MELPARTICULARS

Volume 12, Number 3

E-Systems Melpar Division

May 1991

E-Systems Breaks Ground in Loudoun County

E-Systems Melpar Division broke ground in April at the new building site at University Center in Loudoun County, Va. Over 100 representatives attended the groundbreaking ceremony, including those from E-Systems, the Charles E. Smith Companies who developed the project, George Washington University and the Loudoun community.

Speaking on behalf of E-Systems, Melpar Vice President and General Manager Talbot Huff said, "This is a very exciting event for us. We believe being located [adjacent] to a major university will be good for our business and improve our competitiveness in the industry."

Saying E-Systems would be a high quality addition to the county, Betty Tatum, chairperson of the Loudoun County Board of Supervisors, expressed confidence that E-Systems employees would find Loudoun County an excellent place to work and live.

Bob Smith, president of Charles E. Smith Construction, said, "This alliance [between E-Systems and GW] will enhance E-Systems ability to stay at the forefront of technology research and development."

University Center, located just west of the intersection of Route 7 and Route 28, will be the location of George Washington University's new 1.3 million square foot Northern Virginia Graduate Campus and Research Center.

E-Systems building will be a four-story, 210,000 square foot structure that will house Melpar's Fairfax employees beginning in September 1992. The building is scheduled for completion in August 1992.

E-Systems building will be part of University Center's 7 million square foot corporate community. The development will also include 826 residential units, a "main street" retail area, 123 acres of open space, and more than \$75 million in road improvements, utilities, and landscaping.



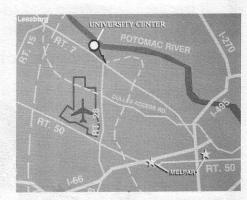
Bob Smith (left), Betty Tatum (center) and Talbot Huff (right) take the first ceremonial dig at E-Systems Melpar's new building site.

E-Systems Displays Voice Information Processing System at Navy League, FiestaCrow Trade Shows

The Melpar Division of E-Systems for the first time demonstrated an integrated IRSS/Nanomin/Advanced Workstation intelligence system at the recent Navy League and FiestaCrow trade shows.

Called the Voice Information Processing system, the VIP is a concept demonstration that intercepts and digitally records live audio for playback, transcription and report creation. The display uses Melpar's Nanomin receiver controlled by an Advanced Workstation and tunes to live signals, which are then recorded by the Instant Recall Signal Storage (IRSS) system. At the show, operators tuned to local airport communications and demonstrated how VIP users could have instant access to information without the rewinding, fast forwarding and searching required for analog or traditional magnetic tape systems.

Continued on page 2



Melpar's new location will be at University Center, located just west of the Rt. 7 and Rt. 28 interchange in Loudoun County, Va.

E-SYSTEMS VIP Continued from pg.1



Franco Lubinsky (standing) with the Voice Information Processing system display at the Navy League show in Washington, D.C. "We tailor a workstation using next generation equipment to the customer's operational requirements," said Lubinsky.

"This is a particularly significant display in that it's the first time Melpar has demonstrated control of our product line and rapid prototyping for proof of concept," said Franco Lubinsky, operations analysis supervisor who is largely responsible for the logistics of creating the VIP system. "No one else at the shows demonstrated real control. We showed real control of devices Melpar pro-

duces and had potential customers sitting down working with real live signals."

The VIP system is slated to be shown at several other shows this year, including the Air Force Association show in September and the Armed Forces Communications and Electronics Association symposium in June.

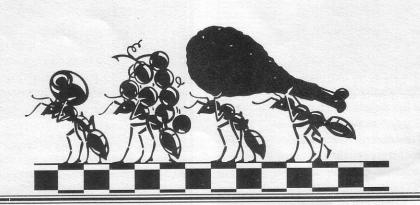
Mark your calendar now for the

E-Systems Melpar Company Picnic Sunday, July 14 at Festival Lakes in Leesburg, Va.

The picnic promises to be a fun time for both kids and adults, with **plenty of food**, music, games and other activities.

More information will be forthcoming.

Be sure not to miss out!



Suggestion Award for April

MAY 1991

uality Engineer Bill Fleagle was April's suggestion award winner for his idea to reduce the QA test time of the Nanomin receiver. Vice President and General Manager Talbot Huff (below right) presented Fleagle (left) with a recognition certificate and a \$100 check in April.



