

# Over The Hill Track Club

*Athletes of all ages setting the pace!*

[www.othtc.org](http://www.othtc.org)

Volume 4, Issue 4

May 2005

## ***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!!!!**

### ***In This Issue***

- *OTHTC Membership Form*
- *USATF Michigan*
- *Lake Erie USATF*
- *USATF National Decathlon / Heptathlon*
- *Various other entry forms*

### **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.
- 6/25: Ontario Masters Outdoor Track & Field at York University in Toronto, Ontario, CA.
- 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](mailto:maniccial@ameritech.net) so they can be published on the [www.othtc.org](http://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](mailto:maniccial@ameritech.net) or [www.othtc.org](http://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](mailto:maniccial@ameritech.net) or [www.othtc.org](http://www.othtc.org) or [thorntonm@michigan.gov](mailto:thorntonm@michigan.gov) or [wilsonr6@michigan.gov](mailto:wilsonr6@michigan.gov).

**Congratulations (get well Ben):**

35<sup>th</sup> Southeastern Masters at Duke University:

Essie Kea, 100m, 1<sup>st</sup>; Lawrence Finley, 400m, 3<sup>rd</sup>, 200m, 4<sup>th</sup>, 100m, 6<sup>th</sup>; Ben James, 400m, dnf.

**Officers**

|                                    |                 |
|------------------------------------|-----------------|
| <b>President</b>                   | Rodney Wilson   |
| <b>VP Programs &amp; Publicity</b> | Essie Kea       |
| <b>VP Publicity</b>                | Bernice Holland |
| <b>VP Communications - web</b>     | Larry Maniccia  |
| <b>VP Communications - news</b>    | Monica Thornton |
| <b>Secretary</b>                   | Rex Harvey      |
| <b>Treasurer</b>                   | Jeff Gerson     |
| <b>Historian and Records</b>       | Lawrence Finley |

**Coordinators**

|                       |                   |                  |
|-----------------------|-------------------|------------------|
| <b>Women (all)</b>    | Essie Kea         | 216.383.1511     |
| <b>Men (open)</b>     | Larry Maniccia    | 440.237.6714     |
| <b>Men 30-39</b>      | Bob Walters       | 440.526.5635     |
| <b>Men 40-49</b>      | Bob Thomas        | 440.899.3599     |
| <b>Men 50-59</b>      | Jeff Gerson       | 440.473.0636     |
| <b>Men 60-69</b>      | Grover Coats      | 216.464.3865     |
| <b>Men 70+</b>        | Everett Poe       | 216.991.8524     |
| <b>Seniors</b>        | Chuck Wiedman     | 440.838.8362     |
| <b>Weight Events</b>  | John Sloan        | 330.877.9197     |
| <b>Multi Events</b>   | Rex Harvey        | 440.954.8122     |
| <b>Out-of-State</b>   | Lawrence Finley   | 859.236.2042     |
|                       | Rodney Wilson     | 517.646.8742 (h) |
|                       |                   | 517.241.4007 (w) |
| <b>Race Walking</b>   | Joyce Prohaska    | 216.521.7966     |
|                       | Gunter Sprockhoff | 440.582.0144     |
| <b>Road Racing</b>    | Joanne Siegel     | 216.397.0260     |
| <b>T/F Consultant</b> | Paul Williams     | 440.605.1811     |
|                       | Norman Thomas     | 330.425.8219     |

# NATIONAL MASTERS NEWS

The official world and U.S. publication for masters track & field, long distance running and racewalking.

## 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, Wisc., 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, 4581; 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, Wisc., 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. □



# TRACK & FIELD

See It. Feel It. Experience It.

## 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.

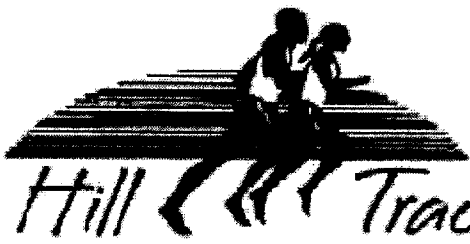
### REGISTRATION FORM

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



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 Mid-America Region Masters  
Outdoor Track and Field  
Championships  
and  
USATF Ozark Association  
Open/Masters T&F Champs**

**USATF Sanction #05-22-002**

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

Contacts: Peggy Rowold  
139 Heather Ridge Drive  
Chesterfield, MO. 63017  
314-469-0577  
[pshinn@i1.net](mailto:pshinn@i1.net)  
as of 1/31/05 [www.usatf.org/assoc/ozark](http://www.usatf.org/assoc/ozark)

