



United States National Bank of Oregon
Member F.D.I.C.

US BANK

GREETINGS
TO THE MASTERS
GOOD LUCK,
Bob, Lil & Sam

 1974
A.A.U. MASTERS
NATIONAL
TRACK & FIELD
CHAMPIONSHIPS
JULY 5, 6, 7

MARATHON & 20KM WALK
SAUVIE ISLAND

MT. HOOD
COMMUNITY
COLLEGE
GRESHAM
OREGON



Officials

Meet Director: Jim Puckett
 Asst. Director: Ernie Smith
 Meet Manager: Bill Wright
 Co-referees: Hal Heller, Eldon Fix
 Clerk of Course: Dan Collins
 Asst. Clerk: Greg Letts
 Starter: Gary Head
 Recall Starter: Mike Hawley
 Press Coordinator: Jim Hulden
 Announcer: Bill Cook
 Data Timer: Paula Nice
 Weights & Measures: Mike Kostraba
 Registration: Jan Underwood, Beverly Bow
 Registration Hospitality: Betty Jones
 Games Committee: Jim Puckett, Bill Wilde,
 Dutch Triebwasser, Hal Heller,
 Bill Wright, Jim Gorman

| | |
|----------------------|---------------------|
| Timers | Field Events |
| Bill Stewart | Larry Dawkins |
| Jim Grelle | Tom Holmes |
| Mike Byrd | Terry Shea |
| Porter Martin | Ed Hug |
| Ted McKercher | Bob Bryant |
| Rich Egner | Roger McDowell |
| Gene Stone | Charles Abshire |
| Walt Blagburn | Jeff Roehm |
| Dick Nishimura | Jim Roehm |
| | Lee Matthews |
| Finish Judges | Don Boland |
| Ralph Peterson | Herb Booth |
| Mike Kostraba | Marv Hiebert |
| Mike Jacobs | Chuck Dalich |
| John Holding | Don Davis |
| Everett Arnold | Mike Finnigan |
| Dick Mill | John Holding |
| Ray Mosier | Bill Wilde |
| Tom Holmes | |
| Gary Grimes | |

Marathon Director: Leo Sherry
 Walk Director: Don Jacobs
 Pentathlon Directors: Ernie Smith
 Jim Gorman
 Security & Parking: Harold Schmelzer
 Barbeque: Bill Wright
 Entertainment: Larry McVey, Dutch Triebwasser

Welcome to Gresham

We welcome all of you athletes to the AAU Masters National Track and Field Championships at Mt. Hood Community College July 5, 6, and 7.

The Greater Gresham Chamber of Commerce hopes our visitors will have a pleasant stay. We are sure they will find our citizens ready to help in any way possible. We urge the visitors to become acquainted with our fine community college and with the area which is one of the fastest growing in the nation.

We are proud of our growth but more proud of the way that growth is being planned. Citizens have worked together to achieve many community projects.

Enjoy your stay.

Robert Bryant, Executive Vice President
 Greater Gresham Chamber of Commerce

Welcome to Mt. Hood Community College

Hosting the masters for track and field is the athletic highlight of the year to this region. This college and its staff welcome the opportunity for our facilities to field one of the most competitive gatherings in the nation.

I recently over heard a student commenting, "even some of the older people are competing." He clarified that statement about competitive swimmers by saying, "You know, those guys over 30."

I personally welcome each and everyone of you "over 40" young men. The competition is keen and the comraderie makes this meet what it is. Good luck to each of you outstanding athletes, you are all winners no matter how you place this week.

Dr. Earl L. Klapstein
 MHCC President

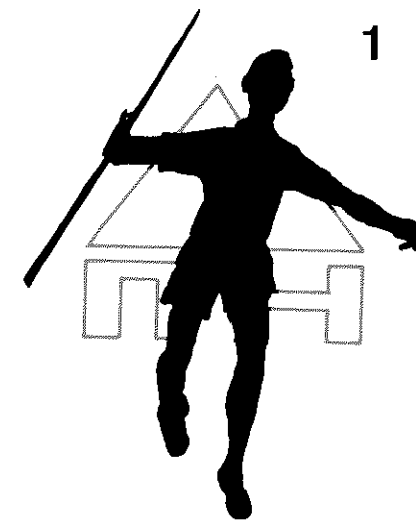


Meet Background

Because one man had an idea to keep physically fit, more than 300 athletes will compete in the Seventh Annual AAU U.S. Masters Track & Field Championships and Marathon at Mt. Hood Community College in Gresham, Oregon, this week.

