



Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

June, 2006

President's Message

For all those who have not sent in dues for this year the time is growing short. This month is June and before we know August and the Master's National will be upon us. The early date for entries is 7.7.06 where you play the \$10.00 USATF fee. After the 7th there is a Surcharge for entries of \$50.00.

For those planning to compete at the Nationals and to be a part of a 4X100 or 4X400 relay, the meet organizers prefer team members in most cases as the guide for team compositions. If this is not your mind set then this message is unnecessary.

The next few messages from this corner will be brief. That is because we will be traveling to meets and intensifying the training process to be in contention at the scheduled competitions.

There is still time for meet information to be sent to Jeff, updates on information you have read in previous newsletters in addition to names of prospective members. Again, get as much time for training and conditioning and you can., Have a very good competitive season, enjoy the good weather and stay healthy.

To all competitors and supporters, GOOD WISHES OR

MAZELTOV

RESULTS

Cathi Gerson (W-55-59)

5 K Mothers Day Run

Independence—May 14 28:05— 1st

Memorial Day 5 Mile— May 29

University Heights - 46:31-2nd

Cleveland Marathon/10 K— May 21st

Men 65-69—**John Bixler**— 1st— 45:18 (10 K)

Women's Marathon Walk

Joyce Prohaska— 1st— 5:09.10

Results from the North Coast Senior Games- June 3— Kirtland H.S.

100 M

M 55-59— Gary Goski— 15.7— 1st

Jeff Gerson— 18.1— 2nd

M 60-64— John Biacofsky—14.6— 1st

M 70-74— Paul Williams— 15.6— 1st

M 85-89— John Means— 17.6— 1st

400 M

M 50-54— Roman Liscynsky— 1:08.3— 1st

M 55-59— Norman Thomas— 1:09.6— 2nd

Jeff Gerson— 1:25.1— 3rd

M 60-64— John Biacofsky—1:18.7— 1st

M 85-89— John Means— 1:40.0— 1st

1600 M

M 50-54— Roman Liscynsky— 6:07.6— 1st

M 55-59— Jeff Gerson— 8:33.5— 1st

SHOT PUT

M 55-59— Gary Goski— 28'6"— 2nd

M 70-74— Chuck Wiedman— 30'— 1st

M 75-79— Rudy Bredenbeck— 31'6"-1st

STANDING LONG JUMP

M 55-59— Gary Goski— 6'8"— 1st

M 70-74— Chuck Wiedman— 5'7"— 1st

HIGH JUMP

M 65-69— Barry Kline— 4'8"—1st

2006 U.S. MASTERS INDOOR RANKINGS

55 METER DASH

M 60— John Biacofsky— 8.97— 7th

M 65— Barry Kline— 8.95— 5th

W 60— Angela Biacofsky— 11.62-2nd

60 METER DASH

M 80— Fred Hirmaki— 11.16— 3rd

M 85— John Means— 10.52— 2nd

200METER DASH

M 60— John Biacofsky—33.42-22nd

M 85— John Means— 36.10— 1st

400 METER DASH

M 85— John Means— 1:34.84-1st

55 METER HURDLES

M 80— Fred Hirmaki— 13.63-1st

60 METER HURDLES

M 80— Fred Hirmaki— 13.95— 2nd

HIGH JUMP

M 65- Barry Kline- 1.40-5th
M80- Fred Hirsimaki- 1.20- 1st

POLE VAULT

M80- Fred Hirsimaki- 1.98- 2nd

LONG JUMP

M80- Fred Hirsimaki- 3.36- 2nd

SHOT PUT

M55- Rex Harvey- 10.88-12th

M 80- Fred Hirsimaki- 9.56-2nd

3000 METER RACEWALK

W 55- Joyce Prohaska-18:22.06-3rd

Schedule Additions

June 17- Lake Erie Masters, Mayfield H.S., 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 21-22- Ohio State Sr. Games, Akron/Youngstown, OH

Aug 3-6- National Masters, Charlotte, NC

Aug 24-27- NCCWMA, Guatemala City, GUAT

July 22nd- Cleveland Track Classic

Mayfield High School

Aug 3-6th- USATF National Masters T & F Championships, Charlotte, NC

Sep- 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

Welcome to our newest Club Members: Dorian Green, Abe Sheinker, Woody Coddington

Send Newsletter info to:

Jeff Gerson
5091 Hickory Drive
Lyndhurst, OH 44124

Officers

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

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

PLEASE NOTE!

