Over the Hill Track Club

Eighth Annual Norm Bower Memorial Weight Pentathlon

Saturday, September 17, 2005 Kent State University, Kent, Ohio 44242 11:00 a.m. to 5:00 p.m. Tele: Rex Harvey 440 954 8122 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 approx. 5:00 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 field.

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

Event 1 Weight Pentathlon: #2 M1-104 Shot Put Flight 1 of 1

			Attempt 1	Attempt 2	Attempt 3					Best	Place
	Raymond Bzibziak M51 Unattached	#29 ND	10.14	10.21	10.21	10.31	10.24	10.56			
	Abe Sheinker M65 Unattached	#17 ND	5,82	6.26	6.28						
`	Dave Servis M66 Unattached	#30 ND	6.69	6.90	(Foor)				ſ		harth.
	Gary Sutton M51 Unattached	#15 ND	10.24	FOOT)	F Sec)						
5	Len Olsen M74 Unattached	#28 ND	9.56	(Foat)	9.09	9.40	9.51	9.91		4	
6	Joe Meyers M53 Unattached	#22 ND	13.60	13.64	13.45	13.05	13,71	13,87			
7	6 Lesan		5,90	5.82	5.45						
3	RAGON 55		10.15	10.55	10.21	9.25					
9	SLOAN		9.15	9.06	9.30	9.26					
0	MAKOZY		8.80	8.87	(FOAT)	8.94	894	8.92			
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Event 2 Weight Pentathlon: #2 W1-104 Shot Put Flight 1 of 1

Event 2 Weight Pentathlon: #2		Attempt 2	T					Best	Place
1 Don Ragon W60 #3 Unattached Harane 8 N	31 _		5.86	5.97			,	DUST	, acc
2 Carol Young W65 #2 Unattached N	/))	(FOOT)	7.33				-		
3 Katy Felkner W74 #2 Unattached N	27 D 6.46	6.46	6.16	6.02	6.28	6.44			
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Event 1 Weight Pentathlon: #1 M1-104 Hammer Throw Flight 1 of 1

			Attempt 1	Attempt 2	Attempt 3					Best	Place
	Joe Meyers M53 Unattached	#22 ND	F SECTOR	27.30		31.02	27.79	29.80	2		
,	Dave Servis M66 Unattached	#30 ND	14.53	15.42	14.78						
	Raymond Bzibziak M51 Unattached	#29 ND	27.96	28.45	29.25	24,99	29.44	28.15			
	Gary Sutton M51 Unattached	#15 ND	F SECTOR	28.80	31.32						
	Len Olsen M74 Unattached	#28 ND	F SECTOR	26.14	30.02	27.49	Foot	F SCETOR			
Ó	Abe Sheinker M65 Unattached	#17 ND	23,25	F SETON	24.82	-					
	JOHN SCORM	S	26.18	26.56	Steren	Feed					
3	JEFF GRESON MS		12.14	14.20	F Storal						
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Event 2 Weight Pentathlon: #1 W1-104 Hammer Throw Flight 1 of 1

			Attempt 1	Attempt 2	Attempt 3					Best	Place
1	Katy Felkner W74 #2 Unattached NI	7		14.84		F Sterd	of sterol	14.67			
2	Carol Young W65 #2 Unattached NI		34,48	35.12	SECTOR				-		
<	Don Ragon W60 #3 Unattached NI	-									
	BERNICE HOLLAND W78		Faar	17.35	16.98	19.16	oppin har cityliness schoolsess			-	
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Event 1 Weight Pentathlon: #3 M1-104 Discus Throw Flight 1 of 1

