HELP FIGHT the NATION'S NUMBER 1 CRIPPLER ARTHRITIS!

for information on how YOU can help... contact San Diego Chapter, Arthritis Foundation
3537 Fourth Ave., San Diego 92103 /Phone 291-0430

1st annual U.S. Masters Track & Field Championships
July 19th & 20th
Balboa Stadium, San Diego

Sponsors:
S.D. Track & Field Assn.
L.A. Seniors Track Club
S.D. Rec. Dept.

OFFICIAL PROGRAM  • 50c
INTRODUCTION

Today's society emphasizes youth. Young people constitute a major portion of our population. This is an era of looking young, thinking young, and 

staying young. The whole idea can be frustrating to middle-aged adults. But those over forty, take heart. A youthful mind and body are not an impossibility. The basis 

of both, however, is physical fitness.

This is the concept behind the First Annual U.S. Masters Track & Field Championships. In recent years, 

senior running has reached a status in the United States never before achieved. Medical authorities con-

sider it one of the best means by which one may retain physical fitness and prolong a vigorous life.

Most forms of exercise do not strengthen the cardiovascular system. Running does. It is very easy, once you make up your mind, to start running. All it takes is determination, a good pair of running shoes, and loose-fitting clothes. A check-up by a doctor is a must.

Competitive running is not advisable for all senior runners. For some, it gives the needed impetus necessary to keep working out daily. Challenge provides 

stimulation. The United States Masters is for those 

senior athletes who see the challenge and wish to come to grips with it.

This meet was conceived for several reasons. Senior 

runners are beginning to prove that a mature individual can be in superb physical condition. Such examples encourage other men to do likewise, and provide exciting 

events for the spectator. Champion athletes of past 

years may once again appear and compete.

Younger men will be encouraged to continue in com-

petition beyond the age at which athletes customarily compete. Finally, medical authorities will have an op-

portunity to study the participants and thereby gain useful medical data.

We trust that athlete and spectator alike will receive 

benefit and stimulation from the First U.S. Masters 

Track and Field Championships, and that the interest 

will be sufficient to justify the continuation of this event as an annual affair in beautiful San Diego.

David H. R. Pain
General Chairman
U.S. Masters Track & Field Championships

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There's a fiesta in the wind!

San Diego is 200. And everything that isn't old is very, very new. New stadium, new theatre, new airport, new freeways, new Sports Arena, new skyline. Next year, all year, California's first city will celebrate her 200th birthday. Come join the celebration—this will be the year to bring your friends to fun-filled San Diego County for a visit they'll never forget. Bring them early for a midwinter tan. Bring them later for a summertime breeze. Chase a whale. Bet a race. Go sailing, hunting, or fishing. Visit a monument, a mission or museum. San Diego is 200. And she never looked younger.

1980 EVENTS

Aquatic Floral Parade
International Surfing Championships
National Folk Dance Festival
International Exhibits
Powder Puff Derby—200
National Square Dance Festival
Symphony's Salute to Spain
Spanish-American-Mexican Music Festival
National Dove Buggy Contest
International Art Show
World's Largest Industrial Exhibit
(Industry Open House)
War Lights of Welcome
Salute to the States
Light Ring Show
Parade of Ships and Lights
International Art & Costume Festival
Star Class Regatta
Sailing Ship Armada
American Philatelic Exhibits
Program of the Missions

For further information, call or write: San Diego 200th Anniversary, Inc., 1600 Pacific Highway, San Diego, California 92101 291-1960

Dave Pain
FIRST ANNUAL U.S. MASTERS
(40 & Over)

TRACK & FIELD CHAMPIONSHIPS

Sponsored by:
City of San Diego Recreation Department
San Diego Track and Field Association
Seniors Track Club

SCHEDULE

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MASTERS MARATHON
(26 Miles, 310 Yards)
Mission Bay — Sunday, July 21, 1968
7:00 A.M.
START and FINISH: MISSION BEACH PLUNGE PARKING LOT

Sponsor — SEA WORLD

Awards: 1:30 Sunday at Banquet at Atlantic Restaurant

This schedule is tentative, depending on the number of entries in each event.

