

TI Track & Field Team 2016 HCAA Corporate Cup Meet

Results – Houston, TX on May 21st, 2016

In 2015 we attended our first Houston meet since 2006 and officially finished 2nd by a single point after an unpublished 3K rule cost us a few points. We were hoping to staff up in 2016 and take the team title. Unfortunately, a wide array of things had us scrambling right to the end just to enter enough events to get a full team score. Last year BP edged us, but Exxon and Shell were close behind. We laid out a plan to challenge BP and maximize our points.

Houston is a one-day meet so most of us departed on our bus after lunch on Friday, got some sleep in Houston, and got rolling early Saturday morning. A few team members drove or flew down. The chartered bus was nice and the weather was the best we've ever had for the Houston regional.

The Houston meet had a couple fewer teams this year, but there were 8 total companies. Houston allows you to run multiple teams in any event, so there were at least 6 teams in every event and most events had a full track – some even ran two finals heats. Counting B, C, and D teams there were 21 total teams.

2016 TI Team Stats

- Team members=42 (29 males, 13 females) – 2 males were injured and did not run.
- Average age = 44.5 (youngest = 23; oldest = 74)
- Auto qual = 4 (10%); min qual = 9 (21%)
- Employees=26; Retirees=11; Alumni=3; Contractors=2
- Rookies = 8 (19%)

Photos - Pictures have been posted here: <https://goo.gl/photos/hgJpx2LwSpxysvgD6>

Let the Events Begin - Sat, May 21st

3K Team Races

The 3K on the track is scored by place in 10-year age groups. For the women, the top 4 places count toward the score. I've lobbied without success to add a 60+ age group for the women (like the men have).

Becky was back with us after too long away and I figured she would be the top overall female and win her AG (30-39). Heidi McCauley was running well and won her AG last year (50+). Heidi Nagel just got edged for a place last year and worked hard to shave a few more seconds off. Rookie Stephanie Chen was a bet in the most unpredictable age group of 20-29. We had no competitive females in the 40-49 group. I thought we might have a couple of other strong females, but they couldn't come, so I pulled Lita out of retirement to try the 3K in the final week.

At the end of the meet, to my surprise they announced we were 4th. Exxon was declared the winner and two of their women in the 50+ AG knocked 3 of ours back 2 points each. But one of our runners thought one of those Exxon 50+ runners stopped a lap early. Stephanie's friend Ashley was using my camera to take some video and I spotted the girl stopping early. They only ran 4 runners, so when she DQ'ed it rippled all through the scoring and our girls actually took 1st place. Wow – the wacky 3K strikes again.

Women's 3K (1st) – video: <https://youtu.be/luO99uUCwvQ> ; <https://youtu.be/J8N8hF9g4RY>

2016 Event	Team	Time	Dist	Sex	16 Result	16 PI	AG / WMA	16 Age	16 Name
3K Women	A	9:25	3K	F	12:57	6	20-29	23	Chen, Stephanie
3K Women	A	9:25	3K	F	11:00	1	30-39	39	Angeles, Becky
3K Women	A	9:25	3K	F	13:20	3	50+	55	McCauley, Heidi
3K Women	A	9:25	3K	F	13:10	2	50+	57	Hodges, Lita
3K Women	A	9:25	3K	F	14:40	4	50+	53	Nagel, Heidi
3K Women	A	9:25	3K	F	15:06	5	50+	60	Sulser, Dianna
Total-3K Women	A				top 4>	10	1st	1	

Men's 3K (2nd) - video: >40: <https://youtu.be/ZpzAevsO3Ag> ; https://youtu.be/32q8c_Qyq70 ;
<40: <https://youtu.be/qjYC90Tfd0s>

For the men the top 5 score. An age 70+ group would have helped us greatly, but they won't add it. Chuck Hull had a late hamstring issue sending me into a scramble to toss in as many others as possible. Ryan Brown completed a 5K at 7am in Houston and drove over to jump in the 3K at 8:15am. Steve Dunbar happened to be in Plano for TI training (instead of his office in CO). Mark Johnson came back out after a long time away. But the best was Brian Schmidt. Last year he got edged by a solid runner from BP. Brian devised a strategy, trained for it, and executed it flawlessly. Unfortunately, like the girl from Exxon, Barry lost count and stopped a lap early. I saw it and alerted the officials for a DQ.

