



Northern California Seniors Track Club, Inc.

SEPTEMBER, 1994 p.1

Officers

President
 Bill Bigelow
 827 Oxford Street
 Berkeley, CA. 94707
 510-524-4090

Vice President
 John T. Burns D.D.S
 3554 Springhill Road
 Lafayette, CA. 94549
 510-284-2240

Secretary/Treasurer
 Raymond Yeck
 4981 Ridgeview Drive
 Antioch, CA. 94509
 510-754-6856

President Emeritus
 Edward Manougian
 1517 Summit Road
 Berkeley, CA. 94708
 510-843-9247

Executive Committee

Bill Bigelow
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 Mark Grubi
 Kathleen Yeck

Board Of Directors

LDR COM. REP.
 Ruth Anderson
 1091 Gaspar Drive
 Oakland, CA. 94611
 510-339-0563

PAC/USATF REP.

John T. Burns
 3554 Springhill Road
 Lafayette, CA. 94549
 510-284-2240

COACH

Mark Grubi
 P.O. Box 424512
 San Francisco, CA. 94142
 415-285-3352

NEWSLETTER EDITOR

Josephine Kolda
 3784 Army Street
 San Francisco, CA. 94110
 415-285-3352



photos by Don Rose

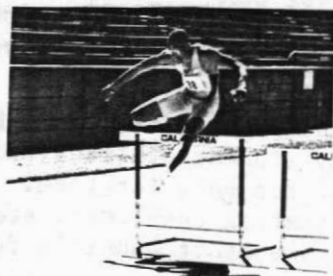
THE NORTHERN CALIFORNIA SENIORS T&F CLASSIC, SEPTEMBER 10, U.C. BERKELEY.

The weather was perfect and the officials did an excellent job of running the meet on the scheduled time, making it possible for the several outstanding performances. Pictured above is the new world record 4 X 800 relay team: Dennis Duffy, Harvev Franklin, Ramsey Thomas and Bill McMillian, for men ages 50-59, the first three being on the same team that set the world record for the 4 X 800, age 40-49 relay. The new record for the 50-59 team is 8:45.88.

Stan Whitley (age 48) gave world class performances in the 100 and 200 meters, with 11.27 and 22.72 respectively. Stan is the holder of the age 45 world record of 11.03. Stan broke Ken Dennis'es record of 22.9 at the Nationals in August in Eugene with a 22.13; unable to break his own record on September 10, he still gave an exceptional performance. (As of 1993 Martyn Adamson had held the age 48 record of 23.1 in the 200, set July 18, 1987.)

Peter Grimes (35)awed us with a 51.1 400 meters intermediate hurdles performance (36" hurdles). Since this is better than the 51.9 set by James King for age 36 in 1985, Peter's time is the second best world group record. Peter's 14.41 110 39" high hurdles time is close to the Thane Baker age 35 time of 14.2. He also ran 23.23 in the 200 meters.

Cont. on p.2.



400 Hurdles

Peter H. Grimes(35)



300 Intermediate Hurdles

Joy Upshaw-Margerum(33)45.1

Marion Sanchez(62) 45.4



Richard Hotchkiss (55)

CLUB ID

TAC #: 109
 CA. CORP #: 1275994
 CANON-PROFIT: CT-6168

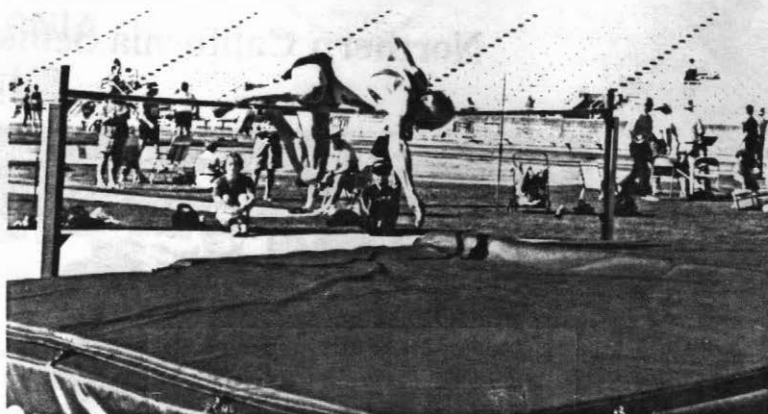
ACTIVITIES

**Martinez to Port Costa
 Brick Yard Run**

Ken Carnine T&F Classic
 Michael Ackley, Director
 4649 Oakbough Way
 Charmichael, CA. 95608
 916-966-8987

**Dick Houston Memorial
 Woodmuntser Run**
 Gail Wetzork, Director
 3452 Capella Lane
 Alameda, CA. 94501
 510-522-3724

NCSTC T&F Classic
 Mark Grubi, Director
 P.O. Box 424512
 San Francisco, CA. 94112
 415-285-3352



Marion Sanchez(62)



Donald Dvorak(52)

cont. from p. 1 - NCSTC CLASSIC

Ross Carter (80) threw the 4K shot 11.85 meters (the 1993 record book shows the group world record was 11.15); and his 1K discus throw was 36.16, bettering the age American record of 31.20 (by Leon Joslin) established in 1992, and bettered the American group record of 31.62 set by Ken Carnine in 1989.

