



Over the Hill Track Club

Ninth Annual Norm Bower Memorial Weight Pentathlon

Saturday, September 16, 2006

Kent State University, Kent, Ohio 44242

11:00 a.m. to 5:00 p.m.

Tele: Rex Harvey 440 954 8122 or 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. If someone has paid entry fee for both Pentathlon and some individual events, the first three throws will be Pentathlon, and all six throws will be for open event.

Age Groups: 0-17 by birthyear, 18-29, 30-34, 35-39, 40-44, etc., by birthday.

Awards: Gold, Silver, and Bronze for the Weight Pentathlon in each 5-year age group. Gold only in each individual event entered.

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. 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 Ninth Annual
Norm Bower Memorial Weight Pentathlon**

Sponsored by: Over the Hill Track Club
Saturday, September 16, 2006; 11:00 a.m. to 5:00 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 9/16/06 _____ Your club _____

E-Mail _____

Events you wish to enter:

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

_____ Weight pentathlon (hammer, shot, discus, javelin, & weight) @\$20

Individual events only: _____ Hammer _____ Shot put _____ Discus _____ Javelin _____ Weight @\$5 each

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 Ninth 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): _____

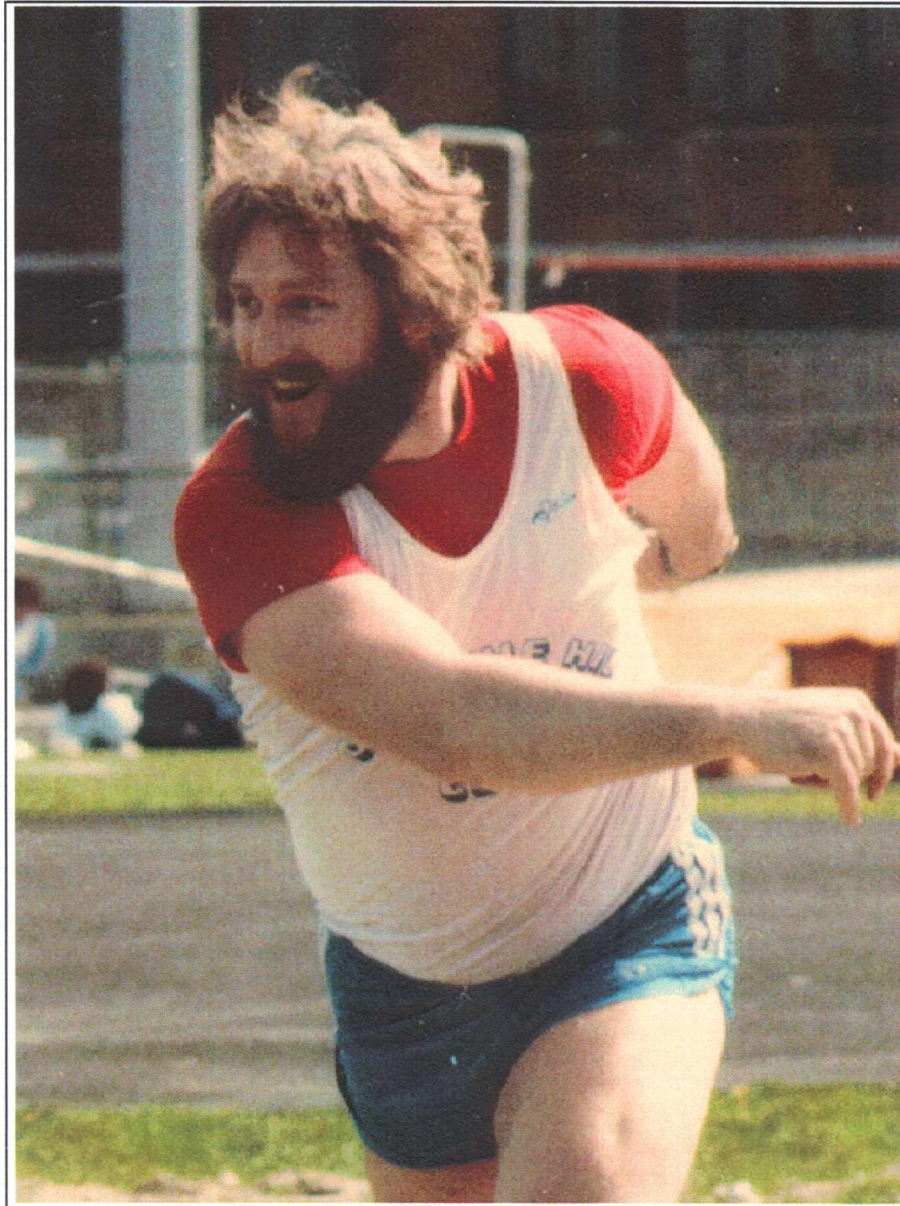
Printed name: _____

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 USADA HOT LINE.**

*The Ninth Annual Norm Bower
Memorial Weight Pentathlon*

*Sponsored by: Over the Hill Track Club
Saturday, September 16, 2006 11:00 a.m. - 5:00 p.m.
Kent State University, Kent, Ohio*

