

Over the Hill Track Club

Eighth Annual Norm Bower Memorial Weight Pentathlon

Saturday, September 18, 2004
Kent State University, Kent, Ohio 44242
11:00 a.m. to 4:00 p.m.
Tele: 440 954 8122 Rex Harvey
Jeff Gerson 440 473-0636

All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue Bower's daughter, born October 31, 1995

Over the Hill Track Club is once again sponsoring a fund-raising weight pentathlon in honor of Norm Bower, who passed away September 12, 1997. Norm Bower was much loved as a friend and a competitor in the weight events. He was joyful, bright, easy going, with a wonderful sense of humor. He supported every thrower who competed in the weights, no matter the skill level. Our track meets and our lives are brighter, more fun because of Norm, and the Club wishes to remember him and his family with this annual weight pentathlon held in his honor.

All meet fees, less awards expenses, and all donations included with meet fees will be contributed to an education fund for Emma Rose Bower, born October 31, 1995, Norm and Sue Bower's daughter, and the sister of Brent Bower.

Date, Time, & Sequence of Events: 11:00 a.m. to 4:00 p.m. Hammer, shot put, discus, javelin, and weight in that order.

NOTE: In order to qualify legally for an official record in the weight pentathlon, you **must** throw the events in exactly this order: hammer, shot put, discus, javelin, and weight.

Host site: Kent State University, Kent, Ohio 44242; map and written directions available upon request.

Events & Weights by Age: Weight pentathlon (hammer, shot put, discus, javelin, and weight) or individual weight events. See attached Ages / Implements Specifications@ list. For the weight throw, where both WAVA and USATF specifications appear, we will use the WAVA standards, if the appropriate weight implement is available. We will throw by the age groups represented on the list. Some age groups will be combined to fill out flights.

Sanction & Rules: This is a USATF Sanctioned Meet. USATF rules which specify WAVA implements.

Number of Attempts per Event: 3 for the five-event weight pentathlon; 6 for individual events only.

Awards: Yes

Facilities: Javelin to be thrown from an all-weather surface onto grass; all other throws from concrete surfaces onto a grass playfield.

Other Facilities: Restrooms in adjacent Ice Rink, no showers.

Fee, Donations, Mailing Information: All meet fees, less awards expenses, and donations included with meet fees will be contributed to the education fund set up in 1997 for Emma Rose Bower. OTHTC encourage all those who are able to donate beyond the entry fee amount. OTHTC also encourages those who are not going to compete to remit a donation for this worthy cause. Note the donation amount on the bottom left-hand memo section of your check. Your check is your receipt. The Bower family will receive a list of the names and addresses of all attendees and contributors, unless donors specify that their gifts be anonymous.

\$20 for the weight pentathlon, and \$5 per event if throwing four or fewer events. No refunds for no-shows. Make out checks to Over the Hill Track Club.

Mailing Instructions: Mail application with check made out to Over the Hill Track Club to: Rex Harvey, Over the Hill Track Club, 6744 Connecticut Colony Circle, Mentor, OH 44060; or Jeff Gerson, Over the Hill Track Club, 5091 Hickory Drive, Lyndhurst, OH 44124

Waiver: Signature required on attached meet application form.

Questions: Call Rex Harvey; 440-954 8122 or Jeff Gerson, 440-473-0636

***The Eighth Annual
Norm Bower Memorial Weight Pentathlon***

Sponsored by: Over the Hill Track Club
Saturday, September 18, 2004; 11:00 a.m. to 4:00 p.m.
Kent State University, Kent, Ohio
Phone: Rex Harvey 440-954-8122
Jeff Gerson 440 473-0636

All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue's daughter, born October 31, 1995

REGISTRATION FORM

Name _____ Gender _____ Phone _____

Address _____ City _____ State _____ Zip _____

Date of birth _____ Your age as of 9/20/03 _____ Your club _____

E-Mail _____

Events you wish to enter:

Fee: \$20 for the weight pentathlon, and \$5.00 per individual event if throwing four or fewer events. No refunds for no-shows. Make checks payable to Over the Hill Track Club.

