



Over The Hill Track Club

October/November, 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)	Debbie Yurth-Thomas	382-5170
Men - Open	Bob Thomas	382-5170
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

Thanks to the club members who supported our efforts on September 29, at our annual 5km cross country run. Plan to run this month at either Boardman (10/27) or CCC East (10/26), as a tuneup for Cross Country Nationals.

We are soliciting ideas and ventures for the next seasons on the track. There will be mini meets at Kent State and open indoor meets at Slippery Rock.

Group coordinators should submit requests for track and field equipment for the 1997 season.

SCHEDULE

Oct. 27	YRRC Cross Country Run (5km)	Boardman, Ohio
Nov. 3	USATF National Masters 5km	Columbus, Ohio
Nov. 9	Lake Erie Assn. Cross Country (5km)	Berea, Ohio

RESULTS

Race for the Future 5km
Oct. 12, 1996, University Hts., OH.
Jeff Gerson 20:36 3rd (M45)
Cathi Gerson 27:31 3rd (W45)

Metro Tree House 5km
Sept. 15, 1996, Edgewater Park
Jeff Gerson 21:05 2nd (M45)

Dave Hartmann Memorial Runs
Sept. 14, 1996, Lakewood, OH.
Tim Bailey 20:12 (5km) 21st
5:14 (1 mile) 2nd

Baby Buckle Runs
Sept. 28, 1996, Lakewood, OH.
Tim Bailey 22:04 (5km)
6:01 (1 mile) 1st

Lake Erie Assn Champ.
June, 1996, Independence H.S.
Jack Brunner 13.2 (100m) 1st (M55)
27.9 (200m) 2nd (M55)
14ft (L.J) 2nd (M55)

Senior Olympics (State)
Jack Brunner 28.6 (200m) 2nd (M55)
14'1" (L.J.) 2nd (M55)

Hall of Fame Senior Olympics Regional
Jack Brunner 27.9 (200m) 2nd (M55)
14'3" (LJ) 1st (M55)

Potomac Valley Games
Sept. 1, 1996, Alexandria, VA.
John Sloan (M55) 400m hurdles 83.4 1st
Pole vault 8'9" 1st
High jump 4'0" 2nd
Javelin 115'2" 1st

Ohio Weight Pentathlon
Sept. 8, 1996, Columbus, OH.
John Sloan (M55) 2nd place
Hammer 66'11"
Shot Put 30'8"
Discus 96'5"
Javelin 121'2"
Weight 32'5"

Thomasville Fall Masters Decathlon
Sept. 28-29, 1996, Thomasville, N.C.
Fred Hirsimaki (M70) 6029 pts - 2nd place

Practice Runs (weekends)

Towpath, Sagamore Trail, Harper Ridge
Call Norman or Pat Thomas

Lake East Hospital 2 mile run
October 13, 1996, Painesville, OH.
Bob Thomas 10:48 1st overall
Debbie Thomas 13:22 2nd overall
Norman Thomas 12:24 2nd M45
Patrice Thomas 22:57 1st W50

NATIONAL MASTERS CHAMPIONSHIPS COLUMBUS INVITATIONAL 5 Km Cross-Country Run Columbus, Ohio, November 3, 1996

INVITATION: Athletes and coaches are invited to participate in the National USATF Masters 5 km Cross - Country Championships to be held on Sunday, November 3, 1996 at the Ohio School for the Deaf in Columbus, Ohio. This meet includes a Columbus Invitational, thus making it possible to offer Open and Masters individual and team competition.

SPONSOR: Columbus Recreation and Parks Department

HOSTS: Wolfpack Track Club and Over-the-Hill Track Club

PLACE: Ohio School for the Deaf, 500 Morse Road, Columbus, Ohio (600m west of I-71 intersection in north Columbus)

EVENTS:	9:30 am	Masters Men (50 & Over)	<u>Note: more races will be conducted if required by number of preentries.</u>
	10:00 am	Masters Men (40 - 49)	
	10:40 am	Open, Submasters, and Masters Women	
	11:20 am	Open and Submasters Men (39 & Under)	
	1:00 pm	Youth (14 & Under, 3k / 4k, separate flyer)	

AWARDS CEREMONIES: The Masters awards ceremony will commence at 11 am. Announcement of the Open and Submasters awards will be provided approximately 45 minutes after their events.

