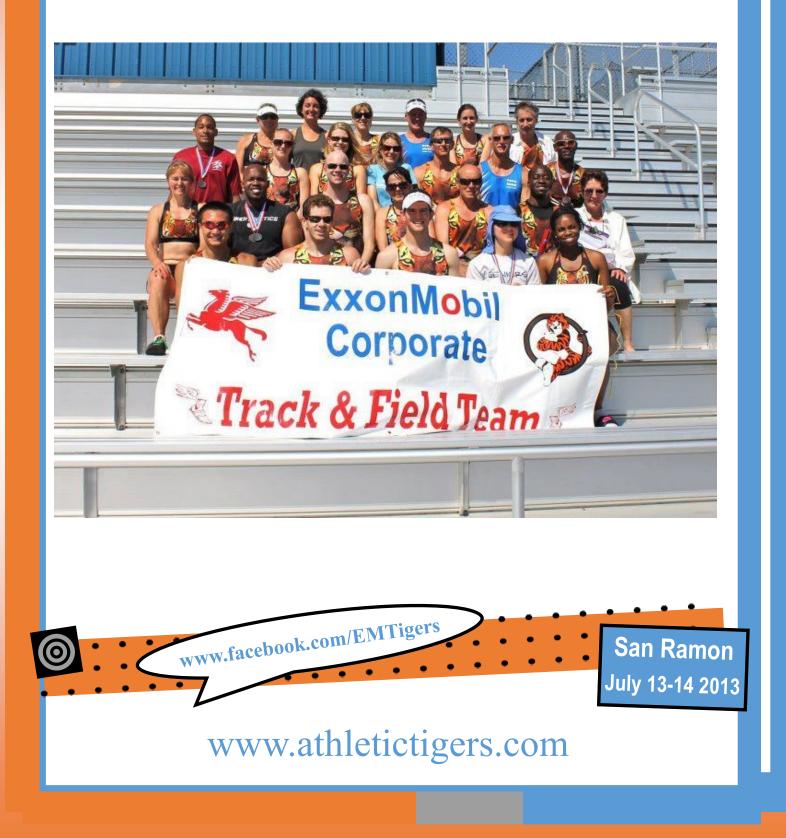
# ExxonMobil Tigers

## USCAA Nationals 2013





## 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 2012 USCAA Nationals saw a team of approximately 25 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 the 2013 Rookies:

Clementina Martinez Jena Loo

Jena Lococo

Meg Lees

Nora Gentry

Raina Brown





Richard Borger





Tom Barbee



Bing Kao









#### 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. Prelims Saturday 10:45, 10:50 Time Event Begins: 10:50 Finals Sunday 48.446 2006 Golden, Co Exxon Record: 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 52.77 4th 2012 ExxonMobil Performance: 40+ fem 100m Jovette Jolicoeur 14.6 open fem 100m Ugwern Eneyo 14 40+ male 100m Ken Thomas 12.86 open male 100m Tenolia Sulaiman 11.31 Best Exxon Nationals Placing: 1st 2006, 2008 National Record: GE 48.17 2001 Renton, Wash. Previous years results: 2010 2012 2011 2009 2008 2007 2008 49.64 48.99 49.03 48,446 EM 49.21 EM AT&T AT&T 50.01 AT&T AT&T 50.31 AT&T 1st 50.66 50.9 EM 50.44 51.14 EM 52.9 56.57 51.01 55.17 50.95 55.1 EM 49.79 50.8 48.683 GE Boeing GE AT&T GE 2nd 3rd AT&T 4th EM 52.77 EM 55.89 GE 01:12.5 LM 54.53 LM 5 56.69 01:08.2 Boeing 4 3 3 4 3 # Teams Qualifying 2013 Times to Meet: Prelims Athlete(s) Actual Athlete(s) Athlete(s) Finals 100 40+ F 100 fem 00:15.0 Jovette Jolicoeur 00:14.0 Raina Brown 00:14.5 Jovette Jolicoeur 00:14.0 Raina Brown 00:12.4 Ken Thomas 00:11.5 Teniola Sulaiman 00:12.0 Ken Thomas 100 40+M 00:12.0 Teniola Sulaiman 100 male Total 00:53.0 00-52.4 Vinimum Qualifying Time: N/A Strategy: Win

			Description	n: Four run	ners, mini	mum of one	female,	running in o	rder: 200r	n, 200m, 40	00m, 400m			
Time Event	Begins:	Prelims;	Saturday	12:25 or 12:30										
1.0.000		Finals:	Sunday	11:20										
Exxon Reco	ord:		2.32.539	2006	Golden, Co	0.								
	200m	Norma Joh	inson		30.8	7 Houston, Te	zas							
	200m	Eugene Ro				2 Houston, Te								
	400m	JC Bayard				8 Belgium								
	400m	Jared Peak	ock		47.3	7 Golden, Co								
2012 Exxor	nMobil Per	formance:	03:09.	e 4th										
	200m	Sofia Laugi	bland	30.92										
	200m	Jay Carew		32.92										
	400m	Jay Carew Robert Bra		01:10.8										
Best Exxon	400m 400m	Robert Bra David Holla	dley		2 <mark>0</mark> 04, 2008,	, 2007, 2008								
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e courprie	on: Five	runners, includ	ing one fem	ale and on	e master (		ng a 1600r 00m.	n), running	in order:	1600m (fe	male), 8	00m, 1600	)m (maste	r), 1600
'Ime Event Be	egins:	Finals Only:		Saturday	1:50									
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female	1600m	Zara Hyde		04:41.0		Baytown, TX	REF							
	800m	Andy Homoly		01:58.0	E	Houston, TX	RETIRED							
	r 1600m	Mickey Vann		04:42.0		London, Eng								
	1600m	Bruce Milner		64:18.0		Houston, TX								
	3200m	Cern Basher		09:24		Baytown, TX	REF							
		T	otal	25:03.1										
12 ExtonMo	obil Pe <mark>rf</mark> orm	ance:	35:32	6 Bronze										
female	e 1600m	Claire Joseph	6.30											
	800m	Janle Lee	3.04											
master	r 1600m	David Wright	6.22											
	1600m	Jason Carew	6.53											
	3200m	Daniel Jouas	12.52											
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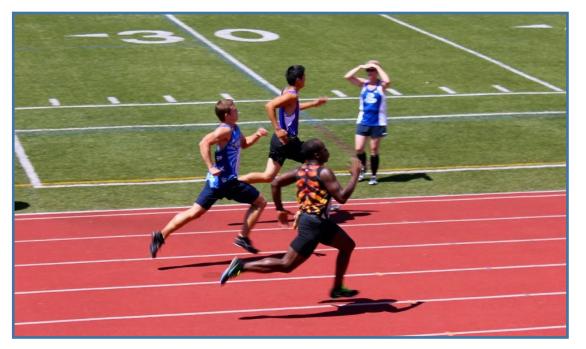




Descript	tion: Four	runners, with	a runner 4	0 years of	age or olde		the fourt		0 or older	running se	cond, a w	oman runni	ng third, a	nd a ma
Time Event	t Begins:	Prelims; Finals:	Saturday Sunday	1:40, 1:45 11:50										
Exxon Rec	ord:		01:42	4 2003	5									
404	+200m	Eddie Valles		24.9		Texas								
	+ 200m	Bill Beardsm	ore	26.7		England								
	e 200m	Jessie Foltz		27.8		Texas								
Male	e 200m	Jean-Christo	phe Bayard	22.9		Holland								
012 Exxo	nMobil Perf	ormance:	02:07	1 4th										
	+ 200m	Garret Smith	26.3											
504	+ 200m	David Wright	33.9	7										
504 Female Male Best Exxon	+ 200m e 200m e 200m n Nationals P	David Wright Sara Comis Robert Bradle	33.9 35.9 y 37.5 3rd	7 8 3 2001, 2003,	2004, 2007									
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504 Female Male Best Exxon National Re Previous ye	+ 200m e 200m e 200m n Nationals P ecord: ears results:	David Wright Sara Comis Robert Bradle lacing: 2012	33.9 35.9 37.5 3rd USW	7 8 3 2001, 2003, 01:34.0 011	2 199	8					-			01:38.
604 Female Male Best Exxon National Re Previous ye Ist 2nd 3rd	+ 200m e 200m e 200m n Nationals P ecord: ears results: AT&T GE TI	David Wright Sara Comis Robert Bradles lacing: 2012 01:43.6 01:45.1 01:47.7	33.9 35.9 3rd USW 2 4T&T GE LM	7 8 3 2001, 2003, 01:34.0 011 01:40.8 01:45.8 02:03.9	2 199 AT&T GE LM	009 01:42.2 01:42.4 01:55.2	AT&T GE EM	01:39.8 01:41.2 01:48.7	GE AT&T EM	01:38.0 01:39.7 01:47.5	GE AT&T LM	01:38.8 01:38.0 01:54.0	Boeing GE AT&T	01:38. 01:39. 01:39.
504 Female Male Best Exxon National Re Previous ye Ist Ind Ind Ith	+ 200m e 200m e 200m n Nationals P ecord: ears results: AT&T GE TI EM	David Wright Sara Comis Robert Bradle lacing: 2012 01:43.6 01:45.1 01:47.7 02:07.1	33.9 35.9 3rd USW 2 4T&T GE	7 8 3 2001, 2003, 01:34.0 011 01:40.8 01:45.8	2 199 2 2 AT&T GE	009 01:42.2 01:42.4	AT&T GE	01:39.8 01:41.2	GE AT&T	01:38.0 01:39.7	GE AT&T	01:36.6 01:38.0	Boeing GE	01:38. 01:39.
504 Female Male Best Exxon Vational Re Previous ye Ist Ist Brd Eth	+ 200m e 200m e 200m n Nationals P ecord: ears results: AT&T GE TI EM Boeing	David Wright Sara Comis Robert Bradles lacing: 2012 01:43.6 01:45.1 01:47.7	33.9 35.9 37.5 3rd USW 2 AT&T GE LM EM	7 8 3 2001, 2003, 01:34.0 011 01:40.8 01:45.8 02:03.9	2 AT&T GE LM EM	009 01:42.2 01:42.4 01:55.2	AT&T GE EM LM	01:39.8 01:41.2 01:48.7	GE AT&T EM LM	01:38.0 01:39.7 01:47.5	GE AT&T LM EM	01:38.8 01:38.0 01:54.0	Boeing GE AT&T EM	01:38. 01:39. 01:39.
504 Female Male Best Exxon National Re Previous ye Ist 2nd 3rd 4th 5th * Teams	+ 200m e 200m e 200m n Nationals P ecord: ears results: AT&T GE TI EM	David Wright Sara Comis Robert Bradle lacing: 2012 01:43.6 01:45.1 01:47.7 02:07.1	33.9 35.9 3rd USW 2 4T&T GE LM	7 8 3 2001, 2003, 01:34.0 011 01:40.8 01:45.8 02:03.9	2 199 AT&T GE LM	009 01:42.2 01:42.4 01:55.2	AT&T GE EM	01:39.8 01:41.2 01:48.7	GE AT&T EM	01:38.0 01:39.7 01:47.5	GE AT&T LM	01:38.8 01:38.0 01:54.0	Boeing GE AT&T	01:38. 01:39. 01:39.
504 Female Male Best Exxon Vational Re Previous ye Ist Ist Brd Eth	+ 200m e 200m e 200m n Nationals P ecord: ears results: AT&T GE TI EM Boeing	David Wright Sara Comis Robert Bradle lacing: 2012 01:43.6 01:45.1 01:47.7 02:07.1	33.9 35.9 37.5 3rd USW 2 AT&T GE LM EM	7 8 3 2001, 2003, 01:34.0 011 01:40.8 01:45.8 02:03.9	2 AT&T GE LM EM	009 01:42.2 01:42.4 01:55.2	AT&T GE EM LM	01:39.8 01:41.2 01:48.7	GE AT&T EM LM	01:38.0 01:39.7 01:47.5	GE AT&T LM EM	01:38.8 01:38.0 01:54.0	Boeing GE AT&T EM	01:38. 01:39. 01:39.
504 Female Male Best Exxon Vational Re Previous ye st Ind Ind Ind Ith th Teams	+ 200m e 200m e 200m Nationals P ecord: ears results: AT&T GE TI EM Boeing 5 s to Meet:	David Wright Sara Comis Robert Bradley lacing: 2012 01:43.8 01:45.1 01:47.7 02:07.1 02:29.5	33.9 35.9 37.5 3rd USW 2 AT&T GE LM EM	7 8 3 2001, 2003, 01:34.0 011 01:40.8 01:45.8 02:03.9	2 199 2 AT&T GE LM EM 4	009 01:42.2 01:42.4 01:55.2 01:57.9	AT&T GE EM LM	01:39.8 01:41.2 01:48.7	GE AT&T EM LM	01:38.0 01:39.7 01:47.5 01:53.4	GE AT&T LM EM	01:38.8 01:38.0 01:54.0	Boeing GE AT&T EM	01:38 01:39 01:39
504 Female Male Sest Exxon lational Re Previous ye st nd rd th th Teams tualifying 013 Times	+ 200m e 200m e 200m h Nationals P ecord: ears results: AT&T GE TI EM Boeing 5 s to Meet: Prelims	David Wright Sara Comis Robert Bradley lacing: 2012 01:43.6 01:45.1 01:47.7 02:07.1 02:29.5 Athlete(s)	33.9 35.9 37.5 3rd USW 2 AT&T GE LM EM	7 8 3 2001, 2003, 01:34.0 011 01:40.8 01:45.8 02:03.9	AT&T GE LM EM 4	3 009 01:42:2 01:42:4 01:55:2 01:57:9 Athlete(s)	AT&T GE EM LM 4	01:39.8 01:41.2 01:48.7	GE AT&T EM LM	01:38.0 01:39.7 01:47.5	GE AT&T LM EM	01:38.8 01:38.0 01:54.0	Boeing GE AT&T EM	01:38 01:39 01:39
504 Female Male Sest Exxon lational Re Previous ye st nd rd th tainy ualifying 013 Times 000m(40+)	+ 200m e 200m e 200m n Nationals P ecord: ears results: AT&T GE TI Boeing 5 s to Meet: Prelims n/a	David Wright Sara Comis Robert Bradler lacing: 2012 01:43.8 01:45.1 01:47.7 02:29.5 Athlete(s) Ken Thomas	33.9 35.9 37.5 3rd USW 2 AT&T GE LM EM 4	7 8 3 2001, 2003, 01:34.0 011 01:40.8 01:45.8 02:03.9	2 199 AT&T GE LM EM 4 Finals 00:25.0	3 009 01:42.2 01:42.4 01:55.2 01:57.9 Athlete(s) Ken Thomas	AT&T GE EM LM 4	01:39.8 01:41.2 01:48.7	GE AT&T EM LM	01:38.0 01:39.7 01:47.5 01:53.4	GE AT&T LM EM	01:38.8 01:38.0 01:54.0	Boeing GE AT&T EM	01:38 01:39 01:39
504 Female Male Best Exxon National Re Previous ye st Ind Ith Ith Ith Ith Ith Ith Ith Ith Ith Ith	+ 200m e 200m e 200m in Nationals P ecord: ears results: AT&T GE TI EM Boeing 5 s to Meet: Prelims n/a n/a	David Wright Sara Comis Robert Bradler lacing: 2012 01:43.8 01:45.1 01:47.7 02:07.1 02:29.5 Athlete(s) Ken Thomas Jovette Jolico	33.9 35.9 37.5 3rd USW 2 AT&T GE LM EM 4	7 8 3 2001, 2003, 01:34.0 011 01:40.8 01:45.8 02:03.9	2 199 AT&T GE LM EM 4 Finals 00:25.0 00:30.0	3 009 01:42.2 01:42.4 01:55.2 01:57.9 Athlete(s) Ken Thomas Jovette Jolic	AT&T GE EM LM 4	01:39.8 01:41.2 01:48.7	GE AT&T EM LM	01:38.0 01:39.7 01:47.5 01:53.4	GE AT&T LM EM	01:38.8 01:38.0 01:54.0	Boeing GE AT&T EM	01:38 01:39 01:39
504 Female Male Best Exxon Jational Re Previous ye st Ind ind ith Teams Jualifying 2013 Times	+ 200m e 200m e 200m n Nationals P ecord: ears results: AT&T GE TI Boeing 5 s to Meet: Prelims n/a	David Wright Sara Comis Robert Bradler lacing: 2012 01:43.8 01:45.1 01:47.7 02:29.5 Athlete(s) Ken Thomas	33.9 35.9 37.5 3rd USW 2 AT&T GE LM EM 4 4	7 8 3 2001, 2003, 01:34.0 011 01:40.8 01:45.8 02:03.9	2 199 AT&T GE LM EM 4 Finals 00:25.0	3 009 01:42.2 01:42.4 01:55.2 01:57.9 Athlete(s) Ken Thomas	AT&T GE EM LM 4	01:39.8 01:41.2 01:48.7	GE AT&T EM LM	01:38.0 01:39.7 01:47.5 01:53.4	GE AT&T LM EM	01:38.8 01:38.0 01:54.0	Boeing GE AT&T EM	01:38 01:39 01:39



