President’s Message…

Memberships:
If you have not renewed your membership time is running out. This may be your last newsletter. In order for our team to remain strong we need you to be committed to keeping our team vibrant and strong. Renewing your membership and being active in the club keeps us at the forefront of being one of America’s Greatest Masters Track and Field Clubs. Send your membership form and payment to Jeff Gerson.

2005 OTHTC Yearly Memberships
Individuals-$20; Families-$30.

Congratulations to Fred Hirsimaki. He set a New World Record in the Heptathlon with 4581 points. He also won the National Indoor Championship and the Gold Medal in the Heptathlon in the men’s 80-84 age group. Ladies and gentlemen, Fred set the example for the upcoming outdoor track and field season. Let’s perform very well this year. Stay Healthy. Do Well. Good luck!!!

Important OTHTC News
The club will sponsor four meets this year. The 2005 USA National Masters Decathlon and Heptathlon Meet is 7/2 - 7/3 at Mayfield HS. The North coast Cleveland Classic is 7/23 at Mayfield HS. The Norm Bower Throwing Meet is 9/17 at Kent State. The OTHTC Cross Country Meet is 9/25 at University School. We need volunteers to help officiate!!!!

Other Important Track and Field Meets
6/7-6/12: Hall of Fame Senior Olympics at Malone College.
6/11-6/12: USATF Mid-America Regionals at Southern Illinois University in Edwardsville, IL.
6/7-6/16: National Senior Games at Carnegie Mellon in Pittsburgh, PA.
6/18: USATF Michigan at Ferris State University in Big Rapids, MI.
6/18: Meet in Parma, masters athletes invited as well
6/19: Lake Erie USATF at U of Akron.
6/25: Lake Erie USATF Junior Olympics at West Holmes High School.
6/26: USATF Three Rivers at Slippery Rock Univ.
7/9: Dayton Masters in Dayton, OH
7/9-7/10: Canadian National Masters Championship at York University in Toronto, Ontario, CA.
7/16: USATF Midwest Regionals at Grand Valley State University in Allendale, MI.
USATF Outdoor National Masters Championship
USATF Outdoor National Meet will be August 4-6, 2005, Honolulu, Hawaii. Average hotel costs will be $200-$300 per night on the beach, $100 per night off the beach.

World Masters Athletics Championships
August 22- September 3, 2005: San Sebastian, Spain
Please Plan on attending and competing during the Outdoor Season.

Great Team Spirit!!!

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

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.

Congratulations (get well Ben):
35th Southeastern Masters at Duke University:
Essie Kea, 100m, 1st; Lawrence Finley, 400m, 3rd, 200m, 4th, 100m, 6th; Ben James, 400m, dnf.

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
Race Walking    Joyce Prohaska    Rodney Wilson    517.646.8742 (h)
                Gunter Sprockhoff    517.241.4007 (w)
Road Racing    Joanne Siegel    216.521.7966
T/F Consultant    Paul Williams    440.582.0144
                Norman Thomas    216.397.0260
                440.605.1811
**Donley, Raschker Set Records**

**Murray, Hawkins, Hirsimaki Tops in National Indoor Heptathlon**

By JEFF WATRY

The USA Masters Indoor Heptathlon Championships produced four world bests and two records in the two-day event held at Carthage College, Kenosha, Wis., March 5-6.

Bill Murray, M50, Birmingham, Ala., with a 5482 total; John Hawkins, M55, West Vancouver, B.C., 5580; Fred Hirsimaki, M80, Findlay, Ohio, 5451; and Christel Donley, W70, Colorado Springs, Colo., 5551, set new global standards.

Donley also set a W70 national record for the 27" 60mH with a 13.22. Phil Raschker equaled the W55 pole vault record of 2.70, held by Karin Forster, of Germany.

Ten of the scores – three by women and seven by men – were over 5000 points, led by Raschker’s 6021.

The women’s pole vault was scored for the first time using the new IAAF tables for the women’s combined events that includes the pole vault and the HY-Tek age factors.

Raschker scored over 1000 points in the 60m (8.88/1075), high jump (1.41/1067), and 60mH (10.51/1143). Donley scored 1054 points for her 1.11 high jump. Her 13.22 U.S. record in the 60mH yielded 910.

The other women champions are Caren Ware, W40, Twin Peaks, Calif., 3235; Liz Johnson, W45, Charlotte, N.C., 2500; and Kay Glynn, Hastings, Iowa, W50, 5125.

Emil Pawlik, Jackson, Miss., M65 winner with 5112 points, earned 1046 of them in the hurdles (9.92). Hawkins was also in the 1000+ range with 1002 in the high jump, an age-graded 90.5%.

**National Heptathlon**

Continued from page 1

1.71.

Joe Johnston, Apopka, Fla., M60 winner, with a 5565 total, was the second-highest scorer behind Hawkins’ 5580.

The remaining U.S. champions are Rod Wilcox, M35, Seattle, Wash., 3292; Mark Twedt, M40, Rockwell, Iowa, 3816; Jim Russ, M45, Charlotte, N.C., 4509; Robert Baker, M55, Metairie, La., 4753; and Bill Jankovich, M70, Racine, Wis., 4933.

The single events for men and women in the heptathlon are (day 1) 60m, long jump, shot put, and high jump; (day 2) 60mH, pole vault, and 800 for women and 1000 for men.

A Masters Invitational Meet was held around the heptathlon and attracted a fairly good turnout.
USATF NATIONAL MASTERS DECATHLON & HEPTATHLON CHAMPIONSHIPS
July 2-3, 2005
Mayfield High School, 6116 Wilson Mills Rd. Mayfield Village, Ohio (1/2 mile west of 1-271 - exit #36)

Sponsored by:  Over The Hill Track Club, Lake Erie Association USATF, Second Sole, & Mayfield High School Track Team

Entry fee: $50.00 - make checks payable to: Over The Hill Track Club. Entries must be received by June 23, 2005. (T-shirt included with entry fee)

Mail to: Jeff Gerson
5091 Hickory Drive
Lyndhurst, OH 44124

USATF sanctioned. WMA & USATF scoring and rules regarding implements and hurdles.

Awards: USATF championship medals to top 3 in each age group (30-34, 35-39, etc.). Age is of 7/2/05. USATF Championship Patches to Age Group winners.

Facilities: Polyurethane track and runways. Javelin will be thrown from grass.

Starting time both days will be 8:30 a.m. Older age groups will begin first. Specific starting times for each group will be determined by June 26. For more information contact: Jeff Gerson - 440-473-0636 or Rex Harvey - 440 954-8122 (w) 440-339-5688 (mobile)

Hotel information: Holiday Inn (meet headquarters) - 780 Beta Drive (1/4 mile east of 1-271 exit #36) 440-461-9200 Rates - $99.00 per night w/breakfast (double beds)
Baymont Inn - 1421 Golden Gate Blvd. (exit #35 - 1-271) 440-442-8400 Rates - $85.00 per night w/breakfast (double beds)

RATES ARE ONLY GUARANTEED UNTIL JUNE 1. Say you are with USATF Heptathlon.

Rental Cars: To get a discount with Enterprise, call 1-800-rent-a-car or go to enterprise.com. Use account # 39E0900. If asked, first 3 letters are GRE.

Athlete's registration and information packets will be available Friday, July 1, between 4:30 and 7:30 P.M. at the meet headquarters (Holiday Inn), or at the track on Saturday.

