

ExxonMobil Tigers

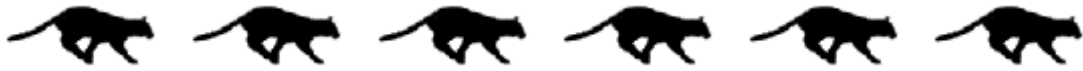
USCAA Nationals 2013



www.facebook.com/EMTigers

San Ramon
July 13-14 2013

www.athletictigers.com



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



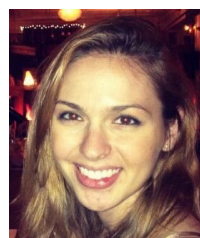
Jena Lococo



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.

Time Event Begins: Prelims Saturday 10:45, 10:50
 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

2012 ExxonMobil Performance: 52.77 4th

40+ fem 100m Jovette Jolicoeur 14.6
 open fem 100m Ugwem Eneyo 14
 40+ male 100m Ken Thomas 12.86
 open male 100m Teniola Sulaiman 11.31

Best Exxon Nationals Placing: 1st 2006, 2008

National Record: GE 48.17 2001 Renton, Wash.

Previous years results:

	2012		2011		2010		2009		2008		2007		2006	
1st	AT&T	49.64	AT&T	50.01	AT&T	48.99	AT&T	50.31	EM	49.03	AT&T	49.21	EM	48.446
2nd	GE	50.66	EM	50.44	EM	52.9	GE	51.01	AT&T	50.95	EM	49.79	AT&T	48.683
3rd	TI	50.9	GE	51.14	LM	56.57	Boeing	55.17	LM	55.1	GE	50.8	GE	48.947
4th	EM	52.77					EM	55.89	GE	01:12.5	LM	54.53		
# Teams	4		3		3		LM	56.69	4		Boeing	01:08.2		3
Qualifying														

2013 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	Raina Brown	00:14.0	Raina Brown	
100 40+M	00:12.0	Ken Thomas	00:12.4	Ken Thomas	
100 male	00:12.0	Teniola Sulaiman	00:11.5	Teniola Sulaiman	
Total	00:53.0		00:52.4		

Minimum Qualifying Time: N/A

Strategy: Win

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 12:25 or 12:30
 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

2012 ExxonMobil Performance: 03:09.9 4th

200m Sofia Laughland 30.92
 200m Jay Carew 32.92
 400m Robert Bradley 01:10.8
 400m David Holland 55.76

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

National Record: Hughes 02:23.3 1987

Previous years results:

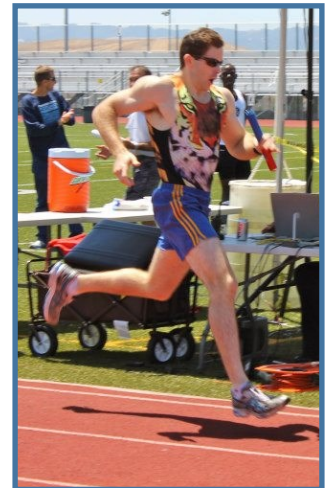
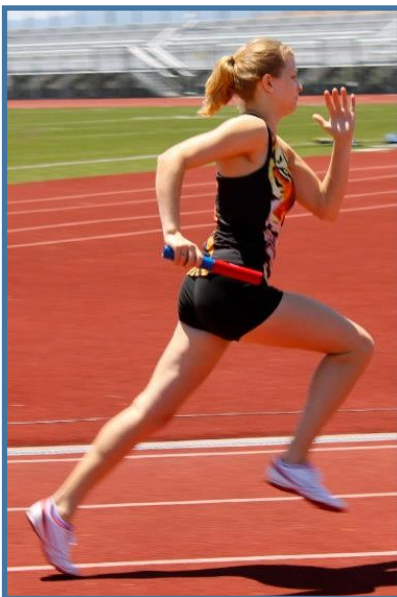
	2012		2011		2010		2009		2008		2007		2006	
1st	GE	02:35.0	GE	02:33.2	GE	02:33.4	GE	02:30.2	GE	02:31.6	GE	2:29.97	GE	2:29.664
2nd	AT&T	02:44.4	AT&T	02:35.7	LM	02:48.0	LM	02:39.5	EM	02:33.2	EM	2:32.67	EM	2:32.539
3rd	TI	02:46.2	LM	02:58.0	EM	03:16.8	EM	03:20.5	LM	02:39.1	LM	2:40.97	LM	2:39.815
4th	EM	03:09.9	EM	03:08.1					AT&T	03:18.8	AT&T	2:58		
# Teams	4		4		3		3		4		Boeing	2:59		3
Qualifying														