Joe King (68) set a new age 68 world record of 11:21.8 in the 3,000 meters (the old age 68 record as of 1993 was 11:25 held by David Morrison (GBR)).

Joe Keshmiri (57) threw the 1.5K discus 51.62, close to the world age record of 51.70 held as of 1993 by Wendell Palmer of Texas.

Joy Upshaw-Margerum (33), a five gold medal winner at the Nationals, won her five events (100M, 100HH, 200, Long Jump and 300 Intermediate hurdles) decisively, the best woman competitor of the meet.

Vicki Bigelow (59) ran the 3000M in 12.09.0 bettering the American age record shown in the 1993 record book of 12:12, for women.

There were many noteworthy performances. David Romaine won the men's 500 meters in 59.83, his first race after a very serious automobile accident about 5 years ago. Although he has been slowly redeveloping his leg, which is still numb, he couldn't bear the thought of not running again. David Timmons (31), a former U.C. Berkeley 800M star, started a come back with a 400M run. Full results are on pages 3 and 4. Norman Cornwell (45) ran a strong 800M in 2:02.2.

We thank the people who came from Southern California and other states to make this competition so interesting. We thank the club members and U.C. student athletes who helped and the officials for their superb work, and Dorfman Pacific for hats for them. Don Rose provided the pictures and Dan Behrens controlled the registration desk; etc. etc. And, thank you, Director Mark Grubi for your unselfish devotion to the sport and its followers.

No CA SRS T&F Classic
 Berkeley, CA
 September 10, 1994

100		
M30	Alan Tucker (33)	11.72
	Alan Williams (30)	DQ
M35	Noah Levingston(35)	11.78
	Mark Quinlan(39)	12.62
	Todd Robinson(38)	14.03
M40	Will Stokes(40)	11.76
	Louis Bartholomew	12.28
	(41)	
	Riley McHugh(44)	12.31
	Roger Trujillo(44)	12.62
	Joe Sahagun(41)	12.96
	Larry Amerson(44)	13.28
	Kevin W. Mangan(42)	14.87
M45	Stan Whitley(48)	11.27
	Paul Raymond(46)	12.04
	Ray Yeck(46)	12.48
	Steve Gillman (49)	13.49
	Larry Hermann(49)	13.55
	Billy Main(46)	14.04
M50	Win Emert(50)	12.53
	Mel Brooks(53)	12.57
	Dan Durante(50)	13.21
	Terrence Keeney(31)	13.33
	Tony Craddock(52)	13.71
	Bill Probst(51)	14.19
M55	Ben Anixter(56)	12.93
	Phil Maresca(55)	13.92
	Robert Fuller(57)	14.39
M60	Marion Sanchez(62)	13.33
	Marvin Smoller(60)	14.24
	Ben Rivera(61)	14.67
	Rov Acoff(60)	15.65
	Allen Schmidt(60)	16.36
M65	Emmet Kenamore(66)	14.34
	Ed Manougian(65)	14.94
	Bob Jordan(66)	15.42
M75	Konrad Slaughter(75)	18.7h
W30	Joy Margerum(33)	13.27
	Roianne Wilright(31)	14.07
	Karen Nelson(30)	14.25
W35	Michele Lewis(36)	14.06
	Valerie Scott(37)	14.11
	Karen Westmont (37)	15.16
W55	Carol Lawson(58)	19.12
W60	Elsie Andersen(63)	19.45
200		
M30	Alan Tucker(33)	23.29
	Alan Williams(30)	24.98
M35	Peter H. Grimes(35)	23.23
	Mark Quinlan(39)	26.28
M40	Will Stokes(40)	23.70
	Riley McHugh(44)	24.52
M45	Stan Whitley(48)	22.72
	Paul Raymond(46)	24.41
	Ray Yeck(46)	27.26

