July, 1999

OFFICERS

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

Coordinators

Women (all)                     Diane Friedman  216-291-1009
Men - Open                      Bob Thomas       216-382-5170
30-39                           Lawrence Finley 440-735-0837
40-49                           Norman Thomas   330-425-8219
50-59                           Jeff Gerson      440-473-0636
60-69                           Grover Coats    216-464-3865
70+                             Jack Greenwald  330-769-5361
Weight Events                  John Sloan       330-477-3994
Multi Events                   Rex Harvey       440-255-0751
Out of State                   Rod Wilson       517-353-0971
Racewalk                       -vacant-

PRESIDENT'S MESSAGE

We are in the exciting part of the track and field season. The Cleveland Track Classic went well. A special thanks to all the club members who helped out. We plan to continue the meet tradition and get back the big crowds of earlier years. We do need more volunteer and paid help in order to allow our registration crew to compete in their track and field events.

Good luck to those club members who are heading off to the W.A.V.A. Championships in Gateshead, England. For those needing help with arrangements, contact Rex Harvey before July 21.

Make your plans now for the meet in Orlando. Contact your coordinator to see who else may be going.

We need to support Dayton Masters Track Club next week at their annual T & F Classic. We plan to have relays.

Good luck with your racing and training. Remember to send in your results and any new track meet information to Jeff Gerson for inclusion in future newsletters.
SCHEDULE

July 18  Ohio Games - Finals  Berea, OH
July 24  Dayton Masters Classic  Dayton, OH
July 29-Aug. 8  XIII W.A.V.A. Championships  Gateshead, ENG
Aug. 6-9  State Games of America  St. Louis, MO
Aug. 26-29  USATF National Masters  Orlando, FL
Sept. 4-5  Potomac Valley Games  Alexandria, VA
Sept. 11  N. Bower Weight Pent.  Kent, OH
Sept. 26  OTHTC Cross Country Meet  Pepper Pike, OH

Results from North Coast Invitational (99): Team Awards
Open Men  TBD
Open Women  Zion Chapel A.C.
Masters Men  OTHTC (John Sloan)
Masters Women  OTHTC (Diane Friedman)

Results - USATF Southeast Regional Masters Championships
May 7-9, 1999, Raleigh, N.C.

M60  George Mirka
     Shot Put  5th  11.20
     Discus  3rd  39.93

M70  Jack Greenwald
     100  4th  14.65
     200  3rd  30.17
     400  2nd  1:10.60

Results - USATF National Masters Weight Pentathlon
June 12, 1999, Greeley, Colorado

M50  Rex Harvey  3098 pts  6th place
 Hammer 106'3"  Discus 114'11  Weight Throw 37'1
 Shot Put 37'4½  Javelin 126'4
1999 Indoor Rankings

55m
M70 Jack Greenwald 5th 8.3

60m
M40 Rodney Wilson 24th 8.11
M55 Jerome Belinson 9th 8.34
M70 Jack Greenwald 6th 9.04
W75 Diane Friedman 3rd 12.44

200m
M40 Rodney Wilson 32nd 26.45
M70 Jack Greenwald 5th 30.1
W75 Diane Friedman 2nd 47.31

400m
M70 Jack Greenwald 3rd 1:12.42
M75 John Means 5th 1:28.46

60m Hurdles
M60 Grover Coats 3rd 10.19
M70 Bill Simmons 5th 13.92

High Jump
M40 Dave White 17th 1.53
M60 Grover Coats 16th 1.26
M70 Bill Simmons 1st 1.38

Pole Vault
M40 Dave White 14th 3.25

Long Jump
M55 Jerome Belinson 1st 5.34
M70 Bill Simmons 11th 3.57

Shot Put
M95 Everett Hosack 1st 4.06
W50 Erika Szanto 7th 8.49
W75 Diane Friedman 3rd 4.75

Weight Throw
M95 Everett Hosack 1st 3.06
W50 Erika Szanto 3rd 8.44
W75 Diane Friedman 1st 3.97

Superweight
M95 Everett Hosack 1st 2.29
W50 Erika Szanto 1st 6.01
9th DAYTON TRACK CLASSIC