2013 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	David Holland	00:28.0	David Holland	
400m	n/a	Daniel Jouas	00:58.0	Daniel Jouas	
400m	n/a	Richard Borger	00:59.0	Richard Borger	
Total	00:00.0		02:51.0		

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** **1:50**

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	

2012 ExxonMobil Performance: **35:32.6 Bronze**

female 1600m	Claire Joseph	6.30
800m	Janie Lee	3.04
master 1600m	David Wright	6.22
1600m	Jason Carew	6.53
3200m	Daniel Jouas	12.52

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:

		2012		2011		2010		2009		2008		2007		2006
1st	GE	28:02.3	GE	27:24.8	GE	27:33.3	GE	26:56.6	GE	26:54.3	GE	26:29.9	GE	27:05.827
2nd	TI	31:15.8	LM	28:42.3	LM	28:43.3	LM	27:20.7	LM	27:49.9	LM	26:53.5	LM	27:50.619
3rd	EM	35:32.6	EM	30:27.2	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		3		3		4		3		4		4	
Qualifying														

2013 Times to Meet:

	Prelims	Athlete(s)		Finals	Athlete(s)			Actual Athlete(s)			
1600 fem	N/A			06:00.0	Meq Lees						
800m	N/A			02:20.0	Kim Munksqaard						
1600 mast	N/A			04:30.0	Tom Barbee						
1600m	N/A			04:50.0	Richard Berger						
3200m	N/A			09:30.0	Daniel Jouas						
Total				27:10.0							

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 1:40, 1:45
 Finals: Sunday 11:50

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

2012 ExxonMobil Performance: 02:07.1 4th

40+200m	Garret Smith	26.39
50+200m	David Wright	33.97
Female 200m	Sara Comis	35.98
Male 200m	Robert Bradley	37.53

Best Exxon Nationals Placing: 3rd 2001, 2003, 2004, 2007, 2008

National Record: USW 01:34.0 1998

Previous years results:

	2012	2011	2009	2008	2007	2006	2005
1st	AT&T 01:43.6	AT&T 01:40.8	AT&T 01:42.2	AT&T 01:39.8	GE 01:38.0	GE 01:36.6	Boeing 01:38.7
2nd	GE 01:45.1	GE 01:45.8	GE 01:42.4	GE 01:41.2	AT&T 01:39.7	AT&T 01:38.0	GE 01:39.4
3rd	TI 01:47.7	LM 02:03.9	LM 01:55.2	EM 01:48.7	EM 01:47.5	LM 01:54.0	AT&T 01:39.5
4th	EM 02:07.1	EM 02:21.6	EM 01:57.9	LM 01:51.1	LM 01:53.4	EM 02:04.0	EM 01:55.2
5th	Boeing 02:29.5						
# Teams	5	4	4	4	4	4	4
Qualifying							

2013 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
200m(40+)	n/a	Ken Thomas	00:25.0	Ken Thomas	
200m(50+)	n/a	Jovette Jolicoeur	00:30.0	Jovette Jolicoeur	
200m (F)	n/a	Sara Comis	00:32.0	Sara Comis	
200m (M)	n/a	Teniola Sulaiman	00:22.0	Teniola Sulaiman	
Total	00:00.0		01:49.0		

Minimum Qualifying Time: n/a

Strategy:



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 1:40

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				

2012 Exxon Performance: DNE

200m
400m
800m

Best Exxon Nationals Placing: Gold 1993, 2003, 2007

National Record: Principal 05:33.8 1994

Previous years results:

	2012		2011		2010		2009		2008		2007		2006	
1st	AT&T	04:46.4	GE	04:36.8	AT&T	04:39.7	GE	04:14.3	GE	4:18.49	EM	4.11.93	GE	3.56.698
2nd	GE	04:55.1	AT&T	04:45.6	GE	04:39.9	AT&T	04:50.0	AT&T	4:51.92	GE	4:23.85	AT&T	4:07.697
													EM	4.38.186
	EM	DNE	EM	DNE	EM	DNE	EM	DNE	EM	DNE				
# Teams Qualifying	2		2		2		2		2		2		3	

2013 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: 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	

2012 ExxonMobil Performance **13:23.5** **4th**

800m	Stephanie Mills	02:35.0	
400m	Alan Mut		
1200m	David Wright		
1600m	Mark Malander		

Best Exxon Nationals Placing: Silver 2003, 2004

National Record: GE 10:33.6 1989

Previous years results:

	2012		2011		2010		2009		2008		2007		2006	
1st	GE	11:46.7	GE	11:16.4	GE	11:39.5	GE	11:32.7	GE	11:15.67	GE	11:20.93	GE	11:44.600
2nd	TI	12:14.3	LM	12:07.9	LM	11:41.0	LM	11:43.3	LM	11:26.31	LM	11:25.93	LM	11:44.656
3rd	AT&T	13:20.4	EM	14:14.1	AT&T	13:39.7	AT&T	12:36.9	EM	11:35.00	AT&T	11:29.61	EM	12:12.718
4th	EM	13:23.5	EM	14:33.9	EM	DNE	EM	DNE	AT&T	12:56.38	EM	11:31.56		
5th	BAH	13:36.9							Boeing	13:05.87	Boeing	13:51.73		
# Teams	5		4		3		3		5		5		3	
Qualifying														

2013 Times to Meet:

	Prelims	Athlete(s)		Finals	Athlete(s)			Actual Athlete(s)			
800m	N/A			02:20.0							
400m	N/A			00:56.0							
1200m	N/A			03:30.0							
1600m	N/A			05:20.0							
Total				12:06.0							

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

2012 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:

	2012		2011		2010		2009		2008		2007		2006	
1st	GE	11:06.6	GE	11:33.9	GE	11:18.1	GE	11:18.2	LM	11:18.0	GE	10:57.4	GE	11:17.459
2nd	TI	12:44.5	AT&T	13:56.7			LM	11:55.8	GE	11:24.5	LM	11:18.1	LM	11:28.241
3rd	AT&T	16:02.0					AT&T	12:46.6	AT&T	13:01.9	EM	11:56.7	AT&T	11:32.401
	EM	DNE	EM	DNE	EM	DNE	EM	DNE	EM	14:41.7	AT&T	12:20.3	EM	11:37.692
											Boeing	DNF		
# Teams	3		2		1		3		4		5		4	
Qualifying														

2013 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)		Actual Athlete(s)			
800m	n/a		02:30.0						
400m	n/a		00:57.0						
800m	n/a		02:29.0						
1600m	n/a		05:10.0						
Total			11:06.0						

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	

2012 ExxonMobil Performance: 04:54.0 Bronze

800m	Kim Munksgaard	2:27
800m	Stephanie Mills	2:26

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:

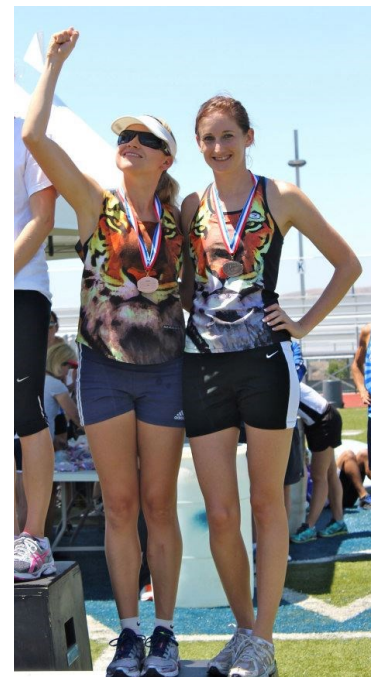
	2012		2011		2010		2009		2008		2007		2006	
1st	AT&T	04:41.0	AT&T	04:37.0	GE	04:54.0	GE	04:59.3	GE	4.53.85	EM	4.44.85	GE	4.54.52
2nd	GE	04:52.0	GE	04:55.0	LM	04:59.0	Boeing	05:10.8	LM	5.08.78	GE	4.54.97	LM	5.04.25
3rd	EM	04:54.0	LM	05:38.0	EM	05:12.0	LM	05:26.3	EM	5.26.10	LM	5.12.65	EM	5.07.02
4th	BA	05:53.0	EM	05:53.0	AT&T	05:13.0	EM	05:49.5						
5th	Boeing	6:35												
# Teams	5		4		4		4		3		3		3	
Qualifying														

2013 Times to Meet:

	Prelim's	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
800m	n/a		02:25.0	Kim Munksgaard	
800m	n/a		02:26.0	Nora Gentry	
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	

2012 ExxonMobil Performance: 10:38.0 Bronze

Mile	David Chan	05:17.0
Mile	Daniel Jouas	05:20.0

Best Exxon Nationals Placing:

Gold	1984	(Potma, Radnoti)	Gold	2002	(Birkenfeld, Donovan)
Gold	1991	(Rendell, Potma)	Gold	2005	(Donovan, Hornoly)
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:

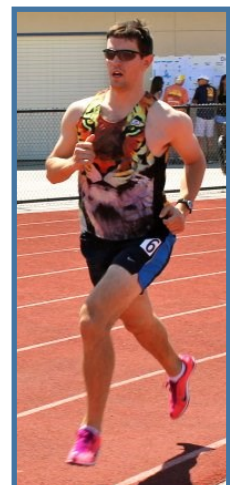
	2012		2011		2010		2009		2008		2007		2006	
1st	GE	09:29.0	GE	08:49.0	GE	09:11.0	LM	09:01.8	GE	8:49.81	GE	8:44.61	GE	9:07.69
2nd	TI	10:08.0	LM	09:39.0	LM	09:30.0	EM	09:32.4	LM	10:19.18	EM	9:05.07	EM	9:21.17
3rd	EM	10:38.0	EM	11:40.0	EM	09:40.7	GE	09:40.7			LM	9:20.96	LM	9:30.48
4th	AT&T	11:27												
5th	BAH	11:36												
6th	Boeing	12:29												
# Teams	6		3		3		3		2		3		3	
Qualifying														

2013 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
Mile	n/a		05:10.0	David Chan	
Mile	n/a		05:15.0	Tom Barbee	
Total	00:00.0		10:25.0		

Minimum Qualifying Time: n/a

Strategy: Beat GE



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 3:20
 Finals: Sunday 1:00

Exxon Record: 04:41.0 2011 04:19.7 1997 San Diego, CA

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

2012 ExxonMobil Performance: 05:01.8 Bronze

200m	Larry Volmer	26 "Smoked the whole field"
400m	Garret Smith	01:11.1
200m	Jovette Jolicoeur	31.5
600m	Mark Malander	01:47.1
400m	Ken Thomas	62

Best Exxon Nationals Placing: 3rd 2002
 1st 2010
 2nd 2011

National Record: AT&T 04:07.4 1996

Previous years results:

	2012	2011	2010	2009	2008	2007	2006
1st	AT&T 04:39.0	AT&T 04:40.7	EM 04:48.2	Boeing 04:38.6	AT&T 4.44.16	GE 4.40.14	LM 4.41.35
2nd	GE 04:45.2	EM 04:41.0	LM 04:55.7	AT&T 04:39.1	GE 4.52.87	LM 4.51.20	GE 4.42.53
3rd	EM 05:01.8	GE 04:51.3	AT&T 04:59.5	GE 04:54.4	AT&T 4.57.04	AT&T 4.54.21	
4th	TI 05:18.8	LM 05:08.7	GE 05:01.6	LM 04:57.1		EM 5.21.30	EM 5.20.44
			Boeing 05:21.6	EM 04:57.9		Boeing 5.33.87	
# Teams	4	4	5	5	3	5	4
Qualifying							

2013 Times to Meet:

	Prelims	Athlete(s)	Alt.	Finals	Athlete(s)	Alt.	Actual Athlete(s)
200m	n/a			00:26.9			
400m	n/a			01:04.0			
200m	n/a			00:30.0			
600m	n/a			01:38.0			
400m	n/a			00:58.0			
Total	00:00.0			04:34.9			

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 3:45, 3:55
 Finals: Sunday 1:20

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	



2012 ExxonMobil Performance: 04:38.5 Bronze

200m	Stephanie Mills	28
200m	Garret Smith	31.8
400m	Larry Volmer	01:05.4
800m	Alan Mut	02:32.4

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

National Record: Hughes 03:37.7 1992

Previous years results:

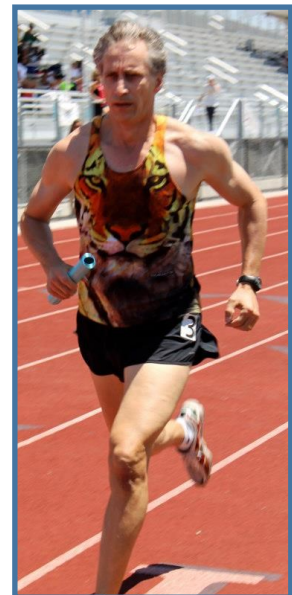
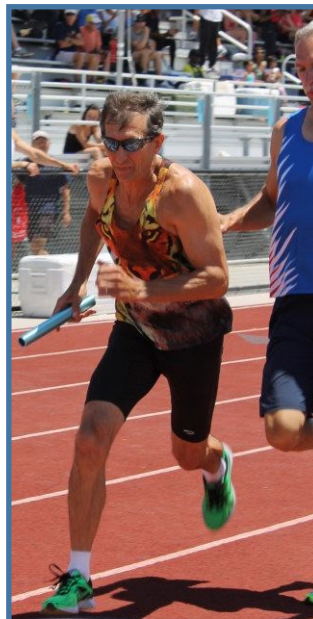
	2012	2011	2010	2009	2008	2007	2006
1st	GE 04:02.6	GE 04:03.9	LM 4:04.18	LM 03:53.1	LM 3:53.51	GE 3:54.53	GE 3:59.856
2nd	TI 04:12.9	AT&T 04:19.4	GE 4:07.09	GE 03:55.9	GE 3:54.72	LM 4:02.71	AT&T 4:00.905
3rd	EM 04:38.5	LM 04:20.3	AT&T ?	AT&T 04:24.6	AT&T 4:21.58	EM 4:09.38	LM 4:03.704
4th	BAH 04:45.1	EM 04:43.4	EM DNE	EM 05:02.4	EM 4:23.15	AT&T 4:24.87	EM 4:40.051
5th	AT&T 05:12.1					Boeing 4:45.64	
# Teams	5	4	3	4	4	5	4
Qualifying							