SANCTION: Ohio USATF - meet subject to USATF drug test program

OFFICIALS: USATF Certified Officials in all key positions

INDIVIDUAL AGE GROUPS: Open, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95&O

INDIVIDUAL AWARDS: USATF medals to the top 3 runners per age group or the top 25% of the field, whichever is greater; a minimum of 6 medals for the Open division; special awards for the Open, Masters, and Age - Graded Champions; other finishers will receive a Victory medal, if present at the awards ceremony.

INDIVIDUAL CHAMPION PATCHES: awarded to the U.S. Masters age group champions (40 & Over)

TEAM AGE GROUPS (M & W): Open, 30 & Over, 40 & Over, 50 & Over, 60 & Over, 70 & Over, 80 & Over, and 90 & Over

TEAMS: Best 5 of 8 runners; Men - Open, 30 & Over, 40 & Over, and 50 & Over
Best 3 of 5 runners; All Women including Open; Men - 60 & Over, 70 & Over, etc.

TEAM SCORING: Masters - aggregate (total) time of scoring members; Open and Submasters - simple scoring by position.

TEAM AWARDS: Medals to all finishing members of the top three teams; Small team trophy awarded to the top three teams

TEAM CHAMPION PATCH: awarded to all finishing members of Masters team champions

TEAM ROSTERS: Identify by 10/29/96 - register each athlete individually; submit separate list for each age - group - team on the team entry form; coach / manager's name should be given as the point - of - contact for any questions.

CANADIAN / FOREIGN ATHLETES AND TEAMS: Must be registered athletes, may compete for equivalent awards, may have names listed in results, may not displace USATF members from awards. Resident aliens (Green card holders) may compete for the US awards and must be USATF members.

ENTRY FEE: \$10.00 before 10/29/96; \$12.00 thereafter; no T-shirt included with this fee; order T-shirt with entry application.

MAKE CHECKS PAYABLE TO: Wolfpack TC **T-SHIRTS:** 100 red commemorative T-shirts will be on sale for \$10.00 each.

MEET DIRECTOR: John White, 4865 Arthur Place, Columbus, Ohio 43220
days and evenings: (614) 459 - 2547

MEET RESULTS: Mailed to
all official entries.

USATF CARDS: available at the meet; Ohio USATF Residents - \$11.00; all others - \$15.00

NATIONAL MASTERS 5 KM CROSS-COUNTRY CHAMPIONSHIPS (continued)

OHIO USATF MEMBERSHIP: send an SASE to Ohio USATF Secy, PO Box 5848, Dayton, OH 45405.

ELIGIBILITY: Masters athletes must have a 1996 or 1997 USATF Card; teams must provide proof of club USATF membership prior to the race by means of a USATF Certificate or an Association letter; NCAA / NAIA university / college teams may run in the Open Division.

MEET MANAGEMENT: Reserves the right to ask for proof of age, USATF membership, and residence as specified in the USATF Rulebook. The addition of late entries to a team will require an appeal to the race referee.

MASTERS LDR GUIDELINES: available from Carole Langenbach, MLDR Secy, 4261 S 184th St, Seattle, WA 98188, [206] 433-8868.

EARLY PACKET PICKUP AND LATE REGISTRATION: Available in the Meet Registration Area of the Ohio School for the Deaf 4 pm until 8 pm on Saturday, Nov 2. Race schedule changes, if any, will be posted at this location.

RACE DAY REGISTRATION: opens at 7:30 a. m. and closes 30 minutes prior to each race for individual entries; each runner must wear a race number on the front and an age group designation on the front and back of the uniform top.

COURSE: single figure-8 loop on school grounds property with inspectors; mostly grass with two road crossings; mowed, coned, flag-marked with a painted line; 50 % of course is flat and 50 % is rougher, rolling grounds; spikes recommended, especially if there is rain.

FACILITIES: adequate parking (you must use the designated spaces only), water, restrooms, spectator viewing for 70% of the course; locker rooms with showers are available - athletes are advised to come ready to run.

DIRECTIONS: The Ohio School for the Deaf is located in north Columbus, just west of the intersection of I-71 with a main east-west thoroughfare called Morse Road. There are four motels at this intersection. It is a 600-800m walk from these motels westward to the school located at 500 Morse Road. The U Minnesota - OSU football game on November 2 will compete for the motel rooms, however there are plenty of acceptable motel rooms available on the north and east sides of the Columbus perimeter highway I-270.

