



July 2007

The President's Corner

Tick, tick, tick...that's the sound of the running season moving on. If you sit in the blocks too long, you may miss the race. *Our* Cleveland Classic meet has come and gone. I would like to THANK everyone that worked and or helped the meet go on. Also THANKS to all whom supported *our* meet with their participation. I must admit, I am wondering how you, the members that were present felt about the turnout. Was the number of competitors just right for you? Would you prefer a less number of competitors to compete against? Or would it be nice to compete against more athletes in your events? We as a team need to decide what type of meet we are hosting. It requires feedback from both anyone and everyone. *Our* club's officers are assembled to make the club enjoyable to all, in order to do that, please share your ideas, muscles and occasionally a little bit of time. Remember, *our* club hosts other events this year and we need our club membership's support.

Please keep in mind, the 2007 USA Masters Outdoor Track & Field Championships are quickly approaching. They are being held at The University of Maine in Orono, Maine from August 2-5, 2007. You must be a 2007 USATF member to enter the Championships. On or before 7/20/07 at 11:59 p.m. PT Online is the preferred method of entry. But you may also enter by mailing in your entry. Day of event entries will be allowed only for relays. If you are interested in competing on a relay contact the *OTHTC* relay person listed under the club officers heading ASAP. If possible, relays will be put together prior to the meet and possibly allow practice time together before heading to Maine.

Looking Gooooood!!! Hey Club Members and Track Family! Here is the link to the new Over The Hill track club website. www.overthehilltc.org

Also the photos from the Cleveland Classics meet was added to the photo gallery. Hopefully we'll have the results posted soon. Let Linda Carty know if anyone has corrections or suggestions. A fine job was done by our webmaster.

A special THANK YOU was sent from The Unified-n-Flight Youth Track Club for *The Over the Hill Track Club* donation of a 7" portable DVD player. It was used as a raffle prize at the meet their club hosted this year.

Run fast!

Chip J.

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RESULTS

Cathi Gerson- W55
Teamsters Flag Day 5k
Mentor- June 13- 28:46- 4th
Willoughby hills Lions club 10k
June 24- 56:04- 2nd

USATF National Masters Decathlon/Heptathlon
June 9-10- Hoover, Alabama

Jeff Gerson- M60
100-17.63
LJ- 2.39
SP- 6 91
HJ- NH
400- 1:22.72
100H- DNF
DT- 17.24
PV- NH
JT- 21.24
1500- 7.45.57

1,763 pts. - 7th

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2007 Outdoor Schedule

7/11, 7/18
Chardon mini-meets
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

President	Chip Johnson
VP Programs	Vince Walls
VP Banquet	Bernice Holland
Secretary	Norman Thomas
Treasurer	Jeff Gerson
Newsletter	Jeff Gerson
	5091 Hickory Dr
	Lyndhurst, OH 44124
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

Cleveland Track Classic

Presented by: Over the Hill Track Club
Mayfield Heights HS, Mayfield Heights,
Ohio
6/16/2007

60m

W45	1	Klesta, Janice	47	OH	9.44	82.1%
W50	1	Ward, Penny	50	MI	12.74	62.7%
W60	1	Biacofsky, Angela	62	OH	12.34	72.9%
M40	1	Bunn, Steven	42	IL	7.46	91.2%
M45	1	Wilson, Rodney	48	MI	8.44	84.3%
M55	1	Glisic, Bernie	55	OH	9.67	77.3%
M60	1	Ragon, Donald	60	OH	8.89	86.9%
M65	1	Coats, Grover	65	OTH	9.41	84.9%
	2	Hamilton, Tom	65	OH	10.39	76.9%
M85	1	Means, John	87	OH	10.80	94.2%

100m

W10	1	Lovelace, Kayla	10	UPB	18.5h	65.3%
W15	1	Dowell, Monique	16	UPB	13.1h	83.1%
	2	Ligon, Christin	16	UPB	13.8h	78.9%
W45	1	McCoy-Shugar, Belin	47	OH	13.1h	90.6%
	2	Klesta, Janice	47	OH	13.9h	85.4%
W50	1	Ward, Penny	50	MI	20.7h	59.2%
M10	1	Zedella, Jonathan	10	OH	16.1h	72.3%
	2	Lett, William	10	OH	16.2h	71.9%
	3	Hallal, Justin	10	UNA	20.3h	57.3%
M11	1	Dowell, Christopher	12	UPB	14.8h	74.3%
M40	1	Bunn, Steven	42	IL	11.9h	87.3%
M45	1	Clinkscale, David	46	OH	12.2h	87.6%
	2	Wilson, Rodney	48	MI	13.3h	81.4%
M55	1	Glisic, Bernie	55	OH	15.4h	73.6%
M60	1	Biacofsky, John	62	OH	14.8h	80.0%
M65	1	Williams, Keith	65	OH	15.1h	79.8%
	2	Coats, Grover	65	OTH	15.2h	79.3%
	3	Kline, Barry	67	PA	16.2h	75.3%
	4	Hamilton, Tom	65	OH	17.1h	70.5%
M85	1	Means, John	87	OH	17.4h	92.3%

