

## SAN FERNANDO VALLEY TRACK CLUB

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# NEWSLETTER

JUNE, 1976

### MAY HIGHLIGHTS

RON KURRELE places 15th in Olympic Marathon trials in 2:20:18.

JOHN DAMSKI repeats as triple winner in Grandfather Games.

SID MADDEN sets two world age records.

DON GRIMES wins pole vault in Grandfather Games.

MIKI GORMAN wins six-mile run.

### OLYMPIC MARATHON TRIALS

RON KURRELE finished 15th in the Olympic Marathon trials May 22 in Eugene, Oregon in the excellent time of 2:20:18. Frank Shorter, the 1972 Munich gold medal marathon winner, won in 2:11:51. He was followed by Bill Rodgers in 2:11:58 and Don Kardong in 2:13:54. All three qualify for the U.S. Olympic team. Our congratulations to Ron for a strong race against the toughest marathoners in the country.

### BABIRACKI MISSES OLYMPIC STANDARD

DAVE BABIRACKI proved he was human by finally running a poor race in the California Relays at Modesto May 22. It just wasn't Dave's night as he didn't come close to the 13:40 qualifying time necessary to make the U.S. Olympic trials in the 5000 in Eugene June 19-27. So far, only 8 Americans have met the qualifying time. Dave has one more shot at it. He'll run the 5000 in the U.S. National AAU championships at UCLA's Drake Stadium on Friday, June 11 at 7:10PM. He can do it. Let's all be there to cheer him on and give him our support.

### COMING UP IN JUNE

May 29. Corona Del Mar Relays, Glendale College. Men and women over 30.

June 10-12. Men's & women's national AAU Championships, UCLA.

June 12. SPA-AAU Masters Championships at Moorpark College, Moorpark.

June 12. 10th Palos Verdes Marathon

June 16. All-comers meets begin at Pierce College; every Wednesday thru July 23.

June 19-20. Western Regional Masters Championships, Grossmont College, San Diego.

June 19. National Masters, Senior, Women & Junior One Hour Run Championships, Santa Barbara.

June 19-27. U.S. Olympic Trials, Eugene, Oregon.

June 26-27. Senior Olympics, UC Irvine.

July 3-5. National Masters Championships Gresham, Oregon.

July 4. National / Senior SPA District 15 kilometer championships.

June 14-15. National AAU Junior Women's Championships, UCLA.

DATE/TIME	EVENT/DISTANCE	DIRECTOR, LDR LIAISON MAN	AWARDS	COURSE/FACILITIES/DIRECTIONS
SAT MAY 29 8:00am	10th Mt. Wilson Trail Race 9.5mi	Gene E. McRea	Open 20; HCP 10; 16-19 10; 13-15 3; W/W/G 3/3/3. Sierra Madre resident awards.	One of the years top events. Tough up & back run. Sponsored by Sierra Madre Search & Rescue Team, Box 24, Sierra Madre 91024. Check in at Baldwin & Sierra Madre Blvd, in Downtown Sierra Madre, just N. of Santa Anita track.
When filling out applications for A.A.U. cards, be sure to designate your sport as LD (Long Distance Running) and not Track & Field. This schedule is mailed only to persons on the LD roster.				
SAT JUNE 5 8:00am	Lytle Creek to Wrightwood Torture-Enduro 16mi Run	Bruce Hammerstein, P.O. Box 1166, San Bernardino 92402	50% entry fee. 1st place Trophy. Medals. Choice of refreshments after race.	San Bernardino Hwy to Sierra ave; N. 10mi to campground. Restrooms. Drivers needed to pick up runners in Wrightwood
SAT JUNE 5 9:00am	Hidden Valley 12mi Run	Connie Rindewald, 952 Sharon Drive Camarillo, 93010 805/482-5360	Many & various.	All paved roads on hill near Lake Sher- wood. Restrooms & Picnic facilities. Ventura Hwy N. to Wendy Dr; W 3mi to Holloway, N. to Knollwood; left (W) to Frinlea and Canyon Park.
In any race involving team competition, all teams must submit a list of their competing members <u>prior</u> to the start of that race. If this is not done, your team score will <u>not</u> count!				
SAT JUNE 12 8:00am	10th ANNUAL PALOS VERDES MARATHON	Les Woodson, 2209 Via Anocopa, Palos Verdes 90274	Open 20; Vets 5/2/1; Women 2/2/1; H.S. 5; J.R.H.S. 5. T-shirts to first 700 finishers!	San Diego Hwy to Hawthorne Blvd; S. to Silver Spur; Check in at Rolling Hills H.S. Restrooms & showers. Entry fee \$4.00 - Late Fee \$6.00 after June 4th.
SAT JUNE 19 9:00am	COASTAL SECTION S.P.A. & NATIONAL ONE HOUR RUN CHAMPIONSHIP	Elaine Rosenfield % San Luis Obispo Distance Club, P.O. BOX 1134, SLO 93406	Included in listing for Santa Barbara section. Runners are eligible for regional & national awards.	San Luis Obispo H.S. track; corner of San Luis Drive & California Blvd. Calif Blvd. exit from U.S. 101 E. 1mi. Meet record is 10mi 1539 yds by Jim Flanigan, 1975.
SAT JUNE 19 3:00pm	NATIONAL MASTERS, SENIOR, WOMEN & JUNIOR 1 HOUR RUN CHAMPIONSHIPS	John Brennan, 4476 Meadowlark Ln, Santa Barbara. 805/964-2591	Many National & District Awards	U.S. 101 past Santa Barbara, follow signs to U.C.S.B. Park at Robertson Gym. (25% parking).
Important L.D.R.C. Meeting to follow this race. All clubs should have at least one (1) delegate present. All other interested parties welcome to attend.				
THUR JUNE 24 8:00pm	U.C. RIVERSIDE 1 HOUR RUN	Bruce Hammerstein, P.O. BOX 1166, San Bernardino 92402 714/875-2092		U.C. Riverside. Dirt track, lights, restrooms & showers. Pomona Hwy (60) E. to Riverside. Exit at University Ave. N. to track.
SAT JUNE 26 6:30p.m.	10th EL MONTE 7.0 MILE RUN	Bertha Oliver 443-1321	Open 1-10; 10 Blind Hdcp; 16-19 5; 13-15 4; 12 + a 3; G/W/W 2/2/2	Three loops of flat roads. Pomona Hwy to Santa Anita, N to Central, E. to New Temple Park. Sign-in at baseball diamond.
SUN JULY 4 10:30am	NATIONAL/SENIOR SPA DISTRICT 15km CHAMPIONSHIPS	John Brennan 805/964-2591	National: 6 Senior, 4 Junior, 3 Senior Teams, 3 Junior Teams	Out & back, 1 hill at beginning; all roads. Hwy W. through Santa Barbara to turnpike road; S. to San Marcos H.S. Check in at track. Showers & Restrooms.
SUN JULY 11 9:00am	COLLEGE OF THE CANYONS 6mi RUN	Monty Carlwright 805/279-7000	Check with race director	Golden State Hwy N to Valencia Blvd. to Collage of the Canyons. Showers
In all team races, team placing will be based on total time and not individual placing.				
SAT JULY 17 9:30am	7th ANNUAL MORRO BAY to CAYUCOS 6mi RUN	Gue Waterbury, %San Luis O.C., P.O. BOX 1134, S.L.O. 93406	Men - 1st 10 finishers. 30-39 3; 40-49 3; 50+ 2; 12-11 2; 13-15 2; 16-19 3 WOMEN - 15-11 2; 16-29 2; 30+ 2. SPECIAL - 1st Husband-Wife; 1st Parent- Child. Certificates to all	One-way course on sand & rocks. Check in at Morro Rock, 15mi N. of San Luis Obispo on Rt. 1. finish at Cayucos pier. Runners are responsible for own transportation after race. Course record: 31:54 by Bob Wallace, UTEP (1974)
SUN JULY 25 10:00am	ORANGE COUNTY 15km TEAM RACE	Dave Sills, Suite 900 South Tower, Union Bank Square, Orange, 92668, 714/547-9251	Open 1-10; Vets 4/3/1; 12-11 2; H.S. 1-5; 13-14 2; Teams- Open 1-2; Vets 1; Women 2; (3 person team for women only)	Road & bike trails; start & finish at Mason Park, Irvine. Restrooms-no Show- ers. Santa Ana or San Diego Hwy to Culver Ave., W. to Mason Park.
An important L.D.R.C. meeting will follow this race. All clubs should have one delegate present. All other interested runners are welcome.				
SAT JULY 31 8:00am	GRIFFITH PARK DISTANCE CLUB 13KILE	Mike Griffith, 18400 Prairie Hill, North- ridge 91729	Open 10; 35-39 3; Vets 4/3/1; 10-11 10; W/W/G 1/1/1	Trails with some hills. Golden State Hwy to Los Feliz; W. to Riverside Dr. Entrance of Griffith Park. Check-in near pony side. Restrooms/1 shower.

