



Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

Volume 2, Issue 4

June 2003

President's Message...

Hello, many thanks also go to the many volunteers who worked the 22nd Annual Northcoast Invitational, held at Cleveland Heights High School on May 18, 2003. Many thanks goes to Diane Friedman and Mr. Friedman, Claude Holland, Grover Coats, Essie Kea, Joanne Siegel, Chuck Weidman, Jeff Gerson, Cathi Gerson, Robert Walters, Don Le Donne, Wayne Ward, Monica Thornton, Jim Flanik, Larry Seifert, and the student volunteers from Cleveland Heights and Channel High Schools. I'm truly sorry, if I did not name everyone who has contributed, because once again, it not my intention to slight anyone. There were close to 100 competitors from Ohio, Pennsylvania, Kentucky, and Michigan. Results should now be posted on the www.othtc.org website.

The 25th Annual Cleveland Track Classic will be held on Saturday, July 26, 2003 at a site to be determined. We will need many, many volunteers to assist us in this endeavor.

Congratulations to the performances of Robert Walters, Grover Coats, Everett Hosack, and Monica Thornton at the USATF Indoor Nationals in Boston in March. They scored a combined 85 points in the National team scoring and Over The Hill finished 12th out of 38 combined teams. Monica was the National Champion (Gold) in the long jump and National Bronze Medalist in the shot put. Everett was the National Champion (Gold) in the shot put, weight throw, and 60 meter dash. Grover was the National Silver Medalist in the triple jump, 4th in the long jump, and was 5th in the 60 meter hurdles. Bob was the National Bronze Medalist in the triple jump and finished 7th in the finals of the 60 meter dash. Rex Harvey served as a one of the major meet officials.

Congratulations to Everett Hosack and Robert Walters (who was there to assist) for being featured and interviewed by Jay Leno on the Tonight Show, as well as being featured on NBC while competing in the Penn Relays Carnival. He was the "hit" of both shows.

Congratulations to Joanne Siegel who ran very competively at the Boston Marathon.

Congratulations to Lawrence Finley who has agreed to become the official club historian and records keeper. Please send Lawrence any records or historical information to so he can compile them electronically. He will forward all information to Larry Maniccia for the website.

It was good to see Belinda Mc Coy and Deborah Yurth-Thomas back on the track after "extended" stays due to extenuating circumstances (smile). Also, Welcome back Allen Ray.

Congratulations to Paul Williams, Essie Kea, and Lawrence Finley who competed well at the Southeast Regional Championships in Raleigh North Carolina.

Good luck to Chuck Weidman, Grover Coats, Paul Williams, Essie Kea, Everett Poe, Norman Thomas, Patrice Thomas, and Jeff Gerson in your quest to be champions with the USA Senior Olympics.

In This Issue

- *Volunteer for a club opening!*
- *Volunteer to help with the Cleveland Classic*
- *Keep training for the 2003 Outdoor Season!*

**Please Plan on Attending the
2003 Cleveland Track Classic**

*Be sure to send in your Club Renewal Forms and
 2003 dues!*

*Send your meet results to Larry Maniccia so
 they can be published on the club website!*

Membership Drive Program

Any current member that signs up three new club members will have their membership dues reimbursed. (NOTE: A current member is fully paid for the year, and a new member excludes former club members from the past three years.) Also, please ensure your renewal forms and fees are sent in early in the year

E-Mail

Be sure to send your e-mail to Larry Maniccia via www.othtc.org

The Last Word: Jeff Fisher and Clark Turner still have Over The Hill Uniforms at the Second Sole Store in Lyndhurst

RESULTS:

Cathi Gerson (W50):

March 29, Independence Jog to Spring 5K, 27:43, 2nd, May 4, Nicholas Cirwo Memorial 5K, 26:44, 1st, May 17, Collinwood 4-Mile Run, 36:05, 1st; May 26, University Heights 5-Mile Run, 43:33, 1st

Kent State Open, March 8th

60 m 400 m

John Means, 10.35 Lawrence Finley, 59.39

Everett Hosack, 35.27 Jeff Gerson, 1:10.91

FROM THE PLAIN DEALER
 SUNDAY MAGAZINE

An Adult? Please, Not Yet!

Excellent piece on the subject of growing up in the January 19th magazine [*The Middle Distance*]. Though I'm a parent and appreciate eight straight hours of sleep, I don't always feel precisely adult. At 43 years old, I find myself looking forward to birthdays. Especially the biggies.

My idol is a native Chagrin Fallsian, Everett Hosack, who at 101 is a masters track and field star.

David Emerson
 Chagrin Falls

Officers

President	Rodney Wilson
VPs Programs	Paul Williams Bob Thomas
VP Communications - web	Larry Maniccia
VP Communications – news	Monica Thornton
Secretary	Rex Harvey
Treasurer	Jeff Gerson
Historian and Records	Lawrence Finley

Coordinators

Women (all)	Essie Kea	216.383.1511
Men (open)	Larry Maniccia	440.237.6714
Men 30-39	Bob Walters	440.526.5635
Men 40-49	Bob Thomas	440.899.3599
Men 50-59	Jeff Gerson	440.473.0636
Men 60-69	Grover Coats	216.464.3865
Men 70+	Everett Poe	216.991.8524
Seniors	Chuck Wiedman	440.838.8362
Weight Events	<i>Male - Vacant</i> <i>Female - Vacant</i>	
(We are seeking a weight events coordinator, so if have the talent or desire, please do not hesitate to contact us)		
Multi Events	Rex Harvey	440.954.8122
Out-of-State	Lawrence Finley	859.236.2042
	Rodney Wilson	517.646.8742 (h) 517.241.4007 (w)
Race Walking	Gunter Sprockhoff	440.582.0144
	Joyce Prohaska	216.521.7966
Road Racing	Joanne Siegel	216.397.0260

**22nd Annual Over The Hill Track Club, Inc,'s North Coast Invitational
Cleveland Heights High School, Cleveland, OH
Fully Automatic Timing (FAT)**

MALES

SHOT PUT

9-10	
Grice, Cody	23'-0"
Chetham, Deonte	19'-7"
11-12	
Dehaney, Armand	29'-1"
13-14	
Hampton, Antwan	30'-11"
Freeman, Robert	30'-7"
Rich, Adam	29'-9"
Wright, JJ	28'-1"
15-18	
Tucker, De'Andre	31'-7 ½"
Smith, Donte	35'-2"
Boerio, Nick	36'-8 ½"
19-29	
Kovacevich, Tom	41'-1"
30-34	
Lechler, Al	48'-4"
40-44	
Rich, Steve	31'-8"
Brown, William	27'-5 ½ "

HIGH JUMP

9-10	
Grant, Dorian	4'-0"
11-12	
Freeman, Robert	4'-8"
Dehaney, Armand	4'-6"
13-14	
Freeman, Chrisean	4'-8"
Simmons, Demardre	3'-10"
19-29	
Stewart, Desi	6'-2"
Burge, John	5'-8"
40-44	
Makozy, Frank	4'-8"
Rich, Steve	4'-8"

POLE VAULT

70-74	
Wiedman, Chuck	7'-6"
Poe, Ev	6'-2"

LONG JUMP

0-8

Hunsinger, Maverick	6'-10 ½"
Berry, Malik	6'-4 ½"
Hunsinger, William	ND

9-10

Grant, Dorian	14'-3 ¾"
Rich, Alex	11'-5 ½"

11-12

Dehaney, Armand	15'-0"
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13-14

Monnot, Ben	12'-2 ½"
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19-29

Stewart, Desi	20'-6"
Burge, John	18'-4"

40-44

Brown, William	12'-7 ¾"
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60-64

Coats, Grover	13'-0 ¾"
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STANDING LONG JUMP

0-8

Berry, Malik	4'-1 ½"
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11-12

Freeman, Robert	7'-2 ½"
Tucker, De'Andre	6'-3 ½"

13-14

Monnot, Ben	7'-1"
Blackmon, John	7'-0"

19-29

Stewart, Desi	9'-5"
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60-64

Coats, Grover	7'-6 ½"
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DISCUS

13-14

Rich, Adam	78'-0 ½"
Wright, JJ	66'-8"

