

TI Track & Field Team 2017 HCAA Corporate Cup Meet Results – Houston, TX on May 20th, 2017

In 2016 TI edged ExxonMobil by a single point for the team title. From the 41 people who were on the 2016 TI Team we only had 23 returning for the 2017 meet. A combination of 14 rookies and the return of some past runners vaulted us up to 48 people on the team – the largest team we've ever fielded in Houston.

Houston is a one-day meet so most of us departed on our bus after lunch on Friday, got some sleep, and got rolling early Saturday morning. A few team members drove or flew down. The chartered bus was nice and the weather was the hot & humid – but at least it didn't rain.

The Houston meet had a couple fewer teams this year, but there were 7 total companies. Houston allows you to run multiple teams in any event, so while there were only 4 teams in a couple of events, several events had a full track or even two final heats. Counting B, C, and D teams there were 16 total teams.

2017 TI Team Stats

- Team members=48 (32 males, 16 females)
- Returning from 2016 (23 of the 42 who went last year – 55%)
- Average age = 40.0 (youngest = 23; oldest = 75)
- Auto qual = 5 (11%); min qual = 10 (23%)
- Employees=31; Retirees=6; Alumni=4; Contractors=7

Photos – Some photos and video have been posted here:

<https://goo.gl/photos/cJoKw54Vawc3Pmug6>

Other photo set (from Mark Roman): <https://goo.gl/42epsG>

A few videos linked at the events below.

Let the Events Begin - Sat, May 20th

3200m Team Races

The 3200m 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).

Women's 3K (2nd)

Becky moved up an age group and, as expected, took 1st. Jill Burrows was a late addition and took a second in her age group. We didn't have anyone for the 20-29 group, but we had three strong runners in the 50+ group and they took 2nd, 3rd, and 4th. That gave us a team total of 8 – just one point behind Shell.

2017 Event	Team	Time	Dist	Sex	17 Result	17 PI	AG / WMA	17 Age	17 Name
3200m Women	A	9:25	3200m	F	13:00	2	30-39	37	Burrows, Jill
3200m Women	A	9:25	3200m	F	12:20	1	40-49	40	Angeles, Becky
3200m Women	A	9:25	3200m	F	15:25	2	50+	50	Brothers, Gosia
3200m Women	A	9:25	3200m	F	16:10	4	50+	54	Nagel, Heidi
3200m Women	A	9:25	3200m	F	15:58	3	50+	55	Howard, Vonnie
Total-3200m Women	A				top 4 pl>	8		2	

Men's 3K (1st)

For the men, the top 5 places by age group count. Brian Schmidt couldn't make it this year, but Will Luppino was back. Chris Colgan asked me just a couple of weeks ago if he could run the 3200. We also had David Ericson back with us. Ryan Brown did the same as last year – he ran a 5K in Houston and then came to our meet and ran the 3200. We had Mark Roman back with us after a long absence. Everyone ran great and David Ericson had the most exciting 3200m finish when he ran down and caught

the guy in front of him. Tobi was a rookie who had not done any track racing before, but he kept coming out and working hard – and we were glad to have him on the team with us. We weren't far from a perfect score of 5 to take the event.

2017 Event	Team	Time	Dist	Sex	17 Result	17 PI	AG / WMA	17 Age	17 Name
3200m Men	A	8:15	3200m	M	12:17	4	20-29	26	Brown, Ryan
3200m Men	A	8:15	3200m	M	14:17	8	20-29	29	Oluwafemi, Tobi
3200m Men	A	8:35	3200m	M	10:58	2	20-29	25	Luppino, Will
3200m Men	A	8:35	3200m	M	11:00	1	30-39	32	Colgan, Chris
3200m Men	A	8:35	3200m	M	11:34	1	50-59	52	Ericson, Dave
3200m Men	A	8:35	3200m	M	12:19	3	50-59	56	Cowles, Dan
3200m Men	A	8:35	3200m	M	13:54	6	50-59	59	Drumm, Jim
3200m Men	A	8:35	3200m	M	14:29	2	60+	62	Haschke, Russell
3200m Men	A	8:35	3200m	M	13:55	1	60+	64	Roman, Mark
Total-3200m Men	A				top 5 pl>	7		1	

