

TI Track & Field Team 2012 USCAA Corporate Cup Meet Results

The 2012 team had a choice to make earlier this season. The mid-size company division (10,000-60,000 employees) was being eliminated and there would only be two divisions with a 10,000 employee dividing line. TI draws from sites that give us a population of about 10,300 so we had the choice to move up to the big division or down to the small. Having won the mid-size division team title for 12 consecutive years, we decided to step up to the big leagues for 2012. Ironically we moved up to the big division, and then fielded our smallest number of participants that I can ever remember. Instead of the 55 athletes we would like to have, we only had 45 able to compete this year. We brought 46 members, but one was injured late in the season and unable to compete. It was a combination of work conflicts, family conflicts, injuries, and a bit of everything else that kept a number of people from making it out to the meet this year.

2012 Team Stats

46 members: 29 males, 17 females (46 is down from our usual 50-55 members)

Average age = 44.0, max=73, min=23

Employees = 33, Retirees = 8, Coops = 1, Contractors = 1, Alumni = 3

Qualifying: Auto qual = 11 (24%), Min qual = 17 (37%)

Rookies = 9 (20%); Returning after at least one year away = 8 (17%)

The meet returned to San Ramon, California in the bay area. After a busy day of travel the team was in place and ready to start the always busy weekend. It was likely that GE, with their 150,000 US employee base would win, but if everything went perfectly we had a chance to challenge AT&T for 2nd place overall.

Sat, Jul 14th

5K Team Road Race

The road races are scored in 5-year age groups. The best 5 men and best 4 women score for your team. I spotted some gaps in a few age groups and tried to recruit a number of people to fill those slots but a could not land anyone which made it a challenge to grab the top team awards. Becky Angeles, back with us after 8 years was the 1st place overall female finisher. We also welcomed Stephanie Johnson and Maryanna Gundal from the Sunnyvale office. Dianna was her usual steady self and the two Mary's reminded us yet again that they have found the fountain of youth somewhere and they just keep running.

2012 Event	Fin/ P	Day/ Time	12 Dist	X	12 Result	Age/ 12	12 Age	12 Name
Women's 5K (25-29)	Fin	Sat 7:30	5K	F	24:04	5	27	Johnson, Stephanie
Women's 5K (35-39)	Fin	Sat 7:30	5K	F	18:29	1 /80.9	35	Angeles, Becky
Women's 5K (40-44)	Fin	Sat 7:30	5K	F	28:26	5	40	Gundal, Maryanna
Women's 5K (55-59)	Fin	Sat 7:30	5K	F	25:35	2 /71.5	56	Sulser, Dianna
Women's 5K (70+)	Fin	Sat 7:30	5K	F	34:58	2 /71.5	70	Salter, Mary
Women's 5K (70+)	Fin	Sat 7:30	5K	F	30:56	1 /76.7	73	Kennard, Mary
Total-Women's 5K						3rd		

2012 Event	Fin/ Pre	Day/ Time	Dist	Sex	12 Result	Age/ 12 PI	12 Age	12 Name
Men's 5K (0-24)	Fin	Sat 7:30	5K	M	21:07	3	25	Little, Jacob
Men's 5K (25-29)	Fin	Sat 7:30	5K	M	24:37	4	26	Habte, Henok
Men's 5K (25-29)	Fin	Sat 7:30	5K	M	25:36	5	27	Gupta, Arun
Men's 5K (40-44)	Fin	Sat 7:30	5K	M	17:09	1 /81.4	43	Schmidt, Brian
Men's 5K (45-49)	Fin	Sat 7:30	5K	M	18:51	2 /77.0	48	Saltmarsh, David
Men's 5K (50-54)	Fin	Sat 7:30	5K	M	19:24	4	51	Pearson, Mark
Men's 5K (55-59)	Fin	Sat 7:30	5K	M	23:06	3	55	Hill, Dave
Men's 5K (55-59)	Fin	Sat 7:30	5K	M	19:49	1 /80.3	59	Hull, Chuck
Men's 5K (60-64)	Fin	Sat 7:30	5K	M	22:28	1 /73.3	63	Ward, Trevor
Men's 5K (70+)	Fin	Sat 7:30	5K	M	23:46	1 /76.1	72	Capps, Wally
Total-Men's 5K						2nd		

Several of the events have prelims to qualify for finals. We can use different people in these and one of our strategies is to rest a few aces for the finals. The prelim runner is a valuable and integral member of our team.

4x100 Relay Prelim

We run the finals team in this so they can practice the critical high speed handoffs. They all ran very well and had the 2nd fastest qual time.