San Diego attorney David H. R. Pain conceived a plan for how members of the "over forty" crowd could have an objective for their means of staying healthy. Sponsored by the San Diego Recreation Dept., San Diego Track & Field Assoc., and the Los Angeles Senior Track Club, the first meet was held in July, 1968, in San Diego.

For six years, runners and field event athletes have been traveling to San Diego, at their own expense, for what is becoming one of the most popular meets in the nation. Competitors from throughout the United States, Canada, England and Australia are entered in this year's gathering.



Schedule of Events

| TIME | EVENT | DIVISIONS |
|-------------------------|---------------------------------|------------------------|
| Friday, July 5 | | |
| | Opening ceremonies | |
| 4:00 p.m. | Hammer throw finals | 1a, 1b, 2a, 2b, 3a, 3b |
| 4:30 | Long jump finals | 3a, 3b, 4 |
| 5:00 | Javelin finals | 1a, 1b, 3b, 4 |
| 5:15 | 100 meter prelims | 1a, 1b |
| 5:25 | 100 meter prelims | 2a, 2b |
| 5:30 | High jump finals | 2a, 2b |
| 5:35 | 100 meter prelims | 3a, 3b |
| 5:45 | 100 meter prelims | 4 |
| 6:00 | 400 meter relay prelims | 1a, 1b |
| 6:10 | 400 meter relay prelims | 2a, 2b |
| 6:20 | 400 meter dash prelims | 1a, 1b |
| 6:30 | 400 meter dash prelims | 2a, 2b |
| 6:40 | 400 meter dash prelims | 3a, 3b |
| 6:50 | 400 meter dash prelims | 4 |
| 7:00 | 10,000 meter finals | all divisions |
| 8:00 | 5000 meter walk finals | all divisions |
| Saturday, July 6 | | |
| 9:30 a.m. | Long jump-pentathlon | all divisions |
| 10:30 | Javelin-pentathlon | all divisions |
| 11:30 | 200 meters-pentathlon | all divisions |
| 12:30 p.m. | Discus-pentathlon | all divisions |
| 1:45 | 1500 meters-pentathlon | all divisions |
| 10:30 a.m. | 200 meter prelims | all divisions |
| 4:00 p.m. | Pole vault finals | 3a, 3b, 4 |
| 4:00 | Discus finals | all divisions |
| 4:20 | Long jump finals | 1a, 1b |
| 4:25 | High jump finals | 3a, 3b, 4 |
| 4:30 | 3000 meter steeple chase finals | 1a, 1b, 2a, 2b |
| 4:45 | 3000 meter steeple chase finals | 3a, 3b, 4 |
| 5:05 | 100 meter finals | 1a |
| 5:10 | 100 meter finals | 1b |
| 5:15 | 100 meter finals | 2a |
| 5:15 | Triple jump finals | 3a, 3b, 4 |
| 5:20 | 100 meter finals | 2b |
| 5:25 | 100 meter finals | 3a |

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| 1500 Meter | 10 |
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| 20 Kilo Walk | 11 |
| 5000 Meter Walk | 11 |
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2 Schedule of Events Cont.