A minimum of six (6) entrants is required for each event; otherwise, the Meet Director reserves the right to cancel the event.

CREDITS
Meet Director: Ralph Smith. General Chairman: David Pain. Public Relations: Baby Adams, Marathon, Bill Walker Vice Chairman: Augie Escamilla, Merle Hamilton and Howard Barnes

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Honorary Referee CURT HARDICK

The First Annual U.S. Masters Track & Field Championships proudly announce the Honorary Referee for these exciting events. You may remember Curt Hardick from past years, for he has made his mark in sports history.

Going back...he was a member of the U.S. Olympic Track & Field Team held in Amsterdam, Holland, where he competed in the 10,000 meter run, won by Paavo Nurmi, the famed Flying Finn. Curt was New England's Cross Country Champion in 1931; 2 mile champion in 1930. In 1933, Metropolitan New York's Cross Country Champion, and in Long Beach, N.Y., Marathon Champion (Modify) 1934.

Welcome to the U.S. Masters, Curt Hardick!

To all the outstanding
athletes in the first annual
U.S. Masters Track and Field
Championships...

"may the win be yours"

Breast O’ Chicken Tuna
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Westgate California Products, Inc., San Diego, California

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Makers of Athletic Pits and Pads
666 Ninth Ave., San Diego
LEO LEYENS, Pres. Tel. 223-6111

John A. KELLEY, Champion Senior Runner

You’ve got to have guts to run over 1,000 races. That seems to be a quality sixty-year-old John A. Kelley of Boston has in abundance. Win, place or show, this racer has one goal. “The main thing,” he declares, “is to finish—and to break three hours.”

The name “Kelley” stands out in a city well known for its outstanding Irish. John Kelley has won his place in historical records of the famous Boston Marathon. This is quite an accomplishment, for the seventy-two-year-old annual event has seen many champions come and go.

Back in 1935, America had a temporary respite from national emergencies. All eyes were upon the Boston Marathon. John Kelley wasn’t the man expected to break records. He was a small man, a postman’s assistant by trade. At the beginning of the marathon he was, in fact, legendary for having breakdowns.

Kelley and Dave Komen, Ontario’s winner from the year before, were far behind others. It was the twenty-mile mile that became a “lucky mile” for Kelley, when he assumed the lead.

Komen went back to Canada before completion of the race, leaving a hastily written note of congratulations. He didn’t learn Kelley’s time until much later—2hr., 32min., 7s.

All together, Kelley finished in the top ten places eighteen times in the marathon. But it was to be ten years after his 1935 victory before he would again be best. This was 1945. Time: 2hr., 30min., 40s.

Kelley was behind Clayton Farrar, in the lead, for thirteen miles. It was to be another three miles before he really began to move. Farrar faded, giving the lead to Lloyd Bairstow. On the hills, Kelley cut down three men and began running behind Bairstow for another six miles. It was close, but Kelley came out ahead by 2min., 10s., much to the joy of marathon followers who’d been cheering him on for a decade.

Has all of this been enough for John Kelley? Apparently not, for at the age of sixty he’s still running. Coming up next: the First Annual U.S. Masters Track & Field Championships. This event will be at San Diego’s Balboa Stadium July 19th & 20th. He has entered, and promises to give hot competition to other senior entrants.

John Kelley, of course, has remained an amateur. He has taken home more than 900 prizes, but no money. These have ranged from clocks, traveling bags, electrical appliances, rugs, tables, lamps, a desk, a television set, and uncountable watches.

Among his most treasured trophies is a gold bowl, which he won at the age of 54. He had entered the National Marathon and managed to finish fourth. For this, he was proclaimed New England’s outstanding amateur athlete for 1962.

No, John Kelley doesn’t give up, doesn’t let advancing years dent either his enthusiastic or physical condition. Recently, he even decided to take up painting, complete with art lessons at night school.

Look for him at the U.S. Masters in July.

