

2011 USCAA Corporate Cup Championship in San Ramon, CA *Texas Instruments Team*

The 2011 track season kicked off in March with an added twist of uncertainty. We always have uncertainty about our own team member availability, but this year our competition was an unknown. BAH lost all funding in 2010 and shrank from 70 people to less than 20. They didn't know if they would get funding restored for 2011. Then UNUM lost their funding for 2011 and said they would drop to the small company division (their employment is just under the cutoff line) if they couldn't get enough people to come. There was also a possibility that our division might dissolve and we would get moved up to the large company division, so I didn't exactly know which scenario to plan for.

Then the usual array of conflict and injury messages started coming in and it looked like we would be without 22 of our 52 members from the 2010 team. Ouch. Time to forget about what we can't control and focus on what we can – recruiting and training to be the best we can be. In the results I'll note how we would have fared in the big company division had we been moved up this year.

The Training Phase

The training season went well, though attendance was a little lower this year – it seemed like more people are traveling for work than ever before. But slowly and surely Rio worked his magic and people began to post data and the team took shape and the gaps became clear. A late frenzy of recruiting and cajoling got the team up to a count of 49 at one point, and then a few of last minute issues kicked in. Somehow we managed to field a team that could enter every single event except for a few of the individual races. We had to prepare in case UNUM showed up at full strength.

UNUM was not able to get enough participants, so they dropped to the small division leaving just TI and a depleted BAH team in our bracket.

And They're Off

We lost Chris Grant in the final days as he took a spill in the 400m hurdles at the Master's World Championships. After a few small travel issues, we arrived in San Ramon with a team of:

48 members – 29 males (1 injured), 19 females

Average age = 43.2; max=72, min=22

Employees = 33, Retirees = 9, Coops = 2, Alumni = 4 (2 are National employees)

Qualifying: Auto qual = 10 (21%), Min qual = 19 (40%)

Rookies = 8

Day 1 – Sat, July 23rd

Saturday start with the 5K and there are a few finals sprinkled through the day woven in around the prelims.

We had a great group of men and women. The women went unchallenged and the men easily won our division. Elderly rookies Dave Saltmarsh and Mark

Pearson both ran great and are needed additions to our road teams. It was good to have Wally back with us this year too. We would have gone to the tiebreaker rule in the big division and barely missed 1st there.

2011 Event	Fin/ Pre	Dist	Sex	11 Result	AG/PI/ wava	11 Age	11 Name
Women's 5K (35-39)	Final	5K	F	27:41	1	38	Hancock, Tonya
Women's 5K (50-54)	Final	5K	F	23:04	1/73.37	50	Denton, Heidi
Women's 5K (55-59)	Final	5K	F	26:12	1/68.87	55	Sulser, Dianna
Women's 5K (60-64)	Final	5K	F	33:05	1	61	Pitz, Jeanne
Women's 5K (65-69)	Final	5K	F	34:49	1/63.68	69	Salter, Mary
Women's 5K (70+)	Final	5K	F	29:00	1/80.37	72	Kennard, Mary
Total-Women's 5K					1st		
Men's 5K (0-24)	Final	5K	M	19:14	1	24	Little, Jacob
Men's 5K (25-29)	Final	5K	M	24:53	2	26	Gupta, Arun
Men's 5K (40-44)	Final	5K	M	17:24	1/79.62	42	Schmidt, Brian
Men's 5K (45-49)	Final	5K	M	19:27	1/74.01	47	Saltmarsh, Dave
Men's 5K (50-54)	Final	5K	M	19:43	1/74.8	50	Pearson, Mark
Men's 5K (55-59)	Final	5K	M	20:42	1/76.8	59	Jenkins, Michael
Men's 5K (65-69)	Final	5K	M	28:05	1	69	King, Rio
Men's 5K (70+)	Final	5K	M	24:21	1/73.29	71	Capps, Wally
Total-Men's 5K					1st		

We moved to the track for the prelims. Prelims are no longer necessary with the smaller number of teams, but they are still run to qualify for the finals. The baton never hit the track and all teams qualified. The special nod in the list below goes to Sam Wu. Sam ran with us last in 2005, then left TI. He recently returned and made the mistake of answering the phone when I called on Tue before the meet looking for someone to run a couple of prelim 400's. With no track training in years he came through and rested other for the finals.

