



USCAA Corporate Relays
San Ramon, California
Sat Jul 23 - Jul 24, 2011



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Name:
Tigers Track and
Field and Road
Racing Team



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The Tigers ExxonMobil Worldwide Corporate Track and Field and Road Racing Team

ExxonMobil employees, contractor and annuitant athletes, from all over the world, train throughout the year for the opportunity to participate in a national competition. We compete before a stadium full of corporate representative and spectators one or two weekends each year. Our team now has about 100 athletes.

Of these around 40 attends the United States Corporate Athletic Association (USCAA) National Corporate Cup Relays, a Track & Field and Road Racing Championships held every summer in July. This event is unique, as it is the only sanctioned national corporate athletic competition of this kind. Because it involves multinational corporations, we consider it to be our World Championship.

The Tigers have gathered to compete at USCAA Nationals since 1981. Although we have never won this competition, we placed among the top teams every year. Our best finish was in Des Moines in 1995, achieving second place with a team of approximately 67 athletes. The 2010 USCAA Nationals saw a team of approximately 20 Tigers, fiercely competing, in San Ramon, California.

Team spirit is the most powerful force behind the Tigers! Together we have trained and prepared. Together we will give our very best. We are willing to accept the challenge, the pain, the glory and the fun.

Welcome to the 2011 Rookies:

Kim Munksgaard



Laura Eiklor



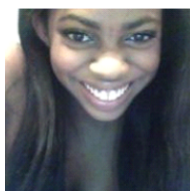
Sara Comis



Anthony Goodrow



Ugwem Eneyo San'quan Prioleau Lester Messa Sofia Laughland



Event Name: 4 x 100 SPRINT RELAY

Description: Four runners, two females and two males, with one male and one female 40 years or older, each running 100m in the following order: 40+ female, open female, 40+ male, open male.

Time Event Begins: Prelims Saturday 10:45
 Finals Sunday 10:50

Exxon Record: **48.446** **2006 Golden, Co**

40+ fem 100m **Norma Johnson** **14.68**
open fem 100m **Amber Abel** **12.49**
40+ male 100m **Ken Thomas** **10.89**
open male 100m **JC Bayard** **10.43**



2010 ExxonMobil Performance: **52.9 SILVER**

40+ fem 100m **Jovette Jolicoeur** **16.25**
open fem 100m **Laurie Ropel** **12.37**
40+ male 100m **Ken Thomas** **12.68**
open male 100m **Andrew Heider** **11.2**

Best Exxon Nationals Placing: 1st 2006, 2008

National Record: GE 48.17 2001 Renton, Wash.

Previous years results:

	2010		2009		2008		2007		2006		2005		2004	
1st	AT&T	48.99	AT&T	50.31	EM	49.03	AT&T	49.21	EM	48.446	Boeing	49.51	AT&T	50.27
2nd	EM	52.9	GE	51.01	AT&T	50.95	EM	49.79	AT&T	48.683	AT&T	50.59	EM	51.82
3rd	LM	56.57	Boeing	55.17	LM	55.1	GE	50.8	GE	48.947	GE	51.18	LM	55.35
			EM	55.89	GE	01:12.5	LM	54.53			EM	DNE		
			LM	56.69			Boeing	01:08.2						
# Teams	3		5		4		5		4					
Qualifying														

2011 Times to Meet:

	Prelims	Athlete(s)		Finals	Athlete(s)			Actual Athlete(s)			
100 40+ F	00:15.0	Jovette Jolicoeur		00:14.5	Jovette Jolicoeur						
100 fem	00:14.0	Laura Eiklor		00:13.0	Laura Eiklor						
100 40+M	00:12.0	Ken Thomas		00:12.4	Ken Thomas						
100 male	00:12.0	San'quan Prioleau		00:11.5	San'quan Prioleau						
Total	00:53.0			00:51.4							

Minimum Qualifying Time: N/A

Strategy: Win

Event Name: SUB-MASTER'S DISTANCE RELAY

Description: Four runners, one female 30 or older, one male 30 or older, and two male runners 35 or older, running in relay order: 800m, 400m, 1200m, 1600m.

Time Event Begins: **Finals only, Saturday** **10:55**

Exxon Record: **10:41.6** **1988 Palo Alto, CA (adjusted from yards to metric)**

800m	Billy Smith	02:01.3	Baton Rouge, LA / EUSA - MKTG
400m	Sharon McNeil	01:07.8	Houston, TX / EUSA - PROD
1200m	Roland Parrish	03:14.8	Houston, TX / EUSA - MKTG
1600m	Robert Radnoti	04:17.7	Thousand Oaks, CA / EUSA - PROD
	Total	10:41.6	

2010 ExxonMobil Performance **DNE**

800m
400m
1200m
1600m

Best Exxon Nationals Placing: Silver 2003, 2004

National Record: GE 10:33.6 1989

Previous years results:

	2010		2009		2008		2007		2006		2005		2004	
1st	GE	11:39.5	GE	11:32.7	GE	11:15.67	GE	11:20.93	GE	11:44.600	GE	11:11.0	GE	11:12
2nd	LM	11:41.0	LM	11:43.3	LM	11:26.31	LM	11:25.93	LM	11:44.656	LM	15:05.0	EM	11:29
3rd	AT&T	13:39.7	AT&T	12:36.9	EM	11.35.00	AT&T	11:29.61	EM	12.12.718	AT&T	13:21.7	LM	11:35
	EM	DNE	EM	DNE	AT&T	12.56.38	EM	11.31.56			EM	DNE		
					Boeing	13.05.87	Boeing	13.51.73						
# Teams	3		3		5		5		4		3		3	
Qualifying														

2011 Times to Meet:

	Prelims	Athlete(s)		Finals	Athlete(s)			Actual Athlete(s)				
800m	N/A			02:20.0	Nashie Issac							
400m	N/A			01:05.0	Laurie Ropel							
1200m	N/A			03:30.0	Mark Malander							
1600m	N/A			04:30.0	Alan Mut							
Total				11:25.0								

Minimum Qualifying Time: N/A

Strategy:

Event Name: 3 - LAP SPRINT RELAY

Description: Four runners, minimum of one female, running in order: 200m, 200m, 400m, 400m.