15-18

Tucker, De'Andre	72'-10"
Smith, Donte	66'-8"

19-29

Dovacevich, Tom	111'-11"
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30-34

Lechler, Al	129'-8"
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40-44

Rich, Steve	92'-9 ½"
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60-64

Sheinker, Abe	81'-5 ½"
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70-74	
Poe, Ev	62'-0 ¼ "
100-104	
Hosack, Everett	25'-0"

JAVELIN

9-10	
Cheatham, Dedonte	53'-4"
Grace, Cody	51'-2"
13-14	
Wright, JJ	63'-8"
Hampton, Antwan	48'-5"
15-19	
Boerio, Nick	144'-11"
Tucker, De'Andre	89'-2"
Smith, Donte	65'-0"
40-44	
Makozy, Frank	119'-2"
Boerio, Anthony	71'-1"
55-59	
Gerson, Jeff	98'-2"
100-104	
Hosack, Everett	24'-9"

800 METER RUN

0-8	
Council, Josh	2:56.89
9-10	
Rich, Alex	3:30.56
11-12	
Freeman, Robert	2:28.39
Dehaney, Armand	2:47.82
13-14	
Smith, Stephan	2:33.32
Simmons, Demandre	2:44.13
Freeman, Chrisean	2:18.45
15-18	
Blackmon, John	2:22.90
Smith, Dominic	2:26.65
35-39	
Meeker, Rod	2:30.00
40-44	
Pillin, Phillip	2:42.00
Boerio, Anthony	2:53.00
45-49	
Thomas, Bob	2:15.00
Hawkins, Walter	2:25.00
55-59	
Gerson, Jeff	2:47.00

100 METER DASH

0-8

Hunsinger, William	18.69
Berry, Malik	19.42
Hunsinger, Maverick	21.41
Akerib, Eli	29.08
Jones, Keshun	35.19

9-10

Rich, Alex	15.47
Buffington, Andre	23.76

11-12

Brown, Isaiah	15.06
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13-14

Galdden, Joseph	13.20
Freeman, Christian	13.36
Gainey, Jr., Derek	13.99
Monnot, Ben	14.57

19-29

Burge, John	12.74
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35-39

Muiazim, Khalid	11.57
Gainey, Derek	13.03

40-44

Finley, Lawrence	13.05
Makozy, Frank	13.25

50-54

James, Ronald	14.94
Glisic, Bernie	15.52

60-64

Hamilton, Tom	15.55
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70-74

Poe, Ev	17.31
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60 METER DASH

0-8

Hunsinger, Maverick	11.32
Hunsinger, William	11.51
Gainey, Dominic	13.05
Jones, Keshun	17.66

9-10

Grant, Doran	9.16
Rich, Alex	10.02
Buffington, Andre	13.19

11-12

Brown, Isaiah	9.04
Walters, Kyle	10.08

13-14

Freeman, Christian	8.44
Gainey, Jr., Derek	8.80

19-29	
Burge, John	7.89
35-39	
Gainey, Derek	8.02
40-44	
Finley, Lawrence	8.24
50-54	
James, Ronald	8.85
60-64	
Hamilton, Tom	9.28
65-69	
Williams, Paul	9.19
Spilman, Hank	10.68
70-74	
Poe, Ev	10.35

400 METER DASH

0-8	
Council, Josh	1:18.66
Hunsinger, Maverick	1:45.50
9-10	
Cheatham, Dedonte	1:24.52
Grice, Cody	1:32.36
11-12	
Brown, Isaiah	1:16.51
13-14	
Blackmon, John	51.54
Gladden, Joseph	1:01.78
Simmons, Deandre	1:10.24
15-18	
Murphy, Anthony	49.37
Smith, Dominic	58.93
30-34	
Levy, Dwayne	1:00.28
35-39	
Muiazim, Khalid	51.36
Meeker, Rod	1:00.82
40-44	
Makozy, Frank	58.17
Finley, Lawrence	1:00.84
Rich, Steve	1:06.01
45-49	
Hawkins, Walter	59.04
Thomas, Bob	59.74
50-54	
Javor, Kenneth	1:05.01
Glisic, Bernie	1:08.61
55-59	
Gerson, Jeff	1:11.61

1500 METER RUN

13-14	
Freeman, Chrisean	5:13.01
Smith, Stephan	5:26.43
15-18	
Boerio, Nick	5:23.45
40-44	
Pillin, Phillip	5:23.67
Thien, Walter	5:30.83

200 METER DASH

0-8	
Hunsinger, William	42.31
9-10	
Grant, Doran	32.13
Brown, Isaiah	32.98
Buffington, Andre	54.93
11-12	
Dehaney, Armand	29.32
Walter, Kyle	38.28
13-14	
Gladden, Joseph	26.97
Freeman, Christian	27.66
Monnot, Ben	31.41
Gainey, Jr., Derek	31.84
19-29	
Burge, John	26.47
35-39	
Meeker, Rod	26.00
Gainey, Derek	27.32
40-44	
Boerio, Anthony	33.52
45-49	
Hawkins, Walter	27.73
65-69	
Williams, Paul	34.93
100-104	
Hosack, Everett	2:18.22

MEN & WOMEN Combined 4 X 100 Relay

Perkins, Jackson, Austin, Peters	3:51.39
Boxley, Siegel, Jackson B., Meeker	4:45.41

WOMEN

SHOT PUT

11-12	
Smith, Destiny	26'-7"
Adams, Janese	23'-2"
Panescu, Prieria	21'-11 ½"
Council, Dominique	20'-6"
Brown, Wanda	19'-10"
15-18	
Panescu, Julia	20'-10"
Helfgott, Emily	16'-3 ¼"
19-29	
Fenzel, Chris	32'-10"

HIGH JUMP

9-10	
Willis, Nashay	3'-8"
11-12	
Panescu, Prieria	3'-10"
15-18	
Panescu, Julia	4'-8"
30-34	
Taylor, Wiletta	4'-0"

LONG JUMP

9-10	
Willer, Nashan	11'-6 ½"
11-12	
Panescu, Prieria	12'-1 ¼"
30-34	
Taylor, Willette	13'-1"

STANDING LONG JUMP

9-10	
Heller, Sunsharae	4'-2 ½"
11-12	
Gladden, Ebony	5'-8 ½"
13-14	
Stembridge, Christina	5'-10"

DISCUS

11-12	
Smith, Destiny	55'-9"
Adams, Janese	45'-3"
15-18	
Nick	113'-5"
Helfgott, Emily	37'-0"
19-29	
Fenzel, Chris	104'-2"

JAVELIN

11-12	
Smith, Destiny	44'-0"
Council, Dominique	40'-4"
Adams, Janese	40'-0"
15-18	
Panescu, Julia	47'-4"

3000 METER RUN

40-44	
Stegel, Joanne	12:42.70

800 METER RUN

11-12	
Grant, Diamond	3:08.98
McCall, Monet	3:24.02
15-18	
Panescu, Julia	3:12.62
35-39	
Cunningham, Richee	2:57.00
40-44	
Hunsinger, Tina	2:45.00

100 METER DASH

0-8	
Neloms, Sidney	18.88
Games, Taylor	23.46
Johnson, Mikaela	23.59
9-10	
Willis, Nashay	17.80
Games, Breanna	19.11
11-12	
Davis, Joan	14.72
13-14	
Davis, Rownisha	13.73
Gainey, Amber	15.52
30-34	
Taylor, Willetta	15.67

3000 METER RACEWALK

35-39	
Cunningham, Richee	21:31.37
50-54	
Prohaska, Joyce	18:53.03

60 METER DASH

0-8	
Neloms, Sidney	11.45
Johnson, Mikaela	13.71
Gaines, Taylor	14.02
9-10	
Gaines, Breanna	10.91
Heller, Sunsharae	11.89
Walters, Summer	12.04
11-12	
Gladden, Ebony	9.75
13-14	
Stembridge, Christina	9.26
Gainey, Amber	9.72

400 METER DASH

0-8	
Johnson, Mikaela	2:01.20
9-10	
Willis, Nashay	1:24.81
Heller, Sunsharae	1:48.02
11-12	
Davis, Joan	1:09.11
Gladden, Ebony	1:18.30
McCall, Monet	1:18.80
Taylor, K.	1:20.40
Council, Dominique	1:27.50
13-14	
Davis, Rownisha	1:09.07
Stembridge, Christina	1:26.50
35-39	
Thomas, Debbie	1:05.01