2011 Event	Fin/ Pre	Dist	Sex	11 Result	AG/PI/ wava	11 Age	11 Name
4 x 100 Relay	Prelim	100	F	15.4	40+	49	Phillips, Sheri
4 x 100 Relay	Prelim	100	F	13.3	Open	30	Larzelere, Tara
4 x 100 Relay	Prelim	100	M	12.6	40+	46	Cirba, Claude
4 x 100 Relay	Prelim	100	M	10.8	Open	28	Hall, Patrick
PreTot-4 x 100 Relay				52.1			

2011 Event	Fin/ Pre	Dist	Sex	11 Result	AG/PI/ wava	11 Age	11 Name
3 Lap Sprint	Prelim	200	F	00:33.8	Open	23	Nixon, Stephanie
3 Lap Sprint	Prelim	200	M	00:24.6	Open	39	Sarpong, Benjamin
3 Lap Sprint	Prelim	400	M	01:06.6	Open	41	Wu, Sam
3 Lap Sprint	Prelim	400	M	01:00.7	Open	28	Hathaway, Alvin
PreTot-3 Lap Sprint				03:05.7			

2011 Event	Fin/ Pre	Dist	Sex	11 Result	AG/PI/ wava	11 Age	11 Name
4 x 200 Relay	Prelim	200	M	00:26.8	40+	46	Cirba, Claude
4 x 200 Relay	Prelim	200	M	00:29.4	50+	56	Haschke, Russ
4 x 200 Relay	Prelim	200	F	00:30.9	Open	30	Harmsen, Sara
4 x 200 Relay	Prelim	200	M	00:24.3	Open	25	Mair, Brandon
PreTot-4 x 200 Relay				01:51.4			

2011 Event	Fin/ Pre	Dist	Sex	11 Result	AG/PI/ wava	11 Age	11 Name
Senior's Relay	Prelim	200	M/F	00:35.9	60+	69	King, Rio
Senior's Relay	Prelim	400	M	01:10.4	50+	59	Jenkins, Michael
Senior's Relay	Prelim	200	F	00:36.1	50+	52	Samilton, Cynthia
Senior's Relay	Prelim	600	M	01:48.2	50+	57	Papermaster, Barry
Senior's Relay	Prelim	400	M	01:08.1	50+	56	Haschke, Russ
PreTot-Senior's Relay				05:18.7			

2011 Event	Fin/ Pre	Dist	Sex	11 Result	AG/PI/ wava	11 Age	11 Name
Submasters Sprint	Prelim	200	F	00:34.3	30+	46	Shockley, Beth
Submasters Sprint	Prelim	200	M	00:28.3	35/30	39	Sarpong, Benjamin
Submasters Sprint	Prelim	400	M	01:35.5	35/30	41	Wu, Sam
Submasters Sprint	Prelim	800	M	02:44.7	30/35	47	Luo, Luke
PreTot-Submast Sprint				05:22.8			

2011 Event	Fin/ Pre	Dist	Sex	11 Result	AG/PI/ wava	11 Age	11 Name
Sprint Relay	Prelim	200	F	00:37.9	30+	48	Nagel, Heidi
Sprint Relay	Prelim	200	F	00:36.1	Open	23	Nixon, Stephanie
Sprint Relay	Prelim	400	M	01:04.2	Open	38	Gordon, Greg
Sprint Relay	Prelim	400	M	00:59.9	Open	25	Mair, Brandon
Sprint Relay	Prelim	200	M	00:27.7	40+	40	Fortenberry, Todd
Sprint Relay	Prelim	200	M	00:25.4	Open	28	Brantmeier, Paul
PreTot-Sprint Relay				04:11.2			

Saturday Finals

There are also several finals run on Saturday.

First is the Submaster Distance Relay. In a race for people in their 30's we fielded a team of people in their 40's. Many well into their 40's. We easily won our division and would have finished 3rd in the big division.