CONVENIENT MOTELS*:

Radisson North	4900 Sinclair Rd (NW corner of I-71 at Morse Rd)	800-333-3333 614-846-0300	\$69 double (airport pickup/delivery)
Red Roof Inn	4850 Sinclair Rd (NW corner of I-71 at Morse Rd)	800-THE-ROOF 614-846-8520	\$44 single (no airport service)
Cross-Country Inn	4875 Sinclair Rd (NW corner of I-71 at Morse Rd)	800-621-1429 614-431-3670	\$49 double (no airport service)
Fairfield Inn (Marriott)	887 Morse Rd (SE corner of I-71 at Morse Rd)	800-228-2800 614-262-4000	\$59 double (no airport service)
Days Inn North	1212 E Dublin-Granville Rd (Exit 117, near I-71 and SR 161)	800-325-2525 614-885-9696	\$44 double (no airport service)
Value Inn North	1078 E Dublin-Granville Rd (Exit 117, near I-71 and SR 161)	614-885-1601 614-885-1601	\$40 double (no airport service)
Concourse Hotel	4300 International Gateway (at the airport)	800-541-4574 614-237-2515	\$70 double (taxi available)
Cross-Country Inn	4240 International Gateway (at the airport)	800-621-1429 614-237-3403	\$60 double (rental cars available)

* Ask for weekend special / supersaver / senior / AARP-AAA / National Masters Meet prices; our data are from 8/20/96; tax will be added; early motel registration is recommended due to the occurrence of other scheduled events that weekend.

SATURDAY EVENING: All runners, coaches, and meet workers are invited to visit the Meet Registration Area at the Ohio School for the Deaf on Saturday evening, Nov 2 starting at 4:00 p. m. We will have T-shirts, registration packets, late registration, soft drinks, and fellowship.

SPECIAL COURTESY TRANSPORTATION: On Sunday morning only, a special meet van will operate between the OSD awards/-registration area and the Columbus Airport main terminal area. This meet van will have an identifying sign and will supplement the carrying capacity of the Raddison North. Allow extra time if you plan to use this convenient service.

CAR DISCOUNT OFFER: Budget Car Rental of Columbus, Ohio (airport), Paul Negulescu, 614-471-2434 or 1-800-937-3930; two-day minimum and unlimited miles; rates based on 14-day advanced booking; economy size-\$19.99, compact-\$22.99, intermediate-\$24.99, full size-\$28.99, and luxury-\$65.99. Mention the name of the National Masters 5-Km Cross-Country Meet.

THINGS TO DO IN COLUMBUS: College football - Minnesota vs Ohio State (Nov 2); Ohio State High School Cross-Country Championships at Scioto Downs (Nov 2); City Center Mall (big league shopping); German Village; French Market; Brewery District; State Capital (downtown); COSI (science museum); Ohio Historical Museum; Hocking Hills; Olentangy Caverns; Muirfield Village (golf).

NATIONAL MASTERS 5 KM CROSS-COUNTRY CHAMPIONSHIPS (photocopy as required)

Team Roster - Submit to the Meet Director

CLUB: _____ TEAM AGE GROUP: _____ GENDER: _____

COACH/MANAGER'S NAME: _____ PHONE: _____

ADDRESS: _____ CITY/STATE/ZIP: _____

NAME OF ATHLETE	AGE ON 11/3/96	NAME OF ATHLETE	AGE ON 11/3/96
#1 _____		#5 _____	
#2 _____		#6 _____	
#3 _____		#7 _____	
#4 _____		#8 _____	

Individual Entry Form - Submit to the Meet Director

NAME: _____ GENDER: _____ PHONE: _____

ADDRESS: _____ CITY/STATE/ZIP: _____

AGE AS OF 11/3/96: _____ BIRTHDATE: _____ USATF CLUB: _____

IF RUNNING ON A TEAM, PLEASE GIVE THE TEAM AGE GROUP: _____

1996 OR 1997 USATF CARD #: _____ (required of all Masters [40 & Over])

T-SHIRTS ORDERED: _____ SIZE @ \$10.00 EACH (circle):
 OLD LS medium large
 OLD SS L XL XXL

IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS, AND ASSIGNS WAIVE AND RELEASE ANY AND ALL CLAIMS FOR DAMAGES, INCLUDING CONSEQUENTIAL, I MAY HAVE AGAINST THE WOLFPACK TRACK CLUB, THE OVER-THE-HILL TRACK CLUB, THEIR MEMBERS, OHIO SCHOOL FOR THE DEAF, COLUMBUS RECREATION AND PARKS DEPARTMENT, THE SPONSORS, THE RACE COMMITTEE, THE RACE OFFICIALS, AND THEIR REPRESENTATIVES, SUCCESSORS, AND ASSIGNS FOR ANY AND ALL INJURIES SUFFERED BY ME OR MY CHILD (ATHLETE) AT THIS RACE. I CERTIFY THAT THE ATHLETE HAS TRAINED SUFFICIENTLY TO PARTICIPATE IN THIS CROSS-COUNTRY RACE.