Men's Mile (1st)

I knew that Will would be first or second overall. The challenge was who to pair him with. Eric was out working hard and looked like he would be our best bet to finish high enough to pair with Will's finish. The event is scored by adding the places of the two runners. It was a big field and Eric went down at the start after a bump. They stopped and restarted. Will put on a great kick to take first overall. Eric kept enough contact with the pack to get 6th overall and the added places were enough for the win.

2017 Event	Team	Time	Dist	Sex	17 Result	17 PI	AG / WMA	17 Age	17 Name
Men's Mile Team	A	10:00	1600	M	4:49	1	20+	25	Luppino, Will
Men's Mile Team	A	10:00	1600	M	5:15	6	20+	34	Southard, Eric
Total-Men's Mile	A				top 2 pl>	7		1	

Submaster Distance Relay (1st)

Ismail was out of shape – so he claimed, but came out and joined us. The team was so strong that Ismail wasn't even challenged on the anchor leg. The winning time in this event was slower than past years due to fewer and smaller teams competing. That's not to take anything away from this team – they lined up and won. And note that 53-year-old David Cannon had our team's fastest 800m leg of the day!

2017 Event	Team	Time	Dist	Sex	17 Result	17 PI	AG / WMA	17 Age	17 Name
SubMaster Dist Relay	A	10:15	800	M	02:13.0		35/30	53	Cannon, David
SubMaster Dist Relay	A	10:15	400	F	01:16.0		30+	35	McCaskill, Janet
SubMaster Dist Relay	A	10:15	1200	M	03:52.0		35/30	48	Barker, Paul
SubMaster Dist Relay	A	10:15	1600	M	05:22.5		30/35	34	Jorio, Ismail
Total-SubMaster Dist	A				12:43.5			1	zNeed 12:18

Women's 800 Team Race (3rd)

Like the Men's Mile, this is scored by adding the two places for the team score. We didn't enter this last year, but gambled on it. Becky, who'll jump in anything and be very competitive, ran great and rookie Cherie was seconds behind her despite little track tracking. Unlike some events, this one got faster this year. We had a great finish of 3 and 5, but that was 3 points behind 1st and tied for 2nd. The tie breaker is

overall fastest finish, and the team we tied with had an overall 2nd place. Great running by both of our team members.

2017 Event	Team	Time	Dist	Sex	17 Result	17 PI	AG / WMA	17 Age	17 Name
Women's 800 Team	A	10:35	800	F	02:41.0	5	20+	28	Hernandez, Cherie
Women's 800 Team	A	10:35	800	F	02:39.1	3	20+	40	Angeles, Becky
Total-Women's 800	A				top 2 pl>	8		3	

3-Lap Sprint (1st)

We hadn't fared well in the sprints the last few years, but Alex was back with us after a year away. We had three rookies to throw into the mix. Viktoria got off to a blazing start and John held her lead. Jonathon put a little more separation from the field leaving Alex a nice cushion. I'll note that we were at Barnett Field and Jonathon Barnett made it look like it was named after him on his 400m leg. We were much faster than past years and the other times were a little slower – a perfect combo for the gold medal.

We also had a lot of people out this year, so this is the first of a few B teams we entered to get everyone a chance to run something. In fact, rookie Chartese had our 2nd fastest female 200m time of the day.