Time Event Begins: Prelims; Saturday 11:50 or 11:55
 Finals: Sunday 11:20

Exxon Record: **2.32.539** **2006 Golden, Co**

200m	Norma Johnson	30.87 Houston, Texas
200m	Eugene Robinson	24.02 Houston, Texas
400m	JC Bayard	49.98 Belgium
400m	Jared Peacock	47.7 Golden, Co



2010 ExxonMobil Performance: **03:16.8 BRONZE**

200m	Natasha Isaacs	34.98
200m	Daniel Jouas	26.95
400m	Robert Bradley	01:10.5
400m	Daniel Bolta	01:04.1

Best Exxon Nationals Placing: Silver 1997, 2003, 2004, 2006, 2007, 2008

National Record: Hughes 02:23.3 1987

Previous years results:

	2010		2009		2008		2007		2006		2005		2004	
1st	GE	02:33.4	GE	02:30.2	GE	02:31.6	GE	2.29.97	GE	2.29.664	GE	02:29.7		
2nd	LM	02:48.0	LM	02:39.5	EM	02:33.2	EM	2.32.67	EM	2.32.539	LM	02:35.5	EM	02:34.7
3rd	EM	03:16.8	EM	03:20.5	LM	02:39.1	LM	2.40.97	LM	2.39.815	AT&T	02:51.4	GE	02:35.3
					AT&T	03:16.8	AT&T	2.58			EM	02:54.5		
							Boeing	2.59						
# Teams	3		3		4		5		4		4			
Qualifying														

2011 Times to Meet:

	Prelims	Athlete(s)		Finals	Athlete(s)			Actual Athlete(s)		
200m	n/a	Sofia Laughland		00:30.0	Sofia Laughland					
200m	n/a	Robert Bradley		00:25.0	Robert Bradley					
400m	n/a	Daniel Jouas		00:56.0	Daniel Jouas					
400m	n/a	Anthony Goodrow		00:59.0	Anthony Goodrow					
Total	00:00.0			02:50.0						

Minimum Qualifying Time: n/a

Strategy:

Event Name: EXECUTIVE RELAY

Description: Four runners, all over 30 and managers or equivalent, with a minimum of one female running at least an 800m, running in relay order: 800m, 400m, 800m, 1600m.

Time Event Begins: **Finals Only: Saturday** 13:20

Exxon Record: **09:41.7** **1995 Des Moines, Iowa** **NATIONAL RECORD!**

800m **Zara Hyde** **02:13.3 Baton Rouge, LA / EUSA - MKTG**
400m **Larry Vollmer** **00:55.9 Houston, TX / EUSA - PROD**
800m **Nick Caduc** **02:04.3 Houston, TX / EUSA - MKTG**
1600m **Tom Boone** **04:28.3 Thousand Oaks, CA / EUSA - PROD**

2010 ExxonMobil Performance: **DNE**

800m
400m
800m
1600m

Best Exxon Nationals Placing: **Gold** 1996 and 1995 (Hyde, Vollmer, Caduc, Boone)

National Record: **EXXON** 09:41.7 1995

Previous years results:

	2010		2009		2008		2007		2006		2005		2004	
1st	GE	11:18.1	GE	11:18.2	LM	11:18.0	GE	10:57.4	GE	11:17.459	GE	10:53.7	GE	10:47.4
2nd			LM	11:55.8	GE	11:24.5	LM	11:18.1	LM	11:28.241	EM	11:29.6	LM	11:29.0
3rd			AT&T	12:46.6	AT&T	13:01.9	EM	11:56.7	AT&T	11:32.401	LM	11:34.9	EM	11:31.5
	EM	DNE	EM	DNE	EM	14:41.7	AT&T	12:20.3	EM	11:37.692				
							Boeing	DNF						
# Teams	4		4		4		5		4		3		4	
Qualifying														

2011 Times to Meet:

	Prelims	Athlete(s)		Finals	Athlete(s)			Actual Athlete(s)			
800m	n/a			02:30.0	Nina Springer						
400m	n/a			00:57.0	Larry Vollmer						
800m	n/a			02:29.0	Alan Mut						
1600m	n/a			05:10.0	Mark Malander						
Total				11:06.0							

Minimum Qualifying Time: n/a

Strategy:

Event Name: 4 x 200m RELAY

Description: Four runners, with a runner 40 years of age or older running the first leg, a runner 50 or older running second, a woman running third, and a man running the fourth leg.

