

TI Track & Field Team 2023 HCAA Corporate Cup Meet Results – Houston, TX on May 6th, 2023

For the first time since 2019 we travelled to Houston for the Houston Corporate Track Meet. There was no meet in 2020 or 2021 due to the pandemic. They held a meet in 2022, but we did not attend.

We could only find 24 people to attend the meet this year. In 2017 we brought a large team (48 people) to Houston and we won the team title by a comfortable margin. In 2018 and 2019 we had 34 people, and finished 3rd in 2018, but won again in 2019.

Houston is a one-day meet, so most of us departed in vans 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 weather was humid and windy, but the clouds muted the sun for all but the final 5 events.

There were 4 companies that entered most of the 17 events – Exxon, BP, Schlumberger (SLG), and TI. We could only enter 16 of the events due to our small team size – and that was by stretching many people to their full allowed events (3 running events per person).

We had a large group contributing to the team organization. We had tri-captains of Michael Reynolds, Ashley Cox, and Aaron Barrera. Rio King and Paul Westbrook did most of the coaching, and Paul took care of the strategy and event planning.

2023 TI Team Stats

- Running team members= 24 (17 males, 7 females)
- Rookies = 9 (37%)
- Average age = 44.2 (youngest = 24; oldest = 81)
- Employees=15; Retirees=4; Alumni=4; Contractors=1

Photos – Photos have been posted here:

https://photos.google.com/u/1/share/AF1QipNTy8giV67F1qzi3c3fN1ujZQ4M1katytP6hCntcyjmdcZf5CqwDiL_phFuID7pVRg?key=MzczWktTSElfc1MV2FBUHc2X1gzV2MyelhJS1Z3

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)

The women have 4 age groups – 20-29; 30-39; 40-49; 50+. We were down to just four women – and two were in the same age group. That means we gave away points in the 30-39 age group. Despite that handicap, the quality women we had ran great and secured enough points to tie for 1st. Unfortunately we lost the second level tie-breaker and took 2nd place as a team. Brittany was the only entry in the 20-29, so she was able to gear down and save energy for later. Note that 2 of our runners were over 60, but the meet doesn't have a 60+ women's group like they do for the men. Equality would have meant a team victory for us.

2023 Event	Time	Dist	Sex	23 Result	23 PI	AG / WMA	23 Age	23 Name
3200m Women	9:00	3200m	F	14:21	1	20-29	27	Brittany Parga
3200m Women	9:00	3200m	F	13:05	2	40-49	46	Becky Angeles
3200m Women	9:00	3200m	F	14:46	1	50+	62	Heidi McCauley
3200m Women	9:00	3200m	F	17:33	3	50+	61	Vonnie Howard
Total-3200m Women					7	pl>	2	

Men's 3K (1st)

The men get 5 age groups and the top 5 places add for the team score. Our oldest rookie, Steve Russo, was the critical 5th score and that nabbed him a gold medal in his first corporate track event. Jim Dietz ran an incredible 10:59 at age 63 and rookie Anders Bandt, who joined the team in the final weeks, ran an 11:08.

2023 Event	Time	Dist	Sex	23 Result	23 PI	AG / WMA	23 Age	23 Name
3200m Men	8:15	3200m	M	11:08	2	20-29	24	Anders Bandt
3200m Men	8:35	3200m	M	11:46	4	40-49	40	Ismail Jorio
3200m Men	8:35	3200m	M	11:48	5	40-49	46	Ryan Hart
3200m Men	8:35	3200m	M	15:18	10	50-59	41	Derek Baessler
3200m Men	8:35	3200m	M	11:48	1	50-59	54	Brian Schmidt
3200m Men	8:35	3200m	M	10:59	1	60+	63	Jim Dietz
3200m Men	8:35	3200m	M	14:09	2	60+	60	Steve Russo
Total-3200m Men					10	pl>	1	

Men's Mile (4th)

I gambled on this when we found Anders just a few weeks before the meet. He didn't have track experience, but was running and just completed an ultramarathon two weeks ago. The only other miler we had in the group was 63 year old Jim Dietz – running in an open age event. They tied for 3rd, but lost the tie-breaker.

2023 Event	Time	Dist	Sex	23 Result	23 PI	AG / WMA	23 Age	23 Name
Men's Mile Team	10:00	1600	M	05:26.0	8	20+	24	Anders Bandt
Men's Mile Team	10:00	1600	M	05:12.0	6	20+	63	Jim Dietz
Total-Men's Mile					14	pl>	4	

Submaster Distance Relay (2nd)

This is a race for people over 30. Our youngest runner was 40, and we had one over 50 and one over 60. They still finished a solid 2nd place.