THE FOLLOWING MEETINGS HAVE
PRE-ENTRIES ONLY! PLEASE
MAKE SURE THAT YOU GET YOUR
ENTRIES IN ON TIME!

THREE RIVERS ASSOCIATION MEET-
DEADLINE: JUNE 17

USATF NATIONALS - DEADLINE: JULY 7

CLEVELAND TRACK CLASSIC -
DEADLINE: JULY 15

ALSO NOTE THAT THE LAKE ERIE
ASSOCIATION MEET ON JUNE 17TH
IS AT **MAYFIELD H.S.**, NOT
LAUREL. AN ENTRY BLANK IS
ENCLOSED.

2006 LAKE ERIE ASSOCIATION
Lake Erie Association OUTDOOR CHAMPIONSHIP MEET
USA TRACK & FIELD



Men & Women: Open, Sub-Master, & Masters Divisions
Mayfield High School, Mayfield, Ohio

Saturday, June 17, 2006 For further information: Larry Seifert (440) 842-2142 or Ed Wilson (330) 448-2632

Age Groups: Open (14 to 29 anytime in 2006), 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 2006 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

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. Grass 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 (M35+ & W35+) competition will be with implements, distances, and heights per USATF specifications.

Sub Master (M30-34 & 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 1978 to 1993). **Sub-Master & Master** age is determined by your actual age as of 17Jun06 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	W50-79	1.0 Kilo	3K
M70	1.0 Kilo	4 Kilo	W80+	.75 Kilo	3Kilo
M80+	1.0 Kilo	3 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

CITY _____ STATE _____

ZIP _____

USATF # (Required!) _____ TELEPHONE () _____

CLUB _____

Athletes who participate in this competition will be subject to formal drug testing in accordance with USAT&F rules and IAAF rules. Athletes found positive for banned substances or who refuse to be tested will be disqualified from this event, and will lose eligibility for future competitions. Some prescriptions and over the counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USADA Hotline at 1-800-233-0393. In consideration of my being accepted, I intend 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 Mayfield High School or their officers, employees, 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 2006 Lake Erie Association of USATF Outdoor Championship Meet held June 17, 2006 at Mayfield.

ATHLETE'S SIGNATURE _____ DATE _____

PARENT OR GUARDIAN'S SIGNATURE _____ (If athlete is under 18)



8280 Craigleigh Drive,
Parma, OH 44129

TIME SCHEDULE	TRACK EVENT	TIME	FIELD EVENT
8:30 AM	3000M WALK		
9:00 AM	5000M RUN		
following	1500M RUN	9:00 AM	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	
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		

**USA TRACK & FIELD THREE RIVERS ASSOCIATION
2006 OPEN and MASTERS TRACK & FIELD CHAMPIONSHIP MEET
SLIPPERY ROCK UNIVERSITY**

June 25, 2006

DATE: June 25, 2006 – Events (Hammer) begin at 7:30 AM **PLACE:** Slippery Rock University

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

MEET ENTRY FEE: \$5.00 PER INDIVIDUAL

MEET ENTRY & USATF MEMBERSHIP: \$20.00

ALL ATHLETES MUST PRE-REGISTER - NO DAY OF MEET REGISTRATION

Using Lynx Timing System requires that all athletes be entered into the meet program prior to the start of the meet

MAILED ENTRIES MUST BE POSTMARKED BY JUNE 17, 2006

Register online at www.usatf-threerivers.org - online entry closes Friday June 23 9:00PM

Mail Open & Masters entries to: USATF Three Rivers, PO Box 10593 , Pittsburgh, PA 15235

Meet Information – contact Mark Schwartz – mschwartzusatf@yahoo.com or 412-362-5511

PROOF OF AGE MAY BE REQUIRED: A valid drivers license or age verified 2006 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 25

Sunday, June 25

3000M Racewalk	110M Hurdles**	100M Hurdle Final	400M Hurdles	4x100M Relay
5000M Racewalk	3000M Run	110M Hurdle Final	1500M	4x200M Relay
4x400M Relay	5000M Run	400M	100M Final	
100M Trials	200M Trials**	Steeplechase	800M Final	**
100M Hurdles **	4X800M Relay	200M Hurdles	200M Final	Trials if Needed

