

Over The Hill Track Club

April 2000

OFFICERS

President - Norman Thomas
V.P. Programs - Vacant
V P Communications - Larry Maniccia
Secretary - Rex Harvey
Treasurer - Jeff Gerson

COORDINATORS

Women (all)	Patricia Finley	(216) 595-1628
Men (open)	Larry Maniccia	(216) 531-1359
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	Allen Ray	(216) 226-3481
Multi Events	Rex Harvey	(440) 954-8122
Out of State	Rod Wilson	(517) 353-0971
Racewalk	Jeff Gerson	(440) 473-0636

PRESIDENT'S MESSAGE

The outdoor track & field season is finally here. Start your conditioning now for our first club sponsored meet. The North Coast Invitational will be held on Sunday, May 21, at Independence High School. Entry forms will be mailed later this month.

Congratulations to club members who made the Boston trip to compete in the National Masters Championships. We hope to have official results by the May newsletter.

We are currently building our outdoor schedule. If you know of any track meets that are relatively close and not already listed, send us the information. We need more meets and we need more participation.

Start making plans for the big meets. Senior Olympics has an early deadline. Call 330-497-2323 for more information.

Good luck with your training and racing. Remember to call your age group coordinators to find out the latest developments.



Over The Hill Track Club

SCHEDULE

APR. 30	C.K. All Comers	Cleveland, OH
MAY 14	C.K. All Comers	Cleveland, OH
MAY 21	North Coast Invitational	Independence, OH
MAY 29	Jock Stop Memorial Mile	Boardman, OH
MAY 12-14	S.E. Open & Masters	Raleigh, NC
JUNE 10	Senior Olympics	Canton, OH
JUNE 10	Allegheny Open & Masters	Natrona Hts., PA
JUNE 25	Three Rivers USATF	Slippery Rock, PA
JULY 8	Cleveland Track Classic	Cuyahoga Hts., OH
JULY 22	Dayton Masters Classic	Dayton, OH
AUG 10-13	USATF National Masters	Eugene. OR



To: Ohio Games Sport Coordinators

From: Neal Neroni - Hermes Sports & Events *Neal*

CC: Dave Gilbert - Greater Cleveland Sports Commission
John Ferchill - Chairman, Ohio Games

Date: March 3, 2000

We have some very unfortunate news to share in regards to the status of the 2000 Ohio Games. Due to lack of sponsorship dollars and the absence of the Greater Cleveland Sports Commission as a partner, we have been forced to cancel the Games.

At this time, the Sports Commission does not have the dollars to support the Ohio Games in 2000. They believe the Ohio Games are good for Cleveland and the entire state, but need to sustain the organization in order to secure this event and others, in the future.

Within the next week or so, we will be in contact with each of you to explain the situation in further detail and answer any questions you might have. With the formation of our new company, Hermes Sports & Events, we would be interested in speaking with each of you to consider the potential of continuing your sport program on a different level.

It has been a pleasure working with all of you over the past decade. Due to your dedication and willingness to provide your time and effort for the youth of Ohio, we were able to sustain a good program for 11 years. I hope we can continue to work together in the future.

Columbus Track & Field Classic

Sunday, May 21, 2000, 9:00
A.M.

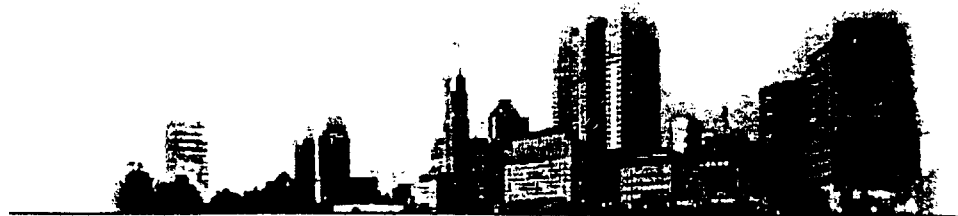
Westerville South High School,
Westerville (Columbus), Ohio

Youth, Senior (Open), and
Masters Competition

The Columbus *Track & Field*
Classic is the premier spring
track and field meet for Youth,
Open & Masters athletes in the
mid-western United States.

Over 425 athletes from Ohio,
Illinois, Pennsylvania, Indiana
and Michigan participated in
1999.

The prestigious Leon F. Cook
Outstanding Sprinter Award will
be awarded to the outstanding
boy and girl sprinters of the
meet.



