



Over The Hill Track Club  
Athletes of all ages setting the pace!  
www.othtc.org

June 2007

### The President's Corner

Ahhhh! Outdoor track season, without question in my mind is the best time of the year. So let's get caught up. A team meeting was held in May. Quite a few items were discussed and handled. An important matter that was discussed was the possibility that our meet may be required to be moved due to the construction on the football field at Mayfield H.S. We won't know until after the first of June if we definitely have to move. Cleveland Heights H.S. would be a back up if needed. If we need to move the meet, we must contact all athletes that have registered and inform them of the change of location.

Also, I am sure that everyone has noticed that our website (*OTHTC.ORG*) has disappeared. To date I have made 4 attempts to contact the company we were paying to maintain our website on their server. Four unsuccessful attempts, I might add that consisted of leave your contact info on their voice mail system and they will call you back. A back up website was setup previously by our crack IT staff and will have to be pressed into service.

The Cleveland Classic Track Meet at one time was probably the most popular and largest track meets in this area. In order to work toward restoring this meet to its former luster we must all become involved and make this a priority for every member of the OTHTC. We as OTHTC members must work at the meet, keep it organized and also make it worth the participants' efforts to compete in it. *Then the competitors will look forward to competing in our meet and they will bring others with them.* Shortly calls will be made to ask current member to work at the meet, so expect to hear from someone. Or better yet, feel free to call a club officer and volunteer your time. On the same topic, keep in mind the other events that the club hosts, the cross country race and the Norm Bower throwers competition. *We ALL need to represent!!!*

I'm sure you must have some non-running friends who don't understand why you run. In fact, they think you are a little crazy or obsessed. And perhaps we are. Why else would we run the 400 meters or marathons, race and train in the pouring rain, run through snow and ice? While we all make sacrifices to compete in our different events, we know we can make it and we are pulling for each other. There's a special bond among runners that is hard to express, but it must be related to the shared pain and suffering that we have to endure to reach the goal of the finish line. Whether we get there fast or slow it really doesn't matter. We have done our best and our being has been changed for the better!!

Here's to a great summer of racing!

Chip Johnson

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ORONO News!!

Enclosed in this issue is the entry blank for the outdoor nationals. Please read the entry form carefully, note the entry form deadline of July 13, and the need for proof of date of birth. Also, our track club number is: 18- 0002. We hope to run as many relays as we can there, so if you are a runner and are planning to attend, be prepared for a possible relay on Sunday. If you still need a USATF card, contact Jeff Gerson at 440-473-0636.

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**RESULTS**

Cathi Gerson  
University Heights- Memorial Day 5 mile run- May 28  
44 55- 1<sup>st</sup>-W44-5-9

May 20, 2007  
Central Ohio Senior Games  
Bexley HS, Bexley, OH

Norman Thomas, M55  
1500 m 2<sup>nd</sup> 6 34  
200m 1<sup>st</sup> 31.4

Paul Williams, M70  
50m 2<sup>nd</sup>  
100m 2<sup>nd</sup>

May 28, 2007  
Memorial Mile- Boardman, OH  
Norman Thomas 7:14 (non-scoring heat)

Boston Indoor 2007  
5<sup>th</sup>- 60M- 9 14  
5<sup>th</sup>- 200M- 30 82

Overall:  
Bronze- USA  
Belinda McCoy  
W45-49

Raleigh/Durham  
Duke University  
Bad Weather

\* \* \*

**2007 Outdoor Schedule**

6/6, 6/13, 6/20, 6/27, 7/11, 7/18  
Chardon mini-meets  
June 9—Dayton Masters Track Meet  
June 9-10—National Masters Decathlon/Heptathlon  
Birmingham, AL  
June 16—Cleveland Track Classic (Mayfield H.S.)  
June 20-24—USATF Jr. and Open  
National Track & Field Championships  
June 24- USATF Three Rivers Association Meet- Slip-  
pery Rock, PA.  
July 7- Lake Erie USATF Assn. Meet- Cleveland  
Heights  
August 2-5—National Masters Championships  
Orono, ME  
Sept 29- Norm Bower Memorial Weight Pentathlon-  
Kent State  
Sept 30- OTHTC Cross-Country Meet- University  
School

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**Send Newsletter info to:**  
Jeff Gerson  
5091 Hickory Drive  
Lyndhurst, OH 44124**Officers**

<b>President</b>	Chip Johnson
<b>VP Programs</b>	Vince Walls
<b>VP Banquet</b>	Bernice Holland
<b>Secretary</b>	Norman Thomas
<b>Treasurer</b>	Jeff Gerson
<b>Newsletter</b>	Jeff Gerson 5091 Hickory Dr. Lyndhurst, OH 44124
<b>Webmasters</b>	Erik Thiem Linda Carty (216-368-4904)