Time Event Begins: Prelims; Saturday 12:25
 Finals: Sunday 11:20

Exxon Record: 01:42.4 2003

40+ 200m	Eddie Valles	24.9	Texas
50+ 200m	Bill Beardsmore	26.7	England
Female 200m	Jessie Foltz	27.8	Texas
Male 200m	Jean-Christophe Bayard	22.9	Holland

2010 ExxonMobil Performance: 02:00.6

40+ 200m	Larry Volmer	26.63	
50+ 200m	Herman Williams	31.1	
Female 200m	Laurie Ropel	32.37	
Male 200m	Daniel Bolta	31.31	

Best Exxon Nationals Placing: 3rd 001, 2003, 2004, 2007, 2008

National Record: USW 01:34.0 1998

Previous years results:

	2010		2009		2008		2007		2006		2005		2004	
1st	AT&T	01:44.1	AT&T	01:42.2	AT&T	01:39.8	GE	01:38.0	GE	01:36.6	Boeing	01:38.7	AM T&T	01:41.2
2nd	GE	01:48.1	GE	01:42.4	GE	01:41.2	AT&T	01:39.7	AT&T	01:38.0	GE	01:39.4	GE	01:41.9
3rd	LM	01:59.4	LM	01:55.2	EM	01:48.7	EM	01:47.5	LM	01:54.0	AT&T	01:39.5	EM	01:45.0
4th	Boeing	01:59.6	EM	01:57.9	LM	01:51.1	LM	01:53.4	EM	02:04.0	EM	01:55.2		
5th	EM	02:00.6												
# Teams	5		4		4		4		4		5		4	
Qualifying														

2011 Times to Meet:

	Prelims	Athlete(s)		Finals	Athlete(s)			Actual Athlete(s)			
200m(40+)	n/a	Lester Messa		00:25.0	Lester Messa						
200m(50+)	n/a	Bob Botto		00:32.0	Bob Botto						
200m (F)	n/a	Sara Comis		00:32.0	Sara Comis						
200m (M)	n/a	Will Hickman		00:25.0	Will Hickman						
Total	00:00.0			01:54.0							

Minimum Qualifying Time: n/a

Strategy:

Event Name: DISTANCE RELAY

Description: Five runners, including one female and one master (each running a 1600m), running in order: 1600m (female), 800m, 1600m (master), 1600m, 3200m.

Time Event Begins: **Finals Only:** **Saturday** **13:50**

Exxon Record: 25:03.1 1994 Colby, Maine NATIONAL RECORD HOLDERS !!!

female 1600m	Zara Hyde	04:41.0	Baytown, TX / REF
800m	Andy Homoly	01:58.0	Houston, TX / RETIRED
master 1600m	Mickey Vann	04:42.0	London, England / ESSO
1600m	Bruce Milner	04:18.0	Houston, TX / EPRC
3200m	Cern Basher	09:24.1	Baytown, TX / REF
	Total	25:03.1	



2010 ExxonMobil Performance: 30:14.6 Bronze

female 1600m	Hannah Howard	05:38.0	
800m	Robert Bardley	02:48.0	
master 1600m	Mark Malander	05:02.0	
1600m	Daniel Jouas	05:47.0	
3200m	Andrew Cashion	11:00.0	

Best Exxon Nationals Placing: Gold 1994 (Hyde, Homoly, Vann, Milner, Basher)
Gold 1999 (Mairs, Homoly, Boone, Olsen, Kirk)

National Record: **EXXON** 25:03.1 1994 Colby, Maine

Previous years results:

	2010		2009		2008		2007		2006		2005		2004	
1st	GE	27:33.3	GE	26:56.6	GE	26:54.3	GE	26:29.9	GE	27:05.827	GE	27:12.0		
2nd	LM	28:43.3	LM	27:20.7	LM	27:49.9	LM	26:53.5	LM	27:50.619	LM	28:12.0		
3rd	EM	30:14.6	Boeing	32:16.2	EM	33:45.4	EM	27:24.5	AT&T	34:28.996				
			AT&T	34:16.4			AT&T	27:45.1	EM	DNE	EM	DNE		
# Teams	3		EM	DNE	3		4		3		2			
Qualifying														

2011 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
1600 fem	N/A		06:00.0	Kim Munksgaard	
800m	N/A		02:00.0	Andrew Heider	
1600 mast	N/A		04:40.0	Alan Mut	
1600m	N/A		04:30.0	Daniel Jouas	
3200m	N/A		09:30.0	Anthony Goodrow	
Total			26:40.0		

Minimum Qualifying Time: N/A

Strategy:

Event Name: SENIOR'S RELAY

Description: Five runners, four 50 years of age or older, with at least one woman and one runner 60 years old or older running the opening leg, running in order: 200m, 400m, 200m, 600m, 400m

Time Event Begins: Prelims; Saturday 15:20
 Finals: Sunday 1:00

Exxon Record: **04:48.2** **2010** **04:19.7** **1997 San Diego, CA**

200m	Bob Botto	35.81	400m	Mike Alexander	01:14.6	Houston, TX / RETIRED
400m	Larry Volmer	01:04.9	200m	Eunice Sealey	00:32.6	Houston, TX / EPR
200m	Jovette Jolicoeur	30	600m	Bill Beardsmore	01:34.8	Calgary / IMPERIAL
600m	Mark Malander	01:38.2	400m	Billy Smith	00:57.6	Nashville, TN / RETIRED
400m	Ken Thomas	58.18	Total		04:19.6	

2010 ExxonMobil Performance: 04:48.2 GOLD

200m	Bob Botto	35.81
400m	Larry Volmer	01:04.9
200m	Jovette Jolicoeur	30
600m	Mark Malander	01:38.2
400m	Ken Thomas	58.18

Best Exxon Nationals Placing: 3rd 2002
 1st 2010
 National Record: AT&T 04:07.4 1996



Previous years results:

	2010	2009	2008	2007	2006	2005	2004
1st	EM 04:48.2	Boeing 04:38.6	AT&T 4.44.16	GE 4.40.14	LM 4.41.359	AT&T 04:39.2	AT&T 04:49.0
2nd	LM 04:55.7	AT&T 04:39.1	GE 4.52.87	LM 4.51.20	GE 4.42.536	GE 04:42.7	LM 04:53.6
3rd	AT&T 04:59.5	GE 04:54.4	LM 4.57.04	AT&T 4.57.56	AT&T 4.54.211	LM 04:43.4	GE 04:57.6
4th	GE 05:01.6	LM 04:57.1		EM 5.21.30	EM 5.20.440	EM DNE	EM 05:03.2
5th	Boeing 05:21.6	EM 04:57.9		Boeing 5.33.87			
# Teams	5	5	3	5	4	3	4
Qualifying							