M50	Mel Brooks(53)	25.67
	Dan Durante(50)	26.45
	Terrence Keeney(51)	26.98
	Tony Craddock(52)	28.12
M55	Phil Maresca(55)	28.2
	Bob Fuller(57)	29.72
M60	Marion Sanchez(60)	27.12
	Marvin Smoller(60)	28.24
	Allen L. Schmidt(60)	33.33
M65	Ed Manougian(65)	30.97
	Bob Jordan(66)	32.23
M70	Dick Petch	36.84
W30	Joy Upshaw-Margerum	27.37
	(33)	
W35	Michele Lewis(36)	29.77
	Valerie Scott(37)	32.54
W45	Martie Behrens(46)	33.46
400		
M30	David Timmons(31)	54.83
M45	Paul Raymond(46)	58.19
	Steve Gillman(49)	60.54
M50	David Romaine	59.83
	Jerry Goodwin(52)	65.00
M60	Marvin Smoller(60)	64.89
M65	Ed Manougian(65)	73.91
	Bob Jordan(66)	80.43
W45	Martie Behrens(46)	69.50
W55	Rita Kerr(59)	75.44
800		
M30	Rob Lenderink(31)	2:10.1
M35	Mikos Mourtos(36)	2:08.7
	Stan Vegar(39)	2:11.5
M40	Joe Montoya(43)	2:15.1
	Kurt Gravenhorst	2:20.3
	(44)	
M45	Norman Cornwell(45)	2:02.2
	Searcy Barnett(47)	2:12.2
M50	Joseph Austin(54)	2:25.2
	Jerry Goodwin(52)	2:25.3
	George Linn(50)	2:30.3
M55	Neal Chappell(55)	2:22.5
	Karl Gripenburg	2:28.5
	(56)	
M60	Joe Metzgar(61)	3:04.9
W35	Annie Conneau(38)	2:35.6
W40	Melinda Villar(42)	2:33.1
	Nancy Ogle(41)	2:38.7
1500		
M30	Bob Lenderink(31)	4:35.9
M35	David Lucas(35)	4:26.9
M40	Ray Sibley(40)	4:47.9
M45	Teddy Walton(47)	6:19.1
M50	Milton W. Howe(52)	4:59.9
	Tom Mann(52)	5:02.1
	Gene Gilligan(53)	5:13.4
	Jeff Neighbor(52)	5:54.2
	George Linn(52)	6:23.9

M55	Karl Gripenburg	4:56.4
	(58)	
	Neal Chappel(55)	4:56.8
M65	Joe King(68)	5:35.1
W40	Melinda Villar(42)	5:05.5
3000		
M35	Todd Robinson(38)	12:07.9
M40	Ray Sibley(40)	9:58.5
M45	Teddy Walton(47)	13:26.9
M50	Gene Gilligan(53)	10:36.6
	James Turner(54)	10:58.7
	Jerry Goodwin(52)	11:00.1
M55	Karl Gripenburg	10:26.8
	(56)	
	Keith Johnson(56)	11:16.8
M65	Joe King(68)	11:21.8
	Boyce Jacques(67)	11:59.2
W40	Sharlet Gilbert(43)	11:38.1
W55	Vicki Bigelow(59)	12:09.0
HURDLES		
110 High Hurdles		
M35	39"	
	Peter H. Grimes	14.41
	Stan Vegar	17.15
M40	Louis Bartholomew(41)	15.55
100 High Hurdles	36"	
M55	Steve Richmond(59)	20.27
	33"	
M60	Marion Sanchez	16.11
W30	Joy Upshaw-	15.57
	Margerum(33)	
300 Intermediate Hurdles		
	30"	
M60	Marion Sanchez(62)	45.4
W30	Joy Upshaw-Margerum	(33) 45.1
400 Hurdles	36"	
M35	Peter H. Grimes(35)	51.1
Relays		
4 X 800	NEW WORLD RECORD	
M50	Dennis Duffy, Harvey Franklin,	
	Bill McMillian, Ramsey Thomas	
	(West Valley #1)	8:45.88
4 X 100		
M35	"No Name" (Mark Quinlan,	
	Peter Grimes, Ed Marchand, Stan	
	Vegar)	45.92
M40	Nor. Cal. Srs.(R. McHugh,	49.14
	B. Main, R. Yeck, L. Bartholomew)	
	West Valley (P. Raymond,	
	Dennis Duffy, Bill Probst,	
	J. Manor)	49.57
W30	Old School (Margerum et al)	52.31

HAMMER

M75 Rick Hustace(75)	15.78
M70 Bob Stone(74)	19.68
M60 Dennis G. Rietz(60)	32.10
M55 Rasal Terhune-Young(55)	41.02
Richard Hotchkiss	39.90
Dale Harder(57)	26.14

SHOT

M35 Stan Vegar	12.66
Todd Robinson(38)	7.77
M45 Mike Holzgang(45)	9.61
John Gallen(46)	7.45
M50 Paul Thiel(51)	12.91
Mill Garrett(50)	10.65
M55 Richard Hotchkiss(55)	14.08
Karl Mayer(56)	13.20
Dale Harder(57)	10.91
Richard Barnaby(56)	9.75
Rasal Terhune-Young(55)	9.40
Shig Niizawa(57)	9.29
M60 Dennis g. rietz(60)	12.19
M70 Ed Chynoweth(71)	12.12
Bob Stone(74)	6.84
M75 Rick Hustace(75)	6.83
M80 Ross Carter(80)	11.85
W35 Rose Marie Sahagun(39)	6.62
W50 Donna Marie Rietz(51)	5.84
W65 Patricia A. Osmon(67)	6.35