Hosted by New World Track Club



***Developing Champion Athletes on the Track and
Champion Citizens off the Track***

For More Information: Contact New World Track Club, P.O. Box 09147, Columbus, Ohio 43209
614-237-6513 (8:00 p.m. to 10:00 p.m.)

or

Check our Meet Web Site: <http://home.earthlink.net/~wcstitt.Classic.htm>

Individual Athlete Entry Form

Make checks payable to and Mail Entries to: New World Track Club, Inc., P.O. Box 09147, Columbus, Ohio 43209

Entry Fees: *Ealy Registration* / Received by May 16, 2000: One Event \$4.00; Two Events \$7.00; Three Events \$9.00; Four Events \$10.00 *Late Registration* / Received after May 16, 2000 or on day of meet: One Event \$ 10.00; Two Events \$13.00; Three Events \$14.00; Four Events \$15.00.

Name: _____ Birth Date: _____ Sex: _____

Address: _____ City: _____ Zip: _____

Event 1: _____ Event 2: _____ Event 3: _____ Event 4: _____

Entry Fee Enclosed: _____ Entry fees are non-refundable and non-transferable

In consideration of the acceptance of this entry I hereby, for myself (my minor child) do hereby waive any cause of action and hold harmless the New World Track Club, Westerville Schools and Westerville Sount High School, their officers, agents, volunteers sponsors and other representatives for any injury or damages suffered by me (my minor child) in connection with my (his or her) participation in the Columbus Track & Field Classic.

Athlete Signature: _____ Date: _____

Parent Signature (if athlete under 18 years) _____ Date: _____

Schedule of Events

Track Events

Beginning at 9:00 a.m.
200 Dash Open/Masters Finals
80 Run Open/Masters Finals
80 Hurdles Midget Girls Finals
80 Hurdles Midget Boys Finals
100 Hurdles Youth Girls Finals
100 Hurdles Youth Boys Finals
100 Hurdles HS Girls Finals
110 Hurdles HS Boys Finals
3000 Run - All Divisions Finals
100 Dash - All Divisions Semi-final

Officials Break

100 Dash - All Divisions Finals
1500 Run - All Divisions Finals
400 Dash - All Divisions Finals
1500 Walk - All Divisions Final
3000 Walk - All Divisions Final
800 Run - Youth Divs. Finals
200 Dash - Youth Divs. Finals
Sprint Medley Relay
(100/100/200/400) - All Divisions

Field Events

Long Jump - 8:30 A.M.

8:30 A.M. Open & Masters Men & Women

9:30 A.M. Bantam Boys and Girls,
Midget Boys & Girls;
Youth & High School Boys;
Youth & High School Girls

High Jump - 10:00 P.M.

All Girls & Women - Youngest to Oldest;
All Boys & Men - Youngest to Oldest

Shot Put - 1:00 P.M.

Open & Masters Men; Open & Masters Women and HS Girls;

Sub-Bantam, Bantam, Midget & Youth Boys;

Bantam, Midget & Youth Girls; High School Boys

Sanctioned by USA Track & Field



Field Events begin at 8:30 a.m. - **Track Events** begin at 9:00 a.m.

Entry Fees: *Early Registration* / Received by May 16, 2000: One Event \$4.00; Two Events \$7.00; Three Events \$9.00; Four Events \$10.00

Late Registration / Received after May 16, 2000 or on day of meet: One Event \$10.00; Two Events \$13.00; Three Events \$14.00; Four Events \$15.00.

Entry fees are non-refundable and non-transferable.

Eligibility: All athletes, male and female in Youth, Open and Masters divisions. (USAFT cards not required).

Location: Westerville is a Northeast suburb of Columbus, Ohio. Westerville South High School is located at 303 South Otterbein Ave.

Directions: From Interstate 71 take exit 119 onto Interstate 270 East; exit I-270 at exit 29 – Westerville Road/State Route 3; Go north on Westerville Road to Schrock Road; turn right (east) onto Schrock Road; go about ¼ mile to Otterbein Avenue; left turn onto Otterbein and go about ½ mile. South High School (and Blendon Middle School) will be on the left.

Age Divisions: *Sub-bantam* - Born 1992 or later. *Bantam* – Born 1990-1991. *Midget* – Born 1988-1989. *Youth* – Born 1986-1987. *High School* – Born July 31, 1981 through December 31, 1985. *Open* – Born before August 2, 1981. *Masters:* Ages 30 and over on the day of the meet (competing in five-year age groups, e.g., 30-34, 35-39, 40-44, etc.)

