

TI Track & Field Team 2015 HCAA Corporate Cup Meet Results – Houston, TX on May 16th, 2015

Due to a dwindling number of teams the national meet was put on hold after 2014, so the TI team chartered a bus and traveled down I-45 to warm, wet, and windy Houston for the HCAA Track Meet. We have competed many times at the Houston meet over the decades, but the last time we went down was 2006. We stopped attending so we could focus all our efforts and budget on the national meet.

Houston is a one day meet so most of us departed on our bus after lunch on Friday, got some sleep in Houston, and got rolling early Saturday morning. The chartered bus was fun as we got to visit with everyone but we did have a couple of issues. The first was TI security not letting the bus on campus (he finally got on) and the second was the bus breaking down near Fairfield, TX. We improvised by moving our planned dinner stop up while what turned out to be a nicer bus came to rescue us. An overall hour delay, but we arrived around 8pm. Then several of us got stuck in the hotel elevator for what seemed like a long time (it was about 95 degrees and 99.9% humidity in the elevator). Rookie Will Luppino finally pulled the door open and we all ran out and took the stairs. A few other team members drove or flew in and everyone was in town by that evening.

The Houston meet has more participation than the national meet has for the last several years. There were 9 teams entered. Houston allows you to run multiple teams in any event, so there were at least 6 teams in every event and most events had enough teams to run two heats of the finals. After studying the results from the last couple of years it looked like Exxon, BP, and Shell were the strong teams. We set up our strategy to try and win the team title and my pre-event plan has us predicted in a dead even score with Exxon, with BP and Shell right behind. The backwards historical data look will get you close, but each new year bring surprises.

We had fewer people interested in participating this year. Some had schedule conflicts and others just didn't seem as interested in going to Houston as they did to San Diego or San Francisco. Turns out we were just one good member short. The members who did show up could not have been a better group of people and I am so proud of all their performances.

2015 TI Team Stats

Team members=42 (25 males, 17 females)
Average age = 43.6 (youngest = 21; oldest = 75)
Auto qual = 6 (14%); min qual = 10 (24%)
Employees=29; Retirees=12; Alumni=1
Rookies=8 (19%)

Overall Results

I usually save this part until the end, but due to a non-documented rule the overall results have been disputed. The meet director will not change the scoring, though he admits it was an unwritten rule that local teams knew, but we didn't. In one way of counting the top two teams were TI: 168 points; BP; 167 points. In the current official score it's BP: 167; TI: 166. You'll see where the difference is below. Full details are at the bottom.

Let the Events Begin - Sat, May 16th

3K Team Road Race

Great running by our team members on a warm and humid morning. The 3K on the track is scored by place in 10 year age groups. For the women, the top 4 places count toward the score. I lobbied to add a 70+ age group, but was not successful. Unfortunately, after the meet the organizer said they don't count the 60+ age group for the women – only the men. The 60+ women were scored in the 50-59 group.

That means we ran all of our Women against each other in the same 50+ age group – which I would have never done if this rule was actually written and published. The two scoring tables below show the difference.

Without the 60+ age group – 3rd place

2015 Event	Team	Time	Dist	Sex	15 Result	15 PI	AG / WMA	15 Age	15 Name
3K Women	A	9:25	3K	F	19:58	10	40-49	49	St. John, Cissy
3K Women	A	9:25	3K	F	13:08	1	50-59	54	McCauley, Heidi
3K Women	A	9:25	3K	F	14:58	3	50-59	52	Nagel, Heidi
3K Women	A	9:25	3K	F	15:50	6	50-59	59	Sulser, Dianna
3K Women	A	9:25	3K	F	15:13	4	60+	61	Gonzalez, Terry
3K Women	A	9:25	3K	F	19:48	10	60+	73	Salter, Mary
Total-3K Women					top 4 pl>	14	3rd	3	