Christel M. Donley  
USATF Mid-America Masters  
Track & Field Coordinator  
[Christelhsv@hotmail.com](mailto:Christelhsv@hotmail.com)  
719-635-1264

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 0.4 mile to Ralph Korte Stadium parking (north side of stadium). More detailed map of SIUE campus at [www.siue.edu](http://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](http://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](mailto: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

Site: Korte Stadium, SIUE campus, Edwardsville, IL

Tentative Schedule

**Saturday June 11, 2005**

|            |                    |                       |            |                          |
|------------|--------------------|-----------------------|------------|--------------------------|
| 10:00 a.m. | Decathlon: 100m    |                       | 10:00 a.m. | Heptathlon: 100m Hurdles |
|            | Long Jump          |                       |            | High Jump                |
|            | Shot Put           |                       |            | Shot Put                 |
|            | High Jump          |                       |            | 200m                     |
|            | 400m               |                       |            |                          |
| 10:00 a.m. | Weight Throw       | men (women to follow) |            |                          |
| 4:00 p.m.  | Hammer Throw       | men (women to follow) |            | final                    |
|            | 3000m Steeplechase | women                 |            | final                    |
|            | 3000m Steeplechase | men                   |            | final                    |

**Sunday June 12, 2005**

|            |                         |                       |            |                       |
|------------|-------------------------|-----------------------|------------|-----------------------|
| 9:00       | Long Jump               | women (men to follow) |            | final                 |
| 9:00       | Triple Jump             | men (women to follow) |            | final                 |
| 9:30       | Shot Put                | women (men to follow) |            | final                 |
| 9:30       | Discus Throw            | men (women to follow) |            | final                 |
| 10:00 a.m. | Decathlon: 110m Hurdles |                       | 10:00 a.m. | Heptathlon: Long Jump |
|            | Discus Throw            |                       |            | Javelin Throw         |
|            | Pole Vault              |                       |            | 800m                  |
|            | Javelin Throw           |                       |            |                       |
|            | 1500m                   |                       |            |                       |
| 10:00 a.m. | High Jump               | men (women to follow) |            | final                 |
| 10:00      | Pole Vault              | women (men to follow) |            | final                 |
| 11:00      | Javelin Throw           | women (men to follow) |            | final                 |
| 11:00      | 5000m Race Walk         | women                 |            | final                 |
| 11.30      | 5000m Race Walk         | men                   |            | final                 |
| Noon*      | 4x100m                  | women                 |            | final                 |
|            | 4x100m                  | men                   |            | final                 |
|            | 1500m                   | women                 |            | final                 |
|            | 1500m                   | men                   |            | final                 |
|            | 100m Hurdles            | women                 |            | final                 |
|            | 110m Hurdles            | men                   |            | final                 |
|            | 400m                    | women                 |            | final                 |
|            | 400m                    | men                   |            | final                 |
|            | 100m                    | women                 |            | final                 |
|            | 100m                    | men                   |            | final                 |
|            | 800m                    | women                 |            | final                 |
|            | 800m                    | men                   |            | final                 |
|            | 400m Hurdles            | women                 |            | final                 |
|            | 400m Hurdles            | men                   |            | final                 |
|            | 5000m                   | women                 |            | final                 |
|            | 5000m                   | men                   |            | final                 |
|            | 200m                    | women                 |            | final                 |
|            | 200m                    | men                   |            | final                 |
|            | 4x400m                  | women                 |            | final                 |
|            | 4x400m                  | men                   |            | final                 |

\* 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

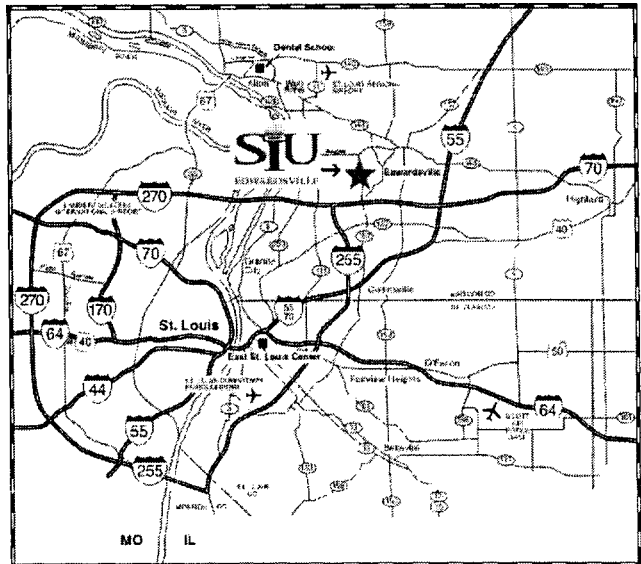
**Entry Fees:** Meet entry fee is \$25 (three or more events), \$20 (two events), \$15 (single event) with USATF 2004 membership if postmarked by May 30, 2005. Late entry fee is additional \$10 (USATF memberships can be purchased for \$20 online at [www.usatf.org](http://www.usatf.org) or at the meet, 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](mailto:pshinn@i1.net) Phone: 314-469-0577