FOURTH ANNUAL CORONA DEL MAR TRACK CLUB RELAYS

Date: Saturday, May 29, 1976  
 Place: Glendale College, 1500 Verdugo Road, Glendale.  
 Facilities: Dirt running track, tartan runways, concrete rings, grass area for javelin.  
 Awards: Trophies: first three places in each individual event; first place only if less than three relays start, second place if three relays start, etc. Exception: the meet director reserves the right to award additional trophies where the participants are numerous.  
 Entry fee: Seven dollars (\$7.00) registration fee and enter as many events as your strong body can withstand. Women pay two dollars (\$2.00) per event. Register at meet site. Registration starts at 8:30AM.  
 Snack bar: Pop, candy, hot dogs, etc.  
 Divisions: There will be seven (7):  
 X=Women 30 & over; Y=30-39; 1=40-49; 2=50-59; 3=60-69; 4=70+.

<u>Time</u>	<u>Event</u>	<u>Division</u>	<u>Time</u>	<u>Event</u>	<u>Division</u>
9:00AM	Hammer	Y,1,2,3,4	12:00 Noon	H.H. Relay(4X70)	Y
10:00AM	Javelin	Y,1,2,3,4	12:15PM	100-yd Dash	X
10:00AM	Long Jump	X,Y,1,2,3,4	12:30PM	Dis. Medley Relay	Y,1,2
10:00AM	Pole Vault	Y,1,2,3	1:00PM	880 Relay	Y,1,2
10:00AM	Shot Put	Y,1,2,3,4	1:30PM	2-Mile Relay	Y,1,2
11:00AM	High Jump	Y,1,2,3	2:00PM	440-Relay	X,Y,1,2
11:00AM	Discus	Y,1,2,3,4	2:30PM	Sprint Med. Relay	Y,1,2
11:00AM	Triple Jump	Y,1,2,3,4	3:00PM	Mile Relay	Y,1,2
11:15AM	3-mile walk	3			

This is traditionally one of the best meets of the year for all over-30 athletes. There are individual field events and sprint and distance relay events -- something for everyone, no matter what your event. Dave Jackson and the Corona Del Mar Track Club spend a lot of money on some really beautiful trophies that look great clear across the living room. Last year, SFVTC's 40-49 group garnered two firsts and a second -- each member of each team getting a trophy -- and had a lot of fun. The \$7 entry fee (\$2 for women) is money well spent.

At this meet, we would like to see EVERYONE in the club who is over 30. There are enough relays that everyone who wants to, will run. We may enter two or even three teams in one race if enough of us turn out. Pick out what you'd like to run and the team captain will arrange it. Or just show up and plan to run wherever you'll help the club the most. We'll try to get accurate times for everyone. We think we have a good chance to win three or four of the events, particularly the distance medley and two mile relay. But our main purpose is just to have some fun, running, not as individuals this time, but as members of the team. If you can't run, come anyway and cheer the team on.

Just show up by 11:00AM. Or, even better, call your team captain and let him know you'll be there. Team captains are:

30-39	Reid Pressley	968-5950	570-2914	(home & business phones)
40-49	Al Sheahan	785-1895	395-9991	
50-59	Earl Rippee	345-0292	996-1400	

P.S. The Distance Medley Relay is 440-880-1320-Mile. The Sprint Medley Relay is 440-220-220-880.

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 BE SURE TO WATCH, if you haven't already, the excellent television series on the Olympic games. The show airs each Monday at 10PM on Channel 28 and repeats on Thursday at 8PM on Channel 58 and Saturday at 8PM on 28. Much of the footage has reportedly never been seen before. It's well worth watching.

## RESULTS

### CONEJO HANDICAP -- APRIL 17 - 6 mi.

SFVTC was well represented on a clear, majestically beautiful day in the mild hills 30 miles west of Van Nuys. HOWARD MILLER placed 2nd in an excellent 32:51. GAYLORD KALCHSCHMID ran 38:19, BRIAN STANSAUK 39:21, REID PRESSLEY 39:26, GARY STANSAUK 40:00+ and AL SHEAHEN 57:07.

### LAS POSAS HILLS 15km - MAY 16

Incomplete results: EARL RIPPEE ran a 76:00 on a course he called "so tough that if the Marines trained their recruits on that course, Congress would be up in arms. The 1st five miles were thru narrow gulleys over an old motocross trail." EARL, a week earlier, at Hansen Dam, ran a very creditable 72:39 10-miles.

LEAL REINHART PR'd in a 3:02 marathon up north recently. PAUL RITSCHEL and CAROL CARTWRIGHT ran the annual Bay-to-Breakers San Francisco run with "over 10,000 participants."

VICKI COOK, the top 11-year old female runner in America, won the SPA-AAU 10-11 mile on May 22 in 5:02. In the 12-13 group, KIKI LANTRY 12, won the mile in an outstanding 4:54, reportedly a new national age-group record.

### GRANDFATHER GAMES - May 15

Meet Director George Ker, Clerk-of-the course LASZLO TABORI and many club members put in a lot of work to make this annual event another huge success. Results are listed elsewhere in this issue. The meet received fine support from the media, particularly from the Valley News, Los Angeles Times, Channel 2 and KFWB. KNXT(2) covered the meet and did pre-race interviews by Jim Hill; Cecilia Pedroza of KFWB was there. Providing pre-race publicity were KMPC, KNX, TV-9, TV-4, the Times and Herald-Examiner, KGIL and probably many others. Our thanks.

## A DEBT OF THANKS....

to JIM and MARK SFERAS, owners of MASTER-GRAPHICS PRINTING, 18327 Ventura Blvd., Tarzana for graciously donating their time and effort to print our monthly newsletter. It has been a tremendous contribution on their part, for which we are deeply grateful. We would not have the quality newsletter we do without their skilled, professional help. Needless to say, if anyone needs top quality printing work of any type, Jim and Mark will do the job. Their phone number is 343-0500.

## AND ALSO TO....

The Van Nuys Rotary Club, who donated \$50 to the club after JACKI HANSEN and EARL RIPPEE, at the invitation of BILL COLBURN, spoke at their March meeting.

## HELP NEEDED....

by LEAL REINHART, JACKI HANSEN, HEATHER TOLFORD and JACKIE GRAYBOYES in the club's effort to sell T-shirts at the National Men's, Women's and Junior Women's Championships at UCLA from June 10-15. SFVTC has been granted the exclusive franchise and our aggressive, far-sighted women's team is handling the whole thing. Call Jackie Grayboyes at 353-2662 or LEAL at 820-5168.

## JUNIOR OLYMPICS

The SPA-AAU Junior Olympics will be held June 26 (boys) and June 27 (girls) at the College of the Canyons, Valencia. Contact: Don Kelley, P.O. Box 1083, Canyon Country 91351; 805-251-1350.

## STRIDERS RELAYS - May 22

SFVTC's 30-39 squad took 3rd in the Distance Medley Relay. MIKE KROMM, TONY MYLES, REID PRESSLEY and VERN TJARKS ran the 440, 880, 1320 and Mile respectively. The 40-49 team did not compete when one of its members failed to show.

Under the direction of Coach Laszlo Tabori, members run together on Tuesday and Thursday from 5:00PM to 7:00PM at Los Angeles Valley College, 5800 Ethel Avenue, Van Nuys. All club members are welcome.

ALL-COMERS MEETS BEGIN JUNE 16

Anyone can -- and usually does -- enter the Wednesday All-Comers meets at Pierce College in Woodland Hills.

These meets are the ultimate in fun running. No matter how fast, or how slow you are, there's usually someone else just as fast or just as slow.

This is your chance to run with no pressure. It's like a workout, but you have plenty of company and you can get an official time.

If you're not in top condition, don't worry about it. Run anyway. That's the way to improve. You won't finish last. In 1975, the last finisher in a novice mile was timed in 8:10.

No registration is needed. Just go to the starting line and run.

The meets are sponsored by the Los Angeles Unified School District's Youth Services Section. Competition is by divisions: Junior High School, Elementary School, Masters, Women, Open & Novice.

The meets run for six consecutive weeks; every Monday, starting June 14 at Gardena High, every Tuesday at Venice High, Wednesdays at Pierce and Thursdays at East LA College. Ribbons to top three.

Fastest ten performances qualify for the finals -- with name-engraved trophies to the top three -- at Pierce on Friday, July 23.

See you at Pierce on June 16.