			Even	t Name	e: 200r	n Individual	Events				
Time Event Begins:		Women Men	11:45 11:15								
2012 ExxonMobil Re	sults										
Women's 200m						Men's 200m			· s 2		
	0	-				111	1 - C	Time			
Name Sara Comis	Age Group 18+	Time 30.74			8	Name Teniola Sulaiman	Age Group 20+	24.71			
		Sec. 1									8
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	_		-		2		_				
			7	-			-				
					8 6						
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									) j	) .	
2013 Goals to Meet:											
La la coolo la miller.						Men's 200m					
Women's 200m									Actual		Group
C 11	Age Group	Target Time	Actual Time	Overall Place	Group Place	Name	Age Group	Target Time	Time	Overall Place	Place
Name Sara Comis	20+	Target Time			Group Place	Name Teniola Sulaini	Age Group 20+	Target Time 23.00			Place
Name Sara Comis		Target Time			Group Place			Time			Place
Name Sara Comis	20+	Target Time			Group Place			Time			Place
Name Sara Comis	20+	Target Time			Group Place			Time			Place
Name Sara Comis	20+	Target Time			Group Place			Time			Place
Name Sara Comis	20+	Target Time			Group Place			Time			Place
Name Sara Comis	20+	Target Time			Group Place			Time			Place
Name Sara Comis	20+	Target Time			Group Place			Time			Place
Name Sara Comis	20+	Target Time			Group Place			Time			Place
Women's 200m Sara Comis Pat Sharp	20+	Target Time			Group Place			Time			Place



			Event I	Name: 400	n Indivio	lual Ev	vents				
Time Event Begins		Women Men	2:55 2:30								
20 <mark>1</mark> 2 ExxonMobil F	Results										
Women's 400m					Men's 400m						
Name	Age Group	Time	Place		Name		Age Group	Time	Place		
Jennifer Sedlechal		01:21.5		2		S					
		2			3.	2					
		0									
2013 Goals to Mee	ət:										
Nomen's 400m	÷ 8	0		8 8	Men's 400m	8 - S	া	8	8	8	<u> </u>
Name	Age Group	Time	ss		Name	s. 8	Age Group	Time			
		2		2018							
				3.2							
2		3									
				82							

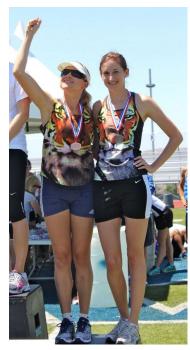
	ition: Inr	ee runners a								e president, or 200m, 400m, 8		no report	s to some	one who
îme Event I	Begins:	Finals On	ly:	Sunday	1:40									
xxon Reco	ord:		05:45.5	2003	San Ramor	n, California		New Exxon	Mobil Rec	ord 2007	4.11.93			
	800m 400m 800m	Steve Zeliko Larry Volmo Bill Chase Total	er -	02:35.3 00:59.3 02:10.8 05:45.5		Houston, Te Houston, Te Canada, Cal	xas		200m 400m 800m	Nina Springer Larry Volmer Steve Smith		33.7 1.03.50 3.34.70		
	Performa 200m	nce:	DNE											
	400m 800m Nationals F	Placing:	Gold	1993, 20	003, 2007									
est Exxon I lational Rec	800m Nationals F cord: ars results:		Principal	05:33.8	1994									
est Exxon I ational Rec revious yea	800m Nationals F cord: ars results:	2012	Principal	05:33.8	1994	010		009		2008	200	-	_	006
est Exxon I ational Rec revious yea	800m Nationals F cord: ars results: AT&T	2012 04:46.4	Principal 20 GE	05:33.6 11 04:35.8	1994 20 AT&T	04:39.7	GE	04:14.3	GE	4.18.49	EM	4.11.93	GE	3.56.69
est Exxon I ational Rec revious yea	800m Nationals F cord: ars results:	2012	Principal	05:33.8	1994							-	_	3.56.6
est Exxon I ational Rec revious yea	800m Nationals F cord: ars results: AT&T GE	2012 04:48.4 04:55.1	Principal 20 GE AT&T	05:33.6 11 04:35.8 04:45.6	1994 21 AT&T GE	04:39.7 04:39.9	GE AT&T	04:14.3 04:50.0	GE AT&T	4.18.49 4.51.92	EM	4.11.93	GE AT&T	3.56.69 4.07.69
est Exxon I ational Rec revious yea at ad	800m Nationals F cord: ars results: AT&T GE EM	2012 04:46.4	Principal 20 GE AT&T EM	05:33.6 11 04:35.8	1994 20 AT&T GE EM	04:39.7	GE AT&T EM	04:14.3	GE AT&T EM	4.18.49	EM GE	4.11.93	GE AT&T EM	3.56.69 4.07.69
est Exxon I ational Rec revious yea st nd Teams	800m Nationals F cord: ars results: AT&T GE	2012 04:48.4 04:55.1	Principal 20 GE AT&T	05:33.6 11 04:35.8 04:45.6	1994 21 AT&T GE	04:39.7 04:39.9	GE AT&T	04:14.3 04:50.0	GE AT&T	4.18.49 4.51.92	EM	4.11.93	GE AT&T	006 3.56.89 4.07.89 4.38.18
est Exxon I ational Rec revious yea st nd Teams	800m Nationals F cord: ars results: AT&T GE EM	2012 04:48.4 04:55.1	Principal 20 GE AT&T EM	05:33.6 11 04:35.8 04:45.6	1994 20 AT&T GE EM	04:39.7 04:39.9	GE AT&T EM	04:14.3 04:50.0	GE AT&T EM	4.18.49 4.51.92	EM GE	4.11.93	GE AT&T EM	3.56.69 4.07.69
est Exxon l ational Rec revious yea st nd Teams ualifyling	800m Nationals F cord: ars results: AT&T GE EM 2	2012 04:48.4 04:55.1	Principal 20 GE AT&T EM	05:33.6 11 04:35.8 04:45.6	1994 20 AT&T GE EM	04:39.7 04:39.9	GE AT&T EM	04:14.3 04:50.0	GE AT&T EM	4.18.49 4.51.92	EM GE	4.11.93	GE AT&T EM	3.56.69 4.07.69
est Exxon I ational Rec revious yea it it id Teams ualifyIng 113 Times	800m Nationals F cord: ars results: AT&T GE EM 2	2012 04:48.4 04:55.1	Principal 20 GE AT&T EM	05:33.6 11 04:35.8 04:45.6	1994 21 AT&T GE EM 2 Finals	04:39.7 04:39.9	GE AT&T EM	04:14.3 04:50.0	GE AT&T EM	4.18.49 4.51.92	EM GE 2	4.11.93	GE AT&T EM	3.56.6
est Exxon I ational Rec revious yes tt d Teams ualifying J13 Times J00m	800m Nationals F cord: ars results: AT&T GE EM 2 to Meet: Prelims n/a	2012 04:48.4 04:55.1 DNE	Principal 20 GE AT&T EM	05:33.6 11 04:35.8 04:45.6	1994 21 AT&T GE EM 2 Finals 00:34.0	04:39.7 04:39.9 DNE	GE AT&T EM	04:14.3 04:50.0	GE AT&T EM	4.18.49 4.51.92 DNE	EM GE 2	4.11.93	GE AT&T EM	3.56.69 4.07.69
est Exxon I ational Rec revious yea at at t t t t t t t t t t t t t t t t	800m Nationals F cord: ars results: AT&T GE EM 2 to Meet: Prelims n/a n/a	2012 04:48.4 04:55.1 DNE	Principal 20 GE AT&T EM	05:33.6 11 04:35.8 04:45.6	1994 21 AT&T GE EM 2 Finals 00:34.0 01:00.0	04:39.7 04:39.9 DNE	GE AT&T EM	04:14.3 04:50.0	GE AT&T EM	4.18.49 4.51.92 DNE	EM GE 2	4.11.93	GE AT&T EM	3.56.69 4.07.69
est Exxon l ational Rec revious yea st nd Teams ualifyIng D13 Times	800m Nationals F cord: ars results: AT&T GE EM 2 to Meet: Prelims n/a n/a	2012 04:48.4 04:55.1 DNE	Principal 20 GE AT&T EM	05:33.6 11 04:35.8 04:45.6	1994 21 AT&T GE EM 2 Finals 00:34.0	04:39.7 04:39.9 DNE	GE AT&T EM	04:14.3 04:50.0	GE AT&T EM	4.18.49 4.51.92 DNE	EM GE 2	4.11.93	GE AT&T EM	3.56.6

