



Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

Volume 4, Issue 7

August 2005

President's Message...

The second half of the track and field season and the beginning of the cross country season is upon us. Continue training hard and you will perform well. Now is the time for a great OTHTC leader to become President, since I will no longer serve as President at the conclusion of track / cross country season 2005.

Memberships and Important OTHTC News:

Please renew your membership. Send your membership payment to Jeff Gerson. Individuals-\$20; Families-\$30.

Norm Bower Throwing Meet: 9/17 at Kent State Univ.

OTHTC Cross Country Meet: 9/25 at University School.

We need volunteers to officiate!!!! Please help!!!!

Thank You All:

The 2005 North Coast Cleveland Track Classic was successfully held on July 23 at Mayfield HS. 127 athletes for all over the Midwest competed. Jeff Gerson, Rex Harvey, and Norm Thomas spearheaded this effort. A special thank you goes to the Mayfield High School coaching staff, student volunteers and grounds personnel, Lake Erie USATF Officials Doug Pohto and Kenneth Dworznik, OTHTC Club members Grover Coats, Cathi Gerson, Dorothy Wilson, and Monica Thornton for your great and invaluable assistance.

In This Issue

- *USA National Decathlon and Heptathlon Results*
- *OTHTC Norm Bower entry form*
- *OTHTC Cross Country entry form*

OTHTC at USA Outdoor Nationals:

Congratulations to Ben James for winning the Gold Medal at the USA National Outdoor Track and Field Championships in the 400m. This year, Ben won the USA National Outdoor and Indoor 400m titles as well as the Indoor 200m title. John Means won Gold Medals in the 100m and 200m dashes. Nicole Lycan won Gold in the 2000m steeplechase. Kelly Lycan won Silver in the triple jump. Barry Kline won Silver in the 100m hurdles and Bronze in the high jump. Spencer Johnson finished 9th in the 200m. Lawrence Finley finished 16th in the 100m, 17th in the 200m & 400m.

OTHTC at USA Midwest Regionals:

Congratulations to Fred Hirsimaki for winning Gold Medals in the 80m hurdles, shot put, high jump, long jump, and pole vault at the USA Midwest Regional Track and Field Championships. Monica Thornton won Bronze Medals in the shot put and javelin. The final third of the meet was postponed for later date as a result very bad thunderstorms.

OTHTC at Canadian Nationals:

Congratulations to Ben James for winning the Gold Medal at the Canadian National Outdoor Track and Field Championships in the 400m. Paul Williams won the Silver Medal in the 100m and Bronze Medal in the 200m.

World Masters Athletics Championships

8/22- 9/3: San Sebastian, Spain. Good Luck all.

OTHTC Awards Banquet:

Dates: Sunday, November 13 or Sunday, November 20 at Wellington's. Details to be announced later.

Please Plan on attending and competing during the Outdoor Season.

Great Team Spirit!!!

We wish Essie Kea, Gunter Sprockhoff, Joseph Chadbourne, Jack Greenwald, 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:

Jeff Gerson (M55): National Senior Games: 800m (3:07.12); Lake Erie USATF Outdoors: 200m (37.8), 400m (1:20.1), 1500m (6:50); Regional Senior Olympics: 200m (38.0), 400m (1:22.4), 1500m (7:33.1).

Cathi Gerson (W55): Run For The Hills 10K (57:43) 1st; Debbie Hudacko Memorial 5M (44:07) 1st; Richmond Heights Family Day 5K (27:11) 1st.

Officers

President	Rodney Wilson
VP Programs & Publicity	Essie Kea
VP Publicity	Bernice Holland
VP Communications - web	Larry Maniccia
VP Communications – news	Monica Thornton
Secretary	Rex Harvey
Treasurer	Jeff Gerson
Historian and Records	Lawrence Finley

Coordinators

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

Over the Hill Track Club

Eighth Annual Norm Bower Memorial Weight Pentathlon

Saturday, September 17, 2005
Kent State University, Kent, Ohio 44242
11:00 a.m. to 5:00 p.m.
Tele: Rex Harvey 440 954 8122
Jeff Gerson 440 473-0636

All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue Bower's daughter, born October 31, 1995

Over the Hill Track Club is once again sponsoring a fund-raising weight pentathlon in honor of Norm Bower, who passed away September 12, 1997. Norm Bower was much loved as a friend and a competitor in the weight events. He was joyful, bright, easy going, with a wonderful sense of humor. He supported every thrower who competed in the weights, no matter the skill level. Our track meets and our lives are brighter, more fun because of Norm, and the Club wishes to remember him and his family with this annual weight pentathlon held in his honor.