## Tentative Schedule

| Saturday June 11, 2005 |  | Sunday June 12, 2005 |  |
|------------------------|--|----------------------|--|
| 10:00                  | Decathlon: Long<br>Shot<br>High<br>400   | 10:00                | Heptathlon: 100m Hurdles<br>High<br>Shot |
| 1:00p.                 | Weight Throw men (women to   |                      |  |
| 4:00                   | Hammer men (women to   | final                |  |
|                        | 3000m wome   | final                |  |
|                        | 3000m me   | final                |  |
| 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<br>Discus Throw<br>Pole Vault<br>Javelin Throw<br>1500 | 10:00                | Heptathlon: Long<br>Javelin Throw<br>800 |
| 10:00                  | High men (women to   | final                |  |
| 10:00                  | Pole Vault women (men to   | final                |  |
| 11:00                  | Javelin Throw women (men to  | final                |  |
| 11:00                  | 5000m Race wome  | final                |  |
| 11:30                  | 5000m Race me  | final                |  |
| Noon                   | 4x100 wome   | final                |  |
|                        | 4x100 me   | final                |  |
|                        | 1500 wome  | final                |  |
|                        | 1500 me  | final                |  |
|                        | 100m wome  | final                |  |
|                        | 110m me  | final                |  |
|                        | 400 wome   | final                |  |
|                        | 400 me   | final                |  |
|                        | 100 wome   | final                |  |
|                        | 100 me   | final                |  |
|                        | 800 wome   | final                |  |
|                        | 800 me   | final                |  |
|                        | 400m wome  | final                |  |
|                        | 400m me  | final                |  |
|                        | 5000 wome  | final                |  |
|                        | 5000 me  | final                |  |
|                        | 200 wome   | final                |  |
|                        | 200 me   | final                |  |
|                        | 4x400 wome   | final                |  |
|                        | 4x400 me   | final                |  |

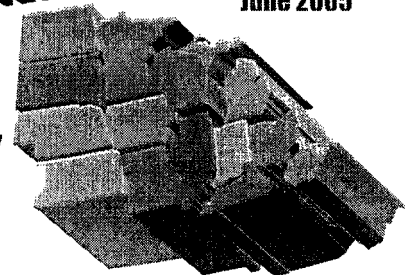


SANCTIONED EVENT

**Dakotas  
Illinois  
Indiana  
Iowa  
Kentucky  
Lake Erie  
Michigan  
Ohio  
Ozark  
Minnesota  
Missouri Valley  
Nebraska  
West Virginia  
Wisconsin**

**USATF  
North Region Outdoor  
Track & Field Champs**

June 2005



\* 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.siu.edu](http://www.siu.edu) on internet. Meet website will be available by January 31, 2005 access through [www.usatf.org/assoc/ozark](http://www.usatf.org/assoc/ozark)

# 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 [mitcajan@hotmail.com](mailto:mitcajan@hotmail.com)

**TRACK EVENTS:**

- 10:00 a.m. 5000m racewalk
- 10:30 a.m. 5000m run
- 11:00 a.m. (rolling schedule)
- 400m hurdles  
(300 m hurdles for H.S.)
- 100 meters
- 1500 meters
- 400 meters
- High Hurdles
- 800 meters
- 200 meters
- Relays:  
4x100; 4x400, 4x200; 4x800

**FIELD EVENTS:**

- 11:00 a.m. Long Jump /Triple Jump
- Pole Vault
- High Jump
- Shot Put
- Discus
- Javelin
- Hammer
- Weight Throw
- 56-lb Weight Throw

\*\*\*\*\*

\*\*\*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. \_\_\_\_\_ / \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Phone (    ) \_\_\_\_\_ -- \_\_\_\_\_

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Male / Female    2005 USATF number (required) \_\_\_\_\_ Exact name of USATF Club (if a member) \_\_\_\_\_

Birth date \_\_\_\_ / \_\_\_\_ / \_\_\_\_    Age on June 18, 2005 \_\_\_\_\_    Email address \_\_\_\_\_

