



Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

Volume 4, Issue 1

January 2005

President's Message...

Happy New Year Everyone. This will be a great year for OTHTC. We will continue to move forward progressing as a great and magnificent club attempting to reach unprecedented heights. Locally we should pave the way for competing at the highest levels on the roads, on the track, and in the field. Nationally and internationally we should wear our colors proudly in competing at the highest levels. We have four major events coming this year. If you are not participating in one of those events, we will need your assistance in officiating. The nation is coming to Cleveland and we will definitely be spotlighted this year. There are those who complain about what we do not do. This is your opportunity to stand up and be counted. These events keep our club alive. Ladies and gentlemen this is our year!!!!

Upcoming 2005 OTHTC Sponsored Events:

1. North Coast-Cleveland Track Classic in June.
2. USA National Decathlon Championships in July.
3. Norm Bower Weight Pentathlon in September.
4. OTHTC Cross Country Classic in September.

2005 Membership:

Membership forms are attached with this newsletter. Yearly membership is \$20 for individuals and \$30 for families. Let's join soon. Let's start this year off right. Don't Forget, Over The Hill is YOU!!!

In This Issue

- *OTHTC Membership Forms*
- *Various Indoor Meet Entry Forms*
- *USA Indoor National Championship Entry Form*

Election Results:

With the exception of the Vice President of Publicity, all officers and coordinators will remain the same. Essie Kea and Bernice Holland will share duties. Dorothy Wilson has been asked to assist Essie and Bernice in their capacity. I will serve as President for one more term. Due to the expanding responsibilities in my work duties and changes in schedule, this is final term as President

Important News:

Please keep the following members in your prayers: Joseph Chadbourne, Jack Greenwald, and Gunter Sprockhoff. Gentlemen, we miss you. Get well soon!

Important Indoor Events:

Indoor Season is upon us. Use your indoor season to train for the outdoor season. If you work hard, the fruits of your labor will ripen, blossom, and bloom. Good luck and do well in track season 2005.

The following meets will be this 2005 indoor season:

The Slippery Rock University indoor all-comer meets are 1/23, 2/13, and 2/20. Information form is included.

The USATF Michigan indoor meet is 1/23.

The Annual Harrison Cultural Oberlin indoor meet is 2/6 at Oberlin College.

The USATF Ohio indoor meet is 2/20.

The Mason-Dixon indoor meet is 3/6.

The USATF Indoor Nationals is 3/11-3/12.

All entry forms except Oberlin are included.

Information concerning the meets in Illinois is included.

Please Plan on attending and competing during the Indoor Season. Great Team Spirit!!!

We wish Jeff Gerson, Gunter Sprockhoff, Joseph Chadbourne, Jack Greenwald and Susan Stephenson prayers to get well.

Send your **meet results** to Larry Maniccia at maniccial@ameritech.net so they can be published on the www.othtc.org 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.)

E-Mail

Be sure to send your e-mail to Larry Maniccia via maniccial@ameritech.net or www.othtc.org

SECOND SOLE NEWS: Jeff Fisher and Clark Turner, Lyndhurst; 5114 Mayfield Road (44124), 440-449-8508.

As a club member, you regularly get 15% discount on all items. 20% discount on all Nike Zoom products.

RESULTS: Send your meet results to: maniccial@ameritech.net or www.othtc.org or thorntonm@michigan.gov or wilsonr6@michigan.gov.

Officers

President	Rodney Wilson
VP Programs & Publicity	Essie Kea
VP Publicity	Bernice Holland
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	John Sloan	330.877.9197
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	Joyce Prohaska	216.521.7966
	Gunter Sprockhoff	440.582.0144
Road Racing	Joanne Siegel	216.397.0260
T/F Consultant	Paul Williams	440.605.1811
	Norman Thomas	330.425.8219



Over The Hill Track Club

MAIL-IN MEMBERSHIP FORM

For the year ending: 12/31/____ Membership status: ___ New ___ Renewal

Membership Type: ___ Individual (\$20) ___ Family (\$30)

Circle events that you would be interested in: SP-sprints MD-middle distance
LD-long distance XC-cross country DH-decathlon/heptathlon RE-relays JU-jumps
HD-hurdles TR-throws WP-weight pentathlon PV-pole vault RW-race walk

Name: _____ Birth date: ____/____/____

Address: _____ Apt. No.: _____

City: _____ State: _____ Zip: _____

Home phone: () _____ Business phone: () _____

Sex: ___ Age: ___ Best days and hours to contact: _____

Family Memberships: Relationship _____

(Complete a form for each family member who is an occupant in your residence.)