	ription: Fo	our runners, one	female 30	0 or older	one male	30 or older	, and two 1600m.	male runne	rs 35 or o	lder, runnin	g in relay (	order: 800r	n, 400m,	1200m,
Time Even	t Begins:	Finals only, Sat	urday		10:55									
Exxon Red	cord:		10:41.6	1988	Palo Alto,	CA (adjusted	I from yard	s to metric)						
	800m 400m 1200m 1600m	Billy Smith Sharon McNeil Roland Parrish Robert Radnoti Total		02:01.3 01:07.8 03:14.8 04:17.7 10:41.6		Baton Roug Houston, T) Houston, T) Thousand C	(/EUSA-F	ROD	)					
012 Exxo	nMobil Per	formance		13:23.5	4th									
	800m 400m	Stephanie Mills Alan Mut	02:35.0											
est Exxor	1200m 1600m n Nationals F	David Wright Mark Malander Placing: S	ilver 2003, 2	2004										
ational Re	1600m n Nationals F	Mark Malander Placing: S G	E	10:33.6	1 N	8								
ational Re revious ye	1800m n Nationals F ecord: ears results:	Mark Malander Placing: S G 2012	iE 201	10:33.6	2	010		009		008		107		006
ational Re revious ye	1800m n Nationals F ecord: ears results: GE	Mark Malander Placing: S G 2012 11:46.7	E 201 GE	10:33.6 11 11:16.4	GE 2	010	GE	11:32.7	GE	11.15.67	GE	11.20.93	GE	11.44.6
ational Re evious ye t	1800m n Nationals F ecord: ears results: GE TI	Mark Malander Placing: S 2012 11:48.7 12:14.3	E 201 GE LM	10:33.6 11 11:16.4 12:07.9	GE LM	010 11:39.5 11:41.0	GE LM	11:32.7 11:43.3	GE LM	11.15.67 11.26.31	GE LM	11.20.93 11.25.93	GE LM	11.44.6
ational Re evious ye at d	1800m n Nationals F ecord: ears results: GE TI AT&T	Mark Malander Placing: S 2012 11:46.7 12:14.3 13:20.4	201 GE LM EM	10:33.6 11 11:16.4 12:07.9 14:14.1	GE LM AT&T	010 11:39.5 11:41.0 13:39.7	GE LM AT&T	11:32.7 11:43.3 12:38.9	GE LM EM	11.15.67 11.26.31 11.35.00	GE LM AT&T	11.20.93 11.25.93 11.29.61	GE	11.44.6
ational Re evious ye at d h	1800m n Nationals F ecord: ears results: GE TI AT&T EM	Mark Malander Placing: S 2012 11:46.7 12:14.3 13:20.4 13:23.5	E 201 GE LM	10:33.6 11 11:16.4 12:07.9	GE LM	010 11:39.5 11:41.0	GE LM	11:32.7 11:43.3	GE LM EM AT&T	11.15.67 11.26.31 11.35.00 12.56.38	GE LM AT&T EM	11.20.93 11.25.93 11.29.61 11.31.56	GE LM	11.44.6
ational Re revious ye at nd d h h	1800m n Nationals F ecord: ears results: GE TI AT&T EM BAH	Mark Malander Placing: S 2012 11:46.7 12:14.3 13:20.4	E GE LM EM EM	10:33.6 11 11:16.4 12:07.9 14:14.1	GE LM AT&T EM	010 11:39.5 11:41.0 13:39.7	GE LM AT&T EM	11:32.7 11:43.3 12:38.9	GE LM EM AT&T Boeing	11.15.67 11.26.31 11.35.00	GE LM AT&T EM Boeing	11.20.93 11.25.93 11.29.61	GE LM EM	11.44.6
ational Re	1800m n Nationals F ecord: ears results: GE TI AT&T EM	Mark Malander Placing: S 2012 11:46.7 12:14.3 13:20.4 13:23.5	201 GE LM EM	10:33.6 11 11:16.4 12:07.9 14:14.1	GE LM AT&T	010 11:39.5 11:41.0 13:39.7	GE LM AT&T	11:32.7 11:43.3 12:38.9	GE LM EM AT&T	11.15.67 11.26.31 11.35.00 12.56.38	GE LM AT&T EM	11.20.93 11.25.93 11.29.61 11.31.56	GE LM	008 11.44.6 11.44.6 12.12.7
ational Re revious ye at d h h Teams ualifying	1800m n Nationals F ecord: ears results: GE TI AT&T EM BAH 5	Mark Malander Placing: S 2012 11:46.7 12:14.3 13:20.4 13:23.5	E GE LM EM EM	10:33.6 11 11:16.4 12:07.9 14:14.1	GE LM AT&T EM	010 11:39.5 11:41.0 13:39.7	GE LM AT&T EM	11:32.7 11:43.3 12:38.9	GE LM EM AT&T Boeing	11.15.67 11.26.31 11.35.00 12.56.38	GE LM AT&T EM Boeing	11.20.93 11.25.93 11.29.61 11.31.56	GE LM EM	11.44.6
ational Re revious ye it d h h Teams ualifying	1800m n Nationals F ecord: ears results: GE TI AT&T EM BAH 5 s to Meet:	Mark Malander Placing: S 2012 11:46.7 12:14.3 13:20.4 13:23.5 13:36.9	E GE LM EM EM	10:33.6 11 11:16.4 12:07.9 14:14.1	2 GE LM AT&T EM 3	010 11:39.5 11:41.0 13:39.7 DNE	GE LM AT&T EM	11:32.7 11:43.3 12:38.9	GE LM EM AT&T Boeing	11.15.87 11.28.31 11.35.00 12.58.38 13.05.87	GE LM AT&T EM Boeing 5	11.20.93 11.25.93 11.29.61 11.31.56	GE LM EM	11.44.6
evious ye t d d Feams iailfying	1800m Nationals F ecord: ears results: GE TI AT&T EM BAH 5 s to Meet: Prelims	Mark Malander Placing: S 2012 11:46.7 12:14.3 13:20.4 13:23.5	E GE LM EM EM	10:33.6 11 11:16.4 12:07.9 14:14.1	GE LM AT&T EM 3	010 11:39.5 11:41.0 13:39.7	GE LM AT&T EM	11:32.7 11:43.3 12:38.9	GE LM EM AT&T Boeing	11.15.67 11.26.31 11.35.00 12.56.38	GE LM AT&T EM Boeing 5	11.20.93 11.25.93 11.29.61 11.31.56	GE LM EM	11.44.6
evious ye t d h h reams iailfying 113 Time:	1800m n Nationals F ecord: ears results: GE TI AT&T EM BAH 5 s to Meet: Prelims N/A	Mark Malander Placing: S 2012 11:46.7 12:14.3 13:20.4 13:23.5 13:36.9	E GE LM EM EM	10:33.6 11 11:16.4 12:07.9 14:14.1	2 GE LM AT&T EM 3 Finals 02:20.0	010 11:39.5 11:41.0 13:39.7 DNE	GE LM AT&T EM	11:32.7 11:43.3 12:38.9	GE LM EM AT&T Boeing	11.15.87 11.28.31 11.35.00 12.58.38 13.05.87	GE LM AT&T EM Boeing 5	11.20.93 11.25.93 11.29.61 11.31.56	GE LM EM	11.44.6
ational Re revious ye it d h h Teams J13 Time: D0m	1800m Nationals F ecord: ears results: GE TI AT&T EM BAH 5 s to Meet: Prelims N/A N/A	Mark Malander Placing: S 2012 11:46.7 12:14.3 13:20.4 13:23.5 13:36.9	E GE LM EM EM	10:33.6 11 11:16.4 12:07.9 14:14.1	2 GE LM AT&T EM 3 Finals 02:20.0 00:56.0	010 11:39.5 11:41.0 13:39.7 DNE	GE LM AT&T EM	11:32.7 11:43.3 12:38.9	GE LM EM AT&T Boeing	11.15.87 11.28.31 11.35.00 12.58.38 13.05.87	GE LM AT&T EM Boeing 5	11.20.93 11.25.93 11.29.61 11.31.56	GE LM EM	11.44.6
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			Descriptio	on: Two wo	men each	n run 800m	at same ti	me. Times	are adde	ed to determ	ine place	ð.		
lime Event	t Begins:	Finals:	Sunday	11:00										
Exxon Rec	ord:		04:28.0	0 1997	San Diego	CA								
	800m 800m	Christina Da Zara Hyde Total		02:12.9 02:15.0 04:28.0	)	Brussels / E London / NI								
012 Exxor	nMobil Perfo	rmance:	04:54.	Bronze										
	800m	Kim Munksga Stephanie Mi		2:27										
	n Nationals Pl	acing:	Gold Gold		Leighton), 1 Cressy)	994 (Hyde, Lei	ighton)							
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lime Event Begins	: Finals:	Sunday	11:30										
xxon Record:		08:22	2 1984	4 San Jose, (	CA								
Mile		otma t Radnoti Total	04:05. 04:12 08:22	7	Calgary, Cal Thousand C								
012 ExxonMobil	Performanc	e: 10:38.	Bronze										
Mile Mile	David Daniel	Chan Jouas	05:17.0 05:20.0										
Best Exxon Nation	als Placing:	Gold Gold Gold Gold Gold Gold Gold	1984 1991 1992 1993 1994 1998 1999	(Miner, Rer	otma) Ilner) ndell) sher) ston)		Gold Gold	2002 2005	(Birkenfeld, I (Donovan, H				
National Record:		Gold IBM	2000 08:20.7	(Olson, Kirk 1983	ġ.								
Previous years res	2012	2	011	2010		2009		2008		2007		2006	
st G			08:49.0	GE	09:11.0	LM	09:01.8	GE	8.49.81	GE	8.44.61	GE	9.07.6
nd T	1 10:0	8.0 LM	09:39.0	LM	09:30.0	EM	09:32.4	LM	10.19.18	EM	9.05.07	EM	9.21.1
rd E			11:40.0	EM	09:40.7	GE	09:40.7			LM	9.20.96	LM	9.30.4
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13 Times to Mee Prelim		N(E)		Finals	Athlete(s)		<del>1 1</del>		Actual Athlet	e(s)	<u> </u>		-
lle n					David Chen		S 8.			-1-1		S	
le n			122	05:15.0	Tom Barbee		- S					ŝ ĝ	
Total 00:0				10:25.0									