**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

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 on line at [www.usatf.org/](http://www.usatf.org/). Choose "Join Now" You will need a VISA credit card to join on line. When joining on line, 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 each of the other implements

Tentative THROWS schedule beginning at 11 00 a.m.

|                 |   |          |          |
|-----------------|---|----------|----------|
| Women           | Javelin   | Shot Put | Discus   |
| Men under 50    | Shot Put  | Discus   | Javelin  |
| Men 50 and over | Discus  | Javelin  | Shot Put |
| All ages        | Hammer, Weight Throw, and 56# Weight will follow completion of discus |          |          |

### 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 2<sup>nd</sup> 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 27<sup>th</sup> 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.

| Age Group | Discus   | Shot Put | Age Group  | Discus   | Shot Put |
|-----------|----------|----------|------------|----------|----------|
| Men Open  | 2.0 Kilo | 16 Pound | Women Open | 1.0 Kilo | 4K       |
| M30-49    | 2.0 Kilo | 16 Pound | W30-34     | 1.0 Kilo | 4K       |
| M50-59    | 1.5 Kilo | 6 Kilo   | W35-39     | 1.0 Kilo | 4K       |
| M60-69    | 1.0 Kilo | 5 Kilo   | W50+       | 1.0 Kilo | 3K       |
| M70+      | 1.0 Kilo | 4 Kilo   |            |          |          |

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 substance 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, I 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 officers, 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)



8280 Craleigh Drive,  
Parma, OH 44129

| TIME SCHEDULE | TRACK EVENT    | TIME      | FIELD EVENT |
|---------------|----------------|-----------|-------------|
| 8:30 AM       | 3000M WALK     |           |             |
| 9:00 AM       | 5000M RUN      | 9:00 AM   | Hammer      |
| following     | 1500M RUN      | following | Shotput     |
| following     | SHORT HURDLES  | following | Discus      |
|               |                | following | Javelin     |
| following     | 400M DASH      | 9:00 AM   | High Jump   |
| following     | 100M DASH      | following | Pole Vault  |
| following     | 4 X 100M RELAY | 9:00 AM   | Long Jump   |
| following     | 800M RUN       | following | Triple Jump |
| following     | LONG HURDLES   |           |             |
| following     | 200M DASH      |           |             |
| following     | 3000M RUN      |           |             |
| following     | 4 x 400M RELAY |           |             |

**Official Entry Form**

**Enter by Circling Events**

|           |                |           |             |
|-----------|----------------|-----------|-------------|
| 8:30 AM   | 3000M WALK     |           |             |
| 9:00 AM   | 5000M RUN      | 9:00 AM   | Hammer      |
| following | 1500M RUN      | following | Shotput     |
| following | SHORT HURDLES  | following | Discus      |
|           |                | following | Javelin     |
| following | 400M DASH      | 9:00 AM   | High Jump   |
| following | 100M DASH      | following | Pole Vault  |
| following | 4 X 100M RELAY | 9:00 AM   | Long Jump   |
| following | 800M RUN       | following | Triple Jump |
| following | LONG HURDLES   |           |             |
| following | 200M DASH      |           |             |
| following | 3000M RUN      |           |             |
| following | 4 x 400M RELAY |           |             |