SANCTIONED BY USATF-OHIO
SATURDAY, JULY 24, 1999 - WELCOME STADIUM,
DAYTON, OHIO

NOTE:
1. All events are finals, and run against time.
2. Entries must be recieved no later than July 15, 1999. You must pre-register to recieve a free T-Shirt.
   Please check size: L__, XL__, XXL__.
3. Late entries at registration table, opens at 7:30 a.m. Registration will be closed 1/2 hour before start of event (at the discretion of the Meet Director).
4. Registration limited to four Events.
5. Long Jump, Triple Jump, Shot Put and Discus (All competitors will recieve six (6) attempts).
6. All Weather Fast Tarten Track (New) - 1/4" Pyramid spikes or less (Use stadium blocks ONLY).
7. Entry fee $12.00 - 1st Event and $5.00 each additional Event.
8. Late Entry Fee $14.00 - 1st Event and $6.00 each additional Event.*
9. Age as of July, 24 1999
10. Sanitary facilities - NO SHOWERS
11. NO REFUNDS
13. Athletes who participate in this competition could 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 Hot-Line at 1-800-233-0393.

AWARDS:
Trophies to 1st place winners, Medals to 2nd & 3rd place winners
Divisions: Five Year Age Division
1. Masters Men & Women (ages 30 - 80+)
2. Open Men & Women (Ages 19 - 29)
   Ages 14 - 18 (14 born any time in 1984)

Hosted by The Dayton Master Track Club Inc.
Sponsored by The City of Dayton, Department of Recreation and Parks
and
The Dayton Area Heart & Cancer Association

For Additional information, please contact:
Bob Jones, President Dayton Master - (937) 837-2754
# SCHEDULE OF EVENTS

**WOMEN BEFORE MEN, OLDEST TO YOUNGEST**

THIS IS AN APPROXIMATE START TIME.

THE EVENTS WILL BE ON A ROLLING SCHEDULE IN THE ORDER LISTED

## TRACK EVENTS

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 a.m.</td>
<td>1500 Meter Walk</td>
</tr>
<tr>
<td>9:20 a.m.</td>
<td>3000 Meter Run</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Hurdles - 100/110 Meter</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>100 Meter Dash</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>800 Meter Run</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>400 Meter Dash</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>1500 Meter Run</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>200 Meter Run</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>4 X 100 Meter Relay</td>
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</tbody>
</table>

No Cost
No Trophy
Fun Relay

## FIELD EVENTS

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 to 11:00 a.m.</td>
<td>Shot Put</td>
</tr>
<tr>
<td>9:00 to 11:00 a.m.</td>
<td>High Jump</td>
</tr>
<tr>
<td>9:00 to 11:00 a.m.</td>
<td>Long Jump</td>
</tr>
<tr>
<td>1:00 to 2:30 p.m.</td>
<td>Discus</td>
</tr>
<tr>
<td>1:00 to 2:30 p.m.</td>
<td>Pole Vault</td>
</tr>
<tr>
<td>1:00 to 2:30 p.m.</td>
<td>Triple Jump</td>
</tr>
</tbody>
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![Map of the stadium and entry gates](image-url)
Dayton Masters Track Club Inc.
9th Dayton Track Classic
Entry form

Entry Fee $12.00 1st Event, $5.00 each Additional Event.
Entries must be received by July 15, 1999. Late entries after July 15, 1999, $14.00 1st Event, $6.00 each Additional Event.

Send Check and Entries To:
Dayton Masters Track Club Inc.
7567 Roselake Drive
Dayton, Ohio 45414
Registration - Pre-register ONLY
Free "T" Shirt
PLEASE CHECK SIZE:
L_______XL_______XXL_______

Name________________________________________ Club__________________________ U.S.A. #____
Address________________________________________ City, __________ State, _______ Zip____
Telephone No.__________________________ Date of Birth__________ Sex_______ Age____

Event(s): Best Recent Time(s):
1.________________________________________
2.________________________________________
3.________________________________________
4.________________________________________

All Competitors must complete waiver
Waiver for all events

In consideration for acceptance of my entry in the Dayton Track Classic, I do hereby for myself and anyone entitled to act in my behalf, waiver and release The Dayton Masters Track Club Inc. of Dayton, Ohio and all sponsors, their representatives and successors from all claims or liabilities of any arising out of my participation in this event.

ATHLETE'S SIGNATURE________________________________________ DATE________
PARENT OR GUARDIAN'S SIGNATURE______________________________

(IF ATHLETE IS UNDER 18)

(FRANCISCAN SPORTS MEDICINE CENTER WILL BE ON SIGHT TO ASSESS YOU)