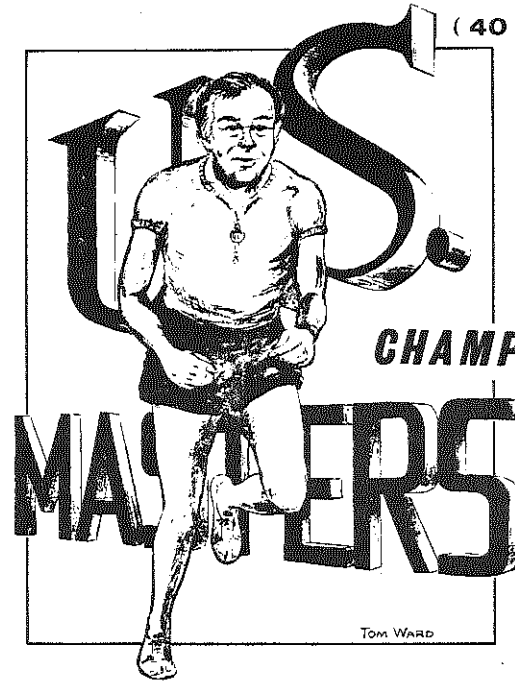


A.A.U. MASTERS

(40 & OLDER)



**TRACK
& FIELD
CHAMPIONSHIPS**

**JULY
1&2,
1972**



**BALBOA
STADIUM**

**SAN
DIEGO**

MARATHON & 20 KM WALK · JULY 3 at MISSION BAY

FROM: AAU MASTERS TRACK & FIELD CHAMPIONSHIPS
KEN BERNARD, MEET DIRECTOR
P.O. BOX 10512, SAN DIEGO, CA. 92110

TO:

OFFICIAL ENTRY FORM FOR THE
1972 AMATEUR ATHLETIC 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 \$5.00 for the first event and \$3.00 for each additional event. Pentathlon entry fee is \$10.00. 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 5:00 P.M. Friday, June 24, 1972 at P. O. Box 10512, San Diego, CA 92110. Hand delivery of entries to Ken Bernard at 5915 Mission Gorge Rd., San Diego, will also be accepted until 5:00 P.M. Friday, June 24, 1972. Entries received after that date will be returned. Tel. (714) 281-6984.

EVENT	Best '71-'72 Mark (or estimate, if you did not compete)	DIVISION (1,2,3, or 4)	PAYMENT
MARATHON: . (@ \$5.00) . . .	_____	_____	\$ _____
PENTATHLON: . (@ \$10.00) . . .	_____	_____	_____
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
Total Payment Enclosed (Payable to <u>SAN DIEGO TRACK CLUB</u>) :			\$ _____
AWARDS BANQUET (July 3 @ 2:00 P.M.) RESERVATIONS: _____ Adults @ \$7.00 ea. :			\$ _____
_____ Child (10 & under) @ \$5.00 ea. :			\$ _____
Total Banquet Payment (Please make separate check or 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, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue to me against the San Diego Track Club, the City of San Diego, the Amateur Athletic Union of the United States, and the P.S.A. A.A.U., 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 A.A.U. MASTERS TRACK & FIELD CHAMPIONSHIPS. I further 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.

Date: _____
Athlete's Signature _____

MEDICAL CERTIFICATE: (To be signed by a licensed physician; this is a National AAU Track & 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 A.A.U. Masters National Track and Field Championships in July, 1972.

Physician's Signature: _____ Address: _____ Date: _____

1972 A.A.U. REGISTRATION INFORMATION: _____ District, 1972 Registration No.: _____

ATHLETE INFORMATION:

Name: _____
Please type or print _____ Signature _____

Date of Birth: _____ Affiliation (Club, Unatt., etc.) _____
Month Day Year (Must be completed to count in club scoring)

Address: Street _____ City _____ State _____ Zip _____

Telephone No. _____ School or College Attended _____ Years: _____

Notable Past (or recent) Performances, Championships, etc.: _____

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

Your Occupation: _____ Your Local Paper: _____
Name and Address _____

RELAY ENTRY FORM

Relay: _____ Division: _____ Club Name & 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 SAN DIEGO TRACK CLUB must be submitted for each team entered. Club official certifies with his signature below that all men named are members of his club, and must include all individual athlete requirements as requested above if the runners have not sent individual entry forms to us.

Club Official: _____ Address: _____ Tel.: _____

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.

MAIL COMPLETED ENTRY FORMS TO: KEN BERNARD, MEET DIRECTOR, AAU MASTERS CHAMPIONSHIPS, P.O. BOX 10512, SAN DIEGO, CALIF. 92110

GENERAL INFORMATION (CONT.)