With the 60+ age group – 2nd place

2015 Event	Team	Time	Dist	Sex	15 Result	15 PI	AG / WMA	15 Age	15 Name
3K Women	A	9:25	3K	F	19:58	10	40-49	49	St. John, Cissy
3K Women	A	9:25	3K	F	13:08	1	50-59	54	McCauley, Heidi
3K Women	A	9:25	3K	F	14:58	3	50-59	52	Nagel, Heidi
3K Women	A	9:25	3K	F	15:50	5	50-59	59	Sulser, Dianna
3K Women	A	9:25	3K	F	15:13	1	60+	61	Gonzalez, Terry
3K Women	A	9:25	3K	F	19:48	3	60+	73	Salter, Mary
Total-3K Women					top 4 pl>	8	2nd	2	

For the men the top 5 score. Adding a 70+ group here would have helped us greatly, but we missed the 1st place slot by one point. Again great running by everyone.

2015 Event	Team	Time	Dist	Sex	15 Result	15 PI	AG / WMA	15 Age	15 Name
3K Men	A	8:15	3K	M	10:22	2	20-29	23	Luppino, Will
3K Men	A	8:35	3K	M	12:00	6	40-49	47	Bilhan, Haydar
3K Men	A	8:35	3K	M	9:59	2	40-49	46	Schmidt, Brian
3K Men	A	8:35	3K	M	12:17	3	60+	61	Papermaster, Barry
3K Men	A	8:35	3K	M	11:44	2	60+	62	Hull, Chuck
3K Men	A	8:35	3K	M	15:06	9	60+	73	King, Rio
3K Men	A	8:35	3K	M	13:32	6	60+	75	VanBesien, Bies
Total-3K Men					top 5 pl>	15	2nd	1	

Men's Mile

One of our best new additions this year was Will Luppino. He was always out at practice working hard – and it's a good thing, because I put a load on him at this meet. He ran very well in the 3K, and then I had him running two other mile legs at the meet. I teamed Will and Eric up for the mile. In Houston you add the places of the two runners. Will was 3rd overall and Eric was 7th for a 10. As luck would have it two other teams scored a 10, so it went to the tie-breaker rule, which is fastest overall finisher. The other two teams were 1 and 2, so we took 3rd in this one.

2015 Event	Team	Time	Dist	Sex	15 Result	15 PI	AG / WMA	15 Age	15 Name
Men's Mile Team	A	10:00	1600	M	04:50.0	3	20+	23	Luppino, Will
Men's Mile Team	A	10:00	1600	M	05:09.0	7	20+	32	Southard, Eric
Total-Men's Mile					top 2 pl>	10	3rd	3	

Submaster Distance Relay

This is one I thought we could win and the team performed perfectly. They put Ismail in position and he overtook the BP team and pulled away. Mitchel won the award for most spectators at the event. Brandy hasn't been able to run a 400m this year as she battled shin splints, but she blasted this one. And then there was rookie Paul Barker – you'll see his name several more times down the page.

2015 Event	Team	Time	Dist	Sex	15 Result	15 PI	AG / WMA	15 Age	15 Name
SubMaster Dist Relay	A	10:15	800	M	02:28.5		35/30	37	Fulce, Mitchel
SubMaster Dist Relay	A	10:15	400	F	01:10.0		30+	38	Burton, Brandy
SubMaster Dist Relay	A	10:15	1200	M	03:49.5		35/30	46	Barker, Paul
SubMaster Dist Relay	A	10:15	1600	M	05:11.0		30/35	32	Jorio, Ismail
Total-SubMaster Dist					12:39.0		1st	1	Need 12:50

Women's 800 Team Race

We didn't have enough females running 800m legs to think about fielding a team.

3-Lap Sprint

We had good sprinters, but were missing that min/auto qual level person or two that turns a team from good to great. Rookie Alex Wang ran well and Heather finally managed to avoid injury and had a good meet.

