



# Over The Hill Track Club

*Athletes of all ages setting the pace!*

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

May 2006

## President's Message

The time is now because it is never too late to prepare for the National Masters Meet. We have the meet this year relatively close for many of us, since it will be in Charlotte, North Carolina. Remember, we have an opportunity to enter relay teams in as many age groups as there are available participants. In some cases we can as we did in Decatur, Illinois mix and match age group runners.

The emphasis is to place as high in the medal scoring as possible. In Decatur, Over The Hill had four teams, one that finished in the first three, another finished second through a DQ one team moved from fifth to fourth place. I am not sure of the other team now. As I am aware all runners are not relay minded nor is everybody interested in relay participation. But, for those body's who are willing to take the challenge and get in on the excitement here is the chance.

Again, we need meet information from the membership especially for the local meets that are not published in the National Masters News. The meet in Mineral Ridge, near Youngstown has been cancelled for this year. The Hall of Fame meet in Canton at Malone College has also been cancelled.

As the season progresses the message from this corner will become so what briefer. Preparation and competition will play a major role in my time frame. For those who have not sent their membership renewal to Jeff Gerson, it is not too late

For all who are getting their training and conditioning in focus, it will not happen all at once. Here is a proverb I heard a long time ago that still applies.

HABBA NU HABBA, BABBA NU BABBA.  
This means; Little by Little, Bit by Bit  
Stay healthy every body.

## Schedule Additions

- May 5,6,7** S E Masters, Durham, NC
- May 13**- Mineral Ridge, Youngstown, OH
- May 15**- Tri County Sr. Games, Akron, OH
- May 20th**- SW Ohio Sr. Olympics, Cincinnati  
513-421-5222
- May 21**- Central Ohio Sr. Games, Columbus, OH
- June**- USTA 3 Rivers, Slippery Rock, PA
- June 3**- No. Coast Games, Kirtland, OH
- June 10** Atlanta Masters, Atlanta, GA
- June 17**- Lake Erie Masters, Laurel School, OH
- June 25**- Ontario Masters, Ontario, CAN
- July 15**- Dayton Masters, Dayton, OH
- July 21-23** Canadian Nationals, New Brunswick, CAN
- July 22**- Cleveland Classic, Mayfield, OH
- July 29**- Ohio State Sr. Games,  
Akron/Youngstown, OH
- Aug 3-6th**- USATF National Masters T & F  
Championships, Charlotte, NC
- Sept**- Tentative
- Sept. 16th**- Norm Bower Memorial Weight  
Pentathlon, Kent State
- Sept 24th** OTH Cross-Country Meet, University  
School
- Oct 1**- Kentucky Sr. Lexington, KY
- Oct 11-12**- Huntsman Sr., St. George, UT

## Send Newsletter info to:

Jeff Gerson  
5091 Hickory Drive  
Lyndhurst, OH 44142

## Officers

<b>President</b>	Paul Williams
<b>VP Publicity</b>	Cathi Gerson
<b>VP Programs (Banquet)</b>	Bernice Holland
<b>VP Website</b>	Erik Thiem
<b>VP Newsletter</b>	TBA
<b>Secretary</b>	Rex Harvey
<b>Treasurer</b>	Jeff Gerson
<b>Historian and Records</b>	Lawrence Finley

**Members who have renewed since the last newsletter:**

Bob Thomas  
Bernice Holland

**Results from the USATF Masters National Indoor Championships**

Boston, MA. March 24-26

OTH Placed 20th out of over 90 clubs!

Congratulations to club participants.

**M60-64**— Barry Kline—High Jump— 1.40-4th

**M 85-89**— John Means —**60M** - 10.52— 1rst

**200 M** - 36.10 - 1rst

**400 M**- 1:34.84 1rst

Way to go, John!