2013 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
200m	n/a	Clementina Martinez	00:32.0	Clementina Martinez	
200m	n/a	Alan Mut	00:28.0	Alan Mut	
400m	n/a	Elaine Mut	01:00.0	Tom barbee	
800m	n/a	Bing Kao	02:30.0	Bing Kao	
Total	00:00.0		04:30.0		

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 3:10

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	

2012 ExxonMobil Performance: 10:50.7 **BRONZE**

400m	Sofia Laughland	01:14.9
800m	David Holland	02:24.4
1200m	David Chen	03:37.7
800m	Daniel Jouis	02:18.8
400m	Kim Munksgaard	01:08.5

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, Blinkenfeld, Homoly, Dejongue)
Gold	2004	(Foltz, Kirk, Donovan, Homoly, MacDonald)

National Record: IBM 08:55.5 1984

Previous years results:

	2012		2011		2010		2009		2008		2007		2006	
1st	GE	09:58.5	GE	09:29.1	GE	09:27.1	GE	09:34.8	GE	9:19.90	GE	9:27.60	GE	9:24.582
2nd	TI	10:30.6	LM	10:48.5	LM	10:16.2	LM	10:05.6	LM	9:44.78	LM	9:34.20	LM	9:33.414
3rd	EM	10:50.7	AT&T	11:29.2	AT&T	11:55.1	EM	10:36.9	EM	9:56.79	EM	9:37.60	EM	9:40.596
4th	BAH	11:03.5	EM	11:29.6	EM	11:58.4			AT&T	11:48.04				
# Teams	4		4		4		3		4		3		3	
Qualifying														

2013 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
400m	n/a		01:10.0	Kim Munksgaard	
800m	n/a		02:10.0	David Holland	
1200m	n/a		03:20.0	David Chen	
800m	n/a		02:20.0	Richard Borger	
400m	n/a		01:10.0	Nora Gentry	
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 3:25

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	

2012 07:42.5 5th

800m	David Wright	02:43.2
400m	Alan Mut	01:11.1
800m	Mark Malander	02:34.9
200m	Jennifer Seddlachek	35.9
200m	Cyndee Norris	34.1

Best Exxon Nationals Placing: Silver 1993, 2006

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

Previous years results:

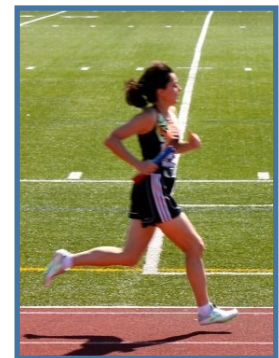
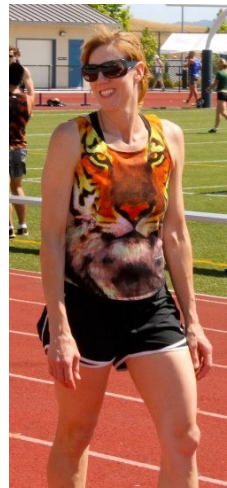
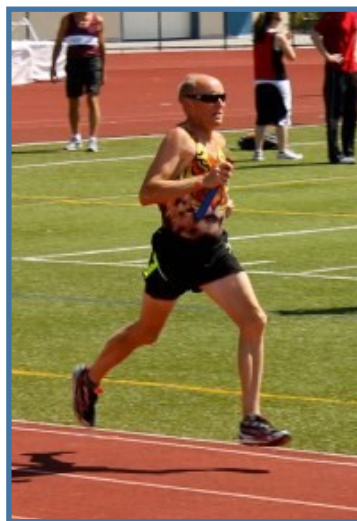
		2012	2011	2010	2009	2008	2007	2006
1st	TI	06:28.3	GE 06:34.8	GE 06:22.5	GE 06:14.5	GE 6:13.67	GE 6:10.05	GE 6:14.82
2nd	GE	06:36.2	AT&T 06:46.0	LM 06:40.3	AT&T 06:20.0	AT&T 6:28.17	AT&T 6:38.30	EM 6:39.148
3rd	AT&T	07:20.2	LM 06:54.6	AT&T 06:51.4	LM 06:44.7	EM 6:36.71	LM 6:42.25	LM 6:40.408
4th	BAH	07:26.1	EM 07:16.4		EM 07:21.0	LM 6:44.10	EM 6:53.45	
5th	EM	07:42.5			Boeing DIS	Boeing 7:02.36	Boeing 8:01.39	
# Teams		5	4	3	5	6	5	3
Qualifying								