2011 Event	Fin/ Pre	Dist	Sex	11 Result	AG/PI/ wava	11 Age	11 Name
SubMaster Dist Relay	Final	800	M	02:13.9	35/30	47	Luo, Luke
SubMaster Dist Relay	Final	400	F	01:16.0	30+	48	Toliver, Robin
SubMaster Dist Relay	Final	1200	M	03:58.0	35/30	47	Saltmarsh, Dave
SubMaster Dist Relay	Final	1600	M	04:59.0	30/35	42	Schmidt, Brian
Total-SubMaster Dist				12:26.9	1st		

Individual Races

These were added last year and each counts $\frac{1}{4}$ as much as a relay race. Todd put on an impressive showing. I felt a slight pull coming out of the blocks but still won the race. Shockley and Samilton both looked very strong. We didn't enter two of the races due to overloading of athletes in all the events, but we had the talent to win both.

2011 Event	Fin/Pre	Dist	Sex	11 Result	AG/PI/wava	11 Age	11 Name
Indiv M 200m 18-29	Final	200	M	1 / 23.15	18-29	22	Roberson, Todd
Indiv M 200m 50-59	Final	200	M	1 / 27.48	50-59	51	Westbrook, Paul
Indiv M 200m 60+	Final	200	M	drop	60+		Drop
Indiv F 200m 18-29	Final	200	F	drop	18-29		Drop
Indiv F 200m 40-49	Final	200	F	1 / 34.22	40-49	46	Shockley, Beth
Indiv F 200m 50+	Final	200	F	1 / 34.04	50+	52	Samilton, Cynthia

The 400 meter legs would have been a sweep if Chris Grant had been able to make it. Brandy made for the most exciting moment of the weekend when her inhaler ran empty and she had a bad asthma attack after her race. The ambulance came out onto the track but fortunately when Heidi Denton gave Brandy her inhaler she finally got a little air flowing and the ambulance left empty.

2011 Event	Fin/Pre	Dist	Sex	11 Result	AG/PI/wava	11 Age	11 Name
Indiv M 400m 30-39	Final	400	M	1 / 59.6	30-39	39	Sarpong, Benjamin
Indiv M 400m 40-49	Final	400	M	drop	40-49		Drop
Indiv F 400m 30-39	Final	400	F	1 / 69.7	30-39	34	Burton, Brandy
Indiv F 400m 40-49	Final	400	F	1 / 75.4	40-49	48	Toliver, Robin
SubTotal- Open 400m							

The Executive Relay featured a very late addition in Heidi Nagel. She hadn't planned to come this year, but Beth Michalak hatched a brilliant plan to lure Heidi out. It worked and she did great. No one was more relieved than Mariquita Gordon, who would have had to run that 800 leg. Pat, Barry, and Greg all ran excellent legs for the win.

2011 Event	Fin/Pre	Dist	Sex	11 Result	AG/PI/wava	11 Age	11 Name
Executive Relay	Final	800	F	03:17.6	30+	48	Nagel, Heidi
Executive Relay	Final	400	M	01:05.6	30+	58	Bosshart, Patrick
Executive Relay	Final	800	M	02:27.4	30+	57	Papermaster, Barry
Executive Relay	Final	1600	M	05:27.0	30+	45	Baldwin, Greg
Total-Executive Relay				12:17.6	1st		

The Distance Relay is a LONG race for the young. So naturally, I opened with 50 year old Heidi Denton, who was fresh off her 5K win – and she did great. Chuck Hull, who thought he was out for this year, made a quick recovery from foot surgery and turned in an excellent Master's mile. Rookie Jacob Little also turned in a nice 2-mile leg despite battling a knee issue that just cropped up a week before.

2011 Event	Fin/Pre	Dist	Sex	11 Result	AG/PI/wava	11 Age	11 Name
Distance Relay	Final	1600	F	06:19.9	Open	50	Denton, Heidi
Distance Relay	Final	800	M	02:13.4	Open	28	Southard, Eric
Distance Relay	Final	1600	M	05:24.8	40+	58	Hull, Chuck
Distance Relay	Final	1600	M	04:59.8	Open	28	Failing, Brian
Distance Relay	Final	3200	M	11:48.2	Open	24	Little, Jacob
Total-Distance Relay				30:46.1	1st		

All of our Saturday finals teams and individuals would have medaled in the big company division except for one of the individual legs. Not bad.