DISCUS

M35 Stan Vegar	38.24
Todd Robinson(38)	24.46
M45 Mike Holzgang(45)	28.26
John Gallen(46)	22.68
M50 Paul Thiel(51)	33.62
Mill Garrett(50)	29.74
Tyrone Nelson(52)	22.38
M55 Joe Keshmiri(57)	51.62
Richard Hotchkiss(55)	46.22
John Ross(56)	41.80
Karl S. Mayer(56)	36.28
Rasal Terhune-Young(56)	33.88
Dale Harder(57)	31.84
Richard G. Barnaby(55)	31.16
M60 Dennis G. Rietz(60)	38.70
Milton Meux(60)	38.08
M70 Bob Stone(74)	18.72
M75 Rick Hustace(75)	15.84
M80 Ross Carter(80)	36.16
W35 Rose Marie Sahagun(39)	21.42
W50 Donna Marie Rietz(51)	12.52
W65 Shirley Dietderich(67)	17.28

JAVELIN

M30 John Jerome(34)	38.66
M35 Tom Silva(35)	59.82
John E. Hanson(36)	54.70
M45 Bob Powers(45)	50.54
Mike Holzgang(45)	36.82
John Gallen(46)	23.58
M50 Gary Reddaway(53)	49.92
John T. Burns(53)	47.04
Dennis Neufeld(51)	42.88
M55 Richard Hotchkiss(55)	44.44
Karl S. Mayer(56)	40.12
Dale Harder(57)	35.40
Rasal Terhune-Young(55)	34.98
Richard G. Barnaby(56)	22.66
M60 Dennis G. Rietz(60)	32.86
M75 Rick Hustace(75)	15.48
W50 Donna Marie Rietz(51)	10.34
W65 Shirley Dietderich(67)	18.17
Patricia A. Osmon(67)	17.22

HIGH JUMP

M30 Todd Risby(31)	1.97
M40 Ed Baskauskas(44)	1.67
David Earsley(41)	1.57
M45 William Wood(49)	1.47
Teddy Walton(47)	1.22
M50 Donald Dvorak(52)	1.47
Richard Imperiale(54)	1.22
M55 Richard Hotchkiss(55)	1.47
Don Rose(59)	1.42
Steve Richmond(59)	1.42
Tie for 2nd	
M60 Marion A. Sanchez(61)	1.47
M65 Joe King(68)	1.27
M70 Frank Mizuo(74)	.92
W45 Barbara Stratton(47)	1.12

BROAD JUMP

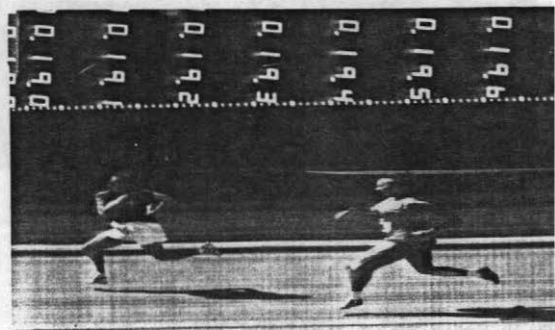
M35 William Long(35)	6.46
Noah Levingston(35)	5.64
M40 Roger Trujillo(44)	5.81
Joe Sahagun(41)	4.62
M45 James Manor(46)	5.48
William Wood(49)	4.62
Tedd Walton(47)	4.46
Richard Stepp(49)	4.29
M50 Donald Dvorak(52)	5.19
Richard Imperiale(54)	4.79
M55 Steve Richmond(59)	4.61
W30 Joy Upshaw-Margerum(35)	5.34
Karen E. Nelson(30)	4.79
W45 Barbara Stratton(47)	3.33
W55 Carol Lawson(58)	2.39

TRIPLE JUMP

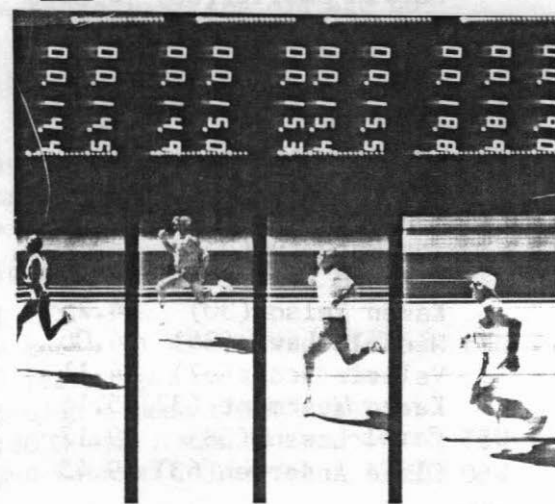
M40 Roger Trujillo(44)	12.38
M45 James Manor(46)	10.91
William Wood(49)	10.25
M50 Donald Dvorak(52)	10.63
M55 Steve Richmond(59)	9.22
Shig Niigawa(57)	7.86
M70 Frank Mizuo(74)	5.87
W45 Barbara Stratton(47)	7.36

POLE VAULT

M30 Paul Sinatra(32)	5.00
Mike Garzillo(33)	3.70
M40 Eddie Seese(44)	4.15
David Earsley(41)	3.70
M45 Dan Bovrey(49)	4.30
M55 Bruce Hotaling(50)	3.85



Carol Lawson(58)	19.12
Elsie Andersen(63)	19.45



M65 Emmet Kenamore(66)	14.34
Ed Manougian(65)	14.94
Bob Jordan(66)	15.42
M75 Konrad Slaughter(75)	18.88

From Ken Carnine, Sept. 14, 1994--

"Congratulations to all the NCSTC members who performed so well in the Nationals at Eugene.

