

United States  
Corporate Athletics  
Association

*A nonprofit organization dedicated to the pursuit of Corporate Track and Road Racing events*  
SOUTHERN CALIFORNIA CORPORATE ATHLETICS ASSOCIATION

# A RUNNER'S PENTATHLON

A low key, early season tune-up for the 1988 corporate track season.

**WHEN:** Saturday April 16, 9:00 A.M.

**WHERE:** Cal State Dominguez Track

**WHO:** Individual athletes and corporate teams

**WHAT:** Each runner competes in 5 running events: 100M, 1 mile, 200M, 800M, and 400M. Scores in each event are based on national age group standards (1000 pts = age group standard).

## CORPORATE TEAMS:

Teams shall consist of 3 runners, all permanent, full time employees of the same company. Team scores are totals of the 3 runners' scores. Companies may enter an unlimited number of teams.

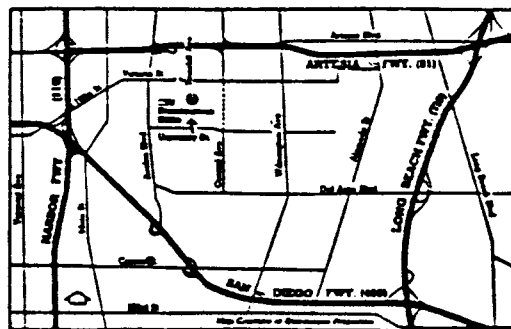
**AWARDS:** Individual awards to the top 5 "pentathletes" overall. Scores are weighted so that everyone has a chance to win, regardless of age or sex.

Awards to each member of the top 3 corporate teams.

**ENTRY FEE:** \$5-per person  
Registration: 8:00-8:45 day of race. No additional fee for corporate teams. Team runners are eligible for individual awards. No pre-entry.

## EVENT SCHEDULE:

9:00	100 Meters
10:00	1 Mile
10:45	200 Meters
11:45	800 Meters
12:30	400 Meters
1:30	Awards



**PARKING:** Use parking lot 4, on the south side of campus, off of University Drive. Parking fee is 75¢. Bring quarters!

Note: To be eligible for awards, a runner must enter all 5 events, but those who wish to run "for fun" only may select 4 or fewer events.

