The President’s Corner

Hello field and track family, June is here and it’s MEET/ACTION time again. I trust that everyone wants to compete, so come on out, get involved, have some fun and enjoy your self.

Let’s talk meets. There was a meet at the Ohio State University on May 18th. Masters and open athletes were allowed to compete in it. It was mainly a youth meet. I look to compete there in 2009. Check our website, sometimes meet info comes in and it can’t wait until the newsletter. So, it will be posted on our website. (www.overthehilltc.org)

2008 Maple Leaf Track Club Summer Series
Wednesday evenings @ 6:00 pm- 8:30 pm (approx. finish). June 4th, June 11th, June 18th, June 25th, July 9th. See attached flyer...

Unified-N-Flight Midwest Invitational
Unified-N-Flight Youth Track & Field Club, Inc., Sunday, June 15, 2008. See attached flyer and info below

THE CLEVELAND TRACK CLASSIC
OVER THE HILL TRACK CLUB, Saturday July 19, 2008. See attached flyer...

2008 USA MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS
August 7-10, 2008, Spokane Falls Community College, Spokane, Washington
See attached info...

As I have mentioned previously, I am searching for relay runners. Both female and male. I am putting my cash behind my words. At the Unified N Flight meet on June 15th, I am registering 1 male 4x1 and one 4x4 relay. Those relays are on me, just let me know you wanna run before the meet. show up and run. I will go with those that contact me before the meet first, but if you show up and we don’t have enough runners, you may still run.

I am also entering 1 female 4x1 relay. I have 2 ladies that are chomping at the bit and are ready to run TODAY! I also have 1 parent that works out with my youth team and I have been badgering her and she’s wavering but says she’ll do it. So where are the females? Bring it on Gang!!! We are not looking to break the world record(yet), let’s have some fun and show these young ‘Whipper Snappers’ that we still got a little something left. If you would like to run individual events you must register yourself online @ coacho.com. Before the deadline! One last thing, everyone not being in the same age group doesn’t matter. No excuses Please...

Our CLEVELAND TRACK CLASSIC
The Classic is quickly approaching, please spread the word. Direct people to our website for more info or they can call if needed. New this year, registration can be done via online at coacho.com or land mail. There is no on site registration. Those heading down to the state meet look for our flyers on Saturday. If anyone is going down on Friday, please run off some and pass some out. Look to have a team meeting on Sunday July 13th, 2008 at my home at 1 pm. My address is 23604 Cedar Rd. Beachwood Oh. On the corners of Cedar and Lyndway streets. Just down the street from both Legacy Village and Beachwood Mall. Between the main roads of South Green and Richmond Roads.

And finally, major props and respect to Ms. Geeya Gibson. She called me for info and now works out feverishly with my youth club and the kids are very impressed with their ‘new’ team member.

Run Fast...chipJ
** We have placed a new order for uniform tops. They should be available in about 2 weeks. The cost is $25. Call Jeff Gerson if you would like one.

** A special welcome to our newest members: Mya Sullivan— a jumper/hurdler from Garfield Hts; Khalila Thomas—a distance runner from Chagrin Falls and welcome back to former Over the Hill legend Dave Morgan, back with the club after several years of inactivity and sloth.

RESULTS
Cathi Gerson— University Heights Memorial Day 5 mile Run— May 26th— 47:26-3rd

NORMAN THOMAS - TRI-COUNTY SENIOR GAMES - MAY 24TH - AKRON
400 M - 1:14.9

SCHEDULE
- June 7— Indiana USATF— Indianapolis
- June 11— Maple Leaf TC Night Meet— Chardon HS
- June 11— Slippery Rock Summer Meet— Slippery Rock, PA
- June 14— Indiana Sr. Games— Carmel
- June 15— Unified-N-Flight Midwest Invitational— Walsh Jesuit HS
- June 18— Slippery Rock Summer Meet— Slippery Rock, PA
- June 21— Dayton Track Classic— Dayton, OH
- June 22— Three Rivers Assn. Championship— McDonald, PA
- June 25— Maple Leaf TC Night Meet— Chardon HS
- June 28— Lake Erie Junior Olympics + open + masters—??— hasn’t been confirmed yet, could be at Youngstown State. Call Jeff Gerson after June 10th for info
- June 29— Ontario Masters Championships— Toronto
- July 9— Maple Leaf Night Meet— Chardon HS
- July 12— Recreational Relays— East Liverpool HS
- July 12— Ohio USATF
- July 19— Michigan Masters
- July 19— Cleveland Track Classic
- July 26— Ohio Senior Olympic State Games— Kettering, OH
- August 7-10— National USATF Masters Championships— Spokane, WA

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

Officers
President: Chip Johnson
VP Programs: Vince Walls
VP Banquet: Jewel Williams
Secretary: Norman Thomas
Treasurer: Jeff Gerson
Newsletter: Jeff Gerson
Webmasters: Erik Thiem

Coordinators
Road Racing: Joanne Siegel 216.397.0260
Relays (Women): Chip Johnson 216-382-8250
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
Indoor Practice: Linda Carty 216-368-4904
Outdoor Practice: Jeff Gerson 440-473-0636
T/F Consultant: Paul Williams 440.605.1811
West Side Coordinator
Norman Thomas 330.425.8219
SLIPPERY ROCK UNIVERSITY
SUMMER TRACK MEETS
WEDNESDAY JUNE 11 AND JUNE 18, 2008