2015 Event	Team	Time	Dist	Sex	15 Result	15 PI	AG / WMA	15 Age	15 Name
3 Lap Sprint	A	10:45	200	F	00:30.2		20+	26	Geiger, Heather
3 Lap Sprint	A	10:45	200	M	00:25.2		20+	29	Reynolds, Michael
3 Lap Sprint	A	10:45	400	M	00:55.9		20+	24	Wang, Alex
3 Lap Sprint	A	10:45	400	M	00:56.5		20+	24	Boyda, Nolan
Total-3 Lap Sprint					02:47.8		4th	4	Need:2:41

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. I convinced Haydar to join us (and his wife agreed) and got us off the start we needed. When rookie Paul Barker took the handoff we were in 2nd, but well behind Shell – probably more than half a lap. On his 3rd lap I told Paul to run easy, knowing he had yet another event. Thank goodness he ignored me. Late in lap 3 you could see the Shell anchor starting to tie up. Paul looked fresh (probably because I told him to take it easy – and that's the story I'm going with) and started picking up the pace. He came from way back and ran the guy down to take it down the stretch for the win and Paul's second gold medal of the day.

2015 Event	Team	Time	Dist	Sex	15 Result	15 PI	AG / WMA	15 Age	15 Name
Executive Relay	A	11:00	800	M	02:41.0		30+E	47	Bilhan, Haydar
Executive Relay	A	11:00	400	M	01:06.3		30+E	55	Westbrook, Paul
Executive Relay	A	11:00	800	M	02:38.0		30+E	54	Tucker, David
Executive Relay	A	11:00	1600	M	05:32.2		25+E	46	Barker, Paul
Total-Executive Relay					11:57.5		1st	1	Need 12:05

Distance Relay

I pulled intern Charlotte Sweed from the 3K so she would be fresh. The rest of the team was really solid and got us close, but not quite enough for Will to make a move (running his 3rd event of the day). This is a long event. Stephen Smith was running on a sore ankle, but came through.

2015 Event	Team	Time	Dist	Sex	15 Result	15 PI	AG / WMA	15 Age	15 Name
Distance Relay	A	11:15	1600	F	06:33.4		20+	21	Sweed, Charlotte
Distance Relay	A	11:15	1600	M	05:08.4		40+	46	Schmidt, Brian
Distance Relay	A	11:15	800	M	02:24.2		20+	33	Smith, Stephen
Distance Relay	A	11:15	800	M	02:23.2		20+	28	Laugeson, Larry
Distance Relay	A	11:15	1600	M	05:16.2		20+	23	Luppino, Will
Total-Distance Relay					21:45.4		2nd	2	

Women's Relay

Katie and Lexi both had scheduling conflicts this year. And Beth wasn't even planning to come until a few weeks ago. Newcomers Min and Jennifer had only been training a bit over a month but they were fearless and hard-working and their times just kept coming down. They both ran new PR's in this event.

2015 Event	Team	Time	Dist	Sex	15 Result	15 PI	AG / WMA	15 Age	15 Name
Women's Relay	A	11:45	800	F	02:54.4		20+/30+	51	Michalak, Beth
Women's Relay	A	11:45	400	F	01:15.2		30+/20+	29	Imperial, Jennifer
Women's Relay	A	11:45	400	F	01:14.2		20+/30+	33	Chu, Min
Total-Women's Relay					05:23.8		4th	4	Need 4:45

Submaster's Sprint

Brandy ran lights out from the start and Scott and Damian also ran well. Eric got it close, but had a bit too much space to make up. They ran better than the past two years winning times, but the competition stepped up this year.