"I made two meets early--Striders meet, Long Beach, May 14, and the Dan Aldridge meet May 29. The officials credited me an age world record in the javelin, an age world record in the hammer (which I had never thrown before) and an American record in the discus--missing the group record by three inches.

"We moved to the Palm Springs area in late June. Due to some moving problems, I have not made any other meets, including the Nationals that I had hoped to make.

"Best wishes to all our friends in Northern CA. We miss you."

(Ken's new address is 11 Pine Valley Drive, Rancho Mirage, CA 92270. Ken attained age 86 February 21, 1994--Congratulations to you, Ken.)

From Kay Lyons--We can add another gold to the club's accomplishments at the Nationals for Kay's leg of a 4 X 100 relay W50 Regional team. She also wanted to correct the report in the August newsletter of her 200M from 33.73 second place to 33.99 third place. (The editor picked up her heat score prior to the final.)

From Barbara Ulsh -- to Northern California Seniors Track Club--

"I want you to know that Robert Ulsh died last Thursday(July 24). He loved competing and winning, but had to lose in the end.

"Would you know the name of some one who could tell me what to do with Bob's hammers? I have 4 of them to get rid of."

(Bob was a winner all the way, very supportive and truly an inspiration. Barbara's address and phone: 12 Del Rio Ct., St. Helena, CA 94574 707/963-5443.)

From Jerry Lopes -- Jerry expressed his regrets that he could not attend our September 10 meet because of difficulty in traveling. He has and enjoyed the book, Ten Million Steps. Thanks for keeping in touch, Jerry.

Roger Scott has renewed his membership.

Even at this late time of the year, we have some new members to welcome:

Allen Goodlow, born July 7, 1954, P.O. Box 7373, Oakland, CA 94601, phone 511/654-3685. He is a triple jumper, recruited by David Timmons and Mark Grubi. Although he didn't feel quite fit enough for the September 10 competition, he is training and will make a good addition to our membership.

Al Schmidt, born June 9, 1993, 2036 Mezes Avenue, Belmont, CA 94002, was recruited by Win Emert. He is a salesman for Pac Bell Directory. Phone: hm 415/592-2400. wk 415/995-8624. In high school and 1950, 1951 and 1952 he ran the 220 and 400; from 1972 to the present time, he runs 5K to marathon distances. He has done corporate competition for Pacific Telesis Group, in the 400 M and up to 10K from 1979. He competed September 10 for the club.

David J. Timmons (31), 125 Moss Ave., No. 215, Oakland, CA 94611, phone 510/843-1700, U.C. Berkeley's former 800M star, is making a come back. This was his first competition on September 10 for some time. Recruited by Mark Grubi.

Karen Westmont (37) 516 Crofton Ave., Oakland, CA 94610, ran in the 100 meters sprint September 10, after only about two weeks of training. She showed remarkable talent and ran her practice starts very fast. She was ahead at the start, but had not yet converted her ballet muscles to running muscles enough to finish on top. We enjoy your company, Karen.

* * * * *

Some club members are looking forward to the Club West meet in Santa Barbara on October 8. Information and an application (to be postmarked no later than October 1) are at the end of this newsletter.

The Timber Wolf T&F Club announced a series of all-comers meets at Encina High School, 1400 Bell St., Sacramento, on Sundays, beginning at 10:00 A.M. September 18, and 15 12.00 P.M. October 2 through Dec. 11. Cancellation could be made on days of heavy rain. Contact the club at (916)489-2708; entry fees are \$5 per meet. Awards are ribbons. Youth through masters. Field events are listed: LJ, TJ, HJ, Shot, Disc, Jav, Ham Please contact them for information about track events, if any.

* * * * *

Kit Pickles reported a very successful hip operation. She depends on her golfing for recreation until she recovers more fully.

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* * * * *

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* * * * *

Changes of address have been received, as follows:

- Mark Henderson, 3368 Kensington Dr., El Dorado Hills, CA 95762-6926.
- Cole McFarland, 526 Rockcreek Way, Pleasant Hill, CA 94523-4728.
- Bill & Betty Morea, 41657 Armanac Court, Palm Desert, CA 92260-0376.
- George Whiting, 101 Emerson St., Palo Alto, CA 94301.

* * * * *

A letter of August 3, 1994 was received from Eddie Seese, Pac Assoc Masters T&F Sports Committee Chrm, 31361 Alvarado Niles Rd (Union City?) 510/441-8208 (hm & Wk); FAX 441-1318 (Hm & Wk), ADVISING BIDS ARE DUE BY NOVEMBER 1, 1994, for the following Association Masters Championships:

- Outdoor T & F Championships
- Outdoor Decathlin/Heptathlon
- Outdoor All-Around Weight Pentathlon.