2012 Event	Fin/ Pre	Day/ Time	Dist	Sex	12 Result	Age/ 12 PI	12 Age	12 Name
4 x 100 Relay	Pre	Sat 10:45	100	F	15.5	40+	50	Phillips, Sheri
4 x 100 Relay	Pre	Sat 10:45	100	F	12.4	Open	31	Larzelere, Tara
4 x 100 Relay	Pre	Sat 10:45	100	M	11.6	40+	40	Sarpong, Benjamin
4 x 100 Relay	Pre	Sat 10:45	100	M	11.9	Open	23	Roberson, Todd
PreTot-4 x 100 Relay					51.4	2nd		

Submaster Distance Relay

The first track final of the event is for 30+ runners and, as usual, we had a team well above the age requirement. But they were timeless on the track and scored a solid 2nd place. David and Brian had just finished running the 5K a few hours earlier, but they didn't show any loss of speed. David was having a great time in both the roads and on the track. It's always fun to see someone enjoy themselves while competing.

2012 Event	Fin/ Pre	Day/ Time	Dist	Sex	12 Result	Age/ 12 PI	12 Age	12 Name
SubMaster Dist Relay	Fin	Sat 10:55	800	M	02:16.5	35/30	48	Luo, Luke
SubMaster Dist Relay	Fin	Sat 10:55	400	F	01:17.9	30+	49	Toliver, Robin
SubMaster Dist Relay	Fin	Sat 10:55	1200	M	03:48.9	35/30	48	Saltmarsh, David
SubMaster Dist Relay	Fin	Sat 10:55	1600	M	04:51.0	30/35	43	Schmidt, Brian
Total-SubMaster Dist					12:14.3	2nd		

High Jump

The field events are scored decathlon style. You can enter up to 3 competitors and your top 2 scores add together for your team total. The high jumpers at this meet are outstanding, with 6 jumpers scoring at greater than 90% of the world record in their age group. Two of those jumpers were on our team – coach Rio King and Sheri Phillips. Even with those great leaps they finished 3rd in a very close event.

2012 Event	Fin/ Pre	Day/ Time	Dist	Sex	12 Result	Age/ 12 PI	12 Age	12 Name
High Jump	Fin	Sat - flight?	HJ	F	4'4" / 912	Any	50	Phillips, Sheri
High Jump	Fin	Sat - flight?	HJ	M	4'2" / 925	Any	70	King, Rio
Total-High Jump					1837	3rd		

Discus

We didn't have any throwers and were unable to enter this event. A pair of 700 point scores would win this. A pair of 500 point scores would medal. Throwers, where are you?

Individual 200's

A couple of years ago they added some individual races. This is where our small number really hurt. We had to use our runners in the relays and couldn't even enter all the individual events. Sheri Phillips, running on a broken toe, had an outstanding effort for a 2nd. Rookie Amy Ball ran her best time of the year. And Mariquita was pulling away in the curve when her hamstring pulled dropping her to the track. I had to drop out of the 50+ leg to fill in other 50+ events in the relays.

2012 Event	Fin/ Pre	Day/ Time	Dist	Sex	12 Result	Age/ 12 PI	12 Age	12 Name
Indiv M 200m 18+	Fin	Sat 11:15	200	M	26.0 5th	Open	29	Brantmeier, Paul
Indiv M 200m 50+	Fin	Sat 11:16	200	M	drop	50+	52	drop
Indiv M 200m 60+	Fin	Sat 11:17	200	M	drop	60+	52	drop
Indiv F 200m 18+	Fin	Sat 11:45	200	F	32.38 4th	Open	23	Ball, Amy
Indiv F 200m 40+	Fin	Sat 11:46	200	F	pull	40+	49	Gordon, Mariquita
Indiv F 200m 50+	Fin	Sat 11:47	200	F	32.25 2nd	50+	50	Phillips, Sheri

3 Lap Sprint Prelim

Another prelim run and this was Arthi Krishnamurthy's first race on the track. Her joy as she came back into the stands was what this event is all about. She's not the fastest on the team and she came out late when we were searching for additional females. However, she practiced and worked hard to win a slot on the team.

2012 Event	Fin/ Pre	Day/ Time	Dist	Sex	12 Result	Age/ 12 PI	12 Age	12 Name
3 Lap Sprint	Pre	Sat 12:25	200	F	00:37.7	Open	35	Krishnamurthy, Arthi
3 Lap Sprint	Pre	Sat 12:25	200	M	00:26.0	Open	29	Brantmeier, Paul
3 Lap Sprint	Pre	Sat 12:25	400	M	01:02.1	Open	26	Reynolds, Michael
3 Lap Sprint	Pre	Sat 12:25	400	M	00:59.2	Open	28	Baltutis, Adam
PreTot-3 Lap Sprint					03:05.0	2nd		

Executive Relay

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. Vonnie had a really great 400m run, but it was in an 800m race. Actually, she held on for a good time and there were nice runs all around for a solid 2nd place.