FIELD EVENTS (as called):

Long Jump Triple Jump Pole Vault High Jump Shot Put Discus Javelin Hammer

2006 USATF East Region Open T&F Championship – July 1 at the University of Albany, Albany, NY
Contact Richard Riley: phone: 518-273-5552 email: rdo3_2000@yahoo.com

2006 USATF East Region Masters T&F Championship – July 22 at Springfield College, Springfield, MA
Contact Steve Vaitones: phone: 617-566-7600 email: svaitones@usatfne.org

OPEN & MASTERS ENTRY FORM

Name _____ Address _____ City/Zip _____	Date of Birth ____/____/____ Age ____ Gender: Male / Female (circle one) Division: Open / Master (circle one) _____ 2006 USATF Memb # Club _____			
Please indicate your events:				
100M Dash _____	800M Run _____	Steeplechase _____	80M Hurdles _____	400M Hurdles _____
200M Dash _____	1500M Run _____	3000M RW _____	110M Hurdles _____	4x100M Relay _____
400M Dash _____	5000M Run _____	5000M RW _____	300M Hurdles _____	4x400M Relay _____
Long Jump _____	Triple Jump _____	High Jump _____	Pole Vault _____	4x800M Relay _____
Shot Put _____	Discus _____	Javelin _____	Hammer _____	4x200M Relay _____

In consideration of my being accepted for participation in the 2006 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

INFORMATION SHEET
2006 JUNIOR OLYMPIC CHAMPIONSHIP
LAKE ERIE ASSOCIATION, USATF
WEST HOLMES HIGH SCHOOL
SATURDAY, JUNE 24

Intermediate, Young Men/Women meet starts at 9:00. Bantam, Midget, Youth meet starts at 1:30PM.

ENTRY FEE: \$5.00 per event, \$20.00 per relay team. Money Orders or Cashiers Checks made out to Lake Erie Assoc.

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 and go west on Rte.39 to the track on the right.

REGISTRATION: Proof of Birth is required. All athletes must be a member of USATF, prior to the meet on line or through membership Chair Jeff Gerson at 440-473-0636. Relay teams must be registered USATF clubs also prior to the meet. Club forms available on line at USATF.org or from Jeff Gerson. **No day of meet registration.** Entry forms available on line at Lakeerie.org or you may request they be mailed. Mail or fax entries to Larry Seifert 8280 Craigleigh Dr. Parma OH 44129. Phone/Fax 440-842-2142. If faxing, put cashier's check or money order in the mail prior to the meet. **Entries must be received by Wednesday June 21st.**

YOUNG MEN/WOMEN: who will be 18 as of July 30, 2006 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 Lakeerie.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 at West Holmes High School on July 6-9. T&F shall advance to the Baltimore Md. National meet, 7-25 to-7-30 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.

Bantam Division (Born 1996 or later)	Midget Division (Born 1994- 1995)	Youth Division (Born 1992 - 1993)	Intermediate Division (Born 1990-1991)	Young Men/Women (Born 1988 - 1989)
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)	4x100m Relay	Pole Vault	Shot Put (B-12lb, G-4kg)	Triple Jump
400m (Boy)	4 x 400m Relay	Javelin (600g)	Discus (B-1.6kg G-1kg)	Shot Put (B-12lb, G-4kg)
	4 x 800m Relay	4 x 100m Relay	Pole Vault	Discus (B-1.6kg G-1kg)
	Pentathlon	4 x 400m Relay	Javelin	Pole Vault
	80m Hurdles	4 x 800m Relay	(B-800g G-600g)	Javelin
	Shot Put	Pentathlon	4 x 100m Relay	(B-800g G-600g)
	High Jump	100m Hurdles	4 x 400m Relay	4 x 100m Relay
	Long Jump	Shot Put	4 x 800m Relay	4 x 400m Relay
	800m (Girls)	High Jump	Decathlon (Boys)	4 x 800m Relay
	1500m (Boys)	Long Jump	Heptathlon (Girls)	Decathlon (Boys)
		800m (Girls)		Heptathlon (Girls)
		1500m (Boys)		



16th ANNUAL DAYTON TRACK CLASSIC
SATURDAY, JULY 15th, WELCOME STADIUM
DAYTON, OHIO

(Hosted by The Dayton Masters Track Club, Inc.)