**ORDER OF EVENTS**

**JUNIOR HIGH SCHOOL and ELEMENTARY SCHOOL**

6:00 P.M. Long Jump Jr. High School Boys and Girls  
6:00 P.M. High Jump Jr. High School Boys and Girls  
6:15 P.M. Long Jump Elementary Boys and Girls

**ROUNDED EVENTS START AT 6:00 P.M.**

Mile Run	All Elementary and Junior High (Boys and Girls)
50 Yard Dash	Elementary (Boys and Girls)
100 Yard Dash	Junior High (Boys)
100 Yard Dash	Junior High (Girls)
660 Yard Run	Elementary (Boys and Girls)
660 Yard Run	Junior High (Boys)
440 Yard Run	Junior High (Girls)
1320 Yard Run	Junior High (Boys)
880 Yard Run	Junior High (Girls)
220 Yard Dash	Elementary (Boys and Girls)
80 Yard Low Hurdles	Junior High (Boys)
2 Mile Run	All Elementary and Junior High (Boys and Girls)

**NOVICE, OPEN, WOMEN and MASTERS**

**ALL FIELD EVENTS — START AT 7:00 P.M.**

7:00 P.M.	120 Yard High Hurdles	OPEN
	120 Yard High Hurdles	NOVICE
	440 Yard Relay	WOMEN
	440 Yard Relay	OPEN
	Mile Run	WOMEN
	Mile Run	OPEN
	Mile Run	NOVICE
	Mile Run	MASTERS*
	100 Yard Dash	MASTERS*
	100 Yard Dash	OPEN
	100 Yard Dash	NOVICE
	100 Yard Dash	WOMEN
	880 Yard Run	NOVICE
	880 Yard Run	OPEN
	440 Yard Dash	NOVICE
	440 Yard Dash	WOMEN
	440 Yard Dash	OPEN
	440 Yard Dash	MASTERS*
	220 Yard Dash	OPEN
	220 Yard Dash	NOVICE
	220 Yard Dash	MASTERS*
	220 Yard Dash	WOMEN
	330 Yard Intermediate Hurdles	OPEN
	330 Yard Intermediate Hurdles	NOVICE
	2 Mile Run	NOVICE
	3 Mile Run	OPEN
	Mile Relay	NOVICE
	Mile Relay	OPEN

\*Pierce College

NEW MEMBERS

Ronald Novotny 12723 Barbara Ann #7 North Hollywood 91605 764-4095 10-28-56 440 thru 2-mile	John Madvig 14759 Addison Sherman Oaks 91403 784-8854 12-15-55 880 thru 3-mile	Robert Long 3205 Merrill Dr. Torrance 90503 320-3167	Lloyd Ives 15025 Saticoy #7 Van Nuys 91405 11-22-33 997-1532 847-1714 (bus.)
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WELCOME -- WELCOME -- WELCOME -- WELCOME

# John Damski triples in Grandfather Games

For the second year in a row, the San Fernando Valley Track Club's remarkable 61-year-old John Damski won three events in the annual Grandfather Games at Valley College.

Teammate Sid Madden 68 won two events and placed second in another, setting two world age-68 records in the 880 and mile as 239 athletes over age 30 competed in 10-year age divisions.

Damski, a Lockheed electrician, won the long jump in the 60-69 age division at 14 ft. 4.5 in., the triple jump at 31-ft. and the high jump at 4-2.

Madden won the six-mile run in 42:57.2, the 880 in 2:40.4 and was nipped at the wire in the mile in 5:56.5.

His 880 time broke the old age-68 world record of 2:47.8 set by Dick Bredenbeck of Cleveland, Ohio in 1974. Madden's mile time broke the old record, also by Bredenbeck, by half a second.

Forty-one meet records were set as the participants showed that age is no barrier to having fun in athletic competition with one's peers.

A couple of former Olympians were on hand: Bob Humphreys won the shot put and discus throw

in the 40-year-old division, but 31-year-old John Carlos received a deep spike gash in the 440-yard relay and went to the hospital for patching up.

Don Grimes and Miki Gorman were the only other Valley Track Club winners. Grimes won the 30-39 pole vault at 12-0 and Gorman 40 won the women's six-mile run in 35:48.6.

Other club members placing were Jerry Hackett, second in the 30-39 half-mile in 2:04.2; Gaylord Kalchschmid, third in the 40-49 half in 2:10.5; Jerry Wojcik, third in the 40-49 hammer throw at 64-0; Tom Quijencio, second in the 30-39 pole vault at 11-6; Morrie Gleimer, third in the 60-69 triple jump at 27-7, and Al Sheahen, third in the 330 intermediate hurdles in 47.6. The club took second in the 40-49 mile relay in 3:54.4.

Top performances included Ted Cain's 50.4 in the 30-39 quarter-mile and 39.0 in the 330-yard intermediates; Bill Fitzgerald 51, with a 2:09.2 in the 880 and 4:42.9 in the mile; Nick Newton's 23.0 in the 40-49 furlong; George Puterbaugh's 56.7 in the 50-59 quarter; Tom Patsalis' 19-0 long jump in the 50-59 group, and Win McFadden 71 with a 32.3 furlong and 26-6 triple jump.

KEY TO SYMBOLS — San Fernando Valley Track Club (SFVTC), Beverly Hills Striders (BHS), No. California Seniors Track Club (NCSTC), Seniors Track Club (STC), Corona Del Mar Track Club (CDM), Compton Fire Dept. (CFD), Pacific Coast Club (PCC), Santa Monica Track Club (SMTTC), Arizona Road Runners (ARR), Culver City Athletic Club (CCAC), Bay Area Track Club (BAC), San Diego Track Club (SDTC), unattached (UNA).

## 30-39 Years Old

100 — Butler (BHS), 9.9; Dennis (CDM), 10.0; Roberson (CLATC), 10.1; Harmon (LAPD), 10.4; Cannon (UNA), 10.5; Kirkpatrick (UNA), 10.6; Simmons (BHS), 10.7.  
 440 — Cain (BHS), 50.4; Studermond (CDM), 50.9; Adams (CDM), 50.9; Taylor (CDM), 54.7; Johnson (CDM), 55.5; Bell (UNA), 58.5.  
 880 — Taylor (PCC), 2:03.5; Hackett (SFVTC), 2:0.2; Evans (UNA), 2:04.5; Miller (CDM), 2:04.6; Bennett (SMTTC), 2:17.2; Delmer (UNA), 2:21.4.  
 MILE — Richards (CDM), 4:35.7; Rupp (STC), 4:42.0; Cheever (BHS), 4:45.0; Pullbury (CDM), 4:54.2; Field (SMTTC), 4:56.0; Adams (STC), 4:56.3.  
 INT. HURDLES — Cain (BHS), 39.0; Adams (CDM), 39.3; Gustafson (UNA), 46.5.  
 THREE-MILE — Rupp (STC), 15:41.7; Richards (CDM), 16:14.0; Downey (SMTTC), 16:26.0; Wyndham (SFVTC), 19:19.0.  
 220 — Dennis, 22.5; Butler (UNA), 22.5; Butler (UNA), 22.5; Studermond (UNA), 22.5; Caunda (UNA), 24.1.  
 HIGH HURDLES — Butler (BHS), 14.1; Sallinger (CDM), 14.4; Adams (CDM), 14.9; Gustafson (UNA), 15.0; Henry (CDM), 15.5.  
 SHOT PUT — Bobell (CDM), 41-5.5; Loughridge (CFD), 40-1; Marenin (UNA), 39-8.5; Sinclair (UNA), 35-6.5.  
 POLE VAULT — Grimes (SFVTC), 12-0; Quijencio (SFVTC), 11-6.  
 HIGH JUMP — England (BHS), 5-9; Sallinger (CDM), 5-9; Gustafson (UNA), 5-6; Loughridge (CFD), 5-4.  
 LONG JUMP — Johnson (CDM), 21-9.5; Sallinger (CDM), 19-4; Gustafson (UNA), 18-7.5; Henry (CDM), 17-9; Grimes (SFVTC), 17-1.75; Ford (UNA), 16-0.  
 TRIPLE JUMP — Loughridge (UNA), 43-10; Henry (CDM), 40-3.75; Wolper (UNA), 39-1; Gustafson (UNA), 37-2.5.  
 JAVELIN — Selby (UNA), 202-2.25; Tucker (CDM), 163-6.75; Marenin (UNA), 144-11.  
 DISCUS — Bobell (UNA), 120-10; Sinclair (UNA), 116-11; Marenin (UNA), 113-9; Adams (CDM), 111-7.  
 HAMMER — Bobell (CDM), 152-10.  
 440 RELAY — Corona Del Mar 43.6; Beverly Hills Striders 44.4, Clatsc 44.5.  
 MILE RELAY — Corona Del Mar 3:32.5, San Fernando Valley Track Club 3:56.7.  
 OUTSTANDING ATHLETES — Walt Butler (BHS) and Gordon Bobell (CDM).