2015 Event	Team	Time	Dist	Sex	15 Result	15 PI	AG / WMA	15 Age	15 Name
Submasters Sprint	A	11:55	200	F	00:29.7		30+	38	Burton, Brandy
Submasters Sprint	A	11:55	200	M	00:26.5		35+/30+	38	Williams, Scott
Submasters Sprint	A	11:55	400	M	00:57.5		35+/30+	37	Lewis, Damian
Submasters Sprint	A	11:55	800	M	02:15.9		30+/35+	32	Southard, Eric
Total-Submast Sprint					04:09.6		2nd	2	Need 4:05

Senior's Relay

First, let me talk about Claude. He turned 50 this year and earned the anchor leg on the Senior's Relay, which was very likely to be a gold medal team. When all of our 40 year old sprinters ended up with conflicts (and it is a long list) and Mike Elliott tweaked his hamstring we knew that Claude or I would have to drop down and run the 40+ slots in the 4x100 and the Sprint Relay. I gave him the choice and he said he would drop down. I thought Claude was unselfishly giving up a certain gold medal for the good of the team. Of course, it could also be that Claude selfishly wanted to run the 100 and 200 and stick me with a pair of 400's. We'll go with the unselfish Claude story, because his history tells me that's true.

Then we tossed in a second team and they did great. Mike's hamstring was apparently just fine. Had we had a bit more of our usual Senior's depth we could have taken 1 and 2 in this. This was a new event to the Houston meet (I was successful with this lobbying effort).

2015 Event	Team	Time	Dist	Sex	15 Result	15 PI	AG / WMA	15 Age	15 Name
Seniors Relay	A	12:25	400	M	01:06.6		50+	54	Tucker, David
Seniors Relay	A	12:25	200	F	00:32.4		50+	53	Phillips, Sheri
Seniors Relay	A	12:25	600	M	01:47.7		50+	61	Papermaster, Barry
Seniors Relay	A	12:25	400	M	01:06.9		50+	55	Westbrook, Paul
Total-Seniors Relay					04:33.6		1st	1	Need 5:15?

2015 Event	Team	Time	Dist	Sex	15 Result	15 PI	AG / WMA	15 Age	15 Name
Seniors Relay B	B	12:25	400	M	01:23.2		50+	73	King, Rio
Seniors Relay B	B	12:25	200	F	00:41.9		50+	52	Nagel, Heidi
Seniors Relay B	B	12:25	600	M	01:51.6		50+	62	Hull, Chuck
Seniors Relay B	B	12:25	400	M	01:06.4		50+	55	Elliott, Mike
Total-Seniors Relay B					05:03.1		4th	4	Need ?

4x100

We got this team together late, but they put in the work on handoff practice on a rainy Saturday morning the week before the meet. It really paid off as they took 2nd with good performances and handoffs.

2015 Event	Team	Time	Dist	Sex	15 Result	15 PI	AG / WMA	15 Age	15 Name
4 x 100 Relay	A	12:35	100	F	14.7		35+	38	Burton, Brandy
4 x 100 Relay	A	12:35	100	F	13.6		20+	26	Geiger, Heather
4 x 100 Relay	A	12:35	100	M	12.1		40+	50	Cirba, Claude
4 x 100 Relay	A	12:35	100	M	11.3		20+	24	Wang, Alex
Total-4 x 100 Relay					51.7		2nd	2	Need 51.0

Pyramid Relay

Amber and Annalisa have been working their 400 times down and Larry and Stephen returned for the double. Ismail ran an excellent 1200 leg to take 3rd overall.

2015 Event	Team	Time	Dist	Sex	15 Result	15 PI	AG / WMA	15 Age	15 Name
Pyramid Relay	A	12:45	400	F	01:19.9		20+	26	Palmer, Amber
Pyramid Relay	A	12:45	800	M	02:22.5		20+	28	Laugeson, Larry
Pyramid Relay	A	12:45	1200	M	03:36.5		20+	32	Jorio, Ismail
Pyramid Relay	A	12:45	800	M	02:28.5		20+	33	Smith, Stephen
Pyramid Relay	A	12:45	400	F	01:21.9		20+	30	Rogers, Annalisa
Total-Pyramid Relay					11:09.3		3rd	3	Need 10:15

Master's Relay

The previous years times in this version of the Master's Relay had not been very good in Houston. I loaded one team and fielded a strong second team. This was to try and push the other teams down a slot in the scoring – a displacement strategy. The teams must have all sensed this race could be better and they all picked it up. Barker took his 3rd Gold medal of the day and Brian was solid as always in his 3rd event of the day. Dave Tucker ran his 3rd event of the day (and he also high jumped and long jumped) as did Barry. Stephanie worked hard all season and got her gold medal as a reward and Beth was outstanding in her 2nd race after very little training.