SANCTIONED BY USATF-OHIO

**You must pre-register to
receive a free T-Shirt.**

NOTE:

1. All events are final and run against time.
2. Entries must be received no later than July 7, 2006.
3. Late entries at registration table, opens at 7:30 a.m. Registration will be closed ½ hour before start of event (at the discretion of the Meet Director).
4. Registration limited to six events.
5. Participants in the Long Jump, Triple Jump, Shot Put, Javelin and Discus will receive six (6) attempts.
6. All weather Fast Tarten Track - 1/4" Pyramid spikes or less. Must use stadium blocks ONLY.
7. Pre-registration fee is \$12.00 for the first event and \$5.00 for each additional event.
8. The Late-registration fee is \$14.00 for the first event and \$6.00 for each additional event.
Please make checks out to: Dayton Masters Track Club, Inc.
9. No refunds for any reason.
10. Must be 14 years or older by July 15, 2006.
11. Welcome Stadium has sanitary facilities but no showers.
12. Athletes who participate in this competition will be subject to formal drug testing in accordance with USATF rules and IAAF rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot-Line at 1-800-233-0393.

Awards:

Trophies to 1st Place winners, Medals to 2nd & 3rd place winners.

Divisions: (Age as of July 15, 2006)

Five-Year Age Divisions for Masters Men & Women (ages 30-80+)

Open Men & Women (ages 19-29)

Youth Boys & Girls (14-18)

Spectators Welcome
&
Admitted Free



Sponsored by The City of Dayton, Department
of Park, Recreation and Culture

For additional Information, please contact:
Bob Jones, President of Dayton Masters - (937) 837-2754
P.O. Box 17706, Dayton, Ohio 45417
e-mail: bjrun1@juno.com

Dayton Masters Track Club Inc.
16th Annual Dayton Track Classic

Entry Form

Entry Fee is \$12.00 for the first event and \$5.00 for each additional event. A maximum of six (6) events per person. Entries must be received by July 7, 2006. Late entries after July 7, 2006 and at the day of the event will be \$14.00 for the first event and \$6.00 for each additional event.

Additional donations are welcome.

Send Check and entries to:
Dayton Masters Track Club Inc.
7567 Roselake Drive
Dayton, Ohio 45414

**Free T-Shirts with
Pre-Registration ONLY.**
PLEASE CHECK T-SHIRT SIZE
M ___ L ___ XL ___ XXL ___

Name: _____

Address: _____ City: _____ St: _____ Zip: _____

USATF# _____ Club affiliation: _____

Phone# _____ Date of Birth: _____ Age: _____ Sex: _____

Events

1. _____
2. _____
3. _____

4. _____
5. _____
6. _____

All Competitors must complete waiver below to compete

Waiver for all events

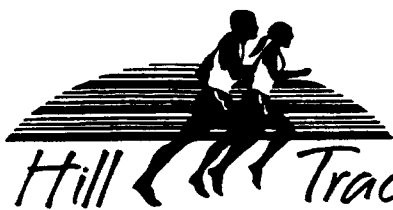
In consideration for acceptance of my entry in the Dayton Track Classic, I do hereby for myself and anyone entitled to act in my behalf, waiver and release The Dayton Masters Track Club Inc. Of Dayton, Ohio and all sponsors, their representatives and successors from all claims or liabilities of any arising out of my participation in this event.

ATHLETE'S SIGNATURE: _____ Date: _____

PARENT OR GUARDIAN'S SIGNATURE: _____ Date: _____
(IF ATHLETE IS UNDER 18)

(KETTERING SPORTS MEDICINE CENTER WILL BE ON-SITE TO ASSIST YOU)

www.othtc.org



Over The Hill Track Club

THE NORTHCOAST CLEVELAND TRACK CLASSIC

Saturday, July 22nd, 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

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

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

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

MAIL TO: **OVER THE HILL TRACK CLUB**
Attn: Rex Harvey
6744 Connecticut Colony Circle
Mentor, OH 44060

DIVISIONS: USATF age brackets.