2012 Event	Fin/ Pre	Day/ Time	Dist	Sex	12 Result	Age/ 12 PI	12 Age	12 Name
Executive Relay	Fin	Sat 1:20	800	F	03:03.7	30+	50	Howard, Vonnie
Executive Relay	Fin	Sat 1:20	400	M	01:02.6	30+	52	Westbrook, Paul
Executive Relay	Fin	Sat 1:20	800	M	02:39.4	30+	59	Bosshart, Patrick
Executive Relay	Fin	Sat 1:20	1600	M	05:58.8	30+	54	Smith, Steve
Total-Executive Relay					12:44.5	2nd		

4x200 Prelim

We are usually loaded in the 50+ male sprinters, but this was a tough year. Just a few weeks before the meet our best 50+ male, Barry Papermaster, pulled a hamstring running a 400 at the Luke's All-Comers meet and it was not healing. Just a week before the meet I coaxed one of my morning basketball cohorts, Mike Simon, out to the track and he ran great. He ran two valuable prelim legs to help us qualify for the finals. Claude showed up late in the season and kept getting faster and ran three valuable qualifying legs.

2012 Event	Fin/ Pre	Day/ Time	Dist	Sex	12 Result	Age/ 12 PI	12 Age	12 Name
4 x 200 Relay	Pre	Sat 1:40	200	M	00:27.5	40+	47	Cirba, Claude
4 x 200 Relay	Pre	Sat 1:40	200	M	00:33.5	50+	57	Simon, Mike
4 x 200 Relay	Pre	Sat 1:40	200	F	00:34.0	Open	23	Ball, Amy
4 x 200 Relay	Pre	Sat 1:40	200	M	00:26.8	Open	26	Reynolds, Michael
PreTot-4 x 200 Relay					02:01.8	3rd		

Distance Relay

Three members of this team work in the bay area. Brian Failing (Sunnyvale site) was back with us for his second year and rookies Stephanie Johnson (Sunnyvale) and Ismail Jorio (Santa Clara SVA) helped round out a strong team that took a solid 2nd place. Chuck Hull is still running great too turning in a solid mile for a guy about to turn 60.

2012 Event	Fin/ Pre	Day/ Time	Dist	Sex	12 Result	Age/ 12 PI	12 Age	12 Name
Distance Relay	Fin	Sat 1:50	1600	F	06:48.6	Open	27	Johnson, Stephanie
Distance Relay	Fin	Sat 1:50	800	M	02:17.0	Open	29	Hathaway, Alvin
Distance Relay	Fin	Sat 1:50	1600	M	05:46.7	40+	59	Hull, Chuck
Distance Relay	Fin	Sat 1:50	1600	M	05:09.4	Open	29	Failing, Brian
Distance Relay	Fin	Sat 1:50	3200	M	11:14.1	Open	29	Jorio, Ismail
Total-Distance Relay					31:15.8	2nd		

Individual 400m

These races fared a little better than the 200's. Greg Gordon shaved 2 seconds off his best previous time this year. Chris Grant made his return after missing last year with a broken arm. Then there was Tara. She works out, but only made it out to one track practice. But you wouldn't know it as she rocketed around the track for a strong win. And then Robin cruised to another solid 2nd place win.

2012 Event	Fin/ Pre	Day/ Time	Dist	Sex	12 Result	Age/ 12 PI	12 Age	12 Name
Indiv M 400m 30+	Fin	Sat 2:30	400	M	57.5 / 2nd	30+	39	Gordon, Greg
Indiv M 400m 40+	Fin	Sat 2:35	400	M	57.2 / 2nd	40+	44	Grant, Chris
Indiv F 400m 30+	Fin	Sat 2:55	400	F	63.6 / 1st	30+	31	Larzelere, Tara
Indiv F 400m 40+	Fin	Sat 3:00	400	F	78.9 / 2nd	40+	49	Toliver, Robin
SubTotal- Open 400m								

Senior's Relay Prelim

With Papermaster's injury we used road racer Mark Pearson for this event and he was great. The rest of the team did their job and got us to the final.

2012 Event	Fin/ Pre	Day/ Time	Dist	Sex	12 Result	Age/ 12 PI	12 Age	12 Name
Senior's Relay	Pre	Sat 3:20	200	M/F	00:35.8	60+	70	King, Rio
Senior's Relay	Pre	Sat 3:20	400	M	01:17.1	50+	57	Simon, Mike
Senior's Relay	Pre	Sat 3:20	200	F	00:35.9	50+	58	Gonzalez, Terry
Senior's Relay	Pre	Sat 3:20	600	M	01:51.2	50+	51	Pearson, Mark
Senior's Relay	Pre	Sat 3:20	400	M	01:18.3	50+	54	Smith, Steve
PreTot-Senior's Relay					05:38.3	3rd		

Submaster's Sprint Prelim

We had some very experienced submaster's pitching in to run this prelim and qualify us for the final.