REGISTRATION FORM

NAME___________________________________ DATE OF BIRTH__________________

AGE AS OF 7/2/05_____ Gender M__F__ USATF Registration No.____________________

ADDRESS________________________________________ City_________________ ST____ ZIP_____

PHONE_________________________ E-Mail_________________________________ SHIRT SIZES S M L XL XXL
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 Mid-America Region Masters
Outdoor Track and Field
Championships
and
USATF Ozark Association
Open/Masters T&F Champs

Contacts:  Peggy Rowold
139 Heather Ridge Dr.
Chesterfield, MO. 63017
314-469-0577
pshinn@i1.net
as of 1/31/05 www.usatf.org/assoc/ozark

USATF Sanction #05-22-002

Saturday + Sunday, June 11-12, 2005
SIUE Korte Stadium Outdoor Track
Edwardsville, Illinois

The schedule is tentative. It will be followed as closely as possible, but depending on entries, the meet may run faster, or slower, than planned. If so, the scheduling will be advanced or delayed. Athletes and coaches must respond to the public address system announcements to see that competitors are ready for their events. The track comprises eight 400m lanes and is made of the same surface used on the track in two of the last three Olympic Games. Throwing events will be contested outside the stadium.

Meet Site Location: Ralph Korte Stadium
Southwest corner of SIUE Campus on Bluff Road; about 20 minutes from downtown St. Louis; from Interstate 270 (east or west) take Illinois exit #9 (IL-157) towards Collinsville/Edwardsville. Continue towards Edwardsville/SIU Campus; Turn LEFT on IL-157 (Continue straight ahead on S. University Drive at stoplight, DO NOT take IL-157 to Edwardsville), go 1 mile; Turn LEFT on Bluff Road, go 4 1/2 miles to Ralph Korte Stadium parking (north side of stadium). More detailed map of SIUE campus at www.siue.edu on internet.

(Please print)

Entry Form: Name___________________________________________________
Birth Date______________________
Address ________________________________________City, State, Zip _________________
(circle)
M or F 2005 USATF Number _____________________________ Phone ____________
Email _____________________________________________________ Club____________________________________

Entry Fees: Meet entry fee is $25 (three or more events), $20 (two events), $15 (single event) with USATF 2005 membership if postmarked by May 30, 2005 Late entry fee is additional $10 (USATF memberships can be purchased for $20 online at www.usatf.org or at the meet, but athletes will not be entered until a valid membership is verified.)

Entry Deadline: Entries may be mailed to the below address or athletes may register that morning.
Entries: Mail entries to Peggy Rowold, 139 Heather Ridge Dr., Chesterfield, MO 63017
Email: pshinn@i1.net Phone: 314-469-0577

Event(s): include best mark in 2005.
1. ___________________________________________________________
2. ___________________________________________________________
3. ___________________________________________________________
4. ___________________________________________________________
5. ___________________________________________________________
6. ___________________________________________________________

I recognize the risks in a competition of this sort and state that I am in proper physical condition needed to compete in the listed events. I release and discharge all claims for injury and damages which I may claim and arising out of my competing in this meet against USATF, USATF Ozark Association, the Southern Illinois University at Edwardsville and its related departments, their agents, servants and employees. This release is binding on my heirs, executors and assigns.

Dated: ___________________Signature: ________________________________

Return entry forms to Peggy Rowold, 139 Heather Ridge Dr., Chesterfield, MO 63017
Make checks payable to USATF Ozark Association

1/29/05
<table>
<thead>
<tr>
<th>Time</th>
<th>Events</th>
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<tbody>
<tr>
<td>10:00 a.m.</td>
<td>Decathlon: 100m</td>
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<td>Heptathlon: 100m Hurdles</td>
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<td>Long Jump</td>
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<td>400m</td>
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<td>10:00 a.m.</td>
<td>Weight Throw men (women to follow)</td>
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<td>4:00 p.m.</td>
<td>Hammer Throw men (women to follow)</td>
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<td>3000m Steeplechase women</td>
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<td>3000m Steeplechase men</td>
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<td>Sunday</td>
<td>June 12, 2005</td>
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<td>9:00</td>
<td>Long Jump women (men to follow)</td>
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<td>Triple Jump men (women to follow)</td>
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<td>9:30</td>
<td>Shot Put women (men to follow)</td>
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<td>Discuss Throw men (women to follow)</td>
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<td>10:00 a.m.</td>
<td>Decathlon: 110m Hurdles</td>
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<td>Heptathlon: Long Jump</td>
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<td>Discus Throw</td>
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<td>Pole Vault</td>
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<td>Javelin Throw</td>
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<td>1500m</td>
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<td>10:00 a.m.</td>
<td>High Jump men (women to follow)</td>
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<td>10:00</td>
<td>Pole Vault women (men to follow)</td>
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<td>Javelin Throw women (men to follow)</td>
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<td>5000m Race Walk women</td>
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<td>4x400m men</td>
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* Running events begin at noon and will follow this sequence as each event is completed.
2005 USATF North Region Outdoor Track & Field Championships
USATF Sanction #05-22-002

Saturday, June 11th and Sunday, June 12th

Meet Site: Ralph Korte Stadium, Southern Illinois University campus, Edwardsville, Illinois
20 minutes from downtown St. Louis, Missouri

Entry Fees: Meet entry fee is $25 (three or more events), $20 (two events), $15 (single event) with USATF 2004 membership if postmarked by May 30, 2005. Late entry fee is additional $10 (USATF memberships can be purchased for $20 online at www.usatf.org or at the meet, but athletes will not be entered until a valid membership is verified.)

Entry Deadline: Entries may be mailed to the below address or athletes may register that morning.

Entries: Mail entries to Peggy Rowold, 139 Heather Ridge Dr., Chesterfield, MO 63017
Email: pshinn@i1.net Phone: 314-469-0577

Tentative Schedule

Saturday June 11, 2005
10:00 Decathlon: 100m Hurdles
   Long
   Shot
   High
   400
1:00p. Weight Throw men (women to final)
4:00 Hammer men (women to final)
3000m women
3000m men

Sunday June 12, 2005
9:00 Long women (men to final)
9:00 Triple Jump men (women to final)
9:30 Shot women (men to final)
9:30 Discus Throw men (women to final)
10:00 Decathlon: 110m Hurdles 10:00 Discus Throw
Pole Vault
Javelin Throw
1500
10:00 High women (men to final)
10:00 Pole Vault women (men to final)
11:00 Javelin Throw women (men to final)
11:30 5000m Race women (men to final)
Noon 4x100 women (men to final)
4x100 men (men to final)
1500 women (men to final)
1500 men (men to final)
1000 women (men to final)
1000 men (men to final)
400 women (men to final)
400 men (men to final)
100 women (men to final)
100 men (men to final)
800 women (men to final)
800 men (men to final)
400m women (men to final)
400m men (men to final)
200 women (men to final)
200 men (men to final)
4x100 women (men to final)
4x100 men (men to final)

* Running events begin at noon and will follow this sequence as each event is completed.

Location: Ralph Korte Stadium Southwest corner of SIUE campus on Bluff Road, about 20 minutes from downtown St. Louis from Interstate 270 (east or west) take Illinois exit #9 (IL-157) towards Collinsville/Edwardsville. Continue towards Edwardsville/SIU Campus, Turn LEFT on IL-157 (Continue straight ahead on S University Drive at stoplight, DO NOT take IL-157 to Edwardsville) go 1 mile; Turn LEFT on Bluff Road, go 0.4 mile to Ralph Korte Stadium parking (north side of stadium). More detailed map of SIUE campus at www.siue.edu on internet. Meet website will be available by January 31, 2005 access through www.usatf.org/assoc/ozark

June 2005
2005 USATF Michigan Association
Open and Masters
Outdoor Track & Field Championships

(Including a special High School division) Sanctioned Event

Ferris State University, Top Taggart Field, Big Rapids, Michigan
Saturday, June 18, 2005, beginning at 10 a.m.