(SIGNED) _____ ATHLETE (PARENT, if under 18 years old)

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 is effective at all USATF Sanctioned Meets and does not mean that plans for actual drug testing at this cross-country meet have been announced.



LAKE ERIE ASSOCIATION

Open & Masters

Cross Country Championships

Saturday, November 9, 1996

9:00 A.M.

Host Club—Lake Erie Comets

Sanctioned—USATF/Lake Erie Association

Age Divisions and Race Distances:

Open Men	19 to 29	Age as of race day	5,000 meters
Open Women	30 to 39	Age as of race day	5,000 meters
	40 to 49	Age as of race day	5,000 meters
	50 to 59	Age as of race day	5,000 meters
	60 & Over	Age as of race day	5,000 meters

TIMES: (Note change from previous years). Registration begins at 8:00 A.M. First Race at 9:00 A.M. Maps provided. Course open for inspection up to 10 minutes before start of race. There will be no official course walk.

ENTRY FEES: \$5.00 per person. There is no additional entry fee for teams. Team must consist of at least five, but no more than eight runners. Teams must be registered USATF track clubs.

AWARDS: USATF Championship medals will be awarded for first through tenth place.

PLEASE NOTE: You must have a USATF card or purchase one on the day of the meet.

LOCATION: Cuyahoga County Fairgrounds - Eastland Road entrance, located off Bagley road about 1/2 mile West of the intersection with I-71. turn left onto Eastland, the fairgrounds entrance will be on the left.

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.

Mail entries to:

Lake Erie Comets Track Club
8260 Craigleigh Drive
Parma, Ohio 44129

Make checks payable to USATF - Lake Erie

Entries will also be accepted the day of the meet
10 minutes prior to the start of each race.

Official Entry Form

Name		Address		
City		State	Zip	Phone
Age	Birth Date	Sex	USATF#	
Age Division		Club		

In consideration of my being accepted, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter occur to me against USA Track & Field, the Lake Erie Association, the Cuyahoga County Agricultural Society, the Cuyahoga county Board of Commissioners, 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, participation in, and returning from the 1996 Lake Erie USATF Open & Masters Cross Country Association Championship Meet to be held November 9, 1996 at the Cuyahoga County Fairgrounds.

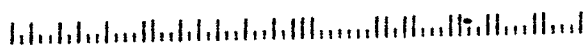
Participant's Signature _____

Over the Hill Track Club
c/o Jeff Gerson
4173 Wilmington Rd.
S. Euclid OH 44121



Rex Harvey
160 Chatham Way
Mayfield Hts. OH 44124

42-6633





Over The Hill Track Club

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	425-2219
50-59	Grover Coats	464-3863
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

Thanks to all OTHTC members who participated and helped out at North Coast Invitational meet. We plan to continue putting on this track meet and kicking off the outdoor track season.

The June meets are now behind us and the big meets are coming up. The club sponsored Cleveland Track Classic will be held on Saturday, August 3, at Independence H.S.

If you are planning to attend the major meets like Canadian Nationals, USATF Nationals, and/or North American Championships, then you should be making plans now!

We are submitting results of the North Coast Invitational track meet to National Masters News for national rankings. Unfortunately, we have not been able to secure the results of the K.S.U. Indoor Masters meet - the meet director is no longer on the coaching staff.

Volunteers are needed to work the Cleveland Classic. We will need timers, judges, recorders, marshals, and help with registration. Call Norman Thomas, Jeff Gerson, or Bob Thomas if you can help out.

Glenn Hasek, an OTHTC member, will be running the Chicago Marathon on October 20 as a member of the Leukemia Society's Team In Training. He needs to raise approximately \$1,900. Eighty percent of the funds raised will go to the Leukemia Society. The remaining 20 percent will cover his expenses to the marathon. Call him at 476-9663 for details on how you can sponsor him.