ALL TRACK AND FIELD ATHLETES WELCOME

NO PRE-REGISTRATION!! $10 PER PERSON FOR UNLIMITED EVENTS OR FREE TO ANYONE THAT PROVIDES AN OFFICIAL (call ahead for assignment, or may be assigned on day of meet). MAKE CHECKS PAYABLE TO SRU TRACK AND FIELD

EXCELLENT NEW SOUTHWEST SURFACE, CEMENT CIRCLES, ALL WEATHER JAVELIN RUNWAY, HAND TIMING FOR ALL RACES

FIELD EVENT SCHEDULE:
5:00pm COMBINED HAMMER THROW
6:00pm MALE DISCUS AND FEMALE SHOT
FOLLOWED BY FEMALE DISCUS AND MALE SHOT
FOLLOWED BY ALL JAVELIN THROWERS
6:30pm LONG JUMP FEMALE FOLLOWED BY MALE
FOLLOWED BY ALL TRIPLE JUMPERS
6:30pm POLE VAULT FEMALE FOLLOWED BY MALE
7:30pm HIGH JUMP FEMALE FOLLOWED BY MALE

TRACK EVENT SCHEDULE: Rolling time schedule, Females first in all events
6:00pm 1500m
80m HURDLES
100m HURDLES
110m HURDLES
400m
100m
800m
400m HURDLES
200m
3000m and 5000m (These two races will be combined. Male and females will run together)

FOR INFORMATION ON SRU TRACK CAMPS CALL 724-738-2798 OR 2797
2008 Maple Leaf Track Club Summer Series
— USA Track & Field Sanctioned Meets

Meet Dates: Wednesday evenings @ 6:00 pm- 8:30 pm (approx. finish).
June 4th, June 11th, June 18th, June 25th, July 9th

Location: Chardon High School Track 151 Chardon Avenue, Chardon, OH. 44024

Age Groups: 5-7 years, 8-10 years, 11-12 years, 13-14 years, 15-18 years, 19-29 years, 30+ years

Male and Female Divisions

Fee: $3.00 per event /
Maximum four (4) events allowed.

Awards: Ribbons to top 3 places per each male & female division/group.
Participant ribbons to ages 5-13 years.

Order of Events:
100/110 HH, 100, 1600, 4 x 100 relay, 400, 300 H, 50
800, 200, 3000/5000, Pole Vault
High Jump, Long Jump & Discus start @ 6:00 pm
Softball throw and shot put to follow discus.
Throwing events allowed four (4) throws with a 2 & 2 format.
Jumping events allowed 3 attempts. Long Jump 3 jumps.

Concessions: Will be available to athletes and spectators at the Track Snack Shack.

Registration: Day of Meet registration starts @ 5:30 pm.
PLEASE have RELEASE form completed !!!!

Meet Schedule of Events

June 4, 2008: 100/110 HH, 100, 1600, 4 x 100 relay, 400, 300H, 50, 800, 200, 5000
LJ, HJ, SP, softball throw, discus, PV

June 11, 2008: 100/110 HH, 100, 1500, 4 x 200 relay, 400, 300H, 50, 800, 200, 3000
LJ, HJ, SP, softball throw, discus, PV

June 18, 2008: 100/110 HH, 100, 1600, 4 x 100 relay, 400, 300H, 50, 800, 200, 5000
LJ, HJ, SP, softball throw, discus, PV

June 25, 2008: 100/110 HH, 100, 1500, 4 x 200 relay, 400, 300H, 50, 800, 200, 3000
LJ, HJ, SP, softball throw, discus, PV

July 9, 2008: 100/110 HH, 100, 1600, 4 x 100 relay, 400, 300H, 50, 800, 200, 5000
LJ, HJ, SP, softball throw, discus, PV
Unified-N-Flight Midwest Invitational
hosted by
Unified-N-Flight Youth Track & Field Club, Inc.
Sunday, June 15, 2008

Facility: Walsh Jesuit High School (4550 Wyoga Lake Road) has an 8-lane, 3,000 seat stadium located in Cuyahoga Falls, Ohio

Meet Details: Fully Automated Timing (FAT)
USATF Sanctioned Meet (You Do Not need an USATF sanction to compete)
There will be heats and finals for hurdles and 100 meters unless 8 or few competitors.
Field event athletes are required to bring their own implements, meet does not supply.
Throwing events (shot, discus, turbo javelin) and jumps (long, board, triple) will get 4 attempts.
Bib Numbers MUST be wore on front of uniform top. Athletes without bib number WILL NOT compete.

Awards: Individual Medals for 1st – 3rd places and ribbons for 4th – 6th places
Team Trophies for 1st – 3rd place Clubs based on team scoring (Coaches/Parents are encouraged to participate in team competition)
There will be a male and female Meet MVP based on individual scoring.
Point System (10pts-1st, 8pts-2nd, 6pts-3rd, 4pts-4th, 2pts-5th, 1pt-6th)

Registration: Begins April 21 and the deadline is June 11, 2008. There is NO day of event registration or changes. Any changes must be made before the June 11 deadline therefore please review entries before the deadline. Please check www.unifiednflight.com on April 21 for registration instructions or go to www.coacho.com

Payments: The registration fee is $12 per entrant (max of 4 events).
Make checks/money orders payable to: Unified-N-Flight Youth Track & Field Club, Inc. Payment & copy of registration form sent to: 120 Westwood Avenue, Akron, OH 44302
No Refunds!!

