

# TI Track & Field Team 2019 HCAA Corporate Cup Meet Results – Houston, TX on May 18th, 2019

In 2017 we brought a large team (48 people) to Houston for the meet – and we won the team title by a comfortable margin. In 2018 turnout dropped to 34 people and we fell to 3<sup>rd</sup> place. 2019 saw just 34 participants again with almost 50% turnover from 2018.

Houston is a one-day meet so most of us departed on our bus from Dallas at mid-day Friday, got some sleep in Houston, and got rolling early Saturday morning. Several team members drove or flew down. The chartered bus was nice and the weather was humid and windy, but the clouds muted the sun and the temperature a bit this year.

The meet had 6 companies that entered most of the 17 events. One other company and several B and C teams entered a few. Houston allows you to run multiple teams in any event so several of the races had B and C teams helping fill up the track.

Team assembly is no easy task. Claude did a great job recruiting and encouraging people. Michael hurt his knee playing soccer early in the season and was out for the year. Rio was in Austin much of the spring assisting with an ill relative. I had out of town trips planned in late April and early May that kept me away at a critical time. Yet, somehow we put together a competitive group. My pre meet assessment had Exxon, TI, and BP all vying for the title. Let the races begin.

## 2019 TI Team Stats

- Running team members= 34 (25 males, 9 females)
- Returning from 2018 (18 of the 34 who ran last year – 53%)
- Average age = 42.2 (youngest = 23; oldest = 77)
- Auto qual = 7 (20%); goal qual = 7 (20%)
- Employees=23; Retirees=5; Alumni=4; Contractors=2

**Photos –** Photos and videos have been posted here: <https://photos.app.goo.gl/eM8wavyAfgmHqmc36> (most were taken by Min and her daughter; Wendy used my camera to take some pics and a couple of videos)

## Let the Events Begin - Sat, May 18<sup>th</sup>

### 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. The men count the 5 top place finishes toward the team score.

#### Women's 3K (2nd)

We were down to just four women – and two were in the same age group. That means we just gave away points in the 20-29 age group. Despite that handicap, the quality women we had ran great and secured enough points to take 2<sup>nd</sup> place as a team. Both Heidi and Becky won their AG which gave us the edge in the tiebreaker for 2<sup>nd</sup> place. The field was larger than last year so a previously light 30-39 AG grew dramatically.

2019 Event	Team	Time	Dist	Sex	19 Result	19 Pl	AG / WMA	19 Age	19 Name
3200m Women	A	9:00	3200m	F			20-29	###	
3200m Women	A	9:00	3200m	F	15:11	6	30-39	33	Lewallen, Brittany
3200m Women	A	9:00	3200m	F	13:06	1	40-49	42	Angeles, Becky
3200m Women	A	9:00	3200m	F	14:16	1	50+	58	McCauley, Heidi
3200m Women	A	9:00	3200m	F	15:45	3	50+	52	Brothers, Gosia
<b>Total-3200m Women</b>	<b>A</b>					<b>11</b>	<b>pl&gt;</b>	<b>2</b>	

### Men's 3K (1st)

We were heavily weighted in the 50-59 AG so I pulled a few people out to run events on the track. We had no 40-49 runners so Mitchel jumped in. Pinghai won the 50-59 AG and Steve Smith won the 60+. We had 3 other men finish 3<sup>rd</sup> in their AG and that was just enough to squeeze out a win. The men's field was also larger than last year. I gambled putting Luke in this and there happened to be a large turnout of 20-29 fast runners.

2019 Event	Team	Time	Dist	Sex	19 Result	19 PI	AG / WMA	19 Age	19 Name
3200m Men	A	8:15	3200m	M	12:56	7	20-29	27	Blackerby, Kenan
3200m Men	A	8:15	3200m	M	11:37	4	20-29	25	Kiser, Luke
3200m Men	A	8:15	3200m	M	11:47	3	30-39	34	Colgan, Chris
3200m Men	A	8:15	3200m	M	12:56	7	30-39	31	Oluwafemi, Tobi
3200m Men	A	8:35	3200m	M	14:52	5	40-49	41	Fulce, Mitchel
3200m Men	A	8:35	3200m	M	11:55	1	50-59	51	Hao, Pinghai
3200m Men	A	8:35	3200m	M	13:21	3	50-59	58	Cowles, Dan
3200m Men	A	8:35	3200m	M	14:12	1	60+	61	Smith, Steve
3200m Men	A	8:35	3200m	M	16:52	3	60+	61	Drumm, Jim
Total-3200m Men	A					11	pl>	1	

### Men's Mile (5th)

We didn't have a strong enough pair to win so I used our strong milers in other events. Tobi and Kennon didn't have another race, so they jumped in to run the mile for us.