Hosted by: Ferris State University
CHECKS PAYABLE TO: Ferris State University

MAIL ENTRIES TO:
FSU Track & Field
210 Sports Drive
Big Rapids, MI 49307-2741

PRE-ENTRIES: Postmarked by Tuesday, June 14, 2005
$12 for the first event; $5 for each thereafter; $20 per relay.

LATE ENTRIES:
$15 / $7, $24 per relay
Day of meet registration open 9:30 to 10:30 a.m.

AGE GROUPS:
High School competition from 14-18,
OPEN competition from 16 years of age,
MASTERS competition in 5-year age groups starting at 30-34 through 80-84+ as needed

AWARDS:
Medals to top 3 Michigan and top 3 Non-Michigan
athletes in each age group of each event

INFORMATION:
231-768-4535 or mitcajaj@hotmail.com

***********************************************************************

***Please enter me in the high school / open / masters
division (Circle one)
***Enter me in the following events:
(Note: Please include best recent marks event / seed
time or distance)

1 _______________/__________ 2 _______________/__________ 3 _______________/__________
4. _________ 5. _________ 6. _________

ENTRY FEE ($12 /$15) $__________ ADDITIONAL EVENTS ($5 /$7 EACH) $__________ T-SHIRT SIZE (Circle size) M L XL XXL $_______ FREE!!! TOTAL ENCLOSED $__________

(Check or money order ONLY made out to Ferris State)

Mail to: FSU Track & Field, 210 Sports Drive, Big Rapids, MI 49307

RELEASE. IN CONSIDERATION FOR MY BEING ACCEPTED, I, INTENDING TO BE LEGALLY BOUND FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND DISCHARGE ANY AND ALL RIGHTS, CLAIMS AND DAMAGES WHICH I HAVE OR WHICH MAY ACCRUE TO ME AGAINST USA TRACK & FIELD, USATF MICHIGAN ASSOCIATION, FERRIS STATE UNIVERSITY, ANY SPONSORS, THEIR AGENTS AND REPRESENTATIVES, FOR ALL DAMAGES WHICH MAY BE SUSTAINED AND SUFFERED BY ME IN CONNECTION WITH THE ENTRY IN AND ARISING OUT OF MY TRAVEL TO, PARTICIPATION IN AND RETURN FROM THIS TRACK & FIELD MEET

SIGNATURE OF ATHLETE (IF UNDER 18, PARENT'S SIGNATURE) DATE (4-24)
Please keep this Information sheet for

2005 USATF Michigan Association Open and Masters Outdoor Track & Field Championships

Saturday, June 18, 2005 at 10 a.m.

For more INFORMATION: (231-768-4535) OR mitcajan@hotmail.com

- All athletes must be members of USA Track & Field to participate.
  - BEST OPTION If you do not already have a 2005 membership you are encouraged to join online at www.usatf.org. Choose “Join Now.” You will need a VISA credit card to join online. When joining online, you will be given your membership number instantly. **Please print and bring with you your confirmation.**
  - JOIN at the meet by the close of registration at 10:30 a.m.
    - For cash, you will be put into the online computer and your number mailed within a week.
    - Check payments will be forwarded to our membership chair for entry.
    - Credit card payments are not available on meet day

- PLEASE MAKE SURE TO BRING IDENTIFICATION (Copy of birth certificate or passport)

MEET NOTES:
Pyramid SPIKES only (1/4” or less)

RUNNING / WALKING events:
- Most events will be contested older to younger, women first.
- AGE GROUPS will be combined in some events if entries warrant.
- Hurdle heights will follow USATF, USATF Masters, and NFHS rules according to the division.
  (Please note that hurdles will not meet tip-over specifications for National records.)
- High School division (ages 14 – 18) will compete in 300 m hurdles.

FIELD EVENTS:
AGE GROUPS will be combined in some events if entries warrant.

EXCUSED COMPETITOR: Please check in at each event and check out with the official if you have to leave an event. Get instructions for returning. You may request a turn out of order to facilitate running as the track is about 400m from the throwing area.
- POLE VAULT and HIGH JUMP will start at a low height and move upward with all groups (men and women) combined. The bar will NOT be lowered after event begins. In any event, if you miss your call, you forfeit that attempt.
- LONG JUMP will be contested “Open Pit” It will begin at 11 a.m and tentatively end at 1 30 p.m. (Based on last year’s participation.)
- TRIPLE JUMP will follow the long jump.
- JAVELIN will be contested on grass.
- ALL IMPLEMENTS for warm-up and competition must be checked in for certification at WEIGHTS & MEASURES in the throwing area from 9:30 to 10:30 a.m.
  - Implement weights according to the USATF and USATF Masters rules, high school division will use high school implements
  - Remember: In the Masters competition, privately owned implements are exempt from the loss of identity rule. You must ask if you are borrowing.
  - HOUSE IMPLEMENTS
    - We do not have any weights or 56# weights; you must bring your own.
    - We have one of each of the other implements

Tentative THROWS schedule beginning at 11 00 a.m.

<table>
<thead>
<tr>
<th>Women</th>
<th>Javelin</th>
<th>Shot Put</th>
<th>Discus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men under 50</td>
<td>Shot Put</td>
<td>Discus</td>
<td>Javelin</td>
</tr>
<tr>
<td>Men 50 and over</td>
<td>Discus</td>
<td>Javelin</td>
<td>Shot Put</td>
</tr>
<tr>
<td>All ages</td>
<td>Hammer, Weight Throw, and 56# Weight will follow completion of discus</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

AWARDS:
- There will be two divisions for each event: 1) Michigan athletes, 2) Non-Michigan athletes.
- Medals will be awarded in both divisions, but there will be mixed seeding of the two divisions.
- Tentatively MEDALS WILL BE AWARDED soon after the conclusion of the event. This is a photo-opportunity, so bring your camera!

DIRECTIONS TO FERRIS STATE UNIVERSITY
Take US 131 to Big Rapids exit 139; turn east toward town (Meijer’s will be on the left) Take Perry Street 1 7 miles to the last stop light. Turn right on State Street, then 2nd light left on South Street. Turn left on Stadium Drive; keep taking lefts to go around the track to parking which is located on the east side of the track (side with the press box). Registration will be located under the press box.

OFFICIAL HOUSING is available at Best Western of Big Rapids (1-877-592-5150) for $59+tax. Please ask for USATF rate before May 27th. Rate will be available after that only if rooms are available.
2005 LAKE ERIE ASSOCIATION
Lake Erie Association OUTDOOR CHAMPIONSHIP MEET
USA TRACK & FIELD

Men & Women: Open, Sub-Master, & Masters Divisions
University of Akron Track, Akron, Ohio

Sunday, June 19, 2005

For further information: Larry Seifert (440) 842-2142, Ed Wilson (330) 448-2632, or Rex Harvey (440) 954-8122

Age Groups: Open (14 to 29 anytime in 2004), Sub Master (30-34, 35-39), Master (40-44, 45-49, etc. in 5 year groups (age as of meet day).

Rules: Competition will be conducted under current USATF rules.

Sanction: by the Lake Erie Association of USA Track & Field, the only internationally recognized T&F governing body in the U.S.

Registration: starting 8:00 AM Note! USA Track & Field membership required - USAT&F cards will be available on site. $14 for Lake Erie Association residents, and $18 for those from outside the Association. Card valid everywhere in the US throughout the calendar year 2004 and provides valuable insurance coverage and other benefits

Entry Fees: $6 for first individual Open, Sub-Master, and Master event, $4 each for the next three individual events and $6 each for more than four individual events. Day of meet entries will be accepted.

