SAN FERNANDO VALLEY TRACK CLUB

Coach: Laslo Tabori
(213) 837-4794

Suite 900
18321 Ventura Blvd.
Tarzana, Calif. 91356

VOLUME 2 NUMBER 6
JUNE, 1976

MAY HIGHLIGHTS

RON KURRLE 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 KURRLE 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


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 26-27. Senior Olympics, UC Irvine.


June 14-15. National AAU Junior Women's Championships, UCLA.
<table>
<thead>
<tr>
<th>DATE/TIME</th>
<th>EVENT/DISTANCE</th>
<th>DIRECTOR/LOC</th>
<th>AWARDS</th>
<th>COURSE/ACTIVITIES/CONNECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAT MAY 29 8:00am</td>
<td>10th Mt. Whitney Trail Run (5.5m)</td>
<td>V. L. McCar</td>
<td>Open 70; 100% 10; 15-15 3; 25/25; Sierra Metro resident awards.</td>
<td>One of the years top events. Tough up A back run. Sponsored by Sierra Metro Search &amp; Rescue Team. Box 24, Sierra Metro 92324, Check in at Big Horn &amp; Sierra Metro Blvd. in downtown Sierra Metro. Just N. of Santa's Route Track.</td>
</tr>
<tr>
<td>SAT JUNE 5 8:00am</td>
<td>Lylle Creek to Wrightwood Tortoise-Early Tortoise 10k Run</td>
<td>Richard Hammerstein, P.O. Box 1066, San Bernardino 92402</td>
<td>50th entry fee, 1st place Trophy. Medal. Choice of refreshments after race.</td>
<td>San Bernardino Fwy to Sierra aumj N. 1.8mi to campground. Hostetter, Driver needed to pick up runners in Wrightwood.</td>
</tr>
<tr>
<td>SAT JUNE 5 9:00am</td>
<td>Hidden Valley 10k Run</td>
<td>Don Prewett, 9372 Sharon Dr., Camarillo, CA 93010</td>
<td>Many &amp; various.</td>
<td>All road runs on all road Luke Wrightwood, Roomo &amp; Picnic facilities. Ventura Fwy N. to Wendy Dr. U. W. to Halloway, N to Knollwood, Ril (f) to Finley and Ranaya Park.</td>
</tr>
</tbody>
</table>

When filling out applications for A.A.U. cards, be sure to designate your sport as 10 (Long Distance Running) and eat track & field. This schedule is mailed only to persons on the U.S. roster.

In any race involving team competition, all teams must submit a list of their competing members prior to the start of that race. If this is not done, your team score will not count.

SAT JUNE 12 9:00am | TOAD ANNUAL FALLS VERDES MARATHON | Don Woodman, 7709 S 3rd St., Anaheim, Calif 92803 | Open 27 5/27 7; U.S. E. 390 Mi. 4-H 1st-place in final 750m finish. | San Diego Fwy to Mission Blvd. S. to Silver Spur Check in at Rolling Hille N.S. Runners & showers. Entry fee $6.00. Late fee $2.00 after June 4th. |
| SAT JUNE 19 9:00am | COASTAL SECTIONS 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 N.S. track center of San Luis Drive & California Blvd. Calif. Bldg. Exit from U.S. 101 E. 1st. Right record in 1953 by Jim Flanigan, 1975. |
| SAT JUNE 19 3:00pm | NATIONAL MASTERS, SENIOR, WOMEN & JUNIOR 1 HOUR RUN CHAMPIONSHIPS | John Brennam, 4476 phosphorous Ln. Santa Barbara 805/965-2501 | Many National & District Awards | U.S. 101 past Santa Barbara. Follow signs to U.S.C. Park at Robertson Gym. (2hr parking). |

Important: L.D.R.C. Meeting to follow this race. All clubs should have at least one (1) delegate present.