**Coordinators**

**Women (all)** Bernice Holland

**Men (open)** TBA

**Men 30-39** Spencer Johnson

**Men 40-49** Vince Walls

**Men 50-59** Jeff Gerson 440.473.0636

**Men 60-69** Grover Coats 216.464.3865

**Men 70+** Everett Poe 216.991.8524

**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

**Road Racing** Joanne Siegel 216.397.0260

**T/F Consultant** Paul Williams 440.605.1811

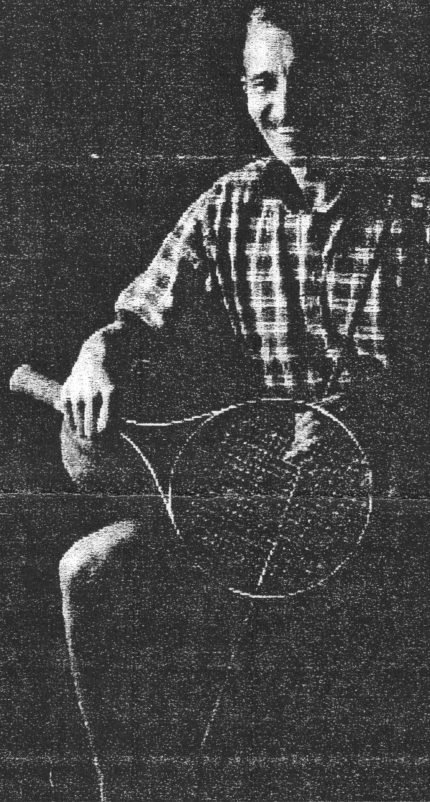
Norman Thomas 330.425.8219

# 50+ Sports Classic

Registration Form

June 10, 2006

St. Francis High School in Toledo



Presented By:



Area Office on Aging  
of Northwestern Ohio, Inc.

Gold Sponsors:



**St. James Club**  
Health and Fitness



**HUMANA**

Silver Sponsors:

American Red Cross Greater Toledo Chapter  
King Pin Lanes  
Lifestar Ambulance Service

# 50+ Sports Classic Registration Form

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Age on June 10, 2006: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

## Event Waiver and Release

In consideration of the foregoing, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims and courses of action I have or may have against the 50+ Sports Classic, The Area Office on Aging of Northwestern Ohio, Inc., and its affiliates, their agents, employees, officers, directors, successors and assigns, the St. Francis deSales High School, the City of Toledo, the City of Toledo Parks and Recreation Department, all other facilities where 50+ Sports Classic events are held, and any and all sponsors, their representatives and successors, that may arise as a result of my participation in The Event and any pre- and post- event activities. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant the Area Office on Aging of Northwestern Ohio (AOoA) permission to use my likeness in a photograph, video and audio in any and all of its publications, Web site entries and commercials, without payment or any other consideration. I understand and agree that these materials will become the property of the AOoA and will not be returned. I hereby irrevocably authorize the AOoA to edit, alter, copy, exhibit, publish or distribute this photograph, video and audio for purposes of publicizing the AOoA's programs or for any other lawful purpose. In addition, I waive the right to inspect or approve the finished product, including written or electronic copy, wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photograph, video or audio. I hereby hold harmless and release and forever discharge the AOoA from all claims, demands and causes of action which I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf or on behalf of my estate have or may have by reason of this authorization. I am at least 21 years of age and am competent to contract in my own name. I have read this release before signing below and I fully understand the contents, meaning, and impact of this release. By signing below, I agree to the above waiver and release.

Signature (Required to Participate) \_\_\_\_\_ Date \_\_\_\_\_

T-Shirt Size:  S  M  L  XL

**Single Registration Fee** (By paying this registration fee once, you can participate in an unlimited number of events)

\$25 Early Registration (registration form must be postmarked/submitted by June 3, 2006)

\$40 Day of the Event Registration (registration June 10 at St. Francis High School 8:00 a.m. - 9:00 a.m.)

Registration is also available on-line at [www.areaofficeonaging.com](http://www.areaofficeonaging.com)

**Make checks payable to: Area Office on Aging**

Mail check and completed registration form to: Kim Seitz  
Area Office on Aging  
2155 Arlington Avenue  
Toledo, Ohio 43609

## Events

June 10, 2006 at St. Francis High School, 2323 W. Bancroft St., Toledo (Unless otherwise noted)  
Age brackets are 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+ (Unless otherwise noted)

For events that overlap, participants should choose the event in which they most want to participate