2016 Event	Team	Time	Dist	Sex	16 Result	16 PI	AG / WMA	16 Age	16 Name
3K Men	A	8:15	3K	M	11:07	4	20-29	25	Brown, Ryan
3K Men	A	8:35	3K	M	9:58	1	40-49	47	Schmidt, Brian
3K Men	A	8:35	3K	M	11:15	6	40-49	49	Stotzer, Eric
3K Men	A	8:35	3K	M	11:02	4	40-49	46	Dunbar, Steve
3K Men	A	8:35	3K	M	11:25	4	50-59	55	Cowles, Dan
3K Men	A	8:35	3K	M	12:38	6	50-59	58	Johnson, Mark
3K Men	A	8:35	3K	M	13:56	8	50-59	58	Drumm, Jim
3K Men	A	8:35	3K	M	12:18	DQ	60+	62	Papermaster, Barry
3K Men	A	8:35	3K	M	12:54	3	60+	61	Haschke, Russell
Total-3K Men	A				top 5>	16	2nd	2	

Men's Mile (DNE)

I spent many nights debating this. I thought Ismail and Brian could be very competitive – definitely in a tight battle for the top 3, but I needed them in other events. We didn't have enough people and depth to cover it so we gambled and didn't enter. In hindsight it was a slightly weaker field and they might have been 1st. But it was still a good strategy as you'll see below.

Submaster Distance Relay (1st) – video: <https://youtu.be/fjTZIsZUzIU> ;
<https://youtu.be/t2ph0VSt-IU>

This is one I needed Ismail anchoring. And the team put him in perfect position to battle the BP guy that Brian had just battled in the 3K. Barnabe was back with us with a great start, Jennifer continued to improve in her 2nd year out and ran a great time. Paul was his usual solid and strong self. Ismail hung behind the BP guy for most of the anchor leg then shot past him with a 4:54 mile anchor for the win.

2016 Event	Team	Time	Dist	Sex	16 Result	16 PI	AG / WMA	16 Age	16 Name
SubMaster Dist Relay	A	10:15	800	M	02:22.5		35/30	39	Allouard, Barnabe
SubMaster Dist Relay	A	10:15	400	F	01:12.0		30+	30	Imperial, Jennifer
SubMaster Dist Relay	A	10:15	1200	M	03:49.0		35/30	47	Barker, Paul
SubMaster Dist Relay	A	10:15	1600	M	04:53.5		30/35	33	Jorio, Ismail
Total-SubMaster Dist	A				12:17.0		1st	1	zNeed 12:50

Women's 800 Team Race (DNE)

We had enough qualify females to field a competitive team – but unfortunately they weren't all in Houston with us. We probably could have scored in the top 3 with more depth at the meet.

3-Lap Sprint (4th) – video: <https://youtu.be/71xtVikR4IE> ; <https://youtu.be/qlzgr14TToo>

We were really short of sprinters this year. Our worst finishes were all in the sprint events. Fortunately, Heather was a late addition, I dropped Scott down to run with the youngsters, and Anthony was out at practice working hard to get the most out of his ability. Michael recovered from a soccer injury just in time to get back in decent shape. I expected 5th and they got 4th for valuable team points.

2016 Event	Team	Time	Dist	Sex	16 Result	16 PI	AG / WMA	16 Age	16 Name
3 Lap Sprint	A	10:45	200	F	00:30.5		20+	27	Geiger, Heather
3 Lap Sprint	A	10:45	200	M	00:26.8		20+	39	Williams, Scott
3 Lap Sprint	A	10:45	400	M	00:58.9		20+	28	Fagnani, Anthony
3 Lap Sprint	A	10:45	400	M	01:00.3		20+	30	Reynolds, Michael
Total-3 Lap Sprint	A				02:56.5		4th	4	zNeed:2:41

Executive Relay (2nd) – video: https://youtu.be/IN0YEo_5nBE ; <https://youtu.be/EFiVKbRtWtI>

This final is for managers of managers or senior members of the technical staff. Our team is all very “experienced” compared to most of the competition since the minimum age in this event is just 30. Last year Paul Barker ran down the Shell anchor for the win. Shell promoted a younger, faster guy this year. Despite the team running much faster than our prior year gold medal team we took 2nd. Great effort by all.