## 40-49 Years Old

100 — Waterman (CDM), 10.4; Pamsh (NCSTC), 10.5; Knox (CDM), 10.6; Newton (BHS), 10.6; Bruhner (NCSTC), 10.7; Glasgow (SDTC), 10.9.  
220 — Newton (BHS), 23.0; Pamsh (NCSTC), 23.6; Bruhner (NCSTC), 23.7; Fredrickson (NCSTC), 24.1; Waterman (CDM), 24.2; Knox (CDM), 24.4.  
440 — Bruhner (NCSTC), 54.1; Parks (STC), 54.2; Nasralla (STC), 55.4; Glasgow (UNA), 56.4; Fredrickson (NCSTC), 56.7; Palmer (CDM), 57.0.  
880 — Fitzgerald (STC), 2:09.2; Parks (STC), 2:10.4; Kalschmid (SFVTC), 2:10.5; Weidy (ARR), 2:15.9; Nelson (UNA), 2:17.3; Beeman (CDM), 2:22.5.  
MILE — Weidy (ARR), 4:40.4; Fitzgerald (STC), 4:42.9; Fekkes (STC), 4:43.8; Williams (BHS), 4:46.5; Emmerling (BHS), 4:48.3; Nelson (UNA), 5:01.2.  
THREE-MILE — Fekkes (STC), 16:07.0; Livesay (SDTC), 16:35.0; Weidy (ARR), 16:57.0; Roberts (STC), 17:23.0; Linde (SMT), 18:07.0; Biederman (CCAC), 18:28.0; Blazman (SMT), 19:10.0.  
HIGH HURDLES — Jackson (CDM), 16.4; Parrish (NCSTC), 18.4; Adler (BHS), 16.8; Frankamp (CDM), 19.6.  
INT HURDLES — Parrish (NCSTC), 42.2; Hardin (UNA), 46.3; Sheahan (SFVTC), 47.6.  
SHOT PUT — Humphreys (CDM), 45-6; Smith (BHS), 45-4; Simons (CDM), 40-9; Waterman (CDM), 39-0.  
DISCUS — Humphreys (CDM), 163-2.25; Hawke (SDTC), 118-0.75; Straub (SDTC), 113-9; Waterman (CDM), 109-8.5.  
HAMMER — Douglas (BHS), 106-8; Simon (CDM), 86-2.5; Wojcik (SFVTC), 64-90; Perry (CDM), 51-10.  
JAVELIN — Ketter (CDM), 152-9.5; Hawke (SDTC), 151-10.75; Waterman (CDM), 145-7.5; Wallace (STC), 143-5.5; Straub (CDM), 135-4.75; Wojcik (SFVTC), 130-0.  
POLE VAULT — Cota (SDTC), 11-6; Ketter (CDM), 11-0; Wallace (STC), 10-8; Blakesley (STC), 9-6; De Vos (SMT), 8-6.  
HIGH JUMP — Austin (CDM), 5-8; Newton (BHS), 5-6; Evans (BHS), 5-6.  
LONG JUMP — Andrews (CDM), 21-4.5; Jackson (CDM), 20-0; Newton (BHS), 19-0; Nasralla (STC), 18-3.25.  
440 RELAY — Corona Del Mar No. 1 team 46.4, Corona Del Mar No. 2 team 47.2; Seniors Track Club 47.3.  
OUTSTANDING ATHLETES — Van Parrish (NCSTC) and Bob Humphreys (CDM).

## 50-59 Years Old

100 — Watanabe (STC), 10.8; Patsalis (CDM), 11.4; Guidst (CDM), 11.7; Fetter (CDM), 12.0; Hunt (BHS), 12.0; Watt (STC), 12.1.  
220 — Watanabe (STC), 25.4; Bowers (SDTC), 26.6; Watt (STC), 26.7; Fetter (CDM), 27.2; Hunt (BHS), 27.4.  
440 — Ruterbaugh (STC), 56.7; Hunt (BHS), 59.8; Bowers (SDTC), 60.3; Harte (CDM), 61.8; Post (STC), 62.4.  
880 — Ruterbaugh (STC), 2:14.2; Bryant (STC), 2:21.0; Gil (STC), 2:25.9; Post (UNA), 2:27.5; Pain (SDTC), 2:31.1; Rams (BHS), 2:32.6; Lewis (CDM), 2:33.9.  
MILE — Bryant (STC), 5:02.4; Gil (STC), 5:20.4; Waterman (STC), 5:29.8; Daughters (BHS), 5:46.1; Garcia (BHS), 5:53.2.  
THREE-MILE — Hernandez (SMT), 16:23.0; Gil (STC), 18:00.0; Pain (SDTC), 19:27.0; Daughters (BHS), 19:37.0; Long (BHS), 19:45.0; Rippee (SFVTC), 19:54.0.

HIGH HURDLES — Patsalis (CDM), 10.1; Gist (CDM), 10.3; Hunt (BHS), 11.0; Hunter (BAC), 12.1.  
330 LOWS — Clayton (CDM), 46.9; Hunt (BHS), 46.5; Goode 1:09.2.  
MILE WALK — Long (BHS), 9:04.3; Kelly (UNA), 9:55.0.  
SHOT PUT — Thatcher (CDM), 40-10.5; Hunter (BAC), 35-5; Becotta (CDM), 35-2.5; Fetter (CDM), 33-6.  
DISCUS — Thatcher (CDM), 119-11.5; Becotta (CDM), 119-7.25; De Bernardi (UNA), 108-10; Grimm (STC), 57-7.75.  
HAMMER — De Bernardi (UNA), 85-4; Thatcher (CDM), 81-5.  
JAVELIN — Fetter (CDM), 155-3.5; Morales (CDM), 153-3.5; Hunter (BAC), 142-0.  
POLE VAULT — Brown (CDM), 10-6; Grosh (CDM), 10-6; Vernon (STC), 10-6; Gillett (CDM), 10-0; De Vaughn (CDM), 9-0.  
HIGH JUMP — Gist (CDM), 5-2; Gillett (CDM), 5-0; Vermn (STC), 5-4-8; Ogle (CDM), 5-4-8.  
LONG JUMP — Patsalis (CDM), 19-0; Hunter (BAC), 15-5.25; Spencer (SDTC), 14-11.75; Ogle (CDM), 14-8.5; Vernon (STC), 14-8; Fetter (CDM), 14-5.  
TRIPLE JUMP — Patsalis (CDM), 36-2; Spencer (CDM), 33-3.5; Ogle (CDM), 32-0; Vernon (CDM), 30-3.75.  
440 RELAY — Corona Del Mar 52.2.  
MILE RELAY — Seniors Track Club 4:08.8; Beverly Hills Striders 4:46.3.  
OUTSTANDING ATHLETES — Bob Watanabe (STC) and Tom Patsalis (CDM).

## 60-69 Years Old

100 — McIntyre (STC), 12.7; Caruso (STC), 12.7; Sjostrand (BHS), 12.8; Lum (BTC), 14.0; Gleimer (SFVTC), 14.1; Mowrer (UNA), 14.6.  
220 — Sjostrand (BHS), 28.3; McIntyre (STC), 29.7; Lum (BTC), 31.9.  
440 — Sjostrand (BHS), 64.8; Mowrer (UNA), 1:27.9.  
880 — Madden (SFVTC), 2:40.4; Lowell (STC), 2:40.5.  
MILE — Lowell (STC), 5:55.9; Madden (SFVTC), 5:56.5; Dahlsten (CCAC), 6:17.8.  
THREE-MILE — Lowell (STC), 20:36; Bahsten (UNA), 21:01.1; Dick (WLSSTC), 23:04.  
70 LOWS — Hatten (CW), 11.3; McIntyre (STC), 12.2; McConagy (CDM), 12.3; Dick (NCSTC), 14.0.  
MILE WALK — Unruh (SDTC), 9:44; Blakesley (SDTC), 10:14.4; Mkhale (SDTC), 11:33.  
SHOT PUT — Montgomery (CDM), 45-3; York (NCSTC), 43-11; Buell (USM), 40-4.5; Hanson (STC), 39-4.5.  
DISCUS — Buell (USM), 122-4; McMahon (SDTC), 118-3.5; York (NCSTC), 118-0; Montgomery (CDM), 114-8.5; Both (CDM), 114-3.25; Nichols (BAC), 113-11.  
HAMMER — Montgomery (CDM), 116-9; McMahon (SDTC), 106-0; Veece (STC), 1020-6; Hubbell (STC), 1100-1; Dick (NCSTC), 71-1; Nichols (BAC), 64-0.  
JAVELIN — McMahon (SDTC), 130-11.5; McConagy (CDM), 121-4.5; Dick (NCSTC), 121-3; Both (CDM), 109-9.  
POLE VAULT — McConagy (CDM), 8-6.  
HIGH JUMP — Damski (SFVTC), 4-2; Hatten (CW), 4-2; Dick (NCSTC), 4-2; McIntyre (STC), 4-2.  
LONG JUMP — Damski (SFVTC), 14-4.5; Caruso (STC), 14-1.5; Dick (NCSTC), 13-0; Gleimer (SFVTC), 12-9.5; Mowrer (UNA), 12-3; Hatten (CW), 12-2.75.  
TRIPLE JUMP — Damski (SFVTC), 31-0; Caruso (STC), 29-6; Gleimer (SFVTC), 27-7; Dick (NCSTC), 26-7.  
OUTSTANDING ATHLETES — Sjostrand (BHS) and Damski (SFVTC).