2011 Times to Meet:

	Prelims	Athlete(s)	Alt.	Finals	Athlete(s)	Alt.	Actual Athlete(s)
200m	n/a	Herman Williams	Bob Botto	00:28.0	Herman Williams	Bob Botto	
400m	n/a	Larry Volmer		01:04.0	Larry Volmer		
200m	n/a	Elaine Mut		00:29.0	Jovette Jolicoeur		
600m	n/a	Mark Malander		01:35.0	Mark Malander		
400m	n/a	Alan Mut		00:55.0	Ken Thomas		
Total	00:00.0			04:31.0			

Minimum Qualifying Time: n/a

Strategy: Kick some "old" butts...again!

Event Name: SUB-MASTER'S SPRINT RELAY

Description: Four runners, one female 30 or older, one male 30 or older, two males 35 or older, running in order: 200m, 200m, 400m, 800m.

Time Event Begins: Prelims; Saturday 15:45
 Finals: Sunday 13:20

Exxon Record: **03:44.9** **1988 Palo Alto, CA (adjusted from yards to metric)**

200m	Regina Smith	00:27.1	Houston, TX / EDPC
200m	Larry Vollmer	00:24.5	New Orleans, LA / PROD
400m	Billy Smith	00:50.7	Baton Rouge, LA / MKTG
800m	Jim Noel	02:02.6	Toronto, Canada / ESSO
	Total	03:44.9	

2009 ExxonMobil Performance: **05:02.4** **4th**

200m	Laurie Ropel	34	
200m	Art Morrow	28.52	
400m	Bill Beardsmore	01:10.1	
800m	Steve Smith	02:49.3	

Best Exxon Nationals Placing: 2003 Silver (Jolicoeur, Vollmer, Wilkes, Kolesar)

National Record: Hughes 03:37.7 1992

Previous years results:

	2009		2008		2007		2006		2005		2004		2003	
1st	LM	03:53.1	LM	3.53.51	GE	3.54.53	GE	3.59.856	GE	03:52.1	GE	03:56.5	GE	03:48.3
2nd	GE	03:55.9	GE	3.54.72	LM	4.02.71	AT&T	4.00.905	LM	03:58.0	LM	04:02.6	EM	04:02.7
3rd	AT&T	04:24.6	AT&T	4.21.58	EM	4.09.38	LM	4.03.704	EM	04:03.4	AT&T	04:18.4	LM	04:05.4
4th	EM	05:02.4	EM	4.23.15	AT&T	4.24.87	EM	4.40.051			EM	04:47.5		
					Boeing	4.45.64								
# Teams	4		4		5		4		5		4			
Qualifying														

2010 Times to Meet:

	Prelims	Athlete(s)		Finals	Athlete(s)			Actual Athlete(s)			
200m	n/a	Nashie Isaacs		00:34.0	Nashie Isaacs						
200m	n/a	Will Hickman		00:26.0	Will Hickman						
400m	n/a	Lester Messa		01:00.0	Lester Messa						
800m	n/a	Mark Malander		02:30.0	Mark Malander						
Total	00:00.0			04:30.0							

Minimum Qualifying Time: n/a

Strategy:

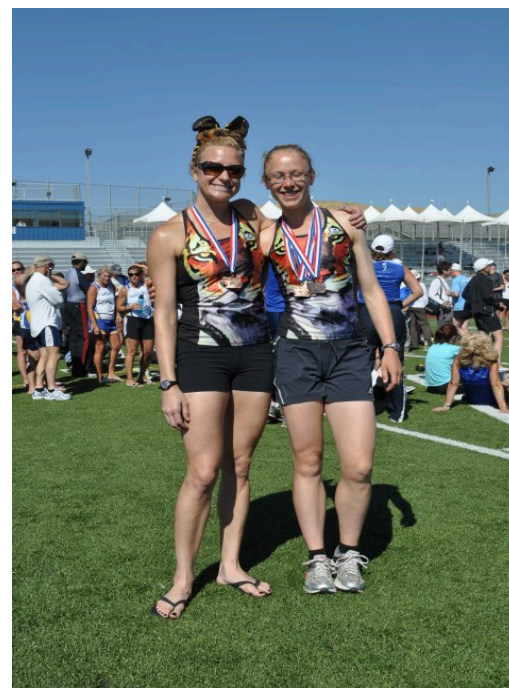
Event Name: WOMEN's 800m TEAM RACE

Description: Two women each run 800m at same time. Times are added to determine place.