**Coordinators**

<b>Road Racing</b>	Joanne Siegel 216 397.0260
<b>Relays (Women)</b>	Lisa Mattox 216-281-1630
<b>Relays (Men)</b>	Chip Johnson 216-382-8250
<b>Race Walking</b>	Joyce Prohaska 216.521 7966
<b>Youth Coach</b>	Chip Johnson 216-382-8250
<b>T/F Consultant</b>	Paul Williams 440.605 1811 Norman Thomas 330.425 8219 Linda Carty 216-368-4904
<b>Indoor Practice</b>	Linda Carty 216-368-4904
<b>Outdoor Practice</b>	Jeff Gerson 440-473-0636
<b>T/F Consultant</b>	Paul Williams 440.605 1811 Norman Thomas 330 425 8219
<b>West Side Coordinator</b>	Bob Thomas 440.899.3599



**USA TRACK & FIELD THREE RIVERS ASSOCIATION  
2007 OPEN and MASTERS TRACK & FIELD CHAMPIONSHIP MEET  
SLIPPERY ROCK UNIVERSITY  
June 24, 2007**

DATE. June 24, 2007- 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: \$34.95

**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 15, 2007

Register online at [www.usatf-threerivers.org](http://www.usatf-threerivers.org) - online entry closes Friday June 23 9:00PM

Mail Open & Masters entries to: TRA Champ, PO Box 1094, McMurray, PA 15317

Meet Information - contact Mark Schwartz - [mschwartzusatf@yahoo.com](mailto:mschwartzusatf@yahoo.com) or 412-362-5511

PROOF OF AGE MAY BE REQUIRED: A valid drivers license or age verified 2007 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

2007 USATF East Region Open T&F Championship - July 7 at the University of Albany, Albany, NY  
Contact Richard Riley: phone: 518-273-5552 email: [info@usatfaidir.org](mailto:info@usatfaidir.org)

2007 USATF East Region Masters T&F Championship - July 21 East Stroudsburg, PA  
Contact Ray Feick: phone: 610-754-6007 [www.mausatf.org](http://www.mausatf.org)

**OPEN & MASTERS ENTRY FORM**

<b>Name</b> _____  <b>Address</b> _____  <b>City/Zip</b> _____	<b>Date of Birth</b> ____/____/____ <b>Age</b> _____  <b>Gender:</b> Male / Female (circle one)  <b>Division:</b> Open / Master (circle one)  _____ <b>Club</b> _____ <b>2007 USATF Memb #</b> _____			
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 2007 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)

**2007 OPEN & MASTERS ENTRY FORM**

The Columbiana Clipper Track and Cross Country Programs  
 present the Eleventh Annual



# JIM WARD



## Track and Field meet

Saturday, June 9th, 2007

Ward Athletic Complex @ Columbiana High School

Registration 7:00 to 8:45am

9:15 Field events

9:45 Running events

Awards: Medals to top 3, ribbons to next 3 finishers

Fees: \$4.00 for the first event and \$1.00 for each additional events

Facilities: The all-weather rubberized track has 8-lanes, dual straightaway (main straight has 10 lanes)  
 and two long jump pits.

Open area located around the track for tents for track clubs.

No one is allowed inside the field area.

Contact: Head Track Coaches, Kieth Reash @ (330) 482-4664 or Jodie Taylor @ (330) 360-2414  
 or Meet Director, Donald Groubert @ (330) 758-5273 or (330) 718-3237

Checks payable to: Columbiana Athletic Department

Mail to: 700 Columbiana-Waterford Road

Columbiana, Ohio 44408

for more information and time schedule go to: [www.columbiana.k12.oh.us](http://www.columbiana.k12.oh.us)

**Jim Ward is a member of the OAT&CCC Track Hall Of Fame**

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### ENTRY FORM

AGE GROUP	EVENTS								LIMIT	FEE			
4-6				50	100	200	Long Jump	Softball Throw	3 events Only	\$6.00 Max			
7-8			50	100	200	400	800	LJ	High Jump	SB	3 events Only	"	
9-10	100	200	400	800	1600	LJ	HJ	Shot Put	Discus	4 events Only	\$7.00 Max		
11-12	100	200	400	800	1600	3200	Hurdles	LJ	HJ	SP	DS	4 events Only	"
13-15	100	200	400	800	1600	3200	HDS	LJ	HJ	SP	DS	4 events Only	"
16-18	100	200	400	800	1600	3200	HDS	LJ	HJ	SP	DS	4 events Only	"
19-29	100	200	400	800	1600	3200	HDS	LJ	HJ	SP	DS	4 events Only	"
30-45	100	200	400	800	1600	3200	HDS	LJ	HJ	SP	DS	4 events Only	"
46-up	100	200	400	800	1600	3200	HDS	LJ	HJ	SP	DS	4 events Only	"

##### Age is determined by participants age on June 9, 2007 #####

In consideration of this entry being accepted, I hereby, for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against the Clipper Track Club, Columbiana Exempted Village School Board and Athletic Department, Columbiana Village,, any officials, sponsors and representatives connected with this event and its agents and assigns for any and all injuries suffered by me or my child at said event, I hereby attest and certify I am physically fit and have sufficiently trained for this event. Parents must sign for anyone under the age of 18.