2019 Event	Team	Time	Dist	Sex	19 Result	19 PI	AG / WMA	19 Age	19 Name
Men's Mile Team	A	10:00	1600	M	06:10.0		20+	27	Blackerby, Kenan
Men's Mile Team	A	10:00	1600	M	06:03.0		20+	31	Oluwafemi, Tobi
Total-Men's Mile	A					-	pl>	5	

### Submaster Distance Relay (1st)

This is a race for people over 30. We had one well over 50. Alvin got us off to a great start and Min, who ran great this year, opened up a lead. David Cannon, who graciously does this 1200 leg when I can't find someone else, widened the lead. To top it off we left the hotel on Saturday morning without David on the bus (Alvin was still there with his family as a backup ride). Chris Colgan returned to the team after a year off and anchored us to a gold medal.

2019 Event	Team	Time	Dist	Sex	19 Result	19 PI	AG / WMA	19 Age	19 Name
SubMaster Dist Relay	A	10:15	800	M	02:31.0		35/30	36	Hathaway, Alvin
SubMaster Dist Relay	A	10:15	400	F	01:08.0		30+	37	Chu, Min
SubMaster Dist Relay	A	10:15	1200	M	03:48.0		35/30	55	Cannon, David
SubMaster Dist Relay	A	10:15	1600	M	05:38.0		30/35	34	Colgan, Chris
Total-SubMaster Dist	A				13:05.0		pl>	1	

### **Women's 800 Team Race (did not enter)**

We didn't have any young female 800m runners, so we had to sit this one out and watch other teams collect valuable points. The top times were ?.

### **3-Lap Sprint (3rd)**

We had another tough time finding sprinters this year. The always reliable and hardworking Anthony was running well in the 400 and 800. Jonathon works shifts and only made a few practices. Phoebe was new to the team and only made a few practices. And I met Zack on the Wednesday before the meet. Yet, they pulled off a strong 3<sup>rd</sup> place finish for valuable team points.

2019 Event	Team	Time	Dist	Sex	19 Result	19 PI	AG / WMA	19 Age	19 Name
3 Lap Sprint	A	10:45	200	F	00:29.6		20+	23	Wong, Phoebe
3 Lap Sprint	A	10:45	200	M	00:27.8		20+	25	Fleenor, Zackary
3 Lap Sprint	A	10:45	400	M	01:00.8		20+	31	Fagnani, Anthony
3 Lap Sprint	A	10:45	400	M	00:57.5		20+	29	Barnett, Jonathon
<b>Total-3 Lap Sprint</b>	<b>A</b>				<b>02:55.7</b>		<b>pl&gt;</b>	<b>3</b>	

### **Executive Relay (1st)**

We lost this race by a second last year so we upgraded the team with the addition of Pinghai. Then, the competition was not as strong this year so we cruised to an impressive victory.

2019 Event	Team	Time	Dist	Sex	19 Result	19 PI	AG / WMA	19 Age	19 Name
Executive Relay	A	11:00	800	M	02:38.5		30+E	36	Hathaway, Alvin
Executive Relay	A	11:00	400	M	01:04.7		30+E	54	Cirba, Claude
Executive Relay	A	11:00	800	M	02:27.8		30+E	41	Lewis, Damian
Executive Relay	A	11:00	1600	M	05:48.0		25+E	51	Hao, Pinghai
<b>Total-Executive Relay</b>	<b>A</b>				<b>11:59.0</b>		<b>pl&gt;</b>	<b>1</b>	

### **Distance Relay (2nd)**

Becky and Brian train harder than anyone on the team. They got us into a strong 2<sup>nd</sup>. Then our two young 800m runners both bested their best times this year with excellent runs. Luke, who is new to the team this year made up a little ground on the lead team, but couldn't quite get there. They took a solid 2<sup>nd</sup> in a long race.