SCHEDULE

July 21	Ohio Games	Berea, OH
July 26	Peace Race Mile	Youngstown, OH
July 27	Wayne Russell Track Meet	Salem, OH
August 3	Cleveland Track Classic	Independence, OH
August 9-11	Canadian Nationals	Victoria, BC
August 15-18	USATF National Masters	Spokane, WA
August 21-24	WAVA North American Champ.	Eugene, OR
Sept. 1	Potomac Valley Games	Alexandria, VA
Sept. 8	Toronto Island Run & Relays	Toronto, ON

Mini-Meets at CWRU

Case Western Reserve is hosting mini-meets on Thursdays, July 18 and July 25. Field events start at 6:30. Running events start at 7:00.

RESULTS

University Hts. Memorial Day Runs. May 27, 1996

2 Mile	Bob Thomas	10:01	2nd
	Cathi Gerson	15:31	

5 Mile	Glenn Andrews	29:40	2nd
	Jeff Gerson	33:46	

Boardman Street Mile, May 27, 1996

Norman Thomas	5:46
Patrice Thomas	10:15

Waldorf Towers Run, June 2, 1996

1.5 Mile	Bob Thomas	8:25	4th
	Debbie Yurth	10:27	1st

OVER THE HILL TRACK CLUB

Results - North Coast Invitational, May 19, 1996

Sprint Medley Relay

M40-49
1st OTHTC 5:00.9
M30-39

1st Ohio Alumni (?)

100M

W High School

1st Morris 13.5

W25-29

1st LCarty 12:81

W35-39

1st BMCCoy 13.46

2nd PFinley 15.14

W50-54

1st MRobinson 15.3

M High School

1st MMitchell 11.3

2nd JStayanchi 11.87

M25-29

1st BMarchese 11.96

M30-34

1st SJohnson 11.33

2nd MDurden 11.4

3rd GMiles 11.59

4th RMcNair 12.15

M35-39

1st LFinley 12.45M

M40-44

1st JRoebuck 12.5

2nd TKavanagh 12.66

3rd AJackson 14.7

M50-54

1st JBelinson 12.9

2nd Triamiton 16.7

M55-59

1st GCoats 13.34

M60-64

1st TLuke 15.9

200M

W High School

1st AMorris 28.66

2nd RMcKinney 28.76

W25-29

1st LCarty 26.58

W35-39

1st BMCCoy 28.27

2nd PFinley 32.2

W50-54

1st MRobinson 32.2

M High School

2nd JStayanchi 24.62

M25-29

1st BMarchese 24.8

M30-34

1st SJohnson 23.27

2nd MDurden 24.1

M35-39

1st LFinley 25.24

M40-44

1st JRoebuck 25.24

2nd TKavanagh 27.69

M55-59

1st GCoats 28.6

2nd JRunner 31.59

M60-64

1st TLuke 40.68

M90-94

1st EHosack 63.11 *

400M

W High School

1st RMcKinney 1:02

W30-34

1st DYurth 1:01

W60-64

1st GButcher 1:20.75

W65-69

1st MCavicchi 2:41

M40-44

1st JRoebuck 53.85

2nd BThomas 56.15

M45-49

1st JGerson 67.84

M50-54

1st GCoats 70.0

M60-64

1st TLuke 78.88

M65-69

1st JGreenwald 70.0

800M

W30-34

1st DYurth 2:39.0

W45-49

1st MHartzler 2:58.8

W60-64

1st GButcher 3:10.3

W65-69

1st MCavicchi 5:55.0

M25-29

1st NDePinto 2:05.5

M35-39

1st EShepard 2:18.5

M40-44

1st BThomas 2:05

M70-74

1st GSprockhoff 3:24.4

3000M Run

M High School

1st BMcNamara 10:51.0

2nd SGoehring 11:50.0

M35-39

1st WSpeight 11:10

M45-49

1st DPeters 11:20

M70-75

1st RCavicchi 25:35

3000M Race Walk

M60-64

1st WGordon 24:22

4x100 Relay

M30-39

1st Ohio Alumni 51.45

M40-49

1st OTHTC 64.61

M50-59

1st OTHTC 54.89

High Jump

M45-49

1st EBray 5'1"

2nd ARay 4'10"

M55-59

1st GCoats 4'8"

M70-74

1st FHirsimaki 4'1"

M90-94

1st EHosack 2'11.5" *

W55-59

1st EKea 3'4"