2013 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)	Actual Athlete(s)
800m	n/a		02:25.0		
400m	n/a		00:59.0		
800m	n/a		02:40.0		
200m F	n/a		00:34.0		
200m 50+	n/a		00:40.0		
Total	00:00.0		07:18.0		

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 4:20, 4:30
 Finals Sunday 3:50

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 Savole	00:22.6	Baytown, TX / REF



2010 ExxonMobil Performance: 03:50.3 Bronze

200m	Kim Munksgaard	28.92
200m	Joyette Jolicoeur	30.20
400m	David Holland	58.50
400m	David Chen	0.00
200m	Ken Thomas	26.50
200m	Teniola Sulaiman	22.78

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

National Record: Hughes 03:14.4 Boston, MA

Previous years results:

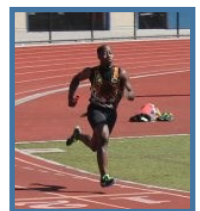
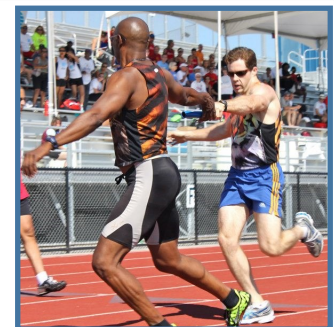
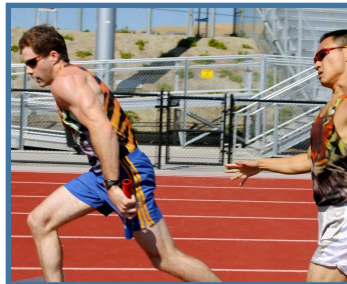
	2012		2011		2010		2009		2009		2008		2007	
1st	GE	03:33.0	GE	03:29.0	GE	03:33.4	GE	03:26.6	GE	03:26.6	GE	3:26.64	EM	3:24.78
2nd	AT&T	03:39.6	AT&T	03:35.9	EM	03:46.3	LM	03:43.8	LM	03:43.8	EM	3:26.97	GE	3:26.34
3rd	EM	03:50.3	EM	03:44.4	LM	03:53.2	EM	03:55.9	EM	03:55.9	LM	3:37.10	LM	3:31.66
4th	TI	03:57.9	LM	03:52.0	AT&T	?	AT&T	04:03.4	AT&T	04:03.4			AT&T	3:34.13
# Teams	4		4		4		4		4		3		4	
Qualifying														

2013 Times to Meet:

	Prelims	Athlete(s)	Finals	Athlete(s)		Actual Athlete(s)			
200 fem	n/a	Nora Gentry	00:28.0	Nora Gentry					
200 fem	n/a	Joyette Jolicoeur	00:29.0	Joyette 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					
200 male	n/a	Teniola Sulaiman	00:22.0	Teniola Sulaiman					
Total	00:00.0		03:41.0						

Minimum Qualifying Time: n/a

Strategy:



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 11:00 or 13:00
 Sunday 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

2012 ExxonMobil Performance:	DT	1200 points	Silver				
2012 ExxonMobil Performance:	SP	1380 points	Bronze				
	<u>Age</u>		<u>Shot Put</u>		<u>Discus</u>		
Clyde Smyth	25	48'10"	875 points	163'4"	716 points		
Jovette Jolicoeur	52	32'2"	705 points	80'	784 points		

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:

	2011 - DT	2011 - SP	2011 - DT	2011 - SP	2010	2009	2008	2007	2006
1st	GE - 1399	GE - 1658	GE - 1228	GE - 1580	GE 3370	GE 3434	GE 3193	GE 3296	GE 3314
2nd	EM - 1200	AT&T - 1404	EM - 1052	EM - 1430	LM 3201	LM 3130	LM 3002	LM 3000	LM 3055
3rd	AT&T - 1004	EM - 1380	LM - 919	LM - 1204	EM 2394	AT&T 2170	EM 2432	AT&T 2755	EM 1805
4th	BAH - 980	TI - 1194	AT&T - 659	AT&T - 1105	Boeing 1875	EM 2114	AT&T 2359	EM 2208	
5th		BAH - 1123			AT&T 1014	Boeing 547	Boeing 2180	Boeing 1995	
# Teams	4	5	4	4	5	5	5	5	3

2013 Goals to Meet:

Athletes		Shot Put			Discus		
		Goal	Actual	Points	Goal	Actual	Points
Clyde Smith	25				150'		
Jovette Jolicoeur	52	35'			85'		
Ken Thomas	55	30'					

Strategy: Throw far



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

		High Jump		Long Jump
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		

2012 ExxonMobil Performance: HJ 1889 points SILVER
 2012 ExxonMobil Performance: LJ 1924 points GOLD

	Age	High Jump		Long Jump
KenThomas	55	5' 923 points	Ken Thomas	18' 11.5" 976 points
Larry Volmer	60	4'10" 966 points	Larry Volmer	16'10" 948 points
Robert Bradley	25	4'8" 608 points	Sara Comis	13' 4.5" 581 points

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)		Gold	2011 (Volmer, Thomas, Hickman, Comis)

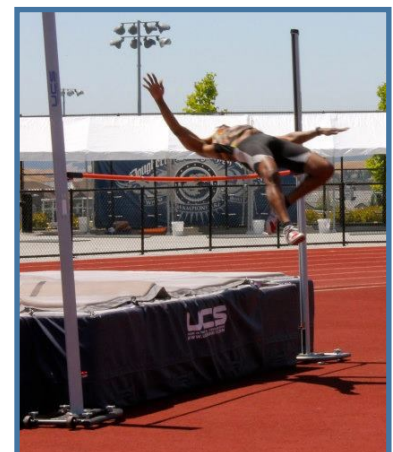
National Record: ExxonMobil 3686 points 2010

Previous years results:

	2012 - HJ	2012 - LJ	2011 - HJ	2011 - LJ	2010	2009	2008	2007	2005
1st	AT&T-1900	EM-1924	EM - 1859	EM - 1774	EM 3686	EM 3614	EM 3509	EM 3660	EM 3485
2nd	EM-1889	AT&T-1518	GE - 1753	GE - 1594	GE 3535	Boeing 3317	GE 3440	GE 3448	GE 3420
3rd	TI-1837	GE-1494	LM - 1508	LM - 1299	LM 3319	GE 3316	AT&T 2952	AT&T 3381	AT&T 3260
4th	GE-1753	BAH-1355			AT&T 2310	AT&T 3162	LM 2769	LM 2684	
5th	BAH-1557								
# Teams	5	4	3	3	4	4	4	4	4

2013 Goals to Meet:

Athlete	High Jump			Athlete	Long Jump		
	Goal	Actual	Points		Goal	Actual	Points
				Ken Thomas	19'		
				Sara Comis	15'		
				Raina Brown	15'10"		



Event Name: 5k 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: Saturday Women 7:30
Saturday Men 7:30

2012 ExxonMobil Results Women 4th
Men DNE

Women's 5k Team					
Name	Age Group	Overall Place	Group Place	Time	
Claire Joseph	0-24		1	22:23.7	
Janie Lee	0-24			25:37.2	
Pat Sharp	65-69		1	34:44.9	
Stephanie Mills	35-39		2	19:21.6	
Jennifer Sedle	40-44		3	25:27.8	

Men's 5k Team					
Name	Age Group	Overall Place	Group Place	Time	

2013 Goals to Meet: Medal

Women's 5k Team							Men's 5k Team					
Name	Age Group	Target Time	Actual Time	Overall Place	Group Place		Name	Age Group	Target Time	Actual Time	Overall Place	Group Place
Jens Loocco	20+	22.00					David Chen	20-24				
Pat Sharp	60+	34.00					David Holland	25-29				
Meg Lees	20+	22.00					Tom Barbee	50-54				
Clementina Martinez	60+	26.00					Bob Botto	60+				
							Daniel Jous	25-29				



