, specify_________________

Each club member is required to work at least one meet and event per year.

Complete this form and mail it along with a check payable to "Over The Hill Track Club" to Jack Brunner 4163 Buell Dr., Richfield, OH 44286.

In consideration of my being accepted, I am in good health, have trained sufficiently intending to compete and be legally bound, do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for which I may have or which may hereafter occur to me against "Over The Hill Track Club", 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 any and all meets, events, and associated "Over The Hill Track Club" functions.

ATHLETE'S SIGNATURE________________________________ DATE / / __

PARENT OR GUARDIAN'S SIGNATURE________________________________ (If athlete is under 18)
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.

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


Women Open-34- 25#, 35-9' 20#, 50-59- 16#, 60+: 12#


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Women Open-34- 25#, 35-9' 20#, 50-59- 16#, 60+: 12#

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

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.

<table>
<thead>
<tr>
<th>TIME</th>
<th>TRACK EVENT</th>
<th>ENTRY</th>
<th>TIME</th>
<th>FIELD EVENT</th>
<th>ENTRY</th>
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<tbody>
<tr>
<td>0930</td>
<td>3000M WALK</td>
<td>POLE V</td>
<td>0930</td>
<td>VAULT</td>
<td>0930</td>
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<tr>
<td>0930</td>
<td>60M HURDLES</td>
<td>SHOT PUT</td>
<td>10:30</td>
<td>PUT</td>
<td>10:30</td>
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<tr>
<td>0930</td>
<td>4 X 800M RELAY</td>
<td>FOLLOW</td>
<td>10:30</td>
<td>WEIGHT THROW</td>
<td>FOLLOW</td>
</tr>
<tr>
<td>0930</td>
<td>3000M RUN</td>
<td>1500M RUN</td>
<td>0930</td>
<td>LONG JUMP</td>
<td>0930</td>
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<tr>
<td>0930</td>
<td>60M DASH</td>
<td>FOLLOW</td>
<td>0930</td>
<td>200M DASH</td>
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<td>0930</td>
<td>800M RUN</td>
<td>400M DASH</td>
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<td>TRIPLE JUMP</td>
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<tr>
<td>0930</td>
<td>400M DASH</td>
<td>FOLLOW</td>
<td>10:30</td>
<td>TRIPLE JUMP</td>
<td>FOLLOW</td>
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<tr>
<td>0930</td>
<td>MEDLEY RELAY (2, 2, 4, 800M)</td>
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<td>10:30</td>
<td>JUMP</td>
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<tr>
<td>0930</td>
<td>1500M RUN</td>
<td>1500M Run</td>
<td>10:30</td>
<td>JUMP</td>
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<tr>
<td>0930</td>
<td>200M DASH</td>
<td>200M DASH</td>
<td>10:30</td>
<td>JUMP</td>
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<tr>
<td>0930</td>
<td>4 X 400M RELAY</td>
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<td>10:30</td>
<td>JUMP</td>
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</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>NAME</th>
<th>BIRTH</th>
<th>AGE</th>
<th>GENDER:</th>
<th>ADDRESS</th>
<th>CITY</th>
<th>STATE</th>
<th>ZIP</th>
<th>USAT&amp;F (Required)</th>
<th>TELEPHONE</th>
<th>CLUB</th>
<th>$ENCLOSED</th>
</tr>
</thead>
</table>

*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 4.4. 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, 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 arise against USA Track & Field, USA Track & Field Lake Erie Association, and Kent State University or their officers, Agents, representatives, successors and 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
- 800M 2:29.53
- 1500 M 5:22.05

**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 22:48
- W-45 - Cathi Gerson 27:33
- Michael Rabin 23:01
- W-50 - Patrice Thomas 38:40
- M-40 - Richard Popiel 25:48
- M-45 - Jeff Gerson 21:30
- Norman Thomas 26:39
- Rex Harvey 30:17
- Dan Salvini 33:04
- M55 - Grover Coats 25:17
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