Testing for the Nanomin receiver is done automatically. Before Fleagle's suggestion, all the test data was audited by Quality Assurance for pass/fail requirements. Fleagle's suggestion was to modify the software that tests the receiver to indicate "pass/fail" on the data sheet. This eliminated the need for Quality Assurance to audit all the data. Instead, Quality Assurance now looks for the one line that says either pass or fail.

Fleagle's suggestion is estimated to reduce the test time for each receiver by 10 to 15 minutes.

New Technology Lecture Series

The New Technology Interest Group of Melpar will sponsor a series of lectures on state-of-the-art topics in software and computers. The lectures will be announced on an ongoing basis and will be held in the Large Training Room in the Falls Church facility at 11:45 a.m. on scheduled dates. All interested employees are invited to attend.

Anyone with questions may call Sandra Givan at x2377, Terri Sage at x4187, or Elena Lawrence at x2493.

Inside the Corporation

E-Systems reported record first quarter sales and earnings in April.

Sales at the end of the first quarter were \$476.2 million, as compared with 1990 first quarter sales of \$457.8 million.

Net income for the first quarter reached \$24.9 million, or 77 cents a share, versus \$21.9 million, or 70 cents a share for the same quarter a year ago.

Firm new order bookings during the first quarter amounted to \$247 million, as compared with first quarter 1990 bookings of \$325.6 million. The backlog of unfilled orders at the end of March was \$2.258 billion, as compared with the 1990 first quarter ending backlog of \$2.373 billion.

A. E. (Art) Hobbs was named E-Systems corporate vice president of corporate relations and administration in April.

Hobbs came to Corporate from the Greenville Division where he was vice president of Human Relations. He replaces Joe W. Russell who retired after more than 40 years with E-Systems and its predecessor companies.

E-Systems Montek Division has received an \$18 million contract from Boeing Commercial Airplane Group to provide the optional folding wingtip system for Boeing's new 777 jetliner. E-Systems is teamed with Frisby Airborne Hydraulics of Freeport, N.Y.

The optional folding wingtip system will reduce the aircraft's overall wingspan of nearly 198 feet to about 155 feet, which will allow the aircraft to be compatible with existing gate and taxiway space in crowded terminals.

E-Systems was awarded an additional \$7 million to provide the stabilizer trim control module and stabilizer trim secondary hydraulic brake, both of which help control the airplane's attitude.

The Boeing Commercial Airplane Group has configured the 777 to meet demand for a Boeing jetliner sized between the company's 767 and 747. A typical two-class 777 configuration will provide seating for 375 to 400 passengers.

Delivery of prototype hardware by E-Systems/Frisby is scheduled for early 1992 with first production deliveries scheduled for March 1993.

E-Systems Melpar Enhances Recognition Program for Authors/Inventors

AUTHORS INTORS

E mployees who publish technical articles, give technical presentations or patent inventions will receive increased recognition from their peers and the Com-

pany under a new plan to host an annual award ceremony each fall.

E-Systems strongly encourages professional publication and invention by employees. In addition to the new cere-

mony, Melpar has established an award of \$200 to the originator of a paper or presentation. For inventors, \$100 is awarded upon the filing of a U.S. patent application, and \$250 more is awarded if the application results in the issuance of a patent. At the ceremony, writers and inventors will be joined by their spouses to be honored and receive a plaque for their achievements.

There are many benefits to both the employees and the Company from the work of employee authors and inventors. The efforts provide valuable exposure for

E-Systems. For employees, there are intangible rewards for success in any venture. There is the pride of seeing your name printed as author or on an invention disclosure; there is recog-

nition among your peers; and there is personal satisfaction.

If you have an idea or discovery you think has patent possibilities or wish to publish a company-oriented article or presentation, contact Nick Singer, director of Research and Engineering on ext. 1603.



Melpar continues to move into the world of Total Quality. Improvement efforts are ongoing throughout the division. Some of these efforts involve formalized TQM process improvement teams. Besides these teams, individual employees and departments are striving for process improvements.

TQM teams are already experiencing success. The TQM team reducing the cycle time of PWB design and development and the TQM team reducing the cost of ECNs have completed their projects, both with excellent results

Some of the teams are improving complicated processes which cut across different departments, like reducing the cycle time to acquire capital equipment or reducing the cycle time to repair a customer's unit. These teams present their progress to the TQM Steering Committee which is comprised of all of the vice presidents.