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



Norman S. Bower
1948 B 1997

Norm Bower Memorial Weight Pentathlon
Kent State University, Kent, Ohio - 9/16/2006
Field Score Sheet - 2003 Norm Bower Weight Pentathlon

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

Saturday 9/16/2006 - 8:00 AM Event Finish Time _____

	Attempt 1	Attempt 2	Attempt 3	4	5	6		Best	Place
1 Mary Hartzler W57 Unattached	37.50	36.98	F	31.36	37.00	F			
2 Bernice Holland W79 Over the Hill	15.38	13.66	F						
3 Myrle Mensey W57 Unattached	33.54	32.00	F	31.18	F	F			
4									
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17									
18									

Yell
AWARD

Norm Bower Memorial Weight Pentathlon, Kent State University, Kent, Ohio - 9/16/2006

---- M50 ----		Points	HT	SP	DT	JT	WT
1	Joe Myers		32.86m	13.76m	34.52m	36.40m	12.15m
	Unattached		107-10	45-01.75	113-03	119-05	39-10.5
	Age-Graded Mark:		38.30m	15.77m	34.52m	46.55m	13.51m
	Age-Graded Percent:		44.15%	68.25%	46.6%	47.27%	52.26%
	M54	3064	(485)	(837)	(554)	(538)	(650)
2	Gary Sutton		34.00m	10.22m	30.36m	37.57m	12.61m
	Unattached		111-06	33-06.5	99-07	123-03	41-04.5
	Age-Graded Mark:		39.63m	11.72m	30.36m	48.05m	14.02m
	Age-Graded Percent:		45.69%	50.69%	40.98%	48.79%	54.24%
	M52	2806	(506)	(589)	(472)	(560)	(679)
3	Raymond Bzibziak		25.00m	9.96m	28.44m	28.84m	9.44m
	Unattached		82-00	32-08.25	93-04	94-07	30-11.75
	Age-Graded Mark:		29.14m	11.42m	28.44m	36.88m	10.50m
	Age-Graded Percent:		33.59%	49.4%	38.39%	37.45%	40.6%
	M52	2219	(337)	(571)	(434)	(397)	(480)
4	Mark Schervish		24.30m	8.39m	28.38m	31.84m	9.87m
	Unattached		79-09	27-06.5	93-01	104-05	32-04.75
	Age-Graded Mark:		28.32m	9.62m	28.38m	40.72m	10.97m
	Age-Graded Percent:		32.65%	41.62%	38.31%	41.35%	42.45%
	M50	2179	(324)	(463)	(433)	(453)	(506)
---- M55 ----							
1	Don Ragon		23.26m	10.96m	35.54m	31.83m	10.75m
	Unattached		76-04	35-11.5	116-07	104-05	35-03.25
	Age-Graded Mark:		30.21m	13.95m	39.03m	44.74m	13.01m
	Age-Graded Percent:		34.84%	60.39%	52.7%	45.44%	50.33%
	M59	2857	(354)	(725)	(645)	(511)	(622)
2	Jeff Gerson		12.92m	5.87m	14.64m	19.87m	6.27m
	Over the Hill Track Club		42-05	19-03.25	48-00	65-02	20-07
	Age-Graded Mark:		16.78m	7.47m	16.08m	27.93m	7.58m
	Age-Graded Percent:		19.35%	32.34%	21.71%	28.37%	29.35%
	M59	1265	(142)	(335)	(200)	(270)	(318)
---- M60 ----							
1	Rex Harvey		36.06m	11.86m	36.24m	36.52m	14.08m
	Over the Hill Track Club		118-04	38-11	118-11	119-10	46-02.5
	Age-Graded Mark:		50.69m	15.06m	40.70m	54.06m	16.03m
	Age-Graded Percent:		58.44%	65.16%	54.95%	54.9%	62.03%
	M60	3603	(688)	(793)	(679)	(649)	(794)
2	Mickey Bitsko		44.14m	11.45m	35.48m	26.51m	13.72m
	Unattached		144-10	37-06.75	116-05	87-00	45-00.25
	Age-Graded Mark:		62.05m	14.54m	39.85m	39.24m	15.62m
	Age-Graded Percent:		71.54%	62.91%	53.8%	39.85%	60.44%
	M63	3502	(877)	(761)	(662)	(431)	(771)
3	Doug Weikert		32.66m	9.56m	36.44m	24.35m	11.97m
	Unattached		107-02	31-04.5	119-07	79-11	39-03.25
	Age-Graded Mark:		45.91m	12.14m	40.92m	36.04m	13.63m
	Age-Graded Percent:		52.93%	52.53%	55.25%	36.61%	52.73%
	M60	2949	(609)	(615)	(683)	(385)	(657)
---- M65 ----							
1	William Eisenhart		18.20m	10.09m	34.52m	34.62m	8.48m
	Unattached		59-08	33-01.25	113-03	113-07	27-10
	Age-Graded Mark:		28.85m	14.85m	43.19m	57.10m	10.69m
	Age-Graded Percent:		33.26%	64.23%	58.31%	57.99%	41.37%
	M68	3027	(332)	(780)	(730)	(694)	(491)
2	John Sloan		23.24m	9.10m	30.22m	29.96m	10.03m
	Unattached		76-03	29-10.25	99-02	98-03	32-11
	Age-Graded Mark:		36.84m	13.39m	37.81m	49.42m	12.65m
	Age-Graded Percent:		42.47%	57.92%	51.05%	50.18%	48.93%
	M65	2953	(461)	(691)	(620)	(580)	(601)
3	Dave Servis		17.54m	6.65m	22.40m	22.50m	6.83m
	Daton Masters		57-06	21-10	73-06	73-10	22-05
	Age-Graded Mark:		27.80m	9.78m	28.03m	37.11m	8.61m
	Age-Graded Percent:		32.05%	42.33%	37.84%	37.69%	33.32%
	M67	1988	(315)	(472)	(426)	(400)	(375)
DNF	Abe Sheinker		20.48m	6.17m	DNS	DNS	DNS
	Unattached		67-02	20-03			
	Age-Graded Mark:		32.46m	9.08m			
	Age-Graded Percent:		37.43%	39.27%			
	M66		(390)	(431)	(0)	(0)	(0)