2012 Event	Fin/ Pre	Day/ Time	Dist	Sex	12 Result	Age/ 12 PI	12 Age	12 Name
Submasters Sprint	Pre	Sat 3:45	200	F	00:36.6	30+	49	Nagel, Heidi
Submasters Sprint	Pre	Sat 3:45	200	M	00:27.8	35/30	41	Fortenberry, Todd
Submasters Sprint	Pre	Sat 3:45	400	M	01:14.0	35/30	47	Cirba, Claude
Submasters Sprint	Pre	Sat 3:45	800	M	02:46.0	30/35	59	Bosshart, Patrick
PreTot-Submast Sprint					05:04.4	2nd		

Senior's Relay Prelim

With our thin numbers I almost didn't enter this prelim, but we managed to pull a group together to qualify us for the final. DLP summer Co-op Kay Igwe made her track debut in this one. Rookie Henok Habte, who had run the 5K earlier in the day, made his track debut as well. And there was the selfless team player Claude for his 3rd prelim.

2012 Event	Fin/ Pre	Day/ Time	Dist	Sex	12 Result	Age/ 12 PI	12 Age	12 Name
Sprint Relay	Pre	Sat 4:20	200	F	00:38.5	30+	35	Krishnamurthy, Arthi
Sprint Relay	Pre	Sat 4:20	200	F	00:37.4	Open	25	Igwe, Kay
Sprint Relay	Pre	Sat 4:20	400	M	01:04.3	Open	26	Habte, Henok
Sprint Relay	Pre	Sat 4:20	400	M	01:01.1	Open	28	Baltutis, Adam
Sprint Relay	Pre	Sat 4:20	200	M	00:31.1	40+	47	Cirba, Claude
Sprint Relay	Pre	Sat 4:20	200	M	00:28.1	Open	41	Fortenberry, Todd
PreTot-Sprint Relay					04:20.5	4th		

Day one wrapped up with mostly good news. With the exception of the individual 200m legs we had expected results in the finals and all the prelim teams qualified for the finals. The biggest impact was the loss of Mariquita, one of our VP's slated to run the President's Relay on Sunday. We had no redundant VP's on the team and would have to drop that event which was one of only two I thought we had a solid chance of winning.

Sun, Jul 15th

10K Team Road Race

The results were similar to the 5K though there was the surprise of two unexpected 70+ runners entering. If we are going to run in the big division we have to enter as many age groups as possible because you never know who else is going to show up. The big positive note is that Brian (at age 43) and Becky (age 35) were the first overall male and female finishers for the 10K. Wow, sometimes youth is over-rated! It was also good to have Trevor (Manchester site) back with us this year. Mark Pearson from Minnesota was also back for his second year.

2012 Event	Fin/ Pre	Day/ Time	Dist	Sex	12 Result	Age/ 12 PI	12 Age	12 Name
Men's 10K (40-44)	Fin	Sun 7:00	10K	M	35:51	1 /81.1	43	Schmidt, Brian
Men's 10K (25-29)	Fin	Sun 7:00	10K	M	44:44	3	25	Little, Jacob
Men's 10K (25-29)	Fin	Sun 7:00	10K	M	53:55	4	27	Gupta, Arun
Men's 10K (25-29)	Fin	Sun 7:00	10K	M	57:14	5	26	Henok, Habte
Men's 10K (45-49)	Fin	Sun 7:00	10K	M	38:42	2 /78.1	48	Saltmarsh, David
Men's 10K (50-54)	Fin	Sun 7:00	10K	M	40:31	2 /76.4	51	Pearson, Mark
Men's 10K (55-59)	Fin	Sun 7:00	10K	M	41:59	1 /78.8	59	Hull, Chuck
Men's 10K (60-64)	Fin	Sun 7:00	10K	M	46:36	1	63	Ward, Trevor
Men's 10K (70+)	Fin	Sun 7:00	10K	M	49:48	3	72	Capps, Wally
Total-Men's 10K						2nd		

2012 Event	Fin/ Pre	Day/ Time	Dist	Sex	12 Result	Age/ 12 PI	12 Age	12 Name
Women's 10K (35-39)	Fin	Sun 7:00	10K	F	38:54	1 /78.8	35	Angeles, Becky
Women's 10K (55-59)	Fin	Sun 7:00	10K	F	54:00	2 /69.4	56	Sulser, Dianna
Women's 10K (70+)	Fin	Sun 7:00	10K	F	72:48	2 /63.5	70	Salter, Mary
Women's 10K (70+)	Fin	Sun 7:00	10K	F	69:56	1 /69.5	73	Kennard, Mary
Total-Women's 10K						3rd		

4x100 Final

2 of the 3 handoffs were great, but one was a bit off and knocked us back a spot to 3rd place. Perfect handoffs would have made this a close one for 1st. It's been difficult to get people out to the practices and the only way to get better is repetition.