All meet fees, less awards expenses, and all donations included with meet fees will be contributed to an education fund for Emma Rose Bower, born October 31, 1995, Norm and Sue Bower's daughter, and the sister of Brent Bower.

Date, Time, & Sequence of Events: 11:00 a.m. to approx. 5:00 p.m. Hammer, shot put, discus, javelin, and weight in that order.

NOTE: In order to qualify legally for an official record in the weight pentathlon, you **must** throw the events in exactly this order: hammer, shot put, discus, javelin, and weight.

Host site: Kent State University, Kent, Ohio 44242; map and written directions available upon request.

Events & Weights by Age: Weight pentathlon (hammer, shot put, discus, javelin, and weight) or individual weight events. See attached Ages / Implements Specifications@ list. For the weight throw, where both WAVA and USATF specifications appear, we will use the WAVA standards, if the appropriate weight implement is available. We will throw by the age groups represented on the list. Some age groups will be combined to fill out flights.

Sanction & Rules: This is a USATF Sanctioned Meet. USATF rules which specify WAVA implements.

Number of Attempts per Event: 3 for the five-event weight pentathlon; 6 for individual events only.

Awards: Yes

Facilities: Javelin to be thrown from an all-weather surface onto grass; all other throws from concrete surfaces onto a grass field.

Other Facilities: Restrooms in adjacent Ice Rink, no showers.

Fee, Donations, Mailing Information: All meet fees, less awards expenses, and donations included with meet fees will be contributed to the education fund set up in 1997 for Emma Rose Bower. OTHTC encourage all those who are able to donate beyond the entry fee amount. OTHTC also encourages those who are not going to compete to remit a donation for this worthy cause. Note the donation amount on the bottom left-hand memo section of your check. Your check is your receipt. The Bower family will receive a list of the names and addresses of all attendees and contributors, unless donors specify that their gifts be anonymous.

\$20 for the weight pentathlon, and \$5 per event if throwing four or fewer events. No refunds for no-shows. Make out checks to Over the Hill Track Club.

Mailing Instructions: Mail application with check made out to Over the Hill Track Club to: Rex Harvey, Over the Hill Track Club, 6744 Connecticut Colony Circle, Mentor, OH 44060; or Jeff Gerson, Over the Hill Track Club, 5091 Hickory Drive, Lyndhurst, OH 44124

Waiver: Signature required on attached meet application form.

Questions: Call Rex Harvey; 440-954 8122 or Jeff Gerson, 440-473-0636

***The Eighth Annual
Norm Bower Memorial Weight Pentathlon***

Sponsored by: Over the Hill Track Club
Saturday, September 17, 2005; 11:00 a.m. to 5:00 p.m.
Kent State University, Kent, Ohio
Phone: Rex Harvey 440-954-8122
Jeff Gerson 440 473-0636

All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue's daughter, born October 31, 1995
REGISTRATION FORM

Name _____ Gender _____ Phone _____

Address _____ City _____ State _____ Zip _____

Date of birth _____ Your age as of 9/20/03 _____ Your club _____

E-Mail _____

Events you wish to enter:

Fee: \$20 for the weight pentathlon, and \$5.00 per individual event if throwing four or fewer events. No refunds for no-shows. Make checks payable to Over the Hill Track Club.

_____ Weight pentathlon (hammer, shot, discus, javelin, & weight)

Individual events only: _____ Hammer _____ Shot put _____ Discus _____ Javelin _____ Weight

NOTE: In order to qualify legally for an official record in the weight pentathlon, you **must** throw the events in exactly this order: hammer, shot put, discus, javelin, and weight and only first 3 throws count.

I will not be competing, but I elect to make a donation of \$ _____ (my check is enclosed).

Please bring your own implements. Although we will have a number on hand, we cannot guarantee that we will have all implements for all age groups.

Mail this registration form, along with your fee and/or donation check or money order made payable to Over the Hill Track Club, to: Rex Harvey, Over the Hill Track Club, 6744 Connecticut Colony Circle, Mentor, OH 44060; Tel: 440-954-8122.