Directions: From south (Canton):
77N → Rt. 8N → Exit Steels Corners Rd → Turn Left → Go to Wyoga Lake Rd → Turn Right → School on the left
From north (Cleveland):
271S → Rt. 8 S → Exit Rt. 303 → Go Straight → Go to Wyoga Lake Rd → Turn Left → School on the right
From west (Toledo):
Ohio Turnpike East → Exit 180 Rt. 8 South → Exit Rt. 303 → From Rt. 303 follow above directions
From east (Youngstown):
Ohio Turnpike West → Exit 180 Rt. 8 South → Exit Rt. 303 → From Rt. 303 follow above directions

Age

Divisions: Year of birth
Sub-Bantam(2001-2000), Bantam(99-98), Midget(97-96), Youth(95-94), Intermediate(93-92), Young(91-90), & Open
Sub-Bantam events are 100, 200, 400, turbo javelin & board jump

Order of Events:
3000m Race-walk, 3000m, hurdles (80,100,110), 4 x 800, 100m, 1500m, 400m, 4 x 100, 800m, 200m, 4 x 400
There will also be a combined 4 X 200 for the (11-14); (15-18); & Open Groups
Shot Put, High Jump, turbo javelin, Long Jump, Discus, Triple Jump
Open Athletes will compete first then the youngest age group to the oldest for that event!!!
Age Groups and males/females may be combined depending on number of competitors in some events!!!
Field events and race walk start at 8:30am and other track events start at 9:00am!!!

Contacts: Courtney Taylor Unified Head Coach 330-762-8569 Courtneytaylor@unifiednflight.com

For meet updates, meet questions and club information go to www.unifiednflight.com

FAITH IN EXCELLENCE
18th ANNUAL DAYTON TRACK CLASSIC

SATURDAY, JUNE 21, 2008
WELCOME STADIUM
DAYTON, OHIO

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

SANCTIONED BY USATF-OHIO

**NOTE:**

1. All events are final and run against time.
2. Entries must be received no later than June 13, 2008.
3. Late entries at registration table, opens at 7:00 a.m. Registration will be closed ½ hour before start of event (at the discretion of the Meet Director).
4. Registration limited to six events.
5. Participants in the Long Jump, Triple Jump, Shot Put, Javelin, Discus and Hammer will receive six (6) attempts.
6. All weather Fast Tarten Track - 1/4" Pyramid spikes or less. Must use stadium blocks ONLY.
7. Pre-registration fee is $12.00 for the first event and $5.00 for each additional event.
8. The Late-registration fee is $14.00 for the first event and $6.00 for each additional event.
   Please make checks out to: Dayton Masters Track Club, Inc.
9. No refunds for any reason.
10. Must be 14 years or older by June 21, 2008.
11. Welcome Stadium has sanitary facilities but no showers.
12. Athletes who participate in this competition will be subject to formal drug testing in accordance with USATF rules and IAAF rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot-Line at 1-800-233-0393.

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

**Divisions: (Age as of June 21, 2008)**
Five-Year Age Divisions for Masters Men & Women (ages 30-80+)
Open Men & Women (ages 19-29)
Youth Boys & Girls (14-18)

Spectators Welcome & Admitted Free

Sponsored by The City of Dayton, Recreation and Youth Services

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

These are the approximate start times for the Track and Field events. The events will be on a rolling schedule in the order listed. Women before men, oldest to youngest. Field events must be completed during the allotted times.

**TRACK EVENTS**

**MORNING**

9:00 1500 Meter Walk
9:30 3000 Meter Run
10:00 Hurdles - 100M/110M
10:30 100M Dash
11:00 800M Run

8:00 to 10:00 Discus (Open pit)
9:00 to 11:00 Long Jump (Open pit)
9:00 Pole Vault * (See Note)
10:00 to 11:30 Javelin (Open pit)
11:30 to 12:30 Hammer (Open pit)

12:30 400M Dash
1:00 1500M Run
1:15 200M Dash
1:45 4 x 100M "FUN RELAY"
   (No cost and No Awards)

**AFTERNOON**

8:00 to 10:00 Discus (Open pit)
9:00 to 11:00 Long Jump (Open pit)
9:00 Pole Vault * (See Note)
10:00 to 11:30 Javelin (Open pit)
11:30 to 12:30 Hammer (Open pit)

12:30 High Jump * (See Note)
12:30 to 2:00 Triple Jump (Open pit)
1:30 to 3:00 Shot Put (Open pit)

**FIELD EVENTS**

**Note:** To run the Relay, "you must" have been entered in at least one other event.
* Those that pass three times will get a warm-up jump prior to their starting jumps.
Dayton Masters Track Club Inc.  
18th Annual Dayton Track Classic

Entry Form

Entry Fee is $12.00 for the first event and $5.00 for each additional event. A maximum of six (6) events per person. Entries must be received by June 13, 2008. Late entries after June 13, 2008 and at the day of the event will be $14.00 for the first event and $6.00 for each additional event.