_____ Weight pentathlon (hammer, shot, discus, javelin, & weight)

Individual events only: _____ Hammer _____ Shot put _____ Discus _____ Javelin _____ Weight

NOTE: In order to qualify legally for an official record in the weight pentathlon, you **must** throw the events in exactly this order: hammer, shot put, discus, javelin, and weight and only first 3 throws count.

I will not be competing, but I elect to make a donation of \$ _____ (my check is enclosed).

Please bring your own implements. Although we will have a number on hand, we cannot guarantee that we will have all implements for all age groups.

Mail this registration form, along with your fee and/or donation check or money order made payable to Over the Hill Track Club, to: Rex Harvey, Over the Hill Track Club, 6744 Connecticut Colony Circle, Mentor, OH 44060; Tel: 440-954-8122.

Waiver for All Events: In consideration for acceptance of my entry into the OTHTC Sixth Annual Norm Bower Memorial Weight Pentathlon, I do hereby for myself and anyone entitled to act in my behalf, waive and release the Over the Hill Track Club, Cleveland, Ohio, Kent State University, Kent, Ohio, USATF, and all sponsors, their representatives and successors from all claims or liabilities of any and all damages which may be sustained or suffered by me in my connection with entry in, or arising out of my traveling to, participating in, and returning from my participation in this meet.

Athlete's signature: _____ Date: _____

Printed name: _____

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

Printed name: _____

NOTICE: All athletes who participate in this competition may be subject to formal drug testing in accordance with USA Track & Field and IAAF Regulations. 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 OVER-THE-COUNTER MEDICATIONS MAY CONTAIN BANNED SUBSTANCES. INFORMATION REGARDING DRUGS AND DRUG TESTING MAY BE OBTAINED BY CALLING THE USOC HOT LINE.**

Norm Bower Memorial Weight Pentathlon
Kent State University, Kent, Ohio - 9/18/2004
Results - Weight Pentathlon

M1-104 Weight Pentathlon

	Points	HT	SP	DT	JT	WT
----- M17-18 -----						
1 Jonathon Jones		26.60m	11.64m	28.88m	38.40m	10.16m
Unattached		87-03	38-02.25	94-09	126-00	33-04
Age-Graded Mark:		26.60m	11.64m	28.88m	38.40m	10.16m
Age-Graded Percent:		30.67%	50.35%	38.98%	38.99%	39.29%
M18	2203	(296)	(585)	(442)	(419)	(461)
----- M50 -----						
1 Gary Sutton		33.94m	10.41m	30.54m	34.63m	12.40m
Unattached		111-04	34-02	100-02	113-07	40-08.25
Age-Graded Mark:		39.56m	11.93m	30.54m	44.29m	13.79m
Age-Graded Percent:		45.61%	51.64%	41.23%	44.97%	53.33%
M50	2753	(505)	(602)	(475)	(505)	(666)
----- M55 -----						
1 Jeff Gerson		14.26m	6.25m	18.37m	18.91m	6.11m
Unattached		46-09	20-06.25	60-03	62-00	20-00.5
Age-Graded Mark:		18.52m	7.96m	20.17m	26.58m	7.39m
Age-Graded Percent:		21.36%	34.44%	27.24%	27%	28.6%
M57	1366	(169)	(364)	(275)	(251)	(307)
----- M60 -----						
1 Mickey Bitsko		43.05m	11.68m	38.34m	27.30m	14.45m
Unattached		141-03	38-04	125-09	89-07	47-05
Age-Graded Mark:		60.51m	14.83m	43.06m	40.41m	16.46m
Age-Graded Percent:		69.77%	64.18%	58.13%	41.04%	63.66%
M61	3624	(851)	(779)	(727)	(448)	(819)
2 John Sloan		28.32m	9.11m	29.26m	32.13m	10.36m
Unattached		92-11	29-10.75	96-00	105-05	34-00
Age-Graded Mark:		39.81m	11.57m	32.86m	47.56m	11.80m
Age-Graded Percent:		45.9%	50.05%	44.37%	48.3%	45.64%
M63	2716	(509)	(580)	(521)	(553)	(553)
3 Abe Sheinker		22.90m	6.68m	20.21m	14.24m	7.62m
Unattached		75-01	21-11	66-04	46-09	25-00
Age-Graded Mark:		32.19m	8.48m	22.69m	21.08m	8.68m
Age-Graded Percent:		37.12%	36.7%	30.64%	21.41%	33.57%
M64	1659	(386)	(395)	(323)	(176)	(379)
----- M65 -----						
1 Jack Kuhns		32.88m	11.19m	36.46m	31.30m	12.89m
Unattached		107-10	36-08.5	119-07	102-08	42-03.5
Age-Graded Mark:		52.12m	16.47m	45.62m	51.63m	16.26m
Age-Graded Percent:		60.09%	71.23%	61.59%	52.43%	62.88%
M65	3792	(712)	(880)	(780)	(613)	(807)