Compliments of a
Friend
Jim Ryan runs about 100 miles a week. Jim Ryan is the world's greatest middle distance runner. He is 21. Fred Grace runs about 120 miles a week. Fred Grace is a retired accountant who enters a marathon race almost every weekend and never wins. He is 70.

It has been said about Fred Grace that if you throw a sack over his head you would have before you the perfect physical specimen of a man in his prime. That is not fair to Fred Grace's head. True, there are some wrinkles around the neck, but the neck is firm. His clear blue eyes never need glasses and there is hair on the head and there are teeth in the mouth.

He still carries 125 pounds on a five-foot-four body and that's about the same proportion it was when he was 18 when Grace began running. For almost 68 years then, Fred Grace has been running almost daily, about three or four miles a day.

It has been only in the last two years that he has stepped up his mileage. Now he runs from 28 to 30 miles a day and tries to run competitively in a marathon (26 miles, 385 yards) every weekend. At 70, Grace may be the living case to prove the important question in this season of Joggery: How much is too much?

"Speaking for myself," Grace said, "I don't think I can get too much exercise. I frankly never get fatigued." Fred once ran 42 miles non-stop around a track and quit only because he got tired. And besides running he works out daily in his garage gym. He has done 269 sit-ups, 1,000 squats (500 with a 65-pound weight on his shoulders) and 7,000 push-ups in sets of 25. He thinks push-ups do the body very good and prefers dips on the parallel bar. He has done 1,000 parallel dips in sets of 20, resting only long enough to mark the running total on a blackboard.

Is there a chance that Fred Grace was born with his remarkable body? Perhaps, but he is convinced that nutrition and exercise are responsible. He says that as a young boy he was sickly and weak. Three persons in his immediate family have died relatively young of cancer. He doesn't mean to imply that exercise has headed off cancer in him. He simply makes the point that there has been no inherited robust health that has given him an inside track to longevity.

Grace has worked for every ounce of vitality he now has. Every morning at 4 he arises, puts on a gray sweat suit, one of four pairs on mylar-taped running shoes (he gets about 4,000 miles to a pair) and runs 20-plus miles through a park near his home in the Baldwin Hills area of Los Angeles.

He doesn't believe in warming up or cooling out. He just goes out and starts running. When he is through he flops in a chair and reads the newspaper. He is never hungry right after exercise, but when his appetite returns in about an hour he enjoys his biggest of four daily meals. Into a huge, square pyrex cooking bowl he mixes:

- Non-fat milk
- Brewer's yeast flakes
- Wheat germ
- Liquid lecithin (made from soybeans)
- Home errors, a mineral called dolomite, blackstrap molasses, apple cider vinegar and honey
- He adds enough water to bring his vitamin potion to the consistency of oatmeal

And of the whole thing he says: "Nothing can taste so wonderful as this."

But one doesn't know whether to trust his gustatory judgment. Fred Grace's favorite dish is liver smothered with yogurt.

He will be in San Diego July 19 to compete in the first annual U.S. Masters Track and Field Championships, running in the marathon, of course. But he doesn't expect to win.

"I never do," he said. "I can run an awfully long way but I can't run very fast. My fastest mile is only 6:56 and I pulled a hamstring when I did that. But if I ever win I never drop out either."

Once he broke a longstanding personal rule never to stop during his daily runs. And this time he did it only because a slow-walking, bent old man had warned him every day as he passed him in the park, "Take it easy, young fellow. Don't overdo it." It turned out the old timer was a former marathon runner, too, who hadn't run since he was 22. And he was three years younger than Fred Grace.

Grace runs in the wind and the cold and the rain. He never has colds nor headaches. He never sees a doctor because he says he never feels the need of one.

"Don't get me wrong," he said, "I'm not anti-doctor. It's just that I would feel a little foolish after all of the exercises I've had all my life to go to a doctor and asking him if I think I'm in good enough shape to do it."