Relays: Relay entries will be day-of-meet & will be $16 per team. Championship relays will be only for USATF registered clubs, but any relay may enter the Open division and earn equivalent non-championship awards. Sub-masters’s and Master’s relays will be in 10 year groups; 30-39, 40-49, etc.

Awards: Association Championship medals for the first 3 places in each event of all Divisions. Equivalent awards for non-Lake Erie guests. Facilities: Synthetic 8 lane 400 meter oval & runways concrete throwing rings. Synthetic Javelin runway.

Flights and Heats will be seeded from pre-entry information and final results will be determined by time or distance. Age Groups may be combined as required but separate age group awards will be given.

Masters (M40+ & W35+) competition will be with implements, distances, and heights per USATF specifications.
Sub Master (M30-39 & W30-34) competition will be with Open specifications except Men’s Hurdles which will be 39". Open (age 14 - 29) competition is open to those born anytime in the period 1976 to 1991). Sub-Master & Master age is determined by your actual age as of 19Jun05. Sub-Masters and Masters must compete in their own Age Groups except for the Relays where they may move down.

Detach here and send to: Lake Erie Champ., 8280 Craigleigh Drive, Parma, OH 44129 please make payment to: Lake Erie USATF

NAME ___________________________ BIRTH _______________ AGE _______________
ADDRESS ___________________________ GENDER: M F
CITY ___________________________ STATE ___________________________ ZIP _______________
USATF # (Required!) ___________________________ TELEPHONE ( )

CLUB ___________________________

Athletes who participate in this competition will be subject to formal drug testing in accordance with USAT&F rules and IAAF rules. 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 prescriptions and over the counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USADA Hotline at 1-800-233-0393. In consideration of my being accepted, intending to compete and to be legally bound, do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all right and claims for which I may have or which may hereafter occur to me against USA Track & Field, USA Track & Field Lake Erie Association, and University of Akron or their offices, employees, 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 the 2005 Lake Erie Association of USATF Outdoor Championship Meet held June 19, 2004 at Akron.

ATHLETE’S SIGNATURE ___________________________ DATE _______________

PARENT OR GUARDIAN’S SIGNATURE ___________________________ (If athlete is under 18)
<table>
<thead>
<tr>
<th>TIME SCHEDULE</th>
<th>TRACK EVENT</th>
<th>TIME</th>
<th>FIELD EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 AM</td>
<td>3000M WALK</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 AM</td>
<td>5000M RUN</td>
<td>9:00 AM</td>
<td>Hammer</td>
</tr>
<tr>
<td>following</td>
<td>1500M RUN</td>
<td>following</td>
<td>Shotput</td>
</tr>
<tr>
<td>following</td>
<td>SHORT HURDLES</td>
<td>following</td>
<td>Discus</td>
</tr>
<tr>
<td>following</td>
<td>400M DASH</td>
<td>9:00 AM</td>
<td>Javelin</td>
</tr>
<tr>
<td>following</td>
<td>100M DASH</td>
<td>following</td>
<td>High Jump</td>
</tr>
<tr>
<td>following</td>
<td>4 X 100M RELAY</td>
<td>9:00 AM</td>
<td>Pole Vault</td>
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<tr>
<td>following</td>
<td>800M RUN</td>
<td>following</td>
<td>Long Jump</td>
</tr>
<tr>
<td>following</td>
<td>LONG HURDLES</td>
<td>following</td>
<td>Triple Jump</td>
</tr>
<tr>
<td>following</td>
<td>200M DASH</td>
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<td></td>
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<tr>
<td>following</td>
<td>3000M RUN</td>
<td></td>
<td></td>
</tr>
<tr>
<td>following</td>
<td>4 x 400M RELAY</td>
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</table>

**Official Entry Form**

Enter by Circling Events

<table>
<thead>
<tr>
<th>TIME SCHEDULE</th>
<th>TRACK EVENT</th>
<th>TIME</th>
<th>FIELD EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 AM</td>
<td>3000M WALK</td>
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<tr>
<td>9:00 AM</td>
<td>5000M RUN</td>
<td>9:00 AM</td>
<td>Hammer</td>
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<tr>
<td>following</td>
<td>1500M RUN</td>
<td>following</td>
<td>Shotput</td>
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<tr>
<td>following</td>
<td>SHORT HURDLES</td>
<td>following</td>
<td>Discus</td>
</tr>
<tr>
<td>following</td>
<td>400M DASH</td>
<td>9:00 AM</td>
<td>Javelin</td>
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<tr>
<td>following</td>
<td>100M DASH</td>
<td>following</td>
<td>High Jump</td>
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<td>following</td>
<td>Triple Jump</td>
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<tr>
<td>following</td>
<td>200M DASH</td>
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<tr>
<td>following</td>
<td>3000M RUN</td>
<td></td>
<td></td>
</tr>
<tr>
<td>following</td>
<td>4 x 400M RELAY</td>
<td></td>
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</tr>
</tbody>
</table>
**INFORMATION SHEET**

**2005 JUNIOR OLYMPIC CHAMPIONSHIP**

**LAKE ERIE ASSOCIATION, USATF**

West Holmes High School  
Saturday June 25

Intermediate, Young Men/Women Registration at 8:00AM. Meet starts at 9:30. Bantam, Midget, Youth Registration at 12:00 Noon, meet starts at 1:30PM.

**ENTRY FEE:** $5.00 per event, $20.00 per relay team. Make checks payable to Lake Erie Association.

**LOCATION:** From Cleveland West take I-71 South to Burbank Exit Rte.83 south to Rte.39 Millersburg. Turn right & go West on rte. 39 about 6 miles to the track on the right. From Cleveland East take I-77 South to Rte.30 West to Rte.241South to Rte.39 Millersburg & go West on 39 about 6 miles to track on the right.

**REGISTRATION:** Proof of Birth is required. All athletes must be a member of USATF. Athletes may apply for their USATF membership on the day of the meet or on line at USATF.org. Relay teams must be registered USATF clubs. Club forms will be available at the meet.

**YOUNG MEN/WOMEN:** who will be 18 as of July 31, 2005 are eligible to compete in the Junior Olympic Program

**LAKE ERIE ASSOCIATION COUNTIES:** Athletes must live in one of these counties: Ashland, Ashtabula, Carroll, Columbiana, Cuyahoga, Erie, Geauga, Harrison, Holmes, Huron, Jefferson, Lake, Lorain, Mahoning, Medina, Portage, Richland, Stark, Summit, Trumbull, Tuscarawas, Wayne.