Time Event Begir Exxon Record: 800n 400n 2012 ExxonMobi 800n 400n 400n	m m nil Perfor	Finals: Zara Hyde Nina Spring Sara Phipp Total	5	1:11	D 4 Colby, Ma 5	1.0000072	of 90 year	s or more, ri	unning in	order: 800n	n, 400m, 4	00m		
Exxon Record: 800n 400n 400n 2012 ExxonMobi 800n 400n	m m nil Perfor	Zara Hyde Nina Spring Sara Phipp Total	04:19.4 ger s	199 02:12 01:04	4 Colby, Ma	ine								
800m 400n 400n 2012 ExxonMobi 800n 400n	m m iil Perfor	Nina Spring Sara Phipp Total	ger s	02:12. 01:04.	5	ine								
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800n 400n		rmance:		04:19.	6	England / E Houston TX Midland, TX	/ EPRC							
400n	m		05:51.2											
			Janie Lee Cyndee Norris Ugwem Eneyo	03:02.6 01:26.0 01:22.0										
Best Exxon Natio National Record:		icing:	Gold Gold Gold Gold AT&T	1994 1995 1996 2004 04:12.2	(Hyde, Spr (Hyde, Mcl	inger, Phipps) inger, Phipps) Veill, Leighton) ohyla, MacDoi		Gold Gold		7 (Hyde, Cress 8 (Darby, Mohy				
<sup>o</sup> revious years re		10												
1st A	20 T&T	12 04:38.6	2011 AT&T	04:35.5	AT&T	010 04:49.7	GE 2	04:49.7	EM 2	4.49.53	EM 20	4.29.41	GE 2	4.46.5
	GE	04:41.6	GE	04:37.9	GE	04:57.3	LM	05:18.0	LM	4.50.53	LM	4.40.53	LM	4.49.6
	TI	04:58.2	LM	05:48.0	EM	05:00.2	EM	DNE	-		AT&T	?	AT&T	4.54.73
th	EM	05:51.2	EM	DNE	LM	05:13.9							EM	5.06.30
	oeing	06:15.2	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	100000000	8 - 20 20000	100 000 000 000 000 000 000 000 000 000		8			8	. <u> </u>		
	BAH	06:27.3												<u> </u>
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Qualifying		ii				di i							8	<u> </u>
2013 Times to Me	eet:													
Preli		Athlete(s)	5	3	Finals	Athlete(s)				Actual Athlet	e(s)	- 85	3	
	n/a	2	1		02:40.0	the second s		S Y					3	1
	n/a	5	1		01:12.0	Clementina		2			i. I	- 8	3	
	n/a	2		3	01:08.0	Raina Brown	1	_					2	-
Total 00 Minimum Qualifyi	0.00.0				05:00.0									

Deeerin	ation: Eiu	e runners, four 5		fana ar aldr	v with at l	and one u		d one runne	r 60 vez	n old or old	or ruppi	na tha anan	ing log in	in a sin a la
Descrip		e runners, iour s	o years of	age of olde				600m, 400m		15 010 01 010	er runni	ng the open	ing leg, ru	inning in
Time Event 8	Begins:	Prelims;	Saturday	3:21	5									
		Finals:	Sunday	1:0	3									
Exxon Reco	ord:	04:41.0	20-	11					04:19	7 1997	San Dieg	go, CA		
		200m	Herman V	Villiams			400m	Mike Alexa	nder	01:14.6		Houston, T	X / RETIRE	D
		400m	Larry Voli				200m	Eunice Sea		00:32.6		Houston, T		7.1
		200m	Jovette J		30	5	600m	Bill Beards		01:34.8	i.	Calgary / IN		
		600m	Mark Mala	ander			400m	<b>Billy Smith</b>		00:57.6		Nashville, T	N/RETIRE	ED
		400m	Ken Thon	nas				Total		04:19.6				
2012 Exxon	Mobil Per	formance:	05:01	.8 Bronze										
	200m	Larry Volmer		26 "Smoked th	e whole field									
	400m	Garret Smith	01:11		e whole held									
		Oaner Onnar	Q1.11											
	200m	Jovette Jolicoeur	31	5										
	200m 600m	Jovette Jolicoeur Mark Malander	31											
		Jovette Jolicoeur Mark Malander Ken Thomas	01:47											
Best Exxon I	600m 400m Nationals F	Mark Malander Ken Thomas	01:47	.1	1	5								
Best Exxon I National Rec	600m 400m Nationals F cord:	Mark Malander Ken Thomas Placing:	01:47 3rd 1st 2nd AT&T	2003 2001 2011 2011 201 04:07	0 1 4 1990									
Best Exxon I National Rec Previous yea	600m 400m Nationals F cord: ars results:	Mark Malander Ken Thomas Placing: 2012	01:47 3rd 1st 2nd AT&T	2003 2003 2011 201 04:07 -	2 1 4 1990	010		2009		2008	1110 111	2007		006
Best Exxon I National Rec Previous yea	600m 400m Nationals F cord: ars results: AT&T	Mark Malander Ken Thomas Placing: 2012 04:39.0	01:47 3rd 1st 2nd AT&T	200: 2011 2011 04:07. 2011 04:40.	2 4 1990 7 EM	010	Boeing	04:38.6	AT&T	4.44.16	GE	4.40.14	LM	4.41.
Best Exxon National Rec Previous yea	600m 400m Nationals F cord: ars results: AT&T GE	Mark Malander Ken Thomas Placing: 2012 04:39.0 04:45.2	01:47 3rd 1st 2nd AT&T AT&T	2002 2011 2011 04:07. 2011 04:40. 04:41.	2 1 4 1990 20 7 EM	010 04:48.2 04:55.7	Boeing AT&T	04:38.6 04:39.1	AT&T GE	4.44.16 4.52.87	GE LM	4.40.14 4.51.20	LM GE	4.41.
Best Exxon I National Rec Previous yea st and Brd	600m 400m Nationals F cord: ars results: AT&T GE EM	Mark Malander Ken Thomas Placing: 2012 04:39.0 04:45.2 05:01.8	01:47 3rd 1st 2nd AT&T AT&T EM GE	2001 2011 2011 04:07. 2011 04:40. 04:41. 04:51.	20 4 1990 7 EM 1 LM AT&T	010 04:48.2 04:55.7 04:59.8	Boeing AT&T GE	04:38.6 04:39.1 04:54.4	AT&T GE	4.44.16	GE LM AT&T	4.40.14 4.51.20 4.57.56	LM GE AT&T	4.41. 4.42. 4.54.
Best Exxon I National Rec Previous yea Ist Ind Brd	600m 400m Nationals F cord: ars results: AT&T GE	Mark Malander Ken Thomas Placing: 2012 04:39.0 04:45.2	01:47 3rd 1st 2nd AT&T AT&T EM GE	2002 2011 2011 04:07. 2011 04:40. 04:41.	20 4 1990 4 1990 20 20 20 20 20 20 20 20 20 20 20 20 20	010 04:48.2 04:55.2 04:59.0 05:01.0	2 Boeing AT&T GE LM	04:38.6 04:39.1 04:54.4 04:57.1	AT&T GE LM	4.44.16 4.52.87	GE LM AT&T EM	4.40.14 4.51.20 4.57.56 5.21.30	LM GE AT&T	4.41. 4.42. 4.54.
Best Exxon I National Rec Previous yea Ist Ist Ist Ist Ist Ist Ist Ist Ist	800m 400m Nationals F cord: ars results: AT&T GE EM TI	Mark Malander Ken Thomas Placing: 2012 04:39.0 04:45.2 05:01.8	01:47 3rd 1st 2nd AT&T AT&T EM GE LM	2001 2011 2011 04:07. 2011 04:40. 04:41. 04:51.	20 14 1990 7 EM 1 LM AT&T 1 GE Boeing	010 04:48.2 04:55.7 04:59.8	Boeing AT&T GE LM EM	04:38.6 04:39.1 04:54.4	AT&T GE LM	4.44.16 4.52.87	GE LM AT&T EM Boeing	4.40.14 4.51.20 4.57.56	LM GE AT&T EM	1008 4.41. 4.42. 4.54. 5.20.
Best Exxon I National Rec Previous yea Ist Ist Ist Ist Ist Ist Ist Ist Ist Ist	600m 400m Nationals F cord: ars results: AT&T GE EM	Mark Malander Ken Thomas Placing: 2012 04:39.0 04:45.2 05:01.8	01:47 3rd 1st 2nd AT&T AT&T EM GE	2001 2011 2011 04:07. 2011 04:40. 04:41. 04:51.	20 4 1990 4 1990 20 20 20 20 20 20 20 20 20 20 20 20 20	010 04:48.2 04:55.2 04:59.0 05:01.0	2 Boeing AT&T GE LM	04:38.6 04:39.1 04:54.4 04:57.1	AT&T GE LM	4.44.16 4.52.87	GE LM AT&T EM	4.40.14 4.51.20 4.57.56 5.21.30	LM GE AT&T	4.41. 4.42. 4.54.
Best Exxon I National Rec Previous yea St Ind Ind Ith Teams Qualifying	800m 400m Nationals F cord: ars results: AT&T GE EM TI 4	Mark Malander Ken Thomas Placing: 2012 04:39.0 04:45.2 05:01.8	01:47 3rd 1st 2nd AT&T AT&T EM GE LM	2001 2011 2011 04:07. 2011 04:40. 04:41. 04:51.	20 14 1990 7 EM 1 LM AT&T 1 GE Boeing	010 04:48.2 04:55.2 04:59.0 05:01.0	Boeing AT&T GE LM EM	04:38.6 04:39.1 04:54.4 04:57.1	AT&T GE LM	4.44.16 4.52.87	GE LM AT&T EM Boeing	4.40.14 4.51.20 4.57.56 5.21.30	LM GE AT&T EM	4.41. 4.42. 4.54.
Best Exxon I National Rec Previous yea st Ind Ind Ind Ind Ind Ind Ind Ind Ind Ind	800m 400m Nationals F cord: ars results: GE EM TI 4 to Meet:	Mark Malander Ken Thomas Placing: 2012 04:39.0 04:45.2 05:01.8 05:10.8	01:47 3rd 1st 2nd AT&T AT&T EM GE LM	2002 2011 2011 04:07. 2011 04:40. 04:40. 04:51. 05:06.	0 1 4 1990 EM LM AT&T GE Boeing 5	010 04:48.2 04:55.2 05:01.0 05:21.0	Boeing AT&T GE LM EM	04:38.6 04:39.1 04:54.4 04:57.1 04:57.9	AT&T GE LM	4.44.16 4.52.87 4.57.04	GE LM AT&T EM Boeing 5	4.40.14 4.51.20 4.57.56 5.21.30	LM GE AT&T EM	4.41. 4.42. 4.54.
Best Exxon I lational Rec Previous yea st ind ind ind ind ind ind ind ind ind ind	800m 400m Nationals F cord: ars results: AT&T GE EM TI 4	Mark Malander Ken Thomas Placing: 2012 04:39.0 04:45.2 05:01.8	01:47 3rd 1st 2nd AT&T AT&T EM GE LM	2001 2011 2011 04:07. 2011 04:40. 04:41. 04:51.	20 14 1990 7 EM 1 LM AT&T 1 GE Boeing	010 04:48.2 04:55.2 04:59.0 05:01.0	Boeing AT&T GE LM EM	04:38.6 04:39.1 04:54.4 04:57.1	AT&T GE LM	4.44.16 4.52.87	GE LM AT&T EM Boeing 5	4.40.14 4.51.20 4.57.56 5.21.30	LM GE AT&T EM	4.41. 4.42. 4.54.
Best Exxon I Vational Rec Previous yea st ind ind ind ind ind ind ind ind ind ind	800m 400m Nationals F cord: ars results: AT&T GE EM TI TI 4 to Meet: Prelims n/a	Mark Malander Ken Thomas Placing: 2012 04:39.0 04:45.2 05:01.8 05:10.8	01:47 3rd 1st 2nd AT&T AT&T EM GE LM	2002 2011 2011 04:07. 2011 04:40. 04:40. 04:51. 05:06.	1 1996 4 1996 EM LM AT&T GE Boeing 5	010 04:48.2 04:55.2 05:01.0 05:21.0	Boeing AT&T GE LM EM	04:38.6 04:39.1 04:54.4 04:57.1 04:57.9	AT&T GE LM	4.44.16 4.52.87 4.57.04	GE LM AT&T EM Boeing 5	4.40.14 4.51.20 4.57.56 5.21.30	LM GE AT&T EM	4.41. 4.42. 4.54.
Best Exxon I Vational Rec Previous yea Ist Ind Ist Ith Teams QualifyIng 2013 Times 200m 000m	800m 400m Nationals F cord: ars results: AT&T GE EM TI 4 to Meet: Prelims	Mark Malander Ken Thomas Placing: 2012 04:39.0 04:45.2 05:01.8 05:10.8	01:47 3rd 1st 2nd AT&T AT&T EM GE LM	2002 2011 2011 04:07. 2011 04:40. 04:40. 04:51. 05:06.	20 1 4 1996 1996 20 20 20 20 20 20 20 20 20 20	010 04:48.2 04:55.2 05:01.0 05:21.0	Boeing AT&T GE LM EM	04:38.6 04:39.1 04:54.4 04:57.1 04:57.9	AT&T GE LM	4.44.16 4.52.87 4.57.04	GE LM AT&T EM Boeing 5	4.40.14 4.51.20 4.57.56 5.21.30	LM GE AT&T EM	4.41 4.42 4.54
Sest Exxon I National Rec Previous yea st Ind Teams Jualitying 1013 Times 100m 000m	800m 400m Nationals F cord: ars results: AT&T GE EM TI TI to Meet: Prelims n/a n/a	Mark Malander Ken Thomas Placing: 2012 04:39.0 04:45.2 05:01.8 05:10.8	01:47 3rd 1st 2nd AT&T AT&T EM GE LM	2002 2011 2011 04:07. 2011 04:40. 04:40. 04:51. 05:06.	20 14 1996 EM LM AT&T GE Boeing 5 Finals D0:28.9	010 04:48.2 04:55.2 05:01.0 05:21.0	Boeing AT&T GE LM EM	04:38.6 04:39.1 04:54.4 04:57.1 04:57.9	AT&T GE LM	4.44.16 4.52.87 4.57.04	GE LM AT&T EM Boeing 5	4.40.14 4.51.20 4.57.56 5.21.30	LM GE AT&T EM	4.41 4.42 4.54
Best Exxon I National Rec Previous yea st Ind Ind Ind Ind Ind Ind Ind Ind Ind Ind	800m 400m Nationals F cord: ars results: AT&T GE EM TI TI 4 to Meet: Prelims n/a n/a n/a	Mark Malander Ken Thomas Placing: 2012 04:39.0 04:45.2 05:01.8 05:10.8	01:47 3rd 1st 2nd AT&T AT&T EM GE LM	2002 2011 2011 04:07. 2011 04:40. 04:40. 04:51. 05:06.	20 1 4 1996 1997 1996 19	010 04:48.2 04:55.2 05:01.0 05:21.0	Boeing AT&T GE LM EM	04:38.6 04:39.1 04:54.4 04:57.1 04:57.9	AT&T GE LM	4.44.16 4.52.87 4.57.04	GE LM AT&T EM Boeing 5	4.40.14 4.51.20 4.57.56 5.21.30	LM GE AT&T EM	4.41 4.42 4.54



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, runing in order: 200m, 200m, 400m, 800m.