Other teams are working on processes confined primarily to one department, like reducing the rejection rate of first pieces fabricated on the CNC machines or reducing the number of missing or wrong wire connections in Assembly. These teams report their progress to the sponsoring organization head.

All of Melpar's employees will be affected by and benefit from the outcome of several of the teams. For instance, one team is striving to reduce the amount of trash disposed from the Fairfax facility by 35 percent. (Do you recycle your white paper and cans?) Another is working to enhance the exchange of information using the computer network. Still another is improving the division's recognition and career development systems.

Employees from all departments are attending the introduction to TQM class, "TQM Awareness." This class covers basic TQM principles as well as TQM tools such as flow charting, Pareto charting and brainstorming. The class encourages employees (engineers, machine operators, inspectors, and cost accountants alike) to ask: what does my customer really want? How can I improve my process? Additional classes exist on planning for improvement and on leading teams.

Toastmasters to Form Club

A new club for Toastmasters is being formed at Melpar.

Toastmasters International is a nonprofit educational organization which helps men and women develop skills in communication and leadership.

For more information, contact Nancy Dubiell at x1543 or Pat Snell at x1556. **M**

Limited Memberships Offered at Nearby Recreational Facility

Woodley Recreation Association has special summer memberships available to individuals interested in using outdoor swimming pool facilities including a 25 meter pool, lap lane, baby pool, basketball and volleyball courts, and picnic and grill areas. Members may use any of the pool facilities from 11:00 a.m. to 1:00 p.m. and 5:00 to 7:00 p.m. Monday through Friday. Cost for this limited membership is \$100 per person for the entire summer.

Woodley is located on four acres of wooded land at 7421 Camp Alger Avenue, just off Graham Road between Route 50 and Annandale Road, only minutes from Melpar. For more information, contact Kevin Burke at 698-8367.



Help Send a Graham Road Child to Camp

S ummer camp has been an American tradition for many years. Who can forget the nature walks, the sports contests and singing around the campfire at night?

Unfortunately for many students at Graham Road School, summer camp is just a dream.

This year E-Teamers are invited to helpsend a Graham Road School student to 4-H camp at the beautiful Northern Virginia 4-H Educational Center in Front Royal, Va. The one-week camp program includes classes in swimming, woodworking, canoeing, and horsemanship, as well as sports and recreation, evening programs, and campfires, with an Indian tribal theme throughout the week.

E-Teamers may contribute any amount they wish to send a Graham Road child to the

camp. (The complete cost for one child is \$100.00.) Cash or checks made payable to Fairfax 4-H Camp Fund should be given to Tricia Reneau in Employee Relations (x2717) by June 15, 1991.

Your donation will help make this summer extra-special for a child at Graham Road School—E-Systems Partner in Education. **M**



Melpar E-Teamer Awarded First Place in United Way Communications Contest



S ue Tien, senior graphic artist in Melpar's Publications Department, recently received a first place award in the 1990 United Way Communications Contest.

Sue's entry, a progress chart poster used in the 1990 Melpar United Way Campaign, won First Place in the Most Effective Display Materials category.

The First Place trophy marked the third consecutive year that Melpar has won the title. Previous winners were Deanna Guyett and Clarence Abercrombie, both also out of Publications.

On April 8, Sue was presented a silver cup award along with a certificate for her first place entry. E-Systems Melpar also received the Silver Award, which is given to companies achieving at least 60 percent employee participation and an average donation of \$25–\$50. The award ceremony took place at the Washington Hilton Hotel and was attended by approximately 1,500 representatives from the many companies and organizations that participated in the 1990 campaign.

HealthTalk... A Stomach Ache—or an Ulcer?

If you pop antacid tablets like candy or swig down a bottle of antacid liquid each week, it's time you took your aching stom-

"... stress may not be the underlying cause of most ulcers." ach to the doctor. Your problem could be simple in digestion, but it could also be an ulcer.

Ulcers are lesions or pits in the mucous membrane of the stomach (or duodenum), the entranceway to the small intestine. Ulcers usually result from excessive gastric acid. Ulcers also can result when certain drugs, especially the non-steroidal anti-inflammatory drugs (NSAIDs), such as aspirin, ibuprofen, Motrin, Naprosyn or Anaprox, make the stomach lining more susceptible to damage by stomach acids.

