



Over The Hill Track Club

NOVEMBER, 1997

President
V.P. Programs
V.P. Communications
Secretary
Treasurer

Norman Thomas
Bob Thomas
Jeff Gerson
Rex Harvey
Jack Brunner

Coordinators

Women (all)	Debbie Thomas	216-382-5170
Men - Open	Bob Thomas	216-382-5170
30-39	Dion Campbell	330-626-1560
40-49	Norman Thomas	216-425-8219
50-59	Grover Coats	216-464-3865
60+	Jack Greenwald	216-327-3762
Weight events	John Sloan	330-492-5007
Multi events	Rex Harvey	216-446-0559
Racewalk	Tim Bailey	216-327-1641

President's Message

Mark your calendars for our annual club meeting. The date is Sunday, December 14, at the Independence Library. The time is 2pm.

We are still in the cross country season. If you know of any cross country races, let us know. We have to find ways to extend our competitive season.

We are still seeking results of races and meets from all of 1997. Send your stats to Jeff Gerson or Bob Thomas.

Indoor track season starts in December. So far, we have located meets at Kent State and Slippery Rock. Ashland University and Oberlin College both have indoor tracks but we need contacts to find out about the open meets.

Over the Hill Track Club Sponsors First Annual Norman S. Bower Memorial Weight Pentathlon

The First Annual Norman S. Bower Memorial Weight Pentathlon was held October 4, 1997 in Chagrin Falls (Bainbridge Township), Ohio. Norm, a popular thrower in masters track and field for years, succumbed to cancer on September 12 of this year at age 49. Norm was loved by all who knew him for his humor, support, and enthusiasm for his sport.

Norm was a nationally ranked thrower in the shot, discus, hammer, and weight pentathlon, and also competed in the high jump and race walk, even though he weighed well over two hundred pounds. No entry fee for the event was charged, but donations were taken to establish an educational trust fund for Norm and Sue's daughter, Emma Rose, who will be 2 years old this October 31st. The event will be held annually, with all proceeds going to his daughter's education fund. Over \$2,500 was raised this first year from donations from Over the Hill Track Club, Wolfpack Track Club, the Bower Track Club, many unattached athletes, and others in the track and field community who knew Norm throughout his years of competition.

The meet was sponsored by Over the Hill Track Club, with scoring co-sponsored by NCCWAVA. TAC-certified officials Stan and Marilyn Gorecki donated their time to run the event. Awards were donated by Dick Mann, and Joe and Mary Chadbourne contributed the venue and dinner for competitors. Jeff and Kathy Gerson and Dick Mann contributed food and beverages for post-meet refreshments.

SCHEDULE

Indoor Track Meets (1998)

Dartmouth Relays	Jan. 9
K.S.U.	Jan. 10
K.S.U.	Jan. 24
S.R.U.	Jan. 25
K.S.U.	Feb. 7
S.R.U.	Feb. 8
K.S.U.	Feb. 21
S.R.U.	Feb. 22

RESULTS

1st Annual Norm Bower Memorial Weight Pentathlon
October 4, 1997, Chagrin Falls, Ohio

M65	Joe Chadbourne	Hammer	45.26
		35# WT	13.39
M95	Everett Hosack	Hammer	9.80
		Shot	3.95
W50	Mary Chadbourne	Hammer	16.90

Baldwin Wallace College Twilight Decathlon
May 12-13, Berea, Ohio

Rex Harvey (M50) 1st 6740 pts

North American Invitational Weight Pentathlon
June 1, 1997, Orlando, Florida

Rex Harvey (M50) 1st 3551 pts

Hall of Fame Senior Olympics
Canton, Ohio, June 7, 1997

Rex Harvey (M50)	All first places!
	100 12.7
	200 26.5
	LJ 17'9
	HJ 5'0
	PV 12'0
	SP 41'11
	DT 132'2
	JT 147'8

Lincoln Track Club Decathlon
Lincoln, Nebraska, June 14-15, 1997

Rex Harvey (M50) 1st 6794 pts

Wolfpack Spring Multi-Event
Columbus, Ohio, May 31, 1997

Rex Harvey (M50) 1st Outdoor Pent.

