

**NORTHWEST CORPORATE TRACK ASSOCIATION
1986 CHAMPIONSHIPS
SATURDAY, MAY 31ST**

EVENTS LIST

Competition will be held in the following events. Teams in both the AA Division (companies of 1000 or more employees) and the A Division (fewer than 1000 employees) are eligible to compete in all events.

Metro Track
1. 4 X 200 METER RELAY

Four runners, with a minimum of one female runner, running 200, 200, 200 & 200 meters.

2. SPRINT RELAY

Six runners, with a minimum of two females and one master runner, running the following legs in order: 200, 200, 400, 400, 200 & 200 meters.

3. 3-LAP SPRINT

Four runners, with a minimum of one female runner, running the following legs in order: 400, 200, 200 & 400 meters.

4. MASTER'S RELAY

Three masters runners (40 years of age or older) running the following legs in order: 800, 400 & 800 meters.

5. MEN'S MILE TEAM RACE

Two male runners, each running a mile with their times totaled for scoring. Total time determines placing.

6. WOMEN'S RELAY

Three female runners, running in order: 400, 800 & 400 meters.

7. WOMEN'S 800-METER TEAM RACE

Two female runners, each running 800 meters with their times totaled for scoring. Total time determines placing.

8. PYRAMID RELAY

Five runners, with a minimum of two females, running the following legs in order: 400, 800, 1200, 800 & 400 meters.

9. SUB-MASTER'S RELAY

Four runners, all 30 years of age or older with one 35 or older, running in order: 400, 200, 200 & 800 meters.

10. WOMEN'S MASTERS 800 METER RACE

One woman, 40 years of age or older, running 800 meters.

11. MEN'S MASTERS MILE RACE

One man, 40 years of age or older, running one mile.

12. EXECUTIVE RELAY

Four executives (assistant vice-president or managers who have managers and/or supervisors reporting to them, or above), 30 years of age or older, running the following legs in order: 400, 800, 1600 & 3200 meters.

13. PRESIDENT'S RELAY

Three runners at the corporate level of vice-president or above, 35 years of age or older, running the following legs in order: 400, 800 & 1600 meters.

14. RACEWALK MILE

Men's and women's one mile racewalk. Each team may enter both one man and one woman in this race, but only one entry is required. This event will not count in the team scoring, but medals will be awarded for both men's and women's divisions.

15. MEN'S 5K & 10K ROAD RACE

Teams consist of at least two male runners, with no upper limit, running in four age divisions:

- up to 29
- 30 to 39
- 40 to 49
- 50 and over

Each age division is considered a separate event and is scored as such. Companies may enter any or all of the four divisions. Team placement in each division will come from totaling the placement of the top two runners per team within their division, with the low total score winning.

16. WOMEN'S 5K & 10K ROAD RACE

Teams consist of at least two female runners, with no upper limit, running in three age divisions:

- up to 29
- 30 to 39
- 40 and over

Each age division is considered a separate event and is scored as such. Companies may enter any or all of the three divisions. Team placement in each division will come from totaling the placement of the top two runners per team within their division, with the low total score winning.

TRACK EVENTS SCORING SHEET

AA

Division

TEAM	ROD RACE TOTAL	WOMEN'S RELAY	MILE TEAM RACE	3 LAP SPRINT	EXEC. RELAY	MEN'S MILE RACE	PYRAMID RELAY	PRES. RELAY	4x200 RELAY	WOMEN'S 800m	SUB-MASTERS RELAY	WOMEN'S 800m TEAM RACE	MASTERS' RELAY	SPRINT RELAY	TOTAL POINTS	PLACE
AT & T	19	1	1	5	3	6	2	8	2	4	4	4	4	4	9	
BLUE CROSS	13	3	4	2	0	0	5	0	6	0	2	0	0	0	10	
BOEING	95	8	12	8	4	5	10	0	5	10	7	10	8	7	2	
FIRST INTERSTATE	15	6	2	1	0	0	0	0	3	0	0	0	0	3	11	
JOHN FLUKE	23	4	10	4	5	8	15	0	4	8	3	8	2	1	8	
GTE	46	7	7	6	6	15	6	10	7	5	12	7	15	2	4	
HEWLETT PACKARD	20	10	3	7	7	3	4	0	7	3	15	5	4	8	7	
IBM	29	12	6	12	15	4	7	0	12	12	8	15	5	10	5	
PUGET SOUND NAVAL SHIPYARD	31	5	5	3	8	12	3	12	1	6	5	0	10	3	6	
SEAFIRST	51	2	8	15	12	10	12	15	15	7	6	6	12	15	3	
U.S. WEST	72	15	15	10	10	7	8	7	10	15	10	12	7	12	1	