People associate ulcers with high-pressure jobs and high-stress living, but stress may not be the underlying cause of most ulcers. A tendency to develop ulcers seems to run in families, leading some researchers to suspect a genetic predisposition. Also, researchers have found that most ulcer patients are infected with bacteria called helicobacter pylori. It's not clear whether the bacteria play a role in causing ulcers, but ulcers are more likely to recur in people who still harbor the bacteria after their first course of ulcer treatment.

The latest treatments for ulcers are relatively simple and highly effective, according

to Stafford Goldstein, M.D., a Fairfax Hospital gastroenterologist who also conducts a program on ulcers at the HealthSource, the hospital's community health education center. Dr. Goldstein says 90 percent of all garden-variety ulcers can be healed in six to eight weeks on a regimen of histamine blockers such as Tagamet, Zantac, Axid or Pepcid, or a cytoprotective drug such as Carafate.

"Histamines lead to the production of acid, and the histamine blockers reduce the amount of acid produced in the stomach," he says.

For the 10 percent of patients whose ulcers don't heal on the two-month treatment regimen, Dr. Goldstein points out that they usually smoke, drink alcohol or take drugs

that irritate
the stomach. In
those cases,
the patients
are instructed to
alter their
harmful habits.

"... treatments are relatively simple and highly effective..."

For ulcers caused by NSAIDs, the word today is ulcer prevention. A drug call Cytotec has proven quite effective in preventing NSAID-induced gastric ulcers.

If you've ever had an ulcer, you may be prone to recurrences from time to time. You'll definitely reduce your risk if you stop smoking, and don't abuse alcohol or drugs. For patients whose ulcers recur a short time

after initial treatment, some doctors now prescribe antibiotics to fight *h.pylori*. Researchers also are testing new medications containing bismuth (one of the ingredients in the over-

the-counter antacid Pepto-Bismol), which seems to helpcontrol the pesky

". . . Stop smoking, and don't abuse alcohol or drugs."

bacteria. And for recurrent ulcers that don't heal with any other therapy, physicians can prescribe a new drug called Prilosec that completely suppresses stomach acids.

With all these choices of treatments, the good news is that fewer people wind up in the hospital with serious complications such as gastric bleeding or perforated ulcers. And if you do have an ulcer, there's one other consolation: at least you won't have to go on yesterday's bland diet. Although some people with active ulcers may be sensitive to caffeine or to certain foods with high acidity such as tomato sauce, experts today say that, in general, ulcers are unaffected by hot, spicy foods.

HEALTHTALK IS A COMMUNITY SERVICE OF FAIRFAX HOSPITAL, FALLS CHURCH, VA.



Senate Staffer Visits Melpar

A recent visitor to Melpar was T. Kirk McConnell, professional staff member on the Senate Armed Services Committee. Shown at right with Vice President and General Manager Talbot Huff, McConnell reviewed Melpar's major programs and received demonstrations of new technology in development at Melpar.



Retired, But Never Gone

hen Bill Stribling retired in April, he left behind a legacy of accomplishments. He helped define and create many of the financial forecasting systems Melpar now uses. He even sat on the first board of directors of the Credit Union when it was formed.

Most people now think of Bill as a Facilities man. But after 32 years at Melpar, Bill has really just about done it all: program management, contracts administration, planning, budgeting and engineering administration.

"Practically everything except Manufacturing," he says.

Not surprisingly, Bill was well known in Melpar circles. Over 100 people attended his retirement party—people from many different organizations who had, in some way or another, worked with Bill.

Bill came to Melpar in 1958 after a stint with the military in Korea and after receiving his MBA from the University of Virginia. At that time, he earned \$5,800 a year, a high salary for those days, he says.

Over the years, his varying responsibilities led to some interesting exploits. One assignment in the 1960's took him to the jungles of Panama where he searched for sites to test aerosol penetration.

"Melpar did a lot of weird things in those days," says Bill. "We were into all kinds of chemical analysis and aerosols."

The hardest part of his career with Melpar, according to Bill, was the many ownerships Melpar went through. In 1958, he says, Melpar employed 6,000 people. That number shrank to about 600 in the 60's. It wasn't until 1976 that Melpar began to grow again.



Bill Stribling relaxes at his Fauquier County farm where he plans to spend much of his retirement time.

"There were 10 years when all you could think about was survival," says Bill. "I used to keep the backlog report for the vice president of engineering, and sometimes we would have less than six months backlog."

Although times have changed Melpar a lot, Bill says one thing always stays the same: the spirit of the employees.

