



Over The Hill Track Club
Thirteenth Annual Norm Bower Memorial Throws Pentathlon

Saturday, September 12, 2009
Kent State University, Kent Ohio 44242
11:00am to 5:00pm

All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue Bower's daughter.

Over the Hill Track Club is once again sponsoring a fund-raising throws pentathlon in honor of Norm Bower, who passed away September 12, 1997. Norm Bower was much loved as a friend and a competitor in the weight events. He was joyful, bright, easy-going, with a wonderful sense of humor. He supported every thrower who competed in the weights, no matter the skill level. Our track meets and our lives are brighter, more fun because of Norm, and the Club wishes him and his family with this annual throws pentathlon held in his honor.

All meet fees, less awards expenses, and all donations included with meet fees will be contributed to an education fund for Emma Rose Bower, born October 31, 1995, Norm and Sue Bower's daughter, and the sister of Brent Bower.

Date, Time, & Sequence of Events: 11:00am to approx. 5:00pm. Hammer, shot put, discus, javelin, and weight in that order.

Note: In order to qualify legally for an official record in the throw pentathlon, you **must** throw the events in exactly this order: hammer, shot put, discus, javelin and weight.

Host Site: Kent State University, Main Track on the main campus (not the old track by the indoor track) Kent, Ohio 44242.

Events & Weights by Age: Throw pentathlon (hammer, shot put, discus, javelin and weight) or individual weight events. See attached Ages / Implements Specifications @ list. For the weight throw, where both WAVA and USATF specifications appear, we will use the WAVA standards, if the appropriate weight implement is available. We will throw by the age groups represented on the list. Some age groups will be combined to fill out flights.

Sanction & Rules: This is An USATF Sanctioned Meet. If you are an USATF member, you will have insurance coverage traveling to and from the meet and at the meet. USATF rules will be used which specify WAVA implements.

Number of Attempts per Event: 3 for the five event throw pentathlon; 6 for individual events only. If someone has paid entry fee for both Pentathlon and some individual events, the first three throws will be Pentathlon, and all six will be for open event.

Age Groups: 0-17 by birth year, 18-29, 30-34, 35-39, 40-44, etc., by birthday.

Awards: Gold, Silver, and Bronze for the Pentathlon in each age group. Gold only in each individual event entered.

Facilities: Javelin to be thrown from an all-weather surface onto grass; all other throws from concrete surfaces onto a grass field.

Other Facilities: Restrooms in adjacent Ice Rink, No Showers.

Fee, Donations, Mailing Information: All meet fees, less OTHTC awards expenses, and all donations included with meet fees will be contributed to an education fund set up in 1997 for Emma Rose Bower. OTHTC encourages all those who are able to donate beyond the entry fee amount. OTHTC also encourages those who are not going to compete to remit a donation for this worthy cause. Note the donation amount on the bottom left-hand memo section of your check. Your check is your receipt. The Bower family will receive a list of the names and the addresses of all attendees and contributors, unless donors specify that their gifts be anonymous.

\$20 for the weight pentathlon and \$5 per individual event. No refunds for no-shows. Make checks payable to Over the Hill Track Club.

Mailing Instructions: Mail application with check or money order to: Jeff Gerson, 5081 Hickory Dr. Lyndhurst OH 44124

Waiver: Signature required on attached meet application form.

Questions: Call Jeff Gerson 440-473-0636



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Name _____ Gender _____ Phone _____

Address _____ City _____ State _____ Zip _____

Date of Birth _____ Your age as of 9/12/09 _____ Your Club _____

Email _____

Events you wish to enter:

Fees: \$20 for the throws pentathlon, and \$5.00 per individual event. No refunds for no-shows. Make checks payable to Over the Hill Track Club.

_____ Weight pentathlon (hammer, shot put, discus, javelin & weight) @ \$20

Individual events only: _____ Hammer _____ Shot Put _____ Discus _____ Javelin _____ Weight _____ @\$5.00 each

Note: In order to qualify legally for an official record in the throw pentathlon, you **must** throw the events in exactly this order:
hammer, shot put, discus, javelin, and weight and only first 3 throws count.

I will not be competing, but I elect to make a donation of \$_____ (my check is enclosed).

Please bring your own implements. Although we will have a number on hand, we cannot guarantee that we will have all implements for all age groups.

Mail this registration form, along with your fee and/or donation check or money order made payable to Over the Hill Club, to:
Jeff Gerson 5081 Hickory Dr. Lyndhurst OH 44124; Tel: 440-473-0636.

Waiver for All Events: In consideration for acceptance of my entry into the OTHTC Thirteenth Annual Norm Bower Memorial Throw Pentathlon, I do hereby for myself and anyone entitled to act in my behalf, waive and release the Over the Hill Track Club, Cleveland, Ohio, Kent State University, Kent, Ohio, USATF, and all sponsors, their representatives and successors from all claims or liabilities of any and all damages which may be sustained or suffered by me in my connection with entry in, or arising out of my traveling to, participating in, and returning from my participation in this meet.

Athlete's Signature: _____ Date _____

Printed name: _____

Parent or guardian's signature (if athlete is under 18) _____

Printed Name _____

NOTICE: All athletes who participate in this competition may be subject to formal drug testing in accordance with USA Track & Field and IAAF Regulations. Athletes found positive for banned substances or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. **SOME OVER THE COUNTER MEDICATIONS MAY CONTAIN BANNED SUBSTANCES. INFORMATION REGARDING DRUGS AND DRUG TESTING MAY BE OBTAINED BY CALLING THE USADA HOT LINE.**