MARATHON & 20 KM. WALK: These events are contested over roads on the basically flat A.A.U.-Certified Mission Bay Marathon courses, starting at 6:45 A.M. (Registration at 6:00 A.M.) on July 3. Course maps will be available at registration desk starting at 9:00 A.M., July 1 at Balboa Stad.

RELAYS: Only accredited team entries submitted on the official relay team entry form by an authorized club representative will be allowed to compete. Separate entry forms must be submitted for each team entered, listing the names of the four competitors and up to two alternates. No pick-up teams will be permitted, and no race will be delayed to wait for men competing in other events.

LODGING: A limited number of rooms have been "blocked out" by the following hotels for A.A.U. Masters competitors and families. These rooms will be made available only until June 16, so please make your reservation directly with the hotels as soon as possible, and identify your affiliation with the A.A.U. Masters.

Near Stadium: EL CORTEZ HOTEL, 7th & Ash, San Diego, Ca. 92101 Tel.: (714) 232-0161 Singles: \$14.00, Doubles: \$16.00.

" " : SIESTA MOTOR INN 1449 9th Ave., San Diego, CA 92101 Tel.: (714) 239-9113. \$8.00 for one, \$10.00 for two.

Near Marathon: BAHIA HOTEL, 998 W. Mission Bay Dr., San Diego, CA. 92109 Tel.: (714) 488-0551 \$17.00 Single, \$21.00 Double. (3-day min.) (7 Miles from Stadium)

" " " " : DANA INN, 1710 W. Mission Bay Dr., San Diego, CA 92109 Tel: (714) 222-6440, Twin Queen \$14.10. (3-day min.)

SCHEDULE OF EVENTS: The following is a tentative schedule of events. In general, there will be separate competitions for each age-division in running and field events but the Meet Director may combine divisions or adjust the schedule to avoid delays and further reserves the right to cancel an event as a result of insufficient entries.

SATURDAY, JULY 1, 1972 EVENTS			
Balboa Stadium Registration 9:00 a.m. to 2:00 p.m.			
FIELD EVENTS		TRACK EVENTS	
	DIVISIONS		DIVISIONS
11:00 Hammer (16# all Divisions)	4,3,2,1,	1:00 100 Meters Prelims	4,3,2,1
12:00 Pentathlon Long Jump	4,3,2,1	2:05 400 Meters Intermediate Hurdles	2,1
1:30 Pentathlon Javelin	4,3,2,1	2:25 100 Meters Finals	4,3,2,1
1:30 Long Jump	4,3,2,1	2:40 Womens 400 Meters	Under 35, 35 & over
2:00 Pole Vault	3,2,1	2:50 Pentathlon 200 Meters	4,3,2,1
3:40 Pentathlon Discus	4,3,2,1	3:20 800 Meters Final	4,3,2,1
4:30 Triple Jump	3,2,1	3:45 400 Meters Relay (4 X 100 M.)	2,1
		4:10 10 Km-Division 1	1
		4:45 400 Meters Prelims	4,3,2,1
		5:25 Pentathlon 1500 Meters	4,3,2,1
		6:15 10 Km-Divisions 2,3,4	4,3,2
SUNDAY, JULY 2, 1972 EVENTS			
Balboa Stadium Registration 9:00 a.m. to 2:00 p.m.			
	DIVISIONS		DIVISIONS
11:00 Discus (Div. I-2.0 Kg., Div. II, III-1.6 Kg.)	3,2,1	1:00 200 Meters Prelims	4,3,2,1
3:00 Javelin (800 grams all divisions)	4,3,2,1	2:00 1500 Meters Finals	4,3,2,1
3:00 High Jump	4,3,2,1	2:50 200 Meters Finals	4,3,2,1
4:00 Shot Put (Div. I-16#, Div. II-12#, Div. II, III-8#)	4,3,2,1	3:10 1500 Meters - Women	Under 35, 35 & over
		3:20 3000 Meters Steeplechase	2,1
		3:40 400 Meters Finals	4,3,2,1
		4:00 5000 Meters Walk	4,3,2,1
		4:45 110 Meter High Hurdles (39")	3,2,1
		5:00 5000 Meters Women	Under 35, 35 & over
		5:30 1600 Meters Relay	2,1
		5:50 5000 Meters	4,3,2,1
MONDAY, JULY 3, 1972 EVENTS			
Mission Bay Park - Mission Bay Drive - opposite Bahia Hotel			
6:00 a.m. to 6:40 a.m. Registration Road Events - 6:45 a.m: Marathon (Div. 4,3,2,1); 20 Km. Walk (Div. 4,3,2,1)			

SEEDING: Seeding (i.e. avoiding the placing of the best man in the same preliminary) of preliminaries in the 100, 200 & 400 will be based on past performances and times stated on the entry blank, and advance to finals will be based on high placings in the preliminary. In longer races, however, if it becomes necessary to run the finals in two or more flights, those people with best past performances will be placed within the same flight. Awards in all such finals will be made on the basis of times, not place finished within the flight. It is important, therefore - in both cases - that you give your best representative mark for each event entered. Meet Director reserves the right to conduct preliminaries in field events with large numbers of entrants.