Actually, some of Fred Grace's best friends are doctors. One of them who is interested in heart transplants examined Grace's heart recently and said him the ultimate compliment:

"If you have a fatal accident on the way home be sure and call me."
### 6 MILE RUN

**Sponsored By**

**San Diego Track Club**

(Senior Division)

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HONORARY REFEREES

DR. JOHN L. BOYER  DR. FRED W. KASCH

Drs. Fred W. Kasch and John L. Boyer together with Dr. David Carmichael share the spotlight today as honorary referees because of their extensive work and research toward physical fitness of Americans.

Boyer and Kasch, as the founders and leaders of San Diego State's Adult Fitness Program and Exercise Physiology Laboratory, have combined to develop techniques which keep Americans in better physical condition.

They have received world recognition for their accomplishments, which include a published book titled, "Adult Fitness — Principles and Practices."

"The prevention of coronary heart disease was our No. 1 goal in undertaking these physical fitness programs," Dr. Boyer said.

"Studies have shown that exercise of the cardiovascular type are a real value in prevention of heart disease.

"Running and physical fitness exercises are the easiest, simplest and least expensive way to get the proper kind of cardiovascular exercise and improve heart conditions," Dr. Boyer said.

"Running gives a man continual rhythmic endurance work, which is the best exercise for your heart," he said.

Dr. Boyer also was quick to point out that participation in sports does not necessarily develop fitness.

"We tested an outstanding athlete at San Diego State (a track and football performer) and found that a man 50 years of age who had been following our prescribed running and exercise program was actually more physically fit. Age is no deterrent to fitness," Dr. Boyer said.

In their book, the doctors point up the need for physical fitness because our way of life today tends to omit a method of relieving the pressures of daily work.

"Exercise two to five times a week is not only good for physical fitness, but a release for tensions and frustrations," Dr. Boyer said.

"Overcoming years of sedentary living and substituting habits of regular physical activity is the No. 1 problem," he said.

"But the results of better feeling, longer life span and a general "brighter outlook on life" make the effort worthwhile," Dr. Boyer said.

### MASTERS SIX
(Sextathlon)

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440 YARD RUN

SPONSORED BY
HI-SHEAR CORP.
Torrence, California

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1 162 John Hales Seniors Track Club 51 47.5 1
1 653 Mark Winnfield California 41 47.5 1
709 Luis Castaneda Nevada 40 51 1
710 A. Lewis S. D. Track & Field Assn. 47 51 1
44 E. Smith S. D. Track & Field Assn. 51 51 1
838 Alex Batelle Twin City Track Club 43 43 1
697 Louis Fields No. Calif. Seniors T.C. 48 45 1
663 Luka Sekulich No. Calif. Sr. T. C. 45 45 1
111 William Fitzgerald So. Pacific Assn. 43 43 1
698 John Holt California 40 40 1
729 Bill Soule California 42 42 1
657 Kenneth Wilson Twin City Track Club 41 41 1
92 G. J. Adams Arizona 46 46 1
248 Charles Christian 46 46 1

HUGH MAIOCCO

220 YARD DASH

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NO. NAME AFFILIATION or STATE AGE TIME PLACE
588 Richard Stolpe Nebraska 43 43 1
689 Mark Winnfield California 40 40 1
690 William Murphy California 44 44 1
691 Tom James Wildcat Club 48 48 1
117 Richard Baum So. Calif. Striders 45 45 1
652 Merle Hamilton S. D. Track & Field Assn. 46 46 1
740 Toby Medina Los Angeles Police "Pacers" 49 49 1
157 Freeman Merr Southwestern 43 43 1
651 Andrew Crocket West Side (N.Y.) YMCA 44 44 1
681 John Thompson Seniors Track Club 43 43 1
741 Raoul Theriault Denver Track Club 41 41 1
742 Lawrence Shlensky California 44 44 1
699 Tom Burnand S. D. Track & Field Assn. 42 42 1
26 George Reagan Road Runners Club of Austin 52 52 1
701 Don Badini United Bank of Arizona 40 40 1
712 D. J. Pascoe U. S. Naval Hosp., Oakland 44 44 1
686 Donald Coleman California 40 40 1
70 William Parke California 48 48 1
98 James Bradstreet California 46 46 1
93 Jack Cate Arizona 42 42 1
77 Ross Winton California 49 49 1
73 H. W. Hartin S. D. Track & Field Assn. 40 40 1
72 Robert Poit California 44 44 1
15 Geo. RIDGEN Cal. Col. of Podiatric Medicine A.C. 41 41 1
194 Donald Esslinger California 40 40 1
97 Dallas Smith Arizona 48 48 1
694 Alphonse Jutland Stanford University 45 45 1