Day 2 - Sunday, July 24th

The 10K teams were back and running strong. Not only did we win our division, It appears we would have beaten GE in both Men's and Women's 10K! The Mary's were running great, Dianna was smiling, Jeanne joined the team for the first time since 1984, and Tonya happened to be in SF on business.

Arun, recovering from a foot injury sat out the 10K and Chuck wasn't quite as recovered as he hoped so he dropped out at the halfway mark when we knew we had the 5 scoring finishers running strong.

2011 Event	Fin/Pre	Dist	Sex	11 Result	AG/PI/wava	11 Age	11 Name
Women's 10K (35-39)	Final	10K	F	59:40	1	38	Hancock, Tonya
Women's 10K (50-54)	Final	10K	F	49:09	1/70.56	50	Denton, Heidi
Women's 10K (55-59)	Final	10K	F	55:15	1/60.93	55	Sulser, Dianna
Women's 10K (60-64)	Final	10K	F	69:09	1	61	Pitz, Jeanne
Women's 10K (65-69)	Final	10K	F	75:04	1/60.52	69	Salter, Mary
Women's 10K (70+)	Final	10K	F	62:45	1/76.13	72	Kennard, Mary
Total-Women's 10K					1st		
Men's 10K (0-24)	Final	10K	M	41:14	1/65.13	24	Little, Jacob
Men's 10K (35-39)	Final	10K	M	36:40	1/78.67	42	Schmidt, Brian
Men's 10K (45-49)	Final	10K	M	40:36	1/73.82	47	Saltmarsh, Dave
Men's 10K (50-54)	Final	10K	M	41:14	1/74.43	50	Pearson, Mark
Men's 10K (70+)	Final	10K	M	50:49	1/73.08	71	Capps, Wally
Total-Men's 10K					1st		

Then we moved to the track for the string of Sunday finals. The first was the 4x100 relay. Same team as last year and the same result – 1st place. Good handoff's all around.

2011 Event	Fin/Pre	Dist	Sex	11 Result	AG/PI/wava	11 Age	11 Name
4 x 100 Relay	Final	100	F	15.2	40+	49	Phillips, Sheri
4 x 100 Relay	Final	100	F	13.1	Open	30	Larzelere, Tara
4 x 100 Relay	Final	100	M	12.4	40+	46	Cirba, Claude
4 x 100 Relay	Final	100	M	10.6	Open	28	Hall, Patrick
Total-4 x 100 Relay				51.3	1st		

The only track race I thought BAH stood a good chance was the Women's 800 – and I was correct. Despite a strong run by Beth and a great effort by rookie Sarah Chincarini they fell a few seconds short in this one.

2011 Event	Fin/Pre	Dist	Sex	11 Result	AG/PI/wava	11 Age	11 Name
Women's 800 Team	Final	800	F	03:02.0	Open	24	Chincarini, Sarah
Women's 800 Team	Final	800	F	02:45.0	Open	47	Michalak, Beth
Total-Women's 800				05:47.0	2nd		

Next was the 3-lap sprint and we had a strong team here. Brandy, despite not being able to breath for a long stretch the day before was anxious to run. We stationed several inhalers at key points around the track just to be safe. Paul Brantmeier was another of our good rookie finds this year and he provided the most exciting handoff give of the day with a stop, drop, and roll style delivery. Todd ran a great anchor. After another runner cut in on him just after the handoff he stalked the guy and outkicked him down the stretch.

2011 Event	Fin/Pre	Dist	Sex	11 Result	AG/PI/wava	11 Age	11 Name
3 Lap Sprint	Final	200	F	00:29.9	Open	34	Burton, Brandy
3 Lap Sprint	Final	200	M	00:23.7	Open	28	Hall, Patrick
3 Lap Sprint	Final	400	M	00:57.6	Open	28	Brantmeier, Paul
3 Lap Sprint	Final	400	M	00:54.2	Open	22	Roberson, Todd
Total-3 Lap Sprint				02:45.4	1st		

Brian is out of the bay area TI office and ran very strong all weekend. He and Eric repeated their mile win from the previous year.