**CONTACT:** Katie Cunningham, Aerospace Corp. AEA Track Club  
(213)336-6333

## RESULTS:

## A RUNNER'S PENTATHLON

April 16, 1988

NAME	COMPANY	TM	TOTAL SCORE	100 meters				mile				200 meters				800 meters				400 meters			
				time	pl	scor	pl	time	pl	scor	pl	time	pl	scor	pl	time	pl	scor	pl	time	pl	scor	pl
1 Ken Nelson	Hughes	H2 57M	4225	14.67	28	809	14	5:41.5	22	855	6	28.23	26	869	1	2:31.7	19	867	4	65.21	23	825	4
2 John Cosgrove	Striders	49M	4224	13.69	23	815	11	5:15.6	11	866	5	27.53	23	829	9	2:21.6	10	870	2	60.69	15	844	2
3 Herman Duncan	Northrop	N1 28M	4151	12.00	5	824	7	4:39.7	4	814	10	23.16	2	854	4	2:04.1	2	826	7	52.68	1	833	3
4 Mike Sather	Hughes	H2 60M	4148	14.76	29	823	8	5:57.5	30	836	8	29.37	30	858	3	2:44.6	30	819	8	67.39	26	812	6
5 Joe Perry	Hughes	H1 43M	4122	13.17	14	810	12	5:30.8	15	784	18	25.87	14	845	6	2:19.5	7	838	6	58.28	12	845	1
6 Patrick Devine	Hughes	59M	4050	16.70	36	722	34	5:24.1	13	915	1	32.81	37	761	25	2:31.9	20	880	1	70.43	35	772	17
7 John Araujo	Rockwell	R1 30M	4005	13.49	19	733	28	4:29.2	2	902	3	26.60	19	744	31	2:09.7	4	844	5	57.68	9	782	15
8 D. Oberhoessel	Hughes	H2 51M	3967	14.90	31	761	20	5:36.7	20	826	9	28.25	27	821	11	2:33.0	21	819	8	70.05	34	740	23
9 David Rusher	Rockwell	R1 48M	3944	13.94	25	794	16	5:34.6	19	810	13	28.38	28	798	18	2:34.4	24	791	11	67.79	28	751	21
10 Stanley Lewis	Hughes	H1 25M	3876	11.83	2	836	3	5:32.9	17	683	30	23.53	3	841	7	2:22.3	11	721	24	55.16	3	795	9
11 Perry Rodgers	Northrop	25M	3848	11.88	3	833	4	5:43.9	26	662	34	24.28	6	815	14	2:16.5	6	751	18	55.75	5	787	12
12 Dwight Moberg	TRW	T1 56M	3827	16.15	35	730	30	5:56.8	29	812	12	31.40	36	774	22	2:48.9	32	773	15	72.38	36	738	24
13 Ginny Sargent	TRW	T1 40F	3821	14.94	32	766	19	6:40.6	36	710	27	29.75	32	791	20	2:50.3	33	761	17	67.68	27	793	10
13 Bill Weinstock	Eng-Scien	41M	3821	12.76	12	827	6	6:15.9	33	678	32	25.94	15	830	8	2:43.7	29	701	29	61.94	17	785	13
15 Mike Spencer	Hughes	H3 25M	3817	13.65	22	725	32	4:39.7	4	814	10	27.13	22	729	34	2:08.9	3	795	10	58.16	11	754	20
16 David Jones	Aerospace	A1 41M	3796	14.37	26	734	27	5:31.7	16	768	19	28.50	29	756	26	2:27.0	13	781	12	64.23	22	757	19
17 Albert Harris	Hughes	H3 22M	3756	12.03	6	822	9	5:53.9	27	643	36	24.19	5	818	13	2:28.7	15	689	32	55.93	6	784	14
18 Tedd Ward	Hughes	H4 27M	3738	12.22	7	810	12	5:55.9	28	639	37	24.78	9	799	16	2:20.2	8	731	21	57.78	10	759	18
19 Chris Kastmer	Northrop	N1 24M	3729	12.38	9	799	15	5:27.0	14	696	29	24.77	8	799	16	2:27.2	14	697	30	59.47	14	738	24
20 Chris Chen	TRW	27M	3716	11.31	1	875	1	7:05.2	41	535	43	22.93	1	863	2	2:37.8	25	650	35	55.32	4	793	10
21 Vivienne Nixon	TRW	T1 32F	3699	14.48	27	754	22	6:17.0	35	732	24	29.59	31	748	29	2:50.5	34	737	20	69.87	32	728	26
22 Paul Bickford	Aerospace	A1 26M	3674	13.19	15	750	23	4:59.6	7	760	20	26.90	21	736	33	2:20.4	9	730	22	62.84	19	698	31