ROD RACE TOTAL	WOMEN'S RELAY	MILE TEAM RACE	3 LAP SPRINT	EXEC. RELAY	MEN'S MILE RACE	PYRAMID RELAY	PRES. RELAY	4x200 RELAY	WOMEN'S 800m	SUB-MASTERS RELAY	WOMEN'S 800m TEAM RACE	MASTERS' RELAY	SPRINT RELAY	TOTAL POINTS	PLACE
19	1	1	5	3	6	2	8	2	4	4	4	4	4	9	
13	3	4	2	0	0	5	0	6	0	2	0	0	0	10	
95	8	12	8	4	5	10	0	5	10	7	10	8	7	2	
15	6	2	1	0	0	0	0	3	0	0	0	0	3	11	
23	4	10	4	5	8	15	0	4	8	3	8	2	1	8	
46	7	7	6	6	15	6	10	7	5	12	7	15	2	4	
20	10	3	7	7	3	4	0	7	3	15	5	4	8	7	
29	12	6	12	15	4	7	0	12	12	8	15	5	10	5	
31	5	5	3	8	12	3	12	1	6	5	0	10	3	6	
51	2	8	15	12	10	12	15	15	7	6	6	12	15	3	
72	15	15	10	10	7	8	7	10	15	10	12	7	12	1	

ROAD RACE RESULTS

A DIV.

ENS SK

UP TO 29

30 TO 39

40 TO 49

50 AND OVER

TEAM	TOTAL POINTS	TEAM	TOTAL POINTS	TEAM	TOTAL POINTS	TEAM	TOTAL POINTS
1 TOUCHE ROSS	32	1 THE FEDS	9	1 LOCKHEED	23	1 PUGET POWER	5
2 FARMERS	40	2 KING	16	2 THE FEDS	36	2 KING	7
3 THE FEDS	46	3 WASH. MUT.	22	3 EVERETT	38	3 LOCKHEED	11
4 KING	79	4 EVERETT	23	4 PUGET POWER	48	4 THE FEDS	12
5 SEED BERRY	119	5 PUGET PWR	33	5 FARMERS	73		
		6 FARMERS	89				
		7 SRO	129				

WOMEN'S SK

UP TO 29

30 TO 39

40 AND OVER

1 TOUCHE ROSS	37	1 LOCKHEED	104	1 PUGET PWR	112
2 THE FEDS	98	2 EVERETT	114	2 THE FEDS	116
3 WASH. MUTUAL	113	3 FARMERS	118	3 KING	140
4 PUGET POWER	132	4 PUGET PWR	124		
5 SRO	140	5 THE FEDS	149		
6 FARMERS	173				

OVER

ROAD RACE RESULTS

A DIV

MENS 10K

UP TO 29

30 TO 39

40 TO 49

50 AND OVER

NO	1	DCAA	7	1	DCAA	15	1	EVERETT	44
COMPLETE	2	PUGET PWR	10	2	THE FEDS	21	2	THE FEDS	46
TEAMS	3	WASH. MUT.	21	3	LANOGA	40			
	4	THE FEDS	33						
	5	SRO	40						
	6	HEALTH +	45						

WOMEN'S 10K

UP TO 29

30 TO 39

40 AND OVER

NO
COMPLETE
TEAMS

NO
COMPLETE
TEAMS

NO
COMPLETE
TEAMS

ROAD RACE RESULTS

AA DIV

MEN'S 5K

<u>UP TO 29</u>		<u>30 TO 39</u>		<u>40 TO 49</u>		<u>50 AND OVER</u>	
1	SEAFIRST 12	1	BOEING 4	1	SEAFIRST 20	1	BOEING 67
2	BOEING 32	2	U.S.WEST 20	2	PSNS 21	2	GTE 76
3	U.S.WEST 74	3	PSNS 41	3	U.S.WEST 32	3	U.S.WEST 125
4	GTE 75	4	H/P 53	4	AT&T 68	4	SEAFIRST 186
5	PSNS 76	5	FLUKE 87	5	GTE 110	5	FLUKE 286
6	H/P 134	6	AT&T 88	6	BOEING 118		
7	BLUE CROSS 186	7	SEAFIRST 93	7	IBM 140		
8	F.I.B. 292	8	GTE 95				
		9	IBM 168				
		10	BLUE CROSS 183				