Additional donations are welcome.
Fill in Entry Form Completely and Legibly

Name: __________________________

Address: _________________________ City: ___________ St: __ Zip: ______

USATF# _______________ Club affiliation: __________________________

Phone# _______________ Date of Birth: ___________ Age: _______ Sex: ______

Events

1. ____________________________ 4. ____________________________
2. ____________________________ 5. ____________________________
3. ____________________________ 6. ____________________________

All Competitors must complete waiver below to compete

Waver for all events

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

ATHLETE’S SIGNATURE: _______________________________ Date: ______

PARENT OR GUARDIAN’S SIGNATURE: __________________________ Date: ______

(IF ATHLETE IS UNDER 18)

(Kettering Sports Medicine Center will be on-site to assist you)
USA TRACK & FIELD THREE RIVERS ASSOCIATION
2008 OPEN and MASTERS TRACK & FIELD CHAMPIONSHIP MEET
DATE: Sunday June 22, 2008
PLACE: Gateway High School, Monroeville, PA
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 9, 2008
Register online at www.usatf-threeheroes.org - online entry closes Thursday - June 19
Mail Open & Masters entries to: TRA Champ, 109 Evans Drive, McMurray, PA 15317
Meet Information - contact Mark Schwartz - m schwartz@usa trackfield yahoo.com or 412-362-5511

PROOF OF AGE MAY BE REQUIRED: A valid drivers license or age verified 2008 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 22

Sunday, June 22

<table>
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<tr>
<th>Event</th>
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<tr>
<td>3000M Racewalk</td>
<td>110M Hurdles**</td>
<td>100M Hurdle Final</td>
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<tr>
<td>5000M Racewalk</td>
<td>3000M Run</td>
<td>110M Hurdle Final</td>
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<tr>
<td>4x400M Relay</td>
<td>5000M Run</td>
<td>400M</td>
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<tr>
<td>100M Trials</td>
<td>200M Trials**</td>
<td>200M Hurdles</td>
</tr>
<tr>
<td>100M Hurdles**</td>
<td>4x800M Relay</td>
<td>200M Final</td>
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</tbody>
</table>

400M Hurdles

FIELD EVENTS (as called):
Long Jump
Triple Jump
Pole Vault
High Jump
Shot Put
Discus
Javelin

2008 USATF East Region Open T&F Championship - July
Contact: phone:
email:

2008 USATF East Region Masters T&F Championship - July 19 Howard Community College - Columbia, MD
Contact Jerry Bookin-Weiner: phone: 410-740-1332 throwsguy@gmail.com

OPEN & MASTERS ENTRY FORM

Name ____________________________________________________________

Date of Birth ___/___/_____ Age_____

Address ________________________________________________________

City/Zip ________________________________________________________

Gender: Male / Female (circle one)

Division: Open / Master (circle one)

2008 USATF Memb # ___________________________ Club__________________

Please indicate your events:

100M Dash _____ 800M Run _____ 3000M RW _____ 80M Hurdles _______

200M Dash _____ 1500M Run _____ 5000M RW _____ 110M Hurdles _______ 4x100M Relay _______

400M Dash _____ 5000M Run _____ 300M Hurdles _____ 400M Hurdles _____ 4x400M Relay _______

Long Jump _____ Triple Jump _____ High Jump _____ Pole Vault _____ 4x800M Relay _______

Shot Put _____ Discus _____ Javelin _____ 4x200M Relay _______

In consideration of my being accepted for participation in the 2008 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 Gateway School District 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)
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 2008 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 6/6/08) $35.00
(forms postmarked by 6/20)
(every participant must pay this fee) add $10.00

Special Event Registration
Athletes' Recognition and Hall of Fame Dinner _______people at $15 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
5412 Courseview Dr., Suite 220, Mason, OH 45040
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

___ Badminton- Singles
___ Badminton- Doubles
___ Badminton- Mixed Doubles

___ 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

___ Pickleball

___ 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

___ 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 ________________________________

Compete in 2009 and leave your heart in San Francisco.
**Wendy’s Open**

**Pegasus Track Club**
**PO Box 2135, East Liverpool, OH 43920**
**330-386-9468**

**Date:** June 14, 2008  **Time:** 9:30 am  **Location:** Mangano Memorial Track at East Liverpool High School

Same day registration will close at 8:30 am no exceptions! Come early!

**Awards:**
(Age Groups 17 – 18 and under) Trophies for 1st place, Medals for 2nd and 3rd, Ribbons for 4th, 5th and 6th.
(Age Groups 19 – 29 and up) Medals for 1st, 2nd and 3rd places, Ribbons for 4th, 5th and 6th.

**Fee:**
- Pre-Registration by June 9th - $5.00 for 1st event, $1.00 for each additional event
- Late Registration - $8.00 for 1st event, $1.00 for each additional event

**Facilities:** Polytan 300 all-weather 8 lane track at high school, 100 Maine Blvd., East Liverpool, located just off St. Clair Ave. (turn at McKinnon Ave. red light to get to Maine Blvd.)