Events: 100 Dash, 200 dash, 400 Dash, 800 Run, 1500 Run, 3000 Run, 1500 Walk, 3000 walk, 80, 100 and 110 hurdles youth only, Sprint Medley Relay (100-100-200-400), Shot Put, Long Jump and High Jump. The 100, 400, 800, Sprint Medley Relay, and Shot Put are the only Sub-bantam events. Athletes may compete only their correct age groups (no moving up or down) with the exception that Sub-bantams and Bantams may be combined for the Sprint Medley Relay.

Registration: Early registration by mail (received by May 16) is strongly encouraged. Day-of-meet registration opens at 7:30 a.m. Meet management reserves the right to decline day-of meet entries for the hurdles, Bantam and Midget long jump and day-of-meet entries for other events not received one hour in advance of the anticipated event start time. No 100 meter dash entries will be accepted on the day of the meet.

Event Space Limitations: Meet management reserves the right to decline day-of-meet registrations for sprint and hurdle events and limit the number of such entries to open lanes remaining in heats established through early registration. **No 100 meter dash entries will be accepted on the day of the meet.**

Sprint Heats and Lanes: Heats and lanes will be randomly drawn on May 18 from the early registrants. Late registrants will be assigned remaining available lanes. Late registration by clubs may result in all club members being assigned to the same heat(s).

Competition Schedule: All track events will be contested by age group beginning with Open and Masters followed by youngest to oldest youth divisions. Females will compete first in each age group with the exception of the 100 meter hurdles as noted at the left. Age groups may be combined for the walks and events over 400 meters. Hurdle and 100 Dash Semi-finals will be contested as finals at the semi-final time if eight or fewer contestants check in for the semi-finals.

**CK (Community/Kids) Track Club
Adult ALL-COMERS Co-ed Track Meets**

Patrick Henry Field (East 123rd at Arlington/Durant) Cleveland, Ohio

Dates: April 30 (Sunday) 9:00 a.m. (Registration 8:00 a.m.)
May 14 (Sunday) 9:00 a.m. (Registration 8:00 a.m.)

Events: 1500 M Run	Long Jump
100 M Dash	Shot Put (Bring your own)
400 M Dash	Discus (Bring your own)
800 M Run	
3000 M Run	
200 M Dash	

Age Groups: 20-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; etc.

Age Groups may run together

NO AWARDS --- NO ENTRY FEE

Come Dressed to Compete -- No Locker Facilities

Volunteer Timers, Field Event Help Needed !!!!!

Questions call Michael Cunningham at 216-421-0365

SPRING
into
Speed & Hurdling
2000
featuring

LOREN SEAGRAVE

*Speed Coach of the NFL Atlanta Falcons
 Performance Consultant to Donovan Bailey, Olympic
 & Former World Record Holder - 100m dash
 Coach to numerous NCAA Champions and World/
 Olympic Medalists*

BRENT McFARLANE

*Canadian Track & Field Head Coach, Sydney 2000
 Olympic Games
 Canadian National Hurdle Coach for 4 Olympics and
 3 World Championships
 Author of over 400 articles and 4 books on hurdling*

attend

Loren Seagrave's two day
SPEED & MOVEMENT CAMP

or

Brent McFarlane's two day
HURDLING CAMP

at

BOARDMAN HIGH SCHOOL
APRIL 24 & 25

CAMP INFORMATION

- All camp participants will receive.
- World Class Instruction in their area
- Four 2 1/2 hour sessions of instruction
- Lectures on training theory / nutrition
- Detailed camp notes for their specialty
- Spring into Speed & Hurdling* t-shirt.
- Lunch each day
- Monday & Tuesday April 24 & 25*
- 9:00 am - 4:00 pm each day*
- Boardman High School Athletic Complex*
- \$75 postmarked by 4/15/00, \$100 after*

SAVE 25%

Register by 4/15/00

as a

Camper or Coach
and

SAVE 25%

Coach's/Observer's Pass
\$45 postmarked by 4/15/00, \$60 after
 all up-close access to all training sessions
 exception Q&A Monday 5-7pm Food & beverage provided
 private lunch and Q&A each day with parent & Loren at a local restaurant
 all sets of training notes for both areas

REGISTRATION

Circle the 2-day camp you will attend.

Loren Seagrave's Speed Camp

Cost \$75 00 before 4/15/00, \$100 00 after.

Brent McFarlane's Hurdle School

Cost \$75 00 before 4/15/00, \$100 00 after

Coach's/Observer's Pass

Cost \$45 00 before 4/15/00, \$60 00 after

Name _____

Street _____

City/State/Zip _____

Phone () _____

Age ___ Grade ___ School _____

WAIVER

I hereby authorize the staff of *Spring into Speed 2000* to act accordingly in the event of a medical emergency. I waive and release the camp and its participants from any and all liability for injury and illness incurred while at the camp. I have no knowledge of any physical impairment that would influence the above named student's participation at the camp.