## 70 Years and Up

100 — Thomassen (NCSTC), 14.2; Blakely (UNA), 14.8; Herrmann (CW), 16.8.  
220 — McFadden (SDTC), 32.3; Thomassen (NCSTC), 35.5; Blakely (UNA), 39.1.  
70 LOWS — McFadden (SDTC), 13.3; Herrmann (CW), 16.5; Mowrer (SDTC), 20.0.  
SHOT PUT — Herrmann (CW), 38-8.5; Stephens (SDTC), 29-5.5; McFadden (SDTC), 23-1.  
DISCUS — Herrmann (CW), 102-10; McFadden (SDTC), 73-4.5; Mowrer (SDTC), 72-0.  
HAMMER — Herrmann (CW), 90-10; Mowrer (SDTC), 47-2; McFadden (SDTC), 48-0.  
JAVELIN — Stephens (SDTC), 74-2.5; Herrmann (CW), 70-0; McFadden (SDTC), 67-9.5.  
HIGH JUMP — Stephens (SDTC), 3-11; McFadden (SDTC), 3-9; Herrmann (CW), 3-7; Mowrer (SDTC), 3-1.  
LONG JUMP — McFadden (SDTC), 11-10.5; Stephens (SDTC), 10-3; Herrmann (CW), 9-2; Mowrer (SDTC), 8-10.5.  
TRIPLE JUMP — McFadden (SDTC), 28-6; Stephens (SDTC), 18-10; Mowrer (SDTC), 17-10.75.  
OUTSTANDING ATHLETES — Wm McFadden (SDTC) and Stan Herrman (CW).

## Women's

100 — Obera (NCSTC), 11.4; Parrish (NCSTC), 11.6; Miller (CDM), 12.7; Barrett (SMT), 14.4.  
220 — Obera (NCSTC), 26.3; Parrish (NCSTC), 27.2; Kinsey (CDM), 34.1.  
440 — Obera (NCSTC), 61.8; Parrish (NCSTC), 64.2.  
880 — Parrish (NCSTC), 3:17.0.  
SIX-MILE — Gurnan (UNA), 35:57.2.  
SHOT PUT — Parrish (NCSTC), 28-9.5; Schrieber (CDM), 28-3; Kinsey (CDM), 20-11.5.  
DISCUS — Schrieber (CDM), 59-3.5.  
JAVELIN — Miller (CDM), 98-6.  
HIGH JUMP — Newton (BHS), 4-0.75; Evans (BHS), 3-7.  
LONG JUMP — Obera (NCSTC), 19-7; Miller (CDM), 13-8.75; Schrieber (CDM), 12-1.5.  
440 RELAY — Corona Del Mar 56.9; Santa Monica Track Club 69.5.  
OUTSTANDING ATHLETE — Irene Obera (NCSTC).

1976 SOUTHERN PACIFIC ASSOCIATION AAU MASTERS TRACK AND FIELD MEET

Where: Moorpark Jr. College, 7075 Campus Rd., Moorpark, Calif.  
 When: Saturday, June 12, 1976  
 Facilities: Rest rooms and showers; no locker facilities; bring own towel.  
 Track is cinder. Long jump, pole vault and high jump are tartan.  
 Concrete rings.  
 Awards: District AAU medals for first three places in each event if there  
 are four or more entries. 3 entries--2 medals. 2 entries--1 medal.  
 One entry--no medals.  
 Entry fee: \$3.00 for one event; \$1.50 for each additional event. \$4 for relay  
 teams.  
 Divisions: Sub-Masters(SM) 30-39; I (40-49); 2(50-59); 3(60-69); 4(70 & up)  
 Deadline: Entries must be received by June 6, 1976. A late fee of \$2.00 per  
 event will be charged for entries received after June 6.  
 Restriction: SPAAU District members are eligible for awards, but all other "guests"  
 are welcome to compete. AAU membership is available at the meet.

TRACK EVENTS

10:00 4-mile walk, all divisions  
 11:00 6-mile run, all divisions  
 12:00 440 Relay; SM first, rest to follow  
 12:30 120 Yd. Hurdles; SM, Div 1 (39")  
 12:40 120 Yd. Hurdles; Div. 2, 3 (36")  
 12:50 120 Yd. Hurdles; Div. 4 (30")  
 1:00 Mile Run (split div. if necessary)  
 1:30 440 Yd. SM, Div. 1.  
 1:45 440 Yd. Div. 2, 3, 4  
 2:00 100 Yd. SM, Div. 1  
 2:15 100 Yd. Div. 2, 3, 4.  
 2:25 100 Yd. Women  
 2:30 880 Yd. SM, Div. 1.  
 2:45 880 Yd. Div. 2, 3, 4.  
 3:00 2-mile run; all divisions  
 3:15 220 Yd. SM, Div. 1.  
 3:30 220 Yd. Div. 2, 3, 4.  
 4:00 Mile Run Women

FIELD EVENTS

11:00 Pole vault, all divisions  
 12:00 High jump, all divisions  
 12:00 Long jump, all divisions  
 (2 hour time limit)  
 2:15 Triple jump, all divisions  
 (1 hr. 45 min. time limit)  
 11:00 Hammer throw 30-59 (16#)  
 60 up (12#)  
 12:00-1:00 Shot, SM, Div. 1 (16#)  
 Discus, Div. 3,4 (1.6kg)  
 Javelin, Div. 2.  
 1:00-2:00 Shot Div. 2 (12#)  
 Discus, SM, Div. 1 (2kg)  
 Javelin, Div. 3, 4.  
 2:00-3:00 Shot, Div. 3, 4 (8#)  
 Discus, Div. 2 (1.6kg)  
 Javelin SM, Div. 1 (800gr.)

Mile Relay to start when teams are ready.

-----  
 ENTRY BLANK & RELEASE FORM

NAME \_\_\_\_\_ AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ ZIP \_\_\_\_\_  
 PLEASE ENTER ME IN THE FOLLOWING EVENTS: 1. \_\_\_\_\_ 2. \_\_\_\_\_  
 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_

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 1976 SPAAU Seniors Track Club District Masters Track and Field Meet, its representatives, the various sport governing bodies, for any and all injuries suffered by me/us in any event, sport or facility. Also, I certify that I/we have no physical defects that would prevent me/us from competing. Furthermore I/we take full responsibility for personal equipment owned by me/us for breakage.

My AAU number is: \_\_\_\_\_ Club \_\_\_\_\_

June 6, 1976 is the DEADLINE for entries: \_\_\_\_\_ (Individual's signature)  
 Make checks payable to: SENIORS TRACK CLUB  
 Mail to: JIM PARKS, 1162 Sycamore Dr., Simi Valley, Calif. 93065.



1976 AAU MASTERS WESTERN REGIONAL TRACK AND FIELD CHAMPIONSHIPS

Open to all registered AAU male and female athletes thirty years of age or older. Sponsored by U.S. Masters International Track Team and the San Diego Track Club.

TENTATIVE SCHEDULE OF EVENTS

SATURDAY, JUNE 19, 1976	SUNDAY, JUNE 20, 1976
11:00 *800-meter trials	12:00 Hammer Throw
Javelin	Pole Vault
11:45 *400-meter trials	2:00 110-meter High Hurdles
12:45 3000-meter walk (30-44, 45up)	Discus
1:30 400-meter hurdles	3:00 1500-meter final
Shot Put	Triple Jump
2:00 440-yard relay (Div. 1,2 only)	3:50 *200-meter trials
2:20 5000-meter final (30-49)	4:40 5000-meter (Ages 50 & over, women)
2:55 100-meter trials	5:10 200-meter final
High Jump	5:40 10,000-meter (30-49)
3:45 400-meter final	
4:15 800-meter final	*TRIALS IF NECESSARY
4:45 100-meter final	
5:30 10,000 meter (50 & over, women)	

Final Meet Schedule will be posted at reception on Friday, June 18.

DEADLINE FOR RECEIPT OF ENTRIES: MONDAY, JUNE 14, 1976: NO POST ENTRIES ACCEPTED

Entry fee: \$5.00 per event. Relays: \$12.00 per team.