2011 Event	Fin/Pre	Dist	Sex	11 Result	AG/PI/wava	11 Age	11 Name
Men's Mile Team	Final	1600	M	04:53.0	Open	28	Failing, Brian
Men's Mile Team	Final	1600	M	05:03.0	Open	28	Southard, Eric
Total-Men's Mile				09:56.0	1st		

Tara left TI last fall and went to National Semi. She wasn't planning to attend this year, but after TI spent \$6.5 billion to buy her back she felt obligated (that, and the constant pestering from me). The first two legs were fairly close, but Tara pulled away and we won going away with a strong anchor from Brandon.

2011 Event	Fin/Pre	Dist	Sex	11 Result	AG/PI/wava	11 Age	11 Name
4 x 200 Relay	Final	200	M	00:26.7	40+	46	Cirba, Claude
4 x 200 Relay	Final	200	M	00:28.6	50+	56	Haschke, Russ
4 x 200 Relay	Final	200	F	00:28.6	Open	30	Larzelere, Tara
4 x 200 Relay	Final	200	M	00:24.0	Open	25	Mair, Brandon
Total-4 x 200 Relay				01:47.9	1st		

We always have a solid senior's team and this year was no exception. Our oldest rookie, Barry Papermaster, ran great and always had a big smile on his face. You could see the joy he felt being back on the track after all these years.

2011 Event	Fin/Pre	Dist	Sex	11 Result	AG/PI/wava	11 Age	11 Name
Senior's Relay	Final	200	M	00:34.9	60+	69	King, Rio
Senior's Relay	Final	400	M	01:04.5	50+	59	Jenkins, Michael
Senior's Relay	Final	200	F	00:34.8	50+	52	Samilton, Cynthia
Senior's Relay	Final	600	M	01:43.6	50+	57	Papermaster, Barry
Senior's Relay	Final	400	M	01:06.2	50+	56	Haschke, Russ
Total-Senior's Relay				05:04.0	1st		

I didn't know if BAH would enter this event and when I found they weren't I juggled the lineup to give Heidi another race and get Beth out of a second 800 for the day. Sara, with just one official practice under her belt ran lights out. She's been away having 3 kids since 2005 and it was great to have her back.

2011 Event	Fin/Pre	Dist	Sex	11 Result	AG/PI/wava	11 Age	11 Name
Women's Relay	Final	800	F	03:14.7	40+/Op	48	Nagel, Heidi
Women's Relay	Final	400	F	01:18.2	Op/40+	47	Michalak, Beth
Women's Relay	Final	400	F	01:15.1	Op/40+	30	Harmsen, Sara
Total-Women's Relay				05:48.0	1st		

I pulled Tara out of the Women's relay 400 (which made her very happy) and subbed her for Brandy (which made her aching shins very happy). Greg started off like a rocket but his hamstring was not very happy. However, he got the stick to Luke in great shape and we won easily, which made everyone happy.

2011 Event	Fin/Pre	Dist	Sex	11 Result	AG/PI/wava	11 Age	11 Name
Submasters Sprint	Final	200	F	00:28.8	30+	30	Larzelere, Tara
Submasters Sprint	Final	200	M	00:25.7	35/30	40	Fortenberry, Todd
Submasters Sprint	Final	400	M	01:06.0	35/30	38	Gordon, Greg
Submasters Sprint	Final	800	M	02:14.5	30/35	47	Luo, Luke
Total-Submast Sprint				04:15.0	1st		

The Presidents runners must be a VP, their direct reports, or the tech staff equivalent. Our team was very strong (and had the only female running in the event) and won easily.

2011 Event	Fin/Pre	Dist	Sex	11 Result	AG/PI/wava	11 Age	11 Name
Presidents Relay	Final	200	M/F	00:31.3	30+	48	Gordon, Mariquita
Presidents Relay	Final	400	M/F	01:05.9	30+	58	Bosshart, Patrick
Presidents Relay	Final	800	M/F	02:24.0	30+	45	Baldwin, Greg
Total-Presidents Relay				04:01.2	1st		

Dave Tucker is also a National Semi employee, so if we split the acquisition cost between Dave and Tara then they are both worth about \$3.25 billion. Dave, who also did field events, opened up a lead and the others just kept stretching it.