23 C. Nightingale	Hughes	H1 35F	3648	14.88	30	747	25	6:49.6	39	682	31	29.75	32	762	24	2:58.3	36	713	25	69.81	31	744	22
24 Wendy Watson	TRW	44F	3638	17.41	39	672	38	6:04.6	32	809	14	35.52	39	682	39	2:52.1	35	781	12	79.48	39	694	32
25 Kevin Browning	Lockheed	31M	3622	13.44	18	741	26	5:33.8	18	730	25	28.09	24	710	37	2:31.5	18	725	23	63.39	20	716	28
26 E. Arenberg	TRW	24M	3604	12.63	11	783	18	6:44.3	37	563	41	24.93	11	794	19	2:30.0	16	683	33	56.16	7	781	16
27 Tim Bint	Arco	26M	3587	13.56	21	730	30	5:21.0	12	709	28	26.75	20	740	32	2:24.8	12	708	27	62.64	18	700	29
28 Alan Shemet	Hughes	H4 29M	3565	13.20	17	749	24	5:42.8	24	664	33	26.32	17	752	28	2:30.3	17	682	34	61.10	16	718	27
29 James Sanford	Northrop	N1 42M	3558	15.62	33	679	37	5:42.5	23	751	23	30.32	34	715	35	2:42.4	28	713	25	69.96	33	700	29
30 Karl Hering	Aerospace	A1 54M	3547	16.81	37	690	35	6:16.6	34	757	22	33.48	38	713	36	3:01.6	38	707	28	77.67	37	680	34
31 Randy Craig	Hughes	H3 28M	3517	12.52	10	790	17	5:58.9	31	634	39	25.94	15	763	23	2:40.1	26	640	37	63.57	21	690	33
32 Dale Brown	Hughes	H4 23M	3487	11.94	4	829	5	6:49.0	38	556	42	23.98	4	825	10	2:48.2	31	609	40	65.64	24	668	35
33 Steve Chipman	Rockwell	R1 27M	3374					4:10.8	1	907	2	25.38	13	780	21	1:58.2	1	868	3	53.60	2	819	5
34 Kandy Shannon	Northrop	39F	3228	17.42	40	653	39	7:17.0	42	649	35	35.88	40	651	40	3:23.2	40	635	38	83.34	40	640	39
35 Jean Holden	Northrop	41F	3065	18.84	41	611	41	7:30.4	43	638	38	40.19	41	590	41	3:26.9	41	632	39	91.03	42	594	41
36 Kim Rusher	Rockwell	16F	2519	17.30	38	624	40	6:50.4	40	625	40					3:00.8	37	646	36	78.11	38	624	40
37 Julie Rusher	Rockwell	14F	2515	15.66	34	689	36					31.34	35	695	38	3:31.1	42	553	41	84.32	41	578	42
38 James Nakamura	Aerospace	31M	2172	13.19	15	755	21					26.47	18	754	27					68.53	30	663	37
39 Bill Sandowski	Hughes	29M	2029									24.47	7	809	15	3:05.3	39	553	41	65.79	25	667	36
40 Malek Mansour		39M	1699	12.35	8	845	2					24.86	10	854	4								
41 John Aranas	Hughes	30M	1681					4:34.6	3	885	4									56.69	8	796	8
42 Jesse Marquez	Northrop	36M	1618									25.27	12	821	11					59.03	13	797	7
43 Jim Reed	TRW	26M	1573					4:45.6	6	797	16					2:12.1	5	776	14				
44 Jim Hafford	Aerospace	40M	1544					5:13.2	10	806	15					2:34.1	23	738	19				
45 Rosie Duenas	Hughes	27F	1521					5:38.2	21	759	21					2:33.3	22	762	16				
46 Jose Reyes	Northrop	32M	1520	13.81	24	725	32	5:08.1	9	795	17												
47 Jim Hecht	Aerospace	38M	1426					5:43.6	25	729	26					2:41.9	27	697	30				
48 Bob Morrison	Aerospace	38M	1224									28.14	25	748	29	3:57.0	43	476	43				
49 Andrea Ward	SMTC	27F	850					5:01.7	8	850	7												
50 John Pulley	Rockwell	40M	819	12.81	13	819	10																
51 Roger Meyer	TRW	26M	733	13.49	19	733	28																
52 Curt LaMack	Aerospace	27M	646																	67.86	29	646	38