| | | |
|------|--------------------------|----|
| 5:30 | 100 meter finals | 3b |
| 5:35 | 100 meter finals | 4 |
| 5:45 | 800 meter finals | 1a |
| 5:50 | 800 meter finals | 1b |
| 5:55 | 800 meter finals | 2a |
| 6:00 | 800 meter finals | 2b |
| 6:05 | 800 meter finals | 3a |
| 6:10 | 800 meter finals | 3b |
| 6:15 | 800 meter finals | 4 |
| 6:25 | 400 meter hurdles finals | 1a |
| 6:30 | 400 meter hurdles finals | 1b |
| 6:35 | 400 meter hurdles finals | 2a |
| 6:40 | 400 meter hurdles finals | 2b |
| 6:45 | 400 meter hurdles finals | 3a |
| 6:50 | 400 meter hurdles finals | 3b |
| 6:55 | 400 meter hurdles finals | 4 |
| 7:30 | Barbeque-by lake | |

Sunday, July 7

| | | |
|-----------|--|----------------|
| 6:30 a.m. | Marathon & 20 kilo walk Sauvie Island | |
| 3:00 p.m. | Pole vault finals | 1a, 1b, 2a, 2b |
| 3:00 | 400 meter relay final | 1a, 1b |
| 3:10 | 400 meter relay final | 2a, 2b |
| 3:20 | 110 meter hurdles | 1a |
| 3:25 | 110 meter hurdles | 1b |
| 3:30 | 110 meter hurdles | 2a |
| 3:35 | 110 meter hurdles | 2b |
| 3:40 | 110 meter hurdles | 3a |
| 3:45 | 110 meter hurdles | 3b |
| 3:55 | 400 meter finals | 1a |
| 4:00 | 400 meter finals | 1b |
| 4:00 | Long jump finals | 2a, 2b |
| 4:00 | Shot put finals | all divisions |
| 4:05 | 400 meter finals | 2a |
| 4:10 | 400 meter finals | 2b |
| 4:15 | 400 meter finals | 3a |
| 4:20 | 400 meter finals | 3b |
| 4:25 | 400 meter finals | 4 |
| 4:30 | Javelin finals | 2a, 2b, 3a |
| 4:35 | 1500 meter finals | 1a |
| 4:40 | 1500 meter finals | 1b |
| 4:45 | 1500 meter finals | 2a |
| 4:50 | 1500 meter finals | 2b |
| 5:00 | 1500 meter finals | 3a, 3b, 4 |
| 5:00 | Triple jump finals | 1a, 1b, 2a, 2b |
| 5:00 | High jump finals | 1a, 1b |
| 5:10 | 200 meter finals | 1a |
| 5:15 | 200 meter finals | 1b |
| 5:20 | 200 meter finals | 2a |
| 5:25 | 200 meter finals | 2b |
| 5:30 | 200 meter finals | 3a |
| 5:35 | 200 meter finals | 3b |
| 5:40 | 200 meter finals | 4 |
| 5:50 | 5000 meter run final | 1a, 1b, 2a, 2b |
| 6:15 | 5000 meter run final | 3a, 3b, 4 |
| 6:50 | 1600 meter relay | 1a, 1b |
| 6:55 | 1600 meter relay | 2a, 2b |
| 7:05 | Awards ceremony | |
| 7:25 | Closing ceremony | |



PENTATHLON

3

| | 1A | 1B | 2A | 2B | 3A | 3B | 4 |
|------------|----|----|----|----|----|----|---|
| LONG JUMP | | | | | | | |
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| JAVELIN | | | | | | | |
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| 200 METER | | | | | | | |
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| 1500 METER | | | | | | | |
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400 METER RELAY

| 1A | 1B | 2A | 2B |
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| 3A | 3B | 4 |
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Records Cont.

20 kilometer walk
 1a-1:42:38.6 John Kelly 1971
 2a-1:34:50 Don Johnson 1973
 3a-2:11.8 Larry O'Neil 1970

Marathon
 1a-2:32.37 Bill Gookin 1973
 2a-2:46.33 Tom Buckingham 1973
 3a-3:13.17 Urban Miller 1973
 4-4:02.38 Grace 1968

110 high hurdles (39")
 1a-15.0 Dave Jackson 1972
 2a-18.7 Jonathon Sharp 1973
 3a-22.3 Bud Deacon 1973

400 meter intermediate hurdles
 1a-56.5 Jack Greenwood 1972
 2a-65.0 Al Guidet 1973
 3a-90.4 Stan Thompson

(Note: Because of the realignment of the divisions based on five-year intervals, records do not exist for the new divisions.)