Exxon Record: 200m 200m 400m 800m	Regina Smith Larry Vollmer Billy Smith	03:44.9	1988	Palo Alto,	CA (adjusted	from wards	the second state						
200m 400m	Larry Volimer					iroin yarus	to metric)						
400m			00:27.1		Houston, TX	/ EDPC			G		ALT .		
	Phillip Constant		00:24.5	5	New Orleans	, LA / PRO	D	444		5	last		l l
800m	Billy Smith		00:50.7		Baton Roug	e, LA / MKT	G		T	-	13		
	Jim Noel		02:02.6		Toronto, Ca	nada / ESS	0	1 de				1 6	
	Tota	1	03:44.9	15.						ESSO Mobil searcha	1 As	-	15
012 ExxonMobil F	erformance:	04:38.5	Bronze									K	3
200m	Stephanie Mills	28						11		/	P XA		3
200m	Garret Smith	31.8									K		3
400m	Larry Volmer	01:05.4							5 1 40 C		AE	A 6 +	
800m	Alan Mut	02:32.4							2 Chall				
								and the second of	11.00				
Previous years resu	2012	20	011	2	010	20	900	2	008	20	700	2	006
st GE		GE	04:03.9	LM	4.04.18	LM	03:53.1	LM	3.53.51	GE	3.54.53	GE	3.59.85
nd TI	04:12.9	AT&T	04:19.4	GE	4.07.09	GE	03:55.9	GE	3.54.72	LM	4.02.71	AT&T	4.00.90
rd EM		LM	04:20.3	AT&T	?	AT&T	04:24.6	AT&T	4.21.58	EM	4.09.38	LM	4.03.70
th BAH		EM	04:43.4	EM	DNE	EM	05:02.4	EM	4.23.15	AT&T	4.24.87	EM	4.40.05
th AT&	T 05:12.1									Boeing	4.45.64		_
Teams 5		4		3		4		4		5		4	L
lualifying		8		1				6			8 8		
013 Times to Meet													
Prelims				Finals	Athlete(s)			1 13	Actual Athle	te(s)	S S		
200m n/a	Clementina Ma	rtinez		00:32.0	Clementina M	Martinez	í –	s - 8			S	3	
200m n/a	Alan Mut			00:28.0	Alan Mut			(	2		8 8		
00m n/a	Elaine Mut		S. Mills	01:00.0	Tom barbee	ŝ. l							
00m n/a	Bing Kao			02:30.0	Bing Kao	1		1 9	<u> </u>		8 (s		
Total 00:00	0.0			04:30.0								Î	
finimum Qualifying	Time: n/a	2	÷	95		0		S. 34	246		65 62	2	3







Descripti	ion: Five r	runners, two fema	ales, three n	nales, run	ning in or	der: 400m, 1	800m, 120	om, ooom						
Time Event	Begins:	Finals:	Sunday	3:10										
Exxon Rec	ord:		09:00.6	1983	Palo Alto, C	A (adjusted fro	m yards to me	etric)						
	400m	Rosalind Winfrey		01:02.9		Houston, TX	1000							
	800m	Robert Radnoti		01:56.8		Thousand Oa		D						
	1200m	Mike Bonem		03:00.2		Bayway, NJ / R								
	800m	Alan Mut		01:58.4		Houston, TX								
	400m	Donna Malone		01:02.3		Thousand Oa	ks, CA/PROD	D						
		Total		09:00.6	8									
012 Exxor	Mobil Perfor	rmance:	10:50.7	BRONZE										
	400m	Coffe I suchised	01:14.9											
	400m 800m	Sofia Laughland David Holland	02:24.4											
	1200m	David Chen	03:37.7											
	800m	Daniel Jouas	02:18.8											
lest Evine	400m	Kim Munksgaard	01:08.5	1997	(Sariager M	llinar Randall W	(likes Davis)							
Best Exxon )		Kim Munksgaard	01:08.5 Gold Gold Gold Gold	1994 1999 2002	(Phipps, Hor (Mohyla, Kirl (Jones, Don	Illner, Rendeil, W noly, Basher, Mill s, Olsen, Homoly, wan, Birkenfeld, i	ner, Leighton) , Jones) Homoly, Dejon	gue)						
	400m Nationals Plac	Kim Munksgaard	01:08.5 Gold Gold Gold	1994 1999 2002	(Phipps, Hor (Mohyla, Kirl (Jones, Don	noly, Basher, Mil , Olsen, Homoly,	ner, Leighton) , Jones) Homoly, Dejon	gue)						
	400m Nationals Plac	Kim Munksgaard	01:08.5 Gold Gold Gold Gold	1994 1999 2002	(Phipps, Hor (Mohyla, Kirl (Jones, Don	noly, Basher, Mil , Olsen, Homoly, wan, Birkenfeld, I	ner, Leighton) , Jones) Homoly, Dejon	gue)						
National Re	400m Nationals Plac	Kim Munksgaard	01:08.5 Gold Gold Gold Gold Gold IBM	1994 1999 2002 2004 08:55.5	(Philpps, Hor (Mohyla, Kirk (Jones, Donc (Foltz, Kirk, I 1984	noly, Basher, Mil K, Olsen, Hornoly, ovan, Birkenfeld, I Donovan, Hornoly	ner, Leighton) Jones) Homoly, Dejon , MacDonald)							
National Re Previous ye	400m Nationals Plac cord: ars results:	Kim Munksgaard sing: 2012	01:08.5 Gold Gold Gold Gold IBM 201	1994 1999 2002 2004 08:55:5	(Phipps, Hor (Mohyla, Kirk (Jones, Donk (Foltz, Kirk, I 1984	noly, Basher, Mil K, Olsen, Hornoly, ovan, Birkenfeld, I Donovan, Hornoly 2010	ner, Leighton) Jones) Homoly, Dejon MacDonald) 20	09		108		007		006
National Re Previous yes	400m Nationals Plac cord: ars results: GE	Kim Munksgaard sing: 2012 09:58.5	01:08.5 Gold Gold Gold Gold IBM 201 GE	1994 1999 2002 2004 08:55.5	(Phipps, Hor (Mohyla, Kiri (Jones, Dono (Foltz, Kirk, I 1984 2 GE	noly, Basher, Mil k, Olsen, Homoly, wan, Birkenfeld, I Donovan, Homoly 1010 09:27.1	ner, Leighton) , Jones) Homoly, Dejon , MacDonald) , MacDonald , MacDonald	09:34.8	GE	9.19.90	GE	9.27.60	GE	9.24.58
National Re Previous yes st	400m Nationals Plac cord: ars results: GE TI	Kim Munksgaard sing: 2012 09:58.5 10:30.6	01:08.5 Gold Gold Gold Gold Gold IBM 201 GE LM	1994 1999 2002 2004 08:55.5 11 09:29.1 10:48.5	(Phipps, Hor (Mohyla, Kiri (Jones, Dono (Foltz, Kirk, I 1984 2 <u>GE</u> LM	noly, Basher, Mil s, Olsen, Homoly xan, Bintenfeld, I Donovan, Homoly 000 09:27.1 10:16.2	ner, Leighton) Jones) Homoly, Dejon , MacDonald) 20 <u>GE</u> LM	09 09:34.8 10:05.6	GE LM	9.19.90 9.44.78	GE LM	9.27.60 9.34.20	GE LM	9.24.58 9.33.41
National Re Previous yes st and ard	400m Nationals Plac cord: ars results: GE	Kim Munksgaard sing: 09:58.5 10:30.6 10:50.7	01:08.5 Gold Gold Gold Gold IBM 201 GE	1994 1999 2002 2004 08:55:5 11 09:29:1 10:48:5 11:29:2	(Phipps, Hor (Mohyla, Kiri (Jones, Dono (Foltz, Kirk, I 1984 2 GE	noly, Basher, Mil , Olsen, Homoly , wan, Birkenfeld, I Donovan, Homoly 0010 09:27.1 10:16.2 11:55.1	ner, Leighton) , Jones) Homoly, Dejon , MacDonald) , MacDonald , MacDonald	09:34.8	GE LM EM	9.19.90 9.44.78 9.56.79	GE	9.27.60	GE	9.24.58 9.33.41
National Re Previous yes st and ard	400m Nationals Plac cond: ans results: GE TI EM	Kim Munksgaard sing: 2012 09:58.5 10:30.6	01:08.5 Gold Gold Gold Gold BM IBM GE LM AT&T	1994 1999 2002 2004 08:55.5 11 09:29.1 10:48.5	(Phipps, Hor (Mohyla, Kirk (Jones, Dond (Foltz, Kirk, I 1984 2 GE LM AT&T	noly, Basher, Mil s, Olsen, Homoly xan, Bintenfeld, I Donovan, Homoly 000 09:27.1 10:16.2	ner, Leighton) Jones) Homoly, Dejon , MacDonald) 20 <u>GE</u> LM	09 09:34.8 10:05.6	GE LM	9.19.90 9.44.78	GE LM	9.27.60 9.34.20	GE LM	9.24.58 9.33.41
National Re Previous ye Ist 2nd Srd Un	400m Nationals Plac cond: ans results: GE TI EM	Kim Munksgaard sing: 09:58.5 10:30.6 10:50.7	01:08.5 Gold Gold Gold Gold BM IBM GE LM AT&T	1994 1999 2002 2004 08:55:5 11 09:29:1 10:48:5 11:29:2	(Phipps, Hor (Mohyla, Kirk (Jones, Dond (Foltz, Kirk, I 1984 2 GE LM AT&T	noly, Basher, Mil , Olsen, Homoly , wan, Birkenfeld, I Donovan, Homoly 0010 09:27.1 10:16.2 11:55.1	ner, Leighton) Jones) Homoly, Dejon , MacDonald) 20 <u>GE</u> LM	09 09:34.8 10:05.6	GE LM EM	9.19.90 9.44.78 9.56.79	GE LM	9.27.60 9.34.20	GE LM	9.24.58 9.33.41
National Re	400m Nationals Plac coord: ars results: GE Ti EM BAH	Kim Munksgaard sing: 09:58.5 10:30.6 10:50.7	01:08.5 Gold Gold Gold Gold Gold IBM 201 GE LM AT&T EM	1994 1999 2002 2004 08:55:5 11 09:29:1 10:48:5 11:29:2	(Phipps, Hor (Mohyla, Kink (Jones, Donc (Foltz, Kink, I 1984 2 GE LM AT&T EM	noly, Basher, Mil , Olsen, Homoly , wan, Birkenfeld, I Donovan, Homoly 0010 09:27.1 10:16.2 11:55.1	ner, Leighton) Jones) Homoly, Dejony , MacDonald) 20 GE LM EM	09 09:34.8 10:05.6	GE LM EM AT&T	9.19.90 9.44.78 9.56.79	GE LM EM	9.27.60 9.34.20	GE LM EM	006 9.24.58 9.33.41 9.40.59
lational Re Previous yes at ind th Teams	400m Nationals Plac cond: ans results: GE TI EM BAH 4	Kim Munksgaard sing: 09:58.5 10:30.6 10:50.7	01:08.5 Gold Gold Gold Gold Gold IBM 201 GE LM AT&T EM	1994 1999 2002 2004 08:55:5 11 09:29:1 10:48:5 11:29:2	(Phipps, Hor (Mohyla, Kink (Jones, Donc (Foltz, Kink, I 1984 2 GE LM AT&T EM	noly, Basher, Mil , Olsen, Homoly , wan, Birkenfeld, I Donovan, Homoly 0010 09:27.1 10:16.2 11:55.1	ner, Leighton) Jones) Homoly, Dejony , MacDonald) 20 GE LM EM	09 09:34.8 10:05.6	GE LM EM AT&T	9.19.90 9.44.78 9.56.79	GE LM EM	9.27.60 9.34.20	GE LM EM	9.24.58 9.33.41
Vational Re Previous yes at nd reams to solutifying 013 Times	400m Nationals Plac cond: ans results: TI EM BAH 4 10 Meet: Prelims	Kim Munksgaard sing: 09:58.5 10:30.6 10:50.7	01:08.5 Gold Gold Gold Gold Gold IBM 201 GE LM AT&T EM	1994 1999 2002 2004 08:55:5 11 09:29:1 10:48:5 11:29:2	(Philpps, Hor (Mohyla, Kiri (Jones, Donc (Foltz, Kirk, I 1984 2 <u>GE</u> LM AT&T EM 4 Finals	Athlete(s)	ner, Leighton) Jones) Homoly, Dejony , MacDonaid) 20 GE LM EM 3	09 09:34.8 10:05.6	GE LM EM AT&T	9.19.90 9.44.78 9.56.79	GE LM EM	9.27.60 9.34.20	GE LM EM	9.24.58 9.33.41
lational Re revious yes nd rd Teams tualitying 013 Times 00m	400m Nationals Plac cord: ars results: GE TI EM BAH 4 to Meet: Prelims Na	Kim Munksgaard sing: 09:58.5 10:30.6 10:50.7 11:03.5	01:08.5 Gold Gold Gold Gold Gold IBM 201 GE LM AT&T EM	1994 1999 2002 2004 08:55:5 11 09:29:1 10:48:5 11:29:2	(Philpps, Hor (Mohyla, Kiri (Jones, Donc (Foltz, Kirk, I 1984 2 GE LM AT&T EM 4 5 Finals 01:10.0	Athiete(s) Kim Munksgaa	ner, Leighton) Jones) Homoly, Dejony , MacDonaid) 20 GE LM EM 3	09 09:34.8 10:05.6	GE LM EM AT&T	9.19.90 9.44.78 9.56.79 11.48.04	GE LM EM	9.27.60 9.34.20	GE LM EM	9.24.58 9.33.41
kational Re Intervious yes at nd rol traint traint tuatifying 013 Times 00m 00m	400m Nationals Plac cord: ars results: GE TI EM BAH 4 to Meet: Prelims N/a N/a	Kim Munksgaard sing: 09:58.5 10:30.6 10:50.7 11:03.5	01:08.5 Gold Gold Gold Gold Gold IBM 201 GE LM AT&T EM	1994 1999 2002 2004 08:55:5 11 09:29:1 10:48:5 11:29:2	(Phipps, Hor (Mohyla, Kiri (Jones, Dono (Foltz, Kirk, I 1984 2 3 6 4 4 4 5 6 1984 4 5 6 6 1984 4 5 6 6 1984 4 5 7 8 8 7 8 7 8 7 8 7 8 7 8 7 8 7 8 7 8	Athlete(s) Athlete(s) Athlete(s) Kim Munksgaa David Holland	ner, Leighton) Jones) Homoly, Dejony , MacDonaid) 20 GE LM EM 3	09 09:34.8 10:05.6	GE LM EM AT&T	9.19.90 9.44.78 9.56.79 11.48.04	GE LM EM	9.27.60 9.34.20	GE LM EM	9.24.58 9.33.41
lational Re revious yes at nd rd th Teams tualitying 013 Times 00m 200m	400m Nationals Plac cord: ars results: GE TI EM BAH to Meet: Prelims n/a N/a N/a N/a N/a	Kim Munksgaard sing: 09:58.5 10:30.6 10:50.7 11:03.5	01:08.5 Gold Gold Gold Gold Gold IBM 201 GE LM AT&T EM	1994 1999 2002 2004 08:55:5 11 09:29:1 10:48:5 11:29:2	(Philpps, Hor (Mohyla, Kiri (Jones, Dono (Foltz, Kirk, I 1984 2 GE LM AT&T EM 4 5 6 10.10.0 02:10.0 03:20.0	Athiete(s) Athiete(s) Athiete(s) David Chen	ner, Leighton) Jones) Homoly, Dejon, , MacDonald) 20 GE LM EM 3 3	09 09:34.8 10:05.6	GE LM EM AT&T	9.19.90 9.44.78 9.56.79 11.48.04	GE LM EM	9.27.60 9.34.20	GE LM EM	9.24.58 9.33.41
kational Re Intervious yes at nd rol traint traint tuatifying 013 Times 00m 00m	400m Nationals Plac cord: ars results: GE TI EM BAH 4 to Meet: Prelims N/a N/a	Kim Munksgaard sing: 09:58.5 10:30.6 10:50.7 11:03.5	01:08.5 Gold Gold Gold Gold Gold IBM 201 GE LM AT&T EM	1994 1999 2002 2004 08:55:5 11 09:29:1 10:48:5 11:29:2	(Phipps, Hor (Mohyla, Kiri (Jones, Dono (Foltz, Kirk, I 1984 2 3 6 4 4 4 5 6 1984 4 5 6 6 1984 4 5 6 6 1984 4 5 7 8 8 7 8 7 8 7 8 7 8 7 8 7 8 7 8 7 8	Athlete(s) Athlete(s) Athlete(s) Kim Munksgaa David Holland	ner, Leighton) Jones) Homoly, Dejon, , MacDonald) 20 GE LM EM 3 3	09 09:34.8 10:05.6	GE LM EM AT&T	9.19.90 9.44.78 9.56.79 11.48.04	GE LM EM	9.27.60 9.34.20	GE LM EM	9.24.58 9.33.41