5

WOMEN'S 5K

<u>UP TO 29</u>		<u>30 TO 39</u>		<u>40 TO 49</u>	
1	U.S.WEST 160	1	BOEING 193	1	U.S.WEST 140
2	BOEING 177	2	GTE 198	2	SEAFIRST 257
3	F.I.B. 260	3	HP 210	3	BOEING 272
4	BLUE CROSS 292	4	F.I.B. 211		3
5	FLUKE 293	5	FLUKE 246	5	IBM 367
6	GTE 294	6	U.S.WEST 254	6	AT&T 370
6	H/P 294	7	IBM 307		6
8	IBM 300	8	AT&T 395	8	BLUE CROSS 393
9	SEAFIRST 327	9	BLUE CROSS 481		
10	AT&T 367				

TRACK EVENTS RESULTS

WOMEN'S RELAY

A

AA

1	ISC SYSTEMS	5:08.49
2	TOUCHE ROSS	5:14.79
3	HEALTH PLUS "B"	5:27.33
4	FARMER'S LIFE	5:40.02
5	KING	6:00.22
6	EVERETT CLINIC	6:02.99
7	HEALTH PLUS "A"	6:03.36
8	PUGET POWER	6:05.74
9	THE FEEDS	6:15.35
10	WASHINGTON MUTUAL	6:15.36
11	LOCKHEED	6:53.96
12	OCAA	6:56.09
13	LANOGA CORP.	7:12.80

1	U.S. WEST	4:44.41
2	IBM	4:45.33
3	HEWLETT PACKARD	5:32.55
4	BOEING	5:36.61
5	GTE	5:36.06
6	FIRST INTERSTATE	5:41.13
7	PUGET SOUND N.S.	5:43.43
8	JOHN FLUKE	5:52.25
9	BLUE CROSS	5:53.79
10	SEAFIRST	6:02.13
11	AT & T	6:25.15

MEN'S MILE TEAM RACE

A

AA

1	KING	9:43.30
2	THE FEEDS	10:00.00
2	WASHINGTON MUTUAL	10:00.00
4	OCAA	10:06.77
5	TOUCHE ROSS	10:07.59
6	FARMER'S LIFE	11:43.19
7	LOCKHEED	11:49.49

1	U.S. WEST	9:28.79
2	BOEING "B"	9:29.20
3	JOHN FLUKE	9:33.58
4	SEAFIRST "A"	9:36.88
5	BOEING "A"	9:52.60
6	GTE	9:52.92
7	IBM	9:53.03

16N'S MILE TEAM RACE - CONT.

8	PUGET POWER	14:39.22	8	PUGET SOUND N.S.	9:55.88
9	SRO	D.N.F.	9	BLUE CROSS "B"	10:17.92
			10	SEAFIRST "B"	10:21.62
			11	BLUE CROSS "A"	10:48.41
			12	HEWLETT PACKARD	11:11.75
			13	FIRST INTERSTATE	12:01.21
			14	AT & T	12:38.46

THREE-LAP SPRINTA

1	ISC SYSTEMS	2:52.57
2	LOCKHEED	2:59.38
3	TOUCHE ROSS	3:03.53
4	FARMER'S LIFE	3:03.89
5	SRO	3:08.46
6	WASHINGTON MUTUAL	3:11.31
7	EVERETT CLINIC	3:15.37
8	THE FEDS "A"	3:19.32
9	DCAA	3:26.84
10	PUGET POWER	3:28.61
11	LANOGA CORP.	3:29.67
12	SEGD, BERRY	3:36.49
13	THE FEDS "B"	D.N.F.

AA

1	SEAFIRST "A"	2:36.80
2	IBM "A"	2:44.25
3	U.S. WEST "B"	2:47.08
4	BOEING "A"	2:49.02
5	HEWLETT PACKARD "B"	2:49.86
6	GTE	2:52.40
7	U.S. WEST "A"	2:55.50
8	AT & T	2:55.76
9	HEWLETT PACKARD "A"	2:56.20
10	BOEING "B"	2:58.76
11	JOHN FLUKE	3:03.30
12	IBM "B"	3:11.93
13	PUGET SOUND N.S.	3:13.50

CONT.