**9:00 a.m. - Opening Ceremony - All participants are encouraged to attend**

**Please check the events you wish to enter**

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Track - 100 Meter Dash; 10:00     | <input type="checkbox"/> Swimming - 50 Meter Backstroke; 10:00       | <input type="checkbox"/> Table Tennis - Doubles; 11:00       |
| <input type="checkbox"/> Track - 200 Meter Dash; 10:20     | <input type="checkbox"/> Swimming - 100 Meter Backstroke; 10:10      | <input type="checkbox"/> Table Tennis - Mixed Doubles; 11:45 |
| <input type="checkbox"/> Track - 400 Meter Dash; 10:45     | <input type="checkbox"/> Swimming - 200 Meter Backstroke; 10:20      | <input type="checkbox"/> Softball - 50-59 Bracket; 10:00     |
| <input type="checkbox"/> Track - 800 Meter Dash; 11:15     | <input type="checkbox"/> Swimming - 50 Meter Breaststroke; 10:30     | <input type="checkbox"/> Softball - 60+ Bracket; 12:30       |
| <input type="checkbox"/> Track - 1500 Meter Dash; 11:45    | <input type="checkbox"/> Swimming - 100 Meter Breaststroke; 10:40    | <input type="checkbox"/> Softball - Home Run Derby; 2:30     |
| <input type="checkbox"/> Track - Fun Walk (1 Mile); 12:15  | <input type="checkbox"/> Swimming - 200 Individual Medaly; 10:50     | <b>Ottawa Park, 2201 Ottawa Dr.</b>                          |
| <input type="checkbox"/> Field - Discus; 10:00 - 12:45     | <input type="checkbox"/> Swimming - 50 Meter Butterflystroke; 11:00  | <input type="checkbox"/> Golf- 9 Holes; 10:00                |
| <input type="checkbox"/> Field - Javelin; 10:00 - 12:45    | <input type="checkbox"/> Swimming - 100 Meter Butterflystroke; 11:10 | <input type="checkbox"/> Golf- Closest to the Pin; 10:00     |
| <input type="checkbox"/> Field - Long Jump; 10:00 - 12:45  | <input type="checkbox"/> Swimming - 50 Meter Freestylestroke; 11:20  | <input type="checkbox"/> Tennis - Singles; 10:00             |
| <input type="checkbox"/> Field - Shot Put; 10:00 - 12:45   | <input type="checkbox"/> Swimming - 100 Meter Freestylestroke; 11:30 | <input type="checkbox"/> Tennis - Doubles; 11:30             |
| <input type="checkbox"/> Volleyball - 50-59 Bracket; 12:30 | <input type="checkbox"/> Swimming - 200 Meter Freestylestroke; 11:40 | <input type="checkbox"/> Tennis - Mixed Doubles; 1:00        |
| <input type="checkbox"/> Volleyball - 60+ Bracket; 2:00    | <input type="checkbox"/> Swimming - 400 Meter Freestylestroke; 11:50 | <b>King Pin Lanes, 1124 W. Sylvania</b>                      |
| <input type="checkbox"/> Basketball - Free Throw; 3:30     | <input type="checkbox"/> Swimming - 100 Individual Medaly; 12:00     | <input type="checkbox"/> Bowling - Singles; 10:00            |
| <input type="checkbox"/> Basketball - 3-on-3; 4:15         | <input type="checkbox"/> Table Tennis - Singles; 10:00               | <input type="checkbox"/> Bowling - Doubles/Mixed; 11:30      |

# 2006 NORTHCOAST SENIOR GAMES

Lake Metroparks  
11189 Spear Road  
Concord Twp., OH 44077  
(Code #6500-2)

Please PRINT. Complete both sides. This form may be copied.

First Name \_\_\_\_\_ MI \_\_\_\_\_ Last Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Home Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_  
 Sex (circle one) Male Female Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Emergency Phone \_\_\_\_\_

T-shirt Size (circle one) S M L XL 2XL 3XL

## LIABILITY WAIVER

Your entry form is not complete until the waiver is signed and dated.