THUR JUNE 24 6:00pm | U.C. RIVERSIDE 1 HOUR RUN | Bruce Hummert, P.O. Box 1166, San Bernardino 92402 | U.C. Riverside. Dirt track, lights, restrooms & showers. Pomona Fwy (60) E. to Riverside. Exit at University Ave. W. to track. |
| SAT JUNE 26 8:30p.m. | TOAD EL MONTE 7.9 MILE RUN | Bruce Oliver | Open 1-18; 10 blind handicap; 16-19 3; 10-14 1.5; 9/9/9 2/2/2. | Three loops of flat roads. Pomona Fwy to Santa Ana, S. to Central, E. to New Temple Park. Sign-in at baseball diamond. |
| SUN JULY 4 10:30am | NATIONAL/SENIOR SPA DISTRICT 23M CHAMPIONSHIPS | John Brennam | National: 6 Senior; 4 Junior, 2 Senior teams; 3 Junior teams | Out & back. 1 hill at beginning; all roads. Fwy W. through Santa Barbara to Junipine roads S. to San Marcos N.S. Check-in at track. Showers & Restrooms. |
| SUN JULY 11 9:00am | COLLEGE OF THE CANYONS 5M RUN | Henry Kastlitz | Check with race director | Golden State Fwy to Valencia Blvd. to College of the Canyons. Showers. |

In all town races, new placings will be found on finish time and not individual placing.

| SAT JULY 25 10:00am | STRANGE COUNTY 15M TEAM RACE | Dave 651C, Suite 930 1200 S. E St, Oxnard, Calif 93034 | Open 1-10; Vet's 4/1/1; U.S. E. 3-14; 10+ 3; Vet. Open 1-2 Vet 1; Open 1-2 Vet 1; (3 person team for women only) | Road & bike trails: start & finish at Power Park. Irvine, Restrooms-no showers. Santa Ana or San Diego Fwy to Culver Ave. S. to Mission Park. |
| SAT JULY 31 8:00am | GRIFFIN PARK DISTANCE CHALLENGE BIBLIO | Riva 651C, Suite 930 1200 S. E St, Oxnard, Calif 93034 | Run 10; 50-59 3 Vet & 1/1; 60-69 1; 70+ 1/1/1 | Trails with hills. Golden State Fwy to Los Feliz; S. to Riverside Dr. Entrance to Griffin Park. Check-in next door from restrooms/showers. |
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. Exceptions: 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+.

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

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 Sheahen 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

CONJE 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 KALCHSMID rud 38:19. BRIAN STANSAUK 39:21, REID PRESSLEY 39:26, GARY STANSAUK 40:00+ and AL SHEAHER 57:07.

LAS POSAS HILLS 15km - MAY 16
Inconcile 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 last 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 SFRAS, owners of MASTER-GRAPHICS PRINTING, 18329 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 TJKARS 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-Corners 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.

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.
Van Nuys 91405
320-3167
11-22-33
847-1532 (bus.)

Lloyd Ives
15025 Saticoy #7
Van Nuys 91405
997-1532
847-1714 (bus.)

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 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 Kalchscheid, 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 Sheahan, 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 29.02 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 Patalsis’ 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 (SMTC), Arizona Road Runners (ARR), City of Los Angeles Athletic Club (COAC), Bay Area Track Club (BATC), San Diego Track Club (SDTC), unattached (UNA).