Time Event Begins: Finals: Sunday 11:00

Exxon Record: **04:28.0** **1997 San Diego, CA**

800m	Christina Davis	02:12.9	Brussels / ESSO
800m	Zara Hyde	02:15.0	London / NEEC
	Total	04:28.0	



2010 ExxonMobil Performance: 05:12.0 Bronze

800m	Jessie Foltz	2:34	
800m	Hannah Howard	2:36	

Best Exxon Nationals Placing: Gold 1995 (Davis, Leighton), 1994 (Hyde, Leighton)
Gold 2007 (Hyde, Cressy)

National Record: 04:17.3 US West 1999

Previous years results:

	2010		2009		2008		2007		2006		2005		2004	
1st	GE	04:54.0	GE	04:59.3	GE	4.53.85	EM	4.44.85	GE	4.54.52	LM	04:49.2	LM	04:49.6
2nd	LM	04:59.0	Boeing	05:10.8	LM	5.08.78	GE	4.54.97	LM	5.04.25	GE	04:52.4	EM	04:56.2
3rd	EM	05:12.0	LM	05:26.3	EM	5.26.10	LM	5.12.65	EM	5.07.02	EM	DNE	GE	05:01.1
4th	AT&T	05:13.0	EM	05:49.5									AT&T	06:39.2
# Teams	3		3		3		3		3		2			
Qualifying														

2011 Times to Meet:

	Prelim's	Athlete(s)		Finals	Athlete(s)			Actual Athlete(s)		
800m	n/a			02:45.0	Kim Munksgaard					
800m	n/a			02:30.0	Ugwem Eneyo					
Total	00:00.0			05:15.0						

Minimum Qualifying Time: n/a

Strategy:

Event Name: WOMEN'S RELAY

Description: Three women, with a combined age of 90 years or more, running in order: 800m, 400m, 400m

Time Event Begins: Finals: Sunday 13:10

Exxon Record: **04:19.4** **1994 Colby, Maine**

800m	Zara Hyde	02:12.5	England / ECRC
400m	Nina Springer	01:04.3	Houston TX / EPRC
400m	Sara Phipps	01:02.6	Midland, TX / PIPELINE
	Total	04:19.4	



2010 ExxonMobil Performance: **05:00.2** **BRONZE**

800m	Hannah Howard	02:38.0	
400m	Laurie Ropel	01:15.0	
400m	Jessie Foltz	01:06.0	

Best Exxon Nationals Placing:	Gold	1994	(Hyde, Springer, Phipps)	Gold	2007 (Hyde, Cressy, Jones)
	Gold	1995	(Hyde, Springer, Phipps)	Gold	2008 (Darby, Mohyla, Jones)
	Gold	1996	(Hyde, McNeill, Leighton)		
	Gold	2004	(Cressy, Mohyla, MacDonald)		
National Record:	AT&T	04:12.2	1989		

Previous years results:

	2010		2009		2008		2007		2006		2005		2004	
1st	AT&T	04:49.7	GE	04:49.7	EM	4.49.53	EM	4.29.41	GE	4.46.587	GE	04:39.5	EM	04:40.8
2nd	GE	04:57.3	LM	05:18.0	LM	4.50.53	LM	4.40.53	LM	4.49.671	LM	04:40.2	GE	04:42.6
3rd	EM	05:00.2	EM	DNE			AT&T	?	AT&T	4.54.732	Boeing	05:52.3	LM	04:43.5
4th	LM	05:13.9							EM	5.06.300	DNE			
# Teams	4		2		2		3		4		4		4	
Qualifying														

2011 Times to Meet:

	Prelims	Athlete(s)		Finals	Athlete(s)			Actual Athlete(s)			
800m	n/a			02:30.0	Kim Munksgaard						
400m	n/a			01:12.0	Sara Comis						
400m	n/a			01:08.0	Laura Eiklor						
Total	00:00.0			04:50.0							

Minimum Qualifying Time: n/a

Strategy:

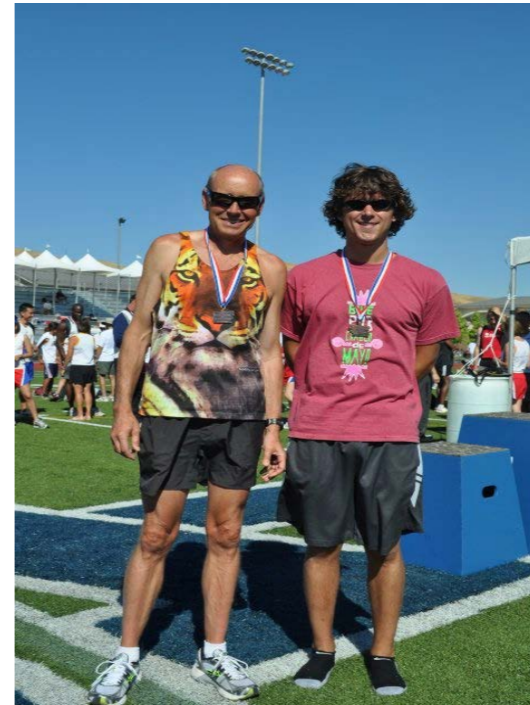
Event Name: MEN'S MILE TEAM RACE

Description: Two men each run one mile at the same time. Times are added to determine place.

Time Event Begins: Finals: Sunday 11:30

Exxon Record: 08:22.2 1984 San Jose, CA

	Mile	Ken Potma	04:09.5	Calgary, Canada / ESSO
	Mile	Robert Radnoti	04:12.7	Thousand Oaks, CA / PROD
		Total	08:22.2	



2010 ExxonMobil Performance: 09:48.0 | Bronze

	Mile	Mark Malander	04:57.0
	Mile	Andrew Cashion	04:49.1

Best Exxon Nationals Placing:

	Gold	1984	(Potma, Radnoti)		Gold	2002	(Birkenfeld, Donovan)
	Gold	1991	(Rendell, Potma)		Gold	2005	(Donovan, Homoly)
	Gold	1992	(Rendell, Milner)				
	Gold	1993	(Milner, Rendell)				
	Gold	1994	(Milner, Basher)				
	Gold	1998	(Kirk, Johnston)				
	Gold	1999	(Kirk, Olson)				
	Gold	2000	(Olson, Kirk)				
National Record:	IBM	08:20.7	1985				

Previous years results:

	2010		2009		2008		2007		2006		2005		2004	
1st	GE	09:11.0	LM	09:01.8	GE	8.49.81	GE	8.44.61	GE	9.07.69	EM	09:05.8	GE	08:49.7
2nd	LM	09:30.0	EM	09:32.4	LM	10.19.18	EM	9.05.07	EM	9.21.17	GE	09:08.3	EM	09:15.9
3rd	EM	09:40.7	GE	09:40.7			LM	9.20.96	LM	9.30.48	LM	09:23.7	LM	09:42.1
# Teams	3		3		2		3		4		4		3	
Qualifying														

2011 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
Mile	n/a	Andrew Heider	04:40.0	Andrew Heider	
Mile	n/a	Anthony Goodrow	04:25.0	Anthony Goodrow	
Total	00:00.0		09:05.0		

Minimum Qualifying Time: n/a

Strategy: Beat GE

Event Name: PRESIDENT'S RELAY

Description: Three runners at a level of: president of a company, or anyone who reports directly to the president, or anyone who reports to someone who reports to the president, and at least 40 years old, running in order: 200m, 400m, 800m

Time Event Begins: **Finals Only:** **Sunday** **13:40**

Exxon Record: **05:45.5** **2003 San Ramon, California** **New ExxonMobil Record 2007** **4.11.93**

800m	Steve Zelikovitz	02:35.3	Houston, Texas	200m	Nina Springer	33.7
400m	Larry Volmer	00:59.3	Houston, Texas	400m	Larry Volmer	1.03.50
800m	Bill Chase	02:10.8	Canada, Calgary	800m	Steve Smith	3.34.70
	Total	05:45.5				

2010 Exxon Performance: **DNE**
 200m
 400m
 800m

Best Exxon Nationals Placing: **Gold** **1993, 2003, 2007**

National Record: **Principal** **05:33.6** **1994**

Previous years results:

	2010		2009		2008		2007		2006		2005		2004	
1st	AT&T	04:39.7	GE	04:14.3	GE	4.18.49	EM	4.11.93	GE	3.56.698	GE	05:43.2		
2nd	GE	04:39.9	AT&T	04:50.0	AT&T	4.51.92	GE	4.23.65	AT&T	4.07.697				
									EM	4.38.186				
											EM	DNE		
	EM	DNE	EM	DNE	EM	DNE								
# Teams	2		2		2		2		3		1			
Qualifying														

2011 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
200m	n/a		00:34.0		
400m	n/a		01:00.0		
800m	n/a		02:30.0		
Total			04:04.0		

Minimum Qualifying Time: n/a

Strategy:

Event Name: PYRAMID RELAY

Description: Five runners, two females, three males, running in order: 400m, 800m, 1200m, 800m, 400m.

Time Event Begins: Finals: Sunday 15:10

Exxon Record: 09:00.6 1983 Palo Alto, CA (adjusted from yards to metric)

400m	Rosalind Winfrey	01:02.9	Houston, TX / CCC
800m	Robert Radnoti	01:56.8	Thousand Oaks, CA / PROD
1200m	Mike Bonem	03:00.2	Bayway, NJ / REF
800m	Alan Mut	01:58.4	Houston, TX / EPRCo
400m	Donna Malone	01:02.3	Thousand Oaks, CA / PROD
	Total	09:00.6	



2010 ExxonMobil Performance: 11:58.4

400m	Elaine Mut	01:28.9
800m	Alan Mut	02:28.2
1200m	Daniel Jouas	04:21.4
800m	Mark Malander	02:22.0
400m	Hannah Howard	01:17.5

Best Exxon Nationals Placing:

Gold	1992	(Springer, Milner, Rendell, Wilkes, Davis)
Gold	1994	(Phipps, Homoly, Basher, Milner, Leighton)
Gold	1999	(Mohyla, Kirk, Olsen, Homoly, Jones)
Gold	2002	(Jones, Donovan, Birkenfeld, Homoly, Dejongue)
Gold	2004	(Foltz, Kirk, Donovan, Homoly, MacDonald)

National Record: IBM 08:55.5 1984

Previous years results:

	2010		2009		2008		2007		2006		2005		2004	
1st	GE	09:27.1	GE	09:34.8	GE	9.19.90	GE	9.27.60	GE	9.24.582	GE	09:33.1	EM	09:25.0
2nd	LM	10:16.2	LM	10:05.6	LM	9.44.78	LM	9.34.20	LM	9.33.414	EM	09:48.2	GE	09:25.0
3rd	AT&T	11:55.1	EM	10:36.9	EM	9.56.79	EM	9.37.60	EM	9.40.596	LM	09:56.8	LM	09:49.6
4th	EM	11:58.4			AT&T	11.48.04								
# Teams	4		3		4		3		4		3		3	
Qualifying														

2011 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
400m	n/a		01:10.0	Sofia Laughland	
800m	n/a		02:10.0	Kim Munksgaard	
1200m	n/a		03:20.0	Alan Mut	
800m	n/a		02:20.0	Andrew Heider	
400m	n/a		01:10.0	Robert Bradley	
Total	00:00.0		10:10.0		

Minimum Qualifying Time: n/a

Strategy:

Event Name: MASTER'S PLUS RELAY

Description: Five runners, one over 50 and four over 40 including one female, running in order: 800m, 400m, 800m, 200m, 200m (an over 50 woman cannot count for both the over 50 and female runner).