It is strongly advised you seek a physician's approval prior to participation in the Northcoast Senior Games. If you have any special medical concerns, please state:

I, the undersigned participant, hereby agree to indemnify, save and hold harmless Northcoast Senior Games, Lake Metroparks, agencies/organizations/facilities hosting athletic events, Northcoast Senior Games sponsors, and any of the agents or representatives for my health, safety, or any injury resulting from my participation in the Northcoast Senior Games. I have prepared myself for the events I have entered by practicing prior to this Senior Games. To the best of my knowledge and belief, I have no physical restrictions that prohibit my participation in the events I have selected. The Northcoast Senior Games has my permission to have a physician attend to me if deemed necessary during my participation.

(Signature) \_\_\_\_\_

(Date) \_\_\_\_\_

## REGISTRATION FEES

Individual Registration Fee by 4 pm May 27 <sup>th</sup> (every participant must pay this fee)	\$10.00
On site registration, June 3	\$15.00
Closing Dinner/Banquet _____ attendees at \$8.00 each _____ guests at \$10.00 each	

Golf Greens Fee (golfers only)  
(\$12.00)

Putt/putt Golf Fee (\$4.00)

## TOTAL FEES DUE

Enclose only these fees with registration form.

Make checks payable to: Lake Metroparks

Please complete both sides of this form, read and sign the waiver to the left, and mail to:

Lake Metroparks Registration Department  
11189 Spear Road  
Concord Twp., OH 44077



Lake County Recreation  
1531 Elm St.  
Board of Park Commissioners  
Richard D. Pollock, Ellen Foley, Kessler, Frank W. Kelly  
Executive Director: \_\_\_\_\_ County Director: \_\_\_\_\_  
David A. Noyes, Sr. Steve W. Meebowl

# SCHEDULE OF EVENTS

## Saturday, June 3

**Kirtland High School Stadium**  
 8:00 AM On Site Registration  
 9:00 AM Opening Ceremonies  
 9:30 AM Shot Put  
 9:45 AM 100-Meter Dash  
 10:00 AM Fun Game - Softball Throw  
 10:30 AM 1-Mile Run  
 10:45 AM Standing Long Jump  
 11:15 AM 400-Meter Dash  
 11:30 AM Fun Game - Northcoast American Idol  
 Noon Luncheon/Morning Awards  
 12:45 PM Fun Game - Spelling Bee  
 1:15 PM 1600-Meter Race Walk  
 1:30 PM High Jump  
 2:00 PM 200-Meter Dash  
 2:00 PM Fun Game - Ping Pong Toss  
 2:45 PM Discus  
 3:00 PM 800-Meter Run  
 3:15 PM Running Long Jump  
 4:00 PM Afternoon Awards

## Monday, June 5

**Wickliffe Lanes**  
 9:00 AM Singles Bowling

**Mentor Heisley Racquet Club**  
 1:00 PM Tennis

**Mentor Skateland**  
 1:30 PM Fun Game - Rollerskating

## Tuesday, June 6

**Wickliffe Italian American Club**  
 9:00 AM Bocce Ball

**Solon Community Park**  
 10:00 AM Men's 70 & Over Softball

**Chester Township Park**  
 1:00 PM Horseshoes

**Greenway Corridor**  
 2:00 PM 10K Biking

**Dudley Park**  
 3:00 PM Fun Game - Sand Volleyball

## Wednesday, June 7

**Wickliffe Lanes**  
 9:00 AM Doubles Bowling

**Veterans Park**  
 1 PM Fun Game - Fishing

**Don's Archery**  
 1:00 PM Archery

**Orange High School**  
 1:30 PM Swimming

2:30 PM Fun Game - Mystery Filibuster Relay

## Thursday, June 8

**Wickliffe Lanes**  
 9:00 AM Billiards

**Solon Community Park**  
 10:00 AM Men's 70 & Over Softball

**Johnnycake Ridge Golf Course**  
 10:00 AM Golf

**Willoughby Senior Center**  
 1:00 PM Table Tennis

**Willow Putt-Putt Golf & Games**  
 2:00 PM 18-Hole Putt-Putt

## Friday, June 9

**Willoughby Senior Center**  
 9:00 AM Shuffleboard

1:00 PM Foul Shot Basketball

**Manly Activity Center**  
 10:00 AM Badminton

**Johnnycake Ridge Golf Course**  
 10:00 AM Golf (Raindate)

**JFK Senior Center**  
 12:30 PM Fun Game - Baggo

**Willowick Senior Center**  
 321 E. 314<sup>th</sup> St., Willowick, (440) 535-6112

3:30 - 4:30 PM Senior Spouses Expo

4:30 PM Dinner

5:00 - 6:00 PM Presentations, Social & Raffle

Guest Speaker: John Karazy, Met Life Cleveland  
 "Getting Better All the Time"