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ATHLETE'S INFORMATION:

NAME \_\_\_\_\_ (Signature) \_\_\_\_\_  
DATE OF BIRTH \_\_\_\_\_ DIVISION: \_\_\_\_\_ AFFILIATION \_\_\_\_\_  
AAU NUMBER \_\_\_\_\_ What district? \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
NOTABLE PAST PERFORMANCES, CHAMPIONSHIPS, ETS. \_\_\_\_\_  
YOUR OCCUPATION \_\_\_\_\_

ATHLETE'S RELEASE (MUST BE SIGNED)

In consideration of your acceptance of my entry, I do hereby, for myself, my heirs and executors, waive, release and forever discharge any and all damages which I may have, or which may hereafter accrue to me against GROSSMONT COMMUNITY COLLEGE, San Diego State University, the United States Masters International Track Team, San Diego Track Club, the Amateur Athletic Union of the United States, or their officers and agents, for any and all damages which may be suffered by me in connection with my entry or association with the 1976 A.A.U. MASTERS WESTERN REGIONAL TRACK & FIELD CHAMPIONSHIPS. I certify that my level of training is such that I am prepared to compete and recognize the right of the Meet Director to require supplementary training and/or medical evidence before allowing me to compete, and further recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.

Date: \_\_\_\_\_ Athlete's Signature \_\_\_\_\_

MAIL COMPLETED ENTRY FORMS TO: DAVID PAIN, Chairman  
AAU Western Regional Championships  
1951 Cable Street  
San Diego, California 92107  
(714) 225-9555

# Official Entry Form For The 1976 A.A.A. Masters and Sub-Masters Western Regional Track & Field Championships

Please enter me in the following events and accommodations for which I have enclosed payment. Entries must be received by the Meet Director by 6:00 PM, Monday, June 14, 1976, at 1951 Cable Street, San Diego, California 92107. Entries received after that date will be returned. Incomplete entries, including those without proper payment, A.A.U. Registration, Athlete's Release signature, etc., will be assessed a special handling fee of \$5.00.

My age on June 19, 1976 will be \_\_\_\_\_

EVENT	Best 1976 Mark/Estimate	Fee \$5.00 per Event	EVENT	Best 1976 Mark/Estimate	Fee \$5.00 per Event
100-Meters	_____	_____	Long Jump	_____	_____
200-Meters	_____	_____	Triple Jump	_____	_____
400 Meters	_____	_____	High Jump	_____	_____
800 Meters	_____	_____	Pole Vault	_____	_____
1500-Meters	_____	_____	4 x 110 Yard Relay	_____	_____
5000-Meters	_____	_____	E. Time		
10,000-Meters	_____	_____	1. _____	_____	_____
110-Meter Hurdles	_____	_____	2. _____	_____	_____
400-Meter Hurdles	_____	_____	3. _____	_____	_____
3000-Meter Walk	_____	_____	4. _____	_____	_____
Hammer	_____	_____	4 x 440 Yard Relay	_____	_____
Discus	_____	_____	E. Time		
Shot Put	_____	_____	1. _____	_____	_____
Javelin	_____	_____	2. _____	_____	_____
			3. _____	_____	_____
			4. _____	_____	_____
Total meet entry fee: \$ _____			Total meet entry fee: \$ _____		

**ACCOMMODATIONS:** Includes 3 nights lodging (Friday, Saturday and Sunday).  
Six meals (Saturday and Sunday) only.

Double occupancy @ \$40.00 per person \$ \_\_\_\_\_

Roommate's name, if known \_\_\_\_\_

*(NOTE: Roommate's entry must have your name, if roommate is a competitor.)*

Single occupancy @ \$50.00 per person \$ \_\_\_\_\_

**RECEPTION:** 5:00 PM to 11:00 PM. Includes snacks and drink.

Reception @ \$3.00 per person \$ \_\_\_\_\_

**TOTAL ACCOMMODATIONS FEE:** \$ \_\_\_\_\_

*NOTE: Please send separate check for entry fee and for accommodations.*

**1976 AAU MASTERS WESTERN REGIONAL  
TRACK & FIELD CHAMPIONSHIPS  
JUNE 19 and 20, 1976  
GROSSMONT COMMUNITY COLLEGE**

GROSSMONT COMMUNITY COLLEGE (MASHIN FIELD) TURN EAST approximately 8½ miles at Lake Murray turn off, follow Lake Murray Blvd. north to the end of street (dead end) and right one and one half (1½) blocks and turn left and follow the street around the College to the last parking lot area.

Meet is open to all A.A.U. registered Men and Women thirty (30) years of age and older as of June 19, 1976. Meet Director reserves the right to consolidate classes in event of insufficient entries.

**FEES:** Entry fee is \$5.00 per event, except \$12.00 per team for relays. If relay entry is received after June 14, 1976, the Relay fee is \$20.00. Make all checks payable to U.S. MASTERS TRACK TEAM.

**ENTRY DEADLINE:** Entry must be received no later than MONDAY, JUNE 14, 1976. No entry fee will be refunded on default. Please send separate checks for Entry fee's and for Accommodations. Relay Teams may enter up to 12:00 Noon on the day of the event, upon payment of late entry fee. All relay team members must be from same registered club.

**TRACK:** The Track is a 9 lane grasstex surface, as is the High Jump apron. The Javelin approach is grass, all other surfaces are Tartan. Use no spike in excess of ¼". Besides, anything longer will kill your feet.

**SEEDING:** Women: may enter any event including relays. The Meet Director reserves the right to seed women entrants into the male age group in which he deems they will be competitive. Therefore, please enter expected current performance in each event. Men: entrants shall also enter expected current performance in each event to assure accurate seeding, should trials become necessary.

**LODGING:** Competitors will be housed at the El Conquistador, 5505 Montezuma, San Diego (by San Diego State University) — an excellent, well appointed student hostel. Transportation to track is necessary. Transportation will be available. There is a Flat Fee for Housing for three (3) nights (Friday, Saturday and Sunday). A total of six (6) meals will be provided Saturday and Sunday only. The fee is \$40.00 for Double Occupancy; and \$50.00 for Single Occupancy.

**MEET HDQTRS:** Headquarters will be located at the El Conquistador. Entry envelopes may be picked up there Friday evening during the reception, commencing at 5 PM, or at the track One Hours (1) prior to the first event.

**AIR TRANSPORT:** If you desire Hotel accommodations, Flight information, Airport pick-up or Auto-Rental, please contact: "SPORTS TRAVEL INTERNATIONAL" — 4869 Santa Monica, Suite B, San Diego, Calif. 92107 or call (714) 225-9555.

**AWARDS:** Awards will be given for first through third places in all events where there are seven (7) or more entries otherwise first place only. No awards will be made unless there are a minimum of three entries in a Division per event. Each entrant will receive an attractive commemorative participants patch.

**PROOF OF AGE:** You must be your stated age by June 19, 1976. Be prepared to produce evidence of age upon request.

**DIVISIONS:** Men: will compete in five year divisions, commencing at age 40 to age 59 thereafter 60 to 69 and 70 +. Sub-Masters men will compete ages 30-39. Women: will compete in divisions 30-39, 40-49, and 50 +.

**TRAINING:** The Grossmont Track will be open all week for training. During competition, all warm-ups will be conducted off the track on the upper Soccer Field.

**RE-CONFIRMING:** To enable the Meet Director to make final seedings and trials, every competitor must Re-Confirm by event before 11 AM each day either in writing or in person at Meet Headquarters, 5505 Montezuma, San Diego or at entry desk on track.

The Meet Director reserves the right to scratch any competitor who fails to Re-Confirm his or her entry.

**ORDER OF COMPETITION:** If trials prove unnecessary, the finals will be run as per schedule. Competition will commence in each event with the Sub-Masters and proceeding up in age groups progressively.

**ENTRY DEADLINES: MONDAY, JUNE 14, 1976. NO EXCEPTIONS. NO POST-ENTRIES WILL BE ACCEPTED.**



The

# The 7th Annual International Senior Olympics

SENIOR SPORTS INTERNATIONAL, INC.  
(non-profit)  
Presents

### GENERAL INFORMATION

**ELIGIBILITY** — Any man/woman, age 25 & over (except as noted), who does not gain his/her livelihood from playing the sport entered.

**ENTRY** — The General entry on the inside may be used for any & all sports. If you wish acknowledgement of your entry, enclose a stamped, self-addressed envelope with your entry.

**ENTRY DEADLINE** — One week prior to start of competition (except where noted) in your sport(s). Incomplete &/or late entries will be returned. This applies to relays as well as individual and team events.

**AGE GROUPS** — Five year age groups; i.e., 25-29, 30-34, 35-39, etc. except where noted. Age of youngest team member or doubles partner determines age group except for soccer.

**FEES** — Entry fee is \$5 per person for one's first event & \$3 per person per event for each additional event. This applies to doubles, team & relay competitions, as well as individual events. **No Refunds.** In addition to the entry fee certain sports charge nominal fees for facilities, administration, parties, etc.

**AWARDS** — Participation award to all entrants. Three place awards — gold, silver & bronze with appropriate ribbon — in each age group in each event. Awards presented upon completion of each event. Awards not presented on day of event will only be mailed at the expense (\$2 handling + postage) of recipient.