Favorite competitions / distances: _____

Occupation and brief biographical sketch: _____

(Complete on back, please)

Please indicate the activities and committees in which you will participate. Participation in these areas is critical to the success of our club.

Activities: ___ Track and Field ___ Road Racing ___ Race Walking ___ Other
(specify) _____

Committees: ___ Newsletter ___ Awards ___ Officiating ___ Membership
___ Scheduling ___ Publicity ___ Sponsorship ___ Equipment ___ Other
(specify) _____

Each club member is required to work at least one meet or event per year.

To join our club, print and complete this form and mail with a check or money order payable to "Over The Hill Track Club" to:

Jeff Gerson
5091 Hickory Drive
Lyndhurst, OH 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 myself, 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 in and returning from any and all meets, events, and associated "Over The Hill Track Club" functions.

Athletes Signature: _____ Date: ___/___/___

Parent or Guardian Signature: _____
(Required if athlete is under age 18)



2005 USAT&F Michigan/Midwest Masters Open Meet



Sunday January 23rd 12:00 Noon

Grand Valley State University, Fieldhouse arena, Allendale, Michigan. Just 11 miles outside Grand Rapids on M-45 (Lake Michigan Drive)

Open Meet: Ages 14- 29

Masters Meet: Ages 30 up (Five year age divisions)

All competitors must be registered members of USA TRACK & FIELD. On site registration available.

Entry Fees: \$20 for one event, \$5 more for each additional event.

Walk-up entries accepted same cost.

Make checks payable to "GVSU Track & Field"

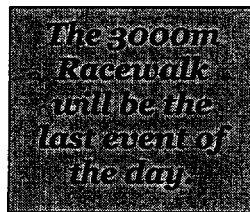
Entries due by Saturday January 17th 2005

Mail to: Lou Andreadis GVSU T&F
91 Fieldhouse
Allendale, MI 49401

Phone: (616) 331-3042
Fax: (616) 331-3232
E-Mail: andreadl@gvsu.edu

Order of Events: *55m Hurdles*

*55m
800m
200m
Mile Run
400m
3000m*



*High Jump
Long Jump
Shot Put
Pole Vault
Indoor Weight*

Name _____ USATF# _____

Address _____ Date of Birth _____ Age _____

City _____ State _____ Zip _____ Phone (____) _____

Events: 1st _____ 2nd _____ 3rd _____ 4th _____

Best _____

Recent Efforts: _____

In consideration of Grand Valley State University and all meet officials allowing me to participate in the USATF Michigan Masters Open Meet on January 23rd 2005, do for myself, theirs, executors and administrators, waive and release all rights and claims for damages, demands and actions what so ever in any manner as a results of my participation in these activities.

SIGNATURE _____

Date _____

OHIO ASSOCIATION of USA TRACK & FIELD
OPEN & MASTERS
INDOOR TRACK & FIELD CHAMPIONSHIPS
 Ohio Northern University Sports Center
 Saturday, February 19, 2005

DIRECTIONS: <http://admissions.onu.edu/visits/directions.html> From Columbus, OH (1.5 hrs.) Take I-270 northwest to US 33 west to Marysville, Ohio; then State Route 31 to Kenton, Ohio; then State Route 309 west 13 miles to the intersection of State Route 235; then State Route 235 north to Ada, Ohio. From Cincinnati, OH (2.5 hrs.) Dayton, OH (1.5 hrs.) Take I-75 north to Lima Ohio; then State Route 81 east to State Route 235 south to Ada, Ohio. From North Take I-75 south to Mt. Cory/Ada exit; then State Route 235 south to Ada, Ohio.

ELIGIBILITY: All Men (M), Women (W) with a valid 2005 USATF Membership. Age nineteen (19) and above.

MEMBERSHIP FEE: Memberships will be available day of the meet for \$15 for Ohio Association residents; \$15 for all others. Memberships are good for all of 2005. Applications can be found at www.usatf.org/assoc/oh/. All competitors need a USATF membership.

ENTRY FEE & DEADLINE: Received before or on Feb. 12: \$4 for each event; After Feb. 12 or day of meet: \$6 per event.

Check USATF Ohio website for information concerning on line meet entry. (May not be available)

AWARDS: USATF medals to first three in each age group.