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D 0 1 1///	112.0	Attempt 1	Attempt 2	Attempt 3					Best	Plac
Unattached	#30 ND	22.74	23.95	23.78				_		
Raymond Bzibziak M51 Unattached	#29 ND	31.29	35.12	33,38	(FOOT)	35,83	31,30		7	
Joe Meyers M53 Unattached	#22 ND	33,49	34.68	33,45	34.80	32,39	(Sec.)			
Abe Sheinker M65 Unattached	#17 ND	16.63	18.27	F SEC.						
Gary Sutton M51 Unattached	#15 ND	29.76	29.63	F Sec				-		
Len Olsen M74 Unattached	#28 ND	26.36	28.17	2636	26,02	(FOOT)	F (F007)		•	
MAKOZY		28.9%	28,99	28.83	SEC.	29.47	29.48		-	
SLOAN 65		F	27.44	27.37						
RAGON		29.89	30.25	(FOOT)						
MARKY K		SEC	28,84	(FOOD)	31.56	F	31.88			
MALLORY		31.64	27,90	37.25	(Foor)	38.46	38.30			
GERSON		16.29							, -	
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	Raymond Bzibziak M51 Unattached Joe Myers M53 Unattached Abe Sheinker M65 Unattached Gary Sutton M51 Unattached Len Olsen M74 Unattached MAKOZY SLOAN 65 RAGON MANNY K	Unattached ND Raymond Bzibziak M51 #29 Unattached ND Joe Meyers M53 #22 Unattached ND Abe Sheinker M65 #17 Unattached ND Gary Sutton M51 #15 Unattached ND Len Olsen M74 #28 Unattached ND MAKOZY SLOAN 65 RAGON MANAY K MALLOR Y GERSON	Dave Servis M66 Unattached ND Unattached ND Raymond Bzibziak M51 Wayers M53 Unattached ND Joe Mayers M53 Unattached ND Abe Sheinker M65 Unattached ND H15 Unattached ND H16. 63 Gary Sutton M51 Unattached ND Len Olsen M74 Unattached ND H28 Unattached ND H28 VB RAGOM	Unattached ND Raymond Bzibziak M51 Unattached ND Joe Myers M53 Unattached ND Joe Myers M52 Unattached ND Joe Myers M53 Unattached Joe Myers M52 Joe Mac Andrea M52 Jo	Dave Servis M66 Unattached ND 22. 74 23.95 23.78 Raymond Bzibziak M51 Unattached ND 31.27 35.12 33.38 Joe Myers M53 Unattached ND 32.49 34.68 33.45 Abe Sheinker M65 Unattached ND 16.63 18.27 56c Gary Sutton M51 Unattached ND 29.76 29.63 56c Len Olsen M74 Unattached ND 28.86 28.97 28.86 28.99 28.83 SLOANF 65 FEC 27.44 27.37 RAGON MALLORY 31.64 27.90 37.25 GERSON 16.29	Dave Servis M66 Unattached ND 22. 74 23.95 23.78 Raymond Bzibziak M51 W29 ND 31.27 35.12 33.38 (Foor) Joe Movers M53 Unattached ND 31.27 35.12 33.38 (Foor) Joe Movers M53 Unattached ND Joe Movers M53 Joe Movers M54 Joe Movers	Dave Servis M66 Unattached ND 22. 7Y 23.95 23.78 Raymond Bzibziak M51 Wn 31.29 33.38 (Foor) 35.83 Joe Mivers M53 Unattached ND 31.29 35.12 33.38 (Foor) 35.83 Joe Mivers M53 Unattached ND 31.29 35.12 33.38 (Foor) 35.83 Joe Mivers M53 Unattached ND 31.29 35.12 33.38 (Foor) 35.83 Joe Mivers M53 Unattached ND 32.49 34.68 35.45 34.80 32.39 Abe Sheinker M65 Unattached ND 16.63 82.7 Fee Gary Sutton M51 Unattached ND 29.63 Fee Wn 10 26.36 28.17 26.36 26.27 Foor) MAKOZY 28.76 27.44 27.37 RAGON MANAY K FEE 28.94 FFOOR) 31.56 FEE MALLOR Y 31.64 27.90 37.25 (Foor) 38.46 CERSAN 16.29	Dave Servis M66 Unattached ND 22.7Y 23.7S 23.78 Raymond Bzibziak M51 #29 ND 31.27 35.12 33.38 (Foor) 35.83 31,30 Joe Myvers M53 ND 22.7Y 23.7S 35.12 33.38 (Foor) 35.83 31,30 Joe Myvers M53 ND Joe Myvers M53 ND Joe Myvers M53 ND Joe Sheinker M65 ND Joe Sheinker M65 ND	Dave Servis M66 Unattached ND 22. 7Y 23.95 23.78 Raymond Bzibziak M51 ND 31.29 35.12 33.38 (Foot) 35,83 31.30 Joe Mors M53 Unattached ND 32.49 34.68 33.45 34.80 32.39 (Foot) 35,83 31.30 Joe Mors M53 Unattached ND 32.49 34.68 33.45 34.80 32.39 (Foot) 35,83 31.30 Joe Mors M53 Unattached ND 32.49 34.68 33.45 34.80 32.39 (Foot) 34.80 32.39 (Foot) Abe Sheinker M65 ND 16.63 86.27 Foot Unattached ND 26.36 28.17 26.36 28.17 26.36 28.17 26.36 28.17 26.36 28.17 26.36 28.17 26.36 28.17 26.36 28.17 26.36 28.17 26.36 28.17 26.36 26.37 27.47 29.48 SLOANL 65 Foot RAGON ANALORY 31.64 27.90 37.25 (Foot) 38.46 38.30 GERSAN 16.29 16.29	Dave Servis M66 Unattached ND 22, 74 23,95 23,78 Raymond Bzibziak M51 W29 31,29 31,29 35,12 33,38 (Foot) 35,83 31,30 Joe Myers M53 Unattached ND Joe Myers M53 ND Joe Myers M54 ND Joe M