Name \_\_\_\_\_ Age \_\_\_\_\_ Age Group \_\_\_\_\_ M F

Address: \_\_\_\_\_ Phone # \_\_\_\_\_ Club \_\_\_\_\_

Signature \_\_\_\_\_

(Parent's Signature if under 18)

LAKE ERIE ASSOCIATION OPEN & MASTERS TRACK & FIELD  
CHAMPIONSHIPS

JULY 7. 2007 9:00 AM REGISTRATION : 8:00AM  
CLEVELAND HEIGHTS HIGH SCHOOL  
13263 CEDAR RD. CLEVELAND, OHIO 44118  
ENTRY FEE PER EVENT: \$5 PER EVENT, \$10 PER PERSON 4 RELAY  
CONTACT : ED WILSON 330 448 2632, CATHY JONES 330 244 5356,  
REX HARVEY 440 954 8122, LARRY SEIFERT 440 842 2142

SCHEDULE OF EVENTS : ( ROLLING SCHEDULE ) FROM START TIMES

10:00AM	9:00AM
Short Hurdles,	Shot Put
4x100 Relay	High Jump
800M	Pole Vault
100M	Long Jump
3000M Race Walk	Triple Jump
60M ( Masters Event) in accordance with Masters Event Rule.	Discus
300M Hurdles	Javelin
400 M	
1500 M	
4 x400	

AWARDS : 1st, thru 6th Place AWARDS WILL BE GIVEN

\*\*\*RELAYS: ONLY CURRENTLY USATF REGISTERED CLUBS\*\*\*

ENTRY FORM :

NAME : \_\_\_\_\_ AGE; \_\_\_\_\_ B' DAY \_\_\_\_\_ GENDER \_\_\_\_\_

ADDRESS : \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ CLUB AFFILIATION \_\_\_\_\_

EVENTS :

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

AGE GROUPS : 14-29: Open, Masters: 30-34,35-39,40-44, etc  
Both Male & Female

DISCLAIMER:

In consideration of your acceptance of this entry form I hereby, for my heirs, executors, and assigns waive any and all claims for damages which I might have against the USATF, the Lake Erie Association, its executive board, officers, Cleveland Heights High School and Community, their agents, representatives, or assigns for any and all damages or injuries suffered by me at this meet. I also certify that I am healthy and sufficiently trained to safely compete in this meet. SIGNATURE: \_\_\_\_\_

For Approval & Corrections ASAP. Shotputdoc@aol.com



# **AUSTINTOWN COMMUNITY TRACK CLUB**

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## 2007 USA MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS



**Eligibility:** Competition is open to all men and women 30 years of age and older. Age on August 2, 2007 will determine a competitor's age division. Individual competition will be held in age groups of 5-year increments starting at age 30. Relays will be held in age groups of 10-year increments.

Proof of membership with USA Track & Field will be required from all U.S. citizens. On-site registration will not be available. You must obtain a 2007 USATF membership card through your local Association or online at [www.usatf.org/membership](http://www.usatf.org/membership). Be sure to include your USATF Club number if you plan to compete for a club. Proof of date of birth will be required from all competitors in advance. A photocopy of your passport or birth certificate MUST be sent with your entry form to assure eligibility.

**AWARDS:** USATF Championship medals will be awarded to the top three U.S. citizens in each age division of each championship final. Ribbons will be awarded to places 4, 5, 6. Duplicate medals or ribbons will be awarded to foreign guest competitors who finish in the top six. Awards will be presented at the Awards Stands. Individual winners will also receive a Championship Patch (limit one per athlete).

**ENTRY FEES AND PROCEDURES:** On-time entries must be RECEIVED by FRIDAY, JULY 13, 2007. Absolutely no entries accepted after FRIDAY, JULY 20, 2007. Late entries received after July 13, 2007 will be assessed a \$50.00 penalty. No entry will be considered complete unless it is accompanied by full payment of fees. Relay teams pay \$40 cash on Sunday, August 5, 2007. There will be no refunds of entry fees for any reason. There will be no refund of entry fees. Make checks payable to; The University of Maine.

On-line registration is available at [www.usatf.org](http://www.usatf.org). All entry deadlines still apply. Proof of date of birth must be provided before you will receive your athlete's packet. We strongly recommend that you register on-line. If uncomfortable with online, mail your entry form.

**EQUIPMENT:** Maximum pyramid type spike is 1/4" for all surfaces except the high jumps and javelin runways, which may use 3/8" inch length type spikes. Personal implements and blocks may be used by a competitor, subject to approval by Weights and Measures. Personal implements are exempt from the loss-of-identity rule, i.e., they need not be made available to other competitors. Meet management will have throwing event implements and starting blocks available for use.