THREE-LAP SPRINT - CONT

14	BLUE CROSS "A"	3:19.27
15	BLUE CROSS "B"	3:26.85
16	BLUE CROSS "C"	3:40.36
17	FIRST INTERSTATE	3:45.20
18	BLUE CROSS "D"	3:47.43
D.Q.	SEAFIRST "B"	3:05.14

EXECUTIVE RELAY

<u>A</u>		<u>AA</u>	
1	FARMER'S LIFE 27:24.1	1	IBM "A" 19:10.8
2	PUGET POWER 28:49.8	2	SEAFIRST 20:44.1
		3	U.S. WEST 20:50.7
		4	PUGET SOUND N.S. 21:48.5
		5	HEWLETT PACKARD 21:48.8
		6	GTE 22:11.2
		7	JOHN FLUKE 22:44.2
		8	BOEING 23:00.0
		9	AT & T 23:20.5

MEN'S MASTER'S MILE RACE 2016

<u>A</u>		<u>AA</u>	
1	LOCKHEED 5:02.3	1	GTE 5:02.7
2	OCAA 5:32.1	2	PUGET SOUND N.S. 5:06.3
3	THE FEDS 5:32.4	3	SEAFIRST 5:09.0

CONT.

MEN'S MASTERS MILE - CONT

4	WASHINGTON MUTUAL	5:52.1	4	JOHN FLUKE	5:10.0
5	PUGET POWER	6:04.9	5	U.S. WEST	5:19.2
6	EVERETT CLINIC	6:29.8	6	AT&T	5:35.5
			7	BOEING	5:43.8
			8	IBM	5:45.0
			9	HEWLETT PACKARD	6:30.0

RACEWALK MILE 7014MEN

1	SEAFIRST	8:05.5
2	GTE	9:45.9
3	BOEING	10:12.8
4	THE FEDS	10:41.1
5	HEWLETT PACKARD	10:49.7

WOMEN

1	IBM	9:07.5
2	THE FEDS	10:38.9
3	U.S. WEST	10:41.0
4	WASHINGTON MUTUAL	10:48.6
5	AT&T	10:49.1
6	AT&T	11:41.4
7	BLUE CROSS	12:38.3
8	DCAA	13:37.9

PYRAMID RELAYA

1	ISC SYSTEMS	10:50.8
	TOUCHE ROSS	11:06.7
3	WASHINGTON MUTUAL	11:10.5

AA

1	JOHN FLUKE	10:30.2
2	SEAFIRST	10:40.0
3	BOEING	10:43.7

CONT.

PYRAMID RELAY - CONT

4	FARMERS LIFE	11:49.8	4	U.S. WEST	10:47.4
5	THE FEDS "A"	11:53.9	5	BOEING "B"	11:15.6
6	KING	12:09.8	6	IBM "A"	11:24.2
7	OCAA	12:15.5	7	GTE	11:49.0
8	EVERETT CLINIC	12:34.1	8	BLUE CROSS "D"	11:59.2
9	LANOGA CORP.	12:39.5	9	HEWLETT PACKARD	12:09.6
10	THE FEDS "B"	12:43.4	10	PUGET SOUND N.S.	12:19.8
11	PUGET POWER	12:47.2	11	BLUE CROSS "A"	12:32.2
12	LOCKHEED	14:23.9	12	IBM "B"	12:42.0
			13	AT & T	13:05.0
			14	BLUE CROSS "B"	13:24.0
			15	BLUECROSS "C"	13:48.6

PRESIDENT'S RELAYA

1 PUGET POWER 11:01.3

AA

1 SEAFIRST 9:32.5
 2 PUGET SOUND N.S. 9:38.0
 3 GTE 10:43.4
 4 AT & T 10:46.3
 5 U.S. WEST 10:46.4

4 X 200 METER RELAY 7017A

1	PUGET POWER	1:49.1
2	ISC SYSTEMS	1:49.7
3	TOUCHE ROSS	1:53.5
4	WASHINGTON MUTUAL	1:54.5
5	LOCKHEED	1:57.2
6	THE FEDS "A"	1:58.3
7	FARMERS LIFE	2:00.8
8	KING	2:02.5
9	SRO	2:05.8
10	LANOGA CORP	2:06.5
11	DCAA	2:07.5
12	THE FEDS "B"	2:12.6
13	EVERETT CLINIC	2:24.7

AA

1	SEAFIRST "A"	1:38.8
2	IBM "A"	1:40.4
3	U.S. WEST "A"	1:43.4
4	GTE	1:47.9
5	HEWLETT PACKARD "A"	1:48.0
6	U.S. WEST "B"	1:51.7
7	BLUE CROSS	1:52.0
8	HEWLETT PACKARD "B"	1:52.0
9	BOEING "A"	1:53.3
10	JOHN FLUKE "A"	1:55.0
11	BOEING "B"	1:57.0
12	SEAFIRST "B"	1:58.3
13	IBM "B"	1:58.0
14	FIRST INTERSTATE "A"	1:58.0
15	FIRST INTERSTATE "B"	2:00.0