200m

W10	1	Lovelace, Kayla	10	UPB	41.98	60.4%
W15	1	Dowell, Monique	16	UPB	27.96	80.1%
	2	Ligon, Christin	16	UPB	30.10	74.4%
W40	1	Carty, Linda	40	OH	33.67	67.1%
W45	1	McCoy-Shugar, Belin	47	OH	30.18	81.4%
M10	1	Lett, William	10	OH	36.24	65.6%
M11	1	Dowell, Christopher	12	UPB	31.75	70.0%
	2	Lovelace, Taylor	12	UPB	33.41	66.5%
M40	1	Bunn, Steven	42	IL	25.12	84.1%
M45	1	Clinkscale, David	46	OH	25.64	84.9%
	2	Organ, Paul	47	OH	27.98	78.3%
M50	1	Thomas, Bob	52	OH	28.13	80.8%
M55	1	Glisic, Bernie	55	OH	32.45	71.5%
M60	1	Ragon, Donald	60	OH	32.33	74.2%
	2	Biacofsky, John	62	OH	33.44	72.7%
M85	1	Means, John	87	OH	36.83	99.0%

400m

W11	1	Vasiloff, Olivia	11	OH	1:26.01	66.2%
W15	1	Dowell, Monique	16	UPB	1:02.48	81.3%
W35	1	Ayrton, Zenia	35	PA	1:03.41	78.3%
M11	1	Zedella, Aaron	12	OH	1:11.60	69.3%
	2	Dowell, Christopher	12	UPB	1:20.91	61.3%
	3	Lovelace, Taylor	12	UPB	1:25.49	58.0%
M45	1	Organ, Paul	47	OH	59.82	81.0%
M50	1	Thomas, Bob	52	OH	1:01.54	81.5%
M55	1	Thomas, Norm	57	OH	1:09.52	74.6%
M60	1	Biacofsky, John	62	OH	1:19.64	67.2%

800m

W11	1	Vasiloff, Olivia	11	OH	3:05.1h	71.0%
W55	1	Broad, Barbara	56	OH	3:05.4h	74.1%
M11	1	Conte, Antonio	11	OH	2:47.1h	72.7%
M19	1	Johnson, William	19	OH	1:56.4h	88.3%

M35	1	Perryman, Warren	39	OH	2:59.9h	58.5%
M45	1	Organ, Paul	47	OH	2:14.8h	84.0%
	2	Walls, Vincent	48	OH	2:22.0h	80.4%
	3	McKinley, Derek	46	OH	2:22.3h	78.9%
M50	1	Thomas, Bob	52	OH	2:16.6h	86.5%
	2	Liscynesky, Roman	53	OH	2:36.5h	76.2%
M55	1	Thomas, Norm	57	OH	2:43.8h	75.2%
M65	1	Bixler, Jon	69	OH	2:46.9h	82.0%

1500m

M35	1	Mishler, Swan	35	IN	4:53.75	71.0%
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3000m

M40	1	Satterfield, Alan	41	OH	10:09.6h	76.9%
M45	1	Gill, Scott	45	OH	10:17.7h	78.2%
M50	1	Woods, Charles	50	OH	12:27.3h	67.3%
M60	1	Kuebler, Bob	61	OH	12:00.2h	76.6%
	2	Gerson, Jeff	60	OH	17:56.7h	50.8%

Short Hurdles

M35	1	Kresser, Chad	38	OH	15.80	83.9%
M60	1	Ragon, Donald	60	OH	17.20	83.2%
M65	1	Sloan, John	67	OH	22.90	69.6%

300m Hurdles

M35	1	Kresser, Chad	38	OH	44.9h	111.4%
M65	1	Kline, Barry	67	PA	1:17.3h	60.0%

4x100m Relay

M60	1	OTH (Biacofsky, Kline, Coats, Gerson)			1:05.4h	
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HJ