Time Event Begins: Finals: Sunday 15:25

Exxon Record: **06:11.0** **1993 Seattle, WA**

800m	Mickey Vann	02:08.9	Baytown, TX / REF
400m	Billy Smith	00:53.7	Houston, TX / RETIRED
800m	Bill Beardsmore	02:07.9	London, England / ESSO
200m	Eunice Sealey	00:32.7	Houston, TX / EPRC
200m	CW George	00:27.8	Baytown, TX / REF
	Total	06:11.0	

2010 **DNS**

800m
400m
800m
200m
200m

Best Exxon Nationals Placing: Silver 1993, 2006

National Record: AT&T 05:52.4 1988 Palo Alto, CA

Previous years results:

	2010		2009		2008		2007		2006		2005		2004	
1st	GE	06:22.5	GE	06:14.5	GE	6.13.67	GE	6.10.05	GE	6.14.82	GE	06:01.6	GE	06:10.8
2nd	LM	06:40.3	AT&T	06:20.0	AT&T	6.28.17	AT&T	6.38.30	EM	6.39.148	LM	06:29.7	LM	06:36.6
3rd	AT&T	06:51.4	LM	06:44.7	EM	6.36.71	LM	6.42.25	LM	6.40.408	Boeing	06:37.6	EM	06:38.9
			EM	07:21.0	LM	6.44.10	EM	6.53.45			EM	06:50.1		
			Boeing	DIS	Boeing	7.02.36	Boeing	8.01.39						
# Teams	3		5		5		5		5		5		4	
Qualifying														

2011 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
800m	n/a		02:25.0	Alan Mut	
400m	n/a		01:02.0	Larry Volmer	
800m	n/a		02:20.0	Mark Malander	
200m F	n/a		00:34.0	Elaine Mut	
200m 50+	n/a		00:26.0	Lester Messa	
Total	00:00.0		06:47.0		

Minimum Qualifying Time: n/a

Strategy:

Event Name: SPRINT RELAY

Description: Six runners, with at least two women, one 30 years of age or older and one runner 40 years of age or older (in addition to the two women), running in order: 200m, 200m, 400m, 400m, 200m, 200m.

Time Event Begins: Prelims Saturday 16:20
 Finals Sunday 15:50

Exxon Record: **03:23.7** **1995 Des Moines, Iowa**

200m	Sara Phipps	00:28.1	Baytown, TX / REF
200m	Christina Davis	00:26.0	Houston, TX / RETIRED
400m	Billy Smith	00:54.6	London, England / ESSO
400m	Mark Avis	00:49.3	Houston, TX / EPRC
200m	Ken Thomas	00:23.4	Houston
200m	Kevin Savoie	00:22.6	Baytown, TX / REF



2010 ExxonMobil Performance: **03:46.3** **Silver**

200m	Laurie Ropel	32	
200m	Jessie Foltz	29	
400m	Andrew Heider	54.75	
400m	Andrew Cashion	57.25	
200m	Ken Thomas	26.31	
200m	Daniel Bolta	26.69	

Best Exxon Nationals Placing: Gold 1995, 2005, 2006, 2007

National Record: Hughes 03:14.4 Boston, MA

Previous years results:

	2010		2009		2009		2008		2007		2006		2005	
1st	GE	03:33.4	GE	03:26.6	GE	03:26.6	GE	3.26.64	EM	3.24.78	EM	3.24.776	GE	03:25.3
2nd	EM	03:46.3	LM	03:43.8	LM	03:43.8	EM	3.26.97	GE	3.26.34	GE	3.25.092	LM	03:28.8
3rd	LM	03:53.2	EM	03:55.9	EM	03:55.9	LM	3.37.10	LM	3.31.66	AT&T	3.28.668	EM	03:51.8
4th	AT&T	?	AT&T	04:03.4	AT&T	04:03.4			AT&T	3.34.13				
# Teams	4		4		4		3		4		4		5	
Qualifying														

2011 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
200 fem	n/a	Jovette Jolicoeur	00:30.0	Jovette Jolicoeur	
200 fem	n/a	Laura Eiklor	00:29.0	Laura Eiklor	
400 male	n/a	Daniel Jouas	00:56.0	Daniel Jouas	
400 male	n/a	Andrew Heider	00:55.0	Andrew Heider	
200 mast	n/a	Ken Thomas	00:26.0	Ken Thomas	
200 male	n/a	San'quan Prioleau	00:23.0	San'quan Prioleau	
Total	00:00.0		03:39.0		

Minimum Qualifying Time: n/a

Strategy:

Event Name: TEAM JUMP

Description: Two or three athletes (any age or sex) high jumping and long jumping with points awarded based on an American Age/Sex group records. Only two scores count and are added to determine placing.

Time Event Begins: Saturday High Jump Finals 11:00 or 12:30 or 14:00
 Sunday Long Jump Finals 10:45 or 12:45

Exxon Record: 3686 points 2010 San Ramon, California

			<u>High Jump</u>		<u>Long Jump</u>	
KenThomas	5'6"	956	points	19' 1"	908	points
Larry Volmer	5'0"	923	points	17' 5.5"	899	points
Jessie Foltz	4'6"	891	points			



2010 ExxonMobil Performance: 3686 points GOLD

	<u>Age</u>		<u>High Jump</u>		<u>Long Jump</u>		<u>Total</u>	
KenThomas	53	5'6"	956	points	19' 1"	908	points	1803
Larry Volmer	58	5'	923	points	17'5.5"	899	points	1811
Jessie Foltz	36	4'6"	891	points				1546

Best Exxon Nationals Placing: Gold 1993 Gold 2007 (Thomas, Vollmer, Bennett)
 Gold 1995 (Smith, Vollmer) Gold 2008 (Thomas, Vollmer, Hickman)
 Gold 1996 (Smith, Vollmer) Gold 2009 (Thomas, Vollmer, Hickman)
 Gold 2003 (Vollmer, Thomas, Foltz) Gold 2010 (Vollmer, Thomas, Foltz)
 Gold 2005 (Thomas, Volmer, Bennett)

