



# Over The Hill Track Club

March, 1998

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

## Coordinators

Women (all)	vacant	
Men - Open	Bob Thomas	216-382-5170
30-39	vacant	
40-49	Norman Thomas	330-425-8219
50-59	Grover Coats	216-464-3865
60+	Jack Greenwald	330-769-5361
Weight events	John Sloan	330-492-5007
Multi events	Rex Harvey	440-255-0751
Out of state	Rod Wilson	517-353-0971

## President's Message

Spring track and field season is upon us. There are still indoor meets left. We are currently building our outdoor track schedule.

The USATF National Masters Meet will be held in Boston, on the weekend of March 27-29. See NMN for an entry form.

April 4-5th will be the last chance to do an indoor track and field meet. USATF Illinois is hosting the National Masters Heptathlon and a quality open meet. The information is enclosed.

Please remind 1997 club members who have not renewed (\$) for 1998 to rejoin. Effective March 15, only current, paid up, members will be receiving newsletters.

RESULTS

K.S.U. Mini-Meets  
January-February, 1998

Jeff Gerson

200 32.54  
400 1:12.03  
800 2:39.8  
Mile 5:47.9

John Means

400 1:15

Lawrence Finley

55 7.52  
200 27.11

Debbie Thomas

400 1:05.59

John Sloan

55m 8.8  
55H 11.49  
200 31.61  
PV 8'6  
SP 31'4  
LJ 12'0  
HJ 3'8

Beachwood Open Meet, March 1, 1998  
Beachwood High School

Grover Coats

Shot Put 27'9  
50 7.3  
50HH 9.7  
400 1:12.8

Doug Finley

55H 8.23  
200 25.01  
400 56.75

Garry Gosky

Shot Put 32'0  
50 7.8

Jack Greenwald

55m 8.62  
400 1:11.35

Norman Thomas

800 2:40.2  
400 1:09.9

Grover Coats

55m 7.31  
55H 9.95  
LJ 15'5  
400 1:05.29  
HJ 4'0

John Sloan

Shot Put 32'4  
400 1:23.8

Dave White

800 2:39.8  
400 1:08.6

Norman Thomas

400 1:05.09  
800 2:29.66

Lawrence Finley

50 7.3  
400 1:13.2

Bob Thomas

400 56.02



April 4-5, 1998

## MASTERS INDOOR OPEN

Proviso West High School

10:00 a.m., Saturday-Sunday

Hillside/Chicago

**MEET FORMAT:** The "Masters Indoor Open" will be held in conjunction with the "USATF National Masters Heptathlon Championships" (for men and women). *A separate form is required for entry into the Heptathlon.*

**TRACK SITE:** Hillside is located a few minutes west of downtown Chicago. Proviso West is just east of I-294/the Tri-State, at the southeast intersection of Wolf Road and Harrison Street. Harrison Street is the first street south of I-290/the Eisenhower Expressway. From the Eisenhower, exit south on Mannheim (Highway 12 and 45) to Harrison, then west to Proviso West. From the north on the Tri-State, exit east on Cermak/22<sup>nd</sup> Street. From the south on the Tri-State, exit east on Roosevelt Road. From Cermak or Roosevelt, continue east to Wolf Road, then north to Proviso West.

**TRACK FACILITY:** Proviso West High School has an outstanding indoor track facility: Mondo Super X surface, inside rail on curves, six 42-inch lanes, two nine-lane 55-meter straight-aways, double long jump/triple jump runways, two high jump pits, and separate shot area. Seating capacity goes up to 2000 in the balcony.

**SANCTION:** Illinois Association of USA Track and Field. **HOST:** USATF Illinois and Midwest Masters Track and Field Club.

**USATF REQUIREMENTS:** 1998 USA Track and Field memberships are required of all athletes, \$15.00 (\$20.00 for entries postmarked after March 25, 1998). A membership form and fee (with separate check number) may be submitted in lieu of a 1998 membership number.

**ENTRY FEES/DEADLINES:** \$10.00 for the first event, \$5.00 for each additional event, or \$25.00 for an unlimited number of events. \$10.00 extra (flat fee) for entries postmarked after Wednesday, March 25. No entries will be accepted on meet days. \$5.00 for each event change will be charged on the day of the meet (no guarantee that change will be accepted). No changes will be accepted by phone or fax.

**ENTRY CONFIRMATION:** If your complete entries are received by March 28, and if you have enclosed a self-addressed stamped envelope, we will mail you a confirmation. *We will not confirm receipt of your entries by phone or fax.*

**MAIL ENTRIES AND FEES:** To "USATF Illinois," P.O. Box 7019, Villa Park, IL 60181-7019. 630/953-2052.

**AWARDS:** Masters National Open awards to the first place finisher in each event/in each age division (30-34 through 90-over). Plus, age-graded apparel/product awards to the top age-graded finishers in each event (all age divisions combined).

**FACILITIES:** Parking is available in the south lot of Proviso West High School, adjacent to Field House/Track. Restrooms and dressing rooms are available. Concessions on site.

**ADMISSION:** \$3.00 per day for non-athlete adults, \$1.00 for students. Pre-school admitted free.

**Please Turn Over**

## FURTHER INFORMATION

**ADMINISTRATION:** USATF Illinois, P O. Box 7019, Villa Park, 60181-7019. (630) 953-2052, weekdays 8:00 a.m. to 5:00 p.m. **OPERATIONS:** Jeff Watry, H. 414/843-3567, evenings.