- ***Concessions, restrooms, covered bleachers and 1000+ seating on site***
- !!!!1/8" pyramid spikes only!!!!
- ********** Age determined by athlete’s age on Dec. 31, 2008. **********

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>LIMIT</th>
<th>FEE</th>
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<tr>
<td>4-6</td>
<td>50</td>
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<td>50 &amp; up</td>
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**NAME _________________________________**
**ADDRESS ________________________________**
**PHONE _______________________**
**AGE _______**
**DATE OF BIRTH _____________**
**AGE GROUP _____________**

CIRCLE SEX: MALE FEMALE

SCHOOL OR TRACK CLUB ________________________________

BY MY SIGNATURE, I RELEASE ANY AND ALL PEOPLE CONNECTED WITH THIS TRACK MEET AND THE PEGASUS TRACK CLUB, ALL WORKERS, OFFICIALS, VOLUNTEERS, THE EAST LIVERPOOL SCHOOL DISTRICT OR ANYONE ELSE CONNECTED TO THIS MEET I RELEASE ALL CLAIMS OF DAMAGE, ACTIONS, INJURIES OR DEATH IN ANY MANNER BEFORE, DURING OR AFTER MY/ MY CHILD’S PARTICIPATION IN THE TRACK AND FIELD MEET I CERTIFY THAT I AM LEGALLY BOUND HEREBY, I HAVE EXECUTED THIS RELEASE ON THE **8.** DAY OF MONTH **6** 2008

PARENT'S SIGNATURE REQUIRED

PLEASE NOTE: COPY OF BIRTH CERTIFICATE SHOULD BE ON HAND. MEET OFFICIALS CAN DENY PARTICIPATION IF NO PROOF OF AGE IS PROVIDED. **NO REFUNDS DUE TO INCLEMENT WEATHER**
Recreational Relays
Pegasus Track Club
PO Box 2135, East Liverpool, OH 43920
330-386-9468

Date: July 12, 2008 Time: 6:00 pm Location: Mangano Memorial Track at East Liverpool High School

Same day registration will close at 5:00 pm no exceptions! Come early!

Awards: Medals for 1st, 2nd, and 3rd places, Ribbons for 4th, 5th, and 6th

Fee: Pre-registration by July 7 - $5.00 for 1st event, $1.00 for each additional event.
Late registration - $8.00 for 1st event, $1.00 for each additional event
Fee applies to each member of relay team.

Facilities: Polytan 300 all-weather 8 lane track at high school, 100 Maine Blvd., East Liverpool, located just off St. Clair Ave. (turn at McKinnon Ave. red light to get to Maine Blvd.)

***Concessions, restrooms, covered bleachers and 1000+ seating on site***

!!!! 1/8" pyramid spikes only !!!!

********** Age determined by athlete’s age on Dec. 31, 2008. **********

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>LIMIT</th>
<th>EVENT</th>
<th>EVENT</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-6</td>
<td>circle 3</td>
<td>50</td>
<td>4x100</td>
<td>long jump</td>
</tr>
<tr>
<td>7-8</td>
<td>circle 3</td>
<td>200</td>
<td>4x400</td>
<td>800</td>
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<tr>
<td>9-10</td>
<td>circle 4</td>
<td>200</td>
<td>4x400</td>
<td>800</td>
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<tr>
<td>11-12</td>
<td>circle 4</td>
<td>200</td>
<td>4x400</td>
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<tr>
<td>13-14</td>
<td>circle 4</td>
<td>200</td>
<td>4x400</td>
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<tr>
<td>15-16</td>
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<td>200</td>
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<tr>
<td>17-18</td>
<td>circle 4</td>
<td>200</td>
<td>4x400</td>
<td>800</td>
</tr>
<tr>
<td>19-29</td>
<td>circle 4</td>
<td>200</td>
<td>4x400</td>
<td>800</td>
</tr>
<tr>
<td>30-39</td>
<td>circle 4</td>
<td>200</td>
<td>4x400</td>
<td>800</td>
</tr>
</tbody>
</table>

***Medley relay consists of the following 4 legs: 200, 200, 400 and 800 ***

NAME __________________________________________ ADDRESS ____________________________

PHONE _______________________ AGE _______ DATE OF BIRTH __________________ AGE GROUP __________________

CIRCLE SEX: MALE FEMALE SCHOOL OR TRACK CLUB ________________________________

BY MY SIGNATURE, I RELEASE ANY AND ALL PEOPLE CONNECTED WITH THIS TRACK MEET AND THE PEGASUS TRACK CLUB, ALL WORKERS, OFFICIALS, VOLUNTEERS, THE EAST LIVERPOOL SCHOOL DISTRICT OR ANYONE ELSE CONNECTED TO THIS MEET I RELEASE ALL CLAIMS OF DAMAGE, ACTIONS, INJURIES OR DEATH IN ANY MANNER BEFORE, DURING OR AFTER MY/ MY CHILD'S PARTICIPATION IN THE TRACK AND FIELD MEET. I CERTIFY THAT I AM LEGALLY BOUND HEREBY.

I HAVE EXECUTED THIS RELEASE ON THE ___________ DAY OF __________, 2008.

PARENT'S SIGNATURE REQUIRED ___________________________________________

PLEASE NOTE: COPY OF BIRTH CERTIFICATE SHOULD BE ON HAND.
MEET OFFICIALS CAN DENY PARTICIPATION IF NO PROOF OF AGE IS PROVIDED
**NO REFUNDS DUE TO INCLEMENT WEATHER**

YOU MUST FORM YOUR OWN RELAY TEAMS!!! RELAY TEAMS MUST BE TURNED IN BY A PARENT OR ADULT WITH THIS REGISTRATION FORM!

<table>
<thead>
<tr>
<th>Relay Team Members</th>
<th>Relay Team Members</th>
<th>Relay Team Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>
Cleveland West Road Runners presents the 34th

BAY DAYS RUN

5 Mile Race & 1 Mile Fun Run

Friday, July 4, 2008 at 8:30 A.M.

Race starts and finishes at Bay Village High School, 29230 Wolf Road.

Shirts designed by Hunter Liptrap & Evan Mutch—Bay High Art Students—to first 500 entrants!