Descripti	ion: Five I	runners, one over 50	and four ove			male, runni over 50 an			00m, 800m	n, 200m, 20	10m (an o	ver 50 wo	man ca	nnot cou
Time Event	t Begins:	Finals:	Sunday	3:25										
Exxon Red	cord:		06:11.0	1993	Seattle, WA	A.								
	000-	All all and a strength		02:08.9		Deuteur T	LOFE							
	800m	Mickey Vann Billy Smith		02:08.9		Baytown, T) Houston, T)								
	800m	Bill Beardsmore		02:07.9		London, En								
	200m	Eunice Sealey		00:32.7		Houston, T)								
	200m	CW George		00:27.8		Baytown, T								
		Total		06:11.0		and the second second								
201	2		07:42.5	5th										
	800m	David Wright	02:43.2											
	400m	Alan Mut	01:11.1											
	800m	Mark Malander	02:34.9											
lest Exxon	800m	Mark Malander Jennifer Seddlachek Cyndee Norris	02:34.9											
lational Re	800m 200m 200m Nationals F	Mark Malander Jennifer Seddlachek Cyndee Norris Placing:	02:34.9 35.9 34.1		1988	Palo Alto, C/	A							
lational Re	800m 200m 200m n Nationals F ecord:	Mark Malander Jennifer Seddlachek Cyndee Norris Placing:	02:34.9 35.9 34.1 Silver	1993, 2006 05:52.4	19720	Palo Alto, C/	л 	109	21	008	20	107		2008
lational Re Previous ye st	800m 200m 200m n Nationals F ecord: ears results: TI	Mark Malander Jennifer Seddlachek Cyndee Norris Placing:	02:34.0 35.9 34.1 Silver AT&T 20 GE	1993, 2006 05:52.4 11 06:34.8	19720	1010010000	л 	06:14.5	GE	6.13.67	GE	6.10.05	GE	
lational Re revious ye st nd	800m 200m 200m ecord: ears results: TI GE	Mark Malander Jennifer Seddlachek Cyndee Norris Placing: 2012 06:28.3 06:36.2	02:34.0 35.9 34.1 Silver AT&T 20' GE AT&T	1993, 2006 05:52.4 11 06:34.8 06:48.0	GE LM	010 06:22.5 06:40.3	GE AT&T	06:14.5 06:20.0	GE AT&T	6.13.67 6.28.17	GE AT&T	6.10.05 6.38.30	GE EM	6.14.8 6.39.14
lational Re Previous ye st Ind	800m 200m 200m ecord: ears results: TI GE AT&T	Mark Malander Jennifer Seddlachek Cyndee Norris Placing: 2012 06:28.3 08:36.2 07:20.2	02:34.0 35.0 34.1 Silver AT&T GE AT&T LM	1993, 2006 05:52.4 11 06:34.8 06:46.0 06:54.6	2i GE	010 08:22.5	20 GE AT&T LM	08:14.5 08:20.0 08:44.7	GE AT&T EM	6.13.67 6.28.17 6.36.71	GE AT&T LM	6.10.05 6.38.30 6.42.25	GE	2006 6.14.8 6.39.14 8.40.40
ational Re revious ye st nd rd	800m 200m 200m n Nationals F ecord: ears results: TI GE AT&T BAH	Mark Malander Jennifer Seddlachek Cyndee Norris Placing: 2012 06:28.3 06:38.2 07:20.2 07:28.1	02:34.0 35.9 34.1 Silver AT&T 20' GE AT&T	1993, 2006 05:52.4 11 06:34.8 06:48.0	GE LM	010 06:22.5 06:40.3	20 GE AT&T LM EM	08:14.5 08:20.0 08:44.7 07:21.0	GE AT&T EM LM	6.13.67 6.28.17 6.36.71 6.44.10	GE AT&T LM EM	6.10.05 6.38.30 6.42.25 6.53.45	GE EM	6.14.8 6.39.14
lational Re Previous yest nd rd th th	800m 200m 200m Nationals F ecord: ears results: TI GE AT&T BAH EM	Mark Malander Jennifer Seddlachek Cyndee Norris Placing: 2012 06:28.3 08:36.2 07:20.2	02:34.0 35.0 34.1 Silver AT&T 20' GE AT&T LM EM	1993, 2006 05:52.4 11 06:34.8 06:46.0 06:54.6	GE LM AT&T	010 06:22.5 06:40.3	20 GE AT&T LM EM Boeing	08:14.5 08:20.0 08:44.7	GE AT&T EM LM Boeing	6.13.67 6.28.17 6.36.71	GE AT&T LM EM Boeing	6.10.05 6.38.30 6.42.25	GE EM LM	6.14.8 6.39.14
ational Re revious ye st nd rd th th Teams	800m 200m 200m n Nationals F ecord: ears results: TI GE AT&T BAH	Mark Malander Jennifer Seddlachek Cyndee Norris Placing: 2012 06:28.3 06:38.2 07:20.2 07:28.1	02:34.0 35.0 34.1 Silver AT&T GE AT&T LM	1993, 2006 05:52.4 11 06:34.8 06:46.0 06:54.6	GE LM	010 06:22.5 06:40.3	20 GE AT&T LM EM	08:14.5 08:20.0 08:44.7 07:21.0	GE AT&T EM LM	6.13.67 6.28.17 6.36.71 6.44.10	GE AT&T LM EM	6.10.05 6.38.30 6.42.25 6.53.45	GE EM	6.14.8 6.39.14
ational Re revious ye st nd rd th th Teams	800m 200m 200m Nationals F ecord: ears results: TI GE AT&T BAH EM	Mark Malander Jennifer Seddlachek Cyndee Norris Placing: 2012 06:28.3 06:38.2 07:20.2 07:28.1	02:34.0 35.0 34.1 Silver AT&T 20' GE AT&T LM EM	1993, 2006 05:52.4 11 06:34.8 06:46.0 06:54.6	GE LM AT&T	010 06:22.5 06:40.3	20 GE AT&T LM EM Boeing	08:14.5 08:20.0 08:44.7 07:21.0	GE AT&T EM LM Boeing	6.13.67 6.28.17 6.36.71 6.44.10	GE AT&T LM EM Boeing	6.10.05 6.38.30 6.42.25 6.53.45	GE EM LM	6.14.8 6.39.1
ational Re revious ye st nd rd th Teams ualifying	800m 200m 200m Nationals F ecord: ears results: TI GE AT&T BAH EM	Mark Malander Jennifer Seddlachek Cyndee Norris Placing: 2012 06:28.3 06:38.2 07:20.2 07:28.1	02:34.0 35.0 34.1 Silver AT&T 20' GE AT&T LM EM	1993, 2006 05:52.4 11 06:34.8 06:46.0 06:54.6	GE LM AT&T	010 06:22.5 06:40.3	20 GE AT&T LM EM Boeing	08:14.5 08:20.0 08:44.7 07:21.0	GE AT&T EM LM Boeing	6.13.67 6.28.17 6.36.71 6.44.10	GE AT&T LM EM Boeing	6.10.05 6.38.30 6.42.25 6.53.45	GE EM LM	6.14.8 6.39.14
ational Re revious ye st nd h th Teams ualifying D13 Times	800m 200m 200m ecord: ears results: TI GE AT&T BAH EM 5	Mark Malander Jennifer Seddlachek Cyndee Norris Placing: 2012 06:28.3 06:38.2 07:20.2 07:28.1	02:34.0 35.0 34.1 Silver AT&T 20' GE AT&T LM EM	1993, 2006 05:52.4 11 06:34.8 06:46.0 06:54.6	GE LM AT&T	010 06:22.5 06:40.3	20 GE AT&T LM EM Boeing	08:14.5 08:20.0 08:44.7 07:21.0	GE AT&T EM LM Boeing	6.13.67 6.28.17 6.36.71 6.44.10	GE AT&T LM EM Boeing 5	6.10.05 6.38.30 6.42.25 6.53.45	GE EM LM	6.14.8 6.39.1
ational Re revious ye st nd rd th Teams ualityIng D13 Times D0m	800m 200m 200m n Nationals F ecord: ears results: TI GE AT&T BAH EM 5 s to Meet:	Mark Malander Jennifer Seddlachek Cyndee Norris Placing: 06:28.3 08:36.2 07:20.2 07:28.1 07:42.5	02:34.0 35.0 34.1 Silver AT&T 20' GE AT&T LM EM	1993, 2006 05:52.4 11 06:34.8 06:46.0 06:54.6	21 GE LM AT&T 3 Finals 02:25.0	010 08:22.5 08:40.3 08:51.4	20 GE AT&T LM EM Boeing	08:14.5 08:20.0 08:44.7 07:21.0	GE AT&T EM LM Boeing	0.13.87 0.28.17 0.36.71 0.44.10 7.02.38	GE AT&T LM EM Boeing 5	6.10.05 6.38.30 6.42.25 6.53.45	GE EM LM	6.14.8 6.39.14
ational Re revious ye at d h th Teams ualifying 013 Time: 00m 00m	800m 200m 200m ecord: ears results: TI GE AT&T BAH EM 5 s to Meet: Prelems n/a n/a	Mark Malander Jennifer Seddlachek Cyndee Norris Placing: 06:28.3 08:36.2 07:20.2 07:28.1 07:42.5	02:34.0 35.0 34.1 Silver AT&T 20' GE AT&T LM EM	1993, 2006 05:52.4 11 06:34.8 06:46.0 06:54.6	21 GE LM AT&T 3 Finals 02:25.0 00:59.0	010 08:22.5 08:40.3 08:51.4	20 GE AT&T LM EM Boeing	08:14.5 08:20.0 08:44.7 07:21.0	GE AT&T EM LM Boeing	0.13.87 0.28.17 0.36.71 0.44.10 7.02.38	GE AT&T LM EM Boeing 5	6.10.05 6.38.30 6.42.25 6.53.45	GE EM LM	6.14.8 6.39.14
ational Re revious ye st nd th th Teams ualifying 013 Times DDm DDm DDm	800m 200m 200m n Nationals F ecord: ears results: ears results: TI GE AT&T BAH BAH EM 5 s to Meet: Prelims n/a n/a n/a	Mark Malander Jennifer Seddlachek Cyndee Norris Placing: 06:28.3 08:36.2 07:20.2 07:28.1 07:42.5	02:34.0 35.0 34.1 Silver AT&T 20' GE AT&T LM EM	1993, 2006 05:52.4 11 06:34.8 06:46.0 06:54.6	21 GE LM AT&T 3 Finals 02:25.0 02:25.0 02:40.0	010 08:22.5 08:40.3 08:51.4	20 GE AT&T LM EM Boeing	08:14.5 08:20.0 08:44.7 07:21.0	GE AT&T EM LM Boeing	0.13.87 0.28.17 0.36.71 0.44.10 7.02.38	GE AT&T LM EM Boeing 5	6.10.05 6.38.30 6.42.25 6.53.45	GE EM LM	6.14.8 6.39.14
ational Re revious ye st nd th Teams ualfying D13 Times D0m D0m D0m D0m	800m 200m 200m n Nationals F ecord: ears results: TI GE AT&T BAH EM 5 s to Meet: Prelims n/a n/a n/a n/a	Mark Malander Jennifer Seddlachek Cyndee Norris Placing: 06:28.3 08:36.2 07:20.2 07:28.1 07:42.5	02:34.0 35.0 34.1 Silver AT&T 20' GE AT&T LM EM	1993, 2006 05:52.4 11 06:34.8 06:46.0 06:54.6	21 GE LM AT&T 3 Finals 02:25.0 00:59.0 02:40.0 02:40.0 00:34.0	010 08:22.5 08:40.3 08:51.4	20 GE AT&T LM EM Boeing	08:14.5 08:20.0 08:44.7 07:21.0	GE AT&T EM LM Boeing	0.13.87 0.28.17 0.36.71 0.44.10 7.02.38	GE AT&T LM EM Boeing 5	6.10.05 6.38.30 6.42.25 6.53.45	GE EM LM	6.14.8 6.39.14
ational Re revious ye st nd cd h th Teams ualifying 013 Times 00m 00m	800m 200m 200m n Nationals F ecord: ears results: ears results: TI GE AT&T BAH EM 5 s to Meet: Prelims n/a n/a n/a n/a	Mark Malander Jennifer Seddlachek Cyndee Norris Placing: 2012 06:28.3 06:36.2 07:20.2 07:20.2 07:28.1 07:42.5 Athlete(s)	02:34.0 35.0 34.1 Silver AT&T 20' GE AT&T LM EM	1993, 2006 05:52.4 11 06:34.8 06:46.0 06:54.6	21 GE LM AT&T 3 Finals 02:25.0 02:25.0 02:40.0	010 08:22.5 08:40.3 08:51.4	20 GE AT&T LM EM Boeing	08:14.5 08:20.0 08:44.7 07:21.0	GE AT&T EM LM Boeing	0.13.87 0.28.17 0.36.71 0.44.10 7.02.38	GE AT&T LM EM Boeing 5	6.10.05 6.38.30 6.42.25 6.53.45	GE EM LM	6.14.8 6.39.1