M55	1	Taylor, Irvin	59	OH	1.35m	74.5%
	2	Gustovich, George	56	OH	1.30m	69.5%
M65	1	Kline, Barry	67	PA	1.40m	85.8%
	2	Coats, Grover	65	OTH	1.25m	74.4%
	3	Williams, Keith	65	OH	1.20m	71.4%
M80	1	Hirsimaki, Frederic	82	OH	1.15m	87.7%
	2	Roudebush, George	82	OH	1.05m	80.1%

PV

M55	1	Gustovich, George	56	OH	2.74m	61.7%
M60	-	Ragon, Donald	60	OH	NH	
M65	1	Sloan, John	67	OH	2.13m	58.2%
	2	Servis, Dave	68	OH	1.83m	50.9%
M80	1	Hirsimaki, Frederic	82	OH	1.83m	70.1%

LJ

W10	1	Lovelace, Kayla	10	UPB	2.44m	49.4%
M10	1	Lett, William	10	OH	3.40m	62.0%
	2	Hallal, Justin	10	UNA	2.10m	38.3%
M11	1	Lovelace, Taylor	12	UPB	3.10m	47.0%
M55	1	Gustovich, George	56	OH	3.56m	54.1%
	2	Lett, Exodus	59	OH	3.53m	56.0%
M60	1	Boswell, Jerry	60	OH	5.06m	81.4%
M65	1	Coats, Grover	65	OTH	4.04m	70.2%
	2	Williams, Keith	65	OH	4.01m	69.7%
	3	Hamilton, Tom	65	OH	3.00m	52.1%
	3	Servis, Dave	68	OH	3.00m	54.8%
M80	1	Hirsimaki, Frederic	82	OH	3.15m	76.0%
	2	Roudebush, George	82	OH	1.75m	42.2%

TJ

W40	1	Carty, Linda	40	OH	9.41m	68.9%
M60	1	Boswell, Jerry	60	OH	9.15m	70.1%
M65	1	Williams, Keith	65	OH	8.71m	72.2%
	2	Coats, Grover	65	OTH	8.31m	68.9%
	3	Sloan, John	67	OH	6.91m	59.3%
M80	1	Hirsimaki, Frederic	82	OH	6.96m	80.4%

SP

W15	1	McNeill, Bridget	16	OTH	9.23m	51.0%
W17	1	Liptak, Stephanie	18	OH	10.45m	50.8%
	2	Griswold, Jackie	17	UNA	9.34m	48.2%
	3	Mason, Elaine	17	OH	8.83m	45.6%
W30	1	Pitman, Angie	30	OTH	9.58m	42.3%
W75	1	Felkner, Katy	76	OH	6.39m	71.2%
M10	1	Zedella, Jonathan	10	OH	6.94m	30.0%
M11	1	Zedella, Aaron	12	OH	8.94m	38.6%
M15	1	Marinucci, Zachary	16	OH	15.66m	81.5%
M17	1	Stein, Wes	18	OH	12.19m	57.9%
M19	1	Prater, Dan	24	OH	13.60m	58.8%

M45	1	Zedella, Steve	49	OH	10.32m	54.0%
M60	1	Lavigna, Michael	60	OH	12.31m	67.6%
	2	Ragon, Donald	60	OH	12.25m	67.3%
	3	Cavotta, Michael	63	OH	12.16m	72.8%
	4	Bitsko, Mickey	64	OH	11.16m	68.8%
M65	1	Williams, Keith	65	OH	9.18m	58.4%
	2	Servis, Dave	68	OH	6.78m	47.7%
M80	1	Roudebush, George	82	OH	7.55m	55.1%
DT						
W15	1	McNeill, Bridget	16	OTH	38.17m	56.3%
W17	1	Liptak, Stephanie	18	OH	35.16m	47.2%
	2	Griswold, Jackie	17	UNA	34.21m	47.8%
	3	Mason, Elaine	17	OH	26.48m	37.0%
W19	1	Clenson, Christine	23	OH	49.72m	64.7%
	2	Collins, Roberta	29	OH	49.60m	64.5%
W30	1	Pitman, Angie	30	OTH	24.16m	31.4%
W75	1	Felkner, Katy	76	OH	12.19m	38.8%
M15	1	Marinucci, Zachary	16	OH	42.81m	73.2%
M17	1	Stein, Wes	18	OH	48.33m	74.6%
M19	1	Prater, Dan	24	OH	52.77m	71.2%
M60	1	Truax, Bill	60	OH	42.36m	64.2%
	2	Ragon, Donald	60	OH	41.23m	62.5%
	3	Mallory, Ken	63	OH	38.63m	62.4%
	4	Lavigna, Michael	60	OH	35.71m	54.1%
	5	Cavotta, Michael	63	OH	35.56m	57.4%
	6	Bitsko, Mickey	64	OH	34.89m	57.6%
M65	1	Servis, Dave	68	OH	23.45m	42.5%
	2	Sheinker, Abe	67	OH	19.12m	33.8%
	-	Williams, Keith	65	OH	ND	
M80	1	Hirsimaki, Frederic	82	OH	22.93m	63.3%
	2	Roudebush, George	82	OH	18.60m	51.3%