2019 Event	Team	Time	Dist	Sex	19 Result	19 PI	AG / WMA	19 Age	19 Name
Distance Relay	A	11:15	1600	F	05:57.0		20+	42	Angeles, Becky
Distance Relay	A	11:15	1600	M	05:29.0		40+	50	Schmidt, Brian
Distance Relay	A	11:15	800	M	02:22.0		20+	29	Potter, Timothy
Distance Relay	A	11:15	800	M	02:24.0		20+	25	Meredith, Ryan
Distance Relay	A	11:15	1600	M	05:25.0		20+	25	Kiser, Luke
<b>Total-Distance Relay</b>	<b>A</b>				<b>21:37.0</b>		<b>pl&gt;</b>	<b>2</b>	

### Women's Relay (3rd)

Without a young 800m female I tapped Becky to lead this off again – with very little rest after her mile in the previous race. Her cursing me under her breath was outdone by the cheers of her kids from the stands and she got us off to a great start. Then rookie Brittany took over and we were in 2<sup>nd</sup> place. The most exciting last leg of the day was set up with Min racing a very strong anchor leg from Shell. Min ran her 2<sup>nd</sup> 68 second 400m of the day, but the Shell girl just edged her at the line (.15 second difference). I've recommended that Min study this unique finishing technique for next year: LINK:

[https://www.youtube.com/watch?time\\_continue=5&v=e6EaKhBMgFM](https://www.youtube.com/watch?time_continue=5&v=e6EaKhBMgFM)

2019 Event	Team	Time	Dist	Sex	19 Result	19 PI	AG / WMA	19 Age	19 Name
Women's Relay	A	11:45	800	F	02:48.0		20+/30+	42	Angeles, Becky
Women's Relay	A	11:45	400	F	01:13.0		30+/20+	33	Lewallen, Brittany
Women's Relay	A	11:45	400	F	01:07.6		20+/30+	37	Chu, Min
<b>Total-Women's Relay</b>	<b>A</b>				<b>05:08.6</b>		<b>pl&gt;</b>	<b>3</b>	

### Submaster's Sprint (3rd)

After running with the team since 1983 I always think that I've seen it all by now. And yet, this year held another unique surprise. Chris Grant didn't send times or tell us he was coming, but he drove in from Austin and magically appeared in the stands. I had scheduled Anthony to run (3) 400m legs, so I subbed in Chris on this one. Angela got it started with a new personal best of 30.9 out of the start. Jason, Chris, and Damian all ran well, but two strong teams kept us at 3<sup>rd</sup>.

2019 Event	Team	Time	Dist	Sex	19 Result	19 PI	AG / WMA	19 Age	19 Name
Submasters Sprint	A	11:55	200	F	00:30.9		30+	31	Marsalia, Angela
Submasters Sprint	A	11:55	200	M	00:27.4		35+/30+	42	Green, Jason
Submasters Sprint	A	11:55	400	M	01:03.7		35+/30+	51	Grant, Chris
Submasters Sprint	A	11:55	800	M	02:27.0		30+/35+	41	Lewis, Damian
<b>Total-Submast Sprint</b>	<b>A</b>				<b>04:29.0</b>		<b>pl&gt;</b>	<b>3</b>	

### Senior's Relay (1<sup>st</sup>) (and 3<sup>rd</sup>)

We had enough older runners to put two full teams together – and almost a third. The A team powered through for a strong win, but a surprising team from Shell kept us from going 1, 2.

Our A team was strong as always with Paul and Claude running well in the 400m. Sheri was back with us this year and performed great as always. Then there's Iron Man David Cannon who is a definite team difference maker. David ran on 3 of our 5 gold medal teams and was the key leg in this race.

For the 2<sup>nd</sup> year in a row I trained and was in shape to run, but subbed out my slot to another runner very late in the game. I love to compete, but at this point the main value for me is training to maintain my health and fitness. Chris, even tired, was faster than me, so I shifted the legs around and added him. However, his recovery from the previous race was short and Chris cramped coming around the first turn. Fresh he would have easily caught Shell and we would have taken 1<sup>st</sup> and 2<sup>nd</sup> place.