Event 2 Weight Pentathlon: #3 W1-104 Discus Throw Flight 1 of 1

			Attempt 1	Attempt 2	Attempt 3				Best	Place
	Katy Felkner W74 Unattached	#27 ND			11.43	SEC	SER	10.87		
	Don Ragon W60 Unavached	#31 ND	DAS							
	Carol Young W65 Unattached	#25 ND	1838	19.60	19.67					
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Event 1 Weight Pentathlon: #4 M1-104 Javelin Throw Flight 1 of 1

			Attempt 1	Attempt 2	Attempt 3				Best	Place
Dave Servis Unattached		#30 ND		24,29			,			
2 Raymond B Unattached	Bzibziak M51	#29 ND	25.77	25.15	25,02	Foar	(HOTIP)	(NOTIP)		
3 Len Olsen I Unattached	M74	#28 ND	F (TIP)	18.61	(TIP)	21.23	22.96			
Gary Sutton Unattached		#15 ND								
Joe Myers Unattached		#22 ND	40.06	38.95	36.63	38,76	41.10	40.67		
6 Abe Sheink Unattached		#17 ND	10.86	12.27	12,47	<i>\</i>				
7 MAKO	124		3262	Foot	30.60	(FOOT)	31.42	33,85		
8 GERS	UNP		21.19	17.85						
9 529	A.A		31.41	31.56	31,85					
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Event 2 Weight Pentathlon: #4 W1-104 Javelin Throw Flight 1 of 1

			Attempt 1	Attempt 2	Attempt 3				Best	Place
1		#31 ND								
2		#25 ND	17.34	20.43	19.81					
3	Katy Felkner W74 Unattached	#27 ND	6.30	9,66	9,89					
4	Houms		14.38	FHOTIP	12.32					
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Event 1 Weight Pentathlon: #5 M1-104 Weight Throw Flight 1 of 1

				Attempt 2	Attempt 3				Best	Place
1	Abe Sheinker M65 Unattached	#17 ND	7.11	7.20	7.46	-				
2	Raymond Bzibziak M51 Unattached	#29 ND	9.63	14.89	11.20	10.68	F (SEC)	11.15		
3	Gary Sutton M51 Unattached	#15 ND	(FOOT)	Foot)	13.0	(FOAT)	9,88	9.54		
4	Joe Meyers M53 Unattached	#22 ND	11.58	11.38	11.25	F (Foat)	10.74	(Foor)		
5	Dave Servis M66 Unattached	#30 ND	FOOT	6.74	Feor					
6	Len Olsen M74 Unattached	#28 ND	10.66	9,91	F (SEC)	19.52	11.15	10.80		
7	SLOAN		10.19	9.66	F	9.34	9.52			
8	GCRSON		5.59	5.58						
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Event 2 Weight Pentathlon: #5 W1-104 Weight Throw Flight 1 of 1

