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

* * *

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.

* * * *
RESULTS
Cathi Gerson
University Heights- Memorial Day 5 mile run- May 28
44 55- 1st-W44-5-9

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

Norman Thomas, M55
1500 m 2nd 6 34
200m 1st 31.4

Paul Williams, M70
50m 2nd
100m 2nd

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

Boston Indoor 2007
5th, 60M- 9 14
5th, 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- Slippery 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

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

Officers
President
Chip Johnson

VP Programs
Vince Walls

VP Banquet
Bernice Holland

Secretary
Norman Thomas

Treasurer
Jeff Gerson

Newsletter
Jeff Gerson

Webmasters

Erik Thiem

Linda Carty (216-368-4904)

Coordinators
Road Racing
Joanne Siegel 216-397.0260

Relays (Women)
Lisa Mattox 216-281-1630

Relays (Men)
Chip Johnson 216-382-8250

Race Walking
Joyce Prohaska 216-521-7966

Youth Coach
Chip Johnson 216-382-8250

T/F Consultant
Paul Williams 440.605 1811

Norman Thomas 330.425 8219

Indoor Practice
Linda Carty 216-368-4904

Outdoor Practice
Jeff Gerson 440-473-0636

T/F Consultant
Paul Williams 440.605 1811

Norman Thomas 330 425 8219

West Side Coordinator
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 - 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 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
5000M Racewalk
4x400M Relay
100M Trials
100M Hurdles **
110M Hurdles **
3000M Run
5000M Run
200M Trials **
4X800M Relay
100M Hurdle Final
110M Hurdle Final
400M
200M Trials **
4X800M Relay
400M Hurdles
1500M
800M Final
200M Hurdles
100M Final
Trials If Needed
4x100M Relay
4x200M Relay

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@usatfairid.org

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

OPEN & MASTERS ENTRY FORM

Name ____________________________
Address ____________________________
City/Zip ____________________________

Date of Birth ____/____/____ Age _____
Gender: Male / Female (circle one)
Division: Open / Master (circle one)

2007 USATF Mem # __________ 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 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 events I have listed above

Athlete Signature: ____________________________ Date: __________ Phone: __________ (include area code)
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, Keith 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

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

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**ENTRY FORM**

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>50</th>
<th>100</th>
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LIMIT: 3 events Only
FEES:
- $6.00 Max
- $7.00 Max

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

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, executore, and assigns waive any and all claims for damages which I might have against the USATF, the Lake erie Association, it's 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 or Corrections ASAP, Shotputdoc@aol.com
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. 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. 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 ¼" 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, Thurs. 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 bartwl@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.

-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

ON CAMPUS HOUSING AND MEAL PACKAGES reasonable rates, beautiful campus setting. See the housing section on this site for web site for complete forms and information. Or email 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.

NIVERSITY OF MAINE INFORMATION www.umaine.edu or www.gobackbears.com

JESTIONS contact: Rolland Ranson, meet director, preferred by email mainetrack.field@yahoo.com or phone 207-581-1077

Foss, MEUSATF president; email metrklb@usadatanet.net or rollandranson@umit.maine.edu
# Event Schedule

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

**Day of Event WILL NOT CHANGE**

<table>
<thead>
<tr>
<th>Thursday August 2</th>
<th>Friday August 3</th>
<th>Saturday August 4</th>
<th>Sunday August 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>5000 m run W all ages, followed by 5000m run M all ages</td>
<td>5000m race walk W all ages, on the track, followed by, 5000m race walk M all ages on the track.</td>
<td>10,000m run W all ages, Finals on the track, followed by, 10,000m run M all ages Finals on the track.</td>
<td>10,000m Road walk W all ages - start line. At the Black Bear statue in front of fieldhouse, on the road. - followed by 10,000m Roadwalk M all ages.</td>
</tr>
<tr>
<td>Shot put W circle 2 in small cage, ages 65+, followed by Shot put W ages 30 - 64</td>
<td>Discus M all ages, at cage 2 by the 200m starting lines, Discus W all ages at cage 1, past the shot put circle, Long jump W all ages, followed by long jump M ages 60+</td>
<td>Hammer throw; W all ages at cage 1 past the shot put circle, Hammer throw M all ages At cage 2, by the 200m starting lines Long Jump M ages 30 – 59,</td>
<td>200m W / M round 2 as needed.</td>
</tr>
<tr>
<td>Shot put M circle 1, ages 70+, followed by Shot Put M ages 30 – 69</td>
<td>Pentathlon M ages 60 +</td>
<td>High Jump W all ages - followed by; High Jump M ages 30 - 49</td>
<td>Javelin M all ages</td>
</tr>
<tr>
<td>Pole Vault W all ages, followed by Pole Vault M ages 60 +</td>
<td>Pentathlon M ages 60 - 59</td>
<td>100m W / M Prelims as needed</td>
<td>Triple Jump W all ages - followed by; Triple Jump M all ages.</td>
</tr>
<tr>
<td>Pentathlon M ages 60 - 59, Pentathlon M 40 - 49, Pentathlon M ages 30 - 39, Pentathlon W all ages</td>
<td>Pentathlon W Prelims as needed</td>
<td>2000m steeplechase W all ages Finals, followed by; 2000m steeplechase M ages 60+ Finals, followed by 3000m steeplechase M ages 30 – 59 Finals</td>
<td>1500m W / M Finals</td>
</tr>
<tr>
<td>400 m W / M Prelims as needed</td>
<td>100m W / M Prelims as needed</td>
<td>400m W / M Finals</td>
<td>300m hurdles W ages50 +</td>
</tr>
<tr>
<td><strong>800m W / M Prelims as needed, start time depends on the time needed for recovery by 400 / 800m doubles</strong></td>
<td>2000m steeplechase M ages 60+ Finals</td>
<td>high hurdles W / M all ages, Prelims and Finals !!!</td>
<td>300m Hurdles M ages 60+, Followed by 400m hurdles W ages 30-49</td>
</tr>
<tr>
<td><strong>100m W / M Prelims as needed</strong></td>
<td>400m W / M Finals</td>
<td>800m W / M Finals</td>
<td>400m Hurdles M ages 30 – 59, All are Finals</td>
</tr>
<tr>
<td><strong>400m W / M Prelims as needed</strong></td>
<td>high hurdles W / M all ages, Prelims and Finals !!!</td>
<td>200m W / M Prelims as needed</td>
<td>200m W / M all ages Finals</td>
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<td><strong>Day of Event WILL NOT CHANGE</strong></td>
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**Saturday August 4, 2007 evening**