Thank you to the many volunteers who made this meet possible, and to everyone who came out to run despite the less-than-perfect weather. Hope to see all of you at the next Corporate Track Meet.

Katie Cunningham (Aerospace AEA Track Club) 213-336-6333

**A RUNNERS PENTATHLON SCORING TABLES**

**MENS STANDARDS**

**WOMENS STANDARDS**

	100 METERS							
	1000	900	800	700	1000	900	800	700
OPEN	9.9	11.0	12.4	14.1	10.8	12.0	13.5	15.4
AGE 30	9.9	11.0	12.4	14.1	10.8	12.0	13.5	15.4
AGE 35	10.2	11.3	12.7	14.6	11.1	12.4	13.9	15.9
AGE 40	10.5	11.7	13.1	15.0	11.5	12.7	14.3	16.4
AGE 45	10.8	12.0	13.5	15.4	11.8	13.1	14.7	16.8
AGE 50	11.3	12.5	14.1	16.1	12.3	13.6	15.3	17.5
AGE 55	11.7	13.0	14.6	16.7	12.8	14.2	16.0	18.2
AGE 60	12.2	13.5	15.2	17.4	13.3	14.7	16.6	18.9
	MILE							
OPEN	3:47.7	4:13.0	4:44.6	5:25.2	4:16.7	4:45.2	5:20.8	6:06.7
AGE 30	4:03.0	4:30.0	5:03.7	5:47.1	4:33.9	5:04.4	5:42.4	6:31.4
AGE 35	4:07.8	4:35.3	5:09.7	5:54.0	4:39.3	5:10.4	5:49.2	6:39.1
AGE 40	4:12.6	4:40.7	5:15.7	6:00.9	4:44.8	5:16.4	5:56.0	6:46.8
AGE 45	4:24.2	4:53.6	5:30.3	6:17.5	4:57.9	5:31.0	6:12.4	7:05.6
AGE 50	4:35.9	5:06.5	5:44.9	6:34.1	5:11.0	5:45.6	6:28.8	7:24.3
AGE 55	4:47.5	5:19.5	5:59.4	6:50.8	5:24.2	6:00.2	6:45.2	7:43.1
AGE 60	4:59.2	5:32.4	6:14.0	7:07.4	5:37.3	6:14.8	7:01.6	8:01.8
	200 METERS							
OPEN	19.8	22.0	24.7	28.3	21.8	24.2	27.2	31.1
AGE 30	19.8	22.0	24.7	28.3	21.8	24.2	27.2	31.1
AGE 35	20.6	22.9	25.7	29.4	22.7	25.2	28.3	32.4
AGE 40	21.4	23.8	26.7	30.6	23.6	26.2	29.4	33.6
AGE 45	22.2	24.7	27.7	31.7	24.4	27.1	30.5	34.9
AGE 50	23.0	25.5	28.7	32.8	25.3	28.1	31.6	36.1
AGE 55	24.1	26.8	30.1	34.4	26.5	29.5	33.2	37.9
AGE 60	25.2	28.0	31.5	36.0	27.8	30.9	34.7	39.7
	800 METERS							
OPEN	1:42.6	1:54.0	2:08.2	2:26.5	1:56.9	2:09.8	2:26.1	2:47.0
AGE 30	1:49.5	2:01.6	2:16.8	2:36.4	2:04.7	2:18.6	2:35.9	2:58.2
AGE 35	1:51.6	2:04.0	2:19.5	2:39.5	2:07.2	2:21.3	2:39.0	3:01.7
AGE 40	1:53.8	2:06.4	2:22.2	2:42.6	2:09.7	2:24.1	2:42.1	3:05.2
AGE 45	1:59.0	2:12.3	2:28.8	2:50.1	2:15.6	2:30.7	2:49.6	3:13.8
AGE 50	2:04.3	2:18.1	2:35.4	2:57.6	2:21.6	2:37.4	2:57.0	3:22.3
AGE 55	2:09.5	2:23.9	2:41.9	3:05.1	2:27.6	2:44.0	3:04.5	3:30.9
AGE 60	2:14.8	2:29.8	2:48.5	3:12.6	2:33.6	2:50.6	3:12.0	3:39.4
	400 METERS							
OPEN	43.9	48.8	54.9	62.7	48.8	54.2	61.0	69.7
AGE 30	45.1	50.1	56.4	64.5	50.2	55.7	62.7	71.7
AGE 35	46.7	51.9	58.4	66.8	51.9	57.7	64.9	74.2
AGE 40	48.3	53.7	60.4	69.1	53.7	59.7	67.2	76.8
AGE 45	49.9	55.5	62.4	71.4	55.5	61.7	69.4	79.3
AGE 50	51.6	57.3	64.4	73.6	57.3	63.7	71.6	81.9
AGE 55	53.2	59.1	66.5	75.9	59.1	65.7	73.9	84.4
AGE 60	54.8	60.9	68.5	78.2	60.9	67.6	76.1	87.0