**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.241 South 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

| <b>Bantam Division<br/>(Born 1994 or later)</b> | <b>Midget Division<br/>(Born 1992 or 1993)</b> | <b>Youth Division<br/>(Born 1990 or 1991)</b> | <b>Intermediate Division<br/>(Born 1988 or 1989)</b> | <b>Young Men/Women<br/>(Born 1986 or 1987)</b> |
|---|--|---|--|--|
| 100m Dash                                       | 100m Dash                                      | 100m Dash                                     | 100m Dash  | 100m Dash                                      |
| 200m Dash                                       | 200m Dash                                      | 200m Dash                                     | 200m Dash  | 200m Dash                                      |
| 400m Dash                                       | 400m Dash                                      | 400m Dash                                     | 400m Dash  | 400m Dash                                      |
| 800m Run  | 800m Run                                       | 800m Run                                      | 800m Run   | 800m Run                                       |
| 1500m Run                                       | 1500m Run                                      | 1500m Run                                     | 1500m Run  | 1500m Run                                      |
| 1500m Race Walk*                                | 3000m Run                                      | 3000m Run                                     | 3000m Run  | 3000m Run (G)                                  |
| Long Jump                                       | 1500m Race Walk*                               | 3000m Race Walk*                              | 5000m Race Walk*                                     | 5000m Run (B)                                  |
| High Jump                                       | 800m (Girls)                                   | 100m Hurdles (B-33")                          | 2000m Steeplechase                                   | 5000m Race Walk*                               |
| Shot Put (6 lb)                                 | 1500m (Boys)                                   | 100m Hurdles (G-30")                          | 110m Hurdles (B-39")                                 | 2000m Steeplechase                             |
| Mini Javelin (300g)                             | 80m Hurdles                                    | 200m Hurdles (30")                            | 100m Hurdles (G-33")                                 | 110m Hurdles (B-39")                           |
| 4 x 100m Relay                                  | Long Jump                                      | Long Jump                                     | 400m Hurdles   | 100m Hurdles (G-33")                           |
| 4 x 400m Relay                                  | High Jump                                      | High Jump                                     | (B-36", G-30")                                       | 400m Hurdles                                   |
| Triathlon                                       | Shot Put (6 lb)                                | Triple Jump                                   | Long Jump  | (B-36", G-30")                                 |
| Shot Put  | Discus (1kg)                                   | Shot Put (B-4kg, G-6lb)                       | High Jump  | Long Jump                                      |
| High Jump                                       | Mini Javelin (300g)                            | Discus (1kg)                                  | Triple Jump  | High Jump                                      |
| 200m (Girls)                                    | 4 x 400m Relay                                 | Pole Vault                                    | Shot Put (B-12lb, G-4kg)                             | Triple Jump                                    |
| 400m (Boy)                                      | 4 x 800m Relay                                 | Javelin (600g)                                | Discus (B-1 6kg G-1kg)                               | Shot Put (B-12lb, G-4kg)                       |
|   | Pentathlon                                     | 4 x 100m Relay                                | Pole Vault   | Discus (B-1 6kg G-1kg)                         |
|   | 80m Hurdles                                    | 4 x 400m Relay                                | Javelin  | Pole Vault                                     |
|   | Shot Put                                       | 4 x 800m Relay                                | (B-800g G-600g)                                      | Javelin  |
|   | High Jump                                      | Pentathlon                                    | 4 x 100m Relay                                       | (B-800g G-600g)                                |
|   | Long Jump                                      | 100m Hurdles                                  | 4 x 400m Relay                                       | 4 x 100m Relay                                 |
|   | 800m (Girls)                                   | Shot Put                                      | 4 x 800m Relay                                       | 4 x 400m Relay                                 |
|   | 1500m (Boys)                                   | High Jump                                     | Decathlon (Boys)                                     | 4 x 800m Relay                                 |
|   |  | Long Jump                                     | Heptathlon (Girls)                                   | Decathlon (Boys)                               |
|   |  | 800m (Girls)                                  |  | Heptathlon (Girls)                             |
|   |  | 1500m (Boys)                                  |  |  |



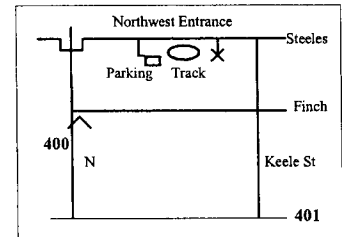
34th Annual  
**Ontario Masters  
Outdoor Track & Field Championships**

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. North West 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 separate cheque please)

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

*No qualifying standards for entry*

**Accommodations**

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

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

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

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

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

Howard Johnsons  
North York 2737 Keele St. (at 401) 416-636-4656

**Schedule of Events - Subject To Change**

Please check the Web Site for updates on the schedule;  
[www3.sympatico.ca/ontario.masters](http://www3.sympatico.ca/ontario.masters)

|       | Track        | Jumps       | Throws*  |
|-------|--------------|-------------|----------|
| 8:30  | 5000mRW      |             | Hammer   |
| 9:00  |              | High Jump   |          |
| 9:30  | 5000m        | Pole Vault  |          |
| 10:00 |              |             | Shot Put |
| 10:30 | 100m         |             |          |
| 11:30 | 800m         | Long Jump   |          |
| 12:00 | Lunch        |             | Discus   |
| 12:30 |              |             |          |
| 1:00  | 110mH        |             |          |
| 1:30  | 200m         |             |          |
| 2:00  |              | Triple Jump | Javelin  |
| 2:30  | 1500m        |             |          |
| 3:30  | 400m         |             |          |
| 4:00  | Steeplechase |             | Weight   |
| 4:30  | 4X100m Relay |             |          |
|       | 10,000m      |             |          |

| Oldest Meet Records |     |                |         |    |
|---------------------|-----|----------------|---------|----|
| SP                  | M40 | Len Olson      | 12.61   | 73 |
| Hammer              | M40 | Len Olson      | 40.58   | 73 |
| 5000mRW             | M50 | Alex Oakley    | 23:33.2 | 76 |
| Steeple             | M50 | Roland Anspach | 11:42.2 | 77 |
| HJ                  | M60 | Ian Hume       | 1.48    | 77 |
| TJ                  | M40 | Vlado Kostric  | 12.44   | 78 |
| Hammer              | M55 | Gus Giagnogloy | 41.36   | 78 |
| 5000m               | M50 | Art Taylor     | 16:48.9 | 78 |