"Clubs or sponsoring organizations desiring to apply for any of the above championships events shall apply in accordance with the Pacific Association Masters Cports Committee OPerating Procedures. If you have any questions please feel free to call."

* * * * *

Please send your competition results to us for publication. It is expected some of the LDR Grand Prix results for this Fall schedule will be coming in. Thank you for your cooperation in making this newsletter possible.

* * * * *



1500
Melinda Villar(42)



3000
Joe King(68)



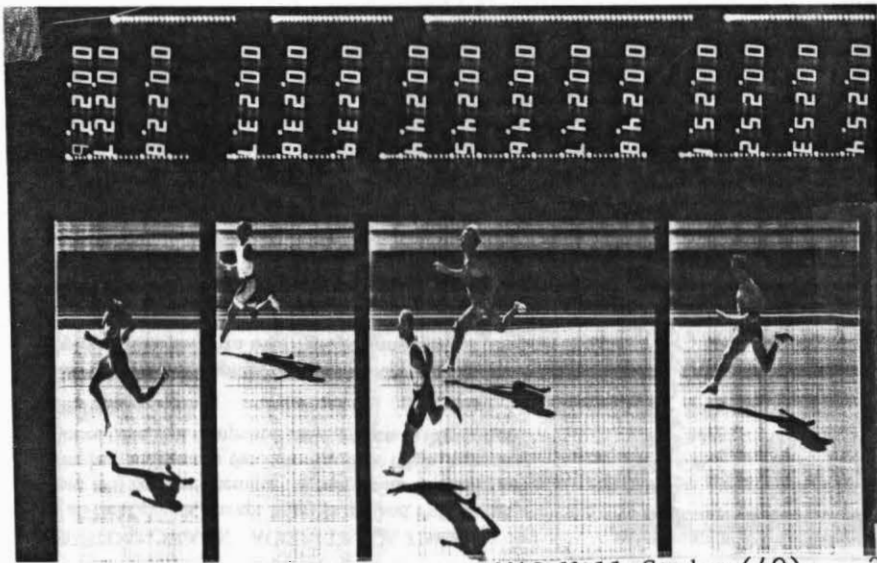
Emmet Kenamore(66)
Ed Manougian(65)



Karl Mayer(56)

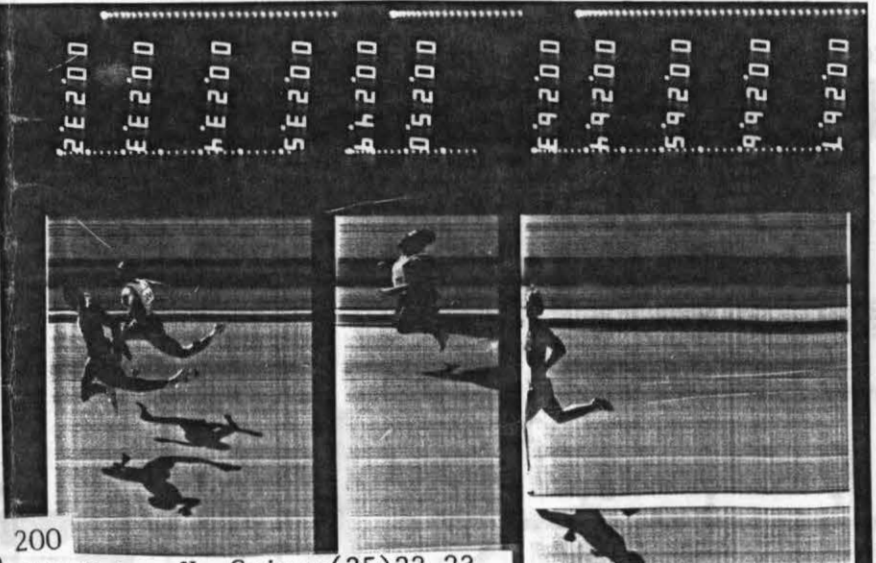


Richard Hotchkiss(55)



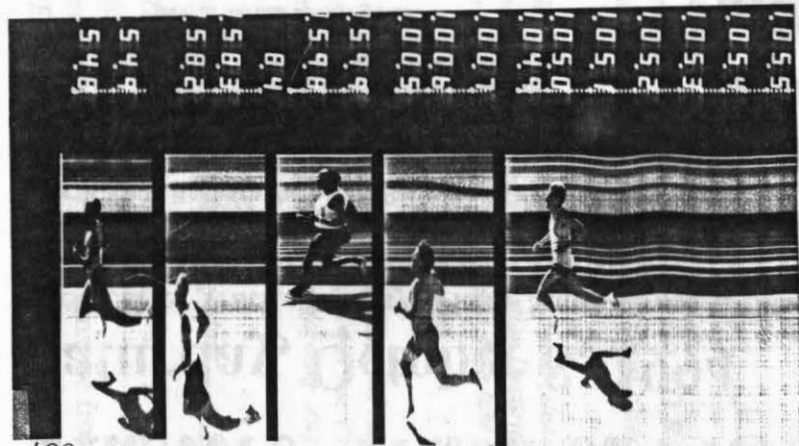
M45 Stan Whitley(48) 22.72 M40 Will Stokes(40) 23.70
 Paul Raymond(46) 24.41 Riley McHugh(44) 24.52
 Ray Yeck(46) 27.26