Special Awards for the Fun Run! Plenty of refreshments!

Shirts designed by Hunter Liptrap & Evan Mutch—Bay High Art Students—to first 500 entrants!

Special Awards for the Fun Run! Plenty of refreshments!

Special thank you to Bay Village Police Dept., BV Board of Ed. and Denise Ross from BHS art, for help in making this race possible.

AWARDS: Overall Male/Female; Overall Master Male/Female; Top three finishers in age divisions (5-yr increments); Wheelers

AGE GROUP and OVERALL AWARDS WILL BE DISTRIBUTED IN THE FINISH LINE CHUTE.

No processing fee!

PREREGISTRATION: On-line at ACTIVE.COM until Friday, June 27, or by mail (must be received by Monday, June 30th)
5 Mile Race $20.00 open / $17.00 for CWRRC members
Students in 5-mile: 18 & under $5.00 with no shirt and $15 with shirt / 14 & under FREE no shirt and $10 with shirt
1 Mile Fun Run (14 and under)...Free (No SHIRT) .......$10.00 (With SHIRT)

High School Team Registration and Awards!! Ask your XC or Soccer Coach for details

** DISCOUNTED FEES and special registration forms available only through Coaches **

In-Person Preregistration and Race Packet Pick-Up: At Second Sole, 19341 Detroit Ave., Rocky River at the following times: Wednesday, July 2 from 12:00 noon to 9:00 p.m.; Thursday, July 3 from 10:00 a.m. to 6:00 p.m.

RACE DAY REGISTRATION: (starting at 7:30 a.m.)
5 Mile Race -- $23.00 open (no club member discount) / Students in 5-mile: 18 & under $5.00 with no shirt and $15 with shirt / 14 & under FREE no shirt and $10 with shirt
1 Mile Fun Run (14 and under)...Free (No SHIRT) .......$10.00 (With SHIRT)

** No processing fees when you register online at www.cwrrc.org **

Privacy: Cleveland West Road Runners does NOT distribute or sell participants’ information.

Additional Race Details and more information - go to www.cwrrc.org or email BayDays@cwrrc.org

Detach here and return

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including but not limited to; falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or inline skates, animals, and radio headphones are not allowed in the race and I will abide by this guideline. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to act on my behalf, waive and release the Cleveland West Road Runners Club, the Road Runners Club of America, the City of Bay Village, the Bay Village Board of Education, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Name: ____________________________

Address: ____________________________________________________________

City: ____________________________

State: __________ Zip Code: __________

Race Division: 5 MILE 1 mile Kids Fun Run

Gender: MALE / FEMALE Birthdate ______/_______/______ Age on Race Day: ________ WHEELER Division ________

T Shirt Size: Small MED LRG XL Email: ____________________________ Would you like periodic updates of CWRRC events/Races? Y / N

Telephone Number: ____________________________ Running Club Affiliation: ____________________________

Signature: ____________________________

Parent’s Signature: ____________________________ (PARENT’S SIGNATURE IF RUNNER IS UNDER 18 yrs)

Make check payable to: CWRRC/Bay Days and mail to: CWRRC, P.O Box 770844, Lakewood, Ohio 44107-0032

Date: ____________________________

Check# ____________________________

BIB # __________
37th Annual
Ontario Masters
Outdoor Track & Field Championships

Athletes 30 years of Age and Older
Toronto Track & Field Centre
York University
Sunday, June 29th, 2008

Awards;
OMTFA Championship medals to the first three in each age group 30-34 and up.
All competitors must beat a competitor or meet the posted OMTFA medal standards to be eligible for awards.

Results;
Complete results will be posted.
Medals will not be presented until the results are posted.

Facilities;
400m - 8 lane polyurethane track. Mondo jump approaches and Javelin runway.
Cement throwing circles. Adjustable Steeple barriers.

Directions;
York University Campus - 2nd entrance* west of Keele St. on the south side of Steeles Ave.
(*the NorthWest Entrance) There may be a fee for parking.

Hosted by;
The Ontario Masters Track & Field Association
Americans and other visitors to Canada are most welcome and eligible for medals.

Entry Deadline;
Entries must be received by Wednesday, June 25th.

Online entry available at; www.ontariomasters.ca

Schedule of Events - Subject To Change
Please check the Web Site for updates on the schedule;

<table>
<thead>
<tr>
<th>Track</th>
<th>Jumps</th>
<th>Throws</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00</td>
<td>Steeple</td>
<td></td>
</tr>
<tr>
<td>8:30</td>
<td>5000mRW</td>
<td>Hammer</td>
</tr>
<tr>
<td>9:00</td>
<td>Long Jump</td>
<td>followed by Weight</td>
</tr>
<tr>
<td>9:30</td>
<td>Pole Vault</td>
<td></td>
</tr>
<tr>
<td>10:00</td>
<td>5000m</td>
<td></td>
</tr>
<tr>
<td>10:30</td>
<td></td>
<td>Shot Put</td>
</tr>
<tr>
<td>11:00</td>
<td>100m</td>
<td>High Jump</td>
</tr>
<tr>
<td>11:30</td>
<td>800m</td>
<td></td>
</tr>
<tr>
<td>12:00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30</td>
<td></td>
<td>Javelin</td>
</tr>
<tr>
<td>1:00</td>
<td>110mH</td>
<td></td>
</tr>
<tr>
<td>1:30</td>
<td>200m</td>
<td>Triple Jump</td>
</tr>
<tr>
<td>1:45</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:15</td>
<td>1500m</td>
<td></td>
</tr>
<tr>
<td>2:30</td>
<td></td>
<td>Discus</td>
</tr>
<tr>
<td>3:00</td>
<td>400m</td>
<td></td>
</tr>
</tbody>
</table>