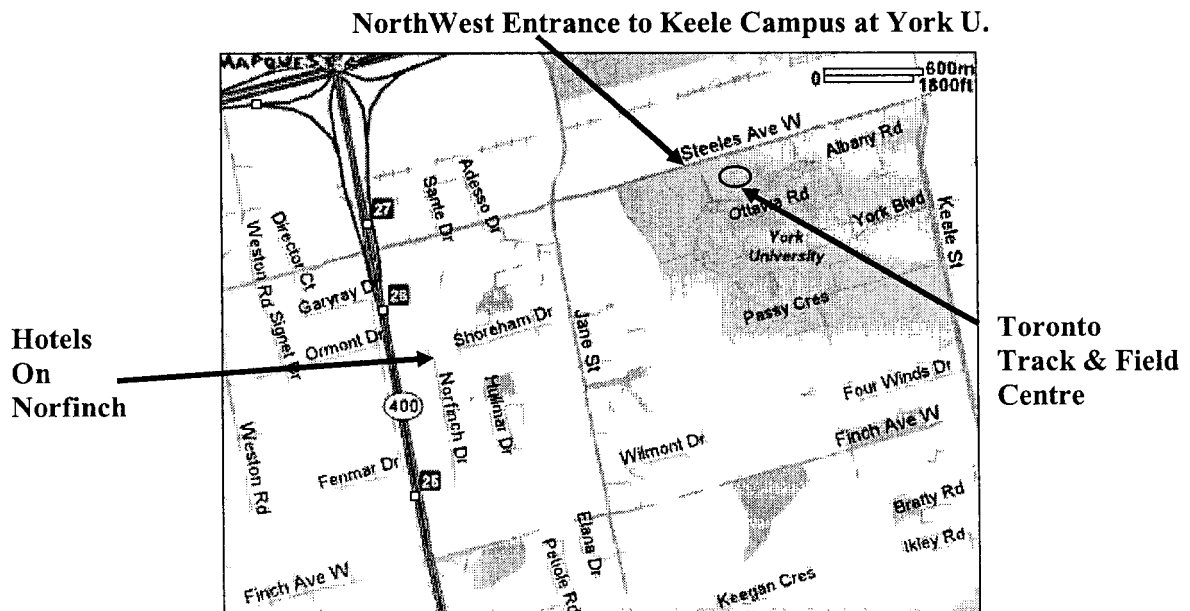
**Weight Pentathlon\***

Entrants 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>







**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](http://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](mailto: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       | 3000M Run         | 400M         | 1500M        |
| 5000M Racewalk       | 5000M Run         | Steeplechase | 100M Final   |
| 4x400M Relay         | 200M Trials**     | 200M Hurdles | 800M Final   |
| 100M Trials          | 4X800M Relay      | 400M Hurdles | 200M Final   |
| 100M Hurdles Trial** | 100M Hurdle Final |              | 4x100M Relay |
| 110M Hurdles Trial** | 110M Hurdle Final |              | 4x200M Relay |

**FIELD EVENTS (as called):**

Long Jump      Triple Jump      High Jump      Shot Put      Discus      Javelin      Hammer

2004 USATF East Region Open T&F Championship - July 2 at Richard Stockton State College in Pamona, NJ. 2004 USATF East Region Masters T&F Championship – July 17 Denver, PA Contact Mark Schwartz for more information.

**OPEN & MASTERS ENTRY FORM**

|   |   |                    |                    |                    |
|---|---|--------------------|--------------------|--------------------|
| Name _____<br><br>Address _____<br><br>City/Zip _____ | Date of Birth ____/____/____      Age _____ |                    |                    |                    |
|   | Gender: Male / Female (circle one)          |                    |                    |                    |
|   | Division: Open / Master (circle one)        |                    |                    |                    |
|   | Club _____<br>2005 USATF Memb # _____       |                    |                    |                    |
| <b>Please indicate your events:</b>                   |   |                    |                    |                    |
| 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)