Waiver for All Events: In consideration for acceptance of my entry into the OTHTC Sixth Annual Norm Bower Memorial Weight Pentathlon, I do hereby for myself and anyone entitled to act in my behalf, waive and release the Over the Hill Track Club, Cleveland, Ohio, Kent State University, Kent, Ohio, USATF, and all sponsors, their representatives and successors from all claims or liabilities of any and all damages which may be sustained or suffered by me in my connection with entry in, or arising out of my traveling to, participating in, and returning from my participation in this meet.

Athlete's signature: _____ Date: _____

Printed name: _____

Parent or guardian's signature (if athlete is under 18): _____

Printed name: _____

NOTICE: All athletes who participate in this competition may be subject to formal drug testing in accordance with USA Track & Field and IAAF Regulations. 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 OVER-THE-COUNTER MEDICATIONS MAY CONTAIN BANNED SUBSTANCES. INFORMATION REGARDING DRUGS AND DRUG TESTING MAY BE OBTAINED BY CALLING THE USADA HOT LINE.**

www.othtc.org



Over The Hill Track Club

CROSS COUNTRY MEET--Sunday, September 25, 2005

TIME: 11:00 am start
COURSE LOCATION: University School 2785 S. O. M. Center Road Hunting Valley, Ohio

Need directions to the race? No problem. <http://www.mapquest.com>
5km course is mainly grass. Spikes are permitted.

ENTRY FEE: \$8 per person if pre-registered by 9/22/05. \$10 per person day of the race.
Make checks payable to **OVER THE HILL TRACK CLUB.**

MAIL TO: OVER THE HILL TRACK CLUB
Jeff Gerson
5091 Hickory Dr.
Lyndhurst, Ohio 44124

AWARDS: **Trophies to the top 3 in each age group. Gift Certificates. T-Shirts for all.**
Age groups: (Men & Women) 14 and under, Open (15-29), 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64,65-69,....., 95-99

Team trophies to the top 2 teams
Divisions: (Male & Female) 14 and under, open, 30-39, 40-49, 50-59, etc.

Note: All teams must have 5 runners to constitute a team. Older runners may move down in age group for team purposes, but individually they will be scored in their own age groups. Please indicate on entry form if you are moving down in team competition.

CONTACT: Jeff Gerson 440-473-0636

OVER THE HILL CROSS COUNTRY MEET ENTRY FORM

TEAM ENTRY - Club _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____
ZIP CODE _____

Runner	Age	Runner	Age	Runner	Age
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

INDIVIDUAL ENTRY

NAME _____ CLUB _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE (_____) _____ AGE DAY OF RACE: _____

DIVISION.
_____ MALE _____ FEMALE

I hereby waive all claims against University School and Over The Hill Track Club for any injuries I may receive while competing, and I testify that I have sufficiently trained for this event.

SIGNATURE: _____ Date _____
(Each runner must sign this waiver) Thank you and Good Luck