**For more information, call Karen Reis at  
 Lake Metroparks, (440) 256-2126.**



# Over The Hill Track Club

## THE NORTHCOAST CLEVELAND TRACK CLASSIC

Saturday, July 22<sup>nd</sup>, 2006

USATF Sanctioned, USATF rules apply.

**\*\*\*Pre-Registration Only - Deadline 7/15/2006. 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

**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)

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

**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: Rex Harvey  
6744 Connecticut Colony Circle  
Mentor, OH 44060

**DIVISIONS:** USATF age brackets.

<b>ORDER OF EVENTS:</b>	10:00am 3000m	9:00 am – Hammer (18and 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
	200m	Javelin
	Sprint Medley Relay (100-100-200-400)	

**AWARDS** Medals for 1<sup>st</sup>-2<sup>nd</sup>-3<sup>rd</sup>.

<b>CONTACTS</b>	Jeff Gerson	440-473-0636	Paul Williams	440-605-1811
	Norman Thomas	330-425-8219	Rex Harvey	440-954-8122

ENTRY FORM \_\_\_\_\_

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 the USA TF, Lake Erie Assoc. USA TF, Over the hill Track Club, and the Independence 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): \_\_\_\_\_



**USA TRACK & FIELD**  
See it. Feel it. Experience it.

**2006 USA Masters Outdoor Track & Field Championships**

- Schedule & Results
- Athlete Information
- Entry Information
- Status of Entries

Masters Champs. Home

**Entry Information**

You must be a 2006 USATF member to enter the Championships. If you do not have a 2006 membership, please complete a membership application first. You must also meet the eligibility requirements.

**Important Documents**

- Eligibility requirements
- Membership application

**Entry Status**

To check the status of your entry visit the Status of Entries page (statuses are updated hourly). ALL received entries (both online and paper) are posted on the Status of Entries page.

*Athletes will not be considered to be entered into the meet until ALL required documents have been received. Athletes missing required documents will be listed as "info needed" on the Status of Entries page of the USATF website until all such documents are received.*

**Entry Fees and Deadlines**

<u>Date Received</u>	<u>Individual Events</u>	<u>Combined Event</u>	<u>Relay</u>
on-time: on or before 7/7/06 at 11:59 p.m. PT	1st event: \$35+\$10* 2nd event: \$20 3rd event: \$15 each add'l: \$10	\$35+\$10*	--
late: on or before 7/14/06 at 11:59 p.m. PT	above fees plus \$50 per athlete		--
on-site	--	--	\$TBD

\* The entry fee for the first event includes the required National Masters Track & Field Committee surcharge of \$10 per athlete. Combined events do NOT count as the first event.

All fees are non-transferable and non-refundable. No entry will be considered completed unless it is accompanied by full payment of fees and all required documents (see below).

Meet pins (\$3 each), tickets for the Carolina BBQ/Entertainment (\$22 each), and on-campus meal plans (\$57 or \$88) may be purchased during the entry process.



### Entry Forms

- Online individual entry
  - You may also update your mark(s) and affiliation **before the close of entries**
- Online club batch entry
- Printable individual entry (PDF)

Online entries must be paid for by credit card (Visa) or electronic funds transfer ("electronic check"). Paper entries must be paid for by check or money order. Please make checks payable to "Charlotte Championships."

### Other Required Documents

- Verification of Age (a copy of your birth certificate or passport)
  - If entering online: athletes entering online must fax or mail a copy of their proof-of-age document--with their membership number written on it--to the USATF National Office:  
  
Fax: 317-261-0481 -- attention: Masters Championships  
Address: USA Masters Championships, One RCA Dome, Suite 140, Indianapolis, IN 46225
  - If entering by paper: athletes entering by mail must attach a copy of their proof-of-age document to the entry form.