**OPEN & MASTERS ENTRY FORM**

## 31st Annual

# 2005 Canadian Masters Track & Field Championships

Saturday July 9<sup>th</sup> & Sunday July 10<sup>th</sup>

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 6<sup>th</sup>, 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](mailto:douglasj.smith@sympatico.ca)  
***Sorry - absolutely no phone or Email entries accepted. No Race day entries.***

**[www.canadianmastersathletics.com](http://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**

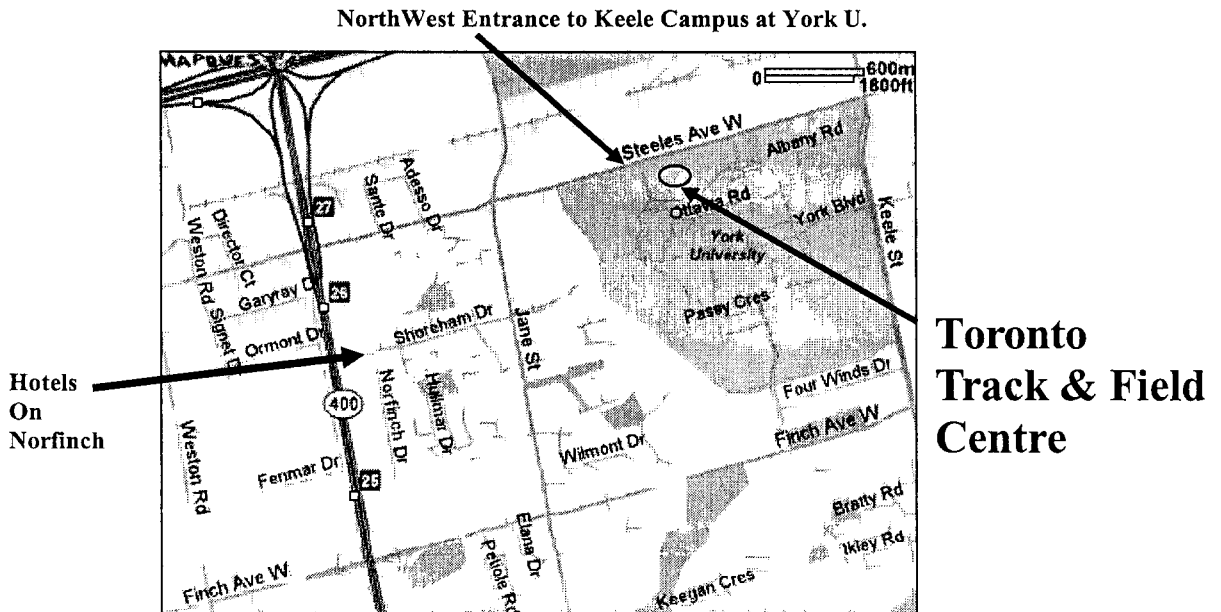
## Schedule Of Events

| <u>Track</u> | <u>Saturday July 9th</u>             | <u>Field</u>            |
|--------------|--------------------------------------|-------------------------|
| 8:30         | 10,000m                              | 9:00 High Jump          |
| 9:45         | Steeplechase (2000m then 3000m)      | 9:30 Hammer followed by |
| 10:30        | 100m (Heats followed by Finals)      | Weight Throw            |
| Noon         | LUNCH                                | Noon LUNCH              |
| 1:00         | Sprint Hurdles                       | 1:00 Shot Put           |
| 1:30         | 1500m Racewalk                       | 1:00 Long Jump          |
| 2:15         | 1500m                                |                         |
| 3:15         | 400m                                 |                         |
|              | 4 x 100m Relay* (following the 400m) |                         |

| <u>Track</u> | <u>Sunday July 10th</u>              | <u>Field</u>      |
|--------------|--------------------------------------|-------------------|
| 8:30         | <b>5,000m Racewalk**</b>             | 9:00 Discus       |
| 10:00        | 5000m                                | 9:00 Pole Vault   |
| 11:30        | 200m (Heats followed by Finals)      | 11:30 LUNCH       |
| 12:30        | LUNCH                                | 12:30 Javelin     |
| 1:30         | Long Hurdles                         | 12:30 Triple Jump |
| 2:00         | 800m                                 |                   |
|              | 4 x 400m Relay* (following the 800m) |                   |

\* 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)