Parent or guardian's signature (if athlete is under 18): _____

2005 USATF National Masters Decathlon/ Heptathlon

2-3 July 2005 Mayfield HS Stadium, Cleveland, OH

Conducted by Over the Hill Track Club and Lake Erie Association of USATF

Men's Decathlon

	Points	100	LJ	SP	HJ	400	Day1	110H	DT	PV	JT	1500
---- M35 ----												
1 Luthy, Kevin Medina, OH M36	4423	12.08 w: 0.5 (659)	5.41m 17-09 (519)	10.66m 34-11.75 (525)	1.68m 5-06 (602)	62.70 (385) 2690		25.50 w: -0.8 (47)	31.75m 104-02 (499)	3.00m 9-10 (384)	46.07m 151-02 (560)	6:10.10 (243)
2 Henry, Barry Lafayette, LA M35	4011	13.28 w: 0.5 (444)	4.67m 15-04 (363)	10.73m 35-02.5 (530)	1.50m 4-11 (449)	64.00 (344) 2130		21.13 w: -0.8 (265)	27.21m 89-03 (490)	3.40m 11-01.75 (490)	39.23m 128-08 (456)	6:05.80 (260)
---- M40 ----												
1 Lawson, Rob Clemson, SC M40	5911	12.04 w: 0.9 (753)	5.46m 17-11 (600)	10.80m 35-05.25 (551)	1.59m 5-02.5 (585)	58.10 (626) 3115		18.64 w: -0.5 (541)	30.25m 99-03 (469)	3.50m 11-05.75 (579)	47.08m 154-05 (635)	5:17.30 (572)
2 Skirbst, John Collegeville, PA M40	4348	13.00 w: 0.9 (573)	5.04m 16-06.5 (502)	8.79m 28-10.25 (427)	1.50m 4-11 (504)	62.50 (468) 2474		20.26 w: -0.5 (400)	23.27m 76-04 (334)	2.70m 8-10.25 (352)	32.19m 105-07 (389)	5:51.70 (399)
3 Timoch, James Akron, OH M41	2291	15.70 w: 0.9 (186)	3.50m 11-05.75 (187)	7.89m 25-10.75 (372)	1.38m 4-06.25 (404)	1:22.90 (23) 1172		22.80 w: -0.5 (220)	22.79m 74-09 (220)	1.47m 4-09.75 (73)	24.17m 79-03 (261)	6:29.90 (240)
---- M45 ----												
1 Russ, Jim Charlotte, NC M48	6426	12.48 w: 0.5 (750)	5.21m 17-01.25 (617)	10.93m 35-10.5 (616)	1.53m 5-00.25 (602)	57.30 (737) 3322		17.88 w: -0.8 (688)	35.43m 116-03 (608)	3.40m 11-01.75 (617)	42.32m 138-10 (618)	5:32.70 (573)
2 Lycan, Kelly Lawton, MI M46	5920	12.58 w: 0.5 (732)	4.93m 16-02.25 (546)	9.55m 31-04 (524)	1.62m 5-03.75 (696)	57.10 (745) 3243		19.18 w: -0.8 (564)	32.8 1m 107-08 (552)	2.70m 8-10.25 (401)	40.63m 133-04 (587)	5:32.80 (573)
3 Makozy, Frank Beaver, PA M45	5157	13.48 w: 0.5 (569)	4.87m 15-11.75 (531)	9.02m 29-07.25 (488)	1.44m 4-08.75 (520)	62.40 (547) 2655		20.94 w: -0.8 (415)	30.09m 98-09 (496)	3.10m 10-02 (522)	36.00m 118-01 (503)	5:34.00 (566)
---- M50 ----												
1 Murray, Bill Birmingham, AL M51	7166	12.69 w: 1.1 (791)	5.53m 18-01.75 (797)	12.85m 42-02 (773)	1.67m 5-05.75 (840)	60.70 (685) 3886		15.65 w: -1.2 (818)	37.60m 123-04 (616)	3.15m 10-04 (612)	41.13m 134-11 (627)	5:41.52 (607)
2 Walters, Tim Washington Courthouse, OH M53	6626	12.89 w: 1.1 (753)	5.68m 18-07.75 (842)	10.89m 35-08.75 (636)	1.46m 4-09.5 (610)	60.00 (711) 3552		15.40 w: -1.2 (848)	36.62m 120-02 (596)	2.85m 9-04.25 (509)	38.49m 126-03 (577)	5:54.12 (544)
3 Duncanson, Rob Trabuc Canyon, CA M50	6556	12.66 w: 1.1 (797)	4.91m 16-01.5 (621)	10.27m 33-08.5 (592)	1.46m 4-09.5 (610)	56.30 (857) 3477		18.60 w: -1.7 (512)	32.18m 105-07 (507)	2.75m 9-00.25 (475)	44.45m 145-10 (691)	4:50.43 (894)
4 Watry, Jeff Penfield, IL M50	6545	13.29 w: 1.1 (679)	4.93m 16-02.25 (626)	11.57m 37-11.5 (683)	1.64m 5-04.5 (803)	62.20 (630) 3421		17.48 w: -1.7 (620)	36.75m 120-07 (599)	3.15m 10-04 (612)	40.43m 132-08 (614)	5:27.85 (679)
5 Doran, Bob Dewitt, NY M51	5430	13.69 w: 1.1 (610)	4.58m 15-00.5 (531)	8.40m 27-06.75 (463)	1.55m 5-01 (705)	61.40 (659) 2968		17.87 w: -1.7 (581)	28.51m 93-06 (435)	2.15m 7-00.5 (289)	32.10m 105-04 (457)	5:24.00 (700)