2017 Event	Team	Time	Dist	Sex	17 Result	17 PI	AG / WMA	17 Age	17 Name
3 Lap Sprint	A	10:45	200	F	00:27.7		20+	25	Rose, Viktoria
3 Lap Sprint	A	10:45	200	M	00:24.6		20+	25	Louie, John
3 Lap Sprint	A	10:45	400	M	00:54.3		20+	27	Barnett, Jonathon
3 Lap Sprint	A	10:45	400	M	00:57.0		20+	26	Wang, Alex
Total-3 Lap Sprint	A				02:43.6			1	zNeed:2:39
3 Lap Sprint B	B	10:45	200	F	00:30.0		20+	34	Baxter, Chartese
3 Lap Sprint B	B	10:45	200	M	00:27.5		20+	23	Leka, Olsi
3 Lap Sprint B	B	10:45	400	M	01:02.0		20+	30	Simmons, Patrick
3 Lap Sprint B	B	10:45	400	M	00:59.9		20+	29	Fagnani, Anthony
Total-3 Lap Sprint B	B				02:59.4			6	zNeed:2:39

Executive Relay (1st)

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. We did have a few younger people than our traditional team qualifying this year and that helped propel us to victory.

2017 Event	Team	Time	Dist	Sex	17 Result	17 PI	AG / WMA	17 Age	17 Name
Executive Relay	A	11:00	800	M	02:19.4		30+E	48	Barker, Paul
Executive Relay	A	11:00	400	M	01:03.3		30+E	52	Cirba, Claude
Executive Relay	A	11:00	800	M	02:22.0		30+E	34	Hathaway, Alvin
Executive Relay	A	11:00	1600	M	05:24.2		25+E	34	Southard, Eric
Total-Executive Relay	A				11:08.9			1	zNeed 11:10

Distance Relay (2nd)

Without Brian it didn't appear we could win this based on the competition from last year. When Jill joined us I put her in the mile and moved Becky to the 800m team race. With a little drop in the competition and great legs run by everyone we were only 12 seconds behind in a 21 minute race. This is one where hindsight would have had me run it differently.

2017 Event	Team	Time	Dist	Sex	17 Result	17 PI	AG / WMA	17 Age	17 Name
Distance Relay	A	11:15	1600	F	06:15.0		20+	37	Burrows, Jill
Distance Relay	A	11:15	1600	M	05:25.0		40+	52	Ericson, Dave
Distance Relay	A	11:15	800	M	02:30.0		20+	23	Meredith, Ryan
Distance Relay	A	11:15	800	M	02:25.0		20+	27	Potter, Timothy
Distance Relay	A	11:15	1600	M	05:06.0		20+	25	Luppino, Will
Total-Distance Relay	A				21:41.0			2	zNeed 20:35

Women's Relay (3rd)

This is another event that has gotten faster over the past few years. We ran a time that would have won in 2015, took 2nd in 2016, but was 3rd this year. That's not to take away from the great legs run by each team member. The new girl running for Shell won the 3200m, helped edge is in the 800m team, and helped edge us for 2nd in this race.

2017 Event	Team	Time	Dist	Sex	17 Result	17 PI	AG / WMA	17 Age	17 Name
Women's Relay	A	11:45	800	F	02:40.0		20+/30+	40	Angeles, Becky
Women's Relay	A	11:45	400	F	01:11.6		30+/20+	24	Adamolekun, Modupe
Women's Relay	A	11:45	400	F	01:09.7		20+/30+	28	Hernandez, Cherie
Total-Women's Relay	A				05:01.3			3	zNeed 4:54

Submaster's Sprint (3rd)

We had enough people to enter two teams again. The A team fell about 7 seconds short of 1st despite very good running by all involved. It was good to see Damian running so well just a couple of months after knee surgery.