AGE DIVISIONS: Open (O) age 19-29; Masters (M) age 30 and over in 5-year divisions (i.e. 30-34, 35-39, 40-44);

OPEN & MASTERS SCHEDULE OF EVENTS

On-Site Registration: 8:30-10:00 AM (4 event limit)

Field Events:

10:30 AM Triple Jump
 Long Jump (Immediately following TJ)

10:30 AM Pole vault
 Weight Throw (Shot Put Immediately following WT)

11:30 AM High Jump
 WT, SP, LJ, & TJ

Track Events:

11:00 AM 3000m Racewalk (Open, Masters, Youth)
 1500m Racewalk (Bantam, Midget)

Noon 3000m run finals
 55m hurdle finals
 400m finals
 1500m finals
 55m dash finals
 800m finals
 200m finals

Open & Masters contested together Women first, then men

Make checks payable to:

Ohio Association USA Track & Field

Send entry form to:

Jim Engel
 6919 Cambridge Ave.
 Cincinnati, OH 45227

For more info:

usatf-ohio@msn.com
www.usatf.org/assoc/oh

Name _____ Gender _____ Age _____ Birth date _____
 Address _____ City _____ State _____ Zip _____
 USA Track & Field 2005 Membership # _____ Phone (____) _____
 Event #1 _____ Event #2 _____ Event #3 _____ Event #4 _____

Waiver: I, hereby, for myself, heirs, executors, and assigns, waive all claims for damages that may arise against the Ohio Association of USA Track & Field, Ohio Northern University, their agents, representatives, or sponsors, for injuries suffered by me (or my child) at the Ohio Association of USA Track & Field Indoor Track & Field Championships. I certify that I (or my child) is in good health and sufficiently trained to compete. Athletes participating in this event may be subject to drug testing in accordance with USA Track & Field and IAAF rules.

Signature _____ Parent Signature (if under 18) _____

45th ANNUAL MASON – DIXON GAMES MASTERS & OPEN INDOOR CHAMPIONSHIPS

Broadbent Arena – Louisville, Kentucky

Sunday, March 6, 2005

**RUN ON THE SAME BOARDS THAT WILMA RUDOLPH, BILLY OLSON, RENALDO NEHEMIAH,
RALPH BOSTON, STEVE SCOTT COMPETED ON.**

ENTRIES: Entrants must be a 2005 member of USA Track & Field. Go to www.usatf.org to become a member of USA Track & Field on-line.

**ENTRY FEES: \$20 per person by February 15. \$30 late fee by March 1. \$40 late fee on site.
Please Do Not Send Cash: Make checks for entry fees to: Mason-Dixon Athletic Club**

ENTRIES: In events that are normally outdoor races you are to list the appropriate outdoor time.
(55-100 meter dash, 55 hurdles-100m/110m high hurdles)

Divisions: Open, Masters & Sub-Masters- 10 year age groups Open (29 & under), 30-39, 40-49, 50-59, 60-69, 70+

MEET HEADQUARTERS: The 2005 meet hotel will be Holiday Inn Airport/South on Fern Valley Rd.
Room rate is \$57 + tax per room. Phone number 502-964-3311.
Mention the Mason Dixon Games room rate.

ENTRY DEADLINE: \$20 fee by February 15. \$30 late fee by March 1. \$40 late fee on site. (ENTRY & ENTRY FEE MUST BE RECEIVED BY THE ABOVE DATES.)

**PERTINENT INFORMATION WILL BE POSTED ON THE
KTCCCA WEBSITE www.ktccca.org**

Track Events:

11:00 AM

1500 Meter Racewalk (Youth 19 & under)

3000 Meter Racewalk

Noon: Rolling schedule

55 Meter High Hurdles

55 Meter Dash

Mile Run

200 Meter Dash

800 Meter Dash

400 Meter Dash

3000 Meter Run

Field Events (Noon) will start at the Same Time as Running Events

Women's Long Jump and Men's Long Jump.

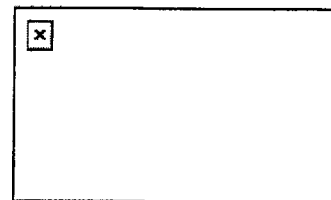
Followed by Women's Triple Jump and Men's Triple Jump.

Men's Pole Vault followed by Women's Pole Vault

Women's High Jump followed by Men's High Jump

Women's Shot Put followed by Men's Shot Put.

