

Northern California Seniors Track Club, "Series '74"
Dues Notice and Announcement of Track and Field Schedule for Spring of 1974.

At the annual meeting on Jan.19, it was decided that the dues this year will be \$6.00, as before. This amount is now due and payable, and will be delinquent as of March 1. The same fee covers your spouse; please indicate double membership when making payment. Please refer to the tear-off return slip below.

The schedule of Track and Field Meets for this spring is as follows:

March 9	Sat.	Los Altos High School, Los Altos.
March 23 or 24.		Site to be announced.
April 6	Sat.	"
April 20 or 21 .		"
May 4	Sat.	Downey High School, Modesto
May 18	Sat.	Site to be announced.
June 8 or 9		NCSTC Club Championships, site to be announced.

Non-Club Events of note are: June 1, Kennedy Games; June 22-23, Los Angeles Senior Olympics; June 29-30, Canadian Masters in Vancouver; July 5-7, AAU Masters in Gresham

All Club meets will start at 11:50 AM with a long distance run (the exact format to be dictated by the nature of the site and by the individual Meet Director). Track events will be run on time, as follows:

1:00	120 hurdles
1:20	100 yd dash
1:50	mile run
2:20	440 yd dash
2:50	880 yd run
3:20	220 yd dash
3:50	3 mile or 5000 M run

Field events will start with the javelin at 11:50 AM, followed by shotput, discus, long jump, high jump, triple jump, and hammer throw (if the site permits). The field events will be conducted concurrent with the above track schedule.

Women will be encouraged to participate in a special event for them, called the "Women's Triathlon". This event will include the javelin (11:50 AM), 100 yd dash (1:20 PM), and the 880yd run (2:50 PM). Each woman participant will accumulate scores indicated by standard tables to determine the winner in each age group. Other women's events will be added to the schedule if desired.

Determination of Club Champions in each event and age group, for both men and women club members, will be based on accumulation of point totals throughout the season, as follows: A) During the regular meets through May 18, competitors will earn 3 points for First Place, 2 points for second, and 1 point for third.
B) At the Championship Meet, competitors will earn 10 points for first, 5 points for 2nd, 3 for 3rd, 2 for 4th, and 1 for 5th,
NB: All dues-paying members of NCSTC are eligible for the Club Champion Titles. Championship awards will be presented at a dinner dance for all members on Friday June 14, in San Francisco, at a place to be announced in the newsletter.

To encourage more family attendance and participation in the track meets, families and spectators will be invited to enter a medley relay, with team members to be selected randomly from the participants. No championship point credits will be awarded for this event

To finance the track and field season, a package-payment system has been devised. The package will include entry into all seven club meets, including the championship meet. The package will also include a distinctive re T-shirt marked "Northern California Seniors - Series '74", which will serve to identify "Series '74" participants to all meet directors. The T-shirt will indicate pre-payment of the meet entry fees. The fee for this package is \$10.00, payable by March 1 (see return form below).

Single meet entry fees are as follows (and don't include the T-shirt):

Regular meets.....	\$1.50
Championship meet.....	\$5.00 for members
"	\$7.50 for non-members

Finally, a Club Patch identifying NCSTC members has been designed and will be available for \$1.50. These patches can be ordered by any member (track or LDR types) using the form below. All ordered items will be available at the March 9 th track meet or at the Lake Merced Seniors Run.

This will be the only dues billing for the year. Please do not lay this notice aside, but send in your check today to keep your membership current, to keep receiving the newsletter, to minimize our bookkeeping costs, and to keep the club solvent.

cut off here and return with your check.