**SPECIFIC EVENT INFORMATION** — If you did not receive this information on your sport(s) with this brochure send in a stamped, self-addressed envelope with your entry so it can be mailed to you.

**SOUVENIR PROGRAM** — Reserve your copies of 1976's souvenir program & the 8-page Highlights/Results (mailed in Sept.) now by enclosing an additional \$2 with your entry. Postpaid. For U.S. Airmail, add 50c for program only. Foreign airmail, add \$1 for program and 25c for Results.

The Senior Olympics is presented annually by Senior Sports International, Inc., a non-profit corporation, located at 5225 Wilshire Blvd., #302; Los Angeles, Ca. 90036. Enclose a self-addressed, stamped envelope with all correspondence.

**ALL FEES, DONATIONS, ETC. PAID TO SENIOR OLYMPICS\* ARE TAX DEDUCTIBLE TO THE FULL EXTENT OF THE LAW.\*: Not part of International or U.S. Olympic Committees.**

ENTRY SENIOR OLYMPICS — '76 ENTRY

(entry may be duplicated)

Write names & ages of team & relay members, and doubles partners on reverse side of this sheet. **Doubles players: Each Player must submit own entry.** Swimmers & Track/Field entrants: List best recent time in parenthesis after each event entered. **Boxers, Powerlifters, & Wrestlers** list your weight.

**TYPE OR PRINT WITH INK THE SPORT(S) AND EVENT(S) ENTERED:**

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Please enter me (us) in the event(s) listed above for which is enclosed \$\_\_\_\_\_ at the rate of \$5 for the first event & \$3 for each additional event. Include an additional \$2 if you wish to reserve your 1975 souvenir program & Highlights/Results. They will be mailed to you postage paid during September. Make checks payable to Senior Olympics - '75 and mail to Senior Olympics, 5225 Wilshire Blvd., #302, Los Angeles, Ca. 90036. If you wish an acknowledgement of your entry enclose a stamped, self-addressed envelope.

print name

print address

zip

print birthdate age

### ATHLETE/TEAM RELEASE

In consideration of acceptance of my (our) entry, I do hereby for myself (ourselves), heirs & Administrators waive & release any and all claims I (we) may have against Senior Sports International, Inc., the various sports governing bodies, the various sport facilities, and the representatives of these varying groups for any and all injuries suffered by me (us) in any event, sport or facility. I (We) waive any right to any interest in pictures taken of me (us) during the days of competition. I certify that I (We) have no physical defects that would prevent me (us) from competing. I take full responsibility for equipment used by me (us) for direction and breakage.

Individual Team Manager Signature  
(Team manager to sign for team sports only)

Detach and Mail

SENIOR OLYMPICS

TIME SCHEDULE

Saturday, June 26

<u>TRACK</u>	<u>FIELD</u>
9:00 a.m. 5,000 walk final	8:30 a.m. Javelin (25-49)
9:40 a.m. 100 sprint trials	8:30 a.m. High Jump (25-49)
10:10 a.m. 10,000 run final (50 & over)	10:00 a.m. Javelin (50 & over)
11:10 a.m. 100 sprint finals	10:00 a.m. High Jump (50 & over)
11:40 a.m. 400 trials	11:45 a.m. Long Jump (25-49)
12:10 p.m. 110 hurdles finals	11:45 a.m. Shot Put (25-49)
1:00 p.m. 1,500 finals	1:30 p.m. Long Jump (50 & over)
1:50 p.m. 400 relay finals	1:30 p.m. Shot Put (50 & over)
2:30 p.m. 5,000 run finals (25-49)	
3:00 p.m. 200 family relay finals	

Sunday, June 27

<u>TRACK</u>	<u>FIELD</u>
8:45 a.m. 10,000 walk final	8:30 a.m. Pole Vault (25-49)
9:30 a.m. 10,000 run final (25-49)	8:30 a.m. Hammer (25-49)
10:00 a.m. 200 sprint trials	10:30 a.m. Pole Vault (50 & over)
10:35 a.m. 3,000 steeplechase final	10:30 a.m. Hammer (50 & over)
11:05 a.m. 400 finals	12:00 noon Discus (25-49)
11:50 a.m. 200 sprint finals	12:00 noon Triple Jump (25-49)
12:25 p.m. 800 finals	1:30 p.m. Discus (50 & over)
1:10 p.m. 400 hurdles finals	1:30 p.m. Triple Jump (50 & over)
1:40 p.m. 5,000 run final (50 & over)	
2:10 p.m. 1,600 relay finals	

NOTES:

Running Order: Oldest age groups to youngest. In certain events, depending upon number entered, more than one age group will run concurrently. Awards and records always based upon 5 year age groups.

Conflict in Schedule: Notify field event officials.

Women: Run with oldest men's group unless sufficient entries dictate otherwise. In 5,000 and 10,000 runs and field events, perform with 50 and over group.

Track Availability: During the day prior to meet and from 8 a.m. on Sat. & Sun. of the meet.

Registration: Pick up packet at participant's gate. If you have any questions regarding your entry see the Clerk of Course at east end of track. REMEMBER: ENTRIES CLOSE JUNE 19th. NO POST ENTRIES (INCLUDES RELAYS).

Starting Blocks/Batons/Poles: Local entrants bring blocks with small spikes in case UCI is unable to supply requirements at meet time. Bring your own batons and vaulting poles.

Numbers: Place numbers on front only.

The National A.A.U. Master's Track and Field meet will be held at Mt. Hood Community College July 2,3,4, 1976. We hope you will be able to participate.

The following information should answer questions about housing, transportation, schedules and other details of the meet. Please let us know if we may furnish any further information.

1. Entry Deadline: Remember, entry deadline is 6 p.m. Monday, June 21, 1976.

TIME	EVENT	DIVISION			
Friday, July 2			Sunday, July 4		
5:00 PM	Opening Ceremonies		3:30 PM	Hammer Throw	All Divisions
5:15 PM	Long Jump Finals	Women - All Divisions	4:00 PM	Pole Vault Finals	1a, 2b, 2a, 2b
5:30 PM	Javelin Finals	1a, 1b, 3b, 4	4:00 PM	400 meter Relay Finals	1a, 1b
6:00 PM	100 meter Prelims	1a, 1b	4:10 PM	400 meter Relay Finals	2a, 2b
6:10 PM	100 meter Prelims	2a, 2b	4:20 PM	110 meter Hurdles Finals	1a
6:20 PM	100 meter Prelims	3a, 3b	4:25 PM	110 meter Hurdles Finals	1b
6:30 PM	100 meter Prelims	4	4:30 PM	110 meter Hurdles Finals	2a
6:40 PM	100 meter Prelims	Women - All Divisions	4:35 PM	110 meter Hurdles Finals	2b
6:45 PM	High Jump Finals	2a, 2b	4:40 PM	110 meter Hurdles Finals	3a
7:00 PM	Long Jump Finals	3a, 3b, 4	4:45 PM	110 meter Hurdles Finals	3b
	400 meter Relay Prelims	1a, 1b	4:50 PM	110 meter Hurdles Finals	4
7:10 PM	400 meter Relay Prelims	2a, 2b	5:00 PM	Long Jump Finals	2a, 2b
7:20 PM	400 meter Dash Prelims	1a, 1b		Shot Put Finals	All Divisions
7:30 PM	400 meter Dash Prelims	2a, 2b	5:00 PM	400 meter Finals	Sub-masters
7:40 PM	400 meter Dash Prelims	3a, 3b	5:05 PM	400 meter Finals	1a
8:00 PM	10,000 meter Finals	1a, 1b, 2a, 2b	5:10 PM	400 meter Finals	1b
8:00 PM	10,000 meter Finals	3a, 3b, 4, Women	5:15 PM	400 meter Finals	2a
8:00 PM	10,000 meter Finals		5:20 PM	400 meter Finals	2b
			5:25 PM	400 meter Finals	3a
			5:30 PM	400 meter Finals	3b
			5:35 PM	400 meter Finals	4
			5:45 PM	Javelin Finals	2a, 2b, 3a
			5:45 PM	1500 meter Finals	Women - All Divisions
			5:55 PM	1500 meter Finals	Sub-masters
			6:00 PM	1500 meter Finals	1a
			6:00 PM	High Jump Finals	1a, 1b
			6:00 PM	Triple Jump Finals	1a, 1b, 2a, 2b
			6:05 PM	1500 meter Finals	1b
			6:10 PM	1500 meter Finals	2a
			6:15 PM	1500 meter Finals	2b
			6:20 PM	1500 meter Finals	3a
			6:25 PM	1500 meter Finals	3b - 4
			6:35 PM	200 meter Finals	Women - All
			6:40 PM	200 meter Finals	Sub-masters
			6:45 PM	200 meter Finals	1a
			6:50 PM	200 meter Finals	1b
			6:55 PM	200 meter Finals	2a
			7:00 PM	200 meter Finals	2b
			7:05 PM	200 meter Finals	3a
			7:10 PM	200 meter Finals	3b
			7:15 PM	200 meter Finals	4
			7:15 PM	5000 meter Run Final	1a, 1b, 2a, 2b
			7:25 PM	5000 meter Run Final	3a, 3b, 4, Women
			7:45 PM	1600 meter Relay	1a, 1b
			8:10 PM	1600 meter Relay	2a, 2b
			8:20 PM	1600 meter Relay	
			8:30 PM	Closing Ceremonies	
				9:00 P.M. FIREWORKS	
Saturday, July 3					
11:00 AM	200 meter Prelims	*All divisions 1a thru 3b			
4:00 PM	Pole Vault Finals	3a, 3b, 4			
	Discus Finals	All Divisions			
4:15 PM	Long Jump Finals	1a, 1b			
4:30 PM	High Jump Finals	3a, 3b, 4			
4:30 PM	3000 meter Steeple Chase Finals	1a, 1b, 2a, 2b			
4:45 PM	3000 meter Steeple Chase Finals	3a, 3b, 4			
5:05 PM	100 meter Prelims	Sub-masters			
5:10 PM	100 meter Finals	Women - All			
5:20 PM	100 meter Finals	1a			
5:25 PM	100 meter Finals	1b			
5:30 PM	100 meter Finals	2a			
5:35 PM	100 meter Finals	2b			
5:40 PM	100 meter Finals	3a			
5:45 PM	100 meter Finals	3b			
5:50 PM	100 meter Finals	4			
5:55 PM	100 meter Finals	Sub-masters			
6:00 PM	Triple Jump Finals	3a, 3b, 4			
6:00 PM	800 meter Finals	Women - All Divisions			
6:10 PM	800 meter Finals	1a			
6:15 PM	800 meter Finals	1b			
6:20 PM	800 meter Finals	2a			
6:25 PM	800 meter Finals	2b			
6:30 PM	800 meter Finals	3a			
6:35 PM	800 meter Finals	3b			
6:40 PM	800 meter Finals	4			
6:50 PM	400 meter Hurdles Finals	1a			
6:55 PM	400 meter Hurdles Finals	1b			
7:00 PM	400 meter Hurdles Finals	2a			
7:05 PM	400 meter Hurdles Finals	2b			
7:10 PM	400 meter Hurdles Finals	3a			
7:15 PM	400 meter Hurdles Finals	3b			
7:20 PM	400 meter Hurdles Finals	4			
7:30 PM	5000 meter Walk Finals	All Divisions			
8:30 PM	Barbecue -- Lake Side				