### 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	4:20, 4:30	
_	Finals	Sunday	3:50	
Exxon Record:		03:23.	1995 Des Mol	nes, 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 / E\$\$0
400m	Mark Avis		00:49.3	Houston, TX / EPRC
200m	Ken Thomas		00:23.4	Houston
200m	Kevin Savole		00:22.6	Baytown, TX / REF
2010 ExxonMobil Perfo	ormance:	03:50.	3 Bronze	
200m	Kim Munksgaard	28.9	2	
200m	Jovette Jolicoeur	30.2	D	
400m	David Holland	58.5	D	
400m	David Chan	0.0	D	
200m	Ken Thomas	26.5	0	
200m	Teniola Sulaiman	22.7	В	
Best Exxon Nationals Pla	icing:	Gold	1995, 2005, 2006, 20	07
National Record:		Hughes	03:14.4	Boston, MA
Previous years results:				



Access to the second	en les	2012	20	011	20	010	20	900	2	009	2	800	2	007
1st	GE	03:33.0	GE	03:29.0	GE	03:33.4	GE	03:26.6	GE	03:26.6	GE	3.26.64	EM	3.24.78
2nd	AT&T	03:39.6	AT&T	03:35.9	EM	03:46.3	LM	03:43.8	LM	03:43.8	EM	3.26.97	GE	3.26.34
Srd	EM	03:50.3	EM	03:44.4	LM	03:53.2	EM	03:55.9	EM	03:55.9	LM	3.37.10	LM	3.31.66
4th	TI	03:57.9	LM	03:52.0	AT&T	?	AT&T	04:03.4	AT&T	04:03.4			AT&T	3.34.13
# Teams	4		4	5	4		4		4		3		4	
Qualitying			18			1 72			SS	a 3				

	Preilms	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)		
200 fem	n/a	Nora Gentry	00:28.0	Nora Gentry		8	19
200 fem	n/a	Jovette Jolicoeur	00:29.0	Jovette Jolicoeur			
400 male	n/a	David Holland	00:58.0	David Holland			
400 male	n/a	David Chen	00:58.0	David Chen			
200 mast	n/a	Ken Thomas	00:26.0	Ken Thomas			- 6
200 male	n/a	Teniola Sulaiman	00:22.0	Teniola Sulaiman			
Total	0.00:00		03:41.0	Contract Contraction Contraction			

Minimum Qualifying Time: n/a

Strategy:













essiption. The	or three athlete	s (any age	American a							alegory, with	n points av	varded bas	sed on t
Time Event Begins:	Saturday Sunday	Discus Fina Shot Put Fir	-	11:00 or 13 10:45 or 12									
xxon Record:	3345	points	2000	Renton, Wa	ash.								
			Shot Put				Discus						
Tom Gage Gene Tha		49'11.5" 49'2.5"		points points		157'9" 134'6"	830	points points					
012 ExxonMobil Peri 012 ExxonMobil Peri		DT SP	1200 points 1380 points	Bronze									
Clyde Smy Jovette Jo		Age 25 52	48'10" 32'2"	Shot Put 675 705	points points	163'4" 80'	<u>Discus</u> 716 784	points points					
	lacing:	Gold Gold Gold Gold Gold GE	1997 1999 2000	(Gage, Thai (Gage, Thai (Gage, Thai (Gage, Thai (Gage, Thai points	cker) cker) cker)	San Diego,	Ca						
est Exxon Nationals F ational Record: revious years results:	•	Gold Gold Gold Gold GE	1996 1997 1999 2000 3434	(Gage, Thai (Gage, Thai (Gage, Thai (Gage, Thai points	cker) cker) cker) cker) 2009								
ational Record: revious years results: 2011 - D	T 2011-SP	Gold Gold Gold Gold GE 2011 - DT	1996 1997 1999 2000 3434 2011 - SP	(Gage, Tha (Gage, Tha (Gage, Tha (Gage, Tha points 20	cker) cker) cker) 2009 010	2	009		08	20			008
evious years results: 2011 - D t GE - 136	T 2011 - SP 9 GE - 1858	Gold Gold Gold Gold GE 2011 - DT GE - 1228	1996 1997 1999 2000 3434 2011 - SP GE - 1560	(Gage, Tha (Gage, Tha (Gage, Tha (Gage, Tha (Gage, Tha points 20 GE	cker) cker) cker) 2009 010 3370	GE 2	009 3434	GE	3193	GE	3298	GE	331
tional Record: 2011 - D t GE - 130 d EM - 120	T 2011 - SP 9 GE - 1858 10 AT&T - 1404	Gold Gold Gold Gold GE 2011 - DT GE - 1228	1996 1997 1999 2000 3434 2011 - SP	(Gage, Tha (Gage, Tha (Gage, Tha (Gage, Tha points 20	cker) cker) cker) 2009 010	2	009						
tional Record: 2011 - D t GE - 120 d EM - 120 d AT&T - 10	T 2011 - SP 9 GE - 1858 0 AT&T - 1404 04 EM - 1380	Gold Gold Gold Gold GE 2011 - DT GE - 1228 EM - 1052	1996 1997 1999 2000 3434 2011 - SP GE - 1560 EM - 1430 LM - 1204	(Gage, Thai (Gage, Thai (Gage, Thai (Gage, Thai points 20 GE LM EM	cker) cker) cker) 2009 010 3370 3201	GE LM	009 3434 3130	GE LM	3193 3002 2432	GE LM	3296 3000	GE LM	331 305
ational Record: 2011 - D t GE - 136 d EM - 120 d AT&T - 10 h BAH - 00	T 2011 - SP 9 GE - 1858 0 AT&T - 1404 04 EM - 1380	Gold Gold Gold Gold GE 2011 - DT GE - 1228 EM - 1052 LM - 919	1996 1997 1999 2000 3434 2011 - SP GE - 1560 EM - 1430 LM - 1204	(Gage, Thai (Gage, Thai (Gage, Thai (Gage, Thai points 20 GE LM	cker) cker) cker) 2009 010 3370 3201 2394	2 GE LM AT&T	009 3434 3130 2170	GE LM EM	3193 3002	GE LM AT&T	3298 3000 2755	GE LM	331 305
ational Record: 2011 - D t GE - 120 d EM - 120 d AT&T - 100	T 2011 - SP 9 GE - 1658 10 AT& T - 1404 04 EM - 1380 10 TI - 1194	Gold Gold Gold Gold GE 2011 - DT GE - 1228 EM - 1052 LM - 919	1996 1997 1999 2000 3434 2011 - SP GE - 1560 EM - 1430 LM - 1204	(Gage, Thai (Gage, Thai (Gage, Thai (Gage, Thai points 20 GE LM EM Boeing	cker) cker) cker) 2009 010 3370 3201 2394 1875	2 GE LM AT&T EM	009 3434 3130 2170 2114	GE LM EM AT&T	3193 3002 2432 2359	GE LM AT&T EM	3298 3000 2755 2208	GE LM	331 305
ational Record: 2011 - D t GE - 136 od EM - 126 d AT&T - 11 h BAH - 96 h	T 2011 - SP 9 GE - 1858 0 AT&T - 1404 04 EM - 1380 10 TI - 1194 BAH - 1123	Gold Gold Gold Gold GE 2011 - DT GE - 1228 EM - 1052 LM - 919 AT&T - 659	1996 1997 1999 2000 3434 2011 - SP GE - 1560 EM - 1430 LM - 1204 AT&T - 1105	(Gage, Thai (Gage, Thai (Gage, Thai (Gage, Thai points 20 GE LM EM Boeing AT&T	cker) cker) cker) 2009 010 3370 3201 2394 1875	GE LM AT&T EM Boeing	009 3434 3130 2170 2114	GE LM EM AT&T Boeing	3193 3002 2432 2359	GE LM AT&T EM Boeing	3298 3000 2755 2208	GE LM EM	331 305
ational Record: 2011 - D t GE - 130 d EM - 120 d AT&T - 100 h BAH - 900 h Feams 4 113 Goals to Meet:	T 2011 - SP 9 GE - 1858 0 AT&T - 1404 04 EM - 1380 10 TI - 1194 BAH - 1123	Gold Gold Gold Gold GE 2011 - DT GE - 1228 EM - 1052 LM - 919 AT&T - 659 4	1996 1997 1999 2000 3434 2011 - SP GE - 1560 EM - 1430 LM - 1204 AT&T - 1105	(Gage, Thai (Gage, Thai (Gage, Thai (Gage, Thai points 20 GE LM EM Boeing AT&T	cker) cker) cker) 2009 010 3370 3201 2394 1875 1014	GE LM AT&T EM Boeing	009 3434 3130 2170 2114	GE LM EM AT&T Boeing	3193 3002 2432 2359	GE LM AT&T EM Boeing	3298 3000 2755 2208	GE LM EM	331 305
ational Record: 2011 - D t GE - 136 d EM - 120 d AT&T - 100 h BAH - 900 h Feams 4	T 2011 - SP 9 GE - 1858 0 AT&T - 1404 04 EM - 1380 10 TI - 1194 BAH - 1123	Gold Gold Gold Gold GE 2011 - DT GE - 1228 EM - 1052 LM - 919 AT&T - 659 4 Shot Put	1996 1997 1999 2000 3434 <u>2011 - SP</u> <u>GE - 1580</u> <u>EM - 1430</u> LM - 1204 <u>AT&amp;T - 1105</u> 4	(Gage, Thai (Gage, Thai (Gage, Thai (Gage, Thai points 2( GE LM EM Boeing AT&T 5	cker) cker) cker) 2009 010 3370 3201 2394 1675 1014 Discus	GE LM AT&T EM Boeing 5	009 3434 3130 2170 2114 547	GE LM EM AT&T Boeing	3193 3002 2432 2359	GE LM AT&T EM Boeing	3298 3000 2755 2208	GE LM EM	331 305
tional Record: 2011 - D t GE - 130 d EM - 120 d AT&T - 10 1 BAH - 90 1 Teams 4 13 Goals to Meet: hletes	T 2011 - SP 9 GE - 1858 0 AT&T - 1404 04 EM - 1380 0 TI - 1194 BAH - 1123 5	Gold Gold Gold Gold GE 2011 - DT GE - 1228 EM - 1052 LM - 919 AT&T - 659 4	1996 1997 1999 2000 3434 2011 - SP GE - 1560 EM - 1430 LM - 1204 AT&T - 1105	(Gage, Thai (Gage, Thai (Gage, Thai (Gage, Thai points 20 GE LM EM Boeing AT&T	cker) cker) cker) 2009 010 3370 3201 2394 1875 1014 Discus Goal	GE LM AT&T EM Boeing	009 3434 3130 2170 2114	GE LM EM AT&T Boeing	3193 3002 2432 2359	GE LM AT&T EM Boeing	3298 3000 2755 2208	GE LM EM	331 305
tional Record: 2011 - D t GE - 13 d EM - 12 d AT&T - 10 1 BAH - 90 1	T 2011 - SP 9 GE - 1858 0 AT&T - 1404 04 EM - 1380 10 TI - 1194 BAH - 1123	Gold Gold Gold Gold GE 2011 - DT GE - 1228 EM - 1052 LM - 919 AT&T - 659 4 Shot Put	1996 1997 1999 2000 3434 <u>2011 - SP</u> <u>GE - 1580</u> <u>EM - 1430</u> LM - 1204 <u>AT&amp;T - 1105</u> 4	(Gage, Thai (Gage, Thai (Gage, Thai (Gage, Thai points 2( GE LM EM Boeing AT&T 5	cker) cker) cker) 2009 010 3370 3201 2394 1675 1014 Discus	GE LM AT&T EM Boeing 5	009 3434 3130 2170 2114 547	GE LM EM AT&T Boeing	3193 3002 2432 2359	GE LM AT&T EM Boeing	3298 3000 2755 2208	GE LM EM	331 305





		2000												
De		Two or three merican Age											ed on	an
	-	mencan Ay	ersex group	records.	Only tw	IU SCUR	es count and	u are auu	euto	determi	ne pla	ung.		
Time Ever	nt Begins:	Saturday	High Jump I		11:00 or 10:45 or	12:30 or	14:00							
		Sunday	Long Jump	rinais	10:40 or	12:40								
Exxon Re	cord:	368	6 points	2010	) San Ran	non, Cali	fornia							
			t t	ligh Jump			Lor	ng Jump						
KenThom		5'6"	956	points		19' 1"	908	points						
Larry Vol	mer	5'0"	923	points		17" 5.5"	899	points						
Jessie Fo	ltz	4'6"	891	points										
	onMobil Perf		HJ 1889	points	SILVER									
2012 Exx	onMobil Perf	ormance:	LJ 1924	points										
			Age		igh Jump				ng Jum					
	KenThomas		55	5'	923	points	Ken Thomas		976	points				
	Larry Volme		60	4'10"	966	points	Larry Volmer	16'10"	948	points				
	Robert Brad	ey	25	4'8"	608	points	Sara Comis	13' 4.5"	581	points				
Best Exxo	on Nationals P	lacing:	Gold	1993				Gold	2007	(Thomas,	Volimer	Bennett)		
		200 C 100 T 200	Gold	1995	(Smith, \	(ollmer)		Gold	2008	(Thomas,	Vollmer	Hickman	1)	
			Gold	1996	(Smith, \	/ollmer)		Gold	2009	(Thomas,	Vollmer	Hickman	1)	
			Gold	2003	(Vollmer,	Thomas,	Foltz)	Gold	2010	(Vollmer,	Thomas	Foltz)		
			Gold	2005	(Thomas	, Volmer,	Bennett)	Gold	2011	(Volmer,	Thomas,	Hickman	, Comis	5)
National F	Record:		ExxonMob	368	points	2010								
Previous	years results													
	2012 - HJ	2012 - LJ	2011 - HJ	2011 - LJ		010	200			8008	-	007		005
1st	AT&T-1900	EM-1924	EM - 1859	EM - 1774	EM	3686		3614		3509		3660		348
2nd	EM-1889	AT&T-1518	GE - 1753	GE - 1594	GE		Boeing	3317		3440		3448		342
3rd	TI-1837	GE-1494	LM - 1508	LM - 1299	LM	3319			AT&T		AT&T		AT&T	326
4th	GE-1753	BAH-1355			AT&T	2310	AT&T	3162	LM	2769	LM	2684		
The second se	BAH-1557							-						
	5	4	3	3	4		4		4		4	-	4	
5th # Teams														
# Teams						Athlete		Long J	ump		1			
# Teams	is to Meet:		High	Jump	8	Athlete								
# Teams 2013 Goal	is to Meet:		High Goal	Jump Actual	Points	Athiete		Goal	Actual	Points	1			
# Teams 2013 Goal	is to Meet:				-	Ken Thon	135	Goal 19'	Actual	Points				
# Teams 2013 Goal	is to Meet:				-				Actual	Points				







			100			5k ROAD						
Description: E	ach team is allowe					res and the top proup. When al				ne place. A	ll runners ar	e awarde
Time Event Beg	ins: Saturday Saturday	Women Men	7:30 7:30									
2012 ExxonMob	il Results	Women Men	4th DNE									
Women's 5k Te	am					Men's 5k Tea	n					
Name	Age Grou	Overall Place	Group Place	Time		Name		Age Group	Overall Place	Group Place	Time	2
Claire Joseph	0-24		1	22:23.7								
Janie Lee	0-24			25:37.2	8							į.
Pat Sharp	65-69		1	34:44.9	2							
Stephanie Mills	35-39		2	19:21.6								
Jennifer Sedle	40-44		3	25:27.8	8	-						č.
		4	-		3							2
	1	_					-					j.
					8	-						
					1							
2013 Goals to M	eet: Medal											
Women's 5k Te	am		_			Men's 5k Tea	n					
Name	Age Grou		Actual Time	Overall Place	Group Place	Name		Age Group	Target Time	Actual Time	Overall Place	Group Place
Jena Lococo	20+	22.00		5	-	David Chen		20-24				
Pat Sharp	60+	34.00	-			David Holland		25-29				
Meg Lees	20+	22.00				Tom Barbee		50-54				
Clementina Mar	tinez 50+	25.00				Bob Botto		60+				
	-		-	-	-	Daniel Jouas		25-29				
		-				+				-		
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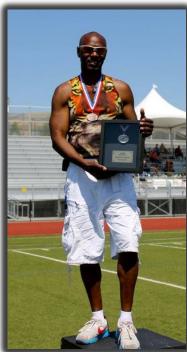
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Description: Each te All runners						men's scores and the heir age group. Whe					place.
Time Event Begins:	Sunday Sunday		7:00 7:00								
2012 ExxonMobil Result	s 4th DNE	Women Men									
Women's 10k Te					66	Men's <mark>10</mark> k Tea					6
	Age	Overall	Group	< 8			Age	Overall	Group		8
Name	Group	Place	Place	Time		Name	Group	Place	Place	Time	
Claire Joseph	0-24		1	48:38.1			S 24		8		5
Janie Lee	25-29		4	54:14.7							2
Sara Comis	0-24		2	1.04:57:6					<u> </u>		j.
Pat Groben	65-69		1	1.12:28:77							
	6										
2013 Goals to Meet: Women's 10k Te	ð .					Men's 10k Team	<u>,</u> , ,,		3) (0		
	Age	Target	Actual	Overall	Group		Age	Target	Actual	Overall	Group
Name	Group	Time	Time	Place	Place	Name	Group	Time	Time	Place	Place
Sara Comis	0-24					Bob Botto	60+				
Clementina Martin	50+			-	-		2		2 - 3		<u> </u>
Jena Lococo	20+						8 8		8 - 8		<u> </u>
Meg Lees	20+										┝───
Pat Sharp	65-89										
	8			2					2		

















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