2016 Event	Team	Time	Dist	Sex	16 Result	16 PI	AG / WMA	16 Age	16 Name
Executive Relay	A	11:00	800	M	02:32.0		30+E	58	Smith, Steve
Executive Relay	A	11:00	400	M	01:03.0		30+E	51	Cirba, Claude
Executive Relay	A	11:00	800	M	02:27.0		30+E	39	Allouard, Barnabe
Executive Relay	A	11:00	1600	M	05:26.0		25+E	47	Barker, Paul
Total-Executive Relay	A				11:28.0		2nd	2	zNeed 12:05

Distance Relay (1st) – video: <https://youtu.be/N9VVqFEQ218> ; <https://youtu.be/3ZboMzzYF3Q>

This was another event I saved for Brian and Ismail. We had Becky back this year and I thought we had a chance to win this one (BP won it last year). Becky ran a phenomenal lead setting up Brian and his 3K competitor from BP to race again. Brian hung back and executed his plan once again pulling away with a great 4:56 at age 47. Two rookies then had to run 800's and they did great. Chris works for AL and despite feeling a twinge as he took off, he ran great. Timothy was a rookie this year and made almost every practice. With little track experience he just kept working and got better and better. They gave Ismail a large lead. He made it interesting by letting a very fast anchor from BP get within 3 seconds, but we won it.

2016 Event	Team	Time	Dist	Sex	16 Result	16 PI	AG / WMA	16 Age	16 Name
Distance Relay	A	11:15	1600	F	05:34.0		20+	39	Angeles, Becky
Distance Relay	A	11:15	1600	M	04:56.0		40+	47	Schmidt, Brian
Distance Relay	A	11:15	800	M	02:21.0		20+	31	Colgan, Chris
Distance Relay	A	11:15	800	M	02:26.0		20+	26	Potter, Timothy
Distance Relay	A	11:15	1600	M	05:18.0		20+	33	Jorio, Ismail
Total-Distance Relay	A				20:35.0		1st	1	

Women's Relay (2nd) – video: <https://youtu.be/XL099fkhk4s> ; <https://youtu.be/3sGvOahzp7o>

After two spectacular performances I put Becky in her 3rd and final event. And she did it again. She put rookie Stephanie Chen in great position. Stephane ran an excellent 400 and handed to our another rookie Modupe. Modupe was another one who didn't have much experience but came out every week with a great work ethic and attitude. And they took 2nd with a time that would have been a photo finish the previous year.

2016 Event	Team	Time	Dist	Sex	16 Result	16 PI	AG / WMA	16 Age	16 Name
Women's Relay	A	11:45	800	F	02:36.0		20+/30+	39	Angeles, Becky
Women's Relay	A	11:45	400	F	01:12.0		30+/20+	23	Chen, Stephanie
Women's Relay	A	11:45	400	F	01:12.0		20+/30+	23	Adamolekun, Modupe
Total-Women's Relay	A				05:00.0		2nd	2	zNeed 4:55

Submaster's Sprint (3rd) – video: **A team:** https://youtu.be/GV1qFNU_QA ;

<https://youtu.be/Oluy5CSEtZE> **B team:** <https://youtu.be/agmdpjoP3ms> ;

<https://youtu.be/j8GrVJNzyRY>

We had a solid team, but they couldn't quite get Ismail in place to challenge for 2nd place. Every year we have an imbalance of age/sex so we'll run some B teams to give people a chance to get on the track. The B team did very well too. In fact, the finished ahead of Exxon's A team, which dropped the Exxon team down a point.