2019 Event	Team	Time	Dist	Sex	19 Result	19 PI	AG / WMA	19 Age	19 Name
Seniors Relay	A	12:25	400	M	01:07.0		50+	54	Cirba, Claude
Seniors Relay	A	12:25	200	F	00:33.5		50+	57	Phillips, Sheri
Seniors Relay	A	12:25	600	M	01:41.5		50+	55	Cannon, David
Seniors Relay	A	12:25	400	M	01:04.1		50+	50	Barker, Paul
<b>Total-Seniors Relay</b>	<b>A</b>				<b>04:26.1</b>		<b>pl&gt;</b>	<b>1</b>	
Seniors Relay B	B	12:25	400	M	01:11.0		50+	61	Smith, Steve
Seniors Relay B	B	12:25	200	F	00:35.0		50+	58	McCauley, Heidi
Seniors Relay B	B	12:25	600	M	01:50.0		50+	50	Schmidt, Brian
Seniors Relay B	B	12:25	400	M	01:15.0		50+	51	Grant, Chris
<b>Total-Seniors Relay B</b>	<b>B</b>				<b>04:51.0</b>			<b>3</b>	

### **4x100 (1st)**

We had 75% of a very good team shaping up. Min was running very well all year. Phoebe was new and coming on strong. Jason is a great 40+ sprinter – but who would bring it home. As I mentioned, I met Zack on the track 3 days before the meet. The handoffs weren't the best, but the opening 3 built a big lead and Zack hung on down the backstretch for the win. Zack set the record for how long it took to recover from a 100m run, but he got a gold medal for his effort.

2019 Event	Team	Time	Dist	Sex	19 Result	19 PI	AG / WMA	19 Age	19 Name
4 x 100 Relay	A	12:35	100	F	14.8		35+	37	Chu, Min
4 x 100 Relay	A	12:35	100	F	12.8		20+	23	Wong, Phoebe
4 x 100 Relay	A	12:35	100	M	11.9		40+	42	Green, Jason
4 x 100 Relay	A	12:35	100	M	13.3		20+	25	Fleenor, Zackary
<b>Total-4 x 100 Relay</b>	<b>A</b>				<b>52.8</b>		<b>pl&gt;</b>	<b>2</b>	

### **Pyramid Relay (2nd)**

Modupe left TI to go to law school so she didn't get as much training as last year, but she returned as an alumni and her talent shown through in a great opening 400m leg. Timothy and Ryan both ran another pair of great 800m legs. Rookie Luke put us in the lead with a very strong 1200m leg. However, Exxon had a female anchor who ran near 60 seconds for the 400m to take 1st. Brittany ran well to clinch the 2<sup>nd</sup> place for this team.

2019 Event	Team	Time	Dist	Sex	19 Result	19 PI	AG / WMA	19 Age	19 Name
Pyramid Relay	A	12:45	400	F	01:10.4		20+	26	Adamolekun, Modupe
Pyramid Relay	A	12:45	800	M	02:26.0		20+	29	Potter, Timothy
Pyramid Relay	A	12:45	1200	M	03:43.0		20+	25	Kiser, Luke
Pyramid Relay	A	12:45	800	M	02:24.3		20+	25	Meredith, Ryan
Pyramid Relay	A	12:45	400	F	01:17.3		20+	33	Lewallen, Brittany
<b>Total-Pyramid Relay</b>	<b>A</b>				<b>11:01.0</b>		<b>pl&gt;</b>	<b>2</b>	

### **Master's Relay (1<sup>st</sup> and 3<sup>rd</sup>)**

We took 1<sup>st</sup> and 2<sup>nd</sup> in this last year and I tried to stack the teams for the same result. BP surprised us with a very strong team and made the finish much closer. Only a superman like David Cannon could run a 2:20 in his 3<sup>rd</sup> race of the day to hold on to the victory. Our B team exceeded expectations, but was edged by BP for 2<sup>nd</sup>.