1500 METER RUN

11-12	
Grant, Diamond	6:24.69
35-39	
Cunningham, Richee	6:23.92
40-44	
Hunsinger, Tina	5:52.49
Siegel, Joanne	6:00.85

200 METER DASH

0-8

Johnson, Mikaela 40.03

Neloms, Cidney 48.57

9-10

Willis, Nashay 31.18

Gaines, Breanna 39.33

Walters, Summer 44.42

11-12

Davis, Joan 30.67

Taylor, K 32.57

Gladden, Ebony 33.33

13-14

Davis, Rownisha 29.42

Stembridge, Christina 32.03

Gainey, Amber 33.86

40-44

McCoy, Belinda 31.49

Siegel, Joanne 38.19



TRACK AND FIELD MEETS



2003

AAU LAKE ERIE ASSOCIATION CHAMPIONSHIPS

Baldwin Wallace College (Berea Ohio 44107) June 14-15, 2003

Awards: Medals 1st,2nd,3rd & ribbons 4th,5th,& 6th

MEET DIRECTOR: DAVID TURNER 216-991-9217

THE NORTH COAST INVITATIONAL

Over The Hill Track Club / Cleveland Hts, MAY 18, 2003 440-473-0636

NORTH CANTON FLYERS

June 8, 2003 Joe DeRosa 1-330-284-2172

WARD 9 SUMMER CLASSIC

Patrick Henry June 21, 2003- Greg Simmons 216-451-3050

AAU REGION TRACK & FIELD CHAMPIONSHIPS

June 28, 29, 2003 Charleston WV. / Awards: Medals 1st,2nd,3rd & 4th

INDEPENDENCE DAY CLASSIC

Baldwin Wallace College July 5, 2003 / 991-9217

Awards: Trophies for 1st, MEDALS 2nd & 3rd - ribbons for 4th,5th & 6th (Team awards)

BERNICE HOLLAND

Cleveland Hts high school, July 2003 Date T.B.A

ALL COMMERS TRACK MEET

July 12, 2003 Youth, Open & Adult / 216-991-9217

Awards: Medals for 1st,2nd & 3rd ribbons for 4th,5th & 6th

2003 TURNER YOUTH INVITATIONAL

Baldwin Wallace College July 19, 2003 / 216-991-9217

Awards: Trophies for 1st, MEDALS 2nd & 3rd - ribbons for 4th,5th & 6th (Team awards)

AAU NATIONAL TRACK & FIELD CHAMPIONSHIPS

July 23-30, 2003 Detroit MI. (Awards: Medals 1st - 8th)

For information contact David Turner at The Ohio Flyers Track Club 216-991-9217

Independence Day Classic

2003

INVITATIONAL YOUTH TRACK MEET

PLACE: **BALDWIN WALLACE COLLEGE** (Corner of Bagley Rd & Maple in Berea Ohio)

FROM: 271N to 90W to 71S to Exit 235 turn right 2-miles college is on the right.

From: 480W to 71S to Exit 235 turn right go 2- miles college is on the right.

From 77N to 71S to Exit 235 turn right go 2-miles college is on the right.

DATE: Saturday July 5 2003 Pre register by Tuesday July 1, 2003


HOST BY: Ohio Flyers Track Club

REGISTRATION: **8:00am -9am** Field events start at **9:00am** Running event start at **10:00am**
Field event athletes are requested to bring their own implements, as the meet does not supply them.

ENTRY FEES: \$10.00/Athlete.Pre-registration And \$12.00 after 7pm July 1,2003
Payment must be paid with pre -registration **NO CHECKS OF ANY KIND / NO REFUND**

MEET DIRECTOR: David Turner 216-991-9217

MAIL TO: OHIO FLYERS TRACK CLUB
3372 WESTBURY RD SHAKER HTS OHIO, 44120

AWARDS:  **Trophies for 1st place Medals for 2nd and 3rd** (For male and female in each age group)
Ribbons for 4th-5th and 6th place finishers in each age group in each event.

TEAM AWARDS: 1st, 2nd, and 3rd place **Trophies** (Teams with the most Athletes)

<u>AGE GROUPS</u>	<u>EVENTS</u>										<u>LIMIT</u>	<u>FEE</u>			
4-6	50M		100M		LONG JUMP		SOFTBALL THROW				Circle 3	\$8.00			
7-8	100	200	400		800	LONG JUMP	SOFTBALL THROW				Circle 3	\$8.00			
9-10	100	200	400	800	1500	LONG JUMP		SHOT-PUT			Circle 4	\$10.00			
11-12	100	200	400	800	1500	3000	1500RW	100m Hurdle	LJ	HJ	SP	Disc	Circle 4	\$10.00	
13-14	100	200	400	800	1500	3000	1500RW	100m Hurdle	LJ	HJ	TJ	SP	Disc	Circle 4	\$10.00
15-16	100	200	400	800	1500	3000	1500RW	100/110 Hurdle	LJ	HJ	TJ	SP	Disc	Circle 4	\$10.00
17-18	100	200	400	800	1500	3000	1500RW	100/110 Hurdle	LJ	HJ	TJ	SP	Disc	Circle 4	\$10.00

BIRTH DATE: _____ MALE _____ FEMALE _____ AGE GROUP _____ as of 12/31/2003

NAME _____ PHONE _____

ADDRESS: _____ STATE _____ ZIP _____

CLUB: _____, CLUB PHONE: _____

In consideration of entry being accepted, I hereby for my heirs,executors, administrators, waive and release any and all claims
For damages I may have against Baldwin Wallace College, Ohio Flyers Track Club, its members, meet officials, meet director, volunteers their agents,
representatives, successors and assigns for any and all injuries suffered by me or my child at this meet. I certify that myself or child is an
amateur athletes further certify that I or my child has trained sufficiently to participate in this meet.

Signed _____ Signed _____ Date _____
Athlete Parent

OHIO FLYERS TRACK CLUB



2003 TURNER INVITATIONAL YOUTH TRACK MEET

PLACE: **BALDWIN WALLACE COLLEGE** (Corner of Bagley Rd & Maple in Berea Ohio 44017)

FROM: 271N to 90W to 71S to Exit 235 turn right 2-miles college is on the right.

From: 480W to 71S to Exit 235 turn right go 2- miles college is on the right.

From 77N to 71S to Exit 235 turn right go 2-miles college is on the right.

From 71S to Exit 235 Bagly Rd trun right go 2-miles college is on the right.


DATE: Saturday July 19 2003 Pre register by Tuseday July 15, 2003

REGISTRATION: **8:00am -9am** Field events start at **9:00am** Running event start at **10:00am**
Field event athletes are requested to bring their own implements, as the meet does not supply them.

ENTRY FEES: \$10.00/Athlete.Pre-registration And \$12.00 after 7pm July 15,2003
Payment must be paid with pre -registration **NO CHECKS OF ANY KIND / NO REFUND**

MEET DIRECTOR: David Turner 216-991-9217

MAIL TO: OHIO FLYERS TRACK CLUB
3372 WESTBURY RD SHAKER HTS OHIO, 44120

AWARDS:  Trophies for 1st place Medals to 2nd and 3rd place finishers in each age group in each event.
Ribbons for 4th-5th and 6th place finishers in each age group in each event.