			Attempt 1	Attempt 2	Attempt 3			Best	Place
	Don Ragon W60	#31	•	•	•				
1	Unattached	ND							
	Carol Young W65 Unattached	#25 ND	11.83	11.33	12.51				
3	Katy Felkner W74 Unattached	#27 ND	6.67	6.28	6.27	6,24			
4	HOLLAND		6.39	(FOOT)	6,00	***************************************			
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Javelin M.20-64 Ken Mallory 31:83) 30,36 29.16 30.84 26.97 F

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Norm BowerMemorial Weight Pentathlon Kent State University, Kent, Ohio - 9/17/2005 Results - Weight Pentathlon

M1-104	Weight	Pentathlon
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MI-	104 Weight Pentathion	Points	HT	SP	DT	JT	TW
DNF	M45 Frank Makozy Unattached Age-Graded Mark:				DNS		
	Age-Graded Percent: M48		(0)	(0)	(0)	(0)	(0)
1	M50 Joe Myers Unattached Age-Graded Mark: Age-Graded Percent: M53	3002	92-09 32.96m 38% (398)	13.64m 44-09 15.64m 67.66% (829)	113-09 34.68m 46.81% (557)	131-05 51.23m 52.03%	37-10 12.82m
2	Gary Sutton Unattached Age-Graded Mark: Age-Graded Percent: M51	2758	31.32m 102-09 36.50m 42.09% (455)	10.24m 33-07.25 11.74m 50.79% (591)	29.76m 97-08 29.76m 40.17% (460)	121-00 47.18m 47.91% (547)	13.01m 42-08.25 14.47m 55.96% (705)
3	Raymond Bzibziak Unattached Age-Graded Mark: Age-Graded Percent: M51		29.25m 95-11 34.09m 39.3%	10.21m 33-06 11.70m	35.12m 115-03 35.12m 47.41%	25.77m 84-06 32.95m 33.47%	12.45m
1	Jeff Gerson Unattached Age-Graded Mark: Age-Graded Percent: M58		18.44m 21.27%	19-04.25 7.51m	17.89m 24.15%	69-06 29.79m 30.25%	18-04.25 6.76m 26.17%
DNF	Don Ragon Unattached Age-Graded Mark: Age-Graded Percent: M58		(0)	DNS (0)	(0)	(0)	(0)
1	M65 John Sloan Unattached Age-Graded Mark: Age-Graded Percent: M65	2853	26.56m	9.30m 30-06.25 11.81m 51.1% (595)	27.44m	31.85m 104-06	10.19m 33-05.25
2	Dave Servis Unattached Age-Graded Mark: Age-Graded Percent: M66	2023	15.02m 49-03 23.81m 27.45% (252)	22-07.75	23.95m 78-07 29.97m 40.46% (464)	24.29m 79-08 40.06m 40.69% (443)	22-01.5

Norm BowerMemorial Weight Pentathlon Kent State University, Kent, Ohio - 9/17/2005 Results - Weight Pentathlon

....M1-104 Weight Pentathlon

3	Abe Sheinker		24.82m	6.28m	18.27m	12.47m	7.46m
	Unattached		81-05	20-07.25	59-11	40-11	24-05.75
	Age-Graded Mark:		39.34m	9.24m	22.86m	20.57m	9.41m
	Age-Graded Percent:		45.36%	39.97%	30.86%	20.89%	36.39%
	M65	1855	(501)	(440)	(326)	(169)	(419)
	M70						
1	Len Olsen		30.02m	9.56m	28.17m	18.61m	10.66m
	Unattached		98-06	31-04.5	92-05	61-01	34-11.75
	Age-Graded Mark:		48.36m	12.44m	39.79m	32.49m	13.79m
	Age-Graded Percent:		55.76%	53.83%	53.72%	33%	53.35%
	M74	2942	(649)	(633)	(660)	(334)	(666)

Norm BowerMemorial Weight Pentathlon

Kent State University, Kent, Ohio - 9/17/2005 Results - 2003 Norm Bower Weight Pentathlon - Age Grading: 1 Yr Indiv & 5 yr Multi