**PLEASE NOTE:** ¼” Spikes permitted. Throwing implements will not be provided.

The entry form is a three section form available on the USATF.org web site or you may request one to be mailed or faxed. Please list the events you wish to enter at $5.00 per event. There is a limit of three (3) events for the Bantam and Midget age groups. There is a limit of four (4) events for the remaining age groups. The top six (6) in each event including relays will advance to the Region V championship meet in Lexington KY. On July 7-10. T&F shall advance to the Indianapolis IN National meet, 7-26 to-7-31 three individuals and three relay teams from each Regional to National. These shall be the top three finishers in each event, or successive event finishers who have achieved a performance standard at the Regional Championship when fewer than three declare in the event from that Region for National. **Athletes must declare intent to compete before the end of the meet. Athletes MUST SHOW PROOF OF BIRTH WHEN SIGNING UP FOR THE REGIONAL MEET.**

You may mail or fax entry forms to Larry Seifert, 8280 Craigleigh Dr. Parma Ohio 44129. Phone/fax 440-842-2142. We will also accept registration the day of the meet. You may also call Don Hall, Parks & Recreation Commissioner at 330-674-0266

<table>
<thead>
<tr>
<th>Bantam Division</th>
<th>Midget Division</th>
<th>Youth Division</th>
<th>Intermediate Division</th>
<th>Young Men/Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Born 1994 or later)</td>
<td>(Born 1992 or 1993)</td>
<td>(Born 1990 or 1991)</td>
<td>(Born 1988 or 1989)</td>
<td>(Born 1986 or 1987)</td>
</tr>
<tr>
<td>100m Dash</td>
<td>100m Dash</td>
<td>100m Dash</td>
<td>100m Dash</td>
<td>100m Dash</td>
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<tr>
<td>200m Dash</td>
<td>200m Dash</td>
<td>200m Dash</td>
<td>200m Dash</td>
<td>200m Dash</td>
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<tr>
<td>400m Dash</td>
<td>400m Dash</td>
<td>400m Dash</td>
<td>400m Dash</td>
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</tr>
<tr>
<td>800m Run</td>
<td>800m Run</td>
<td>800m Run</td>
<td>800m Run</td>
<td>800m Run</td>
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<tr>
<td>1500m Run</td>
<td>1500m Run</td>
<td>1500m Run</td>
<td>1500m Run</td>
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</tr>
<tr>
<td>1500m Race Walk*</td>
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<tr>
<td>High Jump</td>
<td>High Jump</td>
<td>High Jump</td>
<td>High Jump</td>
<td>High Jump</td>
</tr>
<tr>
<td>Shot Put (6 lb)</td>
<td>Shot Put (6 lb)</td>
<td>Shot Put (B-4kg, G-6lb)</td>
<td>Shot Put (B-12lb, G-4kg)</td>
<td>Shot Put (B-12lb, G-4kg)</td>
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<tr>
<td>Mini Javelin (300g)</td>
<td>Discus (1kg)</td>
<td>Pole Vault</td>
<td>Discus (B-1 6kg G-1kg)</td>
<td>Discus (B-1 6kg G-1kg)</td>
</tr>
<tr>
<td>4 x 100m Relay</td>
<td>4 x 800m Relay</td>
<td>Javelin (600g)</td>
<td>4 x 100m Relay</td>
<td>4 x 120m Relay</td>
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<tr>
<td>4 x 400m Relay</td>
<td>Pentathlon</td>
<td>4 x 100m Relay</td>
<td>Pentathlon</td>
<td>Pole Vault</td>
</tr>
<tr>
<td>Triathlon</td>
<td>80m Hurdles</td>
<td>4 x 400m Relay</td>
<td>High Jump</td>
<td>Javelin (B-800g G-600g)</td>
</tr>
<tr>
<td>Shot Put</td>
<td>Shot Put</td>
<td>4 x 800m Relay</td>
<td>High Jump</td>
<td>4 x 100m Relay</td>
</tr>
<tr>
<td>High Jump</td>
<td>High Jump</td>
<td>Pentathlon</td>
<td>Long Jump</td>
<td>4 x 400m Relay</td>
</tr>
<tr>
<td>200m (Girls)</td>
<td>800m (Girls)</td>
<td>100m Hurdles</td>
<td>800m (Girls)</td>
<td>4 x 800m Relay</td>
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<tr>
<td>400m (Boy)</td>
<td>1500m (Boys)</td>
<td>Shot Put</td>
<td>1500m (Boys)</td>
<td>Decathlon (Boys)</td>
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<tr>
<td>Jr. Decathlon (Boys)</td>
<td></td>
<td>High Jump</td>
<td></td>
<td>Heptathlon (Girs)</td>
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<tr>
<td>Heptathlon (Girls)</td>
<td></td>
<td>Long Jump</td>
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<tr>
<td></td>
<td></td>
<td>Shot Put</td>
<td></td>
<td>Heptathlon (Girls)</td>
</tr>
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</table>
34th Annual
Ontario Masters
Outdoor Track & Field Championships
Toronto Track & Field Centre, York University
Saturday June 25th, 2005

Featuring the OMTFA Weight Pentathlon Championships

Awards; OMTFA Championship medals to the first three in each age group 30-34 to 90+
All competitors must beat a competitor or meet the posted OMTFA medal standards to be eligible for awards.

Results; Complete results will be posted.
Medals will not be presented until the results are posted.

Facilities; 400m - 8 lane rubberized tartan track and jump approaches and Javelin runway.
Cement throwing circles. Adjustable Steeple barriers.

Directions; West of Keele St., turn south from Steeles Ave.
East on Steeles from the 400. NorthWest entrance to York.
York University Campus. There may be a fee for parking.

Hosted by; The Ontario Masters Track and Field Association
Americans and other visitors to Canada are most welcome and eligible for medals.

Entry Deadline; Entries must be received by Wednesday, June 23rd.
NO RACE DAY ENTRIES - No Email entries. Please do not send by courier/post requiring a signature.
Make cheque payable to the OMTFA. (Memberships payable to CMAA on a seperate cheque please)

Mail to; Doug Smith
58 Newmarket Avenue
Toronto, Ont. M4C 1V9
416-699-5818 (10am-10pm) douglasj.smith@sympatico.ca
Sorry - absolutely no phone or EMail entries accepted

Accommodations

<table>
<thead>
<tr>
<th>Comfort Inn</th>
<th>Super-8 Motel</th>
</tr>
</thead>
<tbody>
<tr>
<td>66 Norfinch Dr (400 and Finch area)</td>
<td>3400 Steeles Ave West (400 and Steeles) 905-760-2120</td>
</tr>
<tr>
<td>Travelodge Toronto North</td>
<td>Ramada Inn</td>
</tr>
<tr>
<td>50 Norfinch Dr. (400 and Finch area)</td>
<td>1677 Wilson Av. (401 and 400) 416-249-8171</td>
</tr>
<tr>
<td>Holiday Inn Express North York</td>
<td>Howard Johnsons</td>
</tr>
<tr>
<td>30 Norfinch Dr. (400 and Finch area)</td>
<td>North York 2737 Keele St. (at 401) 416-636-4656</td>
</tr>
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</table>
Schedule of Events - Subject To Change
Please check the Web Site for updates on the schedule;
www3.sympatico.ca/ontario.masters

<table>
<thead>
<tr>
<th>Time</th>
<th>Track</th>
<th>Jumps</th>
<th>Throws*</th>
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<tr>
<td>8:30</td>
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<td>9:30</td>
<td>5000m</td>
<td>Pole Vault</td>
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<td>10:00</td>
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<td>11:30</td>
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<td>1:00</td>
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<tr>
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<td></td>
<td>Triple Jump</td>
<td>Javelin</td>
</tr>
<tr>
<td>2.30</td>
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<tr>
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<td>400m</td>
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<tr>
<td>4:00</td>
<td>Steeplechase</td>
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Old Meet Records

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<th>Age Group</th>
<th>Name</th>
<th>Record</th>
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<tr>
<td>SP</td>
<td>M40</td>
<td>Len Olson</td>
<td>12.61</td>
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<td></td>
<td>M40</td>
<td>Len Olson</td>
<td>40.58</td>
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<td>5000mRW</td>
<td>M50</td>
<td>L.A. Oakley</td>
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<td>5000mRW</td>
<td>M60</td>
<td>R.A. Anspach</td>
<td>1:42.2</td>
</tr>
<tr>
<td>HJ</td>
<td>M60</td>
<td>Ian Humm</td>
<td>1:48</td>
</tr>
<tr>
<td>TJ</td>
<td>M40</td>
<td>Vlado Kostic</td>
<td>1:44</td>
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<tr>
<td></td>
<td>M55</td>
<td>Gus Giagnolli</td>
<td>1:36</td>
</tr>
<tr>
<td>5000m</td>
<td>M50</td>
<td>Art Taylor</td>
<td>1:48.9</td>
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</table>

Weight Pentathlon*
Entrees get three throws in each event. If an athlete enters an individual event as well eg; the Shot Put; they get 6 throws - only the first 3 count towards the Pentathlon. All 6 count in the individual event.
The entry fee would be $25 + $10 (one additional event) = $35.