TEAM AWARDS Team relay Trophies for 1st place only age group (11-14)- (15-18) Male and Female 4 x 200m
Team Trophies for 1st, 2nd and 3rd place (Teams with the must Athletes)

AGE GROUPS		EVENTS						LIMIT	FEE		
4-6	50M	100M	LONG JUMP			SOFTBALL THROW			Circle 3	\$8.00	
7-8	100	200	400	800			LONG JUMP			Circle 3	\$8.00
9-10	100	200	400	800	1500			LONG JUMP	SHOT PUT	Circle 4	\$10.00
11-12	100	200	400	800	1500	3000	1500RW	100m Hurdle	LJ HJ SP Discus	Circle 4	\$10.00
13-14	100	200	400	800	1500	3000	1500RW	100m Hurdle	LJ HJ TJ SP Disc	Circle 4	\$10.00
15-16	100	200	400	800	1500	3000	1500RW	100/110 Hurdle	LJ HJ TJ SP Disc	Circle 4	\$10.00
17-18	100	200	400	800	1500	3000	1500RW	100/110 Hurdle	LJ HJ TJ SP Disc	Circle 4	\$10.00

BIRTH DATE: _____ MALE _____ FEMALE _____ AGE GROUP _____ as of 12/31/2003

NAME _____ PHONE _____

ADDRESS: _____ STATE _____ ZIP _____

CLUB: _____, CLUB PHONE: _____

In consideration of entry being accepted, I hereby for my heirs,executors, administrators, waive and release any and all claims For damages I may have against Baldwin Wallace College, Ohio Flyers Track Club, its members, meet officials, meet director, volunteers their agents, representatives, successors and assigns for any and all injuries suffered by me or my child at this meet. I certify that myself or child is an amateur athlete.I further certify that I or my child has trained sufficiently to participate in this meet.

Signed _____ Signed _____ Date _____
Athlete Parent

Membership Form



Over The Hill Track Club

Athletes of all ages setting the pace!

For the year ending: 12/31/01

Membership type: Family (\$30)

Membership status: New

Individual (\$20)

Renewal

High School Student (\$15)

Name: Monica Thornton

Birthdate:

Address: 2805 Harwick Drive

Apt. No. 11

City: Lansing State: MI

Zip: 48917

Email:

Gender: Age: 0

Home Phone:

Business Phone:

Best hours and days to contact:

Family members

(Complete a form for each family member who are occupants of your residence.)

Competitive Areas of Interest

(Please check all that apply) Sprints

Middle Distance

Long Distance

Cross Country

Pent-, Hept-, or Decathlon

Relays

Jumps

Hurdles

Throws

Weight Pentathlon

Pole vault

Racewalk

Favorite Events:

Brief Biography:

To ensure we produce quality events, committee participation is expected!

(Please check all that apply .)

COMMITTEES

Newsletter

Awards

Officiating

Membership

Scheduling

Publicity

Sponsorship

Equipment

Other

Please specify: _____

Complete this form and mail it, along with a check payable to "Over The Hill Track Club", to
Jeff Gerson, 5091 Hickory Dr., Lyndhurst, Ohio, 44124

In consideration of my being accepted, I am in good health, have trained sufficiently intending to compete and be legally bound, do hereby for my self, my heirs executors and administrators, waive, release and forever discharge any and all rights and claims for which I may have or which may hereafter occur to me against "Over The Hill Track Club", their officers, agents, representatives, successors and/or assigns, for any and all damages which may be sustained or suffered by me in connection with my association with, entry in, or arising out of my traveling to, participating and returning from any and all meets, events, and associated "Over The Hill Track Club" functions.

Athlete's Signature: _____

Date: _____

Parent or Guardian's
Signature (if under 18): _____

Date: _____



2003

Indiana Senior Olympics July 11 - July 14



Friday	Saturday	Sunday	Monday	Rain Date
J	U	L	Y	2003
11	12	13	14	
6:00 am to 6:00 pm Registration Signature Inn West	6:00 am to 6:00 pm Registration Signature Inn West	6:00 am to 6:00 pm Registration Signature Inn West	6:00 am to 12:00 pm Registration Signature Inn West	
8:00 am Bowling, Singles Western Bowl	7:00am Cycling - Eagle Creek	8:00am - Garfield Park Horseshoes	8:00 am Volleyball - Riverside	
9:00 am - 2:00 pm Basketball - 3 on 3 Riverside	9:00 am - 2:00 pm Basketball - 3 on 3 Riverside	8:00 am - Shuffleboard Garfield Park	8:00 am Bowling, Doubles Western Bowl	
8:00 am Golf - Pines Course Eagle Creek	8:00 am Racquetball - Healthplex	8:00 am Racewalk - Ben Davis	1:00 pm - Western Bowl Bowling, Mixed Doubles	
9:00 am to 12:00 pm Euchre - Krannert	8:00 am - Swimming A. J. Thatcher Park	8:00 am - Riverside Table Tennis		
12:00 pm - Softball Riverside Field 3	8:00 am Roadrace - Ben Davis	8:00 am - Riverside Tennis, Singles and Doubles Riverside		
	8:00am - Riverside Tennis, Singles and Doubles	8:00 pm - 12:00 pm Track and Field Ben Davis		
	8:00 am Archery - Eagle Creek			
	1:00 pm - IPS 47 Badminton, Singles			
				Saturday, July 19th 8:00 am Triathlon, Carr Event Eagle Creek

Athlete Registration Form

Please Print

Athlete's Name: (first) _____ (last) _____

Birth Date: __/__/__ Male / Female (circle one) Phone: _____

Athlete's Address: (street) _____ (city) _____

(state) _____ (zip) _____ (county) _____

Emergency Contact: (name) _____ (phone) _____

Mail Registration Form, Waiver and Fees to Indiana Senior Olympics, c/o SWIRCA, PO Box 3938, Evansville, IN 47737-3938. For more information: (800) 253-2188 or (812) 464-7800.

Fee Information: Some events require fee(s) to be paid at the event site. Please review the General Information section of the Athlete Application. Checks for this application are to be made payable to SWIRCA. All fees and entry forms are due to the SWIRCA office by 07/03/03 and must be postmarked by 06/30/03. All fees are non-refundable.

Registration Fee: (please check all that apply)

Indiana Non-Competitive Events \$15 Celebration of Athletes Free, Guest \$10

IN Resident Competitive Events \$30

All Out-Of-State Participants \$50

Visa / Mastercard # ____ - ____ - ____ - ____ Exp. Date ____ Signature:

Doubles Information:

Event: _____ Partner's Name: _____

Event: _____ Partner's Name: _____

Event: _____ Partner's Name: _____

I need ISO to select a partner for me. (ISO will attempt to pair up all requests but cannot guarantee availability of a partner for each request.)

Place a check beside each event you plan to enter. Please review the event agenda to avoid scheduling conflicts. Starting time is forfeit time. Absolutely no exceptions will be made

Please note: Participants in Track & Field and Swimming are limited to 6 events max.

<input type="checkbox"/> Archery	<input type="checkbox"/> Field High Jump	<input type="checkbox"/> Swim, 200M Back	<input type="checkbox"/> Tennis Doubles
<input type="checkbox"/> Badminton Singles	<input type="checkbox"/> Field Long Jump	<input type="checkbox"/> Swim, 50M Breast	<input type="checkbox"/> Tennis Mixed Dbls
<input type="checkbox"/> Badminton Doubles	<input type="checkbox"/> Field Shot Put	<input type="checkbox"/> Swim, 100M Breast	<input type="checkbox"/> Track, 100M Run
<input type="checkbox"/> Badminton Mix Dbls	<input type="checkbox"/> Field Pole Vault	<input type="checkbox"/> Swim, 50M Butterfly	<input type="checkbox"/> Track, 200M Run
<input type="checkbox"/> Basketball 3 on 3	<input type="checkbox"/> Golf - 18 Hole	<input type="checkbox"/> Swim 100M Butterfly	<input type="checkbox"/> Track, 400M Run
<input type="checkbox"/> Bowling Singles	<input type="checkbox"/> Horseshoes	<input type="checkbox"/> Swim 50M Freestyle	<input type="checkbox"/> Track, 800M Run
<input type="checkbox"/> Bowling Doubles	<input type="checkbox"/> Racquetball	<input type="checkbox"/> Swim 100M Freestyle	<input type="checkbox"/> Track, 1500M Run
<input type="checkbox"/> Bowling Mixed Dbls	<input type="checkbox"/> Shuffleboard Singles	<input type="checkbox"/> Swim 200M Freestyle	<input type="checkbox"/> Track, Road Race
<input type="checkbox"/> Cards, Euchre	<input type="checkbox"/> Shuffleboard Dbles	<input type="checkbox"/> Swim 400M Freestyle	<input type="checkbox"/> 1500M Race Walk
<input type="checkbox"/> Cycling 5k	<input type="checkbox"/> Shufflebrd Mix Dbls	<input type="checkbox"/> Swim, 200M, IM	<input type="checkbox"/> Triathlon
<input type="checkbox"/> Cycling 10k	<input type="checkbox"/> Softball Team	<input type="checkbox"/> Table Tennis Singles	<input type="checkbox"/> Volleyball Team
<input type="checkbox"/> Cycling 20k	<input type="checkbox"/> Swim, 50M, Back	<input type="checkbox"/> Table Tennis Dbles	
<input type="checkbox"/> Field Discus	<input type="checkbox"/> Swim, 100M, Back	<input type="checkbox"/> Tennis Singles	

MEDICAL INFORMATION

Physician Name: _____ Phone: _____

List any Medication(s) you currently take: _____

List significant health problems past or present: _____

Allergies? _____

Indiana Senior Olympics strongly recommends that each participant consult his/her doctor in regard to practice, preparation, and competition in this program or any similar activity.