2016 Event	Team	Time	Dist	Sex	16 Result	16 PI	AG / WMA	16 Age	16 Name
Submasters Sprint	A	11:55	200	F	00:33.3		30+	34	McCaskill, Janet
Submasters Sprint	A	11:55	200	M	00:27.7		35+/30+	39	Williams, Scott
Submasters Sprint	A	11:55	400	M	00:57.5		35+/30+	38	Lewis, Damian
Submasters Sprint	A	11:55	800	M	02:17.5		30+/35+	33	Jorio, Ismail
Total-Submast Sprint	A				04:16.0		3rd	3	zNeed 4:05
Submasters Sprint B	B	11:55	200	F	00:34.0		30+	31	Rogers, Annalisa
Submasters Sprint B	B	11:55	200	M	00:29.6		35+/30+	49	Stotzer, Eric
Submasters Sprint B	B	11:55	400	M	01:03.0		35+/30+	39	Allouard, Barnabe
Submasters Sprint B	B	11:55	800	M	02:38.0		30+/35+	38	Fulce, Mitchel
Total-Sub Sprint B	B				04:44.6		5th	5	

Senior's Relay (1st) – video: <https://youtu.be/8j9s6Ejnlll> ; <https://youtu.be/IIW31dMrDgc>

We have a LOT of seniors on the team. We fielded two teams and probably could have assembled a third. And they were two very strong teams.

Our A team led from the start as I had my best 400 in a couple of years. Sheri was her usual excellent self. and the B team was in second for most of the race. David Cannon ran an outstanding 600m leg and Claude didn't even have to press in the final leg. For the B team Steve Smith was closing on me in the opening 400 and Mariquita was back on the track finally after suffering a bad hamstring injury a few years ago – and she looked really good. Barry ran a great 600m leg (atoning for the 3K early stop). Russ ran a great anchor, but a Shell runner broke 60 seconds to edge the B team for 2nd. The B team's time was only a second slower than our winning time from last year – so this race got much stronger. Remember this 3rd place B team finish as we get to the team totals – and remember that Barry ran the key leg for that team. They beat Exxon's A Team and pushed Exxon to 4th, costing them 2 points.

2016 Event	Team	Time	Dist	Sex	16 Result	16 PI	AG / WMA	16 Age	16 Name
Seniors Relay	A	12:25	400	M	01:04.2		50+	56	Westbrook, Paul
Seniors Relay	A	12:25	200	F	00:32.0		50+	54	Phillips, Sheri
Seniors Relay	A	12:25	600	M	01:38.5		50+	52	Cannon, David
Seniors Relay	A	12:25	400	M	01:09.3		50+	51	Cirba, Claude
Total-Seniors Relay	A				04:24.0		1st	1	zNeed 4:45
Seniors Relay B	B	12:25	400	M	01:07.0		50+	58	Smith, Steve
Seniors Relay B	B	12:25	200	F	00:33.7		50+	53	Gordon, Mariquita
Seniors Relay B	B	12:25	600	M	01:46.3		50+	62	Papermaster, Barry
Seniors Relay B	B	12:25	400	M	01:07.0		50+	61	Haschke, Russell
Total-Seniors Relay B	B				04:34.0		3rd	3	

4x100

Again, we just didn't have the sprinters to enter this. We had no female sprinters between 35 and the early 50's. We had no male 40 year old sprinters. We didn't have a super fast anchor. We skipped this and used it as one of our 3 dropped events. It's risky to not enter 3 events and count on everything else going right, but we had to focus on quality over quantity.

Pyramid Relay (4th) – video: <https://youtu.be/duCFGUeu1Rk> ; <https://youtu.be/BXyhqtsKci0>

Everyone ran at or better than predicated and 12 seconds faster than our team from last year – yet we slipped to 4th in this as the competition was very strong.

2016 Event	Team	Time	Dist	Sex	16 Result	16 PI	AG / WMA	16 Age	16 Name
Pyramid Relay	A	12:45	400	F	01:10.5		20+	30	Imperial, Jennifer
Pyramid Relay	A	12:45	800	M	02:27.0		20+	29	Laugesen, Lawrence
Pyramid Relay	A	12:45	1200	M	03:42.0		20+	31	Colgan, Chris
Pyramid Relay	A	12:45	800	M	02:26.0		20+	26	Potter, Timothy
Pyramid Relay	A	12:45	400	F	01:10.5		20+	23	Adamolukun, Modupe
Total-Pyramid Relay	A				10:56.0		4th	4	zNeed 10:15

Master's Relay (1st) – video: <https://youtu.be/sn-FL4sEe4Q> ; <https://youtu.be/azVH8KVBeBU>

Again, we are flush with older runners (our average team age is over 44). We were pressed for the female 400 legs and I asked Heidi to give this a try and she was outstanding. Paul and Brian were awesome and we won easily. Our B team was also very strong. Despite everyone being over 50 they took 4th with great effort by all.