2019 Event	Team	Time	Dist	Sex	19 Result	19 PI	AG / WMA	19 Age	19 Name
Masters Relay	A	1:00	800	M	02:31.4		40+	50	Schmidt, Brian
Masters Relay	A	1:00	400	F	01:18.0		40+	58	McCauley, Heidi
Masters Relay	A	1:00	800	M	02:20.4		40+	55	Cannon, David
<b>Total-Masters Relay</b>	<b>A</b>				<b>06:09.8</b>			<b>1</b>	
Masters Relay B	B	1:00	800	M	02:32.0		40+	50	Barker, Paul
Masters Relay B	B	1:00	400	F	01:24.0		40+	52	Brothers, Gosia
Masters Relay B	B	1:00	800	M	02:20.7		40+	41	Lewis, Damian
<b>Total-Masters Rel -B</b>	<b>B</b>				<b>06:16.7</b>		<b>pl&gt;</b>	<b>3</b>	

### **Sprint Relay (3<sup>rd</sup>)**

The final relay of the day is always exciting. I had brought rookie Orlando along as a backup, and after Zack's earlier 200m and 100m, he was happy to have a sub. Everyone ran great and Orlando was closing on the anchor to get 2<sup>nd</sup>, but couldn't quite catch him. Still, the team ran well and secured more critical team points. Orlando also did a great job helping with driving to the grocery store and picking up ice for the team. There are many ways to contribute!

2019 Event	Team	Time	Dist	Sex	19 Result	19 PI	AG / WMA	19 Age	19 Name
Sprint Relay	A	1:15	200	F	00:31.9		20+	31	Marsalia, Angela
Sprint Relay	A	1:15	200	F	00:31.9		20+	26	Adamolekun, Modupe
Sprint Relay	A	1:15	400	M	00:59.6		20+	31	Fagnani, Anthony
Sprint Relay	A	1:15	400	M	00:59.2		20+	29	Barnett, Jonathon
Sprint Relay	A	1:15	200	M	00:24.8		40+	42	Green, Jason
Sprint Relay	A	1:15	200	M	0:26.9		20+	24	Murray, Orlando
<b>Total-Sprint Relay</b>	<b>A</b>				<b>03:27.4</b>		<b>pl&gt;</b>	<b>3</b>	

### **Jump Relay (3<sup>rd</sup>)**

The jumps are scored decathlon style (based on the world record for your age group). The team score is the best pair of combined high jump/long jump scores. Russ hadn't been running much yet this year but he wanted to jump. So I paired him with our "do anything" athlete Sheri.

2019 Event	Team	Time	Dist	Sex	19 Result	19 PI	AG / WMA	19 Age	19 Name
Jump Relay	A	11:00	LJ	M/F	12' 2.75"	702.2	Any	57	Phillips, Sheri
Jump Relay	A	11:00	LJ	M/F	13' 2.5"	671.6	Any	64	Haschke, Russ
Jump Relay	A	9:15	HJ	M/F	4' 0"	813.6	Any	57	Phillips, Sheri
Jump Relay	A	9:15	HJ	M/F	4' 6"	782.6	Any	64	Haschke, Russ
<b>Total-Jump Relay</b>	<b>A</b>					<b>2970</b>	<b>pl&gt;</b>	<b>3</b>	



### **Throw Relay (4<sup>th</sup>)**

A few weeks ago Frank contacted us interested in throwing. I was going to drop throws, but with one interested person we got Sheri to throw as well.

2019 Event	Team	Time	Dist	Sex	19 Result	19 PI	AG / WMA	19 Age	19 Name
Throw Relay	A	9:30	Shot	M/F	33' 2"	567	Any	54	Armstrong, Frank
Throw Relay	A	9:30	Shot	M/F	25' 1.5"	532.2	Any	57	Phillips, Sheri
Throw Relay	A	10:30	Discus	M/F	87' 10"	433.4	Any	54	Armstrong, Frank
Throw Relay	A	10:30	Discus	M/F	60' 5"	399	Any	57	Phillips, Sheri
<b>Total-Throw Relay</b>	<b>A</b>					<b>1932</b>	<b>pl&gt;</b>	<b>4</b>	

2019 TI Track & Field Team at the HCAA Houston Regional Track & Field Meet

[www.enerjazz.com/track](http://www.enerjazz.com/track)