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

2012 ExxonMobil Results 4th Women
 DNE Men

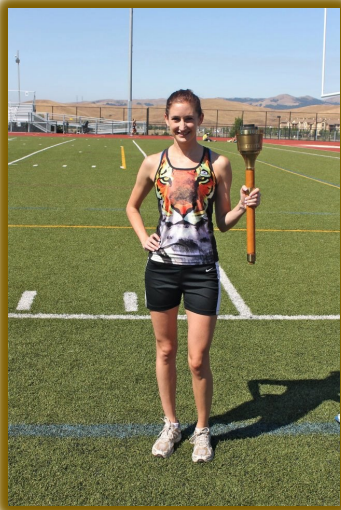
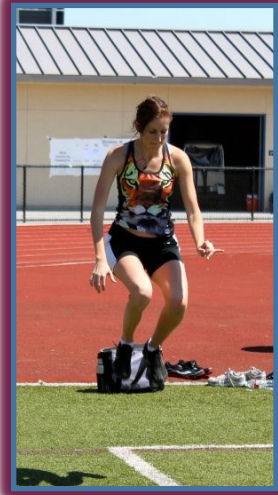
Women's 10k Team				
Name	Age Group	Overall Place	Group Place	Time
Claire Joseph	0-24		1	48:38.1
Janie Lee	25-29		4	54:14.7
Sara Comis	0-24		2	1:04:57.6
Pat Groben	65-69		1	1:12:28.77

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

2013 Goals to Meet:

Women's 10k Team						Men's 10k Team					
Name	Age Group	Target Time	Actual Time	Overall Place	Group Place	Name	Age Group	Target Time	Actual Time	Overall Place	Group Place
Sara Comis	0-24					Bob Botto	60+				
Clementina Martin	50+										
Jena Lococo	20+										
Meg Lees	20+										
Pat Sharp	65-69										

Strategy:



Tigers Uniforms



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Men / Women Singlets = \$38 USD or \$35 CAD

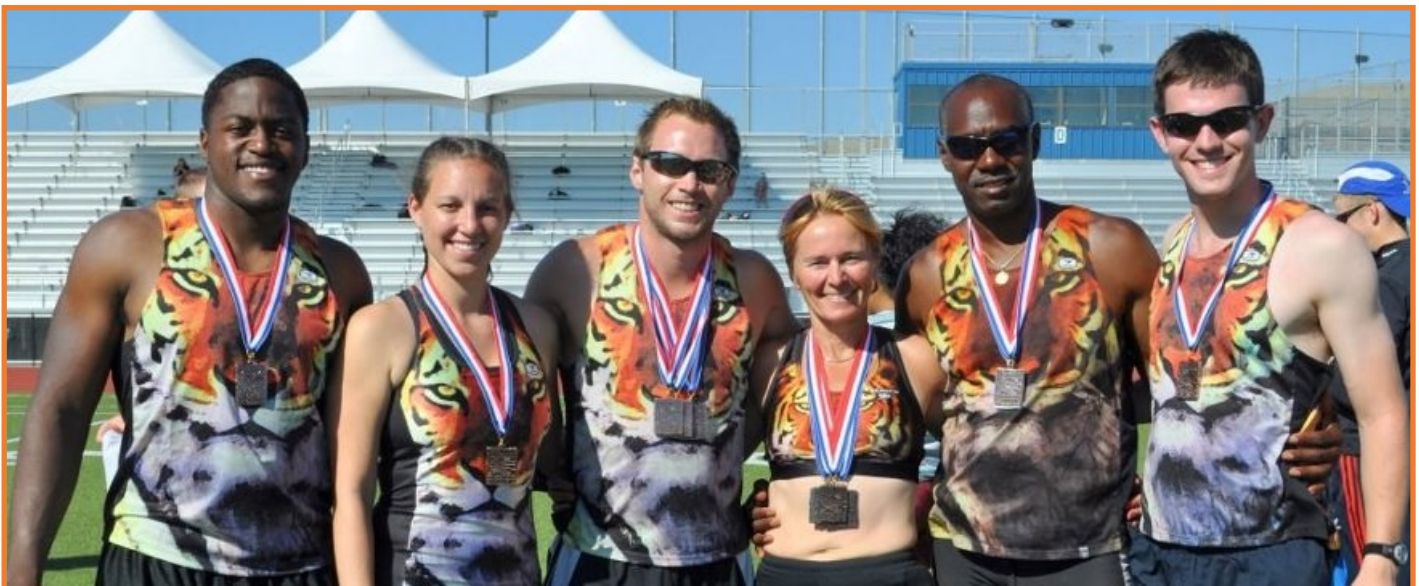
Sport Bra = \$40

Women Fitted Tank = \$48 USD or \$45 CAD

Men Fitted Tank = \$48 USD or \$45 CAD

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2013 Regionals Champions