6 Reinhard, Jim Canton, OH M51	4189	13.99 w: 1.1 (560)	4.06m 13-04 (400)	9.40m 30-10.25 (532)	1.46m 4-09.5 (610)	68.10 (435) 2537		22.44 w: -1.2 (217)	23.10m 75-09 (331)	2.05m 6-08.75 (262)	27.39m 89-10 (371)	6:09.83 (471)
---- M55 ----												
1 Baker, Robert Metairie, LA M59	6583	13.26 w: 1.5 (763)	4.73m 15-06.25 (661)	10.19m 33-05.25 (665)	1.49m 4-10.5 (731)	64.00 (640) 3460		18.65 w: +0.0 (629)	31.87m 104-07 (564)	3.15m 10-04 (699)	37.70m 123-08 (633)	5:58.77 (598)
2 Moser, Michael Egan, MN M55	4511	15.39 w: 1.5 (420)	4.03m 13-02.75 (461)	9.26m 30-04.75 (594)	1.40m 4-07 (636)	72.20 (383) 2494		24.53 w: +0.0 (191)	27.78m 91-02 (474)	2.25m 7-04.5 (371)	25.45m 83-06 (381)	5:58.38 (600)
3 McDonald, Harry Olathe, KS M57	3716	15.27 w: 1.5 (436)	4.04m 13-03.25 (465)	10.71m 35-01.75 (706)	1.31m 4-03.5 (536)	1:45.70 (0) 2143		25.54 w: +0.0 (140)	34.94m 114-07 (632)	2.05m 6-08.75 (307)	29.56m 97-00 (465)	9:01.84 (29)
4 Gerson, Jeff Lyndhurst, OH M58	2411	16.74 w: 1.5 (250)	2.76m 9-00.75 (159)	7.03m 23-00.75 (423)	0.96m 3-01.75 (212)	76.80 (265) 1309		DNF (0)	18.79m 61-08 (284)	NH (0)	21.72m 71-03 (307)	6:17 .18 (511)
---- M60 ----												
1 Angus, Bill Salem, OH M62	6863	14.17 w: 0.2 (679)	4.67m 15-04 (750)	10.17m 33-04.5 (662)	1.37m 4-06 (696)	68.90 (549) 3336		17.54 w: -2.6 (753)	35.77m 117-04 (668)	3.10m 10-02 (784)	35.19m 115-05 (784)	5:52.50 (702)
2 Colliver, Ron Hominy, OK M62	6304	13.73 w: 0.2 (755)	4.70m 15-05 (760)	10.78m 35-04.5 (709)	1.47m 4-09.75 (813)	66.02 (643) 3680		19.80 w: -2.6 (538)	34.89m 114-06 (648)	3.10m 10-02 (784)	36.76m 120-07 (654)	DNF (0)
3 Shoemaker, Jim Overland Park, KS M61	4298	14.77 w: 0.2 (582)	3.34m 10-11.5 (346)	9.73m 31-11.25 (628)	1.17m 3-10 (464)	76.00 (345) 2365		23.09 w: -2.6 (287)	27.46m 90-01 (481)	2.00m 6-06.75 (345)	31.24m 102-06 (533)	7:31.82 (287)
---- M65 ----												
1 Pawlik, Emil Jackson, MS M66	7839	13.59 w: 0.2 (852)	4.56m 14-11.5 (835)	9.99m 32-09.5 (771)	1.47m 4-09.75 (934)	66.60 (693) 4085		16.30 w: -1.7 (1029)	39.28m 128-10 (853)	2.30m 7-06.5 (538)	35.16m 115-04 (708)	6:23.28 (626)
2 Fulton, Bob Ft. Collins, CO M65	6519	15.42 w: 0.2 (552)	3.99m 13-01.25 (632)	9.60m 31-06 (736)	1.32m 4-04 (731)	72.20 (515) 3166		21.71 w: -1.7 (516)	33.73m 110-08 (709)	2.80m 9-02.25 (766)	32.65m 107-01 (646)	6:04.20 (716)
3 Sloan, John Hartville, OH M65	5124	15.55 w: 0.2 (532)	3.77m 12-04.5 (556)	9.79m 32-01.5 (753)	1.12m 3-08 (488)	1:20.60 (293) 2622		26.80 w: -1.7 (189)	35.05m 115-00 (743)	2.50m 8-02.5 (626)	35.01m 114-10 (704)	8:05.77 (240)
---- M70 ----												
1 Shipp, Phil Sedona, AZ M70	8086	15.70 w: -0.6 (578)	4.39m 14-05 (918)	12.78m 41-11.25 (890)	1.37m 4-06 (925)	74.72 (611) 3922		15.37 w: -2.5 (816)	42.02m 137-10 (1067)	2.60m 8-06.25 (796)	38.75m 127-01 (854)	6:38.37 (631)
2 Leggitt, James Lelelland, TX M70	6632	14.61 w: -0.6 (748)	3.74m 12-03.25 (659)	9.62m 31-06.75 (638)	1.27m 4-02 (785)	69.02 (791) 3621		17.34 w: -2.5 (599)	33.80m 110-11 (823)	2.00m 6-06.75 (496)	25.98m 85-03 (520)	6:51.76 (573)
3 Larkin, Richard Fort Collins, CO M71	4965	15.55 w: -0.6 (601)	3.70m 12-01.75 (644)	8.17m 26-09.75 (524)	1.22m 4-00 (714)	77.42 (533) 3016		18.41 w: -2.5 (496)	25.90m 85-00 (595)	1.50m 4-11 (277)	20.71m 67-11 (387)	8:43.17 (194)
---- M75 ----												
1 Smith, Denver Louisville, OH M79	4700	18.42 w: -0.6 (360)	3.15m 10-04 (552)	8.94m 29-04 (694)	1.12m 3-08 (687)	1:42.92 (173) 2466		22.78 w: -1.8 (240)	26.85m 88-01 (737)	2.10m 6-10.75 (659)	22.31m 73-02 (512)	10:19.93 (86)