Norm Bower Memorial Weight Pentathlon
Kent State University, Kent, Ohio - 9/18/2004
Results - Weight Pentathlon

W1-104 Weight Pentathlon

	Points	HT	SP	DT	JT	WT
----- W55 -----						
1 Mary Hartzler		38.29m	10.20m	29.42m	24.52m	11.32m
Unattached		125-07	33-05.75	96-06	80-05	37-01.75
Age-Graded Mark:		52.62m	15.49m	42.21m	37.88m	15.39m
Age-Graded Percent:		69.19%	67.02%	54.96%	51.89%	65.24%
W55	4035	(991)	(894)	(697)	(627)	(826)
----- W75 -----						
1 Bernice Holland		18.98m	6.57m	18.09m	15.87m	7.03m
Unattached		62-03	21-06.75	59-04	52-01	23-00.75
Age-Graded Mark:		43.20m	16.07m	42.87m	40.86m	13.33m
Age-Graded Percent:		56.81%	69.52%	55.82%	55.98%	56.51%
W77	3806	(782)	(933)	(710)	(684)	(697)

F77 HTAS

$$\frac{18.98}{30.98} = 61.26\%$$

~~$$\frac{18.98}{33.41} = 56.81$$~~

Norm Bower Memorial Weight Pentathlon
Kent State University, Kent, Ohio - 9/18/2004

Results - 2003 Norm Bower Weight Pentathlon - Age Grading: 1 Yr Indiv & 5 yr Multi

W55 Shot Put

Name	Age Team	Finals	Age-Grading
1 Mary Hartzler 10.69m PASS	W55 Unattached PASS	10.69m 35-01.00	16.23m 70.24%

W75 Shot Put

Name	Age Team	Finals	Age-Grading
1 Bernice Holland 6.65m PASS	W77 Unattached PASS	6.65m 21-10.00	17.44m 75.48%

M45 Shot Put

Name	Age Team	Finals	Age-Grading
1 Frank Makozy 8.98m 8.60m 8.28m 8.69m 8.81m 8.88m	M47 Unattached	8.98m 29-05.50	10.44m 45.17%

M60 Shot Put

Name	Age Team	Finals	Age-Grading
1 Ken Mallory 8.60m 8.61m 9.00m 8.73m 8.84m 8.85m	M60 Unattached	9.00m 29-06.50	11.43m 49.45%
-- John Sloan FOUL PASS PASS	M63 Unattached	FOUL	

M65 Shot Put

Name	Age Team	Finals	Age-Grading
1 Jack Kuhns 11.03m 10.83m 11.10m	M65 Unattached	11.10m 36-05.00	16.33m 70.66%

M45 Discus Throw

Name	Age Team	Finals	Age-Grading
1 Frank Makozy 27.59m FOUL 26.78m 26.15m 27.39m 27.03m	M47 Unattached	27.59m 90-06	30.17m 40.73%