**OFFICIAL ENTRY FORM FOR THE 1976 AMATEUR UNION  
OF THE UNITED STATES MASTERS (OVER 40 YEARS)  
NATIONAL TRACK AND FIELD CHAMPIONSHIPS**

Please enter me in the following events, for which I have enclosed payment at the rate of \$6.00 for the first event and \$3.00 for each additional event. Relay team entry fee is \$10.00, but a separate Relay Entry Form (below) must be completed by an authorized club representative. Entries must be received by the Meet Director by 6 PM, Monday, June 21, 1976, at Mt. Hood Community College, 26000 SE Stark Street, Gresham, Oregon 97030. Entries received after that date will be returned. Phone (503) 667-1561. AM only.

**IMPORTANT NOTICE:** Incomplete entries, including those without payment, medical certificates, AAU registration, athlete's release, signatures, etc., will be assess an incomplete entry fee of \$2.00

Event	Best 75 Mark (or estimate, if you did not compete)	Division (1a, 1b, 2a, 2b, 3a, 3b, 4, sub-masters, women)	Payment
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____

Total Entry Fee Payment Enclosed  
(Payable to Masters Track, Mt. Hood Community College)

BARBEQUE RESERVATIONS (July 3, 8:30 PM)

\_\_\_\_\_ Adults @ \$5.50 each \$ \_\_\_\_\_  
 \_\_\_\_\_ Child (12 and under) \$ \_\_\_\_\_  
 @ \$4.00 each \$ \_\_\_\_\_

Total Barbeque Payment (Please make separate check of M.O.) \$ \_\_\_\_\_

**ATHLETE'S RELEASE (Must be signed)**

In consideration of your acceptance of my entry I do hereby, for myself, my heirs, and executors, waives, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue to me against Mt. Hood Community College and/or Gresham Chamber of Commerce, the Amateur Athletic Union of the United States, and the Oregon AAU, or their officers or agents, for any and all damages which may be suffered by me in connection with my entry or association with the AAU MASTERS TRACK AND FIELD CHAMPIONSHIPS. I certify that my level of training is such that I am prepared to compete and recognize the right of the Meet Director to require supplementary training and/or medical evidence before allowing me to compete, and further recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.

Date: \_\_\_\_\_ Athlete's Signature: \_\_\_\_\_

**MEDICAL CERTIFICATE:** (To be signed by a licensed physician; this is a National AAU Track and Field Board requirement.)

I have examined \_\_\_\_\_, and am satisfied that he is in a physical condition which will permit him to compete in the events he has noted above in the AAU Masters National Track and Field Championships in July, 1976.

Physician's Signature: \_\_\_\_\_ Address: \_\_\_\_\_ Date: \_\_\_\_\_

1976 AAU REGISTRATION INFORMATION: \_\_\_\_\_ District, 1976 Registration No.: \_\_\_\_\_

**ATHLETIC INFORMATION:**

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Affiliation (Club, Unatt., etc.): \_\_\_\_\_

Month Day Year \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Address: Street \_\_\_\_\_ Telephone No. \_\_\_\_\_ School or College Attended: \_\_\_\_\_ Years \_\_\_\_\_

Notable past (or recent) Performances, Championships, Olympic Team, etc. \_\_\_\_\_

(Please enclose a recent black and white photo (non-returnable) of you in action and in uniform for possible inclusion in program.)

Your Occupation: \_\_\_\_\_ Your Local Paper: \_\_\_\_\_

**RELAY ENTRY FORM**

Relay \_\_\_\_\_ Division \_\_\_\_\_ Club name and address: \_\_\_\_\_

Names 1 \_\_\_\_\_ Est. Time \_\_\_\_\_ 2 \_\_\_\_\_ Est. Time \_\_\_\_\_

3 \_\_\_\_\_ Est. Time \_\_\_\_\_ 4 \_\_\_\_\_ Est. Time \_\_\_\_\_

Total Estimated Time \_\_\_\_\_ Alternates 1 \_\_\_\_\_ 2 \_\_\_\_\_

**NOTE:** Separate entry forms and \$10.00 payment to MASTERS TRACK, MT HOOD COMMUNITY COLLEGE must be submitted for each team entered. Club official certifies with his signature below that all men named are members of his club, and that each member has sent (or will send) an official individual entry form.

Club Official: \_\_\_\_\_ Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

MAIL COMPLETED ENTRY FORMS TO: JIM PUCKETT, MEET DIRECTOR  
 AAU MASTERS CHAMPIONSHIPS  
 MT HOOD COMMUNITY COLLEGE  
 26000 SE STARK  
 GRESHAM, OREGON 97020

Duplication of entry form permitted

San Fernando Valley Track Club  
 18321 Ventura Blvd.  
 P.O. Box K  
 Tarzana, Calif. 91356

CLUB UNIFORMS & WARM-UP SUITS

Club uniforms, in solid kelly green with white lettering are available for \$11. Dark solid green warm-up suits are \$22. Make checks payable to SFVTC -- denote your size -- and mail to the club office, 18321 Ventura Blvd.; Suite 900; Tarzana 91356.

NEWSLETTER MATERIAL

The SFVTC newsletter depends on the membership for articles, results, coming events, etc. Please submit this information by the 26th of the month to Al Sheahan, 6200 Hazeltine Ave., Van Nuys 91401.

NEW MEMBERSHIP APPLICATION

NAME _____	DATE _____	
ADDRESS _____	PHONE _____	
CITY _____ STATE _____	ZIP _____	
BIRTH DATE _____	BUS. PHONE _____	
INTERESTED IN:	EVENT:	COMMENTS:
TRACK _____	_____	_____
FIELD _____	_____	_____
LONG DISTANCE _____	_____	_____

I would like to be enrolled in the category checked below:

Yearly membership (includes monthly newsletter)

- |   |  |
|---|--|
| <input type="checkbox"/> Individual Membership ... \$10 | <input type="checkbox"/> Sustaining Membership ... \$ 50       |
| <input type="checkbox"/> Family Membership ..... \$15   | <input type="checkbox"/> Century Membership ..... \$100        |
| <input type="checkbox"/> Contributing Membership . \$25 | <input type="checkbox"/> Patron Membership ..... \$500 or more |