

TI Track & Field Team Info Sheet

The Texas
Instruments Track
& Field Team

WEB PAGE – <https://enerjazz.com/track>

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Practice Schedule / Time Trials

Practice/Time Trials – Every Saturday at 10AM

Location: **Plano Senior High School** (map below); Best parking is on the north side of the Plano Aquatics Center (2301 Westside Dr, Plano). There is a gate that leads to the track up the hill from the parking area. Google maps link: <https://goo.gl/maps/aoxUsVL1hwvNa5JfA>

Practice tips: There is no restroom at the track. Bring water with you. Always keep some warm up pants / jacket in your car – the weather changes quickly in the spring. We run in the rain, but not when there is lightning.

If interested in participating in Houston, enter your info into Roster ([Google Sheet](#)) linked on this page – <https://enerjazz.com/track> (inside of TI you might have to wait for the timer to access this). The 1st tab is the roster, the 2nd tab is where you enter your qualifying data.

Corporate Track Meet 2024

Saturday, May 4th – Corporate Track Championship in Houston, TX

Team Bus will depart Dallas on Fri (May 3) at noon, return Sat night by 10pm.



Internal TI Track Meet

We are considering hosting a TI track meet on Saturday, April 6th at Plano Senior High. More details as we get closer.

Houston Eligibility

TI Employee – must be working 32 hours/week. Summer interns are eligible if they are employed by the time of the meet.

TI Contractors – must be working 32 hrs/week

Retirees – must be pension eligible, former employees

Alumni – Up to 5 ex-employees who have competed in at least one regional/national meet are eligible as

Top Questions and Concerns

Concern: “I haven’t run in years and don’t think I could be competitive anymore.”

Fact: A number of members of the team have made successful comebacks after a 20-year absence from running. They lose weight, get fit, and some even break personal bests that they set in high school. Many of the races have legs for certain age groups (i.e. female over 30, male over 40, etc.) so you compete against your peers.

Concern: “I’ve never run track before so I don’t think I can contribute.”

Fact: Quite a few people on the team have never run track before joining TI. If you are a decent athlete and are willing to put in a little effort you might be able to contribute to the team.

Concern: “The team has won a number of National Championships so there is probably no way I can help them.”

Fact: Absolutely false. The team wins with ordinary people, like you, doing extraordinary things - together. The team hasn’t come close to reaching its potential. We are consistently short of the younger age group athletes and especially pressed for females in many events. You can make a difference.

Question: “How do I get started?”

Answer: First, go to the team webpage and sign up for the team e-mail list. Then visit the Training link to get information on how to get started. The team will begin holding a weekly practice starting in February and that’s a great time to come out and visit with the coaches – and start out slowly. Web page: enerjazz.com/track

Question: “I run distance; do you think I can help on the track?”

Answer: Absolutely. There is a 3,200m race at the meet (scored by place in a 10-year age groups) and a number of distance runners find that a track workout program greatly boosts their road times. Many road racers make good 800m and 1600m runners too.

Concern: “I don’t think I can find the time to train.”

Fact: You can make great improvements with just a few workouts a week. Everyone can benefit from an exercise program. Skip a few TV shows each week and begin running instead. Attend one track practice once a week and before long you’ll start seeing results.

Concern: “I looked at some qualifying times and there is no way I can meet that standard.”

Fact: Don’t worry about those right now. Half of the team does not reach a goal qualifying time. We set the standards high, but fill the team with the best available people. And the Houston meet allows you to run multiple teams – so if you want to participate, we might find a slot for you.

Concern: “I work an odd shift and can’t attend the weekly practice.”

Fact: A few team members work shifts and manage to train on their own. Some follow the web page program, others get advice from the coaches, some work out at Texins, and some have their own program. If we have several people on a shift they can set up their own training time. Training with a partner is the absolute best way to go, but you can still workout and turn in times to be eligible for the team.

At worst you’ll lose weight, get in shape, and make new friends. With a little work you’ll have the chance to participate on a great team – it’s a great feeling. Go to the web page, sign up, and get started. <https://www.enerjazz.com/track>