W70 Shot Put					
Name	Age Team	Seed	Finals		Age-Grading
1 Katy Felkner	W74 Unattached		6.46m	21-02.50	15.38m 66.53%
W75 Shot Put					
Name	Age Team		Finals		Age-Grading
Bernice Holland	w78 Unattached		5.97m		16.18m 69.99%
M45 Shot Put			========		
Name	Age Team	Seed	Finals		Age-Grading
======================================	M48 Unattached		8.94m		10.61m 45.949
M50 Shot Put					
Name	Age Team	Seed	Finals		Age-Grading
1 Joe Myers	M53 Unattached		13.87m	45-06.25	16.96m 73.359
_	M51 Unattached		10.56m	34-07.75	12.37m 53.55
M70 Shot Put			=======	=========	
Name 	Age Team	Seed	Finals		Age-Grading
1 Len Olsen	M74 Unattached		9.91m	32-06.25	14.50m 62.76
M30 Discus Throw					
Name	Age Team	Seed	Finals		Age-Gradin
1 Manny Konstantakos			31.88m		31.88m 43.03
M45 Discus Throw					
Name	Age Team	Seed	Finals		Age-Gradin
1 Frank Makozy	M48 Unattached		29.48m		32.88m 44.38
M50 Discus Throw					
Name	Age Team	Seed	Finals		Age-Gradin
1 Raymond Bzibziak	M51 Unattached		35.83m		35.91m 48.48
2 Joe Myers	M53 Unattached		34.80m	114-02	36.55m 49.34
M60 Discus Throw					
Name	Age Team	Seed ========	Finals	~~~===	Age-Gradin
1 Ken Mallory	M60 Unattached		38.46m		38.46m 51.92

Norm BowerMemorial Weight Pentathlon Kent State University, Kent, Ohio - 9/17/2005

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

M70 Discus Throw						
Name	Age Team ====================================	Seed 	Finals		Age-Grading	
1 Len Olsen	M74 Unattached		28.17m	92-05	44.50m 60.08%	
W70 Hammer Throw		==========				
Name =============	Age Team	Seed	Finals		Age-Grading	
1 Katy Felkner	W74 Unattached		14.84m		32.83m 43.16%	
W75 Hammer Throw			========			
Name	Age Team	Seed	Finals		Age-Grading	
Bernice Holland	W78 Unattached		19.16m		48.75m 64.10%	
M50 Hammer Throw Name	Age Team		Finals		Age-Grading	
=======================================			=======			
1 Joe Myers 2 Raymond Bzibziak	M53 Unattached M51 Unattached		31.02m 29.44m		38.64m 44.55% 35.10m 40.47%	
M70 Hammer Throw						
Name	Age Team	Seed	Finals		Age-Grading	
1 Len Olsen	M74 Unattached		30.02m	98-06	54.70m 63.07%	
M45 Javelin Throw						
Name	Age Team	Seed	Finals		Age-Grading	
======================================	M48 Unattached		33.85m		44.00m 44.69%	
M50 Javelin Throw						
Name	Age Team	Seed	Finals		Age-Grading	
======================================	M53 Unattached		41.10m	134-10	55.69m 56.56% 33.61m 34.13%	
M70 Javelin Throw						
Name	Age Team	Seed	Finals		Age-Grading	
1 Len Olsen	M74 Unattached		22.96m		44.93m 45.63%	
W70 Weight Throw						
Name	Age Team	Seed	Finals		Age-Grading	
1 Katy Felkner	W74 Unattached		6.67m		12.29m 52.11%	

Norm BowerMemorial Weight Pentathlon Kent State University, Kent, Ohio - 9/17/2005

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

M50 Weight Throw

Name	Age Team	Seed	Finals		Age-Grading
1 Gary Sutton 2 Joe Myers 3 Raymond Bzibziak	M51 Unattached M53 Unattached M51 Unattached		13.01m 11.58m 11.20m	38-00.00	14.72m 56.94% 13.56m 52.45% 12.67m 49.02%
M70 Weight Throw Name	Age Team	======================================	======= Finals		 Age-Grading
1 Len Olsen	M74 Unattached	========	======================================	36-07.00	16.03m 61.98%

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NORM BOWER WEIGHT PENTATHLON

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Comb. EVT. EDORO.

2005

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