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Central Washington University Men's Track and Field Review, 1996

Central Washington University Athletics

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1996 MEN'S TRACK & FIELD REVIEW

DATE MEET CWU Winners

Mar. 2 Washington Invitational None
Mar. 9 Salzman Invitational 200 - Jay Spears 22.23; 400 - Spears 48.57; 5000 - James Day 15:40.04; 4x100 Relay - Rob Rising, B.J. Wilson, Scott Gudmundson, Spears 43.90
Mar. 16 Tri-Cities Invitational 400 - Jay Spears 48.52
Mar. 16 PLU Open None
Mar. 21-22 WWU Decathlon B.J. Wilson 5717
Mar. 23 Puget Sound Open 200 - Jay Spears 22.09; 400 - Spears 48.75; 5000 - Eric Tollefson 15:20.12; 400 Hurdles - James Neil 48.55
Mar. 30 Spring Break Open 5000 - Eric Tollefson 14:50.9; High Jump - Caleb Gott 6-6; Discus - Tony Hoiby 142-10
Apr. 6 Lewis & Clark Invitational 100 - Chris Courtney 11.00; 200 - Jay Spears 21.93; 400 - Spears 47.86; Steeplechase - Eric Tollefson 9:12.22; 400 Hurdles - James Neil 56.71; 4x100 Relay - Courtney, B.J. Wilson, Loren Myers, Spears 42.22; 4x400 Relay - Scott Gudmundson, Rob Rising, Myers, Spears 3:20.96; Triple Jump - B.J. Wilson 42-10 3/4
Apr. 13 Spike Arlt Invitational 100 - Chris Courtney 10.9; 400 - Jay Spears 48.6; 800 - Garth Lind 1:59.6; Steeple - James Day 9:40.3; 5000 - James Day 16:10.9; 4x100 Relay - Courtney, Scott Gudmundson, Loren Myers, Spears 42.0; 4x400 Relay - Kirk Palmberg, Gudmundson, Rob Rising, Myers 3:21.1; Long Jump - Rising 22-2 1/2; Triple Jump - Rising 43-8 3/4; High Jump - James Neil 6-0; Discus - Tony Hoiby 152-8
Apr. 13 Oregon Invitational 10,000 - Eric Tollefson 30:04.69
Apr. 20 UPS Shotwell Discus - Tony Hoiby 163-8
Apr. 21-22 PNWAC Decathlon B.J. Wilson 6120
Apr. 27 PLU Invitational Steeple - James Day 9:24.51; 5000 - Eric Tollefson 14:33.37;
May 4 PNWAC 100 - Chris Courtney 10.83; 400 - Loren Myers 48.99; Steeple - Eric Tollefson 9:47.3; 5000 - Eric Tollefson 15:00.68; Long Jump - Jason Huff 22-6 3/4; Discus - Joe Pearce 152-10
May 5-6 CWU Decathlon Kirk Palmberg 6321
May 10-11 PNW Regional 100 - Chris Courtney 10.83; 200 - Courtney 21.80; 400 - Loren Myers 49.19; Steeple - Eric Tollefson 9:02.23; 5000 - Tollefson 14:39.17
May 3-25 NAIA Nationals None

INVITATIONAL TEAM SCORES

Salzman Invitational (Mar. 9 at Tacoma) - Pacific Lutheran 263, Western Washington 153, Puget Sound 122, Central Washington 109, Seattle Pacific 70, Whitman 21.

Lewis & Clark Invitational (Apr. 6 at Portland) - Central Washington 180, Puget Sound 119, Lewis & Clark 107, Southern Oregon 103, Portland State 90, Pacific 30, Northwest College 4.

Spike Arlt Invitational (Apr. 13 at Ellensburg) - Central Washington 82, Western Washington 79 (dual).