Notes;
Women’s sections first, followed by Men’s heats. Oldest to youngest.
All track events except the 100m and 200m are timed section finals.
Weights of implements and hurdle heights may not be to current WMA standards.
If a competitor has two conflicting events, they must inform the field judge that they will be competing in the track event.
The Jury Of Appeal will hold the final authority in any appeal or dispute.
When numbers justify, throws and jumps will take place in flights.
2008 Ontario Masters Outdoor Track & Field Championships
(please print)

Name ___________________________________ Age (June 29th) _____ M __ F __
First Last

Address _______________________________________

Birth (dd/mm/yr) ________________ Phone __________

Citizenship ___________________ OMTFA / CMAA / USATF Member __

Email Address __________________________________________________________

Club ________________________________________

Please check events & indicate seed times
- 5000m Walk
- 100m
- 200m
- 400m
- 800m
- 1500m
- 5000m
- Javelin
- Sprint Hurdles
- Steeplechase
- Long Jump
- Triple Jump
- High Jump
- Hammer
- Shot Put
- Weight Throw

Entry Fees;
First event @ $25.00...........
Each additional event... ...
Non Member fee (non OMTFA, CMAA or USATF) add $25.00
Cheque payable to the OMTFA Sorry, no refunds. US funds at par.

SANCTIONED AND REQUIRED BY:
THE ONTARIO MASTERS TRACK & FIELD ASSOCIATION
THE ONTARIO TRACK & FIELD ASSOCIATION
RELEASE, WAIVER AND INDEMNITY

I CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in the ONTARIO MASTERS OUTDOOR CHAMPIONSHIPS, for myself, my heirs, executors, administrators, successors and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE The Ontario Masters Track & Field Association and The Ontario Track & Field Association, the City of Toronto, and all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, successors and assigns OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason or my participation in the event, whether as a spectator, participant, competition or otherwise, whether prior to, during or subsequent to the event AND NOTWITHSTANDING that I may have been contributed to or occasioned by the negligence of any of the aforesaid.

FURTHER HEREBY UNDERTAKE to HOLD AND SAVE HARMLESS AND AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event. SUBMITTING this ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED to the above WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event.

Print Name
Signature

Mail to; Doug Smith
58 Newmarket Avenue
Toronto, Ont. M4C 1V9
416-699-5818 (10am-10pm)
douglassj.smith@sympatico.ca
Sorry - absolutely no phone or EMail entries accepted

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Event</th>
<th>Name</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>M40</td>
<td>SP</td>
<td>Len Olson</td>
<td>1961</td>
</tr>
<tr>
<td>M40</td>
<td>Hammer</td>
<td>Len Olson</td>
<td>1958</td>
</tr>
<tr>
<td>M50</td>
<td>5000m</td>
<td>Alex Oakley</td>
<td>1973</td>
</tr>
<tr>
<td>M50</td>
<td>Steeple</td>
<td>Roland Anspach</td>
<td>1983</td>
</tr>
<tr>
<td>M60</td>
<td>HJ</td>
<td>Ian Hune</td>
<td>1977</td>
</tr>
<tr>
<td>M50</td>
<td>TJ</td>
<td>Vido Kostric</td>
<td>1978</td>
</tr>
<tr>
<td>M50</td>
<td>Hammer</td>
<td>Gus Giagnogloy</td>
<td>1976</td>
</tr>
<tr>
<td>M50</td>
<td>5000m</td>
<td>Art Taylor</td>
<td>1978</td>
</tr>
</tbody>
</table>
2008 USA Masters Outdoor Track & Field Championships

2008 USA Masters Outdoor Track & Field Championships will be held August 7-10 at Community College - Spokane, Wash. The meet features athletes in age from 30-95+ in a display of speed, strength, and endurance for all ages. Track ranges from 100 meters to 10,000 meters, while field events include the full range of throws.

To be a 2008 USATF member to enter the Championships. If you do not have a 2008 membership, please complete a membership application first. You must also meet the requirements.

 Entries and Deadlines

<table>
<thead>
<tr>
<th>Event</th>
<th>Individual Events</th>
<th>Combined Event</th>
<th>Relay</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before 11:59 p.m. PT</td>
<td>1st event: $35+$10* 2nd event: $20 3rd event: $15 each add'l: $10</td>
<td>$35+$10*</td>
<td>--</td>
</tr>
<tr>
<td>Before 11:59 p.m. PT</td>
<td>additional $50</td>
<td>--</td>
<td>$40</td>
</tr>
</tbody>
</table>

* Entry fee for the first event includes the required National Masters Track & Field surcharge of $10 per athlete. Combined events do NOT count as the first event.
All fees are non-transferable and non-refundable. No entry will be considered completed unless it is accompanied by full payment of fees and all required documents (see below).

Tickets for the Athlete Dinner/Social ($28 each) may be purchased during the entry process. Athletes are encouraged to order their tickets during the online entry process.

