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Rex HARVEY

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PENT.
LJ 4:95
JT 38.15
200 28.4
DT 133' 15"
1500 6:21

OHIO ASSOCIATION OF USATF PENTATHLON / TRIATHLON CHAMPIONSHIPS 19TH ANNUAL WOLFPACK PENTATHLON Columbus, Ohio, May 26, 1996

MEET: You are invited to participate in the 19th Annual Wolfpack Pentathlon Track Meet. This is a multi-event oriented meet that features Ohio USATF Pentathlon and Triathlon Championships for 14 and under and 19 and over athletes. The NFSHSA pentathlons are available for athletes 15-18. Special Wolfpack triathlons cover the entire spectrum of sprinting, running, jumping, throwing, and race walking. The weight pentathlon and the individual event 56 lb weight throw are scheduled. This meet is the Ohio Association Junior Olympics Multi-event qualifier to Regionals for youth 14 and under.

DATE / TIME: Sunday, May 26, 1996, 12:00 noon - 6:00 pm **INFORMATION:** [614] 459 - 2547

PLACE: Upper Arlington High School Athletic Field and Track, 1650 Ridgeview Rd, Upper Arlington, OH.
Located two miles northwest of the main OSU campus in Northwest Columbus.

HOSTS: Wolfpack Track Club and Scioto Track Club **ACKNOWLEDGEMENT:** Coach Irv Mitchell, ScTC

SANCTION: Ohio Association of USATF -- event subject to the USATF drug testing program.

ELIGIBILITY: Open to all amateur athletes. USATF card numbers are required for the Ohio USATF Championship events. For information, write OTF, PO Box 5848, Dayton, OH 45405.

MULTI-EVENTS: (males, females)	USATF Youth Triathlons	HS Pentathlons	Decathlon I
	USATF Youth Pentathlons	Jump Triathlon	Weight Triathlon
	USATF Adult Pentathlons	Dash Triathlon	Racewalk Triathlon
	USATF Weight Pentathlon	Run Triathlon	

INDIVIDUAL EVENTS: See chart on back of this page. Note hurdle details for youth and masters.

SCORING: IAAF scoring tables and supplementary tables as specified in the 1996 USATF Rulebook.

ENTRY FEES: Youth (Born 1978 or later): triathlon - \$7.00, pentathlon - \$10.00
Adults (Born 1977 or before): \$3.00 / T&F event, triathlon - \$9.00, pentathlon - \$15.00

ENTRY DEADLINE: 8:00 pm, Wednesday, May 22, 1996 **ATHLETE NUMBERS:** To be worn by all participants

LATE REGISTRATION: 9:30 - 11:00 am on the day of the meet. A \$2.00 late fee will be added.

LATE PROCEDURE: Late entries are discouraged. You will be asked to take your late entry slips to the head event officials. We plan to start on time and not wait for you!

CHECKS PAYABLE TO: John White, Wolfpack Track Club, 4865 Arthur Place, Columbus, Ohio 43220

AGE DETERMINATION: Youth - December 31, 1996; Adults - May 26, 1996

AGE GROUPS: Youth - PeeWee (born 1988-89), Bantam (born 1986-87), Midget (born 1984-85), Youth (born 1982-83), Intermediate (born 1980-81), Young Men / Women (born 1978-79).
Adults - 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74,....., 95-99

TRACK: Resurfaced, 8-lane, all-weather, metric track, 1/4" spikes. **FACILITIES:** Refreshments, water, toilets.

INDIVIDUAL AWARDS: Medals to the top 3 and large ribbons to the next seven in each multi-event. Small ribbons awarded to the top ten finishers in each individual event.

AWARD CEREMONIES: Multi-event results take 60-90 minutes to prepare following the final event. Plan to eat a snack while waiting. Special considerations are not available.

MULTI - EVENT COMPETITIONS

Divisions (Females / Males)	Nominal Ages	Event Sponsor	Individual Events (All Race Distances Are In Meters)
Pee Wee	7 - 8	Wolfpack	Girls - 200, SP (6 lb), HJ --- or ---
Bantam	7 - 10	OTF / JO	Boys - 400, SP (6 lb), HJ
Midget	11 - 12	OTF / JO	Girls - 80 HURD (30"), SP (6 lb), HJ, LJ, 800 --- or --- Boys - 80 HURD (30"), SP (6 lb), HJ, LJ, 1500
Youth	13 - 14	OTF / JO	Girls - 100 HURD (30"), SP (6 lb), HJ, LJ, 800 --- or --- Boys - 100 HURD (33"), SP (4 kg), HJ, LJ, 1500
Intermediate and Young Men / Women	15 - 16 17 - 18	NFSHSA	Girls - 100 HURD (33"), SP (4 kg), HJ, LJ, 800 --- or --- Boys - HJ, LJ, 200, DT (1.6 kg), 1500
Open & Masters Track Event OTF Championships	15 & Over	OTF	Women - 100 HURD (33"), SP(4 kg), HJ, LJ, 800 --- or --- Men - LJ, JT (800 gm), 200, DT (2.0 kg), 1500
Open & Masters Weight Event OTF Championships	15 & Over	OTF	Women & Men - HT, SP, DT, JT, WT --- [standard USATF implements per age group] (56 lb WT is an additional individual event)
Field	10 & Under 11 - 12	Wolfpack	--- LJ, SP (6 lb), HJ --- SP (6#), LJ, DT (1.0 kg)
Throwing	13 & Over	Wolfpack	--- JT, DT, SP [standard USATF implements]
Jumping	11 & Over	Wolfpack	--- HJ, LJ, TJ
Race Walking	12 & Under 13 & Over	Wolfpack	--- 1500, 800, 400 --- 3000, 1500, 800
Sprinting	7 & Over	Wolfpack	--- 400, 200, 100
Running	10 & Under 11 & Over	Wolfpack	--- 1500, 800, 400 --- 3000, 1500, 800
Decathlon I	15 & Over	USATF	--- 100, LJ, SP, HJ, 400