2016 Event	Team	Time	Dist	Sex	16 Result	16 PI	AG / WMA	16 Age	16 Name
Masters Relay	A	1:00	800	M	02:21.0		40+	47	Barker, Paul
Masters Relay	A	1:00	400	F	01:15.0		40+	55	McCauley, Heidi
Masters Relay	A	1:00	800	M	02:22.0		40+	47	Schmidt, Brian
Total-Masters Relay	A				05:58.0		1st	1	
Masters Relay -B	B	1:00	800	M	02:36.0		40+	58	Smith, Steve
Masters Relay -B	B	1:00	400	F	01:28.0		40+	53	Gordon, Mariquita
Masters Relay -B	B	1:00	800	M	02:21.0		40+	52	Cannon, David
Total-Masters Rel -B	B				06:25.0		4th	4	

Sprint Relay (4th) – video: <https://youtu.be/0k6sKYpH4xA> ; <https://youtu.be/uQkXAPTUJEA>

We were a little faster than last year and everyone ran great, but we just couldn't quite sneak into the top 3. We've got to do some sprinter recruiting before next year.

2016 Event	Team	Time	Dist	Sex	16 Result	16 PI	AG / WMA	16 Age	16 Name
Sprint Relay	A	1:15	200	F	00:30.4		20+	27	Geiger, Heather
Sprint Relay	A	1:15	200	F	00:30.9		20+	23	Chen, Stephanie
Sprint Relay	A	1:15	400	M	00:59.8		20+	28	Fagnani, Anthony
Sprint Relay	A	1:15	400	M	00:56.9		20+	38	Lewis, Damian
Sprint Relay	A	1:15	200	M	00:27.4		40+	51	Cirba, Claude
Sprint Relay	A	1:15	200	M	00:27.6		20+	30	Reynolds, Michael
Total-Sprint Relay	A				03:53.0		4th	4	zNeed 3:37

Jump Relay (1st) – video: Lita <https://youtu.be/vgsUrDEIL04>; Sheri <https://youtu.be/qHG3eEUewXI> ; Janet <https://youtu.be/fdEVKOLqwtK>

This event uses decathlon style scoring vs the record for your age/sex. You take the top two combined jumper scores for your team score. Sheri and Janet were our planned jumpers, but Sheri talked Lita into jumping on the bus ride down – and Lita became our top scorer and propelled us up to 1st. Had Janet not come we wouldn't have even planned to enter the jumps.

2016 Event	Team	Time	Dist	Sex	16 Result	16 PI	AG / WMA	16 Age	16 Name
Jump Relay	A	9:15	LJ	M/F	13'2"	705	Any	54	Phillips, Sheri
Jump Relay	A	9:15	LJ	M/F	12'9"	732	Any	57	Hodges, Lita
Jump Relay	A	9:15	LJ	M/F	13'7"	567	Any	34	McCaskill, Janet
Jump Relay	A	11:00	HJ	M/F	4'2"	794	Any	54	Phillips, Sheri
Jump Relay	A	11:00	HJ	M/F	4'2"	848	Any	57	Hodges, Lita
Jump Relay	A	11:00	HJ	M/F	3'10"	575	Any	34	McCaskill, Janet
Total-Jump Relay	A				3079		1st	1	zNeed 3200

Throw Relay (3rd)

Similar scoring to the jumps – decathlon style. Dave and Lonnie teamed up again to take a very valuable 3rd. It was great to see Lonnie out again as he had heart valve surgery last fall. Thanks to Dave for driving down from Austin to compete.