Scores are based on current American Records (1000 point level for runners under 30). TAC Decathlon Age Factor Tables are used to weight scores for runners 30 and over. The same age factors are used for men and women. The increment for age factors is 1 year. The charts below show examples of performances which would be needed to score 1000, 900, 800, or 700 points for runners of different ages. Note that actual pentathlon scores are based on age on race day rather than age group. The sum of the runner's scores from the 5 events is used to determine the overall order of finish.

$$\text{Score} = \frac{\text{American (Open) Record}}{\text{Performance}} \times \frac{1000}{\text{TAC Age Factor}}$$

All, I couldn't find my copy of the TAC Decathlon Age Factor Table. I hope this is of some use to you. I'm sorry that it took me so long to get this out to you. If you have questions, give me a call. I'll be out of town Aug 15-22 but should be around after that.

Katie

# A RUNNER'S PENTATHLON

April 16, 1988

NAME	COMPANY	TM	TOTAL SCORE	100 meters				mile				200 meters				800 meters				400 meters						
				time	pl	scor	pl	time	pl	scor	pl	time	pl	scor	pl	time	pl	scor	pl	time	pl	scor	pl			
1 Ken Nelson	Hughes	H2	57M	4225	14.67	28	809	14	5:41.5	22	855	6	28.23	26	869	1	2:31.7	19	867	4	65.21	23	825	4		
2 John Cosgrove	Striders		49M	4224	13.69	23	815	11	5:15.6	11	866	5	27.53	23	829	9	2:21.6	10	870	2	60.69	15	844	2		
3 Herman Duncan	Northrop	N1	28M	4151	12.00	5	824	7	4:39.7	4	814	10	23.16	2	854	4	2:04.1	2	826	7	52.68	1	833	3		
4 Mike Sather	Hughes	H2	60M	4148	14.76	29	823	8	5:57.5	30	836	8	29.37	30	858	3	2:44.6	30	819	8	67.39	26	812	6		
5 Joe Perry	Hughes	H1	43M	4122	13.17	14	810	12	5:30.8	15	784	18	25.87	14	845	6	2:19.5	7	838	6	58.28	12	845	1		
6 Patrick Devine	Hughes		59M	4050	16.70	36	722	34	5:24.1	13	915	1	32.81	37	761	25	2:31.9	20	880	1	70.43	35	772	17		
7 John Araujo	Rockwell	R1	30M	4005	13.49	19	733	28	4:29.2	2	902	3	26.60	19	744	31	2:09.7	4	844	5	57.68	9	782	15		
8 D. Oberhoessel	Hughes	H2	51M	3967	14.90	31	761	20	5:36.7	20	826	9	28.25	27	821	11	2:33.0	21	819	8	70.05	34	740	23		
9 David Rusher	Rockwell	R1	48M	3944	13.94	25	794	16	5:34.6	19	810	13	28.38	28	798	18	2:34.4	24	791	11	67.79	28	751	21		
10 Stanley Lewis	Hughes	H1	25M	3876	11.83	2	836	3	5:32.9	17	683	30	23.53	3	841	7	2:22.3	11	721	24	55.16	3	795	9		
11 Perry Rodgers	Northrop		25M	3848	11.88	3	833	4	5:43.9	26	662	34	24.28	6	815	14	2:16.5	6	751	18	55.75	5	787	12		
12 Dwight Moberg	TRW	T1	56M	3827	16.15	35	730	30	5:56.8	29	812	12	31.40	36	774	22	2:48.9	32	773	15	72.38	36	738	24		
13 Ginny Sargent	TRW	T1	40F	3821	14.94	32	766	19	6:40.6	36	710	27	29.75	32	791	20	2:50.3	33	761	17	67.68	27	793	10		
13 Bill Weinstock	Eng-Scien		41M	3821	12.76	12	827	6	6:15.9	33	678	32	25.94	15	830	8	2:43.7	29	701	29	61.94	17	785	13		
15 Mike Spencer	Hughes	H3	25M	3817	13.65	22	725	32	4:39.7	4	814	10	27.13	22	729	34	2:08.9	3	795	10	58.16	11	754	20		
16 David Jones	Aerospace	A1	41M	3796	14.37	26	734	27	5:31.7	16	768	19	28.50	29	756	26	2:27.0	13	781	12	64.23	22	757	19		
17 Albert Harris	Hughes	H3	22M	3756	12.03	6	822	9	5:53.9	27	643	36	24.19	5	818	13	2:28.7	15	689	32	55.93	6	784	14		
18 Tedd Ward	Hughes	H4	27M	3738	12.22	7	810	12	5:55.9	28	639	37	24.78	9	799	16	2:20.2	8	731	21	57.78	10	759	18		