**ACCOMODATIONS:** The Wyndham Garden Hotel (630/833-3600), will serve as the Headquarters Hotel. \$69 single, \$89 double, for all who register as "National Masters Open" guests.

**HOTEL RESERVATIONS:** (Wyndham Garden Hotel/Oakbrook Terrace, 630/833-3600) Make your reservations early – by March 20, latest. The Wyndham will assist you in securing reservations elsewhere in the area if rooms are unavailable at the Headquarters Hotel. Wyndham Information: Natalie Kuehn. **Please do not call USATF Illinois for hotel information.**

## SCHEDULE OF EVENTS

Heptathlon events are listed here for information only. Heptathlon event scheduling will take precedence on both April 4 and 5. Heptathlon athletes will have a minimum of ½ hour between events.

**Special Event:** A "Mini-Multi" competition will also be held – to consist of any three events listed for the Masters Open (Heptathlon events may not be used to score for the MM). The "Mini-Multi" competition will be automatically scored only for athletes who specifically sign up/enter this competition (MM) on the Entry Form. No extra fee is required for the MM, if the entry form and fees are received prior to April 4-5. However, athletes may designate three of the events they entered prior to the meet as their MM entry on April 4 or 5 for \$5.00 extra.

### Saturday, April 4 – 10:00 a.m. Field Events, 10:30 a.m. Running Events

#### Running Events

- 200 H
- 60 m
- 1500 m
- 400 m
- 1500 RW
- 1000 m
- 300 m
- **MM (Mini Multi): see Schedule of Events, above, regarding how to enter.**

-- Order: Oldest to Youngest, Women then Men --

#### Heptathlon (12:00 Noon)

- 60 m
- LJ
- SP
- HJ

#### Field Events

- Standing LJ
- PV
- WT (outdoors, TBA)

### Sunday, April 5 – 10:00 a.m. Field Events, 10:30 a.m. Running Events

#### Running Events

- 60 H
- 800 m
- 60 m (age graded \*)
- 3000 RW
- 600 m
- 200 m
- 3000 m
- **MM (Mini Multi): see Schedule of Events, above, regarding how to enter.**

-- Order: Oldest to Youngest, Women then Men --

#### Heptathlon (10:00 a.m.)

- 60 m
- PV
- 800/1000

#### Field Events

- LJ (TJ follows)
- SP
- HJ

\* Top performer in each age division who competed in the 60 on Saturday will compete against the field. Apparel/Product awards to the top three (3) age-graded performers.



# MASTERS INDOOR OPEN ENTRY FORM

April 4-5, 1998  
10:00 a.m.

Proviso West High School  
Hillside/Chicago

Please Print Photocopy as needed

Name: \_\_\_\_\_ Phone #: (H) \_\_\_\_\_ / \_\_\_\_\_ (W) \_\_\_\_\_ / \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on 4/4/98: \_\_\_\_ Sex: M: \_\_ F: \_\_ USATF #: \_\_\_\_\_ Required

- AGE DIVISION:  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-Over

EVENTS (No event limit): \_\_\_\_\_

MM = Any three (3) events, Sat. and/or Sun. *Heptathlon events must be listed on a separate Heptathlon Entry Form.*

ENTRY FEES/DEADLINES: \$10.00 for the first event, \$5.00 for each additional event, or \$25.00 for an unlimited number of events \$10.00 extra (flat fee) for entries postmarked after Wednesday, March 25. No entries will be accepted on the meet days. \$5 00 for each event change will be accepted on the day of the meet (acceptance not guaranteed).

MAIL ENTRIES AND FEES: To "USATF Illinois," P.O Box 7019, Villa Park, IL 60181-7019.

WAIVER: I understand that competing in a track/field meet can be a potentially dangerous activity. I verify that I am physically fit and have trained for this competition. I assume all risks associated with running this event including, but not limited to falls, contact with other participants, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act in my behalf, waive and release USA Track and Field Illinois, Midwest Masters Track Club, Proviso West High School, and all sponsors and officials from all claims of any kind arising out of my participation in the above track meet. I grant full permission to use photos/records of these events. I grant permission for emergency medical treatment by competent medical personnel on the indicated date. List allergies and current medications, if any \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Emergency Phone #: \_\_\_\_\_ / \_\_\_\_\_

REBATE PROGRAM

Criteria: National and regional meets that require a USATF card.

Please complete all required information. You must represent OTHTC or the Lake Erie Association. You must complete an event. Be able to send any documentation if necessary.

NAME

ADDRESS

DATE OF BIRTH

AGE GROUP

LIST ALL EVENTS COMPLETED

NAME & LOCATION OF MEET

DATE(S) OF MEET

Send completed form to Norman Thomas, 9065 Gettysburg, Twinsburg, Ohio, 44087. Expect your \$25 within the month.

SCHEDULE (Indoor)

MAR. 21	Metro Harriers Indoor Games	Linthicum, MD
MAR. 27-29	National Masters Indoor Meet	Boston, MA
APR. 4-5	National Heptathlon & Indoor Open Meet	Hillside, IL

SCHEDULE (Outdoor)

APR. 23-25	Penn Relays Carnival	<del>Philadelphia</del> , PA
MAY 17	North Coast Invitational	Independence, OH
MAY 25	Jock Stop Memorial Mile	Boardman, OH
JUNE 6	Senior Olympics - Regional	Canton, OH
JUNE 27-28	Three Rivers Assn Meet	Slippery Rock, PA
JULY 5	Cleveland Track Classic	Independence, OH
JULY 11	Senior Olympics - State	Canton, OH

**OVER THE HILL TRACK CLUB**  
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