2015 Event	Team	Time	Dist	Sex	15 Result	15 PI	AG / WMA	15 Age	15 Name
Masters Relay	A	1:00	800	M	02:25.9		40+	46	Barker, Paul
Masters Relay	A	1:00	400	F	01:22.5		40+	42	Hilbun, Stephanie
Masters Relay	A	1:00	800	M	02:23.4		40+	46	Schmidt, Brian
Total-Masters Relay					06:11.8		1st	1	
Masters Relay-B	B	1:00	800	M	02:37.8		40+	54	Tucker, David
Masters Relay-B	B	1:00	400	F	01:15.4		40+	51	Michalak, Beth
Masters Relay-B	B	1:00	800	M	02:44.7		40+	61	Papermaster, Barry
Total-Masters Relay -B					06:37.9		4th	4	

Sprint Relay

Just like the 3 Lap, we were missing that one or two auto/min qual sprinter to put us in contention. Janet had patiently waited all day for her race – as did Anthony. Some team members who hadn't run 3 events quickly cobbled together a B team and they did pretty well too – just 3 seconds behind the TI A team.

2015 Event	Team	Time	Dist	Sex	15 Result	15 PI	AG / WMA	15 Age	15 Name
Sprint Relay	A	1:15	200	F	00:33.0		20+	33	McCaskill, Janet
Sprint Relay	A	1:15	200	F	00:32.2		20+	29	Imperial, Jennifer
Sprint Relay	A	1:15	400	M	01:01.5		20+	27	Fagnani, Anthony
Sprint Relay	A	1:15	400	M	00:59.5		20+	29	Reynolds, Michael
Sprint Relay	A	1:15	200	M	00:27.2		40+	50	Cirba, Claude
Sprint Relay	A	1:15	200	M	00:26.6		20+	24	Boyda, Nolan
Total-Sprint Relay					04:00.0		4th	4	Need 3:37
Sprint Relay	A	1:15	200	F	00:33.9		20+	54	McCauley, Heidi
Sprint Relay	A	1:15	200	F	00:33.9		20+	33	Chu, Min
Sprint Relay	A	1:15	400	M	01:02.7		20+	38	Williams, Scott
Sprint Relay	A	1:15	400	M	00:59.2		20+	32	Jorio, Ismail
Sprint Relay	A	1:15	200	M	00:27.5		40+	55	Westbrook, Paul
Sprint Relay	A	1:15	200	M	00:26.0		20+	37	Lewis, Damian
Total-Sprint Relay -B					04:03.2		6th	6	

Jump Relay

Sheri and Dave jumped well and came up 3rd in this age graded scoring system.

2015 Event	Team	Time	Dist	Sex	15 Result	15 PI	AG / WMA	15 Age	15 Name
Jump Relay	A	9:15	LJ	M/F	12'1"	647	Any	53	Phillips, Sheri
Jump Relay	A	9:15	HJ	M/F	13'11"	619	Any	54	Tucker, David
Jump Relay	A	11:00	HJ	M/F	4'2"	794	Any	53	Phillips, Sheri
Jump Relay	A	11:00	LJ	M/F	4'8"	727	Any	54	Tucker, David
Total-Jump Relay					2787		3rd	3	Need 3200

Throw Relay

Dave and Lonnie teamed up again. Only one team beat them – Exxon. Unfortunately Exxon had 4 good throwers and their B team took 2nd sending our team to 3rd. The displacement strategy I hoped to use in the Senior's or Master's worked against us in the throws.

