



Over The Hill Track Club

July, 1999

OFFICERS

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

Norman Thomas
Bob Thomas
Jeff Gerson
Rex Harvey
Jack Brunner

Coordinators

Women (all)

Men - Open

30-39

40-49

50-59

60-69

70+

Weight Events

Multi Events

Out of State

Racewalk

Diane Friedman 216-291-1009

Bob Thomas 216-382-5170

Lawrence Finley 440-735-0837

Norman Thomas 330-425-8219

Jeff Gerson 440-473-0636

Grover Coats 216-464-3865

Jack Greenwald 330-769-5361

John Sloan 330-477-3994

Rex Harvey 440-255-0751

Rod Wilson 517-353-0971

-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

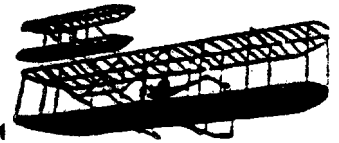
M95 Everett Hosack 1st 4.06
W50 Erika Szanto 7th 8.49
W75 Diane Friedman 3rd 4.75

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 prescption and over-the-ounter 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

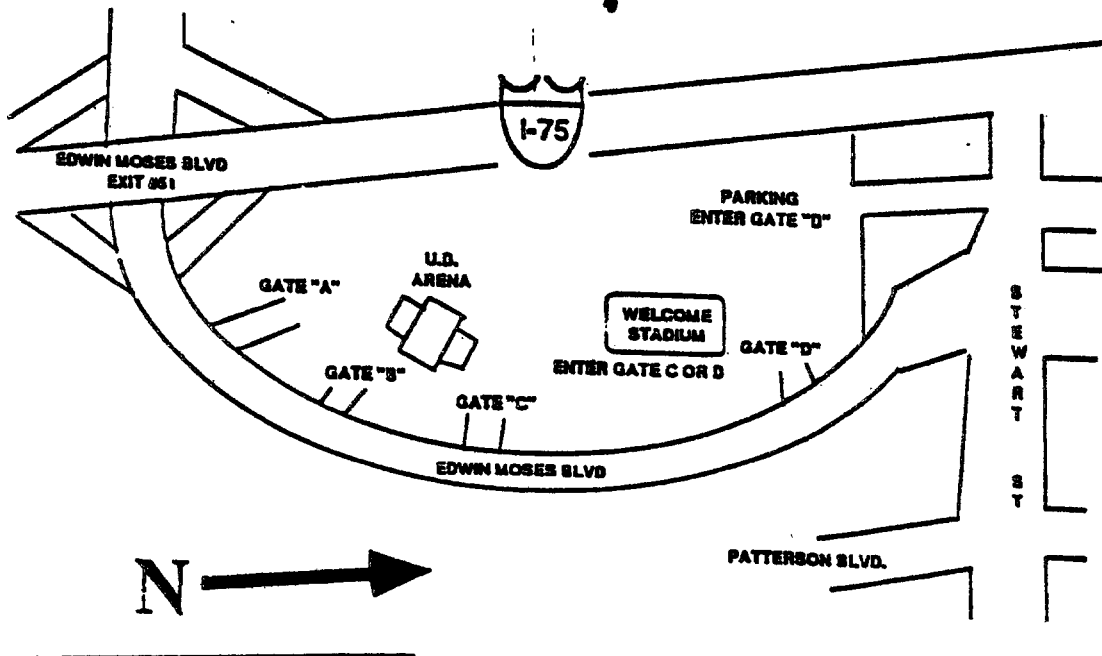
TRACK EVENTS

9:00 a.m.	1500 Meter Walk
9:20 a.m.	3000 Meter Run
10:00 a.m.	Hurdles - 100/110 Meter
10:30 a.m.	100 Meter Dash
11:30 a.m.	800 Meter Run
12:00 p.m.	Lunch
1:00 p.m.	400 Meter Dash
1:30 p.m.	1500 Meter Run
2:00 p.m.	200 Meter Run
2:30 p.m.	4 X 100 Meter Relay

No Cost
No Trophy
Fun Relay

FIELD EVENTS

9:00 to 11:00 a.m.	Shot Put
9:00 to 11:00 a.m.	High Jump
9:00 to 11:00 a.m.	Long Jump
1:00 to 2:30 p.m.	Discus
1:00 to 2:30 p.m.	Pole Vault
1:00 to 2:30 p.m.	Triple Jump



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 recieved 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 represen-
tatives and successors from all claims or liabilities of any arising out of my par-
ticipation 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)

OVER THE HILL TRACK CLUB

c/o Jeff Gerson
5091 Hickory Dr.
Lyndhurst OH 44124



Rex Harvey
6744 Connecticut Colony Crl
Mentor OH 44060