WAIVER AND RELEASE OF LIABILITY

In consideration of being permitted to enter for any purpose any RESTRICTED AREA (herein defined as the areas to which admission by general public spectators is prohibited, or being permitted to compete, officiate, observe, work for, or for any purpose participates in any way in the event), EACH OF THE UNDERSIGNED, for himself, his personal representatives, heirs, next of kin, acknowledges, agrees, and represents that he has, or will immediately upon entering any of such restricted areas, and will continually thereafter, inspect such restricted area or areas and all portions thereof which he enters and with which he comes in contact, and he does further warrant that his entry upon such restricted area or areas and his participation, if any in the event constitutes an acknowledgment that he has inspected such restricted area and that he finds and averages the same as being safe and reasonably suited for the purposes of his use, and he further agrees and warrants that if, at any time, he is in or about restricted areas and he feels anything to be unsafe, he will immediately advise the officials of such and will leave the restricted areas.

1. HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUIT the Southwestern Indiana Regional Council on Aging, Inc., Indiana Senior Olympics, the printers, other participants, operators, officials, any persons in a restricted area, sponsors, advertisers, owners and lessors of premises used to conduct the event and each of them, their officers and employees, all for the purposes herein referred to as "releasees", from all liability to the undersigned, his personal representatives, heirs, and next of kin for all damages, and any claim or demands therefore on account of injury to the person or property or resulting in any and all death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in or upon the restricted area, and/or, competing, officiating in, observing, or working for, or for any other purpose participating in the event.

2. HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in or upon the restricted area or in any way competing, officiating, observing, or working for, or for any purpose participating in the event and whether caused by the negligence of the releasees or otherwise.

3. HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE due to the negligence of releasees or otherwise while in or upon the restricted area and/or while competing, officiating, observing, or working for, or for any purpose participating in the event.

4. EACH OF THE UNDERSIGNED expressly acknowledge and agrees that the activities at the event and in the restricted areas are dangerous and involve the risk of serious injury and/or death and/or property damage. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing releases and indemnity and agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT and further agrees that no oral representations, statement or inducement apart from the foregoing written agreement have been made.

The waiver, release and indemnification agreement specifically embraces each and every event sanctioned, authorized or promoted by said release during the entire season and applies to each and every event or activity hereinafter mentioned, and has the same effect as if executed after each and every activity or event in which the undersigned participates so that the parties herein intended to be released and indemnified shall be fully and effectively released and indemnified as to each and every event hereinafter described.

I grant the SWIRCA - Indiana Senior Olympics and it's sponsors the right to use my name and any picture taken of me during the 2002 Indiana Senior Olympics without remuneration for the purpose of promoting Senior Games and Wellness.

Signed _____ Witness _____

(if signature was an "X")

GUARDIAN WAIVER - RELEASE OF LIABILITY

(If applicable, guardian(s) must execute in addition to the above, this following waiver)

The undersigned, _____ referred to as the natural guardian(s) or legal guardian(s) _____

_____ does hereby represent that he/she (they) is (are), in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties herein referred to above from all liability, loss, cost, claim or damage whatsoever may be imposed upon said releasees because of any defect in or lack of such capacity to so act and release said releasees on behalf of both of the undersigned.

Name _____ RELATIONSHIP TO PARTICIPANT _____

Announcing Dave McGovern's first Cleveland
RACEWALKING WEEKEND

Led by U.S. National Team Racewalker

Dave McGovern

July 18th-20th, 2003

Do you want to learn to **Racewalk?** Or to Racewalk **Faster?** Join U.S. National Racewalk Team member and thirteen-time U.S. National Champion Dave McGovern for this unique racewalking event. Participants will learn techniques utilized at the U.S. Olympic Training Centers to help elite athletes to racewalk faster, and more efficiently with fewer injuries. And if you don't race, these techniques can help you to lose weight, get fit and feel great!

Participants will benefit from lectures on modern racewalk technique featuring video from recent Olympic and World Championship competitions, individual video-taped technique analysis, and lectures on race preparation, racing strategy, and proper training methods for racewalkers trying to make the most of their limited training time. The \$125 fee for this invaluable 2 1/2-day weekend clinic includes individual video taped technique analysis, group lectures, use of Polar Heart Rate Monitors, and all handouts.

Dave McGovern has been a competitive racewalker for the past twenty years and a racewalking coach for the past fifteen. He has won thirteen U.S. National Championships, and has walked 20 kilometers in 1:24:29—making him the 5th fastest walker in U.S. history. In addition to conducting his "World Class" clinics throughout the world, Dave is a USAT&F and LSA certified coach, the National Racewalk Coach for Fiji and Ghana, and the author of *Precision Walking, The Complete Guide to Racewalking Technique and Training*, and *The Complete Guide to Marathon Walking*,

Here's what others have to say about Dave's "World Class" racewalking clinics:

"Dave McGovern's racewalking clinic in Anchorage was terrific! I learned more in that weekend about going faster than I had in the previous six years combined."
--Robin Helm, Seattle, WA

"I learned more in two days at Dave's Dallas clinic than I did in nineteen years of racewalking."
--Fan Benno-Carris, World Masters Racewalk Champion

For further information contact Joyce Prohaska at (216) 521-7966 japracewalker@aol.com or visit Dave's World Class Racewalking website at: www.racewalking.org

-----ENTRY-FORM-----

NAME _____ PHONE (_____) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

E-MAIL _____

WALKER (Hereafter referred to as "His Fine Print") I being in sound mind and body, do fully understand that participating in the sport of racewalking may result in my being subject to a variety of physical and emotional ailments. I agree that by attending this clinic, I may be advised by Dave to wiggle my extremities in ways not intended by my creator, and that such wiggling may cause otherwise staid, emotionally stable, yet sedentary passivity to burst out into uncontrollable snickering. In consideration of the acceptance of my entry, I the undersigned, intending to be legally bound for myself, my heirs, executors, administrators and assigns, do hereby waive and release the organizers of this event, the Bureau of Weights and Measures of the State of Ohio (a state known far and wide for its h-ness in the middle and roundness on the ends) da Browns, da Indians, Aaa World on the lake, Shamun, Awwy Doo, the owners and employees of Wild Bob's Kidswater Rides, the artist presently known as The Artist Formerly Known as Prince, the cast and crew of Titanic: The Musical, and any other parties even less remotely connected to Dave's clinic than the aforementioned, from any claims connected with this relatively harmless Cleveland racewalking weekend. I also attest that I am physically fit to participate in this clinic, and certify that I will change my socks every 8,000 miles and will not now, nor in the foreseeable future, racewalk naked in public between the hours of 8:15 a.m. and 4:45 p.m. Now sit up straight, wash behind your ears, and don't drive with your eyes closed. Have you finished your vegetables, son?

SIGNATURE: _____ DATE: _____

Send completed entry and checks payable to Dave McGovern to: Joyce Prohaska, 1479 Rockway Ave., Lakewood, OH 44107

Cleveland Area Racewalk Weekend July 18-20, 2003

Registration forms available: contact host.

General clinic information-- check out the website:

www.racewalking.org

Click on clinic information. Dave has a nice overview of the 2 ½ day session.

Friday, July 18, 2003

Meet – Greet - Eat **6:30 – 9:30** at home of host.