2012 Event	Fin/ Pre	Day/ Time	Dist	Sex	12 Result	Age/ 12 PI	12 Age	12 Name
4 x 100 Relay	Fin	Sun 10:50	100	F	15.7	40+	50	Phillips, Sheri
4 x 100 Relay	Fin	Sun 10:50	100	F	12.8	Open	31	Larzelere, Tara
4 x 100 Relay	Fin	Sun 10:50	100	M	11.9	40+	40	Sarpong, Benjamin
4 x 100 Relay	Fin	Sun 10:50	100	M	10.3	Open	23	Roberson, Todd
Total-4 x 100 Relay					50.9	3rd		

Women's 800 Team Race

We didn't have enough females to think about fielding a team. Next year? Yes, you.

2012 Event	Fin/ Pre	Day/ Time	Dist	Sex	12 Result	Age/ 12 PI	12 Age	12 Name
Women's 800 Team	Fin	Sun 11:00	800	F	drop	Open	52	drop
Women's 800 Team	Fin	Sun 11:00	800	F	drop	Open	52	drop
Total-Women's 800						Drop		

3-Lap Sprint

Brandy has been battling injuries and shin splits, but you can't keep her off the track – and you can't get her to workout at any speed except full. She certainly got us off to a great start. Brantmeier finally got rolling on this one too. Michael worked out well all season and was in excellent shape. I can't say that everyone on the team maximized their capability, but I can say that about Michael. The timeless Chris Grant returned from his year off and competed strongly against much younger anchors. We need a couple of low 50's quarter milers. I know they are out there in TI – they just need to get out to the track.

2012 Event	Fin/ Pre	Day/ Time	Dist	Sex	12 Result	Age/ 12 PI	12 Age	12 Name
3 Lap Sprint	Fin	Sun 11:20	200	F	29.2	Open	35	Burton, Brandy
3 Lap Sprint	Fin	Sun 11:20	200	M	24.8	Open	29	Brantmeier, Paul
3 Lap Sprint	Fin	Sun 11:20	400	M	56.5	Open	26	Reynolds, Michael
3 Lap Sprint	Fin	Sun 11:20	400	M	55.5	Open	44	Grant, Chris
Total-3 Lap Sprint					02:46.2	3rd		

Men's Mile

This was our all California team with 2nd year member Brian Failing (Sunnyvale) and rookie Ismail Jorio (SVA Santa Clara). They both could have run faster, but were in a nice pocket behind some super fast milers from one team, but well ahead of everyone else. Ismail has been mostly training for road races, but showed what a great team player he is by running three events on the track for us. It was where we needed him.

2012 Event	Fin/Pre	Day/ Time	Dist	Sex	12 Result	Age/12 PI	12 Age	12 Name
Men's Mile Team	Fin	Sun 11:30	1600	M	05:04.3	Open	29	Failing, Brian
Men's Mile Team	Fin	Sun 11:30	1600	M	05:04.3	Open	29	Jorio, Ismail
Total-Men's Mile					10:08.6	2nd		

4x200 Relay

Going in I thought we had an outside shot at 1st in this one. Unfortunately, Benjamin's hamstring did not agree with that assessment. He valiantly finished and got me the baton and we closed the race back up but were just a little shy. Ben's 4-5 seconds he lost would have put Todd leaning for the win. And speaking of Todd – he almost didn't come this year. My incessant begging got him out for ONE practice and the meet. Yea for begging.

This relay holds a special place in my heart. In 1990 I anchored this race and won my first national gold medal – and we set the national record too. On that team in the 50+ spot was my friend Tony Deatherage. I was honored to be lined up in Tony's leg this year.