Results - Wolfpack Fall Throwing Classic
Columbus, Ohio
September 14, 1997

Hammer Throw

M50	Rex Harvey	36.04
M55	John Sloan	26.54
M95	Everett Hosack	11.40

Shot Put

M50	Rex Harvey	12.52
M55	John Sloan	9.68
M95	Everett Hosack	3.95

Discus Throw

M50	Rex Harvey	40.34
M55	John Sloan	29.38

Javelin Throw

M50	Rex Harvey	38.62
M55	John Sloan	35.74

Weight Throw

M50	Rex Harvey	10.59
M55	John Sloan	9.22
M95	Everett Hosack	3.52

Weight Pentathlon - Age Graded

M50	Rex Harvey	3328pts (2nd place)
M55	John Sloan	2877pts (1st place)
M95	Everett Hosack	1805 (1st place)

Results

Fred Hirsimaki (M70)

Rocky Mountain Masters Games

August 31, 1997

Boulder, Colorado

Pentathlon 1st 3041 pts

National Masters Decathlon Championship

Sept. 20-21, 1997

Thomasville, North Carolina

Decathlon 2nd 5925 pts

TWENTY-NINTH DARTMOUTH RELAYS

SPONSORED BY

ADIDAS

January 9, 10, and 11, 1998
Leverone Fieldhouse, Dartmouth College

All communications should be directed to:
Tel: (603)646-3821

Meet Director, Dartmouth Relays
Dartmouth College, Hanover, NH 03755

PLEASE READ THE FOLLOWING INFORMATION COMPLETELY AND CAREFULLY:

- Friday, January 9:** All Masters running and field events *See Special Entry Form*
College and Open Championship Pentathlon (top 12 entries for each)
- Saturday, January 10:** All High School running and field events
- Sunday, January 11:** All College, Open and Developmental events for men and women

GENERAL ENTRY INFORMATION:

A. PACKETS; IN YOUR PACKET YOU SHOULD FIND:

1. Condensed Roster Forms with entry checklist, declaration and Waiver forms
2. Order of events and time schedule
3. Specific instructions for respective categories

B. ENTRY FEES:

1. Seven dollars (\$7.00) U. S. Funds for each individual event entered.
2. Ten dollars (\$10.00) U. S. Funds for each relay event entered.
3. Please make checks payable to Dartmouth College. Maximum entry of \$150 per team, men and women are separate teams.
4. **ONLY US FUNDS! OTHER CHECKS WILL BE RETURNED!**
5. **NO ENTRY FEES WILL BE RETURNED!**
6. **FULL ENTRY FEE MUST ACCOMPANY ENTRY!**

Note: Entries received after Dec. 17, 1997 will be assessed a late fee if accepted.

C. TO ENTER THE MEET:

1. Complete the roster (print or type) by listing in alphabetical order the full first and last names of all individual competitors. Write the complete name of the college, high school, or club in the space provided. Use a separate roster for male and female teams and indicate the sex of the team. Do not put the entries of more than one team on a roster. Please do not list relay personnel.
2. Read and sign the waiver statement.
3. Calculate the proper entry fee and make out a check for that amount in U. S. Funds to Dartmouth College.

SPECIFIC ENTRY PROCEDURES

A. College, Club and Masters Procedure:

1. Entries should be postmarked by December 17, 1997.
2. An entry postmarked after Dec. 17 will be treated as a late entry and considered for acceptance if received by Dec. 26, 1997 but a late fee will be assessed at an additional \$7.00 per individual per event not to exceed \$70.00 if accepted.
3. Telephone entries will not be accepted for any reason.
4. Masters athletes should see the special master's entry form.

B. High School Procedure:

1. Entries should be postmarked by December 17, 1997.
2. Entries postmarked after Dec. 17 will be treated as a late entry and considered for acceptance up to Dec. 26, 1997 but a late fee will be assessed at an additional \$7.00 per individual per event, up to \$70.00 if accepted. Absolutely no entries will be considered after Dec. 26, 1997.
3. Although we seek a large field, there must be guidelines to limit fields to manageable size. Limitations are listed below. Entries will be rejected due either to lateness or unmanageable fields and it will be the coach's responsibility to call the relays office on Jan. 6 from 10 a.m. - 2 p.m. if there is any question at (603) 646-3821.
4. Sorry, but no telephone entries will be accepted for any reason.

SPECIFIC SCHEDULE OF EVENTS

FRIDAY, JANUARY 9, 1998

Be sure to write the correct number and name on your entry form.

Note: Meet will move ahead when possible.