Host: Joyce Prohaska

1479 Rockway Ave.

Lakewood, OH 44107

216-521-7966

japracewalker@aol.com

Informal dinner-orientation. We will get to know each other and go over the agenda for the weekend. Discussion regarding the elements of fast efficient racewalking techniques, then break into/be assigned groups for the Saturday video session held at the track. Some videos from recent National and World Championship events will be previewed—COULD Dave be in any of these videos? Questions? Specific needs? E-mail – call or write host.

Saturday, July 19, 2003 & Sunday, July 20, 2003.

LECTURE AND TRACK. 9:00 a.m. - 5:00 p.m.

Track Site: Rocky River High School

20951 Detroit Avenue

Rocky River, Ohio 44116

Come dressed to walk—this is the real thing!!

Lecture site: Community Health Building

3rd Floor Triangle Room

1450 Belle Avenue

Lakewood, Ohio 44107

Building is directly across from Lakewood Hospital on Belle Ave.

Parking entrance on St. Charles Avenue— park in Community

Health lot (FREE street parking available Belle Avenue, St.

Charles or Detroit Avenue. We will be the only group using

the building on Saturday and Sunday.

Closest Hotels:

Cross Country Inn

I-90 to Columbia Road Exit

440-871-3993

25200 Sperry Road

Westlake, Ohio 44135

Court Yard by Marriott
1-90 to Columbia Road Exit
440-892-7920
25050 Sperry Road
Westlake, Ohio 44135

Plenty of restaurants, fast food spots, coffee shops within walking distance of lecture site. Meals for Saturday and Sunday (lunch and dinner) not included in clinic fee.

Light refreshments: juice, bananas, water and bagels will be available at track site on Saturday and Sunday.

Anyone arriving early to the Cleveland area, there are plenty of restaurants off I-90 at Clague, Columbia and Crocker-Bassett Exits. Strip mall shopping off Crocker-Bassett Exit.

Hotels are also located at the Crocker-Bassett Exit.

Traveling from the **East or West**. Use I-90. Lecture site: Exit West 150th Street.

Host Home: Exit West 150th or McKinley Avenue.

Track Site: Exit Detroit Avenue

Traveling from the **South**. Use I-71 Exit is West 150th.

Map Quest is a great tool for maps or just contact host and maps will be forwarded.

KEEP ON WALKIN'.....SEE YOU AT THE CLINIC!

Joyce Prohaska

Racewalk weekend agenda

Ohio Senior Olympics 2003 Competition Schedule

The 2003 Ohio Senior Olympics competition is being hosted by the Tri-County Senior Olympics, with event venues located around the greater Akron area.

Date	Time	Event	Location
Fri., 7/25/03	7:00 p.m.	Opening Ceremony (ice cream social)	Aeros Stadium, Akron
Sat., 7/26/03	9:00 a.m.	Tennis Singles	Ravenna High School
	9:00 a.m.	Archery	Hunter's Outlet, Suffield
Sun., 7/27/03	9:00 a.m.	Tennis Doubles	Ravenna High School
Mon., 7/28/03	9:00 a.m.	Horseshoes	Silver Springs Park, Stow
Tues., 7/29/03	9:00 a.m.	Bowling Singles	Stonehedge, Akron
Wed., 7/30/03	9:00 a.m.	Bowling Doubles	Stonehedge, Akron
	9:00 a.m.	Shuffleboard	Waters Park, Akron
	11:00 a.m.	Bowling Mixed Doubles	Stonehedge, Akron
	6:00 p.m.	Social Banquet	Akron General Lifestyles
Thurs., 7/31/03	8:30 a.m.	Track/ Field	Ellet High School, Akron
	9:00 a.m.	Race Walk	
Fri., 8/1/03	9:00 a.m.	Racquetball	YMCA Canal Square- Akron
	9:00 a.m.	Handball	
Sat., 8/2/03	9:00 a.m.	Softball	Cascade Park, Akron
	9:00 a.m.	Handball	YMCA Canal Square
	9:00 a.m.	Racquetball	YMCA Canal Square
Mon., 8/4/03	9:00 a.m.	Volleyball Men	Memorial Hall, U. of Akron
	9:00 a.m.	Table Tennis	Hudson High School, Hudson
Tues., 8/5/03	9:00 a.m.	Volleyball- Women	Memorial Hall, U. of Akron
	9:00 a.m.	5K Run	Blossom Music Center, Cuyahoga Falls
	9:00 a.m.	20K Cycling	Buckeye Woods Park, Medina
	6:00 p.m.	3-on-3 basketball	Barberton High School, Barberton
Wed., 8/6/03	1:00 p.m.	Golf	Brookledge Golf Ctrs., Cuyahoga

Senior Olympics of Northwestern Ohio	
Sponsored by	The University of Toledo
Address	Health Education Center 2801 West Bancroft Toledo, Ohio 43606
Contact	Bruce Groves
Contact Phone	419-530-4353
FAX	419-530-4759
Web Site	
E-mail	bruce.groves2@utoledo.edu
Date of Games	Softball- August 18-20, 2003 Volleyball- September 20, 2003 Basketball- September 18, 2003 Other events- Sept. 13-21, 2003
Date registration forms available	July 27, 2003
Events offered	Basketball, bowling, golf, fun track and field, horseshoes, softball, swimming, table tennis, tennis, track & field, volleyball, awards luncheon
Registration deadline/fee	by August 29, 2003/ \$12.00 individual/ \$20.00 team after Aug. 29, 2003, late fee \$17.00 individual/ \$30.00 team



USATF Illinois Open and Masters Track & Field Schedule

06/03/03

• 2003 OUTDOOR SCHEDULE •

<u>DATE</u>	<u>EVENT/DIVISION</u>	<u>SITE</u>	<u>CONTACT</u>
May 20	Badgerland Striders	Hart Park	Roy/Alice Winkler
June 17	"Open Track Series"	Wauwatosa, Wi	Day 414/273-3850 Ext.5329
July 26			Eve. 414/744-9404
June 5, 19, 26	Wisconsin Track Club	University of Wisconsin	jcreardon@wisc.edu
July 10	"Summer Series"	Madison, WI	or Paul Turpin 608/662-5152
June 7	Effingham - Complete Open & Masters Schedule of events--up to 50-over	Effingham H.S. Effingham, IL	Cindy Turner W. 217/342-0605
June 14	Wisconsin USATF State Championships	Carthage College Kenosha, Wi	Tom Willis 920/458-3519 www.wiusatf.org
June 15-16 (Sun-Mon)	Wisconsin USATF Decathlon/ Heptathlon Championships	Carthage College Kenosha, Wi	Tom Willis 920/458-3519 www.wiusatf.org
June 19, 26, July 3, 10, 17, 24	UCTC All-Comers Track &Field Series	Stagg Field, Univ. of Chicago Chicago, IL	Peter Elliot 269/325-1406 peter224@worldnet.att.net
June 20-21	Chicagoland Zephyrs "Jane Dickens Invitational" Open Events: 100, 400, LJ/TJ, Vault	Proviso East H.S. Maywood, IL	Lillian Spivey H. 708/345-0042
June 21	Illinois Heat Open and 30-over Masters Events: Mile, 2 Mile, Vault	University of Illinois Champaign, IL	Georgeanne Morris H. 217/586-3302
June 28-29	USATF North Region T&F Championships • qualifier for National Club Championships on July 19 • www.usatf.org/events/2003/regional/USATFNorthRegionOutdoorTFChampionships/	St Charles, MO	Peggy Rowold 314/469-0577 pshinn@il.net
June 29	Sprint/Mid-Distance & Weight Challenge: Masters Open athletes welcome	Oak Forest H.S. Oak Forest, IL	Gerry Krainik 708/687-2124