2	Donley, Jerry Colorado Springs, CO M75	17.35 w: -0.6	3.51m 11-06.25 (697)	8.11m 26-07.25 (618)	1.17m 3-10 (767)	DNF (0)	DNF 2572	20.75m 68-01 (537)	2 40m 7-10.5 (834)	18 .84m 61-10 (411)	DNF (0)	
---- M80 ----												
1	Hirsimaki, Fred Findlay, OH M80	17.65 w: -0.6	3.91m 12-10 (1063)	8.44m 27-08.25 (792)	1.22m 4-00 (992)	1:47.52 (248)	3713	18.20 w: -1.8 (770)	25.47m 83-07 (839)	1.90m 6-02.75 (685)	25.58m 10:19.93 83-11 (629)	(166)

Women Heptathlon

	Points	100H	HJ	SP	200 Day1	LJ	JT	800
---- W40 ----								
1	Ware, Caren Lake Arrowhead, CA W42	14.67 w: 1.3 (707)	1.32m 4-04 (566)	7.39m 24-03 (442)	29.35 +1.2 (655) 2370	4.11m 13-06 (436)	19.21m 63-00 (308)	2:41.87 (603)
2	Gunneson, Pamela Cheshire, CT W44	14.46 w: 1.3 (735)	1.29m 4-02.75 (534)	7.35m 24-01.5 (439)	32.65 +1.2 (427) 2135	3.82m 12-06.5 (357)	22.13m 72-07 (368)	3:09.19 (329)
---- W50 ----								
1	Glynn, Kay Hastings, IA W52	14.96 w: 0.9 (746)	1.38m 4-06.25 (867)	8.55m 28-00.75 (652)	29.85 +1.2 (884) 3149	4.29m 14-01 (665)	27.29m 89-06 (614)	3:00.57 (561)
---- W60 ----								
1	Carter, Ann Aiken, SC W63	19.33 w: 0.9 (330)	1 02m 3-04 (566)	5.76m 18-10.75 (507)	39.95 +1.2 (473) 1876	3.09m 10-01.75 (431)	15.64m 51-04 (426)	4:30.03 (138)
---- W70 ----								
1	Donley, Christel Colorado Springs, C W70	18.44 w: 0.9 (1028)	1.11m 3-07.75 (1054)	7.66m 25-01.75 (945)	36.75 +1.2 (869) 3896	2.96m 9-08.5 (601)	23.44m 76-11 (901)	4:03.91 (631)


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