4 2 3 6 5

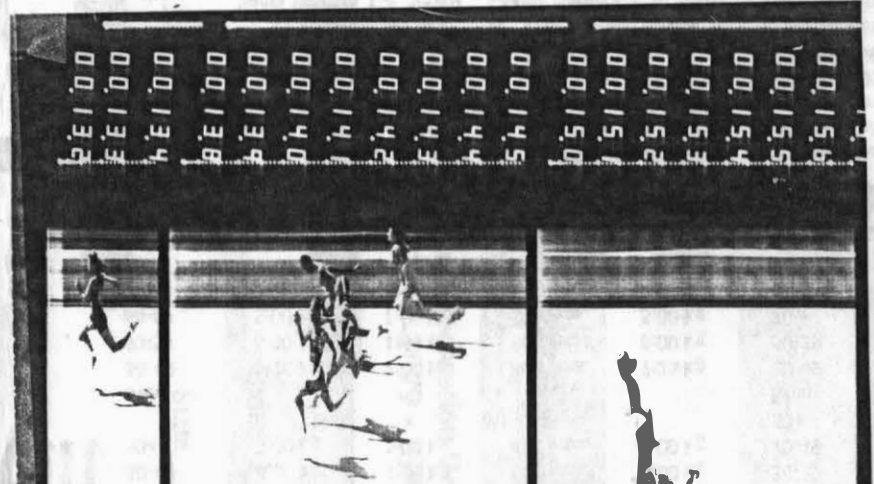


200 Peter H. Grimes(35) 23.23
 M35 Mark Quinlan(39) 26.28
 M30 Alan Tucker(33) 23.29
 Alan Williams(30) 24.98

4 5 6 3



400 M30 David Timmons(31) 54.83
 M45 Paul Raymond(46) 58.19
 Steve Gillman(49) 60.54
 M50 David Romaine 59.83
 Jerry Goodwin(52) 65.00



W30 Joy Margerum(33) 13.27
 Roianne Wilright(31) 14.07
 Karen Nelson(30) 14.25
 W35 Michele Lewis(36) 14.06
 Valerie Scott(37) 14.11

21st Annual

Masters' Track & Field Event

Saturday, October 8, 1994

Nick Carter Track • La Playa Field • Santa Barbara City College
(Corner of Cabrillo Blvd. and Loma Alta Street)

Cosponsored by Club West &

City of Santa Barbara Parks and Recreation Department

Field Events

9:00 a.m. Hammer - All Hammer Throwers, U.C.S.B. Hammer Ring
10:30 a.m. Discus throwers who do not throw the hammer.
Hammer throwers who also throw the discus report to the discus for the second round which starts as soon as the first round finishes.

The Following Events In The Reverse Order Starting With M-80 & Women

10:30 a.m.	Long Jump	12 noon	Shot Put
10:30 a.m.	Pole Vault	1 p.m.	High Jump
11 a.m.	Javelin	1 p.m.	Triple Jump



Track Events - Preliminary time.

SPURTOAN TRACK - ACCU - TRACK TIMING

In all field events, except High Jump and Pole Vault, there will be four attempts. If competitor is unable to complete attempts in the Pole Vault or High Jump in allotted time, that competitor may compete in flight other than one assigned.

John Whittemore trophies will be awarded again and a trophy goes to the man over 70 who wins the Hubbel-Herrmann hammer Heave. The Ray Williams Memorial Trophy will go to the best time for 60 plus in the 5,000 M. Events are scored 5-3-1. For points to count on the trophies, there must be one or more competitors in the event than places counted. To score 5 points there must be a least 2 competitors, etc...



There is a time limit for each event. Your cooperation is expected and will be appreciated.

Schedule:

9 a.m.	5000 Meter, All Divisions
9:45 a.m.	800 Meter Run
10:30 a.m.	80 Meter Hurdles
10:45 a.m.	100 Meter Hurdles
11 a.m.	110 Meter Hurdles
11:15 a.m.	100 Meter Dash
11:45 a.m.	400 Meter Dash
Officials Lunch Break	
12:30 p.m.	3000 Meter Walk
1:00 p.m.	300 meter Hurdles
1:15 p.m.	400 Meter Hurdles
1:45 p.m.	1,500 Meter Run
2:15 p.m.	200 Meter Dash
2:30 p.m.	4 x 100 Meter Relay
2:45 p.m.	50 Meter Dash
3:15 p.m.	1500 Meter Walk