2017 Event	Team	Time	Dist	Sex	17 Result	17 PI	AG / WMA	17 Age	17 Name
Submasters Sprint	A	11:55	200	F	00:31.3		30+	35	Chu, Min
Submasters Sprint	A	11:55	200	M	00:26.3		35+/30+	40	Williams, Scott
Submasters Sprint	A	11:55	400	M	00:58.6		35+/30+	39	Lewis, Damian
Submasters Sprint	A	11:55	800	M	02:22.0		30+/35+	34	Jorio, Ismail
Total-Submast Sprint	A				04:18.2			2	zNeed 4:02
Submasters Sprint B	B	11:55	200	F	00:36.7		30+	30	Lazaro, Lori
Submasters Sprint B	B	11:55	200	M	00:27.2		35+/30+	34	Clark, Eddie
Submasters Sprint B	B	11:55	400	M	01:09.9		35+/30+	56	Tucker, David
Submasters Sprint B	B	11:55	800	M	02:32.2		30+/35+	39	Fulce, Mitchel
Total-Sub Sprint B	B				04:46.0			6	

Senior's Relay (1st, and 2nd) – video link: <https://goo.gl/zG3Zre>

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. Last year we took 1st and 3rd. We bettered that this year by taking 1st and 2nd. Solid running all around.

2017 Event	Team	Time	Dist	Sex	17 Result	17 PI	AG / WMA	17 Age	17 Name
Seniors Relay	A	12:25	400	M	01:04.9		50+	57	Westbrook, Paul
Seniors Relay	A	12:25	200	F	00:32.4		50+	55	Phillips, Sheri
Seniors Relay	A	12:25	600	M	01:37.0		50+	53	Cannon, David
Seniors Relay	A	12:25	400	M	01:11.7		50+	52	Cirba, Claude
Total-Seniors Relay	A				04:26.0			1	zNeed 4:25
Seniors Relay B	B	12:25	400	M	01:08.5		50+	59	Smith, Steve
Seniors Relay B	B	12:25	200	F	00:36.6		50+	55	Howard, Vonnie
Seniors Relay B	B	12:25	600	M	01:44.4		50+	52	Ericson, Dave
Seniors Relay B	B	12:25	400	M	01:09.8		50+	62	Haschke, Russell
Total-Seniors Relay B	B				04:39.3			2	

4x100 (2nd) – video link (with partial thumb blockage: <https://goo.gl/QvXCxZ>

We put together a good team for an event we didn't even enter the year before. Everyone ran a great leg and had very good handoffs. The top 3 teams were within 1 second of each other and our team took 2nd.

2017 Event	Team	Time	Dist	Sex	17 Result	17 PI	AG / WMA	17 Age	17 Name
4 x 100 Relay	A	12:35	100	F	15.0		35+	40	Burton, Brandy
4 x 100 Relay	A	12:35	100	F	13.0		20+	25	Rose, Viktoria
4 x 100 Relay	A	12:35	100	M	12.1		40+	40	Williams, Scott
4 x 100 Relay	A	12:35	100	M	11.2		20+	26	Wang, Alex
Total-4 x 100 Relay	A				51.3			2	zNeed 50.0

Pyramid Relay (3rd)

Injuries and fatigue were taking their toll at this point. Alvin tweaked something in his first event and was unavailable. Jonathon ran his 400m earlier so hard that he was “praying to the porcelain god” in his namesake stadium. Then after the rosters were turned in the teams kept switching people around. We were only 17 seconds out of 2nd and 32 seconds out of 1st. But, valiant efforts by all near the end of a long, hot day.) We also had a B team in this one and they managed a 5th place finish – not bad at all.

2017 Event	Team	Time	Dist	Sex	17 Result	17 PI	AG / WMA	17 Age	17 Name
Pyramid Relay	A	12:45	400	F	01:11.5		20+	35	Chu, Min
Pyramid Relay	A	12:45	800	M	02:36.0		20+	27	Barnett, Jonathon
Pyramid Relay	A	12:45	1200	M	03:51.1		20+	32	Colgan, Chris
Pyramid Relay	A	12:45	800	M	02:35.2		20+	34	Jorio, Ismail
Pyramid Relay	A	12:45	400	F	01:09.2		20+	24	Adamolekun, Modupe
Total-Pyramid Relay	A				11:23.0			3	zNeed 10:35
Pyramid Relay B	B	12:45	400	F	01:20.3		20+	29	Marsalia, Angela
Pyramid Relay B	B	12:45	800	M	02:36.4		20+	30	Simmons, Patrick
Pyramid Relay B	B	12:45	1200	M	04:29.4		20+	39	Fulce, Mitchel
Pyramid Relay B	B	12:45	800	M	02:33.4		20+	23	Meredith, Ryan
Pyramid Relay B	B	12:45	400	F	01:19.4		20+	26	Brown, Lakeishia
Total-Pyramid Rel-B	B				12:18.9			5	