M60 Discus Throw

Name	Age Team	Finals	Age-Grading
1 Ken Mallory 36.18m 33.03m 34.91m 36.56m FOUL 37.21m	M60 Unattached	37.21m 122-01	41.79m 56.42%

M65 Discus Throw

Name	Age Team	Finals	Age-Grading

Norm Bower Memorial Weight Pentathlon
Kent State University, Kent, Ohio - 9/18/2004

Results - 2003 Norm Bower Weight Pentathlon - Age Grading: 1 Yr Indiv & 5 yr Multi

....M65 Discus Throw

1 Jack Kuhns	M65 Unattached	36.72m	120-06	45.95m	62.03%
FOUL 35.33m	36.72m				

W55 Hammer Throw

Name	Age Team	Finals	Age-Grading
-- Mary Hartzler	W55 Unattached	FOUL	
FOUL PASS PASS			

M50 Hammer Throw

Name	Age Team	Finals	Age-Grading Points
-- Gary Sutton	M50 Unattached	FOUL	
FOUL PASS PASS			

M60 Hammer Throw

Name	Age Team	Finals	Age-Grading Points
1 Mickey Bitsko	M61 Unattached	41.84m	137-03 60.32m 69.54%
41.84m PASS PASS			
2 Abe Sheinker	M64 Unattached	21.89m	71-10 33.91m 39.10%
21.89m PASS PASS			

M65 Hammer Throw

Name	Age Team	Finals	Age-Grading Points
1 Jack Kuhns	M65 Unattached	33.03m	108-04 52.36m 60.36%
FOUL 33.03m FOUL			

M17-18 Javelin Throw

Name	Age Team	Finals	Age-Grading
1 Jonathon Jones	M18 Unattached	37.10m	121-09 37.10m 37.67%
34.75m 37.10m 37.07m			

M45 Javelin Throw

Name	Age Team	Finals	Age-Grading
1 Charlie Green	M46 Unattached	55.40m	181-09 69.37m 70.44%
53.33m 53.75m 54.48m 52.75m 55.34m 55.40m			
2 Frank Makozy	M47 Unattached	33.20m	108-11 42.36m 43.02%
FOUL 29.56m 31.51m 32.40m 33.20m 31.97m			

M60 Javelin Throw

Name	Age Team	Finals	Age-Grading
1 Ken Mallory	M60 Unattached	33.00m	108-03 48.85m 49.61%
FOUL 29.83m 30.50m 32.00m 33.00m 31.20m			

**Norm Bower Memorial Weight Pentathlon
Kent State University, Kent, Ohio - 9/18/2004**

Results - 2003 Norm Bower Weight Pentathlon - Age Grading: 1 Yr Indiv & 5 yr Multi

...M60 Javelin Throw

-- John Sloan M63 Unattached FOUL
FOUL PASS PASS

M65 Javelin Throw

Name	Age	Team	Finals	Age-Grading
-- Jack Kuhns	M65	Unattached	FOUL	
			FOUL	PASS PASS

W55 Weight Throw

Name	Age	Team	Finals	Age-Grading
1 Mary Hartzler	W55	Unattached	11.29m 37-00.50 15.35m 65.07%	
			x x x 11.29m	FOUL FOUL

M50 Weight Throw

Name	Age	Team	Finals	Age-Grading
-- Gary Sutton	M50	Unattached	FOUL	
			x x	FOUL PASS PASS

M60 Weight Throw

Name	Age	Team	Finals	Age-Grading
1 John Sloan	M63	Unattached	10.62m 34-10.25 12.87m 49.79%	
			x x 10.26m 10.62m	FOUL

M65 Weight Throw

Name	Age	Team	Finals	Age-Grading
-- Jack Kuhns	M65	Unattached	FOUL	
			x x x	FOUL FOUL FOUL

OFFICIAL

HYPER OPERATOR

THROWS JUDGE

2004 NORM BOWER WT. PENTATHLON

18 SEP 04
KENT, OH

2004