UPS Shotwell Invitational (Apr. 20 at Tacoma) - Linfield 154, Western Oregon 98, Highline CC 95, Puget Sound 86, Western Washington 86, Pacific Lutheran 75, George Fox 52, Central Washington 46, Bellevue CC 36, Willamette 18.

PNWAC (May 4 at Ellensburg)

Team scores - Central Washington 92, Western Washington 50, Puget Sound 43, Simon Fraser 12. Outstanding Male Performer - Eric Tollefson, CWU. Coach-of-the-Year - John Picha, Central Washington.

CWU placers (Top 4): Decathlon (Apr. 21-22 at Bellingham) - 1. B.J. Wilson 6210; 2. Kirk Palmberg 5982; 3. Jason Young, WWU, 5690; 100 - 1. Chris Courtney 10.83; 200 - 4. Chris Courtney 22.50; 400 - 1. Loren Myers 48.99; 4. Scott Gudmundson 50.51; 800 - 3. Garth Lind 1:57.3; Steeplechase - 1. Eric Tollefson 9:47.3; 5000 - 1. Eric Tollefson 15:00.68; 2. James Day 15:05.05; 110 High Hurdles - 3. B.J. Wilson 15.36; 400 Hurdles - 2. James Neil 57.13; 3. Kirk Palmberg 58.11; 4x100 - 2. Central Washington (Courtney, Gudmundson, Myers, Wilson) 42.89; 4x400 - 2. Central Washington (A. Lind, G. Lind, Gudmundson, Myers) 3:23.57; High Jump - 2. James Neil 6-2; 4. B.J. Wilson 5-6; Long Jump - 1. Jason Huff 22-6 3/4; 2. Rob Rising 22-4 3/4; 3. B.J. Wilson 22-4; Triple Jump - 2. B.J. Wilson 42-8 1/2; 3. Rob Rising 39-1; Pole Vault - 2. Kirk Palmberg 13-6; 3. Zack Cash 13-6; Discus - 1. Joe Pearce 152-10; 2. Tony Hoiby 152-8; Javelin - 2. Garth Lind 177-10; 3. Tony Hoiby 176-7; 4. Jake Reichner 174-8; Hammer - 3. Joe Pearce 147-10; 4. Brian Wilson 141-1; Shot Put - 3. Brent Malmberg 44-8; 4. B.J. Wilson 43-3 1/2.

PNW Regional (May 10-11 at Monmouth)

Team scores - Pacific Lutheran 182, Western Oregon 155, Western Washington 127 1/2, Central Washington 88, Simon Fraser 65, Eastern Oregon 50, Puget Sound 34 1/2, Southern Oregon 34, Pacific 18, Oregon Tech 18, Northwest Nazarene 11, Whitman 11. Outstanding Male Performer - Eric Tollefson, CWU. Coach-of-the-Year - John Knight, Western Oregon

CWU placers: 100 - 1. Chris Courtney 10.83; 200 - 1. Chris Courtney 21.80; 400 - 1. Loren Myers 49.19; Steeplechase - 1. Eric Tollefson 9:02.23; 3. James Day 9:17.60; 5000 - 1. Eric Tollefson 14:39.17; 4x100 Relay - 2. Scott Gudmundson, Chris Courtney, Loren Myers, B.J. Wilson 42.67; 4x400 - 4. Loren Myers, Chris Courtney, Kirk Palmberg, Scott Gudmundson 3:23.46; Long Jump - 4. Jason Huff 21-10; 6. B.J. Wilson 21-8; Triple Jump - 5. B.J. Wilson 42-2 1/4; Discus - 6. Tony Hoiby 149-6; 7. Joe Pearce 147-11; Javelin - 5. Tony Hoiby 181-3; 8. Garth Lind 176-5.

NAIA NATIONALS (May 23-25 at Marietta, Ga.)

Team Scores - Lubbock Christian 59, Azusa Pacific 54, Central State (Ohio) 46, Life 44, Southern University 38, California Baptist 35, Linfield 35, Wayland Baptist 34, Oklahoma Baptist 34, George Fox 29 (17. Central Washington 19).