Master's Relay (1st)

Again, we are flush with older runners. The A team won by 35 seconds and the B team was only 30 seconds out of 2nd. And note the B team of the Masters were all actually Seniors running down an age group.

2017 Event	Team	Time	Dist	Sex	17 Result	17 PI	AG / WMA	17 Age	17 Name
Masters Relay	A	1:00	800	M	02:23.2		40+	48	Barker, Paul
Masters Relay	A	1:00	400	F	01:17.0		40+	40	Burton, Brandy
Masters Relay	A	1:00	800	M	02:28.3		40+	53	Cannon, David
Total-Masters Relay	A				06:08.5			1	zNeed 6:05
Masters Relay B	B	1:00	800	M	02:44.2		40+	56	Cowles, Dan
Masters Relay B	B	1:00	400	F	01:31.2		40+	54	Nagel, Heidi
Masters Relay B	B	1:00	800	M	02:57.4		40+	59	Smith, Steve
Total-Masters Rel -B	B				07:12.8			3	

Sprint Relay (2nd) – video link: <https://goo.gl/FGvWpe>

In line with the other sprint events we were faster this year and the competition was a little slower. We went from 4th in 2016 to 2nd with great performances all around. And the B team did great getting one more race in at the end of a busy day. And let me just mention one, of many people, that I was very proud of this year. Angela came out with no track experience (except a little in middle school). She kept coming out and working. If she was last in a time trial she just kept working – and her times kept coming down in both the 200m and 400m. Winning is fun, but the value in our team is that it's a free fitness class to help people improve their fitness. And it's a fun social club where we work out and laugh together.

2017 Event	Team	Time	Dist	Sex	17 Result	17 PI	AG / WMA	17 Age	17 Name
Sprint Relay	A	1:15	200	F	00:31.4		20+	34	Baxter, Chartese
Sprint Relay	A	1:15	200	F	00:27.5		20+	25	Rose, Viktoria
Sprint Relay	A	1:15	400	M	00:57.5		20+	31	Reynolds, Michael
Sprint Relay	A	1:15	400	M	00:56.1		20+	26	Wang, Alex
Sprint Relay	A	1:15	200	M	00:27.6		40+	40	Williams, Scott
Sprint Relay	A	1:15	200	M	00:24.6		20+	25	Louie, John
Total-Sprint Relay	A				03:44.7			2	zNeed 3:34
Sprint Relay B	B	1:15	200	F	00:34.2		20+	29	Marsalia, Angela
Sprint Relay B	B	1:15	200	F	00:37.8		20+	30	Lazaro, Lori
Sprint Relay B	B	1:15	400	M	01:04.2		20+	23	Leka, Olsi
Sprint Relay B	B	1:15	400	M	01:03.5		20+	29	Fagnani, Anthony
Sprint Relay B	B	1:15	200	M	00:27.2		40+	52	Cirba, Claude
Sprint Relay B	B	1:15	200	M	00:26.6		20+	34	Clark, Eddie
Total-Sprint Relay -B					04:13.5			8	

Jump Relay (2nd)

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 had one of the highest scores of the meet in her high jump. In the end Sheri and Dave added up for a 2nd place team finish for us – just 5 points ahead of Shell. That's about 1" in the long jump.