2011 Event	Fin/ Pre	Dist	Sex	11 Result	AG/PI/ wava	11 Age	11 Name
Pyramid Relay	Final	400	F	01:14.3	Open	24	Chincarini, Sarah
Pyramid Relay	Final	800	M	02:28.1	Open	50	Tucker, Dave
Pyramid Relay	Final	1200	M	03:33.5	Open	28	Failing, Brian
Pyramid Relay	Final	800	M	02:15.6	Open	28	Southard, Eric
Pyramid Relay	Final	400	F	01:13.7	Open	47	Michalak, Beth
Total-Pyramid Relay				10:45.2	1st		

This one provided the only baton excitement of the day. I won't mention any names, but it goes to show that it can happen even to one of the most experienced females on the team. The minor incident didn't hurt as we were well ahead. Kudos to Russ for filling in for me on a few races – glad to have him back this year.

2011 Event	Fin/ Pre	Dist	Sex	11 Result	AG/PI/ wava	11 Age	11 Name
Masters Relay	Final	800	M	02:24.8	40/50	45	Baldwin, Greg
Masters Relay	Final	400	M	01:02.5	40/50	40	Fortenberry, Todd
Masters Relay	Final	800	M	02:18.4	40/50	42	Schmidt, Brian
Masters Relay	Final	200	F	00:35.6	40+	48	Gordon, Mariquita
Masters Relay	Final	200	M	00:28.8	50/40	56	Haschke, Russ
Total-Masters Relay				06:50.1	1st		

This is the last race after a long weekend. Stephanie Nixon was a late addition to the team and did great with just a couple of weeks of practice and borrowed spikes. We hope to see her back early in the training season next year. Alvin had pulled a hamstring a few weeks ago and it was still sore right up to the meet. He said it felt OK and he wasn't kidding. Todd Fortenberry had to shoulder some of the load for the missing Chris grant and he ran back-to-back events. Finally, Patrick Hall ran 3 finals on Sunday with 3 gold medals. Patrick, I know you really want to be an 800m runner, but stick to the sprints for now – you're doing great.

2011 Event	Fin/ Pre	Dist	Sex	11 Result	AG/PI/ wava	11 Age	11 Name
Sprint Relay	Final	200	F	00:33.9	Open	23	Nixon, Stephanie
Sprint Relay	Final	200	F	00:31.4	30+	30	Harmesen, Sara
Sprint Relay	Final	400	M	00:55.2	Open	28	Hathaway, Alvin
Sprint Relay	Final	400	M	00:55.5	Open	22	Roberson, Todd
Sprint Relay	Final	200	M	00:25.8	40+	40	Fortenberry, Todd
Sprint Relay	Final	200	M	00:23.6	Open	28	Hall, Patrick
Total-Sprint Relay				03:45.4	1st		

Only 2 jumpers count toward your team score, but in high jump we had Dave, Sheri, and Rio who all scored great. Sheri and Dave took care of the long jump too. We lost our two best throwers this year, but found LaVonda (a coop student) and the always ready-to-do-anything Sheri.

And I haven't singled out Rio yet, who also jumped in the shot put. We are very fortunate to have Rio as our coach. He has been to every national meet since 1979. He runs distances from sprints to marathons and even does field events.

He drives over to practice from Fort Worth all season. He is a great coach and helps all of us improve on the track – and he is a great guy off the track as well.