2012 Event	Fin/Pre	Day/ Time	Dist	Sex	12 Result	Age/12 PI	12 Age	12 Name
4 x 200 Relay	Fin	Sun 11:50	200	M	30.4	40+	40	Sarpong, Benjamin
4 x 200 Relay	Fin	Sun 11:50	200	M	25.5	50+	52	Westbrook, Paul
4 x 200 Relay	Fin	Sun 11:50	200	F	28.8	Open	31	Larzelere, Tara
4 x 200 Relay	Fin	Sun 11:50	200	M	22.6	Open	23	Roberson, Todd
Total-4 x 200 Relay					01:47.7	3rd		

Senior's Relay

Normally we have a pretty solid crop of seniors, but this year was tough. Some of our 60 year sprinters had injuries or travel conflicts (I won't name names, but will name initials – J.J.) and then Papermaster got injured late. However, amazingly we were able to still field a solid team. Coach Rio can do it all. Steve Smith was back with us after a year off and Terry Gonzalez just kept getting faster every week. Chuck, running his 4th final filled in on the tough 600 leg, but we have some tough challengers in this race and I was not in striking distance for a medal so I backed off as I still had another final to run.

2012 Event	Fin/Pre	Day/ Time	Dist	Sex	12 Result	Age/12 PI	12 Age	12 Name
Senior's Relay	Fin	Sun 1:00	200	M	00:34.8	60+	70	King, Rio
Senior's Relay	Fin	Sun 1:00	400	M	01:08.4	50+	54	Smith, Steve
Senior's Relay	Fin	Sun 1:00	200	F	00:35.7	50+	58	Gonzalez, Terry
Senior's Relay	Fin	Sun 1:00	600	M	01:50.7	50+	59	Hull, Chuck
Senior's Relay	Fin	Sun 1:00	400	M	01:07.1	50+	52	Westbrook, Paul
Total-Senior's Relay					05:16.7	4th		

Women's Relay

This relay has to have one 40+ runner and their ages have to add to 90. Some years the math works out well, but this year we overshot the 90 by quite a bit. Becky got us off to a great start and Vonnie also ran well. Brandy turned it on to grab the bronze medal.

2012 Event	Fin/Pre	Day/ Time	Dist	Sex	12 Result	Age/12 PI	12 Age	12 Name
Women's Relay	Fin	Sun 1:10	800	F	02:30.0	Op/40+	35	Angeles, Becky
Women's Relay	Fin	Sun 1:10	400	F	01:19.0	40+/Op	50	Howard, Vonnie
Women's Relay	Fin	Sun 1:10	400	F	01:08.7	Op/40+	35	Burton, Brandy
Total-Women's Relay					04:57.7	3rd	120	

Submaster's Sprint

Every member of this team ran incredibly well. It was a strong 2nd place finish and Luke backed off to save himself for one more race later in the day.

2012 Event	Fin/Pre	Day/ Time	Dist	Sex	12 Result	Age/12 PI	12 Age	12 Name
Submasters Sprint	Fin	Sun 1:20	200	F	00:28.9	30+	31	Larzelere, Tara
Submasters Sprint	Fin	Sun 1:20	200	M	00:25.5	35/30	41	Fortenberry, Todd
Submasters Sprint	Fin	Sun 1:20	400	M	00:57.2	35/30	39	Gordon, Greg
Submasters Sprint	Fin	Sun 1:20	800	M	02:21.3	30/35	48	Luo, Luke
Total-Submast Sprint					04:12.9	2nd		

President's Relay

This is for VP's or their direct reports and for Senior Fellow's. With Mariquita injured we were forced to drop it. Too bad, as our team would have won by 20 seconds. There's always next year!

2012 Event	Fin/Pre	Day/ Time	Dist	Sex	12 Result	Age/12 PI	12 Age	12 Name
Presidents Relay	Fin	Sun 1:40	200	M/F	drop	30+	49	Nagel, Heidi
Presidents Relay	Fin	Sun 1:40	400	M/F	drop	30+	49	Gordon, Mariquita
Presidents Relay	Fin	Sun 1:40	800	M/F	drop	30+	59	Bosshart, Patrick
Total-Presidents Relay						drop		

Pyramid Relay

The California dynamic duo was back and Alvin ran other fine 800m leg to cover the middle. Becky (4th final) and Brandy (3rd final of the day) bracketed the team nicely for another solid 2nd place. It was a very silver day with many 2nd place finishes.

2012 Event	Fin/Pre	Day/ Time	Dist	Sex	12 Result	Age/12 PI	12 Age	12 Name
Pyramid Relay	Fin	Sun 3:10	400	F	01:10.6	Open	35	Angeles, Becky
Pyramid Relay	Fin	Sun 3:10	800	M	02:08.5	Open	29	Falling, Brian
Pyramid Relay	Fin	Sun 3:10	1200	M	03:41.5	Open	29	Jorio, Ismail
Pyramid Relay	Fin	Sun 3:10	800	M	02:16.9	Open	29	Hathaway, Alvin
Pyramid Relay	Fin	Sun 3:10	400	F	01:12.9	Open	35	Burton, Brandy
Total-Pyramid Relay					10:30.4	2nd		

Master's Relay

Just two relays to go and we had not won a single one all meet. This was one of our chances. For many years in the mid sized division we would use our best master runners in submaster or open events and we could still win the master's. In the big division I had to load the talent. In my 28 years of nationals I don't think I have ever run on a relay with Brian, Luke, or Robin, and maybe only a couple of times with Chris. I have also never run four finals in one weekend either (the rules used to only allow 3 – and for good reason).