HT

M17	1	Marinucci, Zachary	16	OH	36.54m	53.1%
M18	1	Prater, Dan	24	OH	43.22m	49.8%
M45	1	Zedella, Steve	49	OH	33.25m	49.2%
M60	1	Bitsko, Mickey	64	OH	43.12m	76.8%
M65	1	Sheinker, Abe	67	OH	23.05m	44.4%
	2	Servis, Dave	68	OH	17.36m	34.3%

JT

W75	1	Felkner, Katy	76	OH	9.07m	33.0%
M15	1	Marinucci, Zachary	16	OH	33.12m	41.4%
M35	1	Borawiec, Sean	38	UNA	42.18m	46.8%
M45	1	Wilson, Rodney	48	MI	29.23m	38.5%
M60	1	Lavigna, Michael	60	OH	37.97m	57.0%
	2	Ragon, Donald	60	OH	32.61m	49.0%
	3	Mallory, Ken	63	OH	30.58m	48.9%
	4	Bitsko, Mickey	64	OH	23.34m	38.2%
M65	1	Sloan, John	67	OH	32.79m	57.5%
	2	Servis, Dave	68	OH	21.74m	39.0%
M80	1	Hirsimaki, Frederic	82	OH	24.18m	55.3%
	2	Roudebush, George	82	OH	18.05m	41.2%

WT

20 Pound						
	1	Ray, Allen	60	OH	17.00m	
44 Pound						
	1	Ray, Allen	60	OH	9.22m	
56 Pound						
	1	Ray, Allen	60	OH	7.77m	
98 Pound						
	1	Ray, Allen	60	OH	4.11m	
200 Pound						
	1	Ray, Allen	60	OH	2.08m	
300 Pound						
	1	Ray, Allen	60	OH	1.19m	

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 ²⁰⁰	
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, 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 & Connections ASAP. Shotputdoc@aol.com



AUSTINTOWN COMMUNITY TRACK CLUB



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. 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 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 J.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 bjrtvl@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

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

LITTLE 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 or www.goblackbears.com

REGISTRATION contact: Rolland Ranson, meet director; preferred by email mainetrack_field@yahoo.com or phone 207-581-1077