2015 Event	Team	Time	Dist	Sex	15 Result	15 PI	AG / WMA	15 Age	15 Name
Throw Relay	A	9:30	Shot	M/F	38'3"	706	Any	61	Lewis, Lonnie
Throw Relay	A	9:30	Shot	M/F	31'9"	543	Any	51	Rothenbury, Dave
Throw Relay	A	10:30	Discus	M/F	90'6"	445	Any	61	Lewis, Lonnie
Throw Relay	A	10:30	Discus	M/F	121'	602	Any	51	Rothenbury, Dave
Total-Throw Relay					2295		3rd	3	Need 2600

And here are the results with the 3K scoring rule that was not written and according to the meet director “This was known to local teams but not to you.” Despite the odd rule, we would have won anyway if we had just finished one place higher in any event, or BP had finished one place lower. Two of the sprint events were just 0.6 or 0.7 seconds from moving up a slot. It was that close.

EVENT	Place 2015										Points 2015									
	TI	BP	Exxo	Shell	Chev	Schl	BP(B)	CP	BHP		TI	BP	Exxo	Shell	Chev	Schl	BP(B)	CP	BHP	
3K Mens	2	1	3	5	4	7	x	8	6		12	15	10	7	8	5	0	4	6	
3K Womens	3	1	7	4	2	5	x	6	x		10	15	5	8	12	7	0	6	0	
MENS MILE	3	6	5	8	2	4	x	7	1		10	6	7	4	12	8	0	5	15	
SUB-MASTERS DISTANCE	1	2	5	3	x	4	x	6	x		15	12	7	10	0	8	0	6	0	
WOMEN'S 800M	x	1	2	5	4	3	6	x	x		0	15	12	7	8	10	6	0	0	
THREE-LAP SPRINT	4	2	3	1	5	8	6	11	7		8	12	10	15	7	4	6	1	5	
EXECUTIVE RELAY	1	3	5	2	x	4	x	x	x		15	10	7	12	0	8	0	0	0	
DISTANCE RELAY	2	1	4	3	8	5	6	7	x		12	15	8	10	4	7	6	5	0	
WOMEN'S RELAY	4	2	1	5	6	x	3	x	x		8	12	15	7	6	0	10	0	0	
SUB-MASTERS SPRINT	2	4	3	1	5	9	8	11	10		12	8	10	15	7	3	4	1	2	
SENIORS RELAY	1	5	2	3	x	6	x	x	x		15	7	12	10	0	6	0	0	0	
4X100 METER RELAY	2	1	6	4	3	x	5	x	10		12	15	6	8	10	0	7	0	2	
PYRAMID	3	4	2	1	8	5	6	7	9		10	8	12	15	4	7	6	5	3	
MASTERS RELAY	1	2	5	3	7	9	6	10	x		15	12	7	10	5	3	6	2	0	
SPRINT RELAY	4	3	2	1	7	x	5	10	8		8	10	12	15	5	0	7	2	4	
Jump Relay	3	5	1	2	6	11	7	11	11		10	7	15	12	6	1	5	1	1	
Throw Relay	3	4	1	9	5	11	8	6	11		10	8	15	3	7	1	4	6	1	
17 team events >											182	187	170	168	101	78	67	44	39	
14 counted events (drop 3) >											166	167	152	154	101	78	67	44	39	
1st	4	5	3	4	0	0	0	0	1											
2nd	4	4	4	2	2	0	0	0	0											
3rd	5	2	3	4	1	1	1	0	0											
4th	3	3	1	2	2	3	0	0	0											
5th	0	2	4	3	3	3	2	0	0											

Thanks

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

2015 TI
Track & Field Team at the HCAA Houston Regional Track & Field Meet



www.enerjazz.com/track