

12-31-1995

Central Washington University Women's Track and Field Review, 1995

Central Washington University Athletics

Follow this and additional works at: http://digitalcommons.cwu.edu/cwu_track_field

Recommended Citation

Central Washington University Athletics, "Central Washington University Women's Track and Field Review, 1995" (1995). *Track and Field*. Book 457.
http://digitalcommons.cwu.edu/cwu_track_field/457

This Book is brought to you for free and open access by the Sports Statistics and Histories at ScholarWorks@CWU. It has been accepted for inclusion in Track and Field by an authorized administrator of ScholarWorks@CWU.

1995 Women's Track Review

DATE MEET CWU Winners

Mar. 4 Washington Invitational None
Mar. 11 Salzman Invitational None
Mar. 16-17 WWU Decathlon Megan Prkut 3630
Mar. 18 Husky Classic HJ - Veronica Persons 5-3
Mar. 18 Tri-City Sports Festival None
Mar. 25 Spring Break Open None
Apr. 8 WWU 98, CWU 46 100 - Nickola Wilson 13.2; 1500 - Rebecca Hill 5:10.7;
400 Hurdles - Kara Dodd 1:05.2; HJ - Veronica Persons 5-1; LJ - Nickola Wilson 16-6
1/4; Jav - Angie Marchant 122-7
Apr. 15 Spike Arlt Triangular 400 Hurdles - Kara Dodd 1:03.7; LJ - Nickola
Wilson 17-4 1/4; HJ - Veronica Persons 5-4; SP - Angie Marchant 42-1; Jav - Angie
Marchant 131-1
Apr. 22 UPS Shotwell 400 Hurdles - Kara Dodd 1:03.68; LJ - Nickola Wilson
18-0 1/2
Apr. 23-24 PNW Region Decathlon None
Apr. 29 PSTC Invitational None
May 6 PNWAC 800 - Rebecca Hill 2:19.2; 400 Hurdles - Kara Dodd 1:04.8;
4x400 Relay - Nickola Wilson, Veronica Persons, Gina Kimsey, Rebecca Hill 4:05.1;
HJ - Veronica Persons 5-6; LJ - Nickola Wilson 17-0 3/4; SP - Angie Marchant 41-0
1/2; Jav - Angie Marchant 126-2
May 8-9 CWU Heptathlon Megan Prkut 4112
May 12-13 PNW Regional None
May 20 Adidas Track Classic None
May 25-27 NAIA Nationals None

INVITATIONAL TEAM SCORES

Salzman Invitational (Mar. 11 at Tacoma) - Pacific Lutheran 217, Western
Washington 96 1/2, Puget Sound 95 1/2, Seattle Pacific 89, Whitworth 75 1/2,
Central Washington 66 1/2, Whitman 29.

Spike Arlt Triangular (Apr. 15 at Ellensburg) - Puget Sound 66, Western Washington
52, Central Washington 52.

UPS Shotwell Invitational (Apr. 22 at Tacoma) - Pacific Lutheran 152, Puget Sound
95, Western Oregon 78, Western Washington 77, George Fox 76, Linfield 71, Central
Washington 53, Simon Fraser 38, Washington 5.

PNWAC (May 6 at Bellingham)

Team scores - Western Washington 66, Central Washington 66, Puget Sound 48, Simon Fraser 24.

CWU placers (Top 4): Heptathlon - 2. Megan Prkut 3739, 3. Gina Kimsey 3378, 4. Miranda Saari 3248; 100 - 2. Nickola Wilson 12.3; 200 - 2. Nickola Wilson 25.7; 400 - 2. Kara Dodd 60.2; 800 - 1. Rebecca Hill 2:19.2; 5000 - 2. Christy Kirchner 18:45.0; 100 Hurdles - 4. Megan Prkut 16.2; 400 Hurdles - 1. Kara Dodd 1:04.8; 4x100 - 2. Gina Kimsey, Nickola Wilson, Kara Dodd, Megan Prkut 50.1; 4x400 Relay - 1. Nickola Wilson, Veronica Persons, Gina Kimsey, Rebecca Hill 4:05.1; High Jump - 1. Veronica Persons 5-6, 3. Miranda Saari 5-2; Long Jump - 1. Nickola Wilson 17-0 3/4; Triple Jump - 4. Gina Kimsey 33-0 1/4; Shot Put - 1. Angie Marchant 41-0 1/2, 3. Jennifer Mercy 39-1 1/4, 4. September Woods 38-4 1/4; Javelin - 1. Angie Marchant 126-2, 2. September Woods 113-5.