AWARDS: A handsome commemorative patch will be awarded to each competitor, and an A.A.U. " Champion " patch will be awarded to first place winners. Special trophies will be awarded to the Outstanding Athlete in each division, with a second, smaller, award given to the "other" (Track or Field) category winner within that division. Presentation-class polished marble paperweight-type A.A.U. Masters awards will be given as follows:

* **Running Events:** Div. 1, 2, & 3 - first thru sixth, except 110 H.H., 400 I.R. & 3000 S.C., which will have 2 awards each in Div. 2, none in 3. Div. 4: First place only

* **Field Events:** Div. 1, 2, & 3 - first thru sixth, except pole vault and triple jump, which will have one award each in Div. 3, Div. 4: 1st place. * = Not all events will have competition in all divisions; check schedule of events above for competitive divisions within each event.

Walks: Div. 1 & 2- 1 to 3 in 5000, lto 6 in 20 K.; Div. 3 & 4 - 1st place only.

Relays: Div. 1: first thru third, Div. 2: first and second.

Pentathlon: Div. 1 - first thru sixth; Div. 2 - first thru third; Div. 3 - first only.

Marathon: Div. 1 - 1st thru 15th; Div. 2 - 1st thru 5th; Div. 3 - 1st thru 5th; Div. 4 - 1st only.

Other awards will include marathon completion certificates and tee shirts for marathoners, trophies for oldest athlete and the one who has traveled from the greatest distance, and awards to the top three teams in team scoring. Except for special awards, marathon and 20 Km. walk awards and outstanding athletes awards, all presentations will be made soon after the completion of the event in Balboa Stadium.

AWARDS BANQUET: Will be held once again in the Mission Room at the Bahia Hotel, 998 W. Mission Bay Dr. at 2:00 P. M. on July 3. No Host cocktails will be available starting at 1:00 P.M.. Dinner price will be \$7.00 (\$5.00 for children under 12), and reservations should be made on your entry form for this high point of the Masters Meet.

1972 A.A.U. MASTERS (OVER 40) NATIONAL TRACK AND FIELD CHAMPIONSHIPS
JULY 1, 2, & 3 AT SAN DIEGO, CALIFORNIA IN BALBOA STADIUM
AND AT MISSION BAY PARK

With the acceptance of the Masters rules at the 1971 A.A.U. National Convention in Lake Placid, and the printing of these rules in the 1971-72 A.A.U. Track and Field rules book supplement, the Masters program has reached an important milestone.

The proliferation of over-40 competition throughout the country has brought about wide variances in the quality of officiating, age groupings, competitive distances, and implement weights with some subsequent degree of confusion with regard to the validity of records. In general, the rules adopted refer back to the general A.A.U. Track and Field regulations, and these, of course, provide an orderly mechanism for the change of rules. For those who may disagree with our choice of events or weights of implements, for example, there is now a way to initiate a change. Finally, like other A.A.U. championships, the Masters Track and Field Championships is submitted to bidding by interested clubs or districts at the A.A.U. National Convention. The San Diego Track Club encourages the bid of other substantial organizations.

For the fifth year since its founding here in San Diego, the San Diego Track Club will conduct the Masters meet as a result of its successful bid at the A.A.U. Convention. Those of you who have competed here previously will note some changes, hopefully among the last in an evolutionary trend toward a full program of standardized events. Anticipating the inevitable, all races will be at metric distances, and we have added the 400 meter intermediate hurdles and the pentathlon. The track walking event has been lengthened to 5000 meters. Three women's events for the close relatives or friends of Masters competitors only have been included as added events. Three awards will be given in two divisions - one for those younger than 35 & one for those 35 and over. Entry fee is \$2.00, and sign-in at the registration area (and payment) should be made on the day of the event, at least three hours before the scheduled start of these women's events.

We have still not had to institute minimum qualifying standards. The Masters is still open to all men 40 and over (as of the date of their first event) and even if you have not reached your ultimate goal in conditioning, you are encouraged to compete and at the very least, enjoy the association with others like you from other states (and other countries) who will be returning for the Fifth Annual Masters Championships.

If you arrive on June 28, 29, or 30, Balboa Stadium will be open for workouts from 9:00 A.M. to 3:00 P.M.. Location: 15th & Russ Blvd..