Mason-Dixon Games



Masters and Open Divisions

Presented by Mason-Dixon Athletic Club and
Kentucky Association of USA Track and Field

**Broadbent Arena, KFEC
Louisville, Kentucky
Sunday March 6**

**Entry Fee: \$20 per person by February 15. \$30 late fee by March 1. \$40 late fee on site.
2005 USATF Membership is required (www.usatf.org)**

Entry Form-Mason Dixon Games Masters/Open Division			
Name: _____	Age March 6, 2005 _____	Date of Birth: _____	
Address: _____		Email _____	
USATF 2005 Membership Number: _____	(Required)	Phone _____	
Check event	Performance for seeding	Check event	Performance for seeding
___ High Jump	_____	___ Shot Put	_____ 1500M Racewalk(Yo
___ Long Jump	_____	___ Pole Vault	_____
___ 3000M Racewalk	_____	___ 55 M Hurdles	_____
___ 55M	_____	___ Mile Run	_____
___ 200 M	_____	___ 800M	_____
___ 400M	_____	___ 3000M	_____
___	_____		

LIABILITY STATEMENT & SIGNATURE NEEDED.

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 Mason Dixon Athletic Club, USATF Kentucky, Kentucky Fair & Exposition Center, and Kentucky Track & Cross Country Coaches Association and all sponsors and officials from all claims of any kind arising out of my participation in the above track meet. I grant full permission to use photos/records of these events. I grant permission for emergency medical treatment by competent medical personnel on the indicated date. List allergies and current medications, if any.

Signature _____
(Parent Signature if 18 & Under)
Emergency Phone# _____ / _____ Date _____

USATF
NATIONAL INDOOR MASTERS CHAMPIONSHIPS

March 11-13, 2005



Jacksons Indoor Track
Idaho Center Boise, Idaho

2005 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

ENTRY FORM

Last Name _____ Male _____ Female _____
 First Name _____ Date of Birth _____
 Address _____ Age (as of 3/11/05) _____
 City _____ Club/Affiliation/Unattached _____
 State _____ Zip _____ Citizenship (if not USA) _____
 Country (if not USA) _____ 2005 USATF Number _____
 Telephone _____ (USATF number is required)
 E-mail address _____

Event	Best Recent Performance	Fee
Pentathlon (does not count as first event)		(\$35)
1. _____		(\$35)
2. _____		(\$18)
3. _____		(\$15)
4. _____		(\$15)
5. _____		(\$15)
6. _____		(\$15)
Late Fee for entries received after February 23, 2005 is \$50.00		(\$50)

No entries accepted (received) after March 1, 2005.

*Masters Committee Surcharge (see note below): _____ **\$5.00**

T-shirt Order (pre-event only) Total number of T-shirts _____ @ \$15 each: _____

____ S ____ M ____ L ____ XL ____ XXL

Friend of the National Masters Championships Contribution: _____

Saturday Night "Taste of Idaho" Dinner, number of guests _____ x \$20 per person: _____

TOTAL AMOUNT ENCLOSED: \$ _____

**The National Masters Track & Field Committee requires the Committee Surcharge. All such funds are forwarded to the Committee and will be used for Games Committee representatives to attend and assist at Championship meets.*

All fees must be paid prior to the meet. Faxed entries will not be accepted.

WAIVER AND RELEASE: In consideration of your accepting this entry into the National Masters Indoor Track & Field Championships, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against USATF, USATF- Snake River, its employees, agents, officers, the Idaho Center, Boise State University, the sponsors, the volunteers and their representatives, successors and assigns for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that my date of birth is as stated on this application. I authorize meet personnel and its agent's permission to request emergency medical treatment or care as necessary to insure my well being. I agree not to cover or alter my competitor number in any way on pain of disqualification, and I acknowledge that my entry fee is non-refundable, including if the event is canceled.

SIGNATURE: _____ DATE: _____

Prior to sealing the envelope and sending in your application, please make sure that you have:

- Completed all information.
- Signed the application.
- Enclosed your check for the total entry fee (\$35 for the first event, \$18 for the second event, \$15 for each additional event, \$35 for the pentathlon) and Masters Committee Surcharge of \$5. After February 23 a late fee of \$50 (or pentathlon) must be added. There will be no refunds of entry fees for any reason. No entries, additions or changes will be accepted after March 1, 2005!
- Make your check payable to USATF-Snake River, US funds only and drawn on a US bank.
- Mail application with entry fee to:

**Mark D. Murdock, Team Idaho,
Combined Events Coach,
USATF Snake River Assoc.,
6127 N. Portsmouth Ave.
Boise, ID 83714**