LONG JUMP

NO. NAME AFFILIATION or STATE AGE PLACE
1 90 Lewis Roberts Seniors Track Club 40 40
2 687 Freeman Merr Southwestern 43 43
3 702 Allan Corwin California 43 43
4 75 H. W. Hartin S. D. Track & Field Assn. 40 40
194 Donald Esslinger California 40 40

SHOT PUT

NO. NAME AFFILIATION or STATE AGE PLACE
1 746 Frank DeBernardi California 46 46
2 100 Bill Banger Champ Athletics Club 43 43
3 747 Theodore Jacobs California 44 44
4 157 Dave Shroder Kansas 54 54
161 Sid Knowles San Ysidro Beach & Tennis Club 64 64

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The "Champions Meet" keeps its theme of "world class competitors" right on the line through the selection of San Diego native Ralph Smith as meet director. His success as meet director of last year's Third Annual Invitational Track Meet, which produced three world records, made his selection for a repeat performance the easiest and most obvious decision.

He has been in the "world record class" since 1970 when, at the age of 13, he vaulted 13-5 1/2 to claim a National High School and American record in that event. His other athletic endeavors, including the county lightweight boxing championship in 1977, have been a sound foundation for his entrance into recreation work as a career.

After several years as recreation supervisor for Coronado, Smith assumed his present post in 1986 as San Diego's municipal athletic supervisor.

Testimony to his diligence came recently with his selection for the "Merit Award," highest honor emblematic of outstanding leadership and extraordinary services benefiting sports programs in the Southern California municipal athletic recreation system.

In addition to his regular duties, Smith is zoning commissioner for the local Pacific Southwest Association of the A.A.U. and annually serves as matchmaker for the Golden Gloves and Navy Championships.

A life member of the national A.A.U., Smith, at one time or another, has been president of virtually every amateur sporting organization in San Diego County.

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3 MILE WALK

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NO. NAME AFFILIATION or STATE AGE TIME PLACE
743 V. W. Grandy Florida 48
125 Lawrence O'Neil Montana 60
643 Donald Jacobs Portland Track Club 48
630 Robert Long So. Calif. Striders 49
744 Ash Severson California 42
198 Joe Wahrly So. Calif. Striders 52
130 Bruce MacDonald New York Athletic Club 40
713 Justin Gershuny California 41
745 Bruce Shields S. D. Track & Field Assn. 46

880 YARD RUN

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BALI HAI RESTAURANT
Shelter Island

NO. NAME AFFILIATION or STATE AGE TIME PLACE
45 Ray Gordon Washington Sport Club 50
708 James Hartshorne Buffalo Athletic Club 44
709 Luis Castaneda Nevada 40
61 Ray Mahannah California 52
710 Arthur Lewis S. D. Track & Field Assn. 47
711 William Fitzgerald So. Pacific Assn. 43
712 D. J. Pascoe U. S. Naval Hosp., Oakland 44
733 Avery Bryant California 44
311 Dean Krutz Nebraska 44
121 William Fix Spokane Track Club 42
679 Pete Mundell Santa Monica Athletic Assn. 40

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## 3 MILE RUN

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SAN FRANCISCO OLYMPIC CLUB
San Francisco, California

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A DIFFERENT KIND OF A CASE

BILL HARGUS

When an ordinary man has a heart attack, it’s serious. To an athlete, it can be disastrous. But what about an ordinary man becoming an athlete after suffering from a heart attack?

Most people would call it impossible but then they don’t know Bill Hargus, Southern California civil engineer. Recently Bill ran the San Diego Marathon in three hours, 26½ minutes. He finished second among those in the 26 mile foot race, 27th in a field of 104 starters.