**Entry Forms**

- Online individual entry
  - You also may update your mark(s) and affiliation before the close of entries
- Online club batch entry
  - You also may update your athletes' mark(s) before the close of entries
- Printable individual entry (PDF)

Online entries must be paid for by credit card (Visa - the only card accepted by USATF) or electronic funds transfer ("electronic check"). Paper entries must be paid for by check or money order. Please make checks payable to "Spokane Sports Commission."

**Other Required Documents**

- Verification of Age (a copy of your birth certificate or passport)
  - **If entering online:** if your entry status is showing as "info needed" on the status of entries page, you must fax or mail a copy of your proof-of-age document--with your membership number written on it--to the USATF National Office:

    Fax: 317-261-0481 -- attention: Masters Championships
    Address: USA Masters Championships, 132 East Washington Street, Suite 800, Indianapolis, IN 46204

  - **If entering by paper:** athletes entering by mail must attach a copy of their proof-of-age document to the entry form.
USATF also recommends athletes bring a copy of their proof-of-age document to packet pick-up as a back-up measure—a proof-of-age document is required prior to receiving competitor packets.

Athletes will not be considered to be entered into the meet until ALL required documents have been received. Athletes missing required documents will be listed as "info needed" on the Status of Entries page of the USATF website until all such documents are received.

Entry Process

- Online is the preferred method of entry.
- A 2008 USATF membership is required to enter online (please join online if you are not a member).
- To enter the Championships, you will be required to provide your 2008 USATF membership number and password (click here to retrieve your password if you don't know it).
- For entries close to the deadlines: although we will make every reasonable effort, we cannot guarantee responses to requests for passwords. Please do not wait until the last minute to enter!
- To enter online without an entry mark, put "NT" or "NM" (without the quotes) in the Mark box during the entry process.
- After completing your entry online, if your entry is showing "Info needed" on the status of entries page, please fax a copy of your birth certificate or the Information page of your passport—with your membership number written on it—to the USATF National Office at 317-261-0481.
- Non-U.S. citizens who live outside the United States: Entries must be submitted using the printable individual entry form (PDF). Online entries are not available. Please note that your name will not appear on the Status of Entries page for the Championships. You may confirm your entry by sending an e-mail to Marla Emde. Please allow 2-3 weeks for processing before sending a request for your entry confirmation.
Mailing Address

Mail paper entries and fees to:

Spokane Regional Sports Commission
Attn: USA Masters T&F Champs.
801 W. Riverside Ste. 510
Spokane, WA 99201

JEFF GERSON HANDS OFF TO DICK MANN IN THE 4X100
AT LAST YEAR'S NATIONAL CHAMPIONSHIP
2008 USA MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS
August 7-10, 2008
Spokane Falls Community College, Spokane, Washington

Name: ____________________________________________
Street Address: __________________________________
City: __________________________ State: ____________ Zip: ____________
Phone: ______________________ Email: __________________________

2008 USATF Membership [ ] Required for U.S. citizens
USATF Club Affiliation: [ ] Yes
Check if you wish to represent the club that is part of your member profile

Date of Birth: __________/________/________ Age ______
Gender: M F Citizenship: ____________________________
Month day year as of August 7, 2008

Hometown Media: ____________________________________________________________________________

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

<table>
<thead>
<tr>
<th>Events (on time entries must be postmarked 7/24/08)</th>
<th>Best Performance (As of 2007/2008)</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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<td>$20</td>
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<td>3</td>
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<td>5</td>
<td></td>
<td>$10</td>
<td>$10</td>
</tr>
<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>USATF Masters Committee Fee (Required)</td>
<td></td>
<td></td>
<td>$10</td>
</tr>
<tr>
<td>Late fee (for entries received July 25-30, 2008)</td>
<td></td>
<td></td>
<td>$50</td>
</tr>
<tr>
<td><strong>On-time entries must be received on or before July 24</strong></td>
<td></td>
<td></td>
<td>$50</td>
</tr>
<tr>
<td><strong>No entries accepted if received after July 30</strong></td>
<td></td>
<td></td>
<td>$50</td>
</tr>
<tr>
<td>Championship Supporter for Official's Fund (Optional)</td>
<td></td>
<td>$15</td>
<td>$15</td>
</tr>
<tr>
<td>Championship Program with heat sheets</td>
<td></td>
<td>$ 5</td>
<td>$ 5</td>
</tr>
<tr>
<td>Northern Quest Casino North West Classic Buffet: Saturday, August 9, 2008</td>
<td></td>
<td>$28/ea.</td>
<td>$28/ea.</td>
</tr>
<tr>
<td>Roasted Prime Rib or Broiled Pacific Salmon, Salad Greens, Potato, Fresh Vegetables, and Assorted Desserts (Cash Bar, Musical Entertainment)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Amount</td>
<td>$</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 payable to: Spokane Regional Sports Commission
Mail to: SRSC, Masters T&F, 801 W. Riverside Ste. 510, Spokane, WA 99201

WAIVER/RELEASE: I am of the stated age on this application. I absolutely relieve USA Track & Field, Inc., Spokane Regional Sports Commission, Spokane Falls Community College, Gonzaga University, 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 2008 USA Masters Outdoor Championships. I also verify that I am a member of USA Track & Field for the year 2008. By entering this competition, I grant USA Track & Field, Inc. a limited license to use my name, likeness, image, voice, video, athletic performance, biographical and other information, in any format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the sport of Athletics. In no event, however, will such usage constitute an endorsement of any product or service without my specific written consent.

Signature __________________________________ Date ____________________________