"There has always been a very professional atmosphere that has survived a lot of ups and downs," says Bill. "I think it's the nature of management who would never just indiscriminately throw you around.

"The whole general theme at Melpar has been to do a good job and be proud of what you've done," he says. "And we've always done that."

As for now, Bill has already mapped out his retirement. He says he is fortunate that he was raised on a farm in nearby Fauquier County, because he can go back to that same farm, which is still in the family. Besides an apple orchard, the farm also has newly planted Christmas trees.

"In about seven years, I'll send a notice down so that people from Melpar can come and cut them," says Bill.

Which proves that Melpar will never be far from Bill's mind. He says he is ready for retirement but has mixed emotions about leaving. Bill mentions the camaraderie, the friendships and the projects that he began and that still exist today as things he will miss most.

And how does he feel about the work he has done?

"I hope it has left an imprint," he says. M

Yes, Bill, it certainly has.

Melparticulars

Published by

E-Systems Melpar Division 7700 Arlington Boulevard, Falls Church, Va. 22046

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INMEMORIAM

Steven C. Littlefield, production schedule coordinator, died 18 March 1991 of cancer. He was 36 years old.

Steven began working at Melpar in 1985. He will be missed very much by his colleagues and friends. Steven is survived by his mother, Mary Manvell, and six brothers and sisters.

1991 Service Awards for March/April



William A. Burke 35 years



Ted Campbell 35 years

Twenty-five Years Walter P. Maxwell

Fifteen Years Luis T. Ruck

Ten Years Bennett Bell Edith A. Couch Shirley A. Gallagher Larry V. Hartley Linda G. Koppier Irene K. Lunn Paul A. Mansour William J. Rinard Timothy J. Sweeney

Five Years

Andrew S. Bigelow Christopher D. Bishop Dennis M. Bulick Doris S. Colman Franklin P. Conner Hoa V. Dam

Five Years (Cont.)

Joseph W. Drzal John C. Fisher Carol C. Fortier Mary R. Grant Peter A. Hepp Karl W. Heuple Thomas C. Hobbs Linda C. Johnson Michael I. Kacmarcik Tam T. Le Joseph J. Lickvar Jr. James F. Marshall Carl J. Mattes Jr. Victor S. Mercado Susan A. Mullin Brian T. Ostrowski George M. Rummler Patricia A. Scelsi Diane L. Sheridan Paul H. Swett Lynda L. Venhuizen Kevin G. Vereene Susan L. Virnelson