2016 Event	Team	Time	Dist	Sex	16 Result	16 PI	AG / WMA	16 Age	16 Name
Throw Relay	A	9:30	Shot	M/F	33'1.25"	611	Any	62	Lewis, Lonnie
Throw Relay	A	9:30	Shot	M/F	30'2.5"	516	Any	52	Rothenbury, Dave
Throw Relay	A	10:30	Discus	M/F	86'10.5"	427	Any	62	Lewis, Lonnie
Throw Relay	A	10:30	Discus	M/F	118'8.5"	586	Any	52	Rothenbury, Dave
Total-Throw Relay	A				2140		3rd	3	zNeed 2600

Overall Results

Each team drops their lowest 3 scores (and we didn't enter 3 events). It was a very tight race but the winner is . . .

TEXAS INSTRUMENTS over EXXON by a single point.

That's right – everything mattered. Every second and every event. The TI Senior's B team beat Exxon moving Exxon from 3rd to 4th – a 2 point delta. Dianna Sulser reporting the Exxon girl stopping a lap early – and Ashley taking video so I could see it mattered. Lita coming out late to run the 3K and then deciding on the bus she would jump mattered – and Sheri for performing great and talking Lita into it. Brian and Ismail edging the BP runner in 3 events mattered. Becky digging deep in all 3 events and blasting her predicted times mattered. I could keep going, but I think you get the point. We put everyone in the right slots and you all performed beautifully. It was the best kind of win – a team win where everyone contributed.

The top 4 were very close: TI 170; Exxon 169; Shell 164; BP 158

EVENT	vs15	Place 2016							Points 2016						
		TI	Exxon	Shell	BP	BHP	Schlun	Chev	TI	Exxon	Shell	BP	BHP	Schlun	Chev
3K Mens	-	2	3	1	5	6	4	7	12	10	15	7	6	8	5
3K Womens	+2	1	4	3	2	5	x	x	15	8	10	12	7	0	0
MENS MILE	-9	x	2	1	10	4	3	x	0	12	15	2	8	10	0
SUB-MASTERS DISTANCE	-	1	4	3	2	7	6	x	15	8	10	12	5	6	0
WOMEN'S 800M	-	x	1	4	2	5	x	x	0	15	8	12	7	0	0
THREE-LAP SPRINT	-	4	1	3	2	8	7	x	8	15	10	12	4	5	0
EXECUTIVE RELAY	-1	2	5	1	4	x	6	x	12	7	15	8	0	6	0
DISTANCE RELAY	+1	1	3	4	2	6	7	x	15	10	8	12	6	5	0
WOMEN'S RELAY	+2	2	1	3	4	5	x	x	12	15	10	8	7	0	0
SUB-MASTERS SPRINT	-1	3	7	1	2	9	x	x	10	5	15	12	3	0	0
SENIORS RELAY	-	1	4	2	5	x	x	x	15	8	12	7	0	0	0
4X100 METER RELAY	-9	x	2	3	1	6	x	x	0	12	10	15	6	0	0
PYRAMID	-1	4	3	2	1	7	x	x	8	10	12	15	5	0	0
MASTERS RELAY	-	1	2	5	3	x	x	x	15	12	7	10	0	0	0
SPRINT RELAY	-	4	1	2	3	6	x	x	8	15	12	10	6	0	0
Jump Relay	+2	1	2	3	4	7	x	x	15	12	10	8	5	0	0
Throw Relay	-	3	1	5	2	12	10	6	10	15	7	12	1	2	6
17 team events >									170	189	186	174	76	42	11
14 counted events (drop 3) >									170	169	164	158	76	42	11
1st		6	5	4	2	0	0	0							
2nd		3	4	3	7	0	0	0							
3rd		2	3	6	2	0	1	0							
4th		3	3	2	3	1	1	0							
5th		0	1	2	2	3	0	0							
6th		0	0	0	0	4	2	1							
7th or worse		0	1	0	1	6	3	1							
drop		3	0	0	0	3	10	15							

Thanks

Overall it was a great, competitive meet. Thank you to those who work behind the scenes – my co-captain Michael Reynolds, travel organizer Dianna Sulser and equipment manager Mitchel Fulce. And big thanks to the timeless Coach Rio King who can turn anyone who wants to try into a valuable contributor. I love this team and what it represents – people selflessly working together for a common goal. You are improving your health and fitness too. And thanks to TI for proving us some funding to be able to attend the meet.

Paul Westbrook



2016 TI Track & Field Team at the HCAA Houston Regional Track & Field Meet

www.enerjazz.com/track