**CHAMPIONSHIP DINNER:** Our fabulous Down East Cookout Feast open to all athletes friends and family will be held on Saturday evening, August 4, 2007. Wonderful Maine entertainment throughout the evening. Pre-purchase of dinner tickets is necessary! Pay and enter the number of entrees on the entry form, at \$25 each. Serving begins at 7:00pm. T-shirt swap - bring a favorite T-shirt from your region to registration, we will collect them and hang them up Sat. evening and have a T-Shirt swap for those attending the Fabulous Down East Cookout.

**ATHLETES MEETING:** An Athletes Meeting will be held on Friday, August 3, 2007, at 7:30pm [this is after the competition ends], in the D.P. Corbett Business School Building, next to the Performing Arts Center.

**PACKET PICKUP and REGISTRATION:** registration and packet pick up is in the new brick building attached to the white peaked arena, near the track and field stadium. Wednesday at 1:00pm until 9:00pm, Thur, Fri 7:00am to 8:00pm, Sat, Sun 7:00am - 4:00pm

### FOR MORE INFORMATION ABOUT:

**\*AIR TRAVEL.** Bangor international airport is a 15 minute drive to campus, Portland, Maine airport is 2 hours 15 minute drive, Manchester NH airport is 3 hours 15 minutes drive, Boston Logan airport is 3 hours 50 minutes drive to campus. Travel arrangements can be made via Bangor Travel. They will assist you finding the best rates, American and Continental have discounts. E-mail works great [bgtrvl@att.net](mailto:bgtrvl@att.net) or phone, 207 - 942 - 5050 or 800 - 244 - 0112.

**REGIONAL TRAVEL, HOTELS, RESTAURANT, TOURISM highlights:**  
Check the visitors bureau website for complete visitor information and accommodations in the region [www.bangorcvb.org](http://www.bangorcvb.org)  
Hotels are listed under visitor information, click on accommodations. Mention USA Masters, several hotels will give discounts.  
Telephone Bangor Convention and Visitors Bureau at 1 - 800 - 91 - MOOSE. Or 207 - 947 - 5205. Or Email [info@bangorcvb.org](mailto:info@bangorcvb.org)

**ON CAMPUS HOUSING AND MEAL PACKAGES** reasonable rates, beautiful campus setting, See the housing section on this [usatf.org](http://usatf.org) web site for complete forms and information. Or email [csd@umit.maine.edu](mailto:csd@umit.maine.edu) or Telephone 207 - 581 - 4092

**HUTTLE BUS, VAN.** WILL BE IN FULL OPERATION, to and from hotels to stadium, to airport at selected times.

**UNIVERSITY OF MAINE INFORMATION** [www.umaine.edu](http://www.umaine.edu) or [www.goblackbears.com](http://www.goblackbears.com)  
**QUESTIONS** contact: Rolland Ranson, meet director; preferred by email [mainetrack\\_field@yahoo.com](mailto:mainetrack_field@yahoo.com) or phone 207-581-1077  
Bill Foss, MEUSATF president; email [metrkfld@usadatanet.net](mailto:metrkfld@usadatanet.net) or [rolland.ranson@umit.maine.edu](mailto:rolland.ranson@umit.maine.edu)