19 Chris Kastmer	Northrop	N1	24M	3729	12.38	9	799	15	5:27.0	14	696	29	24.77	8	799	16	2:27.2	14	697	30	59.47	14	738	24		
20 Chris Chen	TRW		27M	3716	11.31	1	875	1	7:05.2	41	535	43	22.93	1	863	2	2:37.8	25	650	35	55.32	4	793	10		
21 Vivienne Nixon	TRW	T1	32F	3699	14.48	27	754	22	6:17.0	35	732	24	29.59	31	748	29	2:50.5	34	737	20	69.87	32	728	26		
22 Paul Bickford	Aerospace	A1	26M	3674	13.19	15	750	23	4:59.6	7	760	20	26.90	21	736	33	2:20.4	9	730	22	62.84	19	698	31		
23 C. Nightingale	Hughes	H1	35F	3648	14.88	30	747	25	6:49.6	39	682	31	29.75	32	762	24	2:58.3	36	713	25	69.81	31	744	22		
24 Wendy Watson	TRW		44F	3638	17.41	39	672	38	6:04.6	32	809	14	35.52	39	682	39	2:52.1	35	781	12	79.48	39	694	32		
25 Kevin Browning	Lockheed		31M	3622	13.44	18	741	26	5:33.8	18	730	25	28.09	24	710	37	2:31.5	18	725	23	63.39	20	716	28		
26 E. Arenberg	TRW		24M	3604	12.63	11	783	18	6:44.3	37	563	41	24.93	11	794	19	2:30.0	16	683	33	56.16	7	781	16		
27 Tim Bint	Arco		26M	3587	13.56	21	730	30	5:21.0	12	709	28	26.75	20	740	32	2:24.8	12	708	27	62.64	18	700	29		
28 Alan Shemet	Hughes	H4	29M	3565	13.20	17	749	24	5:42.8	24	664	33	26.32	17	752	28	2:30.3	17	682	34	61.10	16	718	27		
29 James Sanford	Northrop	N1	42M	3558	15.62	33	679	37	5:42.5	23	751	23	30.32	34	715	35	2:42.4	28	713	25	69.96	33	700	29		
30 Karl Hering	Aerospace	A1	54M	3547	16.81	37	690	35	6:16.6	34	757	22	33.48	38	713	36	3:01.6	38	707	28	77.67	37	680	34		
31 Randy Craig	Hughes	H3	28M	3517	12.52	10	790	17	5:58.9	31	634	39	25.94	15	763	23	2:40.1	26	640	37	63.57	21	690	33		
32 Dale Brown	Hughes	H4	23M	3487	11.94	4	829	5	6:49.0	38	556	42	23.98	4	825	10	2:48.2	31	609	40	65.64	24	668	35		
33 Steve Chipman	Rockwell	R1	27M	3374					4:10.8	1	907	2	25.38	13	780	21	1:58.2	1	868	3	53.60	2	819	5		
34 Kandy Shannon	Northrop		39F	3228	17.42	40	653	39	7:17.0	42	649	35	35.88	40	651	40	3:23.2	40	635	38	83.34	40	640	39		
35 Jean Holden	Northrop		41F	3065	18.84	41	611	41	7:30.4	43	638	38	40.19	41	590	41	3:26.9	41	632	39	91.03	42	594	41		
36 Kim Rusher	Rockwell		16F	2519	17.30	38	624	40	6:50.4	40	625	40					3:00.8	37	646	36	78.11	38	624	40		
37 Julie Rusher	Rockwell		14F	2515	15.66	34	689	36					31.34	35	695	38	3:31.1	42	553	41	84.32	41	578	42		
38 James Nakamura	Aerospace		31M	2172	13.19	15	755	21					26.47	18	754	27					68.53	30	663	37		
39 Bill Sandowski	Hughes		29M	2029									24.47	7	809	15	3:05.3	39	553	41	65.79	25	667	36		
40 Malek Mansour			39M	1699	12.35	8	845	2					24.86	10	854	4										
41 John Aranas	Hughes		30M	1681					4:34.6	3	885	4									56.69	8	796	8		
42 Jesse Marquez	Northrop		36M	1618									25.27	12	821	11					59.03	13	797	7		
43 Jim Reed	TRW		26M	1573					4:45.6	6	797	16					2:12.1	5	776	14						
44 Jim Hafford	Aerospace		40M	1544					5:13.2	10	806	15					2:34.1	23	738	19						
45 Rosie Duenas	Hughes		27F	1521					5:38.2	21	759	21					2:33.3	22	762	16						
46 Jose Reyes	Northrop		32M	1520	13.81	24	725	32	5:08.1	9	795	17														
47 Jim Hecht	Aerospace		38M	1426					5:43.6	25	729	26					2:41.9	27	697	30						
48 Bob Morrison	Aerospace		38M	1224									28.14	25	748	29	3:57.0	43	476	43						
49 Andrea Ward	SMTC		27F	850					5:01.7	8	850	7														
50 John Pulley	Rockwell		40M	819	12.81	13	819	10																		
51 Roger Meyer	TRW		26M	733	13.49	19	733	28																		
52 Curt LaMack	Aerospace		27M	646																	67.86	29	646	38		