## Overall Results

As the day went on Exxon was winning a lot of races. They took 1<sup>st</sup> in (8) of the 17 events. However, they didn't take 2<sup>nd</sup> in anything and only had two 3<sup>rd</sup>. TI entered every event except one. We had (6) 1<sup>st</sup> place finishes, (3) 2<sup>nd</sup> place finishes, and (5) 3<sup>rd</sup> place finishes (1) 4<sup>th</sup>, and (1) 5<sup>th</sup>. Before the lowest (3) team scores were dropped the point totals were TI 191; Exxon 169; Shell 161; BP 135; BHP 92; Schlumberger 86.

It was going to be close after the bottom 3 team scores were dropped. With our small team my pre-event meet projection was BP 178; Exxon 172; TI 172, and Shell at 117. Shell came back with a much stronger team than last year and made it a solid 4 way race. BP dropped off a bit from last year. The depth of our team and the willingness of many members to run 3 finals resulted in a very close meet. Exxon didn't even enter 3 events, so after the drops their score remained the same while TI came down to tighten the scores.

The final team scores this year were: **TI 176**; Exxon 169; Shell 161; BP135; BHP 92; Schlumberger 86; Shell B 29; TI B 20 (yes we entered two events with a B team and took a pair of 3<sup>rd</sup> place finishes); BP B 20; Jacobs 15; Exxon B 13; and 3 other B and C teams scored as well.

	Place 2019							Points 2019						
EVENT	TI	Exxon	Shell	BP	BHP	Schlur	Other	TI	Exxon	Shell	BP	BHP	Schlur	Other
3200 Mens	1	3	4	6	5	2	x	15	10	8	6	7	12	0
3200 Womens	2	1	3	5	6	4	x	12	15	10	7	6	8	0
MENS MILE	5	1	2	4	3	6	x	7	15	12	8	10	6	0
SUB-MASTERS DISTANCE	1	x	3	2	4	5	x	15	0	10	12	8	7	0
WOMEN'S 800M	x	1	3	2	x	5	4	0	15	10	12	0	7	8
THREE-LAP SPRINT	3	4	2	1	5	8	6	10	8	12	15	7	4	6
EXECUTIVE RELAY	1	x	2	x	x	3	x	15	0	12	0	0	10	0
DISTANCE RELAY	2	3	4	1	7	6	5	12	10	8	15	5	6	7
WOMEN'S RELAY	3	1	2	x	x	4	x	10	15	12	0	0	8	0
SUB-MASTERS SPRINT	3	6	1	2	4	5	x	10	6	15	12	8	7	0
SENIORS RELAY	1	x	2	x	x	x	3	15	0	12	0	0	0	10
4X100 METER RELAY	1	4	2	3	6	9	5	15	8	12	10	6	3	7
PYRAMID	2	1	3	5	6	x	4	12	15	10	7	6	0	8
MASTERS RELAY	1	5	4	2	6	x	3	15	7	8	12	6	0	10
SPRINT RELAY	3	1	2	5	4	x	6	10	15	12	7	8	0	6
Jump Relay	3	1	2	x	4	7	5	10	15	12	0	8	5	7
Throw Relay	4	1	3	2	5	9	6	8	15	10	12	7	3	6
17 team events >								191	169	185	135	92	86	75
14 counted events (drop 3) >								176	169	161	135	92	86	75



## **Thanks**

Everyone and every point counted. Just one place flip in one age group in the Men's 3200M would have rippled the scores around and we would have been in second place overall. Great job by everyone to do what was asked and contribute to the overall team score.

Whatever the result of the scores, the result of the meet was the same. We had a wonderful group of people who all performed exceptionally well. We had new friendships formed and people feeling a sense of personal and team accomplishment from their performances. Everyone on our team was a great sport and exactly the type of person I want to have as a teammate. We added more family members to our ever growing track team family.

Thank you to those who work behind the scenes – our captain Claude Cirba, and equipment manager, and stinky uniform launderer, Mitchel Fulce. And 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.

Go TI,

Paul Westbrook (matrix maker, data manager, webmaster, coach, and captain emeritus)

<https://enerjazz.com/track>