# 2007 USA MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

August 2-5, 2007  
University of Maine, Orono, Maine



## EVENTSCHEDULE

\*\*\*\* Oldest compete first, to youngest ages last \*\*\*\*

**DAY OF EVENT WILL NOT CHANGE**

Thursday August 2	Friday August 3	Saturday August 4	Sunday August 5
<ul style="list-style-type: none"> <li>- 5000 m run W all ages, followed by</li> <li>- 5000m run M all ages</li> <li>- Shot put W circle 2 in small cage, ages 65 + followed by Shot put W ages 30 - 64</li> <li>- Shot put M circle 1, ages 70 + followed by</li> <li>- Shot Put M ages 30 -- 69</li> <li>- Pole Vault W all ages followed by</li> <li>- Pole Vault M ages 60 +</li> <li>- pentathlon M ages 60 +</li> <li>- pentathlon M 50 -59</li> <li>- pentathlon M 40 -49</li> <li>- pentathlon M ages 30 -39</li> <li>- pentathlon W all ages</li> <li>400 m W / M prelims as needed</li> <li>**800 m W / M Prelims as needed, start time depends on the time needed for recovery by 400 / 800m doublers</li> </ul>	<ul style="list-style-type: none"> <li>- 5000m race walk W all ages, on the track, followed by,</li> <li>- 5000m race walk M all ages on the track.</li> <li>- Discus M all ages, at cage 2 by the 200m starting lines,</li> <li>- Discus W all ages at cage 1, past the shot put circle,</li> <li>- Long jump W all ages, followed by</li> <li>- long jump M ages 60+</li> <li>- high jump M ages 50+</li> <li>- 100m W / M prelims as needed</li> <li>- 2000m steeplechase W all ages Finals, followed by;</li> <li>-2000m steeplechase M ages 60+ Finals,</li> <li>- followed by</li> <li>-3000msteeplechase M ages 30 - 59 Finals</li> <li>- 400m W / /M Finals</li> <li>- high hurdles W / M all ages, prelims and Finals !!!</li> <li>- 1500m W / M prelims as needed</li> <li>- W / M 100m round 2, as needed</li> </ul>	<ul style="list-style-type: none"> <li>- 10,000m run W all ages, Finals on the track</li> <li>- followed by</li> <li>- 10,000m run M all ages Finals on the track</li> <li>- Hammer throw; W all ages at cage 1 past the shot put circle.</li> <li>- Hammer throw M all ages At cage 2, by the 200m starting lines</li> <li>-Long Jump M ages 30 - 59,</li> <li>- High Jump W all ages followed by;</li> <li>- High Jump M ages 30 - 49</li> <li>- Pole Vault M ages 30 - 59</li> <li>- Javelin W all ages</li> <li>- 100m W / M Finals</li> <li>- 800m W / M - Finals</li> <li>- 200m W / M prelims as needed</li> </ul>	<ul style="list-style-type: none"> <li>- 10,000m Road walk W all ages - start line. At the Black Bear statue in front of fieldhouse, on the road</li> <li>- Followed by</li> <li>- 10,000m Roadwalk M all ages</li> <li>- 200m W / M round 2 as needed.</li> <li>- Javelin M all ages</li> <li>- Triple Jump W all ages followed by</li> <li>- Triple Jump M all ages.</li> <li>- 1500m W / M Finals</li> <li>- 300m hurdles W ages50 +</li> <li>- 300m Hurdles M ages 60+, followed by</li> <li>- 400m hurdles W ages 30-49</li> <li>- 400m hurdles M ages30 - 59</li> <li>- All are Finals</li> <li>- 200m W / M all ages Finals</li> </ul> <p>Relays will follow :</p> <ul style="list-style-type: none"> <li>W / M 4 x 100 Relays</li> <li>W / M 4 x 800 Relays</li> <li>W / M 4 x 400 Relays</li> </ul> <p>** the exhibition W 4 x 100m shuttle hurdle followed by exhibition M 4 x 110m shuttle hurdle relay **</p>
<p><b>NOTES.</b></p> <p>M = men, W = women</p> <p>Example, M ages 30 - 59 = Men age groups, oldest age group competes first. Thus Men ages 50 - 59 compete first. Then ages 45 - 54, then 40 - 49, etc.</p> <p>Example; W All ages = oldest age group competes first.</p> <p>Example; W / M = women all ages first, followed by men all age groups, in order oldest first.</p>	<p>****Day of Event will NOT CHANGE****</p>	<p><b>Saturday August 4, 2007 evening</b></p> <p>6:00pm - Social hour in fieldhouse</p> <p>7:00pm - Fabulous Championship Downeast Cookout Feast, with wonderful entertainment. Featuring fresh from the docks -Lobster; steak, chicken, vegetarian entrees, pre-paid tickets. Location: the Fieldhouse with big blue " M"</p>	<p>*Finished by approximately 5:00pm Sunday*</p>
<p>First event each day starts early morning. Once all entries are accepted, we will post start times for field events; it takes longer to go through each age group, than in the running events</p>			





# 2007 USA MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

August 1-5, 2007  
University of Maine, Orono, Maine



First Name	M.I.	Last Name
Street Address (Apartment/Building/Unit)		
City	State	Zip Code
		Phone (including area code)
Email		2007 USATF # (Required)
DOB (Mo/Day/Year)	Age (as of 8/2/07)	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, 2007)

Events	Best Performance (As of 2006/2007)	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 13, 2007		\$50	
Championship Supporter for Official's Fund (Optional)		\$15	
Championship Program with heat sheets updated Aug 1 <sup>st</sup> .		\$5	
Down East cookout with wonderful entertainment, Sat. evening Aug 4 Entrée choice #____ lobster; #____ steak, #____ chicken, #____ vegetarian lasagna. Total #____ persons @ \$25 each-----			\$
On Campus Meals or housing see separate housing information			
<b>Total Amount</b>			\$

Payments for entry fees and dinner tickets must accompany your entry form.  
 To pay by check or money order, enclose full payment **made out to: University of Maine**  
 mail to **USA Masters T&F Championships,**  
**University of Maine,**  
**Memorial Gymnasium,**  
**Orono ME 04469**  
**Orono, ME, 04469**

**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., USATF Maine, University of Maine, 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 2007 USA Masters Outdoor Championships. I also do verify that I am a member of USA Track & Field for the year 2007. 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.