30-39 Years Old
100 — Butler (BHS), 9.9; Dennes (CDM), 10.0; Robinson (CLATC), 10.1; Harmon (LAPD), 10.4; Costa (PCC), 10.5; Kulp (UNA), 10.6; Simmons (BHS), 10.7
440 — Cain (BHS), 50.4; Studerland (CDM), 50.5; Adams (CDM), 50.9; Taylor (CDM), 50.7; Johnson (CDM), 50.5; Bell (UNA), 50.5
880 — Taylor (PCC), 2:03.8; Hackett (SFVTC), 2:02.8; Evans (UNA), 2:04.5; Miller (CDM), 2:04.6; Berret (SMTC), 2:17.2; Delmar (UNA), 2:21.4
MILE — Richards (CDM), 3:57.7; Rupp (STC), 3:45.8; Cheever (BHS), 3:45.5; Pulley (CDM), 3:54.2; Field (SMTC), 3:45.9; Adams (STC), 4:56.5
INT. HURDLES — Cain (BHS), 9.9; Adams (CDM), 8.9; Buller (UNA), 9.0
THREE-MILE — Rupp (STC), 15:41.7; Richards (CDM), 16:14.0; Gray (SMTC), 16:26.0; Wyandham (BHS), 16:20.0
220 — Dennes, 22.5; Butler (UNA), 22.5; Butler (UNA), 22.5; Studerland (UNA), 22.5; Barnett (UNA), 22.5
A.4; Adama (UNA), 14.4; Adams (CDM), 14.9; Gusher (UNA), 15.0; Henry (CDM), 15.0
HIGH HURDLES — Butler (BHS), 14.1; Salinger (CDM), 14.4; Adams (CDM), 14.9; Gusher (UNA), 15.0; Henry (CDM), 15.5
SHOT PUT — Bobell (CDM), 41.5; Loughridge (CFD), 40.9; Marenin (UNA), 39.9; Sinclair (UNA), 38.9; Sinclair (UNA), 38.9
POLE VAULT — Grimes (SFVTC), 12.0; Quijencio (SFVTC), 11.6
HIGH JUMP — England (BHS), 5.9; Salinger (CDM), 5.8; Cottrell (UNA), 5.4; Loughridge (CFD), 5.4
LONG JUMP — Johnson (CDM), 21.8; Salinger (CDM), 21.4; Gusher (UNA), 19.7; Henry (CDM), 17.6; Grimes (SFVTC), 17.1; Ford (UNA), 16.7
TRIPLE JUMP — Lowridge (UNA), 43.10; Henry (CDM), 40.3; Wolper (UNA), 39.1; Gusher (UNA), 37.5
JAVELIN — Selby (UNA), 200.2; Tucker (CDM), 183.5; Marenin (UNA), 144.11
DISCUS — Bobell (UNA), 220-10; Sinclair (UNA), 118-11; Marenin (UNA), 113-2; Adams (CDM), 111-7
HAMMER — Bobell (CDM), 152-10
440 RELAY — Corona Del Mar 43.6; Beverly Hills Striders 44.4; Class 44.5
MILE RELAY — Corona Del Mar 3:32.5; San Fernando Valley Track Club 3:54.7
OUTSTANDING ATTITUDE — Wall Butler (BHS) and Gordon Bobell (CDM).
40-49 Years Old

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Time</th>
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<tbody>
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<td>100</td>
<td>Smith</td>
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<tr>
<td>200</td>
<td>Brown</td>
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70 Years and Up

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<td>11:00</td>
</tr>
<tr>
<td>200</td>
<td>Smith</td>
<td>20:00</td>
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1976 SOUTHERN PACIFIC ASSOCIATION AAU MASTERS TRACK AND FIELD MEET

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.

Divisions: Sub-Masters (SM) 30-39; I (40-49); II (50-59); III (60-69); IV (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. I (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. SM, Div. 2, 3, 4
2:00 100 Yd. SM, Div. 1
2:15 100 Yd. Women
2:30 880 Yd. SM, Div. 1
2:45 880 Yd. SM, Div. 2, 3, 4
3:00 2-mile run; all divisions
3:15 220 Yd. SM, Div. 1
3:30 220 Yd. SM, Div. 2, 3, 4
4:00 Mile Run Women

Mile Relay to start when teams are ready.

FIELD EVENTS

11:00 Pole vault, all divisions
12:00 High jump, all divisions
12:00 Long jump, all divisions
2:15 Triple jump, all divisions
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)

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

11:00 8000-meter trials
11:45 Javelin
12:15 4000-meter trials
12:45 3000-meter walk (30-44, 45up)
1:30 400-meter hurdles
1:45 Shot Put
2:00 440-yard relay (Div. 1, 2 only)
2:20 5000-meter final (30-49)
2:55 100-meter trials
3:15 800-meter final
4:15 100-meter final
5:30 10,000 meter (50 & over, women)

SUNDAY, JUNE 20, 1976

12:00 Hammer Throw
12:30 Pole Vault
1:00 110-meter high hurdles
1:15 Discus
1:45 1500-meter final
2:15 Triple Jump
3:00 *200-meter trials
4:10 5000-meter final (Ages 50 & over, women)
5:00 *200-meter trials

*Trial if necessary

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.