2017 Event	Team	Time	Dist	Sex	17 Result	17 PI	AG / WMA	17 Age	17 Name
Jump Relay	A	9:15	LJ	M/F	11'10"	679.4	Any	55	Phillips, Sheri
Jump Relay	A	9:15	LJ	M/F	12'06"	594.9	Any	56	Tucker, David
Jump Relay	A	9:15	LJ	M/F	13'01"	576.7	Any	35	McCaskill, Janet
Jump Relay	A	9:15	HJ	M/F	4'2"	847.5	Any	55	Phillips, Sheri
Jump Relay	A	11:00	HJ	M/F	4'6"	739.7	Any	56	Tucker, David
Jump Relay	A	11:00	HJ	M/F	4'0"	631.8	Any	29	McCaskill, Janet
Total-Jump Relay	A					2862		2	zNeed 3200

Throw Relay (DNE)

Similar scoring to the jumps – decathlon style. We didn't have any competitive throwers this year so we didn't enter this one.

Overall Results

Each team drops their lowest 3 scores. The winner was **TEXAS INSTRUMENTS**.

Exxon was as strong as we predicted, but Shell and BP had smaller teams than last year. Our team's many great performances picked up some additional scoring that catapulted us to a decisive win. However, the large point total could have been diminished quickly by just a few event's flipping. Note that TI won 7 events and Exxon won 6. The big difference was the depth of all of our teams. Most of our non-wins got 2nd and a few 3rds. We had no A team finish worse than 3rd place.

The top 5 scores: TI 187; Exxon 166; BP 156; Shell 148; BHP 69

	delta	Place 2017						Points 2017					
EVENT	plan	TI	Exxon	Shell	BP	BHP	Other	TI	Exxon	Shell	BP	BHP	Othe
3K Mens	1	1	2	4	3	5	6	15	12	8	10	7	6
3K Womens	-1	2	4	1	3	5	x	12	8	15	10	7	0
MENS MILE	1	1	4	3	2	6	5	15	8	10	12	6	7
SUB-MASTERS DISTANCE	2	1	2	4	3	6	5	15	12	8	10	6	7
WOMEN'S 800M	0	3	1	2	5	x	4	10	15	12	7	0	8
THREE-LAP SPRINT	2	1	4	2	3	8	5	15	8	12	10	4	7
EXECUTIVE RELAY	0	1	4	2	3	x	x	15	8	12	10	0	0
DISTANCE RELAY	1	2	3	4	1	x	x	12	10	8	15	0	0
WOMEN'S RELAY	-1	3	1	2	4	8	5	10	15	12	8	4	7
SUB-MASTERS SPRINT	1	2	5	1	3	4	6	12	7	15	10	8	6
SENIORS RELAY	0	1	3	x	4	x	x	15	10	0	8	0	0
4X100 METER RELAY	1	2	4	3	1	5	6	12	8	10	15	7	6
PYRAMID	0	3	1	4	2	x	5	10	15	8	12	0	7
MASTERS RELAY	0	1	6	5	2	x	3	15	6	7	12	0	10
SPRINT RELAY	2	2	1	5	3	6	4	12	15	7	10	6	8
Jump Relay	1	2	1	3	x	5	4	12	15	10	0	7	8
Throw Relay		x	1	4	2	5	3	0	15	8	12	7	10
17 team events >								207	187	162	171	69	
14 counted events (drop 3) >								187	166	148	156	69	
1st		7	6	2	2	0	0						
2nd		6	2	4	4	0	0						
3rd		3	2	3	7	0	2						
4th		0	5	5	2	1	3						
5th		0	1	2	1	5	5						
6th		0	1	0	0	3	3						
7th or worse		0	0	0	0	2	0						
drop		1	0	1	1	6	4						

Thanks

Overall it was a great, competitive meet. Thank you to those who work behind the scenes – our co-captain's Claude Cirba and Michael Reynolds, travel organizer Dianna Sulser, and equipment manager, and stinky uniform launderer, 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 (matrix maker, data manager, webmaster, captain emeritus)



2017 TI Track & Field Team at the HCAA Houston Regional Track & Field Meet

www.enerjazz.com/track