First Luke showed his famous final 200m kick to get us right there at the first handoff. An obviously inspired Chris Grant opened up a lead. Brian, running his 4th final, added a little more to the lead. Robin ripped around the first half of the final lap and gave me a comfortable cushion and not even a slight hamstring pull in the turn was going to keep me from finishing at the front. I even lapped a guy from another team on my way to our only team gold. It was a pleasure to get to run on a team with that great group of athletes and this completed my medal set for the weekend – one gold, one silver, and one bronze.

2012 Event	Fin/ Pre	Day/ Time	Dist	Sex	12 Result	Age/ 12 PI	12 Age	12 Name
Masters Relay	Fin	Sun 3:25	800	M	02:17.1	40/50	48	Luo, Luke
Masters Relay	Fin	Sun 3:25	400	M	00:56.6	40/50	44	Grant, Chris
Masters Relay	Fin	Sun 3:25	800	M	02:14.1	40/50	43	Schmidt, Brian
Masters Relay	Fin	Sun 3:25	200	F	00:32.7	40+	49	Toliver, Robin
Masters Relay	Fin	Sun 3:25	200	M	00:27.9	50/40	52	Westbrook, Paul
Total-Masters Relay					06:28.4	1st		

Sprint Relay

I mentioned we ran a prelim in this to qualify just in case. The team results were already set at this point, so we could have sat in the stands and eaten Fig Newtons. However, when I asked if anyone would like to run the final relay I was flooded with volunteers. Got to love that competitive spirit. Heidi, who didn't get to run the President's, led us off. Rookie Amy Ball just kept getting better. Adam, who had run two prelims, ran well as did Michael. The Todd's had strong finishes, but that bronze medal was just out of reach.

2012 Event	Fin/ Pre	Day/ Time	Dist	Sex	12 Result	Age/ 12 PI	12 Age	12 Name
Sprint Relay	Fin	Sun 3:50	200	F	00:36.3	30+	49	Nagel, Heidi
Sprint Relay	Fin	Sun 3:50	200	F	00:33.0	Open	23	Ball, Amy
Sprint Relay	Fin	Sun 3:50	400	M	00:58.1	Open	28	Baltutis, Adam
Sprint Relay	Fin	Sun 3:50	400	M	00:59.8	Open	26	Reynolds, Michael
Sprint Relay	Fin	Sun 3:50	200	M	00:25.8	40+	41	Fortenberry, Todd
Sprint Relay	Fin	Sun 3:50	200	M	00:24.7	Open	23	Roberson, Todd
Total-Sprint Relay					03:57.7	4th		

Long Jump

We didn't have enough depth to enter the long jump. Sheri (even with her broken toe) was ready to pull Tara over and enter, but Tara had reached her max number of finals. Long jumpers, where are you?

2012 Event	Fin/Pre	Day/ Time	Dist	Sex	12 Result	Age/12 PI	12 Age	12 Name
Long Jump	Fin	Sun - flight?	LJ	F	drop	Any	52	drop
Long Jump	Fin	Sun - flight?	LJ	M	drop	Any	52	drop
Total-Long Jump								

Shot Put

Sheri and Amy threw, and Rio even signed up late to see if we could get more points, but they were just short of the bronze medal. We definitely need some folks training for the field events next year.

2012 Event	Fin/Pre	Day/ Time	Dist	Sex	12 Result	Age/12 PI	12 Age	12 Name
Shot Put Throw	Fin	Sun - flight?	Shot	M	27'8" / 606	Any	50	Phillips, Sheri
Shot Put Throw	Fin	Sun - flight?	Shot	M	23' / 367	Any	23	Ball, Amy
Shot Put Throw	Fin	Sat - flight?	Shot	M	26'5" / 588	Any	70	King, Rio
Total-Shot Put Throw					1194	4th		

Overall Results - http://uscaa.org/natls/scoring/2012/teamScores_all.pdf

In our first year back in the big division since 1995 we were able to capture 3rd place overall, which is an excellent showing considering our small base of employees to draw from. I'll send out the 2013 meet plans soon and everyone needs to mark their calendar and plan to be there. Let's get the team size back up to at least 55 athletes, enter everything, and spread the load.