Notes;
- Women's sections first, followed by Men's heats. Oldest to youngest.
- All track events except the 100m and 200m are timed section finals.
- Weights of implements and hurdle heights may not be to current WMA standards.
- If a competitor has two conflicting events, they must inform the field judge that they will be competing in the track event.
- The Jury Of Appeal will hold the final authority in any appeal or dispute.
- When numbers justify, throws and jumps will take place in flights.

Photos from past meets at http://www.imagestation.com/member/?name=douglasjsmith
2005 Ontario Masters Outdoor Track & Field Championships
(please print)

Name ____________________________ Age (June 25th) _____ M __ F __
First ___________________ Last ______

Address ____________________________________ Birth (dd/mm/yr) __
________________________________________ Phone _____________

Citizenship _____________________________ CMAA / USAT&F # ___________

Email Address ________________________________________________________

Club ________________________________________________________________

Please check events entered and show seed times;

Please indicate seed times

<table>
<thead>
<tr>
<th>Event</th>
<th>Seed Time</th>
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<td>Hammer</td>
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<td>Weight Throw</td>
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<td>Weight Pentathlon ($25)</td>
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</table>

Entry Fees; First event @ $15.00........  _ X $15.00 = _______ ($12 US)
Each additional event .... _ X $10.00 = _______ ($8 US)
Weight Pentathlon (counts as the first event) _ X $25.00 = _______ ($20 US)
Non Member fee (non CMAA or USAT&F) add $15.00 _______ ($12 US)
Cheque payable to the OMTFA Sorry, no refunds. Total* _______
* $10.00 fee if insufficient funds are mailed - payable at Registration.

In consideration of the acceptance of my entry to this OMTFA event, I hereby release and hold free the Meet Director, the Ontario Masters Track and Field Association, the City of Toronto, York University, all meet officials, and anyone appointed by them from all responsibility for loss or damage to me or anyone accompanying me, or any of our equipment.

Print Name ____________________________ Signature ____________________________ Date ____________

Mail to; Doug Smith
58 Newmarket Avenue
Toronto, Ont.
M4C 1V9
USA TRACK & FIELD
2005 THREE RIVERS ASSOCIATION CHAMPIONSHIP MEET
SLIPpery ROCK UNIVERSITY
OPEN and MASTERS – June 26, 2005

DATE: June 26, 2005 - 7:00 AM registration - events (Hammer) begin at 7:30 AM
PLACE: Slippery Rock University

SPONSOR: USATF Three Rivers Association
SANCTION: USA Track & Field – MEMBERSHIP REQUIRED

Open and Masters may purchase memberships day of meet - A 2005USATF membership should be obtained prior to or at the beginning of the track season. Online at http://www.usatf-threerivers.org or contact Cindy Long (724) 941-5639

MEET ENTRY FEE: $5.00 PER INDIVIDUAL
Register online at www.usatf-threerivers.org - online entry closes Thursday June 23 11:59pm
Day of Meet Registration 7:00am to 7:30am ONLY

ALL athletes must be registered by 7:30am – NO Registrations Accepted after that Time
Total Fees Day of Meet - Meet Entry & Membership - $30.00
Total Fees Day of Meet – Entry Fee Only - $15.00

Meet Information – contact Mark Schwartz – mschwartzusatf@yahoo.com or 412-362-5511
Send advance Open & Masters entries to: Bruce Long, 109 Evans Drive, McMurray, PA 15317

PROOF OF AGE MAY BE REQUIRED: A valid drivers license or age verified 2005 USATF Membership Card

MASTERS & OPEN ORDER OF EVENTS
Events include Male and Female, Open & Masters Athletes unless designated otherwise below. Field event order subject to change.

PLEASE NOTE THAT OPEN & MASTERS POLE VAULT WILL BE ON SUNDAY, JUNE 26

Sunday, June 26
3000M Racewalk
5000M Racewalk
4x400M Relay
100M Trials
100M Hurdles Trial**
110M Hurdles Trial**

3000M Run
5000M Run
200M Trials**
4X800M Relay
100M Hurdle Final
110M Hurdle Final

400M
Steeplechase
200M Hurdles
400M Hurdles
1500M
100M Final
800M Final
200M Final

FIELD EVENTS (as called):
Long Jump
Triple Jump
High Jump
Shot Put
Discus
Javelin
Hammer


OPEN & MASTERS ENTRY FORM

| Name: ________________________________ | Date of Birth / / Age: __________________________ |
| Address: ______________________________ | Gender: Male / Female (circle one) |
| City/Zip: ______________________________ | Division: Open / Master (circle one) |
| 2005 USATF Memb #: ____________________ | Club: ______________________________ |

Please indicate your events:

| 100M Dash | 800M Run | Steeplechase | 80M Hurdles | 400M Hurdles |
| 200M Dash | 1500M Run | 3000M RW | 110M Hurdles | 4x100M Relay |
| 400M Dash | 5000M Run | 5000M RW | 300M Hurdles | 4x400M Relay |
| Long Jump | Triple Jump | High Jump | Pole Vault | 4x800M Relay |
| Shot Put | Discus | Javelin | Hammer | 4x200M Relay |

In consideration of my being accepted for participation in the 2005 Three Rivers Association Championship Meet I intend to be legally bound for myself, my heirs, executors and administrators, waive and forever discharge any and all rights and claims for damages which may hereafter occur to me against USA Track & Field, Three Rivers Athletic Association, and Slippery Rock University or their officers, agents, representatives, successors, and/or assigns for any and all damages which may be sustained or suffered by me in connection with or entry in, or arising out of my travel to, participating in and returning from said competition. I further attest that I am physically fit for the competition in the event(s) I have listed above.

Athlete Signature: ________________________________ Date: ________________ Phone: ____________________________ (include area code)
31st Annual
2005 Canadian Masters Track & Field Championships

Saturday July 9th & Sunday July 10th
Toronto Track & Field Centre
York University, Toronto, Ontario

Men and Women in 5 Year Age Groups from 30-34 to 90+
(there are no qualifying standards for entry)

Hosted & Sanctioned by the Canadian Masters Athletic Association

Facilities;
400m eight lane synthetic track, jump approach, javelin runway. Cement throwing circles.
Steeplechase barriers are adjustable.

Equipment;
Starting blocks will be provided. Implements for competition will be provided.
Throwers may bring their own implements which must be weighed in at least one hour prior to the event in which they are to be used and they will be entered into the competition pool. Pole vaulters must supply their own poles which will not be pooled. Pins maximum length 6mm for track and field events.
Steeplechase barriers are adjustable.

Entry Deadline;
Entries must be received by Wednesday, July 6th, 2005.

Results;
Provided using electronic timing with Hytek Meet Manager They will be posted when official.

Awards;
CMAA Championship medals will be awarded to the top three Canadians in each event and age category regardless of their actual finishing position. Non-Canadians must finish first, second or third in their event and age category in order to be awarded a similar medal. However, in order for any competitor to receive a medal, they must either beat another competitor or achieve the posted CMAA medal standards. Medals will not be presented until the results are official.