WOMEN'S MASTERS 800 METER RACE 7019A

1	THE FEDS	3:17.8
2	PUGET POWER	3:26.9
3	LOCKHEED	3:58.4

AA

1	U.S. WEST "A"	2:48.9
2	U.S. WEST "B"	2:54.4
3	IBM	2:55.0
4	BOEING "A"	3:06.8
5	JOHN FLUKE	3:13.9

CONT.

WOMEN'S MASTERS 800 METER RACE - CONT

6	SEAFIRST	3:25.3
7	PUGET SOUND N.S.	3:27.9
8	GTE "A"	3:31.1
9	GTE "B"	3:32.4

SUBMASTER'S RELAY

<u>A</u>		<u>AA</u> +1.2			
1	EVERETT CLINIC	4:32.1	1* HEWLETT PACKARD	3:57.5	
2	THE FEDS "A"	4:34.0	2	GTE	4:00.9
3	LANOGA CORP.	4:34.8	3	U.S. WEST	4:06.7
4	OCAA	4:46.9	4	IBM	4:08.2
5	LOCKHEED	5:02.2	5	BOEING	4:13.3
6	THE FEDS "B"	5:11.1	6	SEAFIRST	4:21.4
7	FARMERS LIFE	5:16.5	7	PUGET SOUND N.S.	4:35.7
8	PUGET POWER	5:21.4	8	AT & T	4:44.0
			9	JOHN FLUKE	4:46.8
			10	BLUE CROSS	4:48.6

WOMEN'S 800 METER TEAM RACE

<u>A</u>		<u>AA</u>			
1	THE FEDS	6:10.3	1	IBM	5:28.3
2	PUGET POWER	6:16.3	2	U.S. WEST	5:28.5
3	TOUCHE ROSS	6:27.3	3	BOEING	5:47.6

CONT.

WOMEN'S 800 METER TEAM RACE - CONT

4	LOCKHEED	6:41.9	4	JOHN FLUKE	5:53.0
5	EVERETT CLINIC	6:51.2	5	GTE	6:02.9
6	FARMERS LIFE	7:10.2	6	SEAFIRST	6:04.6
7	DCAA	7:21.5	7	HEWLETT PACKARD	6:16.6
			8	AT & T	7:50.8

MASTERS RELAYA

1	LOCKHEED	6:08.3
2	DCAA	6:32.9
3	THE FEDS "A"	6:35.2
4	EVERETT CLINIC	6:39.6
5	LANOGA CORP.	6:45.6
6	THE FEDS "B"	6:53.9
7	PUGET POWER	7:21.2

AA

1	GTE	5:34.8
2	SEAFIRST	5:44.4
3	PUGET SOUND N.S.	5:48.9
4	BOEING "A"	5:54.8
5	U.S. WEST "A"	6:00.5
6	U.S. WEST "B"	6:15.8
7	U.S. WEST "C"	6:17.5
8	AT & T	6:40.4
9	IBM	6:42.9
10	HEWLETT PACKARD	7:09.6
11	FIRST INTERSTATE	7:14.3
12	JOHN FLUKE	7:19.5

SPRINT RELAYA

1	ISC SYSTEMS	4:01.2
2	LOCKHEED	4:05.2
3	PUGET POWER	4:07.3
4	THE FEDS "A"	4:15.5
5	EVERETT CLINIC	4:16.8
6	FARMERS LIFE	4:18.8
7	DCAA	4:26.2
8	THE FEDS "B"	4:31.6

AA

1	SEAFIRST "A"	3:32.5
2	U.S. WEST "A"	3:35.0
3	IBM "A"	3:47.3
4	HEWLETT PACKARD	3:50.1
5	BOEING "B"	3:53.2
6	BLUE CROSS "A"	3:57.9
7	U.S. WEST "B"	4:01.3
8	AT&T	4:10.1
9	IBM "B"	4:11.2
10	BOEING "A"	4:15.5
11	FIRST INTERSTATE	4:16.7
12	PUGET SOUND N.S.	4:21.6
13	GTE	4:23.2
14	JOHN FLUKE	4:27.8
15	SEAFIRST "B"	4:30.7
16	BLUE CROSS "B"	4:32.3