ATHLETE'S INFORMATION:

NAME ____________________________ (Signature)
DATE OF BIRTH __________________ DIVISION:______ AFFILIATION __________
AAU NUMBER __________________________ What district? __________________
ADDRESS _____________________________

NOTABLE PAST PERFORMANCES, CHAMPIONSHIPS, ETC.

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
Meet Director: 1951 Cable Street
Tony Sucec 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______________

<table>
<thead>
<tr>
<th>EVENT</th>
<th>Best 1976 Mark/Estimate</th>
<th>Fee $5.00 per Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 Meters</td>
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<tr>
<td>200 Meters</td>
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<tr>
<td>400 Meters</td>
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<td>800 Meters</td>
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<td>1500 Meters</td>
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<tr>
<td>5000 Meters</td>
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<tr>
<td>10,000 Meters</td>
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<tr>
<td>110-Meter Hurdles</td>
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<td>400-Meter Hurdles</td>
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<tr>
<td>3000 Meters Walk</td>
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<tr>
<td>Hammer</td>
<td></td>
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<tr>
<td>Discus</td>
<td></td>
<td></td>
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<tr>
<td>Shot Put</td>
<td></td>
<td></td>
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<tr>
<td>Javelin</td>
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</tbody>
</table>

Total meet entry fee: $__________  Total meet entry fee: $__________

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

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<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Double occupancy @ $40.00 per person</td>
<td>$__________</td>
</tr>
<tr>
<td>Roommate’s name, if known</td>
<td></td>
</tr>
<tr>
<td>(NOTE: Roommate’s entry must have your name, if roommate is a competitor.)</td>
<td></td>
</tr>
<tr>
<td>Single occupancy @ $50.00 per person</td>
<td>$__________</td>
</tr>
</tbody>
</table>

TOTAL ACCOMMODATIONS FEE: $__________

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

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</thead>
<tbody>
<tr>
<td>Reception @ $3.00 per person</td>
<td>$__________</td>
</tr>
</tbody>
</table>

TOTAL RECEPTION: $__________

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 grass-tex surface, as is the High Jump apron. The Javelin approach is grass, all other surfaces are Tartan. Use no spike in excess of 1½". 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 headquarters: 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" — 4889 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.

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

The 7th Annual International Senior Olympics

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 request 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 may be duplicated)

<table>
<thead>
<tr>
<th>Sports</th>
<th>Team Manager</th>
<th>Address</th>
<th>Age</th>
<th>Release</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

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

print birthdate

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)
## Senior Olympics

### Time Schedule

**Saturday, June 26**

<table>
<thead>
<tr>
<th>TRACK</th>
<th>FIELD</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 a.m.</td>
<td>8:30 a.m. Javelin (25-49)</td>
</tr>
<tr>
<td>9:40 a.m.</td>
<td>8:30 a.m. High Jump (25-49)</td>
</tr>
<tr>
<td>10:10 a.m.</td>
<td>10:00 a.m. Javelin (50 &amp; over)</td>
</tr>
<tr>
<td>11:10 a.m.</td>
<td>10:00 a.m. High Jump (50 &amp; over)</td>
</tr>
<tr>
<td>11:40 a.m.</td>
<td>11:45 a.m. Long Jump (25-49)</td>
</tr>
<tr>
<td>12:10 p.m.</td>
<td>11:45 a.m. Shot Put (25-49)</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>1:30 p.m. Long Jump (50 &amp; over)</td>
</tr>
<tr>
<td>1:50 p.m.</td>
<td>1:30 p.m. Shot Put (50 &amp; over)</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>3:00 p.m.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>TRACK</th>
<th>FIELD</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 a.m.</td>
<td>8:30 a.m. Pole Vault (25-49)</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>8:30 a.m. Hammer (25-49)</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>10:30 a.m. Pole Vault (50 &amp; over)</td>
</tr>
<tr>
<td>10:35 a.m.</td>
<td>10:30 a.m. Hammer (50 &amp; over)</td>
</tr>
<tr>
<td>11:05 a.m.</td>
<td>12:00 noon Discus (25-49)</td>
</tr>
<tr>
<td>11:50 a.m.</td>
<td>12:00 noon Triple Jump (25-49)</td>
</tr>
<tr>
<td>12:25 p.m.</td>
<td>1:30 p.m. Discus (50 &amp; over)</td>
</tr>
<tr>
<td>1:10 p.m.</td>
<td>1:30 p.m. Triple Jump (50 &amp; over)</td>
</tr>
<tr>
<td>1:40 p.m.</td>
<td></td>
</tr>
<tr>
<td>2:10 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