• PLEASE TURN OVER •

July 1-13	World Masters Athletics Championships	Carolina, Puerto Rico	
	www.usatf.org/events/2003/WorldMastersAthleticsChampionships/		
July 5	South Holland (Stealth Bombers) Open Events - 100, 200, 400	Thornwood H.S. South Holland, IL	Damani Shakoor 708/339-8929
July 19	"USATF Illinois Open & Masters	Sterling H.S.	Jan Moore
"Twilight Meet"	State Championship"	Sterling, IL	spdtrack@coiinc.com
			www.SterlingParkDistrict.com
July 19	USATF National Club T&F Championships	Bloomington, IN	
	www.usatf.org/events/2003/USATFClubTFChampionships/		
	• USATF North Region qualifier in St Charles, MO: June 28-29 •		
July 27	Midwest Region Masters Championships Open athletes welcome	Oak Forest H.S. Oak Forest, IL	Gerry Krainik 708/687-2124
August 7-10	36th Annual USATF National Masters Championships	Hayward Field Eugene, OR	Event Mgmt. 541/687-1989
August 23-24	USATF Nat'l Masters Weight Pentathlon Championships	Colorado State Univ. Ft. Collins, CO	Jerry Bookin-Weiner 970/482-0616
September 6	USATF National Masters & Superweight Championships	West Seattle Stadium Seattle, WA	Ken Weinbel 206/932-3923

Further information: Contact USATF Illinois, 630/953-2052; Ray Vandersteen, USATFVAN@aol.com. For schedule updates and changes see our website: WWW.USATFILLINOIS.ORG or the USATF National website: www.usatf.org



2003 USATF ILLINOIS OPEN and MASTERS TRACK & FIELD STATE CHAMPIONSHIPS

July 19, 2003, Sterling H.S., Sterling, IL



SANCTIONED EVENT

AGE DIVISIONS — OPEN AND MASTERS

- **OPEN:** Any athlete 14-over (Women)), or 16-over (Men) may compete.
- **MASTERS:** Any athlete age 30-over: Five-year age divisions 30-34 through 90-over.

MEMBER CLUB

ELIGIBILITY: All athletes, regardless of State residence, are eligible to compete

USATF MEMBERSHIP: Required of all competitors — \$20 00, valid for all USATF sanctioned events during 2003.

ENTRY FEES/DEADLINES: \$20 00 for the first event, \$5 00 for each additional event. \$10.00 extra (flat fee) for entries received after Tuesday, July 15. High School competitors in the Open Division pay \$5 per event, plus \$5 flat fee after July 15. No FAX or PHONE entries. Fees based on date RECEIVED. **Note: Entries will be accepted on the day of the meet - UP TO 4:30PM, ONLY. Except: meet-day entries will not be accepted in lane events, i.e., 400-under.**

The **WEIGHT PENTATHLON** is a separate event. Pay \$30 if received on or before July 15. \$40 afterwards. WEIGHT PENTATHLON competitors who also compete in individual events pay \$5 for each individual event entered/awarded.

ENTRY CONFIRMATION: If your complete entries are received by July 15, 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.*

ENTRY FEE PAYMENT: Entry fees/USATF membership fees (one check), payable to "Sterling Track Club", PO Box 958, Sterling, IL 61081. For further information call 815/622-6201. (Westwood Sports Center/Sterling)

AWARDS: Trophies/Medals to the top three finishers in each division. Three-medal limit. . \$3 00 for additional medals.

FACILITIES: Come dressed to compete, restroom facilities only.

MEET HIGHLIGHTS: Concessions. PrepSports Online will take action and posed photos. The Monogram Shoppe will have Unique T-shirts available for the Open/Masters "Twilight" Champions.

TRACK LOCATION/DIRECTIONS: Sterling High School Track/Dietz Field. From the East: Take I-88 West to Illinois 40 North (exit 41) Turn right on to Illinois 40 into Rock Falls. Follow IL-40 through Rock Falls and go over the Rock River Bridge into Sterling. IL-40 will become 1st Avenue once in Sterling Follow 1st Avenue until you reach a "T" intersection (CGH Medical Center is directly in front of you) turn right on to LeFevre Road. Follow LeFevre Road for about 1 block DuWayne Dietz field is just past the hospital on the left.

From the North: Take I-39 South to I-88 West and follow the above directions

From the Southwest: Take I-74 West to I-88 East and follow the above directions.

HQ HOTEL: Country Inn and Suites (815) 625-3200 Rate:\$64 standard, \$85 Suite 10% off to "Sterling Track Club" or "Sterling Park District" guests.

FURTHER INFORMATION: Jan Moore - 815/622-6201 - SPTRACK@COIINC.COM or Val Gassman - 815/622-6201 - JoeVal@essex1.com or www SterlingParkDistrict.com

SCHEDULE OF EVENTS • Order: Older to Younger; Women First •

<u>Weight Pentathlon</u>	<u>Field Events</u>	<u>WEIGHT PENTATHLON(3:30pm) *</u>	<u>Running Events</u>
<u>Order</u>	<u>(4:30pm)</u>	The WEIGHT PENTATHLON will be conducted as a separate FIVE-EVENT COMPETITION with it's own, separate awards. Weight Pentathlon competitors may also elect to compete in any of the individual weight/throwing events, in which case they will be eligible for the individual awards in those events.	<u>(5:00pm)</u>
<u>(3:30pm)</u>	High Jump	Weight Pentathlon competitors will get three (3) attempts, which they may also apply to their individual WT event AWARDS (i.e., no extra throws in individual-event competition for WT PENTATHLON entrants).	1. 80/100/110H
Hammer Throw	Pole Vault #	* For further information on the conduct of the WEIGHT PENTATHLON, contact <u>Jack Romansic</u> - 847/566-0644, or <u>F. Lee Slick</u> - 708/448-4379	2. Mile
Shot Put	Long Jump		3. 100
Discus Throw	-----		4. 300/400H #
Javelin Throw	Triple Jump (after LJ)		5. 400
Weight Throw	Standing LJ (after TJ)		6. 1500 RW #
# Pole Vault will be conducted only if five (5) or more competitors (all divisions combined) enter by Tuesday, July 15			7 800
			8 200
			9. 5000/5000 RW #
Field Events start at the listed times, except the HORIZONTAL JUMPS ORDER will be as listed above The THROWING EVENTS ORDER for those competing in individual throws follows the same order listed for the WEIGHT PENTATHLON.			# RWalks and 300/400H will be held only if five (5) or more competitors (all divisions combined) enter each event by Tuesday, July 15.

#: Confirmation re conduct of Pole Vault, RWalks and 300/400H will be posted at www.SterlingParkDistrict.com/Indoor_Track.htm

Weights and Measures Note: "High School" weights and measures will apply for all OPEN competition, unless an athlete specifically requests otherwise for qualification purposes. **Sterling will not provide any implements. Athletes are responsible for the use of implements, whether they share with or borrow from others.**



2003 USATF ILLINOIS OPEN and MASTERS TRACK AND FIELD STATE CHAMPIONSHIPS

ENTRY FORM

July 19, Sterling H.S., Sterling, IL

SANCTIONED EVENT

Name, Address, City, Birthdate, Age on 7/19/03, Sex, USATF#, Phone, Best Time To Call, Day, Nite, 2003 # REQUIRED

CLASSIFICATION/DIVISION

Open, High School (14-over women; 16-over men), College, Post College, Other, Masters: 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90+

July 19 Events:

Weight Pentathlon

Check/List USATF Association Membership Illinois Other (List Association and State)

ENTRY FEES/DEADLINES: \$20.00 for the first event, \$5.00 for each additional event. \$10.00 extra (flat fee) for entries received after Tuesday, July 15. High School competitors pay \$5 per event on or before July 15; plus \$5 flat fee after July 15. No FAX or PHONE entries. Fees based on date RECEIVED. Entries will be accepted on meet day--BUT only up to 4:30pm. EXCEPT: meet-day entries will not be accepted in lane events, i.e., 400-under. WEIGHT PENTATHLON competitors pay \$30 (\$40 if received after July 15), plus \$5 each for additional individual events.

ENTRIES/CHECKS: Entry fees/USATF membership fees (one check), payable to "Sterling Track Club", PO Box 958, Sterling, IL 61081. For further information call 815/622-6201. (Westwood Sports Center/Sterling)

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 & Field Illinois, Sterling Park District/Track Club, Sterling 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 for my son/daughter by competent medical personnel on the indicated date.

List allergies and current medications, if any Coach may sign with parent's permission

Signature (Parent, if athlete is under age 18) Emergency Phone# Date



USA Track & Field Membership

National Governing Body for Track & Field, Race Walking, Road Running and Cross Country

New Member* Renewal from last year

*A NEW OR LAPSED YOUTH (18-UNDER) MEMBER MUST SUBMIT A BIRTH CERTIFICATE COPY OR OTHER VALID PROOF OF AGE.