The traditional informal reception for competitors and their families will return this year to the Hall of Champions, on the El Prado in Balboa Park, and will be hosted by the ladies of the San Diego Track Club from 7:00 P.M. to 10:00 P.M. on July 1. Light refreshments and snack-type food will be provided at no charge against the backdrop of this unique sports museum's displays covering the careers of San Diego's sports greats such as Ted Williams, Willie Steele, Maureen Connolly, Bud Held, Bob Gutowski, Gene Littler, Lowell North, Billy Casper and many others.

On Sunday night, beginning at 7:00 P.M., Helen and David Pain will host a pre-marathon garden supper (robust, full meal with soft drinks and beer) for competitors and their families at a cost of \$2.00 per person at their home at 1160 Via España, La Jolla, Ca. 92037. Please write directly to them to indicate your intention to attend. La Jolla is just north of Mission Bay.

For those of you who may be unfamiliar with the level of competition, a review of the results of heats and finals in all divisions of the 1971 Masters is available. Write, enclosing \$1.00, and request "1971 Masters Results" to Ken Bernard, P.O. Box 10512, San Diego, Ca. 92110.

The entry fee is \$5.00 for the first event entered and \$3.00 for each additional event. The relay entry is \$10.00 per team and the Pentathlon fee is \$10.00. You may enter as many events as you wish, but no event will be delayed to wait for an athlete competing in another event, and if you scratch from an event requiring heats, you cannot compete in subsequent events.

For those of you who have indicated an interest in sponsoring an event in the program, please indicate your preference of event and division and include your check for \$30.00 to the San Diego Track Club, c/o Ken Bernard, P.O. Box 10512, San Diego, Ca., 92110. (Except marathon & pentath.)

GENERAL INFORMATION

CLOSING DATE FOR ENTRIES: Entries must be received by 5:00 P.M. Friday, June 24, 1972 by Meet Director Ken Bernard at P.O. Box 10512, San Diego CA 92110. (Hand delivery of entries to Ken Bernard at 5915 Mission Gorge Rd. will be accepted until 5:00 P.M. June 24, 1972). Entries received after that date will be returned, so you are encouraged to mail your entry as soon as possible to avoid disappointment.

COMPETITIVE DIVISIONS: Division I - 40-49 years; Division II - 50-59 years; Division III - 60-69 years; Division IV - 70 years and up. Your age as of the date of your event determines your division, but competitors in an "older" division may compete in a "younger" division event if they so indicate on the official entry blank.

WORKOUTS: Balboa Stadium will be reserved all day Wednesday, Thursday, & Friday, June 28 - 30 for workouts and familiarization, and if not pre-empted by city use, the stadium will be open earlier in the week. The Stadium track or infield will not be available for workouts after 11:00 A.M. on July 1 and 2. All workouts or warmups will be taken on the upper field (to the north of the stadium) during the meet. The track, the long jump and pole vault runways, and the high jump approach are all of asphalt composition (grasstex), and only spikes no longer than 1/4 inch or rubber-soled shoes are permitted. The javelin approach and runway is grass-covered. The shot put and discus and hammer circles are of brushed concrete. An athletic trainer will be available July 1 & 2 at the stadium.

REGISTRATION: Will begin (at the Southeast (open) end of Balboa Stadium) at 9:00 A.M. on July 1 & 2, 1972 and will continue until 2:00 P.M. Entrants are encouraged to register as early as possible (and no later than one (1) hour before your event) to receive numbers, heat assignments and final time schedules. Marathon and 20 K.M. Walk (only) registration will take place in front of the Bahia Hotel on West Mission Bay Drive in Mission Bay Park from 6:00 A.M. to 6:35 A.M., July 3, 1972, but Marathon & 20 KM. Walk competitors may also register at Balboa Stadium on July 1 or 2, to avoid possible last-minute registration delays on July 3.

"NO SHOWS" AND REFUNDS: Competitors entered in races with preliminaries, i.e. the 100, 200, and 400 meters, and who subsequently do not choose to compete (without notification to the Meet Director before June 24) will be barred from further competition in other events. No refunds can be made after June 24 for withdrawals from competition.

PENTATHLON: This is a multi-event competition which replaces the "Masters 6" event of previous years. In a mail poll of 58 interested athletes, a total of 19 respondents expressed preference for the Pentathlon, (vs. 17 for the Masters 6) and the consensus was for the event to be held on one day. The events are in order-the long jump, the javelin, 200 meter dash, discus (2.0 kg.) and the 1500 meters run, all with a minimum of 30 minutes between events. Scoring and judging will be on the basis of I.A.A.F. scoring tables and A.A.U. and I.A.A.F. (International Amateur Athletic Federation) rules, and missing an event brings automatic disqualification. No competition will be delayed while waiting for men entered in other concurrent events.