# 2007 USA MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

August 2-5, 2007  
University of Maine, Orono, Maine



**DECLARATIONS** Athletes will be required to declare their intent to compete a minimum of one hour prior to the start of there event. (Declaring, event check-in/call room and registration are all separate functions )

**FOREIGN ATHLETE COMPETITORS ARE WELCOME** Duplicate medals, ribbons will be awarded  
Every event Final must contain at least 2/3 US affiliated athletes as determined by WMA  
per Rule 332 H (USATF rule book)

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# General Registration Information



## All Athletes:

1. Complete both sides of the registration form beginning on the next page. All individual participants, partners and team members **must** complete the individual registration form.
2. ***Sign the liability waiver at the bottom of the form. Your registration will not be processed unless this waiver is signed!***
3. Complete the registration fees section. Athletes whose registration forms are received before June 1, 2007 will pay \$35.00; registrations received after June 1 pay \$45.00. Final registration deadline is June 15, 2007. NO registration forms will be accepted after that date. If you are participating in special events, mark those spaces on the registration form and in the fees section and pay those fees with your registration. **Golfers** must include their \$30.00 greens fees with their registration. **DO NOT** include "on-site" fees with your registration for those events requiring additional fees (archery, bowling). You will pay these fees at the facility.
4. Make check or money order for the total amount due payable to: Warren County CVB
5. The individual registration fee entitles you to enter as many sports/events as you wish.
6. On-site registration is NOT allowed. Athletes will **not** be allowed to add events on site.

## For Team Events (volleyball, softball, 3-on-3 basketball):

1. Each participant must complete the individual registration form and sign the waiver.
2. Team captains are responsible for collecting completed registration forms from each team member, completing the team roster on the "Team Sports Entry Information" page of this booklet and submitting the forms together along with the appropriate fees. See "Team Sports Entry Information" for additional information and instructions.

**Confirmation:** Each registered athlete will receive a letter confirming their entry and event participation. If you do not receive a letter by July 13, 2007, please contact us to confirm your registration/participation. Check the letter carefully as changes will **NOT** be made **on site** for any event. The

confirmation letter will include additional venue information, rules for the competition, maps and a final schedule.

**Eligibility:** You do not have to have competed in a regional Senior Olympics in Ohio to compete in the state games, however, participation in regional games is encouraged. Athletes from outside the state are welcome to participate.

**Age:** All athletes must be 50 years of age by December 31, 2007 in order to compete. There are separate age groups for men and women. Age groups are in five year increments beginning with 50-54. Age group for competition is determined by your age as of December 31, 2007. Ohio Senior Olympics reserves the right to combine age groups for competition purposes, however awards are presented for each age group. Athletes **MUST** compete to win a medal and qualify for national competition. Team events are offered in the following age divisions: 50+, 55+, 60+, 65+, 70+, 75+ as determined by the age of the **YOUNGEST** playing team member

**Awards:** Medals are awarded for first, second and third place finish in each age category.

**Refunds:** Fees ARE NOT REFUNDABLE unless an event is cancelled by the organizers. In the event of inclement weather, every attempt will be made to re-schedule events. Rain delays may occur.

**Rules:** Ohio Senior Olympics follows the rules established by the National Senior Games Association. A copy of the rules for your event will be sent with your confirmation of participation. Or you can view the rules at the NSGA web site: [www.nsga.com](http://www.nsga.com).

**T-shirts:** Each registered participant will receive a t-shirt as part of his/her registration. You must accept the t-shirt size you have ordered. This t-shirt will be available at your first registered event



# Sport/Event Information



All swimming events will be timed finals.

## Table Tennis

Date: Friday, August 03, 2007

Time: 8:30 a.m.

Location: Nutter Center, Wright State University, Fairborn, OH

Events Offered: Singles, doubles, mixed doubles

Format: All attempts will be made to ensure that individuals will play the maximum number of games, with as many players as possible advancing to the finals.

Event Information: Players must provide their own paddles; balls will be provided.

## Tennis

Date: Monday, July 30- Tuesday, July 31

Time: 8:00 a.m. each day

Location: Lindner Family Tennis Center, 5460 Courseview Dr., Mason, OH 45040

Events Offered: Singles, Doubles, Mixed Doubles

Format: Every effort will be made to ensure that individuals will play the maximum number of games, with as many players as possible advancing to the finals.

Event Information: Athletes must provide their own racquets; balls will be provided. No locker facilities will be available. Age division for doubles events is determined by the age of the younger partner as of December 31, 2007.

## Track & Field

Date: Friday, July 27, 2007- Field Events

Saturday, July 28, 2007- Track Events

Time: Competition begins 8:30 a.m. each day. Athletes must check-in at least one half hour prior to their competition and verify their intent to compete. Athletes not checked in one half hour before their event will forfeit their right to compete. Athletes will have warm up time at each field event before competition begins.