**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.



## **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](http://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](http://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](mailto:Info@WestShoreAC.org) or [www.WestShoreAC.org](http://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. (616-892-8000). 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:                                  |                       |             | FIELD EVENTS: |             |                    |
|--|-----------------------|-------------|---------------|-------------|--------------------|
| 100 meters                                     | 200 meters            | 400 meters  | Shot Put      | Hammer      | Discus             |
| 800 meters                                     | 1500 meters           | 5000 meters | Weight Throw  | Javelin     | Super Weight Throw |
| 80/100/110 meter hurdles                       | 300/400 meter hurdles |             | Long Jump     | Triple Jump | Pole Vault         |
| 5000 meter walk                                |                       |             | High Jump     |             |                    |
| 400/1600/3200 meter relay (10-year age groups) |                       |             |               |             |                    |

- H.S. Division
- Open Divisions
- Masters Division

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

ENTRY FEE (Includes One Event) = \$ 15  
 Additional events ( x \$5 each) = \$ \_\_\_\_\_  
 Picnic Pops tickets (x \$10 each) = \$ \_\_\_\_\_  
**TOTAL ENCLOSED \$ \_\_\_\_\_**  
 (Check or money order ONLY made out to AMG)  
**Mail to: West Shore AC, PO Box 303, Grand Haven, MI 49417**

1. \_\_\_\_ / \_\_\_\_ 2. \_\_\_\_ / \_\_\_\_ 3. \_\_\_\_ / \_\_\_\_ 4. \_\_\_\_ / \_\_\_\_ 5. \_\_\_\_ / \_\_\_\_ 6. \_\_\_\_ / \_\_\_\_  
 event/best mark 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](http://www.usatf.org/about/legal/policies/ADA.asp))

M  F  
 LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_ USATF Number (if known) \_\_\_\_\_

STREET ADDRESS (w/Apt. No) \_\_\_\_\_ E-mail address \_\_\_\_\_ (Area Code) Phone \_\_\_\_\_

CITY \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ EXACT Name of USATF Club (if applicable) \_\_\_\_\_

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 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 \_\_\_\_\_

**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**

**From Holland:** US-31 North to M-45 (Lake Michigan Drive).  
Turn right (east) on M-45 and go approximately 12 miles to  
GVSU 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.

**From Northern Michigan:** US-131 South to I-196 West. I-196  
west to Lake Michigan Drive, Exit #75 (M-45). Take M-45  
approximately 10 miles to campus. Traverse City is approxi-  
mately 150 miles from GVSU.

**From Chicago:** I-94 East to I-196/US-31 (Exit 34) at Benton  
Harbor. Take I-196 toward Grand Rapids. Take US-31, (Exit 44),  
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.

**West Shore Athletic Club**

PO Box 303  
Grand Haven, MI 49417



# 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!





www.othtc.org

Presents

# 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 1/2 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.

|                         |                |                     |                |                    |
|-------------------------|----------------|---------------------|----------------|--------------------|
| <b>ORDER OF EVENTS:</b> | <b>10:00am</b> | 3000m               | <b>9:00 am</b> | Hammer (18 and up) |
|                         |                | Short Hurdles       |                |                    |
|                         |                | 4 x 100m Relay      |                |                    |
|                         |                | 800m                |                | Shot Put           |
|                         |                | 100m                |                | High Jump          |
|                         |                | 3000m race walk     |                | Pole Vault         |
|                         |                | 60m                 |                | Long Jump          |
|                         |                | 300m Hurdles        |                |                    |
|                         |                | 400m                |                | Triple Jump        |
|                         |                | 1500m               |                | Discus (14 and up) |
|                         |                | 200m                |                | Javelin            |
|                         |                | Sprint Medley Relay |                |                    |
|                         |                | (100-100-200-400)   |                |                    |

|                  |  |              |                                |
|------------------|--|--------------|--------------------------------|
| <b>AWARDS:</b>   | <b>Medals for 1<sup>st</sup>-2<sup>nd</sup>-3<sup>rd</sup></b> |              |                                |
| <b>CONTACTS:</b> | 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 \_\_\_\_\_

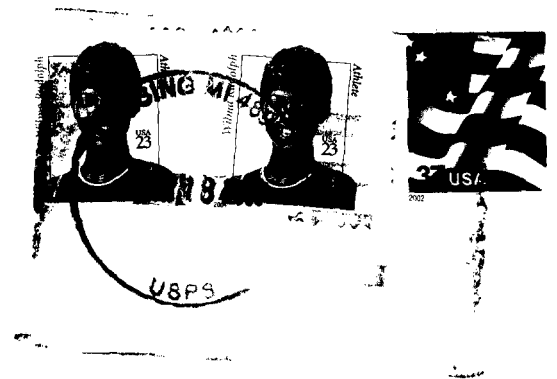
PHONE ( \_\_\_\_\_ ) \_\_\_\_\_ CLUB AFFILIATION \_\_\_\_\_

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