President's Message

Happy New Year to one and all! Indoor track season is upon us and we hope to see all OTHTC members at S.R.U. on Sunday, January 12, and again at K.S.U. on Saturday, January 18.

The annual meeting went well. We had input from all who showed up, including new member, Hill Simmons. Election of 1997 officers and coordinators took place. Dion Campbell will be the new coordinator for men in the 30-39 age group.

We have set tentative dates for all three club sponsored meets. We hope to increase participation in our meets and the meets and races that we attend year after year. We are forging relationships with other track clubs and we expect to have a fun indoor track season.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>Jan. 12</td>
<td>All comers meet</td>
<td>S.R.U.</td>
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<tr>
<td>Jan. 18</td>
<td>Mini-meet #1</td>
<td>K.S.U.</td>
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<tr>
<td>Jan. 25</td>
<td>Mini-meet #2</td>
<td>K.S.U.</td>
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<tr>
<td>Jan. 26</td>
<td>DCRRC meet</td>
<td>Arlington, VA</td>
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<td>Feb. 2</td>
<td>All comers meet</td>
<td>S.R.U.</td>
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<tr>
<td>Feb. 9</td>
<td>DCRRC meet</td>
<td>Arlington, VA</td>
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<tr>
<td>Feb. 15</td>
<td>Mini-meet #3</td>
<td>K.S.U.</td>
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<tr>
<td>Feb. 16</td>
<td>Lake Erie USATF</td>
<td>K.S.U.</td>
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<tr>
<td>Mar. 1</td>
<td>Masters Midwest Regional</td>
<td>Warren, MI</td>
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The Mobil Invitational Meet is to be held on February 22, at George Mason University. This meet is for elite and open competitors. For ticket information, call 703-573-7328.

Masters level milers (male & female) can qualify for this meet. For further information, call Norman Thomas. The open events are pole vault, 55m, mile, 800m, 200m, 60m, high jump, 60m hurdles, and collegiate relays.
MEMBERSHIP FORM

Over The Hill Track Club

For year ending: 12/31/___

Membership status: New [ ] Membership Type: Individual $20 [ ]
Renewal [ ] Family $30 [ ]

Circle events coded beside name and address:
SP-sprints, MD-middle distance, LD-long distance, XC-cross country, DH-decathlon/heptathlon,

Name: ___________________________ Birthday: ___/___/___ 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 ___________________________
___Road racing ___________________________ Awards ___________________________
___Racewalking ___________________________ Officiating ___________________________
___Other, specify ___________________________ Membership ___________________________

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)
SLIPPERY ROCK UNIVERSITY
ALL COMERS MEET
ALL TRACK AND FIELD ATHLETES WELCOME
SUNDAY JANUARY 12, 1997
&
SUNDAY FEBRUARY 2, 1997

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. Sunday January 12th & Sunday February 2nd at the Morrow Fieldhouse, Slippery Rock University

COST
$7.00 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. Grassstex 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
PLEASE LEAVE A MESSAGE
TO: All Ohio & Pennsylvania High School Track & Field Coaches

FROM: Steve Ramboit, Kent State University, Head Men’s and Women’s Track & Field Coach

SWEET Mini-Meet

Indoor Meets at Kent State and Speed Camps

Coaches!!!

Due to the incredible demand in past years for availability of high school meets at our Kent State Fieldhouse, we have increased the number of meets available to high school age competitors. Our Open Mini-Meets are usually held prior to our Collegiate Invitational meets, and as you can see, we have a very competitive indoor schedule planned. However, we have also added a second high school only meet in March as well as continuing our excellent Olympic Track & Field Clinic this year featuring Randy Barnes, Joe Greene, Earl Bell, Ramsey Paget, and other American Olympians. We look forward to seeing you at Kent State for indoor Track & Field this year, and as our indoor season approaches, we will be contacting you with more information on our indoor meets.

January 18
Kent Mini-Meet
Saturday
8:00 AM - 12:00 Noon
Followed by Doug Raymond Invitational with Kent, Pitt, Morgan State, Marshall & Youngstown

<table>
<thead>
<tr>
<th>January 25</th>
<th>Kent Mini-Meet</th>
<th>Saturday</th>
<th>8:00 AM - 12:00 Noon</th>
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<tr>
<td></td>
<td></td>
<td>Followed by Golden Flash Invitational with Kent, Windsor, Bowling Green, Ball State &amp; Maryland</td>
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<thead>
<tr>
<th>January 15</th>
<th>Kent Mini-Meet</th>
<th>Saturday</th>
<th>11:00 AM - 4:00 PM</th>
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<tbody>
<tr>
<td>Preceded by Al Shoterman Weight Triathlon (Shot, Discus, 35 LB / 20 LB Weight)</td>
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<thead>
<tr>
<th>February 16</th>
<th>USAT&amp;F Lake Erie Assoc Meet</th>
<th>8:00 AM - 3:00 PM</th>
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<tbody>
<tr>
<td>Schedule or events unknown at present time</td>
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March 1 / Saturday
Open Ohio/ Penn HS Meet 8:00 AM - 6:00 PM

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<tr>
<th>March 2</th>
<th>Kent Olympian Track Clinic</th>
<th>8:00 AM - 4:00 PM</th>
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<tbody>
<tr>
<td>Sunday</td>
<td>Featuring American Olympic Medalists Randy Barnes, Earl Bell, Joe Greene</td>
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<tr>
<th>March 15 / Saturday</th>
<th>Ohio HS/ Penn HS Championship Meet 8:00 AM - 6:00 PM</th>
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<tr>
<th>Speed Camps</th>
<th>Term 1 - December 2, 4, 9, 11, 16, 18 / 5:30 - 7:00PM</th>
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<tr>
<td>Term 2 - January 6, 13, 15, 20, 22 / 5:30 - 7:00PM</td>
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Open to any athlete of any sport attending grades 6th - 12th. For brochure and more information please contact Steve Ramboit or Denise Zehner at (330)672-3992
OVER THE HILL TRACK CLUB

Kex Harvey
160 Chatham Way
Mayfield Hts. OH 44124