Thursday: 100 - Chris Courtney, 2nd in heat, 10.97; 200 - Chris Courtney, 5th in heat, 22.53 (did not advance); 400 - Jay Spears, 4th in heat, 48.88 (did not advance), Loren Myers, 6th in heat, 49.22 (did not advance); 10,000 - 16. Eric Tollefson 33:10.60; Decathlon, Kirk Palmberg (100 - 15th, 12.08 - 635; Long Jump - 15th, 19-4 1/4 - 565; Shot Put - 15th, 36-11 - 561; High Jump - 16th, 5-9 1/4 - 593; 400 - 8th, 51.63 - 741).

Friday: 100 - 3. Chris Courtney 10.57 (Semifinals - 5th in heat, 10.88); 5000 - Eric Tollefson, 4th in heat, 15:03.58; Javelin - 19. B.J. Wilson 161-3. Decathlon - 16. Kirk Palmberg 5396 (110 High Hurdles - 9th, 16.07 - 725; Discus - 15th, 102-9 - 490; Pole Vault - 8th, 13-1 1/2 - 617; Javelin - 15th, 140-0 - 481; 1500 - 5th, 4:55.12 - 588).

Saturday: 5000 - 3. Eric Tollefson 14:30.15; Discus - 5. Joe Pearce 158-6, 6. Tony Hoiby 157-6.

BEST MARKS

Running Events: 100 - Chris Courtney 10.57 (5-24); 200 - Chris Courtney 21.80 (5-11); 400 - Jay Spears 47.86 (4-6); 800 - Donovan Russell 1:57.43 (3-16); 1500 - Donovan Russell 4:01.53 (4-6); 3000 - James Day 9:30.3 (3-23); Steeplechase - Eric Tollefson 9:02.23 (5-11); 5000 - Eric Tollefson 14:30.15 (5-25); 10,000 - Eric

Tollefson 30:04.69 (4-13); 5000 Race-Walk - No performances; Marathon - No performances.

Hurdles: 110 Highs - B.J. Wilson 15.36 (5-4); 400 Intermediates - James Neil 56.71 (4-6).

Relays: 4x100 - Chris Courtney, B.J. Wilson, Loren Myers, Jay Spears 42.22 (4-6); 4x400 - Scott Gudmundson, Rob Rising, Loren Myers, Jay Spears 3:20.14 (3-2).

Jumping Events: High Jump - James Neil 6-6 (3-16), Caleb Gott 6-6 (3-30); Pole Vault - Kirk Palmberg 14-1 1/4 (5-6); Long Jump - Jason Huff 22-6 3/4 (5-4); Triple Jump - Rob Rising 43-8 3/4 (4-13).

Weight Events: Shot Put - Tony Hoiby 45-7 (4-6); Javelin - Tony Hoiby 181-3 (5-10); Discus - Tony Hoiby 163-8 (4-20); Hammer - Joe Pearce 147-10 (5-4); Decathlon - Kirk Palmberg 6321 (May 5-6).

AWARD WINNERS

Captain - B.J. Wilson, Eric Tollefson. Inspirational - Rob Rising. MVP - B.J. Wilson. Outstanding Frosh - Chris Courtney.

Letter winners: Fourth-year - Jay Spears, Eric Tollefson, B.J. Wilson. Third-year - Donovan Russell. Second-year - Tony Hoiby, Jason Huff, Aaron Lind, Garth Lind, Jared Lind, Brent Malmberg, Loren Myers, James Neil, Joe Pearce, Rob Rising, Brian Wilson, Craig Yeagley. First-year - Zack Cash, Chris Courtney, James Day, Scott Gudmundson, Kirk Palmberg, Jake Reichner. Non-lettermen - Caleb Gott, Scott Heeringa, Eric Kunze, Rusty Miller, Jake Nist, Jack Olivers, Jeff Portalaski, Mike Zahn.