HIGH JUMP

| 1A | 1B | 2A | 2B |
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| 3A | 3B | 4 |
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POLE VAULT

| 1A | 1B | 2A | 2B |
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| 3A | 3B | 4 |
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TRIPLE JUMP

| 1A | 1B | 2A | 2B |
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| 3A | 3B | 4 |
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Introducing FirstLoan.

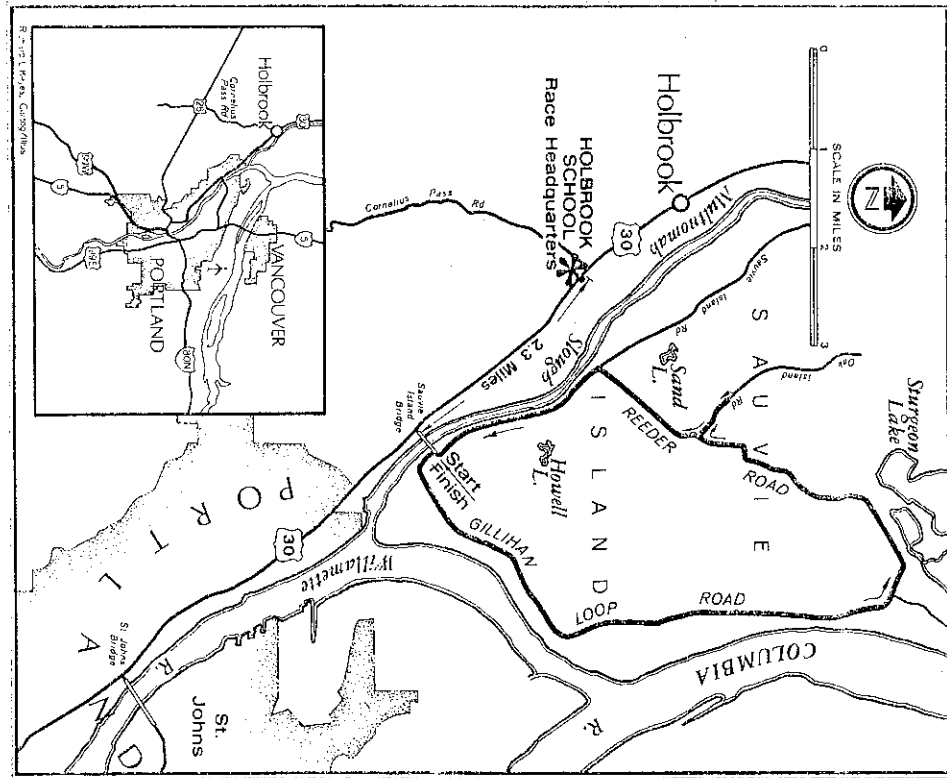
Now there's a different way to borrow money from a bank. A better way. With FirstLoan, you can actually save on interest every time you make an early payment. In fact, you can pay the entire loan off ahead of schedule and really save money. That's because FirstLoan is a simple interest consumer loan. So you are only charged interest on the amount you actually owe. Only for as long as you owe it. FirstLoan. A better way to borrow money. Available right now at every branch office of First National Bank of Oregon. It's just one more reason why we'd like to get to know you.