2023 Event	Time	Dist	Sex	23 Result	23 PI	AG / WMA	23 Age	23 Name
SubMaster Dist Relay	10:15	800	M	02:33.0		35/30	46	Ryan Hart
SubMaster Dist Relay	10:15	400	F	01:22.0		30+	62	Heidi McCauley
SubMaster Dist Relay	10:15	1200	M	04:07.0		35/30	54	Brian Schmidt
SubMaster Dist Relay	10:15	1600	M	05:36.0		30/35	40	Ismail Jorio
Total-SubMaster Dist				13:38.0		pl>	2	

Women's 800 Team Race (1st)

Julie was a late add to the team and Brittany was a rookie who had been out to a few practices. It was a tight bunch for much of the first lap, and after a runner cut in on Julie and almost tripped her, she put it in another gear and Brittany went with her. They won the tiebreaker to take the gold medal.

2023 Event	Time	Dist	Sex	23 Result	23 PI	AG / WMA	23 Age	23 Name
Women's 800 Team	10:35	800	F	02:37.0	2	20+	43	Julie Rembold
Women's 800 Team	10:35	800	F	02:48.0	5	20+	27	Brittany Parga
Total-Women's 800					7	pl>	1	

3-Lap Sprint (3rd)

We had another tough time finding sprinters this year. Peng was our most enthusiastic rookie – and by rookie I mean zero track experience. He worked hard and improved his time by several seconds over the past month. Jimmy made it out to a couple of practices and we put him to work all day – 3 track events plus long jump and high jump. Two of our captains started and ended this race and ran well.

2023 Event	Time	Dist	Sex	23 Result	23 PI	AG / WMA	23 Age	23 Name
3 Lap Sprint	10:45	200	F	00:31.0		20+	26	Ashley Cox
3 Lap Sprint	10:45	200	M	00:23.7		20+	24	Jimmy Kenyon
3 Lap Sprint	10:45	400	M	01:02.5		20+	26	Pengzhao Zhu
3 Lap Sprint	10:45	400	M	01:00.8		20+	27	Aaron Barrera
Total-3 Lap Sprint				02:58.0		pl>	3	

Executive Relay (1st)

We had a solid team for this one and they won by a large margin. Rookies Derek and Steve got us in great position, then Michael and Paul took it across for our 2nd gold medal team of the day.

2023 Event	Time	Dist	Sex	23 Result	23 PI	AG / WMA	23 Age	23 Name
Executive Relay	11:00	800	M	02:55.0		30+E	41	Derek Baessler
Executive Relay	11:00	400	M	01:22.0		30+E	60	Steve Russo
Executive Relay	11:00	800	M	02:40.0		30+E	37	Michael Reynolds
Executive Relay	11:00	1600	M	05:49.0		25+E	54	Paul Barker
Total-Executive Relay				12:46.0		pl>	1	

Distance Relay (Did Not Enter)

With not enough people, we skipped this event and gave Exxon another 1st place win with little challenge.

2023 Event	Time	Dist	Sex	23 Result	23 PI	AG / WMA	23 Age	23 Name
Distance Relay	11:15	1600	F			20+	#N/A	
Distance Relay	11:15	1600	M			40+	#N/A	
Distance Relay	11:15	800	M			20+	#N/A	
Distance Relay	11:15	800	M			20+	#N/A	
Distance Relay	11:15	1600	M			20+	#N/A	
Total-Distance Relay				00:00.0		pl>	x	

Women's Relay (2nd)

Julie led off a strong team for us and Brittany ran a solid leg. Ashley had a nice lead and ran a great time, but Exxon unveiled a female who ran a 60 second 400 (faster than any of our men ran that day) to nip Ashley at the line. Still, an outstanding time and effort for our team.

2023 Event	Time	Dist	Sex	23 Result	23 PI	AG / WMA	23 Age	23 Name
Women's Relay	11:45	800	F	02:37.4		20+/30+	43	Julie Rembold
Women's Relay	11:45	400	F	01:12.4		30+/20+	27	Brittany Parga
Women's Relay	11:45	400	F	01:08.2		20+/30+	26	Ashley Cox
Total-Women's Relay				04:58.0		pl>	2	

Submaster's Sprint (2nd)

We had a good, but older team. And Ismail kept closing the gap in the final 800, but just didn't have quite enough time to catch Exxon and they edged us by 1 second. Again, look at the ages of our team in an event for people in their 30's. They were very competitive despite giving away a few decades.

2023 Event	Time	Dist	Sex	23 Result	23 PI	AG / WMA	23 Age	23 Name
Submasters Sprint	11:55	200	F	00:30.0		30+	54	Renette Schmidtke
Submasters Sprint	11:55	200	M	00:25.3		35+/30+	46	Jason Green
Submasters Sprint	11:55	400	M	01:06.0		35+/30+	37	Michael Reynolds
Submasters Sprint	11:55	800	M	02:18.0		30+/35+	40	Ismail Jorio
Total-Submast Sprint				04:19.3		pl>	2	

Senior's Relay (1st)

We have won this event for years, and no one came close to us again this year. Another gold medal group.