July 19th, Bill will be entering the first annual U.S. Masters Track and Field Championships, which will be held at San Diego’s Balboa Stadium.

Until three years ago, in March 1965, there was nothing unusual about Bill Hargus. His profession as a civil engineer earned him a good living. A working day presented its share of stress and strain, he could relax at home. At 43, he was a little overweight but healthy. Except for being a non-smoker, his habits followed the pattern of most middle-aged men.

Then Bill discovered, as one million Americans will this year, that arteriosclerosis doesn’t always hit “the other guy.” For one million, it will be fatal. He couldn’t know that his arteries were clogged with a fatty substance. Not until a blood clot formed in a vital vessel feeding the back side of the heart muscle.

On one typical evening at home, he was tired. He’d brushed aside similar feelings many times before... along with back and knee pain. Just old age coming on, he thought. But by morning he was worse.

His wife called a physician who gave the verdict: coronary thrombosis. Bill was off to the hospital.

What does a man think about at such a time? To Bill, it was everything left to be done in his world. He had a wife, children to raise, and a career. At 43, he was neither ready to give up nor to settle for a half-existence as an invalid.

He found that medical experts agreed with him. Old theories of a heart patient cutting down all activities had become discarded. The heart, it was felt, deserved a chance to recover like other muscle.

He contacted Dr. Fred Kasch of San Diego State College, who was helping similar cases with exercise. As a result, Bill began running. “At first it was a tremendous effort to run just a quarter mile... the pain got so bad I had to stop. But I kept trying every day. At the end of about three months I was going two or three miles without stopping. It seemed to be doing a lot of good so I kept it up after going back to work six months after my attack.”

Bill had suffered a fairly massive posterior myocardial infarction, according to his doctor, but now there is no evidence of it.

The story of Bill Hargus is one of hope for all heart patients. Considering that few completely healthy men of his age would attempt to run a marathon, let alone finish, he is indeed unusual, it offers proof that recovery from heart disease is possible... and that a partial, limited recovery. To those yet untreated by coronary problems, it is a warning to begin running or some other form of good exercise.

For Bill Hargus, it is a success story. He is able to continue the normal routine of life at about the rate he formerly enjoyed. He continues with a regular workout schedule. Running sites include Shelter Island or Cal Western on a typical day. He may run 4½ miles in the morning and 4½ in the afternoon.

Right now, he’s practicing for the big U.S. Masters in July. Competition will be fierce. Nostalgia will be evident across the country, both amateurs and some professionals (by special order of the president of the National Federation, approved by the SPAA), former Olympic champions. It promises to be an exciting event and Bill wouldn’t miss it for anything.

From heart patient to marathon runner, a whole new attitude to athletes, that’s the story of Bill Hargus. He’s an inspiration to everyone.

ABOUT THE ARTHRITIS FOUNDATION

The U.S. Masters Track & Field Championships stress the importance of good health, physical fitness, and good sportsmanship. The event provides excitement and fun for both competitors and spectators.

There is, however, another part of this story. Many of you purchased tickets through the Arthritis Foundation. San Diego Area Chapter. Proceeds from these sales will benefit this organization, dedicated to assisting arthritis victims and helping to stamp out this crippling disease.

Arthritis may strike anyone, resulting in almost undetectable aches and pains, disabling physical ravages. There are over 80,000 arthritics suffering in San Diego and Imperial Counties; men, women and children.

Although at present there is no cure for arthritis, there is still a serious gap between what is known about this disease and its application in practice. Right now, disability can be arrested, often reversed.

Your San Diego Area Chapter of the Arthritis Foundation is the only San Diego health agency of San Diego and Imperial Counties that is officially chartered by the Arthritis foundation. The chapter’s fourfold program is totally dedicated to winning a victory over arthritis.

We hope you enjoy the track meet, and we thank each of you who purchased your tickets through the Arthritis Foundation.

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track meet entrants

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<tr>
<th>No.</th>
<th>Name</th>
<th>Application on site?</th>
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<tbody>
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Note: All others on applicant list.

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