Number	Event Name	Time	Prize
1	Women's College and Open Championship Pentathlon (55m Hurdles, High Jump, Shot Put, Long Jump, 800m) Top 12 accepted based upon 1996 results	11:00	Trophy
2	Men's College and Open Championship Pentathlon (55m Hurdles, Long Jump, Shot Put, High Jump, 1000m) Top 12 accepted based upon 1996 res	11:15	Trophy
77	Women's Masters (30-90) 55m Hurdles (final)	3:00	Mug
78	Men's Masters (30-90) 55m Hurdles (final)	3:15	Mug
79	Women's Masters (30-90) 55m Dash (final)	3:30	Mug
80	Men's Masters (30-90) 55m Dash (final)	3:45	Mug
81	Women's Masters (30-90) 1500m Run (sections on time)	4:00	Mug
82	Men's Masters (30-90) 1500m Run (sections on time)	4:15	Mug
83	Women's Masters (30-90) 400m Run (sections on time)	4:30	Mug
84	Men's Masters (30-90) 400m Run (sections on time)	4:40	Mug
85	Women's Masters 1500M Walk	4:50	Mug
86	Men's Masters 3000M Walk	5:00	Mug
87	Women's Masters (30-90) 800M run (sections on time)	6:15	Mug
88	Men's Masters (30-90) 800M run (sections on time)	6:25	Mug
89	Women's Masters (30-90) 200M run (sections on time)	6:35	Mug
90	Men's Masters (30-90) 200M run (sections on time)	6:45	Mug
91	Women's Masters (30-90) 3000M run (sections on time)	7:00	Mug
92	Men's Masters (30-90) 3000M run (sections on time)	7:20	Mug
93	Men's and Women's Masters (30-90) 5000M (Run as a combined race)	7:45	Mug
94	Women's Master's 800M Relay	8:05	Mug
95	Men's Master's 800M Relay	8:10	Mug

#Event 94 and 95 will be combined if necessary

Field Events Old to Young

Approximate Time Schedule

96	Women's Masters (30-90) Long Jump	3:30	Mug
97	Women's Masters (30-90) Pole Vault	4:00	Mug
98	Women's Masters (30-90) Shot Put	3:30	Mug
99	Men's Masters (30-90) Long Jump	4:00	Mug
100	Men's Masters (30-90) Shot Put	4:00	Mug
101	Men's Masters (30-90) Pole Vault	5:00	Mug
102	Women's Masters (30-90) High Jump	5:30	Mug
103	Men's Masters (30-90) High Jump	5:30	Mug
104	Women's Masters (30-90) Triple Jump	5:30	Mug
105	Men's Masters (30-90) Weight Throw	5:30	Mug
106	Men's Masters (30-90) Triple Jump	6:30	Mug
107	Women's Masters (30-90) Weight Throw	6:30	Mug

Masters should complete entry form specifically labelled "Masters"

DARTMOUTH RELAYS MASTERS AND SUBMASTERS

Roster. Entry Declaration. Waiver Form. Fee Calculations

Instructions: Complete all information completely and accurately: see attached information guidelines for deadlines . . . Do not miss deadline . . .

List names alphabetically, using one line per event, per entrant (*example: if in 3 events, list name 3 times).

Name of Person Completing Form _____ Address _____

Phone Numbers: Business _____ Home _____

FOR THIS ROSTER: M _____ F _____

	<u>Athletes Name</u>	<u>Event</u>	<u>Age on Jan. 9, 1998</u>	<u>Best Performance</u>
1	_____	_____	_____	_____
2	_____	_____	_____	_____
3	_____	_____	_____	_____
4	_____	_____	_____	_____
5	_____	_____	_____	_____
6	_____	_____	_____	_____
7	_____	_____	_____	_____
8	_____	_____	_____	_____
9	_____	_____	_____	_____
10	_____	_____	_____	_____

Waiver Form:

In consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators and assigns, waive any and all claims to damage which I might have against Dartmouth College, its Board of Trustees, USATF., Lebanon H.S., their agents, representatives, successors and assigns for any and all injuries suffered by me at said meet. If this entry is signed by my Athletic Director, Coach or other authorized authority, I authorize him/her to do so on my behalf.

Signed: _____ Position: _____

Entry Fee Calculation:

Number of individual events	_____ X \$8	=	_____
Number of Relay Events	_____ X \$12	=	_____
Late Fee (If Applicable)	_____ X \$10	=	_____
		TOTAL	_____

Checks should be made out to:
Dartmouth College and should accompany Entry Form
Canadian entry fees must be in U.S. Funds

Mail to: Meet Director
Dartmouth College Relays
6083 Alumni Gym
Hanover, NH 03755-3512

Masters Deadline: December 17, 1997

MASTERS ONLY: You can post-enter at the meet on January 9, 1998, 11:30 am - 2:00 pm

Post-Entry Fee: \$10 per event

Use overnight mail service to insure receipt by deadline.

NOTE: You must also have a valid proof of age with you at the meet. We will accept a birth certificate or driver's license.

Over The Hill Track Club
c/o Jeff Gerson
5091 Hickory Drive
Lyndhurst OH 44124

Rex Harvey
160 Chatham Way
Mayfield Hts OH 44124