FOSS, MEUSATF president; email metrkfld@usadat.net



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"> - 5000 m run W all ages, - followed by 5000m run M all ages - Shot put W circle 2 in small cage, ages 65 + followed by Shot put W ages 30 - 64 - Shot put M circle 1, ages 70 + - followed by - Shot Put M ages 30 -- 69 - Pole Vault W all ages - followed by Pole Vault M ages 60 + - pentathlon M ages 60 + - pentathlon M 50 -59 - pentathlon M 40 -49 - pentathlon M ages 30 -39 pentathlon W all ages 400 m W / M prelims as needed *800 m W / M Prelims as needed, start time depends on the time needed for recovery by 400 / 800m doublers 	<ul style="list-style-type: none"> - 5000m race walk W all ages, on the track, followed by; - 5000m race walk M all ages on the track. - 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+ high jump M ages 50+ - 100m W / M prelims as needed - 2000m steeplechase W all ages Finals, followed by, -2000m steeplechase M ages 60+ Finals, - followed by -3000m steeplechase M ages 30 - 59 Finals - 400m W / M Finals - high hurdles W / M all ages, prelims and Finals !!! - 1500m W / M prelims as needed - W / M 100m round 2, as needed 	<ul style="list-style-type: none"> - 10,000m run W all ages, Finals on the track - followed by - 10,000m run M all ages Finals on the track - 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, - High Jump W all ages - followed by; - High Jump M ages 30 - 49 - Pole Vault M ages 30 - 59 - Javelin W all ages - 100m W / M Finals - 800m W / M - Finals - 200m W / M prelims as needed 	<ul style="list-style-type: none"> - 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 - 200m W / M round 2 as needed - Javelin M all ages - Triple Jump W all ages - Followed by - Triple Jump M all ages - 1500m W / M Finals - 300m hurdles W ages 50 + - 300m Hurdles M ages 60+, - Followed by - 400m hurdles W ages 30-49 - 400m hurdles M ages 30 - 59 - All are Finals - 200m W / M all ages Finals <p>Relays will follow</p> <ul style="list-style-type: none"> W / M 4 x 100 Relays W / M 4 x 800 Relays W / M 4 x 400 Relays <p>** the exhibition W 4 x 100m shuttle hurdle followed by exhibition M 4 x 110m shuttle hurdle relay **</p>
<p style="text-align: center;">NOTES.</p> <p>M = men, W = women</p> <p>Example, M ages 30 - 59 = Men age groups, oldest age group competes first. Thus Men ages - 59 compete first. Then ages 50 - 54, then 45 - 49, etc.</p> <p>Example; W All ages = oldest age group competes first.</p> <p>Example; W / M = women all age groups first, followed by men all age groups, in order oldest first.</p>	<p style="text-align: center;">**Day of Event will NOT CHANGE**</p>	<p style="text-align: center;">Saturday August 4, 2007 evening</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</p> <p>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 selected 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 st .		\$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			
Total Amount			\$

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

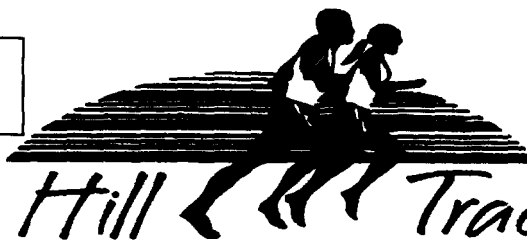
August 1-4, 2007
University of Tennessee at Chattanooga



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)

www.overthehilltc.org



Over The Hill Track Club

5K CROSS COUNTRY MEET--Sunday, September 30, 2007

TIME. 11:00 am start

COURSE LOCATION: University School 2785 S. O. M. Center Road Hunting Valley, Ohio
Need directions to the race? <http://www.mapquest.com>
5km course is mainly grass. Spikes are permitted.

ENTRY FEE: \$8 per person if pre-registered by 9/26. \$10 per person day of race.
Make checks payable to **OVER THE HILL TRACK CLUB.**

MAIL TO: OVER THE HILL TRACK CLUB
Jeff Gerson
5091 Hickory Dr.
Lyndhurst, Ohio 44124

AWARDS: **Trophies to the top 3 in each age group.**
Age groups: (Men & Women) 14 and under, Open (15-29), 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, ..., 95-99

Team trophies to the top 2 teams

Divisions: (Men & Women) 14 and under, open, 30-39, 40-49, 50+

Note: All teams must have 5 runners to constitute a team. Older runners may move down in age group for team purposes, but individually they will be scored in their own age groups. Please indicate on entry form if you are moving down in team competition.

CONTACT: Jeff Gerson 440-473-0636

OVER THE HILL CROSS COUNTRY MEET ENTRY FORM

TEAM ENTRY - Club _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

Runner	Age	Runner	Age	Runner	Age
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

INDIVIDUAL ENTRY.

NAME _____ CLUB _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE. () _____ AGE DAY OF RACE: _____ DIVISION: _____ MALE _____ FEMALE _____

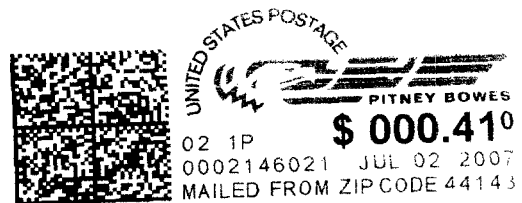
I hereby waive all claims against University School and Over The Hill Track Club for any injuries I may receive while competing, and I testify that I have sufficiently trained for this event.

SIGNATURE _____ Date _____

(Each runner must sign this waiver) Thank you ~ Good Luck

Parent or guardian's signature (if athlete is under 18): _____

Over The Hill TC
5091 Hickory Drive
Lyndhurst, OH 44124



REX HARVEY
6744 CONNECTICUT COLONY CIRCLE
MENTOR, OH 44060

4406034470 0055