*USATF also recommends athletes bring a copy of their proof-of-age document to packet pick-up as a back-up measure--a proof-of-age document is required prior to receiving competitor packets.*

*Athletes will not be considered to be entered into the meet until ALL required documents have been received. Athletes missing required documents will be listed as "info needed" on the Status of Entries page of the USATF website until all such documents are received.*

### Entry Process

- Online is the preferred method of entry.
- A 2006 USATF membership is required to enter online (please join online if you are not a member).
- To enter the Championships, you will be required to provide your 2006 USATF membership number and password (click here to retrieve your password if you don't know it).
- For entries close to the deadlines: although we will make every reasonable effort, we cannot guarantee responses to requests for passwords. *Please do not wait until the last minute to enter!*
- To enter online without an entry mark, put "NT" or "NM" (without the quotes) in the Mark box during the entry process.
- A Help Line is available for those athletes who need assistance with the entry process. For assistance, call the USATF National Office at 317-713-4675 during normal business hours, 8:30 a.m. - 5:00 p.m. ET Monday-Friday.
- After completing your entry online, please fax a copy of your birth certificate or the information page of your passport--with your membership number written on it--to the USATF National Office at 317-261-0481.

### Mailing Address



# 2006 USA MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

August 3-6, 2006 @ Belk Field, Charlotte, NC  
University of North Carolina at Charlotte. Presented by Carolinas Track and Field Club



First Name	M.I.	Last Name
Street Address (Apartment/Building/Unit)		
City	State	Zip Code
Phone (Including area code)		
Email		2006 USATF # (Required)
DOB (Mo/Day/Year)	Age (as of 8/3/06)	Gender (M/F)
		Citizenship
Hometown Media		USATF Club Number

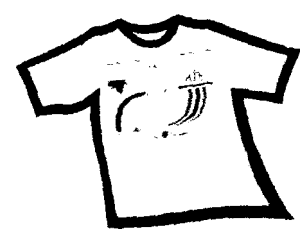
[ ] I have a disability for which I am requesting an accommodation. (Documentation must be submitted by June 26, 2006)

Events	Best Performance (As of 2005/2006)	Fee	Total
1.		\$35	
2.		\$20	
3.		\$15	
4.		\$10	
5.		\$10	
6.		\$10	
Pentathlon (\$35, regardless of other events entered)		\$35	
USAF Masters Committee Fee (Mandatory)		\$10	\$10
Surcharge for entries after July 7, 2006		\$50	
Championship Supporter for Official's Fund (Optional)		\$15	
Meet Pins		\$3	
Carolina BBQ/Entertainment # _____ Adults @ \$20 each / # _____ Youth (under 13) @ \$15 each			
On Campus Meals (circle your choice) Plan A (\$55) Plan B (\$85)			
<b>Total Amount</b>			

A commemorative Champion T-shirt will be given to each competitor. Please indicate your size.

- S
- M
- L
- XL
- XXL

(Shirts will be available at packet pick-up.)



Payments for entry fees, meal plan, meet pins and dinner tickets must accompany your entry form.

To pay by check or money order, enclose full payment (made out to **Charlotte Championships**) and mail to:  
**USA Masters Champs - Charlotte**  
**1104 Bellegrove Pl., Charlotte, NC 28270**

**WAIVER/RELEASE** I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of the stated age on this application. I absolutely relieve USA Track & Field, Inc., Carolinas Track & Field Club, UNC Charlotte and all other affiliates associated with the organizing of this event of any responsibility for any loss or damage to me or my property which I may sustain in the course of (or in connection with) the 2006 USA Masters Outdoor Championships. I also do verify that I am a member of USA Track & Field for the year 2006. By entering this competition, I grant USA Track & Field, Inc. a limited license to use my name, likeness, image, voice, video, athletic performance, biographical and other information, in any format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the sport of Athletics. In no event, however, will such usage constitute an endorsement of any product or service without my specific written consent.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Over The Hill TC**  
5091 Hickory Drive  
Lyndhurst, OH 44124

CLEVELAND OH 441  
05 MAY 2006 PM 3:01



**Rex Harvey**  
6744 Connecticut Colony Cr.  
Mentor, OH 44060

44060+4470