6:00 pm - Social hour in fieldhouse
7:00 pm - Fabulous Championship Downeast Cockout Feast, with wonderful entertainment. Featuring fresh from the docks – Lobster, steak, chicken, vegetarian entrees, pre-paid tickets. Location: the Fieldhouse with big blue "M"

**Finished by approximately 9:00 pm Sunday**

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**NOTES.**  
M = men, W = women

Example: M ages 30 – 59 = Men age groups, oldest age group competes first. Thus Men ages 5 – 59 compete first. Then ages 50 – 54, then 45 – 49, etc.

Example: W All ages = oldest age group competes first. W / M = women all age groups first, followed by men all age groups, in order oldest first.

Each event each day starts early morning. Once all entries are accepted, we will post start times. Field events, it takes longer to through each age group, than in the running events.

---

**Athletes Meeting after last event at D.P. Corbett Business School Conference auditorium, near Performing Arts Center**
2007 USA MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

USA

First Name
M.I.
Last Name

Street Address (Apartment/Building/Unit)

City
State
Zip Code

Phone (including area code)

Email

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)

<table>
<thead>
<tr>
<th>Events</th>
<th>Best Performance (As of 2006/2007)</th>
<th>Fee</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td>$35</td>
<td>$35</td>
</tr>
<tr>
<td>2</td>
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<tr>
<td>6</td>
<td></td>
<td>$10</td>
<td>$10</td>
</tr>
<tr>
<td>Pentathlon ($35, regardless of other events entered)</td>
<td></td>
<td>$35</td>
<td>$35</td>
</tr>
<tr>
<td>USAF Masters Committee Fee (Mandatory)</td>
<td></td>
<td>$10</td>
<td>$10</td>
</tr>
<tr>
<td>Surcharge for entries after July 13, 2007</td>
<td></td>
<td>$50</td>
<td>$50</td>
</tr>
<tr>
<td>Championship Supporter for Official's Fund (Optional)</td>
<td></td>
<td>$15</td>
<td>$15</td>
</tr>
<tr>
<td>Championship Program with heat sheets updated Aug 1st.</td>
<td></td>
<td>$5</td>
<td>$5</td>
</tr>
<tr>
<td>Down East cookout with wonderful entertainment; Sat. evening Aug 4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Entree choice # lobster; # steak, # chicken, # vegetarian lasagna. Total # persons @ $25 each</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>On Campus Meals or housing see separate housing information</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Amount</td>
<td></td>
<td>$</td>
<td>$</td>
</tr>
</tbody>
</table>

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 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.
DECLARATIONS  Athletes will be required to declare their intent to compete a minimum of one hour prior to the start of their 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).
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.

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!
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
   ___ 100 meter run
   ___ 200 meter run
   ___ 400 meter run
   ___ 800 meter run
   ___ 1500 meter run
   ___ Discus
   ___ High Jump
   ___ Long Jump
   ___ Javelin
   ___ Pole Vault
   ___ Shotput
   ___ Triple Jump

TEAM EVENTS

___ 3-on-3 Basketball
   Team Name __________________________
   Captain ____________________________

___ Softball
   Team Name __________________________
   Captain ____________________________

___ Volleyball
   Team Name __________________________
   Captain ____________________________
THE NORTHCOAST CLEVELAND TRACK CLASSIC
Saturday June 16th, 2007
USATF Sanctioned, USATF rules apply.

***Pre-Registration Only – Deadline June 9th, 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 ½ 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 m 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 9:00 AM
Hurdles
4x100 Relay
800m
100m
3000m Race Walk
60m
300m Hurdles
400m
1500m
200m

AWARDS: Medals for 1st, 2nd, & 3rd

CONTACTS: Jeff Gerson 440 473-0636
Norman Thomas 330 425-8219
Paul Williams 440 605 1811
Rex Harvey 440 339 5688 (rexih@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 myself, 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