2023 Event	Time	Dist	Sex	23 Result	23 PI	AG / WMA	23 Age	23 Name
Seniors Relay	12:25	400	M	01:11.1		50+	54	Brian Schmidt
Seniors Relay	12:25	200	F	00:31.1		50+	54	Renette Schmidtke
Seniors Relay	12:25	600	M	01:45.1		50+	63	Jim Dietz
Seniors Relay	12:25	400	M	01:06.1		50+	54	Paul Barker
Total-Seniors Relay				04:33.4		pl>	1	

4x100 (1st)

Sometimes you have all the right pieces in place. Renette, who was a rookie with us, ran in her 3rd event in just 40 minutes. She ran in the 35+ ago slot and got us off to a blazing start. Ashley ran a great leg and got Jason in position to take the lead. Then Jimmy took home for nice win. This team also practiced the critical high speed handoffs the week before and it showed at the meet.

2023 Event	Time	Dist	Sex	23 Result	23 PI	AG / WMA	23 Age	23 Name
4 x 100 Relay	12:35	100	F	14.6		35+	54	Renette Schmidtke
4 x 100 Relay	12:35	100	F	13.0		20+	26	Ashley Cox
4 x 100 Relay	12:35	100	M	12.1		40+	46	Jason Green
4 x 100 Relay	12:35	100	M	11.4		20+	24	Jimmy Kenyon
Total-4 x 100 Relay				51.1		pl>	1	

Pyramid Relay (2nd)

We cobbled together a team of people who still had an eligible race to run – and they did great. This is an open age event, but we ran 3 people who were over 40.

2023 Event	Time	Dist	Sex	23 Result	23 PI	AG / WMA	23 Age	23 Name
Pyramid Relay	12:45	400	F	01:17.8		20+	46	Becky Angeles
Pyramid Relay	12:45	800	M	02:37.0		20+	45	Mitchel Fulce
Pyramid Relay	12:45	1200	M	03:53.0		20+	24	Anders Bandt
Pyramid Relay	12:45	800	M	02:38.0		20+	27	Aaron Barrera
Pyramid Relay	12:45	400	F	01:09.7		20+	43	Julie Rembold
Total-Pyramid Relay				11:35.5		pl>	2	

Master's Relay (2nd)

We usually win this, but despite having a strong team, Exxon took the title this year. I could have put a winning group on the track, but I was using some of our older runners in the submaster events to secure a decent finish in those. Ryan, Becky, and Paul all ran great – each running their 3rd event of the day in the hot sun.

2023 Event	Time	Dist	Sex	23 Result	23 PI	AG / WMA	23 Age	23 Name
Masters Relay	1:00	800	M	02:40.4		40+	46	Ryan Hart
Masters Relay	1:00	400	F	01:19.6		40+	46	Becky Angeles
Masters Relay	1:00	800	M	02:35.5		40+	54	Paul Barker
Total-Masters Relay				06:35.5			2	

Sprint Relay (3rd)

We had few young females, so I tapped two 60+ women to run the open pair of 200m legs. They did an incredible job, but we were playing catch up for the rest of the race. We did finish in a comfortable 3rd out of 4 teams.

2023 Event	Time	Dist	Sex	23 Result	23 PI	AG / WMA	23 Age	23 Name
Sprint Relay	1:15	200	F	00:39.8		20+	61	Vonnie Howard
Sprint Relay	1:15	200	F	00:38.3		20+	62	Heidi McCauley
Sprint Relay	1:15	400	M	01:03.6		20+	26	Pengzhao Zhu
Sprint Relay	1:15	400	M	01:02.1		20+	27	Aaron Barrera
Sprint Relay	1:15	200	M	00:25.2		40+	46	Jason Green
Sprint Relay	1:15	200	M	00:27.0		20+	24	Jimmy Kenyon
Total-Sprint Relay				04:16.0		pl>	3	

Jump Relay (2nd)

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. Rio was our oldest competitor, and the age grade tables didn't even go up to his age – he would have scored higher if they did. Jimmy unleashed a great long jump and their combined efforts propelled us into 2nd place. (corrected data below)

2023 Event	Time	Dist	Sex	23 Result	23 PI	AG / WMA	23 Age	23 Name
Jump Relay	11:00	LJ	M/F	9'9"	559.8	Any	81	Rio King
Jump Relay	11:00	LJ	M/F	20'4"	835.3	Any	24	Jimmy Kenyon
Jump Relay	9:15	HJ	M/F	3'8"	603.1	Any	81	Rio King
Jump Relay	9:15	HJ	M/F	5'6"	694.4	Any	24	Jimmy Kenyon
Total-Jump Relay					2693	pl>	2	

Throw Relay (3rd)

This is also scored vs the record in your age group. Two people add two throws (shot, discus, and/or javelin) for the team score. One of the people who attended the most practices was Robert Smith. Ty was new to throwing, but came out and gave it a try – with some good coaching help. And Heidi, who can do almost anything threw for us as well. Robert & Heidi were our official scoring team for a nice 3rd place finish.