Location: Fairmont High School, 3301

Shroyer Rd., Kettering, OH

Events offered:

Track Events- 100, 200, 400, 800 and 1500 meter runs

Field Events - discus, high jump, javelin, long jump, pole vault, shot put, triple jump

Event Order-track events:

5000 meter race walk

100 meter run

1500 meter run

400 meter run

1500 meter race walk

200 meter run

800 meter run

Format: **Field events** will be held simultaneously, with age divisions/ genders rotating through the events on a pre-scheduled basis. Athletes may participate in as many events as they choose- competition schedules will NOT be adjusted to accommodate athlete participation. The rotation schedule will be sent with the confirmation letter.

**Track events** will be held on a pre-determined timed schedule which will be sent with the confirmation letter  
Event Information: Field equipment (other than poles for pole vault) will be provided. Athletes may bring their own equipment, which will be certified by event officials prior to competition.

## Triathlon

Date: Sunday, August 19, 2007

Time: 8:00 a.m.

Location: Caesar Creek State Park, Waynesville, OH

Format: 500 meter swim in Caesar Creek Lake, 25K bike race on paved roads, 5K run- swimmers will start in waves by age group.

Athletes must provide their own bicycles, helmets, running and swim gear. All equipment must meet USA Triathlon standards.

## Volleyball

Date: Friday, August 03, 2007 & Saturday, August 04, 2007

Time: 8:00 a.m. Friday and Saturday (Start times for each age division will be determined once registration has closed.)

Location: Courts 4 Sports, 854 Reading Rd., Mason, OH 45040

Format: Every effort will be made to ensure that teams will play the maximum number of games, with as many teams as possible advancing to the finals.

Event Information: Teams must be of all one gender. Age group for competition is determined by the age of the youngest playing member as of December 31, 2007.

Athletes may compete on ONE team per sport. Teams must provide their own equipment, including numbered uniform shirts. Game balls will be provided. Team rosters are limited to 15 persons, including non-playing coaches, non-playing captains and non-playing bench personnel, with a maximum of four out-of-state players.

**Proud to host the 2007  
Ohio Senior Olympics.**

**Good luck,  
Athletes!**

SOUTHWEST OHIO  
SPORTS  
**ZONE**



# Individual Registration Form

Please PRINT Complete both sides This form may be copied



First Name \_\_\_\_\_ MI \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

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

E-mail Address (optional) \_\_\_\_\_ Home Phone \_\_\_\_\_

Sex (circle one) Male Female Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Race/ Ethnicity (circle one) African American/Black White Asian Hispanic Other

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

## LIABILITY WAIVER

In consideration of granting this request to enter the Ohio Senior Olympics State Games, I, the undersigned, for myself, my heirs, executors and administrators, waive and release any and all claims of damages I may have against any and all participating sponsors, supporters and venue providers for all claims of damage, demands and actions whatsoever, in any manner as a result of my participation in said Ohio Senior Olympics State Games.

I also attest and verify that I am physically fit and have trained sufficiently for the events I have chosen to enter in the 2007 Ohio Senior Olympics State Games. The Ohio Senior Olympics have my permission to have a physician attend to me if it is deemed necessary during my participation in the Olympics.

Furthermore, I hereby give and grant the Ohio Senior Olympics, its successors and those acting under its permission, and upon its authority, my consent for all purposes to the reproduction and/ or use of photographs of me by the photographer, and in all forms of media, and in all manners, including editorials, advertising, trade, display, art and exhibition. In giving this consent, I release the photographer, his nominees and designees, from liability for any violation of any personal or proprietary right I may have in connection with such sale, reproduction or use of my photographic likeness

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

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

## REGISTRATION FEES

**Individual Registration Fee**  
(early bird - before 6/1/07) **\$35.00**  
forms postmarked between 6/2 and 6/15 add **\$10.00**  
(every participant must pay this fee)

**Special Event Registration**  
*Athletes' Recognition and*  
*Hall of Fame Dinner* \_\_\_\_ people at \$15 each \_\_\_\_\_  
*Picnic in the Park* \_\_\_\_ people at \$5 each \_\_\_\_\_

**Golf Greens Fee** (golfers only) (\$30.00) \_\_\_\_\_

**Voluntary Donation** \_\_\_\_\_

**TOTAL FEES DUE** \_\_\_\_\_

Enclose **only these fees** with your registration form.

Make checks payable to:  
**Warren County CVB**

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

Ohio Senior Olympics  
Warren County CVB  
P.O. Box 239, Lebanon, OH 45036

**FINAL REGISTRATION DEADLINE: June 15, 2007**



# Event Selection



Your registration fee entitles you to enter as many events as you choose. You are responsible for selecting events which do not conflict with each other in the schedule. Please check the schedule carefully when registering. Do NOT expect that events will wait for you to participate if you overschedule yourself!

