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 pay the $10.00 USA TF 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

55 METER DASH
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

www.othtc.org

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 Liscynesky— 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 Liscynesky— 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 Bredebeck— 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 Hirsmaki— 11.16— 3rd
M 85— John Means— 10.52— 2nd

200 METER 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 Hirsmaki— 13.63-1st

60 METER HURDLES
M 80— Fred Hirsmaki— 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
- 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

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
  - Grover Coats 216.464.3865
  - Everett Poe 216.991.8524
- **Men 70+**
  - John Sloan 330.877.9197
- **Weight Events**
  - John Sloan 330.877.9197
  - Rex Harvey 440.954.8122
- **Multi Events**
  - 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 meets 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 2**

**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

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- USATF 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; 30-34, 35-39, etc.

Awards: Association Championship medals for the first 3 places in each event of all Divisions. Equivalent awards for non-Lake Erie guest

Facilities: Synthetic 8 lane 400 meter oval & runways concrete throwing rings. Grass Javelin runway.

Awards 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 groups to compete with younger age groups.

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, intending, competing 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, 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 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;
<table>
<thead>
<tr>
<th>TIME SCHEDULE</th>
<th>TRACK EVENT</th>
<th>TIME</th>
<th>FIELD EVENT</th>
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<tr>
<td>8:30 AM</td>
<td>3000M WALK</td>
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<td>9:00 AM</td>
<td>5000M RUN</td>
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<td>following</td>
<td>1500M RUN</td>
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<td>Discus</td>
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<td>Javelin</td>
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<td>400M DASH</td>
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<td>4 X 100M RELAY</td>
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Official Entry Form
Enter by Circling Events

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<td>4 x 400M RELAY</td>
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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 are 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.
PLOASE 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 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@usatfnejorg

OPEN & MASTERS ENTRY FORM

Name ____________________________ Date of Birth ______/_____/_______ Age ________
Address __________________________ Gender: Male / Female (circle one)
City/Zip __________________________ Division: Open / Master (circle one) 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 heir, 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: ______/_____/_______

(Include area code) Phone: __________________________

OPEN & MASTERS ENTRY FORM
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 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.

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 THREETHREE 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.

<table>
<thead>
<tr>
<th>Bantam Division</th>
<th>Midget Division</th>
<th>Youth Division</th>
<th>Intermediate Division</th>
<th>Young Men/Women</th>
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<tr>
<td>High Jump</td>
<td>800m (Girls)</td>
<td>100m Hurdles (B-33&quot;)</td>
<td>100m Hurdles (B-33&quot;)</td>
<td>5000m Race Walk</td>
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<tr>
<td>Shot Put (6 lb)</td>
<td>1500m (Boys)</td>
<td>100m Hurdles (B-33&quot;)</td>
<td>100m Hurdles (B-33&quot;)</td>
<td>2000m Steeplechase</td>
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<td>Mini Javelin (300g)</td>
<td>80m Hurdles</td>
<td>100m Hurdles (G-30&quot;)</td>
<td>100m Hurdles (G-30&quot;)</td>
<td>110m Hurdles (B-39&quot;)</td>
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<td>4 x 100m Relay</td>
<td>Long Jump</td>
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<td>Long Jump</td>
<td>100m Hurdles (B-39&quot;)</td>
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<td>Javelin</td>
<td>Javelin</td>
<td>400m Hurdles</td>
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<td>Triathlon</td>
<td>Shot Put (6 lb)</td>
<td>Shot Put (B-4kg, G-6lb)</td>
<td>Shot Put (B-4kg, G-6lb)</td>
<td>(G-30&quot;)</td>
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<td>Shot Put</td>
<td>Discus (1kg)</td>
<td>Discus (1kg)</td>
<td>Discus (1kg)</td>
<td>(B-36&quot;, G-30&quot;)</td>
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<td>High Jump</td>
<td>Pole Vault</td>
<td>Pole Vault</td>
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<td>High Jump</td>
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<tr>
<td>200m (Girls)</td>
<td>Javelin (600g)</td>
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<td>400m (Boy)</td>
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<td>4 x 100m Relay</td>
<td>Shot Put (B-12lb, G-4kg)</td>
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<td>Pentathlon</td>
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<td>Pentathlon</td>
<td>Discus (B-1.6kg G-1kg)</td>
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<td>80m Hurdles</td>
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<td>(B-800g G-600g)</td>
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<td>800m (Girls)</td>
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<td>4 x 100m Relay</td>
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<td>1500m (Boys)</td>
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<td>1500m (Boys)</td>
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<td>Heptathlon (Girls)</td>
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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)

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

Spectators Welcome & Admitted Free
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

Waver 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)
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  
100m  
3000m Race Walk  
60m  
300m Hurdles  
400m  
1500m  
200m  
Sprint Medley Relay  
(100-100-200-400)

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

CONTACTS:  
Jeff Gerson  
Norman Thomas  
Paul Williams  
Rex Harvey  

440-473-0636  
330-425-8219  
440-605-1811  
440-954-8122

ENTRY FORM

NAME. __________________________________________ AGE: ______ B'DAY ______ SEX: ______

ADDRESS: __________________________________________ CITY __________ STATE ______ ZIP ______

PHONE (_____) __________________________ CLUB AFFILIATION: __________________________

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 heathy and sufficiently trained to complete in this meet.

SIGNATURE: (By athlete or coach/parent for minor athlete): __________________________
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

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

* 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

Online Hotel Reservations, Booking, Business & Leisure Travel: Microtel Inns & Suites  Page 1 of 1

RESERVATIONS ◀ FIND A HOTEL ◀ SPECIAL OFFERS ◀
GROUPS/TOURS  SPECIALTY TRAVEL  TRAVELERS with DISABILITIES  FRANCHISE

Charlotte (University Place)
Microtel Inn
132 East McCullough Drive
Charlotte, NC 28262
Tel: (704) 549-9900
Fax: (704) 549-4700

A Great Room at a Great Price

Enjoy consistency, quality, reasonable prices and great service each time you stay with Microtel Inns & Suites. Microtel is one of the fastest-growing hotel chains in the US and the recipient of many awards and accolades over the years. Take it from those who know. For the fourth consecutive year, Microtel Inns & Suites has been "Ranked Highest in Guest Satisfaction Among Economy/Budget Hotel Chains"* Just one testament to our long-standing dedication of offering quality service and unmatched conveniences to our guests.

And now, Microtel is pleased to be the first economy/budget hotel brand to offer guests free local and free long distance calls in the continental United States, and free wireless high-speed Internet access in every room of our hotels, as well as advance online check-in and check-out with unlimited access to online folio information. These new amenities compliment our other standard amenities including remote TV with ESPN, CNN and one movie channel and complimentary continental breakfast.

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
**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.

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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 & 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 @ Bank 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)

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  Fee  Total
1.  
2.  
3.  
4.  
5.  
6.  
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

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

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