National Record: **ExxonMobil 3686 points 2010**

Previous years results:

	2010		2009		2008		2007		2006		2005		2004	
1st	EM	3686	EM	3614	EM	3509	EM	3660	EM	3419	EM	3485	GE	3466
2nd	GE	3535	Boeing	3317	GE	3440	GE	3448	GE	3420	GE	3420	EM	3295
3rd	LM	3319	GE	3316	AT&T	2952	AT&T	3381	AT&T	3260	AT&T	3260	LM	2842
4th	AT&T	2310	AT&T	3162	LM	2769	LM	2684						
# Teams	4		4		4		4		4		4		4	

2011 Goals to Meet:

Athlete	High Jump			Athlete	Long Jump		
	Goal	Actual	Points		Goal	Actual	Points
Larry Volmer	4'11"			Larry Volmer	17'		
Ken Thomas	5'6"			Ken Thomas	19'		
Will Hickman				Garrett Smith			

Strategy: Jump high and far

Event Name: TEAM THROW

Description: Two or three athletes (any age or sex) each throwing the standard shot put and discus for their age/sex category, with points awarded based on the American age/sex group records. Points are added to determine place.

Time Event Begins: Saturday Discus Finals 11:00 or 13:00
 Sunday Shot Put Finals 10:45 or 12:15

Exxon Record: **3345 points** **2000 Renton, Wash.**

		<u>Shot Put</u>		<u>Discus</u>
Tom Gage	49'11.5"	966 points	157'9"	830 points
Gene Thacker	49'2.5"	889 points	134'6"	660 points

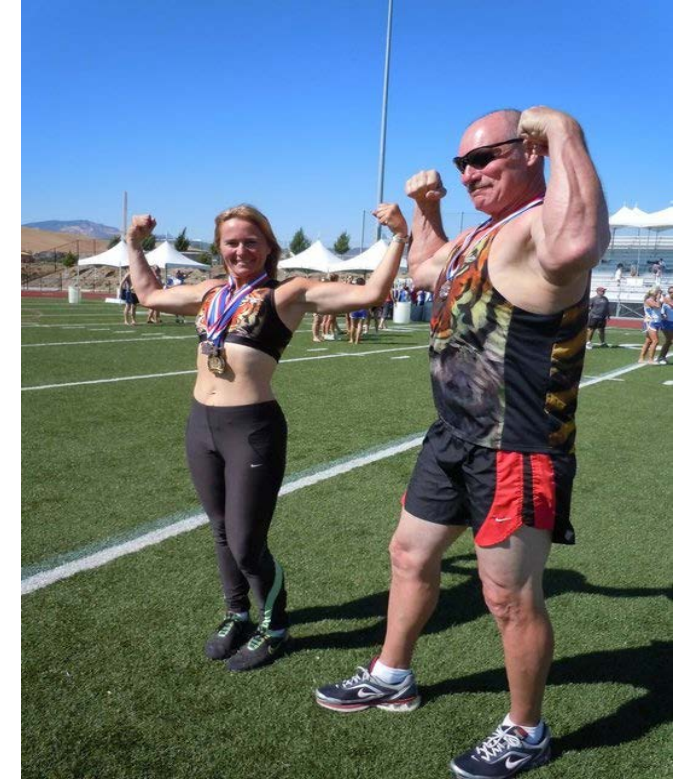
2010 ExxonMobil Performance: **2394 points** **Bronze**

	<u>Age</u>	<u>Shot Put</u>		<u>Discus</u>		<u>Total</u>		
Herman Williams	59	36'7"	708	points	86'10"	407	points	1115
Jovette Jolicoeur	51	33'	723	points	83'8"	506	points	1229

Best Exxon Nationals Placing:

	Gold	1995	(Gage, Thacker)
	Gold	1996	(Gage, Thacker)
	Gold	1997	(Gage, Thacker)
	Gold	1999	(Gage, Thacker)
	Gold	2000	(Gage, Thacker)

National Record: **GE** 3434 points 2009 San Diego, Ca



Previous years results:

	2010		2009		2008		2007		2006		2005		2004	
1st	GE	3370	GE	3434	GE	3193	GE	3296	GE	3314	LM	3045	GE	3399
2nd	LM	3201	LM	3130	LM	3002	LM	3000	LM	3055	GE	2957	LM	2493
3rd	EM	2394	AT&T	2170	EM	2432	AT&T	2755	EM	1805	AT&T	2001	AM&T	2265
4th	Boeing	1675	EM	2114	AT&T	2359	EM	2208			EM	585	EM	2056
5th	AT&T	1014	Boeing	547	Boeing	2160	Boeing	1995						
# Teams	5		5		5		5		4		4		4	

2011 Goals to Meet:

Athletes		Shot Put			Discus		
		Goal	Actual	Points	Goal	Actual	Points
Herman Williams	59	45'			130'		
Jovette Jolicoeur	51	35'			85'		

Strategy: Throw far

Event Name: 10k ROAD RACE

Description: Each team is allowed unlimited entries, with the top 4 women's scores and the top 5 men's scores added to determine place. All runners are awarded points equal to their placing within their age group. When all the runners have been assigned

Time Event Begins: Sunday Men 7:00
 Sunday Women 7:00

2010 ExxonMobil Results DNE Women
 DNE Men No points

Women's 10k Team					
Name	Age Group	Overall Place	Group Place	Time	

Men's 10k Team					
Name	Age Group	Overall Place	Group Place	Time	

2011 Goals to Meet:

Women's 10k Team						Men's 10k Team Scratch					
Name	Age Group	Target Time	Actual Time	Overall Place	Group Place	Name	Age Group	Target Time	Actual Time	Overall Place	Group Place

Strategy:



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