AT&T was stronger than expected this year, but just a few items going our way would have had us close to the 2nd place overall score. There is a 16 point swing if one team event reverses the 1st and 2nd place finisher. Not entering all the individual events left points unclaimed for us too. Mary Kennard posted many great photos at <http://www.flickr.com/photos/grandmary/sets/72157630630793754/show/>

GE – 726
AT&T – 685
TI – 610
ExxonMobil – 544
BoozeAllenHamilton - 376
Boeing - 115



Finally, thank you to those who work behind the scenes – my co-captain Benjamin Sarpong, travel wizards Dianna Sulser and Cynthia Samilton (who couldn't even make the meet this year), equipment manager Michael Reynolds, and board member Mariquita Gordon. And especially the timeless Coach Rio King who can turn anyone who wants to try into a valuable contributor. Thanks to the volunteers and the prelim runners too. Everyone who came out is special. We all have the same work, family, and other challenges as everyone else yet somehow your character, will, and determination won out and got you there. I love this team and what it represents – people selflessly working together for a common goal. You are all champions in my book. - Paul Westbrook

2012 USCAA Meet	Place						Points						
EVENT	TI	ATT	GE	EXX	BAH	Boeing	TI	ATT	GE	EXX	BAH	Boeing	
WOMEN'S 5K	3	1	2	4	5	9	31	40	34	28	25	0	
MEN'S 5K	2	3	1	9	9	9	34	31	40	0	0	0	
SUB-MASTERS DISTANCE	2	3	1	4	5	9	34	31	40	28	25	0	
EXECUTIVE RELAY	2	3	1	9	9	9	34	31	40	0	0	0	
DISTANCE RELAY	2	9	1	3	9	9	34	0	40	31	0	0	
MEN'S 10K	2	3	1	9	9	9	34	31	40	0	0	0	
WOMEN'S 10K	3	2	1	4	5	9	31	34	40	28	25	0	
4X100 METER RELAY	3	1	2	4	9	9	31	40	34	28	0	0	
WOMEN'S 800M	9	1	2	3	4	5	0	40	34	31	28	25	
THREE-LAP SPRINT	3	2	1	4	9	9	31	34	40	28	0	0	
MENS MILE	2	4	1	3	5	6	34	28	40	31	25	22	
4x200 RELAY	3	1	2	4	9	5	31	40	34	28	0	25	
SENIORS' RELAY	4	1	2	3	9	9	28	40	34	31	0	0	
WOMEN'S RELAY	3	1	2	4	6	5	31	40	34	28	22	25	
SUB-MASTERS SPRINT	2	5	1	3	4	9	34	25	40	31	28	0	
PRESIDENTS' RELAY	9	1	2	9	9	9	0	40	34	0	0	0	
PYRAMID	2	9	1	3	4	9	34	0	40	31	28	0	
MASTERS RELAY	1	3	2	5	4	9	40	31	34	25	28	0	
SPRINT RELAY	4	2	1	3	9	9	28	34	40	31	0	0	
High Jump	3	1	4	2	5	9	31	40	28	34	25	0	
Long Jump	9	2	3	1	4	9	0	34	31	40	28	0	
Shot	4	2	1	3	5	9	28	34	40	31	25	0	
Discus	9	3	1	2	4	9	0	31	40	34	28	0	
Indiv M 200m 18-29	5	3	2	4	1	9	5	7	8	6	10	0	
Indiv M 200m 50-59	9	2	1	9	3	9	0	8	10	0	7	0	
Indiv M 200m 60+	9	1	2	9	9	3	0	10	8	0	0	7	
Indiv F 200m 18-29	4	1	2	3	9	5	6	10	8	7	0	5	
Indiv F 200m 40-49	9	1	2	9	9	9	0	10	8	0	0	0	
Indiv F 200m 50+	2	1	3	9	5	4	8	10	7	0	5	6	
Indiv M 400m 30-39	2	9	1	9	9	9	8	0	10	0	0	0	
Indiv M 400m 40-49	2	1	9	9	3	9	8	10	0	0	7	0	
Indiv F 400m 30-39	1	9	2	9	3	9	10	0	8	0	7	0	
Indiv F 400m 40-49	2	4	1	3	9	9	8	6	10	7	0	0	
Raw Total							666	800	928	597	376	115	
Team Events (best 17 of 23)	19	21	23	19	13	4	557	614	656	524	340	97	
individual best (8 of 10)	7	8	9	3	5	3	53	71	70	20	36	18	
TOTAL							610	685	726	544	376	115	
Team 1st	1	8	13	1	0	0	3rd	2nd	1st	4th	5th	6th	
Team 2nd	8	5	8	2	0	0							
Team 3rd	7	6	1	8	0	0							
Ind 1st	1	5	3	0	1	0							
Ind 2nd	4	1	5	0	0	0							
Ind 3rd	0	1	1	2	3	1							