W.A.S.T.A.C. Implement Specifications

Implements will be inspected at check-in table

Age	Shot	Discus	Javelin	Hammer	Age	Hurdles	Distance	Hurdle
Women					Women			
30-49	4:00 kg	1:00 kg	600 gms.	4:00 kg	30-39	100 M		33
50+	3:00 kg	1:00 kg.	400 gms.	3:00 kg	40-49	80 M		30
					50+	80 M		30
Men					Men			
30-49	7:26 kg.	2:00 kg	800 gms.	7:26 kg	30-49	110 M		39
50-59	6:00 kg	1:50 kg	800 gms.	6:00 kg	50-59	100 M		33
60-69	5:00 kg	1:00 kg	600 gms.	5:00 kg	70+	80 M		30
70+	4:00 kg	1:00 kg	600 gms.	4:00 kg				

THANKS TO ALL OF YOU, OUR MEET IS GROWING!

Motels nearest to Meet:

Motel 6
443 Corona Del Mar
Santa Barbara, CA 93101
Phone: 805/564-1392

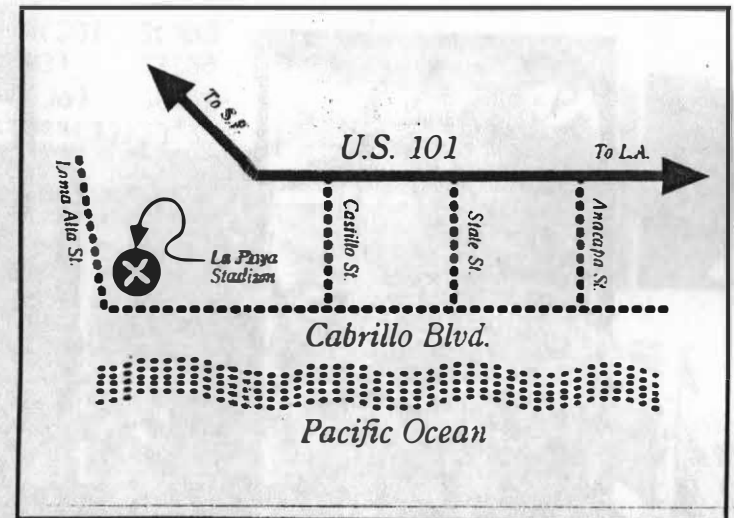
Tropicana
223 Castillo Street
Santa Barbara, CA 93101
Phone: 805/966-2219

Tides Motel
116 Castillo Street
Santa Barbara, CA 93101
Phone: 805/963-9772

King's Inn
128 Castillo Street
Santa Barbara, CA 93101
Phone: 805/963-4471

West Beach Inn
306 W. Cabrillo Blvd.
Santa Barbara, CA 93101
Phone: 805/963-4277

El Patio Motor Hotel
336 W. Cabrillo Blvd.
Santa Barbara, CA 93101
Phone: 805/965-6556



INFORMATION PHONE: 805/964-3005

Return entry to Club West, P.O. Box 1079 Goleta, CA 93116-1079

21st Annual

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Saturday, October 8, 1994

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Return entry to Club West, P.O. Box 1079 Goleta, CA 93116-1079 • (805) 964-3005

Entry Blank & Release Form (please print or type)

Name _____ Age _____ Date of Birth ____/____/____ Phone: (____) _____

Address _____ City _____ State _____ Zip _____

Please enter me in the following events:

- | | | | |
|----------|------------|----------|------------|
| 1. _____ | P.R. _____ | 2. _____ | P.R. _____ |
| 3. _____ | P.R. _____ | 4. _____ | P.R. _____ |
| 5. _____ | P.R. _____ | 6. _____ | P.R. _____ |
| 7. _____ | P.R. _____ | 8. _____ | P.R. _____ |

(P.R. = Personal Records)

Entry fees: \$10 first event (\$5 each additional event, \$10 relays) NO REFUNDS
Relay team members must be from same club, and club must send check for fees.

Athlete/Team Release:

In consideration of my/our entry, I do hereby for myself/ourselves, heirs, and administrators, waive and release all claims I/we may have against the Club West Masters' Track & Field Meet, the City of Santa Barbara Parks and Recreation Department, its representatives, the various governing bodies, for any and all injuries suffered by melus from competing. Furthermore, I/we take full responsibility for personal equipment owned by myself/ourselves.

Required by the Athletics Congress:

Athletes who participate in this competition will be subject to formal drug testing in accordance with TAC rules and 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 Hot Line at 800-233-0393.

My 1994 TAC number is: _____ (Registration required) Individual's Signature _____

OCTOBER 1, 1994 IS THE DEADLINE FOR ENTRIES.

Entries postmarked after October 1, 1994 will be subject to a surcharge of \$5.

Club should be responsible for relay team entries. All members of relay teams must be from the same club.

• YOU CANNOT COMPETE WITHOUT A TAC REGISTRATION NUMBER • SANCTIONED BY SCA-TAC