ORDER OF EVENTS:	10:00 am	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 (14 and up)
		200m		Javelin
		Sprint Medley Relay (100-100-200-400)		

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

CONTACTS:	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 USATF, Lake Erie Assoc. USATF, Over the hill Track Club, and the Mayfield Heights 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.

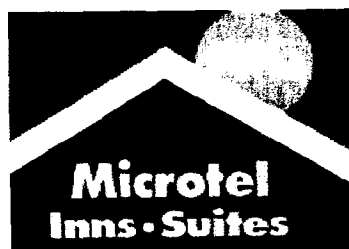
USATF also recommends athletes bring a copy of their proof-of-age document to packet pick-up as a back-up measure--a proof-of-age document is required prior to receiving competitor packets.

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


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Charlotte (University Place)

Microtel Inn

132 East McCullough Drive
Charlotte, NC 28262
Tel: (704) 549-9900

E-Mail Us
Fax: (704) 549-4700

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Experience for yourself how Microtel offers the best value and lowest price for quality accommodations. We look forward to welcoming you at one of our hotels soon.

*J.D. Power and Associates 2002-2005 North America Hotel Guest Satisfaction Index Studies
SM 2005 Study based on 37,471 individual evaluations. www.jdpower.com

For help making a reservation or to speak with a dedicated reservation agent, please call (toll free) 1-800-771-7171.

TDD (hearing impaired) from within the United States and Canada call (toll-free) 1-800-824-2082.

Overview

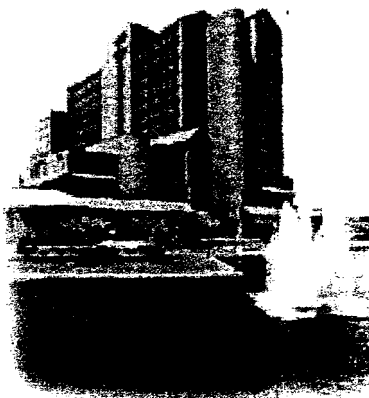
What's Nearby

Amenities

Driving Director

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Hilton Charlotte University Place, 8629 J M Keynes Drive, Charlotte, NC 28262

Call Libby Leslie @ 704.916.2839 for reservations

www.charlotteuniversity.hilton.com

Rooms

King or two double beds are available at a price of \$71.00 per night (excluding tax).

Rooming List

As contact for your group, we will need a rooming list with each family name, arrival and departure date, room type (king or double), and an indication of smoking or non smoking.

Guarantee

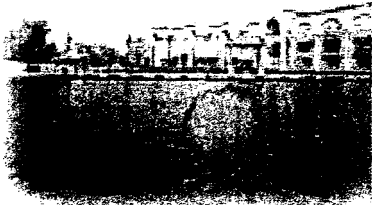
We will need one credit card to guarantee the entire room block. Upon check in, a credit card will be obtained from each family for their individual charges.

Cancellation

Rooms may be cancelled until 4:00 pm on the day of arrival. Please note that if a reservation is made and no one shows up, the credit card on file will be charged for one night room and tax.

Convenient Location

Easily accessible via major Interstates 77 dining, shopping and entertainment attendees may walk around a beautiful assorted gift shops, retail, and a variety available for rent on the lake during the few of the retail stores and restaurants our parking lot:



& 85, University Place offers a variety of options within walking distance. Your lakeside boardwalk to enjoy many of theme restaurants. Paddleboats are summer months. The following, are a that are conveniently located virtually in

**Wal-Mart Dicks Sporting Goods Sam's Wholesale Old Navy
Talbot's Outlet Dress Barn T J Maxx
Chick-Fil-A Taco Bell Max and Erma's McDonald's
Ninety's Ice Cream**



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)			
Total Amount			

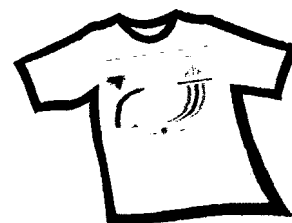
Payments for entry fees, meal plan, meet pins and dinner tickets must accompany your entry form.

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

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.)



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

Rex Harvey
6744 Connecticut Colony Cr.
Mentor, OH 44060