Thank you to the many volunteers who made this meet possible, and to everyone who came out to run despite the less-than-perfect weather. Hope to see all of you at the next Corporate Track Meet.

Katie Cunningham (Aerospace AEA Track Club) 213-336-6333

**A RUNNERS PENTATHLON SCORING TABLES**

**MENS STANDARDS**

**WOMENS STANDARDS**

	100 METERS							
	1000	900	800	700	1000	900	800	700
OPEN	9.9	11.0	12.4	14.1	10.8	12.0	13.5	15.4
AGE 30	9.9	11.0	12.4	14.1	10.8	12.0	13.5	15.4
AGE 35	10.2	11.3	12.7	14.6	11.1	12.4	13.9	15.9
AGE 40	10.5	11.7	13.1	15.0	11.5	12.7	14.3	16.4
AGE 45	10.8	12.0	13.5	15.4	11.8	13.1	14.7	16.8
AGE 50	11.3	12.5	14.1	16.1	12.3	13.6	15.3	17.5
AGE 55	11.7	13.0	14.6	16.7	12.8	14.2	16.0	18.2
AGE 60	12.2	13.5	15.2	17.4	13.3	14.7	16.6	18.9
	MILE							
OPEN	3:47.7	4:13.0	4:44.6	5:25.2	4:16.7	4:45.2	5:20.8	6:06.7
AGE 30	4:03.0	4:30.0	5:03.7	5:47.1	4:33.9	5:04.4	5:42.4	6:31.4
AGE 35	4:07.8	4:35.3	5:09.7	5:54.0	4:39.3	5:10.4	5:49.2	6:39.1
AGE 40	4:12.6	4:40.7	5:15.7	6:00.9	4:44.8	5:16.4	5:56.0	6:46.8
AGE 45	4:24.2	4:53.6	5:30.3	6:17.5	4:57.9	5:31.0	6:12.4	7:05.6
AGE 50	4:35.9	5:06.5	5:44.9	6:34.1	5:11.0	5:45.6	6:28.8	7:24.3
AGE 55	4:47.5	5:19.5	5:59.4	6:50.8	5:24.2	6:00.2	6:45.2	7:43.1
AGE 60	4:59.2	5:32.4	6:14.0	7:07.4	5:37.3	6:14.8	7:01.6	8:01.8
	200 METERS							
OPEN	19.8	22.0	24.7	28.3	21.8	24.2	27.2	31.1
AGE 30	19.8	22.0	24.7	28.3	21.8	24.2	27.2	31.1
AGE 35	20.6	22.9	25.7	29.4	22.7	25.2	28.3	32.4
AGE 40	21.4	23.8	26.7	30.6	23.6	26.2	29.4	33.6
AGE 45	22.2	24.7	27.7	31.7	24.4	27.1	30.5	34.9
AGE 50	23.0	25.5	28.7	32.8	25.3	28.1	31.6	36.1
AGE 55	24.1	26.8	30.1	34.4	26.5	29.5	33.2	37.9
AGE 60	25.2	28.0	31.5	36.0	27.8	30.9	34.7	39.7
	800 METERS							
OPEN	1:42.6	1:54.0	2:08.2	2:26.5	1:56.9	2:09.8	2:26.1	2:47.0
AGE 30	1:49.5	2:01.6	2:16.8	2:36.4	2:04.7	2:18.6	2:35.9	2:58.2
AGE 35	1:51.6	2:04.0	2:19.5	2:39.5	2:07.2	2:21.3	2:39.0	3:01.7
AGE 40	1:53.8	2:06.4	2:22.2	2:42.6	2:09.7	2:24.1	2:42.1	3:05.2