PNW Regional (May 12-13 at Tacoma)

Team scores - Pacific Lutheran 186, Puget Sound 86, Western Washington 85, George Fox 76, Central Washington 70, Western Oregon 63, Simon Fraser 61, Southern Oregon 56, Whitman 22, Whitworth 16, Northwest Nazarene 15, Eastern Oregon 3.

CWU placers: Heptathlon - 2. Megan Prkut 3739, 3. Gina Kimsey 3378, 4. Miranda Saari 3248; 100 - 3. Nickola Wilson 12.60; 1500 - 7. Rebecca Hill 4:53.32; 5000 - 4. Christy Kirchner 18:55.94; 400 Hurdles - 4. Kara Dodd 1:03.86; 4x100 - 5. Nickola Wilson, Kara Dodd, Megan Prkut, Rebecca Hill 51.93; 4x400 - 5. Nickola Wilson, Veronica Persons, Rebecca Hill, Kara Dodd 4:03.29; Long Jump - 2. Nickola Wilson 18-4, 7. Gina Kimsey 16-6 1/2; High Jump - 5. Veronica Persons 5-4, 6. Miranda Saari 5-2; Shot Put - 4. Angie Marchant 39-9 1/4, 6. Jennifer Mercy 38-8 1/4, 8. Amanda Johnson 38-4 1/2.

NAIA NATIONALS (May 25-27 at Azusa, Calif.)

Team Scoring - 25th, 8.

Thursday: Long Jump - 12. Nickola Wilson 17-8 1/2. Shot Put - 12. Angie Marchant 40-4. 400 Hurdles - Kara Dodd 1:04.30 (3rd in heat, advances). 1500 - Rebecca Hill 4:46.70 (3rd in heat, advances). Heptathlon - Megan Prkut (100 Hurdles - 19.70, High Jump - 4-11, Shot Put - 28-7 1/4, 200 - 27.17).

Friday: Heptathlon - 15. Megan Prkut 3149 (Long Jump - No mark, Javelin - 95-9 1/4, 800 - 2:37.72). High Jump - Veronica Persons (no mark). 400 Hurdles - Kara Dodd 1:04.21 (3rd in heat, advances).

Saturday: Javelin - 9. Angie Marchant 122-4. 1500 - 7. Rebecca Hill 4:40.44. 400 Hurdles - 3. Kara Dodd 1:03.04.

BEST MARKS

Running Events: 100 - Nickola Wilson 12.3 (5-6); 200 - Nickola Wilson 25.7 (5-6); 400 - Kara Dodd 59.2 (4-15); 800 - Rebecca Hill 2:19.2 (5-6); 1500 - Rebecca Hill 4:40.44 (5-27); 3000 - Christy Kirchner 10:43.47 (5-12); 5000 - Christy Kirchner 18:45.0 (5-6); 10,000 - No performances.

Hurdles: 100 Hurdles - Megan Prkut 16.25 (4-29); 400 Hurdles - Kara Dodd 1:03.04 (5-27).

Relays: 4x100 - Gina Kimsey, Nickola Wilson, Kara Dodd, Megan Prkut 50.1; 4x400 - Nickola Wilson, Veronica Persons, Gina Kimsey, Kara Dodd 4:02.28 (4-29).

Jumping Events: High Jump - Veronica Persons 5-6 (5-6); Long Jump - Nickola Wilson 18-4 (5-12); Triple Jump - Gina Kimsey 33-0 1/4 (5-6).

Weight Events: Shot Put - Angie Marchant 42-1 (4-15); Discus - Jennifer Mercy 112-1 (5-6); Javelin - Angie Marchant 133-5 (4-29); Heptathlon - Megan Prkut 4112 (May 8-9).

AWARD WINNERS

Captain - Kara Dodd, Nickola Wilson, Rebecca Hill. Inspirational - Gina Kimsey. MVP - Nickola Wilson.

Letter winners - Kara Dodd (4), Rebecca Hill (3), Christy Kirchner (3), Veronica Persons (3), Nickola Wilson (3), Amanda Johnson (2), Angie Marchant (2), Megan

Prkut (2), Miranda Saari (2), Gina Kimsey, Kaelea Makaiwi, Jennifer Mercy,
September Woods.