2005 BOISE INDOOR SCHEDULE

(TENTATIVE Age/gender order, and final times, to be decided after entries are received)

Developed by Sandy Pashkin

FRIDAY, MARCH 11

Pentathlon (W) HH, HJ, SP, LJ, 800 (M) HH, LJ, SP, HJ, 1000

Starting times to be staggered throughout day, starting at 9:00 AM

Track Events (PM)

3000 Meters Finals W/M

Field Events (PM)

Weight Throw Finals W 30+, M 50-59

Shot Put Finals M 60+

Pole Vault Finals M 30-49

High Jump Finals W 30+

SATURDAY, MARCH 12

Track Events

60 Meters Prelims/Finals M/W

Mile Finals M/W

400 Meters Finals M/W

4X800 M Relays Finals M/W

60 M Hurdles Prelims/Finals M/W

Field Events

Weight Throw Finals M 30-49, M 60+

Shot Put Finals W 30+, M 30-59

High Jump Finals M 30+

Long Jump Finals M/W

Pole Vault Finals W 30+, M 50+

TBA Athlete Meeting

SUNDAY, MARCH 13

Track Events

200 Meters Prelims W/M

800 Meters Finals W/M

200 Meters Finals W/M

3000 M Race Walk Finals W/M

4X400 M Relays Finals W/M

Field Events

Superweight Finals W/M

Triple Jump Finals W/M

Call for Hotel Reservations

Headquarters Hotel

The Grove Hotel

1-888-325-4000

Additional hotels with room blocks:

Courtyard by Marriott 208-331-2700

Doubletree Riverside 208-343-1871

Holiday Inn 208-344-8365

Room Blocks are under USATF.

Daily shuttle service will be provided between the hotels listed above and the Idaho Center.



Visitor Information

www.boise.org

1-800-635-5240



USATF ILLINOIS SCHEDULE 11/18/04

INDOOR TRACK & FIELD, 2004 - 2005

OPEN and MASTERS and YOUTH/"HIGH SCHOOL"

Note: Tentative/Incomplete schedule - watch for updates - www.usatfillinois.org

YOUTH NATIONAL INDOOR INVITATIONAL and the ILLINOIS HIGH SCHOOL (IHSA) TRACK & FIELD SEASON

Because the 2005 Youth National Indoor Invitational meet is held prior to the start of the high school season, all Illinois high school athletes are eligible to compete. According to IHSA rules, high school athletes may compete in USATF meets up to five days after their first official high school sanctioned PRACTICE of the season. New rule in 2005!!

***Youth/"High School"** ..=Competition for 2005 two-year age divisions, by year of birth, (YO/HS) from Peewee (b.1997-98) thru Young Men/Women (b.1987-88), with 1986-year athletes eligible if still in high school.

Open = When the term Open is used alone no high school athletes may compete (OP) and qualifying marks may be required.

All Comers..... = High-school age or older required. (AC)

Masters..... = Competition in five-year age divisions, based on meet-day age, (MS)
from 30-34 thru 90-over.

<u>DATE</u>	<u>EVENT/DIVISION</u>	<u>SITE</u>	<u>CONTACT</u>
Dec. 11 (Sat, 6PM)	Augustana USATF (TBA) OP, AC, MS	PepsiCo Rec. Center Rock Island, IL	Fred Whiteside 309/794-7524
Dec. 18	Ted Haydon Holiday Classic OP, AC	Univ. of Chicago Chicago, IL	Pat Palmer 773/702-7972
Jan. 8	Midwest Indoor, I YO, HS, AC, MS	Westwood Sports Center Sterling, IL	Mike Turk 815/622-6201
Jan. 8	*ITCCCA North Conference/Clinic	Oak Park-River Forest H.S. - Oak Park, IL	Bob Geiger 773/383-5643 BGeiger357@hotmail.com

*The "Illinois Track & Cross Country Coaches Association" is an organization open to all school and club coaches. USATF Illinois encourages all club coaches to join and to participate in the ITCCCA Conference and Clinic. Signup at the door, **7:30—8:15am.** (8:15: H.S. Rules; 9:15-9:45: Speaker;10:00: Clinic, followed by Lunch and Awards Ceremony.)