BIRTH DATE, AGE TODAY

SEX M/F, USATF CLUB NUMBER

IF USATF CLUB MEMBER, CLUB NUMBER IS REQUIRED

USATF CLUB, IF NO CLUB, PRINT UNATTACHED

USA YES, COUNTRY OF CITIZENSHIP IF NOT U.S.A., CITIZEN NO

PHONE NUMBER, E-MAIL NUMBER

DATE OF APPLICATION, TODAY'S DATE

Check all sport areas in which you are involved.

T = Track Events, F = Field Events, R = Road Running, X = Cross Country, W = Race Walking, U = Ultra Running

MEMBERSHIP NUMBER, Your new membership number will be affixed in this space. USATF memberships expire at the end of each calendar year.

USE PEN -- PRINT -- PRESS FIRMLY, LAST NAME, FIRST, INITIAL

ADDRESS

CITY, STATE, ZIP CODE

SIGNATURE

IF ATHLETE IS UNDER AGE 18, PARENT/GUARDIAN MUST SIGN. COACH MAY SIGN WITH PERMISSION OF PARENT

MEMBERSHIP FEES & EXTRAS

See the back side of the 2nd/card copy of this form for information re member validation and expiration dates, and for a list of benefits for contributing members *

USATF Member (Check all that apply)\$20 Athlete, Coach, Official, Administrator, Parent, Volunteer

USATF Contributing Member * \$25, \$40, \$65, \$100, \$200+

Contribution, only (no member benefits) \$5, \$10, \$15, \$20

Run Illinois subscription New, Renewal \$5

USATF Illinois T-shirt \$15 S, M, L, XL, XXL(\$20)

Total Enclosed \$

Check here if you have ordered any additional items from the "Product Order Form" (on the inside front cover)

Check here to receive a "Voter Registration Form"

USATF Illinois P.O. Box 7019 Voice 630/953-2052 Villa Park, IL 60181-7019 Fax 630/953-2053 www.usatfillinois.org usatfvn@aol.com

Rodney Wilson - FW: Nashville meet on July 12th.

From: "Finley, Lawrence E" <FinleyLE@Corning.com>
To: "wilsonr6@michigan.gov" <wilsonr6@michigan.gov>, "wilsonr7@msu.edu" <wilsonr7@msu.edu>
Date: 06/16/2003 2:44 PM
Subject: FW: Nashville meet on July 12th.

-----Original Message-----

From: Finley, Lawrence E
Sent: Monday, June 16, 2003 1:46 PM
To: 'Larry Maniccia'; 'wilsonr6@aai.gov'; 'wilsonrt@pilot.msu.edu'
Cc: 'tracklef@adelphia.net'
Subject: Nashville meet on July 12th.

<<DonBradyApp.doc>>

Note that there are meets every Thursday evenings in June at the Vanderbilt track.

6:30--100m

6:45--mile

7:00--400m

7:15--mile rack walk

7:30--800m

7:40--200m

7:55--3000m

Entry fee 2.00--unlimited events



Tennessee Association USATF Masters Track & Field Championship
Team Nashville / Don Brady Memorial
Saturday, July 12, 2003 – Vanderbilt University's New Mondo Track
Nashville, Tennessee



9:00am Pole Vault, Hammer Throw, Long Jump
 9:30 High Jump
 10:30 Shot Put, Triple Jump, Javelin Throw,
 12:00 Discus Throw

▶ Break ◀

6:00pm 3000m RW
 6:30 80, 100, 110m H
 6:50 800m
 7:00 100m
 7:15 400m
 7:30 1500m
 7:45 300, 400m H
 8:00 3000m
 8:20 200m

Send entry & fees to:
 Nashville Striders
 PO Box 917
 Madison, TN 37116

Fees: \$10.00 1st event - \$5.00 each additional before July 7th. Between July 7th and July 11th \$12.00, 1st event - \$6.00 each additional; on site - \$15.00 1st event - \$9.00 each additional.

Events: Ages are 30 +. All events open to athletes 18 – 29. Women precede men in all events.

Timing: FinishLynx by CFPITiming (Results CFPITiming.com & National Masters News)

Sponsors: Team Nashville Athletic Store, New Balance, Vanderbilt University, Nashville Striders

Awards: Stop watch/compass awards to top three in each age group.

Equipment: You must provide your own equipment and have it/them inspected at check-in. 1/4 spike maximum.

(Tear off and return with fees)

Event(s) entered at meet: (1) _____ (2) _____ (3) _____ (4) _____ (5) _____ (6) _____

Best mark prior to meet: (1) _____ (2) _____ (3) _____ (4) _____ (5) _____ (6) _____

T-shirts: \$10.00. Size (S) _____ (M) _____ (L) _____ (XL) _____ XXL _____ # ordered _____ @ \$10.00 = \$ _____

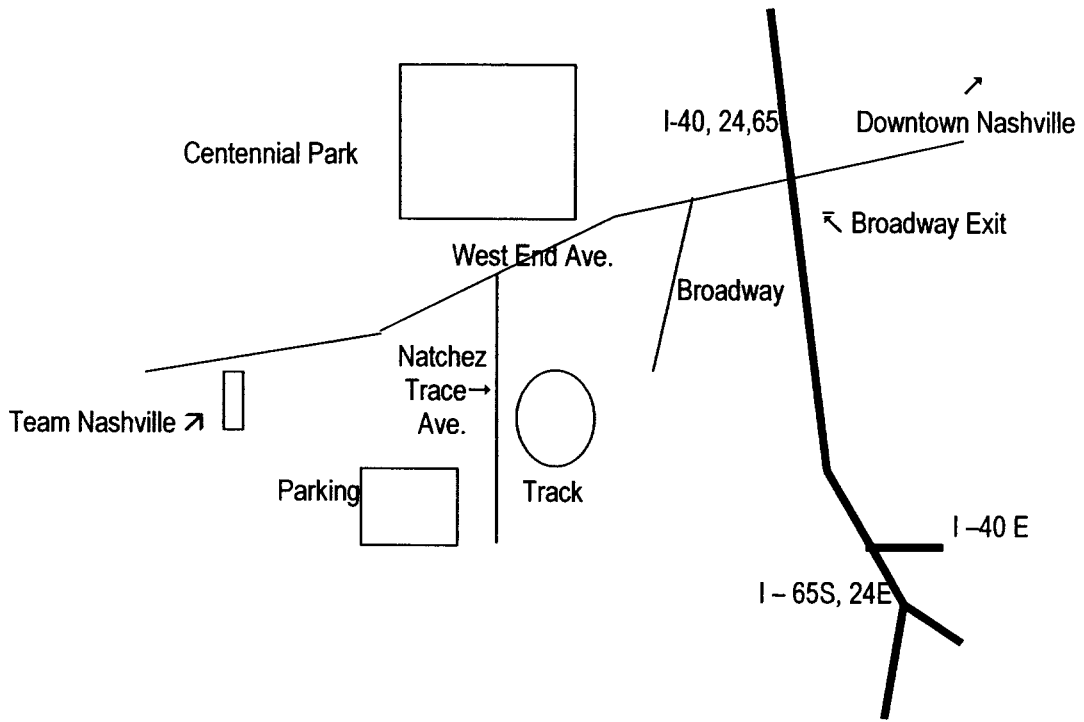
Name: _____ Age (day of meet): _____ Female _____ Male _____
 (Please print clearly)

Address: _____ Zip code: _____ Total fees enclosed \$ _____

Waiver: In consideration of your acceptance of my entry into this meet I, for myself, my heirs, devisees, executors, administrators, and assigns, hereby waive, release and discharge any and all claims against officials, Vanderbilt University Nashville Striders and all sponsors for any injury I may receive by participating in the meet. I do further attest that I am physically fit to participate in the meet.

Signature: _____ Date: _____, 2003 USATF# _____

Map to Vanderbilt Track





3661 Langton Road
Cleveland Heights, OH 44121

Rex Harvey
6744 Connecticut Colony Crl.
Mentor, OH 44060