Parent/Guardian Signature _____

Name & Number of Health/Accident Insurance Plan _____

Make Check Payable to:

Boardman High School/Spring into Speed 2000

*Return Check & Registration to
 Dave Pavlansky/Spring into Speed 2000
 Boardman High School
 7777 Glenwood Avenue
 Boardman, OH 44512*

Schedule of Events

WOMEN BEFORE MEN
OLDEST TO YOUNGEST

TRACK

8:30a 2 Mile Fun Walk
9:30a 3000m run
10:00a 100m run
10:30a 110m hurdles
11:00a 800m run
11:30a 200m run
12:00n Mile run
12:30p 400m run
1:00p Open Mile Run

FIELD

9:00a Javelin
9:30a High Jump
10:00a Shot Put
11:00a Long Jump
11:30a Discus



AWARDS: Awards will be given to 1st, 2nd, and 3rd place finishers in each age group. Trophies will be presented to over-all first place finishers in individual events based on the Age-Graded Tables handicap system.

DIVISIONS:

5 YEAR AGE DIVISIONS, Masters only!

1. Masters Men & Women (30-80+ yrs old)
(30-34, 35-39, 40-44, 45-49 yrs old etc)
2. Open Men & Women (19-29 yrs old)
3. High School (14-18 yrs old)

REGISTRATION BEGINS AT 8:00AM
MEET BEGINS AT 8:30 AM

For More Information, Please Phone,
724-224-2166

Entrance and Release Form

The Allegheny-Kiski Health Foundation
Presents

The Allegheny Valley Open **A Masters Track and Field Meet**

To be held Saturday, June 10, 2000 at Highlands High School Track
Idaho and Pacific Avenues. Natrona Heights, PA

Entry Fee-\$15 00 for the first two events. \$5 00 for each additional event
Entries received by 6-3-00 will receive a complimentary gift.
Make checks payable to Allegheny-Kiski Health Foundation

MAIL THIS FORM AND FEES TO:

The Allegheny-Kiski Health Foundation
Post Office Box 92
Natrona Heights, PA 15065

Name _____
Address _____
City _____ State _____ Zip _____
Telephone _____
Date of Birth _____ Gender _____
Age as of 6-10-00 _____

EVENTS

1. _____
2. _____
3. _____
4. _____

THE RELEASE ON THE BACK OF ENTRY FORM MUST BE SIGNED.

THIS IS A RELEASE

Instructions- 1 Applicants age 18 and over must complete Part A

2. Applicants under age 18 must complete Part A and have a parent or guardian complete Part B

PART A

AMATEUR ATHLETIC RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in the

Allegheny Valley Open Masters Track and Field Meet. related events and activities, the undersigned acknowledges and agrees that:

1 The risk of injury from the activities involved in this event is significant including the potential for permanent paralysis and death. and while particular rules, equipment and personal discipline may reduce this risk. the risk of serious injury does exist; and.

2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, BOTH KNOWN AND UNKNOWN EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others. and assume full responsibility for my participation; and.

3 I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation. I will remove myself from participation and bring such to the attention of an meet official immediately and.

4 I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS the Allegheny University Hospital-Allegheny Valley, the Allegheny Valley Hospital Foundation, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsor advertisers and, if applicable, owners and lessors of the premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY DISABILITY DEATH, or loss or damage to person or property. WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE

5 I, the undersigned, declare on my honor that I am an amateur and agree to follow the rules of the United States Track & Field Association. obey the officials and directors I am in excellent physical condition and have no disease or injury that would impair my doing my best in competition

6 I hereby authorize any first aid, medication, medic. I treatment, or surgery deemed necessary in case of emergency I also authorize the attending medical personnel to execute on my behalf any permission forms and other appropriate medical documents and on my behalf if I am not immediately available to do so

7 Athletes who participate in this event will be subject to formal drug testing in accordance with USAIF 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 contains banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot Line at 1-800-233-0393

8. I hereby consent to allow my picture or likeness to appear in any official document, sponsor advertisement, and/or television coverage of this event in any manner incidental to my participation in this event without compensation to me. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND IT'S TERM, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT

Participant's Name _____

Participant's Signature _____ Date _____

PART B

PART B- FOR PARTICIPANTS UNDER THE AGE OF 18 AT TIME OF REGISTRATION

This is to certify that I, as a parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all releases, and for myself my heirs, assigns, and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to my minor child's involvement or participation in the Allegheny Valley Open Track and Field meet even if arising from their negligence

Signed _____
(Parent/Guardian)

Relationship to Minor _____

Date _____

Sanctioned by
United States Track & Field

The Allegheny Valley Hospital
Physical Therapy Department
provides a full range of
rehabilitation services for
orthopedic, work related and
geriatric conditions.