Mail to:
Doug Smith
CMAA Championships
58 Newmarket Avenue, Toronto, Ont. M4C 1V9
416-699-5818 (10am-10pm) douglasj.smith@sympatico.ca

Sorry - absolutely no phone or Email entries accepted. No Race day entries.

www.canadianmastersathletics.com

Notes;
- Exact event starting times cannot be determined until after all entries have been received and entered into the computer system but under no circumstances will an event be changed from the day shown below.
- Women will always compete first followed by men, oldest age groups first down to the youngest.
- All track events longer than 200m may be run as "timed sections" depending on the number of entries. In this case, the "best performance" times submitted by each competitor will be used to determine the appropriate number of section finals.
- Any entrant who has indicated membership in the CMAA, USATF or a Provincial Athletic Body may be asked to produce their membership card at the time of registration.
- Weights of implements and hurdle heights may not be to current WMA standards.
- If a competitor has two conflicting events, they must inform the field judge that they will be competing in the track event.
- The "Jury of Appeal" will hold the final authority in any appeal or dispute.
- When numbers justify, throws and jumps will take place in flights.

Hosting the 2005 NCCWMA 5,000m Racewalk Championship
# Schedule Of Events

<table>
<thead>
<tr>
<th>Track</th>
<th>Saturday July 9th</th>
<th>Field</th>
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</thead>
<tbody>
<tr>
<td>8:30</td>
<td>10,000m</td>
<td>9:00 High Jump</td>
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<tr>
<td>9:45</td>
<td>Steeplechase (2000m then 3000m)</td>
<td>9:30 Hammer followed by Weight Throw</td>
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<tr>
<td>10:30</td>
<td>100m (Heats followed by Finals)</td>
<td>Noon LUNCH</td>
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<td>Noon</td>
<td>LUNCH</td>
<td>Noon LUNCH</td>
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<tr>
<td>1:00</td>
<td>Sprint Hurdles</td>
<td>1:00 Shot Put</td>
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<tr>
<td>1:30</td>
<td>1500m Racewalk</td>
<td>1:00 Long Jump</td>
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<td>2:15</td>
<td>1500m</td>
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<tr>
<td>3:15</td>
<td>400m</td>
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<td>4 x 100m Relay* (following the 400m)</td>
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<thead>
<tr>
<th>Track</th>
<th>Sunday July 10th</th>
<th>Field</th>
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<tbody>
<tr>
<td>8:30</td>
<td>5,000m Racewalk**</td>
<td>9:00 Discus</td>
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<tr>
<td>10:00</td>
<td>5000m</td>
<td>9:00 Pole Vault</td>
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<tr>
<td>11:30</td>
<td>200m (Heats followed by Finals)</td>
<td>11:30 LUNCH</td>
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<td>12:30</td>
<td>LUNCH</td>
<td>12:30 Javelin</td>
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<td>1:30</td>
<td>Long Hurdles</td>
<td>12:30 Triple Jump</td>
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<tr>
<td>2:00</td>
<td>800m</td>
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<td></td>
<td>4 x 400m Relay* (following the 800m)</td>
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* Relay teams put together on the day, no charge.

** WMA - North American, Caribbean & Central American Regional Racewalk Championship  
( $9.00 CAN surcharge for the NCCWMA Championship)

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NorthWest Entrance to Keele Campus at York U.

Toronto Track & Field Centre

Directions: From the 401; north on 400, east on Steeles to 'North West entrance.  
From Keele - 2nd entrance west of Keele St. off Steeles Ave.  
'North West entrance to York University Campus.
Parking lot is the first entrance on the left. There may be a fee for parking.
2005 Canadian Masters Track & Field Championships
(please print clearly)

Name ___________________________ First ___________________________ Last ___________________________

Address ___________________________ ___________________________ Phone ______________

Age (July 9) _______ M __ F _____________ Birth (dd/mm/yr) ______/_____/______

Citizenship ____________________________________________________________

Email ___________________________________________ There may be some updates delivered by email

CMAA/USATF # ________________________ or NCCWMA affiliate * Proof must be supplied at registration.

Club ____________________________

Please check next to events entered, and indicate best recent performance for heat seeding.

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Entry Fees:
- First event @ $30.00...........
- Each additional event .. __ X $10.00 =
- NCCWMA 5000m Racewalk Championship* add $9 00
- Non Member fee (non CMAA, USATF, NCCWMA) add $15.00

Cheque payable to the CMAA Sorry, no refunds. Total __________

In consideration of the acceptance of my entry to this Canadian Masters Athletic Association track & Field Meet, I hereby release and hold free the Canadian Masters Athletic Association, the Meet Director, the City Of Toronto, all Meet Officials and anyone appointed by them, from all responsibility for loss or damage to me or anyone accompanying me or any of our equipment, in any way associated with or caused by my participation in the said meet, notwithstanding that such loss or damage may have contributed to by the negligence of any of the foresaid.

Print Name _______________________ Signature ________________________________ Date ----------------------

Mail to: Doug Smith
CMAA Championships
58 Newmarket Avenue
Toronto, ON
M4C 1V9
Accommodations;
(Mention York University / CMAA event)

York University Housing
Single, Double, and Triple College Guest Suites, some Apartments
The prices range from $33.60 a night for a room with a double bed and shared washroom to $72.80 a
night for a guest suite that has a double bed, living room, kitchen, private bathroom, TV, and phone for
$72.80 a night.
Contact Sheila 416-736-5020 Ferreira@yorku.ca

Comfort Inn
66 Norfinch Dr. (400 and Finch area) 416-736-4700

Travelodge Toronto North
50 Norfinch Dr. (400 and Finch area) 416-663-9500

Holiday Inn Express North York
30 Norfinch Dr. (400 and Finch area) 416-665-3500

Super-8 Motel
3400 Steeles Ave West (400 and Steeles) 905-760-2120

Ramada Inn
1677 Wilson Av. (401 and 400) 416-249-8171

Howard Johnson’s
North York 2737 Keele St. (at 401) 416-636-4656

Toronto Transit;

Best Bus Service To York University (route goes past track on Ian MacDonald Blvd.)
- Route 106 (York University) runs to/from Downsview Station at the north end of the Spadina Subway line
- takes 30 minutes - Downsview Station to York University
- on Saturdays - runs every 15 minutes - 6 am to 1 am
- on Sundays - runs every 30 minutes - 9:15 am to 12:45 am

TTC Information Contacts
- Phone - 416-393-INFO (416-393-4636)
- Website - www.ttc.ca

750 photos of last year’s championships on the SONY site at;
http://www.imagestation.com/member/?name=douglasjsmith
2005 USATF Midwest Regional Masters T&F Championships
(including Open & High School divisions)
Sat., July 16, 12 p.m. at Grand Valley State University, Allendale

Hosted by: West Shore Athletic Club

PRE-ENTRIES: $15 for the first event; $5 for each additional.
DEADLINE: Postmarked by Monday, July 11, 2005
POST ENTRIES: $20/$5
DIVISIONS: HIGH SCHOOL from 14-18, OPEN from 16 years of age, MASTERS 5-year age groups starting at 30-34
AWARDS: Medals to top 3 athletes in each age group of each event
MEET NOTES:
■ To medal, athletes must be members of USA Track & Field (You may compete without being a USATF member.)
■ USATF Cards will be available at the meet.
■ You can join USATF via the internet at: www.usatf.org/membership/application
■ Pyramid spikes only (1/4” or less).
■ Most events will be contested older to younger, women first.
■ H.S. athletes may use H.S. approved throwing implements.

INFORMATION: (616) 844-1768 or Info@WestShoreAC.org or www.WestShoreAC.org

Sleep Inn & Suites, right next to GVSU is offering athletes a special room rate for Friday and Saturday of $69.95 (including breakfast). Call by June 15 to reserve a room and mention USA Track & Field to secure the special rate. (616-592-8000). The Inn has a small fitness room & indoor pool. Restaurant, fast-food, small grocery within walking distance.