- NOTES: (1) The purely jump and throw multi-events will have six trials. All other multi-events will have three trials.
- (2) The HT and WT will be conducted at another location (HT starts at 10:30 am).

ADDITIONAL INFORMATION

Directions: From the east, west, or (south) of Columbus, take I-70 (I-71) to northbound SR 315 on the near west (south) side of Columbus. From the north of Columbus, take US 23 or I-71 to I-270 and then go west to southbound SR 315. Exit SR 315 at Lane Av, just north of Ohio State University. Proceed west to North Star, north to Zollinger, and west to Holyoke. At Holyoke turn south and enter the parking lot on the right side between the Upper Arlington High School buildings and the athletic field containing the track facility.

Measurements: This meet requires metric measurements for use with the IAAF scoring tables. Conversions are avoided to minimize scoring errors. Please do not ask the officials to make conversions for you. Learn to make them for yourself. Conversion tables can be purchased.

ALL USATF SANCTIONED COMPETITIONS ARE SUBJECT TO DRUG TESTING

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 will 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 Hotline at 1-800-233-0393. [TAC Memo, 1/27/87] *This notice does not mean that this track meet has been selected for actual drug testing.*

19TH ANNUAL WOLFPACK PENTATHLON TRACK MEET

MAKE CHECKS PAYABLE TO: JOHN WHITE, WOLFPACK TRACK CLUB

MAIL CHECKS WITH ENTRY FORMS TO: JOHN WHITE [614] 459-2547 (H)
4865 ARTHUR PLACE
COLUMBUS, OH 43220

INDIVIDUAL ENTRY FORM

NAME: _____ GENDER: _____ PHONE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

AGE AS OF 5-26-96: _____ CLUB: _____ DATE OF BIRTH: _____

1996 USATF #: _____ [REQUIRED IF ENTERING AN OHIO USATF CHAMPIONSHIP]
(LIMIT SIX EVENTS PER ADULT ATHLETE; PLEASE OBSERVE USATF AGE GROUP STANDARDS)

CHECK THE MULTI - EVENT TO BE ENTERED:

___ TRACK TRIATHLON (200, SP, HJ, 10&U)
(400, SP, HJ, 10&UB) ___ TRACK PENTATHLON (SEE INFO FORM, 11&O) ___ DECATHLON, DAY 1 (100, SP, LJ, HJ, 400)

___ RUNNING TRIATHLON (1500, 800, 400, 10&U)
(3000, 1500, 800, 11&O) ___ RACE WALK TRIATHLON (1500, 800, 400, 12&U)
(3000, 1500, 800, 13&O) ___ FIELD TRIATHLON (HJ, LJ, SP, 10&U)
(LJ, SP, DT, 11-12)

___ SPRINTING TRIATHLON (400, 200, 100, ALL) ___ JUMPING TRIATHLON (HJ, LJ, TJ, 11&O) ___ WEIGHT TRIATHLON (SP, DT, JT, 13&O)

___ WEIGHT PENTATHLON (HT, SP, DT, JT, WT) NOTE: HT starts at 10:30 am ___ 56 LB WT THROW

NOTE: PLEASE CONTACT THE MEET DIRECTOR FOR CLUB ENTRY FORMS.

ATHLETIC RELEASE

IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY, I HEREBY FOR MYSELF, AND MY HEIRS, EXECUTORS AND ADMINISTRATORS WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES THAT I MAY HAVE AGAINST WOLFPACK TRACK CLUB, ITS OFFICERS, MEMBERS, AND MEET OFFICIALS FOR ANY AND ALL INJURIES SUFFERED BY ME OR MY CHILD (ATHLETE) IN THIS MEET. I FURTHER ATTEST THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR COMPETITION IN THE EVENTS I AM ENTERING. I AM AWARE OF THE USATF PROGRAM FOR DRUG TESTING OF ATHLETES.

SIGNATURE _____ DATE _____

(PARENT'S OR COACH'S SIGNATURE IS REQUIRED IF CONTESTANT IS UNDER 18 YEARS OLD)

MAY

1996 WOLFPACK SPRING MEET

ONLY REX'S ~~TO~~ RESULTS

1996 WOLFPACK PENT
19TH ANNUAL



INQUIRY FROM MACHINE DESIGN

R J HARVEY TECH SUPP ENGR
PARKER HANNIFIN CORP
GTFSD-MS/1001
17325 EUCLID AVE
CLEVELAND OH 44112