W55 ----						
Mary Hartzler		37.50m	10.43m	28.36m	25.37m	12.05m
Unattached		123-00	34-02.75	93-00	83-03	39-06.5
Age-Graded Mark:		51.54m	15.84m	40.69m	39.19m	16.38m
Age-Graded Percent:		66.94%	70%	52.98%	53.69%	69.45%
W57	4091	(967)	(917)	(668)	(652)	(887)
2 Myrle Mensey		33.54m	11.36m	27.32m	17.84m	12.33m
Unattached		110-00	37-03.25	89-07	58-06	40-05.5
Age-Graded Mark:		46.10m	17.25m	39.19m	27.56m	16.77m
Age-Graded Percent:		59.87%	76.24%	51.04%	37.76%	71.07%
W57	3838	(846)	(1012)	(638)	(430)	(912)
---- W75 ----						
1 Bernice Holland		15.38m	5.69m	13.78m	14.39m	5.22m
Over the Hill Track Club		50-05	18-08	45-02	47-02	17-01.5
Age-Graded Mark:		35.01m	13.92m	32.65m	37.05m	9.90m
Age-Graded Percent:		45.48%	61.51%	42.52%	50.76%	41.96%
W79	3002	(602)	(789)	(513)	(611)	(487)

Norm Bower Memorial Open Throw Events, Kent State University, Kent, Ohio - 9/16/2006