Awards

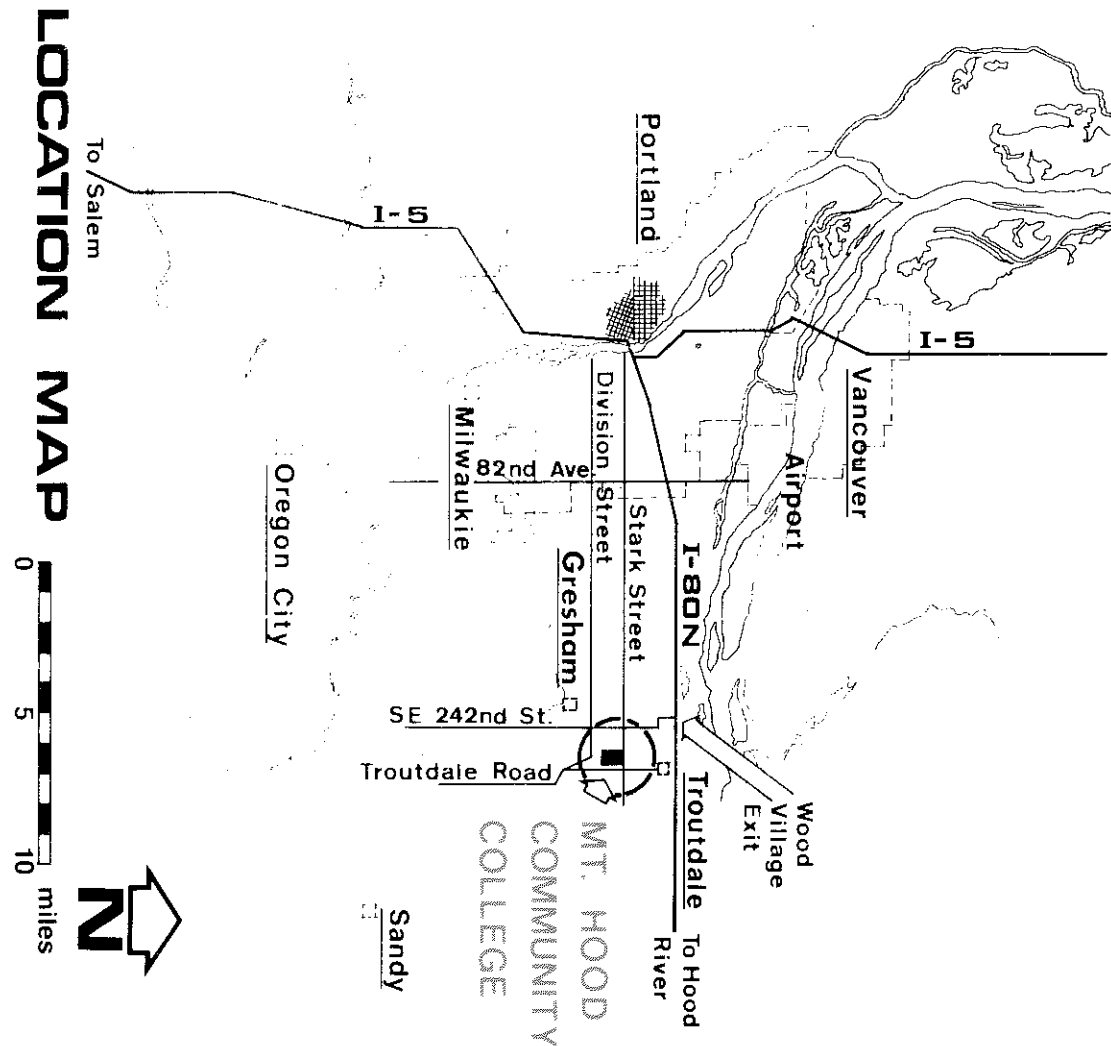
A handsome commemorative patch will be awarded to each competitor and an AAU "champion" patch will be awarded to each first place winner. Special awards will be awarded to the outstanding track athlete in each age group division and to the outstanding field event athlete in each division.

Running events: Awards to first through third in all divisions and races.
 Field events: Awards to first through third in all divisions.
 Walks: 5000 meter, first through third in all divisions. 20 Kilo, first through sixth.
 Marathon: Awards to first through third in all divisions.
 Pentathlon: Awards to first through third in each division.
 Relay: Awards to first three teams in each division.



ISLAND MARATHON

LOCATION MAP



1555 E. Burnside

Gresham's Newest Motel & Restaurant

1545 E. Burnside

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PICK A WINNER AND DISCOVER NIKE, THE SHOES OF THE NEW CHAMPIONS

the athletic department



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