**Sunday, June 27**

<table>
<thead>
<tr>
<th>TRACK</th>
<th>FIELD</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 a.m.</td>
<td>8:30 a.m. Pole Vault (25-49)</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>8:30 a.m. Hammer (25-49)</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>10:30 a.m. Pole Vault (50 &amp; over)</td>
</tr>
<tr>
<td>10:35 a.m.</td>
<td>10:30 a.m. Hammer (50 &amp; over)</td>
</tr>
<tr>
<td>11:05 a.m.</td>
<td>12:00 noon Discus (25-49)</td>
</tr>
<tr>
<td>11:50 a.m.</td>
<td>12:00 noon Triple Jump (25-49)</td>
</tr>
<tr>
<td>12:25 p.m.</td>
<td>1:30 p.m. Discus (50 &amp; over)</td>
</tr>
<tr>
<td>1:10 p.m.</td>
<td>1:30 p.m. Triple Jump (50 &amp; over)</td>
</tr>
<tr>
<td>1:40 p.m.</td>
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<tr>
<td>2:10 p.m.</td>
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</tbody>
</table>

### 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.

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>DIVISION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, July 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00 PM</td>
<td>Opening Ceremonies</td>
<td>Women - All Divisions</td>
</tr>
<tr>
<td>5:15 PM</td>
<td>Long Jump Finals</td>
<td>3a, 3b, 4</td>
</tr>
<tr>
<td>5:30 PM</td>
<td>Jump Finals</td>
<td>3a, 3b, 4</td>
</tr>
<tr>
<td>6:00 PM</td>
<td>100 meter Finals</td>
<td>3a, 3b</td>
</tr>
<tr>
<td>6:15 PM</td>
<td>200 meter Finals</td>
<td>3a, 3b</td>
</tr>
<tr>
<td>6:30 PM</td>
<td>400 meter Prelims</td>
<td>3a, 3b, 4</td>
</tr>
<tr>
<td>6:45 PM</td>
<td>800 meter Prelims</td>
<td>3a, 3b</td>
</tr>
<tr>
<td>7:00 PM</td>
<td>1500 meter Prelims</td>
<td>3a, 3b</td>
</tr>
<tr>
<td>7:15 PM</td>
<td>5000 meter Prelims</td>
<td></td>
</tr>
<tr>
<td>7:30 PM</td>
<td>High Jump Finals</td>
<td>Women - All Divisions</td>
</tr>
<tr>
<td>7:45 PM</td>
<td>Long Jump Finals</td>
<td>3a, 3b</td>
</tr>
<tr>
<td>8:00 PM</td>
<td>400 meter Prelims</td>
<td>3a, 3b, 4</td>
</tr>
<tr>
<td>8:15 PM</td>
<td>800 meter Prelims</td>
<td>3a, 3b</td>
</tr>
<tr>
<td>8:30 PM</td>
<td>1500 meter Prelims</td>
<td>3a, 3b</td>
</tr>
<tr>
<td>Saturday, July 3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00 AM</td>
<td>200 meter Prelims</td>
<td>2a, 2b, 3b</td>
</tr>
<tr>
<td>5:15 AM</td>
<td>400 meter Prelims</td>
<td>2a, 2b, 3b</td>
</tr>
<tr>
<td>5:30 AM</td>
<td>800 meter Prelims</td>
<td>2a, 2b, 3b</td>
</tr>
<tr>
<td>5:45 AM</td>
<td>1500 meter Prelims</td>
<td>2a, 2b, 3b</td>
</tr>
<tr>
<td>6:00 AM</td>
<td>5000 meter Prelims</td>
<td>2a, 2b, 3b</td>
</tr>
<tr>
<td>6:15 AM</td>
<td>100 meter Prelims</td>
<td>2a, 2b, 3b</td>
</tr>
<tr>
<td>6:30 AM</td>
<td>200 meter Prelims</td>
<td>2a, 2b, 3b</td>
</tr>
<tr>
<td>6:45 AM</td>
<td>400 meter Prelims</td>
<td>2a, 2b, 3b</td>
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<tr>
<td>7:00 AM</td>
<td>800 meter Prelims</td>
<td>2a, 2b, 3b</td>
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<tr>
<td>7:15 AM</td>
<td>1500 meter Prelims</td>
<td>2a, 2b, 3b</td>
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<tr>
<td>7:30 AM</td>
<td>5000 meter Prelims</td>
<td>2a, 2b, 3b</td>