Name	Age	Team	Finals	Age-Grading		
W55 Shot Put						
1 Myrle Mensey	W57	Unattached	11.44m	37-06.50	18.06m	79.83%
2 Mary Hartzler	W57	Unattached	10.90m	35-09.25	17.21m	76.06%
M45 Shot Put						
1 Frank Makozy	M47	West Penn	8.94m	29-04.00	10.36m	44.86%
M50 Shot Put						
1 Joe Myers	M54	Unattached	14.24m	46-08.75	17.74m	76.77%
2 Raymond Bzibziak	M52	Unattached	10.07m	33-00.50	12.02m	52.01%
M65 Shot Put						
1 William Eisenhart	M68	Unattached	10.09m	33-01.25	16.41m	71.01%
W55 Discus Throw						
1 Mary Hartzler	W57	Unattached	28.36m	93-00	42.35m	55.15%
2 Myrle Mensey	W57	Unattached	27.32m	89-07	40.80m	53.13%
M45 Discus Throw						
1 Frank Makozy	M47	West Penn	28.38m	93-01	30.96m	41.80%
M50 Discus Throw						
1 Joe Myers	M54	Unattached	35.60m	116-09	38.34m	51.77%
2 Raymond Bzibziak	M52	Unattached	35.30m	115-10	36.60m	49.42%
M60 Discus Throw						
1 Ken Mallory	M62	Unattached	37.96m	124-06	44.45m	60.02%
M65 Discus Throw						
1 William Eisenhart	M68	Unattached	34.76m	114-00	46.68m	63.03%
W55 Hammer Throw						
1 Mary Hartzler	W57	Unattached	37.50m	123-00	53.67m	69.70%
2 Myrle Mensey	W57	Unattached	33.54m	110-00	48.00m	62.34%
M50 Hammer Throw						
1 Joe Myers	M54	Unattached	32.86m	107-10	41.73m	48.12%
2 Raymond Bzibziak	M52	Unattached	25.00m	82-00	30.39m	35.03%
W55 Javelin Throw						
1 Mary Hartzler	W57	Unattached	25.69m	84-03	41.90m	57.41%
2 Myrle Mensey	W57	Unattached	19.25m	63-02	31.40m	43.02%
M45 Javelin Throw						
1 Charlie Green	M47	Unattached	52.85m	173-05	67.30m	68.34%
2 Frank Makozy	M47	West Penn	32.70m	107-03	41.64m	42.29%
M50 Javelin Throw						
1 Joe Myers	M54	Unattached	37.87m	124-03	52.20m	53.01%
2 Raymond Bzibziak	M52	Unattached	29.08m	95-05	38.58m	39.18%
M65 Javelin Throw						
1 William Eisenhart	M68	Unattached	35.18m	115-05	62.30m	63.26%
W55 Weight Throw						
1 Myrle Mensey	W57	Unattached	12.33m	40-05.50	17.44m	73.92%
2 Mary Hartzler	W57	Unattached	12.05m	39-06.50	17.04m	72.24%
M50 Weight Throw						
1 Joe Myers	M54	Unattached	12.87m	42-02.75	15.30m	59.20%
2 Gary Sutton	M52	Unattached	12.78m	41-11.25	14.69m	56.83%



KSU ATHLETIC FACILITIES & OPERATIONS
 Field House
 Attn: Andre Seoldo
 Kent, OH 44242
 (330) 672-8429 Office
 (330) 672-5245 Fax

FACILITY REQUEST & CONFIRMATION

Name of Organization/Sport: _____
Type of Event: _____
Person Responsible for Event: _____ **Phone #:** _____
Address or Department: _____
Date Request Submitted: _____

Date of Event 2006	Facility Requested	Start Time	End Time	Approved By:
Sept 16, 2006	Outdoor Track	11:00	4:00	Andre Seoldo, Field House Manager

Special Instructions:

Please submit a copy of your insurance/liability disclaimer with this request.

It is understood that the above listed organization and the person responsible for the event assumes all responsibility connected with the event. The Athletic Department assumes no responsibility. Any damages or additional charges occurring during the reserved time period are the responsibility of the organization & person responsible for the event. *Unavoidable cancellations may occur. The organization & person responsible for the event will be notified ASAP.*

Rental Fee	Signature of Person Responsible for Event	Date
no charge		

Please sign and return the original confirmation. Keep a copy for your records.

Billing Address: _____

- Notification Sent To:**
- Conference Bureau
 - Scheduling Office
 - Maintenance
 - Security
 - Parking
 - Energy Management
 - Food Services
 - File

OFFICIATE

NORM BOWER MEMORIAL WEIGHT PENT.

HY-TEK OPERATOR

2006

16 SEP 06
KENT ST. U.
KENT, OH

PURDUE
UNIVERSITY

ENGINEERING PROFESSIONAL EDUCATION

Potter Engineering Center, Room 364
500 Central Drive
West Lafayette, IN 47907-2022

ADDRESS SERVICE REQUESTED

NON-PROFIT
AUTO



U.S. POSTAGE
00.171
H METER 603964



S31 P1 2778

Rex Harvey
Principal Engineer
Parker Hannifin Corporation
9200 Tyler Blvd
Mentor OH 44060-1882