The Allegheny Valley Open Masters Track and Field Meet

Sanctioned by the USA Track & Field

Sponsored by
The Allegheny-Kiski Health Foundation

- 1 Entries should be received by Saturday, June 3, 2000. Entries received by this date will get a complimentary gift.
2. Athletes are limited to four individual events.
- 3 Entry fee is \$15.00 for the first two events and \$5.00 for each additional event.
- 4 Competitors will receive four attempts in the Long Jump, High Jump, Shot Put, Discus and Javelin.
- 5 The track is a six lane tartan surface. ¼ inch spikes or smaller WILL BE ENFORCED
- 6 All events are time finals.
- 7 Age as of June 10, 2000. Please bring an ID.
- 8 Concession stand will be available.
9. Portable restrooms will be provided
10. Because of the complexity of the meet, there is a no refund policy.
- 11 Race day registration will be accepted until 8.30a. Athletes should check in no later than one hour before their event.
- 12 Compete only against those in your 5-year age division.
- 13 Age-Graded Tables will be used to determine an over-all winner encompassing all age divisions except in the Open Mile Run.
- 14 The Open Mile Run will not be age-graded. Prizes will be awarded according to the order of finish There will be only one set of prizes for all runners participating. No age-group cash prizes will be awarded other than over 30 yr.
- 15 The 2 mile Community Fun Walk will be a non-competitive event open to all ages Each walker will receive complimentary gift and a completion ribbon

For More Information, Please Phone
724-224-2166



Over The Hill Track Club

NORTH COAST INVITATIONAL

DATE: Sunday, May 21, 2000
 Registration: 8-10am
 Field events start at 8:45
 Track events start at 9:00

PLACE: Independence High School, 6111 Archwood Rd.
 Independence, Ohio

USATF Sanctioned, USATF rules apply.
Field event athletes are requested to bring their own implements as the meet does not supply them.

ENTRY FEES: \$6 per event, \$12 per relay, if pre-regist. by 5/18
 \$8 per event, \$16 per relay, after 5/18 or in person
 Make checks payable to OVER THE HILL TRACK CLUB.
 Entry fees must accompany entry forms.
Pre-registration is encouraged. No refunds!!

MAIL TO: Lawrence Finley
 P. O. Box 22906
 Cleveland, Ohio 44122

DIVISIONS: High School (14-18), 19-24, 25-29, 30-34, 35-39,
 40-44, 45-49, 50-54, 55-59, 60-64, ..., 95-99

ORDER OF EVENTS:	9:00	3000	8:45	Shot Put
		4x800 relay		High Jump
		4x100 relay		Pole Vault
		800		
		100	10:00	Long Jump
		3000 RW		
		60	10:30	Discus
		400	12:00	Javelin
		1500		
		200	1:00	Hammer
		Medley relay		
		(100-100-200-400)	1:30	Weight Throws

AWARDS: Medals for 1st-2nd-3rd TEAM AWARDS

CONTACTS: Norman Thomas 330-425-8219
 Jeff Gerson 440-473-0636
 Grover Coats 216-464-3865
 Rex Harvey 440-954-8122
 Allen Ray 216-226-3481
 Patricia Finley 216-595-1628

ENTRY FORM:

NAME: _____ AGE: _____ B'DAY: _____ SEX: _____

ADDRESS: _____ CITY: _____ ST: _____ ZIP: _____

PHONE: (____) _____ CLUB AFFILIATION: _____

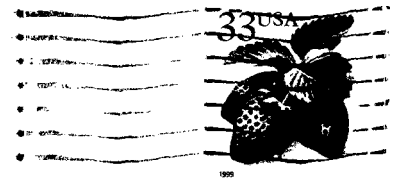
EVENTS:

In consideration of your acceptance of this entry form, I hereby for myself, my heirs, executors, and assigns, waive any and all claims for damages, which I might have against the USATF, Lake Erie Assoc. USATF, Over the Hill Track Club, and the Independence School District, their agents, representatives or assigns, for any and all damages or injuries suffered by me at said meet. I also certify that I am healthy and sufficiently trained to compete in this meet.

SIGNATURE (By athlete or coach/parent for minor athlete): _____



c/o Larry Maniccia
8 Trenton Square
Euclid, OH 44143



Rex Harvey
6744 Connecticut Colony Crl.
Mentor OH 44060

44060X4470 33