2023 Event	Time	Dist	Sex	23 Result	23 PI	AG / WMA	23 Age	23 Name
Throw Relay	9:30	Shot	M/F	36'11.25"	558.2	Any	31	Robert Smith
Throw Relay	9:30	Shot	M/F	22'8.5"	533.3	Any	62	Heidi McCauley
Throw Relay	10:30	Discus	M/F	96'	421.5	Any	31	Robert Smith
Throw Relay	10:30	Discus	M/F	55'3.25"	400.8	Any	62	Heidi McCauley
Total-Throw Relay					1914	pl>	3	

Throw Relay	9:30	Shot	M/F	22'9"	340	Any	27	Tyisheam Jackson
Throw Relay	10:30	Discus	M/F	48'11.25"	214.6	Any	27	Tyisheam Jackson

2023 TI Track & Field Team at the HCAA Houston Regional Track & Field Meet

www.enerjazz.com/track



Overall Results

Due to our small team, I projected us likely finishing behind Exxon, 188 to 177. I estimated 134 for BP and 130 for SLG. I projected Exxon would win 8 events, TI 5, BP 2, and SLG 2.

Exxon and TI were dominant at the meet trading first and second in most events, but Exxon took 11 golds to TI's 5. The final team scores this year were: Exxon 201; **TI 179**; BP 129; SLG 113.

Team Scores	TI	Exxon	BP	SLG
Paul's Prediction	177	188	134	130
Actual	179	201	129	113

What difference can one person make? If Tori had been able to attend I would have shifted Julie around and we would have flipped 3 events – W3200, W Relay, and Masters. That would have tightened the score to 192 to 188. Just one more key person could have flipped another event and given TI the team title. We lost one other event by 1 second, and another by 4 seconds. It really was that close.

Yet there was no disappointment on our team. We competed, cheered, sweated, and laughed together. We displayed good sportsmanship and effort in every event. On the van ride home people were talking about how to recruit more people and help us fill the gaps we had this season. It reminded me of this Vince Lombardi quote: *"Winning isn't everything, but wanting to win is."*

There was a lot of hardware carried home that day. They only give medals for 1st or 2nd, and we had five people with a pair of golds, and nine others with at least a gold medal. In fact, 21 of our 24 competitors got a gold or silver medal that day. And they all built new friendships and great memories.

EVENT	Place 2023					Points 2023				
	TI	Exxon	BP	SLG	Other	TI	Exxon	BP	SLG	Other
3200 Mens	1	2	4	3	5	15	12	8	10	7
3200 Womens	2	1	3	x	x	12	15	10	0	0
MENS MILE	4	2	3	1	5	8	12	10	15	7
SUB-MASTERS DISTANCE	2	1	4	3	x	12	15	8	10	0
WOMEN'S 800M	1	2	5	3	4	15	12	7	10	8
THREE-LAP SPRINT	3	1	2	4	x	10	15	12	8	0
EXECUTIVE RELAY	1	2	x	3	x	15	12	0	10	0
DISTANCE RELAY	x	1	x	2	x	0	15	0	12	0
WOMEN'S RELAY	2	1	3	x	x	12	15	10	0	0
SUB-MASTERS SPRINT	2	1	3	x	4	12	15	10	0	8
SENIORS RELAY	1	2	3	x	x	15	12	10	0	0
4X100 METER RELAY	1	2	3	x	4	15	12	10	0	8
PYRAMID	2	1	4	3	x	12	15	8	10	0
MASTERS RELAY	2	1	5	3	4	12	15	7	10	8
SPRINT RELAY	3	1	2	4	x	10	15	12	8	0
Jump Relay	2	1	5	7	3	12	15	7	5	10
Throw Relay	3	1	5	7	2	10	15	7	5	12
17 team events >						197	237	136	113	
14 counted events (drop 3) >						179	201	129	113	

Thanks

With a small team, I asked a lot from everyone this year, and they all delivered beyond expectations. It was a great group of people to hang out with, compete with, and laugh with. We added more family members to our ever growing track team family.

Thank you to those who work behind the scenes – the tri-captains Ashley Cox, Aaron Barrera, and Michael Reynolds. And thanks to equipment manager, and stinky uniform launderer, Mitchel Fulce. Special 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>