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<tr>
<td>7:45 AM</td>
<td>100 meter Prelims</td>
<td>2a, 2b, 3b</td>
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<tr>
<td>8:00 AM</td>
<td>200 meter Prelims</td>
<td>2a, 2b, 3b</td>
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<td>8:15 AM</td>
<td>400 meter Prelims</td>
<td>2a, 2b, 3b</td>
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<tr>
<td>8:30 AM</td>
<td>800 meter Prelims</td>
<td>2a, 2b, 3b</td>
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<tr>
<td>8:45 AM</td>
<td>1500 meter Prelims</td>
<td>2a, 2b, 3b</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>5000 meter Prelims</td>
<td>2a, 2b, 3b</td>
</tr>
</tbody>
</table>

**Remember: Deadline is 6 p.m. Monday, June 21, 1976.**
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 8 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 assessed an incomplete entry fee of $2.00.

In consideration of and entry into the following events, to which I have enclosed payment, I agree:

1. My participation in the 1976 Masters National Track and Field Championships will cease immediately if I am found to have violated any rules of the meet.

2. The customary rules of the American Athletic Union (AAU), the Amateur Athletic Union of the United States, and the Oregon AAU, or their officers or agents, for any and all claims which may be suffered by me in connection with my entry or association with the AAU Masters Track and Field Championships.

3. I hereby acknowledge my level of 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 not prevent him from competing in the events he has entered 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 ____________ Month Day Year

Address Street ____________ City ____________ State ____________ Zip ____________

School or College Attended ____________ Years ____________________

Notable past or recent Performances, Championships, Olympic Team, etc.

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

Your Occupation____________________ Your Local Phone __________________

RELAY ENTRY FORM

Name and Address ______________________________

Relay Name and Division ______________________

Names 1 ____________________________ Est Time ____________

3 ____________________________ Est Time ____________

5 ____________________________ Est Time ____________

Total Estimated Time ____________ Alternates 1 ____________

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 97030

Dedication of entry form permitted __________________________

300 lor
San Fernando Valley Track Club
19321 Ventura Blvd.
P.O. Box K
Tarzana, Calif. 91356

CLUB UNIFORMS & WARM-UP SUIT:

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 Sheahen, 6200 Hazeltine Ave., Van Nuys 91401.

NEW MEMBERSHIP APPLICATION

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

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

Yearly membership (includes monthly newsletter)

☐ Individual Membership ... $10
☐ Sustaining Membership ... $50
☐ Family Membership ....... $15
☐ Century Membership ...... $100
☐ Contributing Membership ... $25
☐ Patron Membership ...... $500 or more