2011 Event	Fin/ Pre	Dist	Sex	11 Result	AG/PI/ wava	11 Age	11 Name
High Jump	Final	HJ	F	4'2" 806	Any	49	Phillips, Sheri
High Jump	Final	HJ	M	4'2" 892	Any	69	King, Rio
High Jump	Final	HJ	M	5' 869	Any	50	Tucker, Dave
Total-High Jump				1761	1st		
Long Jump	Final	LJ	F	12'8.5" 758	Any	49	Phillips, Sheri
Long Jump	Final	LJ	M	14'5.5" 688	Any	50	Tucker, Dave
Long Jump	Final	LJ	M		Any	#N/A	
Total-Long Jump				1446	1st		
Discus Throw	Final	Disc	M	79'10" 446	Any	49	Phillips, Sheri
Discus Throw	Final	Disc	M	98'5.5" 454	Any	23	Brown, LaVonda
Discus Throw	Final	Disc	F		Any	#N/A	
Total-Discus Throw				900	2nd		
Shot Put Throw	Final	Shot	M	28'4" 578	Any	49	Phillips, Sheri
Shot Put Throw	Final	Shot	M	24'6" 390	Any	23	Brown, LaVonda
Shot Put Throw	Final	Shot	M	26'9" 553	Any	69	King, Rio

Thanks to Michael Reynolds, who was still recovering from a fracture in his foot, for the uniform management, timing, and check-in sheet work at the meet.

As always, it was an absolute pleasure to spend a weekend with such a great group of people. You are all winners.

Paul Westbrook

2012

Next year's meet is already planned for July 14th and 15th back in San Ramon, CA. Mark your calendar now and make your pledge to come back stronger and faster next year. There are already 3 new teams committed and we'll all be working to recruit more.

The next page has the results for our division.

No surprise that we dominated our division this year, but after I ran a rough analysis of the scores we would have faired very well in the big company division against companies 3X-10X our size. We would have placed a solid 2nd place overall and would have medaled in all but 5 of the 23 team events and all but one of the individual races. And had we planned for that level of competition we could have even stacked our teams for more success.

EVENT	Place		Points		Data	
	TI11	BAH11	TI11	BAH11	TI10	BAH10
WOMEN'S 5K	1		40		4	
MEN'S 5K	1	2	40	34	5	
SUB-MASTERS DISTANCE	1		40		12:26.9	
EXECUTIVE RELAY	1		40		12:17.6	
DISTANCE RELAY	1		40		30:46.1	
MEN'S 10K	1		40		5	
WOMEN'S 10K	1		40		4	
4X100 METER RELAY	1		40		51.27	
WOMEN'S 800M	2	1	34	40	05:47.0	05:43.0
THREE-LAP SPRINT	1		40		02:45.4	
MENS MILE	1	2	40	34	09:56.0	11:42.0
4x200 RELAY	1	2	40	34	01:47.9	01:52.4
SENIORS' RELAY	1	2	40	34	05:04.0	05:50.9
WOMEN'S RELAY	1		40		05:48.0	
SUB-MASTERS SPRINT	1	2	40	34	04:15.0	05:02.4
PRESIDENTS' RELAY	1		40		04:01.2	
PYRAMID	1	2	40	34	10:45.2	11:25.1
MASTERS RELAY	1	2	40	34	06:50.1	07:52.5
SPRINT RELAY	1		40		03:45.4	
High Jump	1	2	40	34	1761	1318
Long Jump	1	2	40	34	1446	1115
Shot	2	1	34	40	1131	1227
Discus	2	1	34	40	900	994
Indiv M 200m 18-29	1	2	10	8	23.15	25.81
Indiv M 200m 50-59	1	2	10	8	27.48	29.34
Indiv M 200m 60+		1		10		43.25
Indiv F 200m 18-29		1		10		32.59
Indiv F 200m 40-49	1		10		34.22	
Indiv F 200m 50+	1	2	10	8	34.04	39.37
Indiv M 400m 30-39	1		10		59.6	
Indiv M 400m 40-49		1		10		59.51
Indiv F 400m 30-39	1	2	10	8	01:09.7	01:14.2
Indiv F 400m 40-49	1		10		01:15.4	
Relay 1st / Relay Total Points	20	3	902	426		
Relay 2nd / Relay Drop 6	3	9	222	0		
Relay 3rd / Relay Total	0	0	680	426		
Individual 1st / Ind Total Points	7	3	70	62		
Individual 2nd / Ind Drop 2	0	4	0	0		
Individual 3rd / Ind Total	0	0	70	62		
GRAND TOTAL			750	488		