Javelin

M50-54

1st RRussell 99'5"

2nd JKuzma 90'5"

M55-59

1st JSloan 118'8"

M60-64

1st TLuke 60'6"

1st MMitchell 23.59

Javelin (continued)

M70-74

1st FHirsimaki 88'4"

Discus

W45-49

1st MHartzler 83'0"

W65-69

1st BHolland 73'0"

M30-34

1st MShaughnessy 133'8"

M50-54

1st JKuzma 116'4"

M55-59

1st JSloan 93'10"

Shot Put

W35-39

1st PFinley 28'1"

W45-49

1st MHartzler 28'8"

W65-69

1st BHolland 25'6"

M30-34

1st MShaughnessy 50'6"

M45-49

1st ARay 34'3"

M50-54

1st JKuzma 37'6"

2nd RRussell 27'8"

M55-59

1st JSloan 30'1"

M60-64

1st TLuke 20'5"

Long Jump

M High School

1st JStyanchi 19'2.5"

M50-52

1st JBelinson 18'3.5"

M55-59

1st GCoats 16'2"

2nd JBrunner 13'11.5"

3rd JSloan 12'5"

M60-64

1st TLuke 12'4"

M70-74

1st FHirsimaki 12'3.5"

M90-94

1st EHosack 6'7" *

Pole Vault

W High School

1st KLife 7'6"

W25-29

1st KWallace 11'6"

M High School

1st CJHandwerk 11'-

M35-39

1st MBerken 11'6"

M55-59

1st NDowning 9'-

2nd JSloan 7'6"

M70-74

1st FHirsimaki 7'6"

1500M Run

Please call Pat at 425-8219 with
your results. Thanks!

* - World Records for age group M90-94. Records verified by Field Judge Rex Harvey.



Over the Hill Track Club

CLEVELAND TRACK CLASSIC

DATE: Saturday, August 3, 1996
On site registration: 8:00am-10:00am only!
8:45am - Field events start
9:00am - Track events start

PLACE: Independence High School, 6111 Archwood Rd.
Independence, Ohio

SANCTIONS: USATF sanctioned, USATF rules apply

ENTRY FEES: Pre-registration postmarked by July 31,
\$6 first event, \$5 each add'l event, \$16 each relay.
Late registration: \$10 each event, \$20 each relay
Make checks payable to OVER THE HILL TRACK CLUB.
Entry fees must accompany entry forms.

MAIL TO: Norman Thomas, 9065 Gettysburg, Twinsburg, Ohio 44087

DIVISIONS: High School, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54,
55-59, 60-64, 65-69, 70-74, 75-79, 80+
Relays - High School and 10 year age groups

SCHEDULE OF EVENTS - Rolling Time Schedule
9am: 3000m, sprint medley, 400/300m hurdles, 4x100m relay,
800m, 100m, 3000m racewalk, high hurdles, 400m, 1500m,
200m, 4x400m relay. Field events 8:45 shot put, long
jump, pole vault, high jump, followed by discus, triple
jump, javelin, hammer. Sprint medley: 100-100-200-400

AWARDS: Medals for 1st-2nd-3rd. MVP plaques male & female.
Team trophies male & female, open & masters

CONTACTS: before 8pm Jeff Gerson 216-382-2656
Jack Brunner 216-659-6933
Grover Coats 216-464-3865
Rex Harvey 216-446-0559

ENTRY FORM:

NAME: _____ AGE: _____ B'DAY: _____ SEX: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

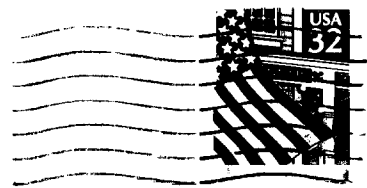
CLUB: _____ PHONE: _____

EVENTS: _____

In consideration of your acceptance of this entry form, I hereby for myself, my heirs, executors, and assigns, waive any and all claims for damages, which I might have against the USATF Lake Erie Assoc., USATF, Over the Hill Track Club, and the Independence School District their agents, representatives or assigns, for any and all damages or injuries suffered by me at said meet. I also certify that I am healthy and sufficiently trained to compete in this meet.

SIGNATURE (By athlete or coach/parent for minor athlete): _____

Over the Hill Track Club
c/o Jeff Gerson
4173 Wilmington Rd.
S. Euclid OH 44121



MR REX HARVEY
160 CHATHAM WAY
MAYFIELD HTS, OHIO 44124