AGE 45	1:59.0	2:12.3	2:28.8	2:50.1	2:15.6	2:30.7	2:49.6	3:13.8
AGE 50	2:04.3	2:18.1	2:35.4	2:57.6	2:21.6	2:37.4	2:57.0	3:22.3
AGE 55	2:09.5	2:23.9	2:41.9	3:05.1	2:27.6	2:44.0	3:04.5	3:30.9
AGE 60	2:14.8	2:29.8	2:48.5	3:12.6	2:33.6	2:50.6	3:12.0	3:39.4
	400 METERS							
OPEN	43.9	48.8	54.9	62.7	48.8	54.2	61.0	69.7
AGE 30	45.1	50.1	56.4	64.5	50.2	55.7	62.7	71.7
AGE 35	46.7	51.9	58.4	66.8	51.9	57.7	64.9	74.2
AGE 40	48.3	53.7	60.4	69.1	53.7	59.7	67.2	76.8
AGE 45	49.9	55.5	62.4	71.4	55.5	61.7	69.4	79.3
AGE 50	51.6	57.3	64.4	73.6	57.3	63.7	71.6	81.9
AGE 55	53.2	59.1	66.5	75.9	59.1	65.7	73.9	84.4
AGE 60	54.8	60.9	68.5	78.2	60.9	67.6	76.1	87.0

Scores are based on current American Records (1000 point level for runners under 30). TAC Decathlon Age Factor Tables are used to weight scores for runners 30 and over. The same age factors are used for men and women. The increment for age factors is 1 year. The charts below show examples of performances which would be needed to score 1000, 900, 800, or 700 points for runners of different ages. Note that actual pentathlon scores are based on age on race day rather than age group. The sum of the runner's scores from the 5 events is used to determine the overall order of finish.

$$\text{Score} = \frac{\text{American (Open) Record}}{\text{Performance}} \times \frac{1000}{\text{TAC Age Factor}}$$

TEAM RESULTS

1. Hughes # 2

Ken Nelson	4225	
Dietmar Oberhoessel	3967	
Mike Sather	4148	12340

2. Hughes # 1

Carlene Nightingale	3648	
Joe Perry	4122	
Stan Lewis	3876	11646

3. Northrop # 1

James Sanford	3558	
Chris Kastmer	3729	
Herman Duncan	4151	11438

4. TRW # 1

Dwight Moberg	3827	
Vivienne Nixon	3699	
Ginny Sargent	382	11347

5. Rockwell # 1

David Rusher	3944	
John Araujo	4005	
Steve Chipman	3374	11323

6. Hughes # 3

Mike Spencer	3817	
Albert Harris	3756	
Randy Craig	3517	11090

7. Aerospace # 1

David Jones	3796	
Paul Bickford	3674	
Karl Hering	3547	11017

8. Hughes # 4

Alan Shemet	3565	
Tedd Ward	3738	
Dale Brown	3487	10790