Jan. 15	*ITCCCA-South Conference/Clinic	Millikin University Decatur, IL	Don Luy 217/420-6625
Jan. 15--16 (Sat-Sun)	YOUTH NATIONAL INDOOR INVITATIONAL YO, HS	Westwood Sports Center Sterling, IL	USATF Illinois 630/953-2052 www.usatfillinois.org
Jan. 22	Midwest Indoor, II YO, HS, AC, MS	Westwood Sports Center Sterling, IL	Mike Turk 815/622-6201

**** Not USATF Sanctioned**

PLEASE TURN OVER

<u>DATE</u>	<u>EVENT/DIVISION</u>	<u>SITE</u>	<u>CONTACT</u>
Jan. 29	Midwest Indoor, III YO, HS, AC, MS	Westwood Sports Center Sterling, IL	Mike Turk 815/622-6201
Feb. 12	Midwest Indoor, IV YO, HS, AC, MS	Westwood Sports Center Sterling, IL	Mike Turk 815/622-6201
Feb. 19	USATF Illinois Open/Masters Indoor State Championships MS, OP, AC	Westwood Sports Center Sterling, IL	Mike Turk 815/622-6201
Feb. 20	USATF Jr Olympics Midwest Zone Meet (Bantam thru Youth)	Illinois Wesleyan Univ. Bloomington, IL	Marchan Adkins h. 309/663-9092
Feb. 25-27 (Fri-Sun)	USA Indoor Track & Field Championships OP	Reggie Lewis Center Boston, MA	USATF National 317/261-0500 www.usatf.org
Mar. 5-6	King of The Ring Throws Festival & Clinic YO/HS, MS	Westwood Sports Center Sterling, IL	Mike Turk 815/622-6201
Mar. 5-6	USATF National Masters Heptathlon Championships MS	Carthage College Kenosha, WI	Jeff Watry w. 217/367-8438 x152 JWatry@GillAthletics.com
Mar. 5-6 (Sun PM)	USATF Indoor Masters Midwest Region Championships MS, AC	Carthage College Kenosha, WI	Jeff Watry 217/367-8438 x152 JWatry@GillAthletics.com
Mar. 6 (Sun)	USATF North Region (TBA) Youth Championships YO	Proviso West H.S. Hillside, IL	Cheryl Knox 608/255-4302 knoxcl@hotmail.com
Mar. 25-26** (Fri-Sat)	Illinois Prep Top Times** Indoor Classic HS	U of I Armory Champaign-Urbana	Bob Geiger 773/383-5643 BGeiger357@hotmail.com
Mar. 11-13 (Fri-Sun)	USATF National Masters Indoor Championships MS	Idaho Sports Park Nampa, ID (near Boise)	Mark D. Murdock 208/859-9219

**SLIPPERY ROCK UNIVERSITY
INDOOR ALL-COMER MEETS
SUNDAY JANUARY 23 AND FEBRUARY 13, 2005**

ALL TRACK AND FIELD ATHLETES WELCOME

AGE GROUPS MALE AND FEMALE:

1ST GRADE AND UNDER GRADES 2,3,4 GRADES 5,6 GRADES 7,8 HIGH SCHOOL
OPEN MASTERS 30-39, 40-49, 50-59, 60-69

REGISTRATION:

9:30am ON THE DAY OF THE RACE, REGISTER AT MORROW FIELD HOUSE ON SRU CAMPUS.

COST: \$10.00 FOR UP TO THREE EVENTS, \$5.00 FOR ADDITIONAL EVENTS

AWARDS: 1ST 2ND AND 3RD PLACE FOR EACH EVENT AND AGE GROUP

FACILITY: MORROW FIELDHOUSE, 200 METER RUBBERIZED SURFACE, NO SPIKES!!!!!!
SRU WILL PROVIDE STARTING BLOCKS. MUST PROVIDE YOUR OWN SHOTS

FIELD EVENTS: (Age groups may compete together)

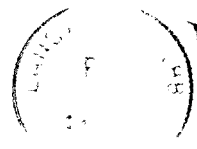
10:00am Long Jump open pit - all jumpers
Shot Put all males first
High Jump all females first
Pole Vault all females first

TRACK EVENTS: Rolling time schedule Females first in each event
Age groups may compete together

10:30am Two Mile
800m
11:15am Mile
55m hurdles, finals if needed
55m dash, finals if needed
400m
200m
4x200m Relay

Slippery Rock will host it's annual "Learn By Doing Clinic" on Sunday February 20, 2005
FOR MORE INFORMATION CALL: 724-738-2798 OR E-MAIL: john.papa@sru.edu


Over The Hill Track Club
3661 Langton Road
Cleveland Heights, OH 44121



Rex Harvey
6744 Connecticut Colony Circle
Mentor, OH 44060

44060+4470

