

USCAA National Corporate Cup Relays

SATURDAY JULY 14, 2012

Leg				Name			
Women's 5K Road Race				Executive Relay (NOT RUN)			
	5K	Claire Joseph	23:22.7	30+	800		
	5K	Pat Sharp	34:44.9	30+	400		
	5K	Stephanie Mills	19:21.6	30+	800		
	5K	Jennifer Sedlechak	25:27.8	30+	1600		
Men's 5K Road Race (NOT RUN)				4X200 Relay Prelim 02:06.9			
	5K			40+	200	Garret Smith	29.64
	5K			50+	200	Mark Malander	31.56
	5K			F	200	Laurie Ropel	35.4
	5K			M	200	Robert Bradley	30.07
4 X100 Meter Relay Prelim 55.67				Distance Relay (Bronze) 35:32.6			
F: 40+	100	Jovette Jolicoeur	?	F	1600	Claire Joseph	06:30.0
F	100	Ugwem Eneyo	?		800	Janie Lee	03:04.0
M: 40+	100	Larry Volmer	?	40+	1600	David Wright	06:22.0
M	100	Teniola Sulaiman	?		1600	Jason Carew	06:53.0
					3200	Daniel Jouas	12:52.0
Submaster Distance Relay 13:23.5				Individual Men's 400 (NOT RUN)			
F: 30+	800	Stephanie Mills	2:35	30+	400		
30+	400	Alan Mut	?	40+	400		
30+	1200	David Wright	?				
30+	1600	Mark Malander	?				
High Jump (Silver)				Individual Women's 400 (Bronze)			
	H Jump	Ken Thomas	5'	30+	400		
	H Jump	Larry vollmer	4'10"	40+	400	Jennifer Sedlechak	01:21.5
	H Jump	Robert Bradley	4'8"		400		
Discus Throw (Silver)				Senior's Relay Prelim 05:16.5			
	Discus	Jovette Jolicoeur	80'	60+	200	Larry Vollmer	29.82
	Discus	Clyde Smith	163'4"	50+	400	Garret Smith	01:15.5
	Discus			50+	200	Cyndee Norris	34
	Discus			50+	600	Mark Malander	01:48.0
	Discus			50+	400	Ken Thomas	01:06.0
Individual Men's 200				Submaster Sprint Relay Prelim 05:14.2			
18+	200	Teniola Sulaiman	24.71	30+	200	Larry Volmer	29.70
50+	200			30+	200	Garret Smith	31.97
60+	200			30+	400	Laurie Ropel	01:22.0
60+	200			30+	800	Alan Mut	02:49.0
Individual Women's 200 (Bronze)				Sprint Relay Prelim 03:56.2			
18+	200	Sara Comis	30.74		200	Kim Munksgaard	28
40+	200			F: 30+	200	Jovette Jolicoeur	32
50+	200				400	David Holland	59.37
					400	David Chen	01:03.0
3-Lap Sprint Relay Prelim 03:08.5				M: 35+	200	Ken Thomas	27.5
F	200	Sophia Laughland	32.00		200	Teniola Sulaiman	25.5
	200	Jason Carew	29.72				
	400	Robert Bradley	1.07				
	400	David Holland	58.28				

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SUNDAY JULY 15 2012

Leg	Name		
Women's 10K Road Race			
00-24	10K	Claire Joseph	48:38.1
65-69	10K	Patricia Groben	1.12:28
00-24	10K	Sara Comis	1.04:57
25-29	10K	Janie Lee	54:14.2
Long Jump (Gold)			
L Jump		Ken Thomas	18' 11.4"
L Jump		Larry vollmer	16' 10"
L Jump		Sara Comis	13' 4.5"
Shot Put (Bronze)			
		Jovette Jolicoeur	32.20'
		Clyde Smith	48'10"
4X100 Sprint Relay 52.77			
F: 40+	100	Jovette Jolicoeur	14.6
F	100	Ugwem	14
M: 40+	100	Ken Thomas	12.86
M	100	Teniola Sulaiman	11.31
Women's 800m Team Race (Bronze) 4:54			
	800	Kim Munksgaard	2:27
	800	Stephanie Mills	2:26
3-Lap Sprint Relay 03:09.9			
F	200	Sophia Laughland	30.92
	200	Jason Carew	32.22
	400	Robert Bradley	01:10.8
	400	David Holland	55.76
Men's Mile Team Race (Bronze) 10:38			
MILE		David Chen	5:17
MILE		Daniel Jouas	5:20
4X200 Relay 02:07.1			
40+	200	Garret Smith	26.39
50+	200	David Wright	33.97
F	200	Sara Comis	35.98
M	200	Robert Bradley	37.53

Leg	Name		
Senior's Relay 05:01.8			
60+	200	Larry Vollmer	26
50+	400	Garret Smith	01:11.1
50+	200	Jovette Jolicoeur	31.5
50+	600	Mark Malander	01:47.1
50+	400	Ken Thomas	1:02
Women's Relay 05:51.2			
	800	Janie Lee	03:02.6
40+	400	Cyndee Norris	1:26
	400	Ugwem Eneyo	1:22
Submaster Sprint Relay (Bronze) 04:38.5			
30+	200	Stephanie Mills	28
30+	200	Garret Smith	31.8
30+	400	Larry Volmer	01:05.4
30+	800	Alan Mut	02:32.4
President's Relay (NOT RUN)			
Pyramid Relay (Bronze) 10:50.7			
F	400	Sophia Laughland	01:14.9
	800	David Holland	02:24.4
	1200	David Chen	03:37.7
	800	Daniel Jouas	02:18.8
F	400	Kim Munksgaard	01:08.5
Master's Relay 07:42.5			
40+	800	David Wright	02:43.2
40+	400	Alan Mut	01:11.1
40+	800	Mark Malander	02:34.9
F: 40+	200	Jennifer Sedlechak	35.9
40+	200	Cyndee Norris	34.1
Sprint Relay (Bronze) 03:50.3			
	200	Kim Munksgaard	28.92
F: 30+	200	Jovette Jolicoeur	30.2
	400	David Holland	58.50
	400	David Chen	01:01.5
	200	Ken Thomas	26.5
	200	Teniola Sulaiman	22.78