- Archery- Recurve
- Archery- Compound fingers
- Archery- Compound release
- Archery- Barebow Compound- no sights
- Archery- Barebow Recurve- no sights

- Bowling Singles
- Bowling Doubles (same sex partner)  
Partner \_\_\_\_\_
- Bowling Mixed Doubles (opposite sex partner)  
Partner \_\_\_\_\_

- Cycling- 5K Time Trial
- Cycling- 10K Time Trial
- Cycling- 20K road race
- Cycling- 40K road race

Golf- 18 Holes

Horseshoes

- Race Walk 1500 meter
- Race Walk 5000 meter

- Racquetball Singles
- Racquetball Doubles  
Partner \_\_\_\_\_

- Road Race 5K
- Road Race 10K

- Shuffleboard Singles
- Shuffleboard Doubles (may be same or opposite sex)  
Partner \_\_\_\_\_

- Special Event: A Night at the Awards
- Special Event: Picnic in the Park

- Swimming (limit 6 events)
  - Freestyle  50  100  200  500
  - Backstroke  50  100  200
  - Breaststroke  50  100  200
  - Butterfly  50  100
  - Individual Medley  100  200

- Table Tennis Singles
- Table Tennis Doubles (same sex partner)  
Partner \_\_\_\_\_
- Table Tennis Mixed doubles (opposite sex partner)  
Partner \_\_\_\_\_

- Tennis Singles
- Tennis Doubles (same sex partner)  
Partner \_\_\_\_\_
- Tennis Mixed Doubles (opposite sex partner)  
Partner \_\_\_\_\_

- Track & Field
 

<input type="checkbox"/> 100 meter run	<input type="checkbox"/> Discus
<input type="checkbox"/> 200 meter run	<input type="checkbox"/> High Jump
<input type="checkbox"/> 400 meter run	<input type="checkbox"/> Long Jump
<input type="checkbox"/> 800 meter run	<input type="checkbox"/> Javelin
<input type="checkbox"/> 1500 meter run	<input type="checkbox"/> Pole Vault
	<input type="checkbox"/> Shotput
	<input type="checkbox"/> Triple Jump

## TEAM EVENTS

- 3-on-3 Basketball  
Team Name \_\_\_\_\_  
Captain \_\_\_\_\_
- Softball  
Team Name \_\_\_\_\_  
Captain \_\_\_\_\_
- Volleyball  
Team Name \_\_\_\_\_  
Captain \_\_\_\_\_

www.othtc.org



# Over The Hill Track Club

## THE NORTHCOAST CLEVELAND TRACK CLASSIC

Saturday June 16<sup>th</sup>, 2007

USATF Sanctioned, USATF rules apply.

**\*\*\*Pre-Registration Only – Deadline June 9<sup>th</sup>, 2007. NO ON-SITE REGISTRATIONS\*\*\***

General 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 on Wilson Mills Road, 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**  
**Attention: Rex Harvey**  
**6744 Connecticut Colony Circle**  
**Mentor, OH 44060**

DIVISIONS: USATF age brackets (oldest age anytime in 2007 10 & under, 11-12, 13-14, 15-16, 17-18, and 19-29 Open, and Masters 30-34, 35-39, 40-44, etc. age as of day of meet)

ORDER OF EVENTS:	10:00 AM	3000m Hurdles 4x100 Relay 800m 100m 3000m Race Walk 60m 300m Hurdles 400m 1500m 200m	9:00 AM	Hammer Shot Put High Jump Pole Vault Long Jump Triple Jump Discus Javelin
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AWARDS: Medals for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup>

CONTACTS: Jeff Gerson 440 473-0636 Paul Williams 440 605 1811  
Norman Thomas 330 425-8219 Rex Harvey 440 339 5688 ([rexjh@aol.com](mailto:rexjh@aol.com))

Entry Form-----

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ B'DAY \_\_\_\_\_ GENDER \_\_\_\_\_

ADDRESS: \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

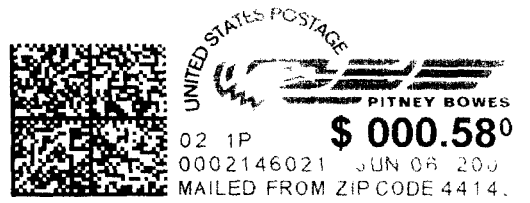
PHONE: \_\_\_\_\_ CLUB AFFILIATION \_\_\_\_\_

EVENTS ENTERED: \_\_\_\_\_

In consideration of your acceptance of this entry form I hereby, for my self, my heirs, executors, and assigns, waive any and all claims for damages which I might have against the USATF, Lake Erie Association, Over The Hill Track Club, and the Mayfield High School and Community 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 safely compete in this meet.

SIGNATURE:(by athlete or coach/parent for minor athlete) \_\_\_\_\_

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



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

44060+4470