Join WSAC For A Night of Music and Fireworks!
Join the West Shore AC for an evening of light classical music and post-concert fireworks at the Grand Rapids Symphony’s Bank One Picnic Pops at the Canonsburg Ski Area. Grand Rapids is home to one of the nation’s leading regional orchestras. On Friday night, July 15, the orchestra kicks off it’s outdoor season at 8 pm with a mix of light classical favorites topped off by a fireworks display. It’s a casual, relaxed atmosphere, so bring your own blanket or lawn chair and a pre-meet picnic dinner to ensure optimum performance Saturday! Food is also available at the concert. Alcohol IS permitted. Families and friends are welcome. We’ve partnered with the Symphony to come up with a special group rate of $10 per person. Return with payment in full NO LATER THAN JULY 11, to: West Shore Athletic Club.

TRACK EVENTS:
100 meters  200 meters  400 meters
800 meters  1500 meters  5000 meters
80/100/110 meter hurdles  300/400 meter hurdles
5000 meter walk
400/1600/3200 meter relay (10-year age groups)

FIELD EVENTS:
Shot Put  Weight Throw
Hammer  Javelin
Discus  Super Weight Throw
Long Jump  Triple Jump
High Jump  Pole Vault

Enter me in the following events:
(Note: Please include best recent marks)

1. _______ / _______ / _______ / _______ / _______ / _______
   event/best mark event/best mark event/best mark event/best mark event/best mark

[ ] I have a disability for which I am requesting an accommodation (visit: www.usatf.org/about/legal/policies/ADA.asp)

Mail to: West Shore AC, PO Box 303, Grand Haven, MI 49417

TOTAL ENCLOSED $ ________

(Check or money order ONLY made out to AMG)

Release: In consideration for my being accepted, I, intending to be legally bound for myself, my heirs, executors and administrators, waive and discharge any and all rights, claims and damages which I have or which may accrue to me against USA Track & Field, the Michigan Association of the USATF, Grand Valley State University, the West Shore Athletic Club, their agents and representatives, for all damages which may be sustained and suffered by me in connection with the entry in and absence out of my travel to, participation in and return from this track & field meet.

SIGNATURE OF ATHLETE

IF UNDER 18, PARENT’S SIGNATURE

DATE

(AMA)
2005 USATF Midwest Regional Masters/Submasters
Outdoor Track & Field Championships
(PLUS Open & High School divisions)
Grand Valley State University, Allendale, MI
Saturday, July 16, 2005 at 12 p.m.

INFORMATION: (616) 844-1768 or info@WestShoreAC.org

USATF Sanctioned

Hosted by West Shore Athletic Club

DIRECTIONS TO Grand Valley State University:
1 Campus Drive, Allendale, MI

Turn right (east) on M-45 and go approximately 12 miles to
GV SU entrance. Approximately 25 miles from Holland.

From Muskegon: I-96 East to Coopersville (Exit 16). Turn left
on 68th Avenue and go approximately six miles. Turn left (East)
on M-45 (Lake Michigan Drive) and approximately three miles
to the GVSU entrance. Approximately 35 miles from
Muskegon.

From Detroit/Lansing: I-96 West to I-196 West (Gerald R. Ford Freeway) through downtown Grand Rapids to Lake Michigan Drive, Exit #75 (M-45). Take Lake Michigan Drive (M-45) approximately 10 miles to campus. Detroit is approximately 170 miles from GVSU. Lansing is approximately 83 miles from GVSU.

From Kalamazoo: US-131 North to the Holland/I-196
West (Gerald R. Ford Freeway). Exit westbound on I-196 to the
Lake Michigan Drive, Exit #75. Follow Lake Michigan Drive (M-
45) west approximately 10 miles to the main campus entrance.
Kalamazoo is approximately 59 miles from GVSU.

west to Lake Michigan Drive, Exit #75 (M-45). Take M-45
approximately 10 miles to campus. Traverse City is approximately
150 miles from GVSU.

From Chicago: I-94 East to I-196US-31 (Exit 34) at Benton
North to M-45 (Lake Michigan Drive). Turn right (East) on M-45
and go approximately 12 miles to the entrance of GVSU.
Approximately 169 miles from Chicago. PLEASE NOTE.
Michigan is one hour ahead of Illinois.

Make it a FAMILY Weekend!
OK, you’re ready to run, jump and
throw ... but what about your
significant other & family?
Start the weekend off with an
evening of entertainment and great
fireworks under the stars at the
Grand Rapid Symphony’s Picnic Pops,
just up the road at Canonsburg Ski
Area. (See inside)

While you’re winning medals, the rest
of the clan can head west — to one of
the region’s most sparkling gems ... the
beaches of Lake Michigan. Check out
Holland or Grand Haven, two of the
area’s favorite coastal cities, loaded with
great shops and restaurants.

Sand and surf not what you had in
mind? Riverside Crossing, just 20
minutes from GVSU, is a shopper’s
paradise. Or check out Grand Rapid’s
John Ball Park Zoo, the Public Museum
or one of the many attractions in the
region’s largest city.

Of course, there’s a lot more to
choose from — farm stands with fresh,
locally grown produce, quaint shopping
opportunities, galleries, you name it.
West Michigan’s got it all.

So, make this championship even
more special — share it!
THE NORTHCOAST CLEVELAND TRACK CLASSIC

Saturday, July 23rd, 2005
USATF Sanctioned, USATF rules apply

***Pre-Registration Only – Deadline 7/16/2005. NO ON-SITE REGISTRATIONS***

Order of Events:
- Field events start at 9:00
- Track events start at 10:00
- Women followed by men
- Oldest to Youngest

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

PLACE: Mayfield High School, 6116 Wilson Mills Road, Mayfield Village, Ohio.
The school is ½ mile west of I-271 and the Wilson Mills Road Exit (Exit #36).

ENTRY FEES: $5 per event, $10 per relay.
Make checks payable to OVER THE HILL TRACK CLUB.
Entry fees must accompany entry forms. Pre-registration is required. No refunds!!

MAIL TO: OVER THE HILL TRACK CLUB
Attn: Dr. Rodney C. Wilson
4031 West Jolly Road, Apt. 31
Lansing MI, 48911

DIVISIONS: USATF age brackets.

ORDER OF EVENTS:

10:00am
- 3000m
- Short Hurdles
- 4 x 100m Relay
- 800m
- 100m
- 3000m race walk
- 60m
- 300m Hurdles
- 400m
- 1500m
- 200m
- Sprint Medley Relay

9:00am
- Hammer (18 and up)
- Shot Put
- High Jump
- Pole Vault
- Long Jump
- Triple Jump
- Discus (14 and up)
- Javelin

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

CONTACTS:
- Jeff Gerson 440-473-0636
- Rex Harvey 440-954-8122
- Norman Thomas 330-425-8219
- Dr. Rodney Wilson 517-646-8742

NEXT MEETS: 1.) Norm Bower Throwing Meet; 2.) OTHTC Cross Country Classic

NAME ____________________________________________AGE:___________B'DAY____________SEX:___________

ADDRESS _______________________________________CITY____________________________STATE____________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 USATF, Lake Erie Association USATF, Over The Hill Track Club, and the Mayfield 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 complete in this meet.

SIGNATURE: (By athlete or coach /parent for minor athlete): ____________________________________________
Over The Hill Track Club
3661 Langton Road
Cleveland Heights, OH 44121

Rex Harvey
6744 Connecticut Colony Circle
Mentor, OH 44060