Movers and Shakers

Falls Church

M. K. Baker

D. E. Barnes

S. Bhagavatula

P. A. Boone

C. W. Brummell

V. L. Bryant

C. A. Burns

B. W. Christopher

W. M. Cohen

D. J. Cook

P. L. Cummings

J. B. Farquhar

B. F. Frank

W. R. Haegele III

C. C. Jones

J. J. King

L. R. Konior

K. L. Kramer

M. D. Krutz

D. N. Le

J. P. Linden

T. D. Mitchell

I. L. Moore

W. G. Moosha Jr

B. R. Nashid

J. A. Nunnally

E. R. O'Brien

P. W. Ott

M. D. Samuels M. F. Simmons

M. A. Taylor

P. A. West

M. T. Williams-Robin

R. B. Wolfe

Fairfax

J. L. Altenhof

M. J. Call

S. Chung

M. F. Clingempeel

S. L. Mills

D. A. Sammons

T. V. Stokes

D. C. Warnick

G. C. Whitacre Jr

Promoted From: Assoc Cost Analyst

S/W Analyst

Programmer **Programmer Asst**

Opr Analyst

Secretary Sr Systems Eng

Asst Govt Prop Adm Assoc Prog Mgr

Logistics Asst

Acct Spec

Prin Systems Eng Programmer

Sr Systems Eng

Sr. Maint Mech Gr Ldr Plan Asst

Programmer

Programmer

Programmer

Plan Asst

Mech Eng

Systems Eng

Drawing Cont Tech

Assoc Cost Analyst

Dupl Mach Opr

Clerk A

Sr Accts Payable Clerk

Systems Eng

Assoc Cost Analyst

Elec Eng

Actg Clerk

Govt Property Clerk Programmer

Sr Fld Design Eng

Sr Mech Eng

Opr Analyst Assem

Sr Elec Eng

Jr Drafter

S/W Analyst

Sr Test Eng

Assoc Prog Mar

Logistics Eng

Cost Analyst

Sr S/W Analyst

S/W Analyst

Fin Systems Analyst

Sr Opr Analyst

Cont Spec

EngSupv

Warehouse Grp Ldr

Asst Prog Mgr

Sr Logistics Asst

Accountant

Ena Supv

S/W Analyst

Princ Systems Eng

Facilities Supv

Planner

S/W Analyst

Systems Programmer

S/W Analyst

Sr Mech Eng

Sr Mech Eng

Sr Systems Eng Sr. Drawing Cont Tech

Cost Analyst

Drawing Cont Tech

Sr Clerk A

Jr Accts Spec

Sr Systems Eng

Cost Spec

Sr Elec Eng

Accts Payable Clerk

Asst Govt Property Adm

S/W Analyst Prin Design Eng

Princ Mech Eng Sr Opr Analyst Assembler 1/CL Princ Eng

Drafter Sr S/W Analyst

Princ Test Eng

Asst Prog Mgr Sr Logistics Eng

Retirees



Dave Gershberg 31 years







Ron Wright 41 years



Sports Corner . . . E-Systems Express Charges to First Place



Front Row: (Left to Right) Dave Harris, Marcus Walker, Jerry Jarrett, Milton Lofton, Back Row: John Martin, Gary Coble, Craig Warnick, Clarence Grimes, Bill Pegues, George Ward, Mark Barbato, Reggie Beal, Bill Brown, Dave Eliot. Not pictured: Tommy Williams, Rex Muldrow.

The E-Systems Express basketball team stormed to a first place victory in March in the Falls Church "30 and Over" recreational championship tournament.

The Express has 11 team members and is coached by Bill Pegues of Program Management

Although the team began the season with a narrow defeat, they turned the tables and

cruised through the remaining games by defeating their opponents by an average of more than 10 points per game. The Express' winning streak led them to first place title in the championship tournament.

The E-Systems Express Open Division team also had a victorious season. In a league where some of the teams encountered had more talent and height, the Open Division

United Way Runners Go for the Gold

Last year's United Way 10K was a great success. The E-Team came in third out of more than 30 co-ed teams and received a trophy for the effort. Over 30 E-Systems employees ran last year, which helped in the donation of \$32,800 to the United Way. We are looking forward to having even more E-Teamers participate this year.

To help increase the number of participants and beat our third-place finish of last year, we are organizing several informal fun runs and a runner's support group. We want to encourage runners of all abilities to join in the fun. If you would like to participate, please contact either Wiley Peck at x2372 or Larry Dicerbo at x 4233.

Start training now for the 1991 United Way 10K, which will be Sunday, September 29. M

team exhibited a great desire to win under any circumstances. The championship game was a microscopic example of their whole season. Although they were outmanned, the E-Systems Open Division team showed great determination by winning in double overtime.

E-Teamers to Compete in Virginia State Games

The Commonwealth Games of Virginia, a multi-sport event patterned after the Olympics, will take place Wednesday, June 26 through Sunday, July 7 in Roanoke, Va. An E-Systems Melpar E-Team is now being formed for those who wish to participate.

The Games were designed to promote amateur athletics in Virginia and provide aspiring athletes of all ages and skill levels the opportunity to experience the thrill of formal competition. The State Games are considered the first rung on the Olympic ladder according to the U.S. Olympic Committee.

Last year was the first year the Games were held, and 4,465 athletes competed for gold, silver, and bronze medals like those pictured. Twenty-five percent of the competitors came from the Northern Virginia area.

This year, the Games are expecting 6,000 participants. Any athlete or citizen of the Commonwealth of Virginia may participate.



Many of the events also include novice divisions.

Entry fees and deadlines vary for each event, so if you wish to participate don't delay in filing the paperwork. If you are interested in being a part of the E-Team or want more information, call Tricia Reneau at x2717 or Larry Terry at x2133.

List of Events

Racquetball

Badminton Baseball Basketball (men) Basketball (women) Billiards **Body Building** Bowling Cycling Diving Equestrian Fencing Golf Gymnastics Handball Judo Karate Lacrosse Mountain Biking Motocross Powerlifting

Archery

Road Race Roller Skating Sailing Shooting Soap Box Derby Soccer Softball (men) Softball (women) Swimming Swimming (Masters) Synchronized Swimming **Table Tennis** Team Handball Tennis Track and Field (Athletics) Triathlon (Ironkids) Volleyball Water Skiing Wrestling