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

Central Washington University Athletics

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1996 WOMEN'S TRACK REVIEW

DATE MEET CWU Winners

Mar. 2	Washington Invitational	Long Jump - Nickola Wilson 17-8 1/2
Mar. 9	Salzman Invitational	None
Mar. 16	Tri-Cities Invitational	None
Mar. 16	PLU Invitational	None
Mar. 21-22	WWU Heptathlon	Megan Prkut 3207
Mar. 23	Puget Sound Open	None
Mar. 30	Spring Break Open	High Jump - Veronica McGuire 5-2
Apr. 6	Lewis & Clark Invitational	800 - Rebecca Hill 2:19.61;
Apr. 13	Spike Arlt Invitational	High Jump - Veronica McGuire 5-4; Javelin - Natalie Hutcheson 124-0
Apr. 20	UPS Shotwell	None
Apr. 21-22	PNWAC Heptathlon	None
Apr. 27	PLU Invitational	None
May 4	PNWAC	High Jump - Veronica McGuire 5-4; Javelin - Angie Marchant 127-4
May 5-6	CWU Heptathlon	None
May 10-11	PNW Regionals	None
May 23-25	NAIA Nationals	None

INVITATIONAL TEAM SCORES

Salzman Invitational (Mar. 9 at Tacoma) - Pacific Lutheran 206 1/2, Seattle Pacific 165, Western Washington 143, Puget Sound 103 1/2, Central Washington 52, Whitman 40, Northwest College 13.

Lewis & Clark Invitational (Apr. 6 at Portland) - Puget Sound 171, Portland State 115, Southern Oregon 103, Lewis & Clark 87, Central Washington 87, Northwest College 32, Pacific 21.

Spike Arlt Triangular (Apr. 13 at Ellensburg) -Western Washington 103, Central Washington 38 (dual).

UPS Shotwell Invitational (Apr. 20 at Tacoma) - Pacific Lutheran 132, Western Washington 124, Linfield 102, Puget Sound 92, George Fox 91, Western Oregon 76, Central Washington 43, Bellevue CC 23, Willamette 11, Northwest College 8.

PNWAC (May 4 at Ellensburg)

Team scores - Western Washington 111, Puget Sound 46, Central Washington 46, Simon Fraser 19. Outstanding Performer - Sherie Schroeder, WWU. Coach-of-the-Year - Kelven "Pee Wee" Halsell, WWU.

CWU placers (Top 4): Heptathlon - 2. Megan Prkut 3726; 100 - 2. Jill Willis 12.63; 200 - 4. Jill Willis 26.44; 800 - 4. Rebecca Hill 2:21.46; 1500 - 2. Rebecca Hill 4:43.4; 5000 - Lisa DiThomas 19:54.79; 4x100 - 3. Farrah Feist, Shelley Johnson, Jill Willis, Megan Prkut 50.67; 4x400 - 3. Farrah Feist, Rebecca Hill, Veronica McGuire, Crystal Davis 4:10.24; High Jump - 1. Veronica McGuire 5-4; Discus - 4. Jennifer Mercy 119-2; Shot Put - 2. Amanda Johnson 39-11, 3. Angie Marchant 39-6, 4. Jennifer Mercy 39-2 1/2; Javelin - 1. Angie Marchant 127-4, 2. Crystal Davis 110-0, 3. Jennifer Mercy 107-6, 4. Natalie Hutcheson 82-6 1/4.

PNW Regional (May 10-11 at Monmouth)

Team scores - Pacific Lutheran 165 1/2, Western Washington 160, Western Oregon 95, Puget Sound 89, Simon Fraser 75, Central Washington 54 1/2, Eastern Oregon 40, Southern Oregon 33, Northwest Nazarene 20, Whitman 19, Oregon Tech 3, Pacific 1. Outstanding Female Performer - Amy Cameron, WWU. Coach-of-the-Year - Pee Wee Halsell, WWU

CWU placers: 100 - 5. Jill Willis 12.5; 200 - 4. Jill Willis 26.28; 1500 - 4. Rebecca Hill 4:41.13; 5000 - 7. Heather MacPhee 20:21.72; 4x100 - 6. Farrah Feist, Shelley Johnson, Jill Willis, Megan Prkut 51.30; 4x400 - 5. Farrah Feist, Rebecca Hill, Veronica McGuire, Megan Prkut 4:08.14; High Jump - 2. Veronica McGuire 5-4 1/4, 6. Megan Prkut 4-10 1/4; Discus - 8. Jennifer Mercy 119-5; Shot Put - 2. Amanda Johnson 41-3 1/2, 4. Jennifer Mercy 39-10, 6. Angie Marchant 38-10 1/4; Javelin - 5. Angie Marchant 113-7.

NAIA Nationals (May 23-25, 1996 at Marietta, Ga.)

Team Scores - Central State (Ohio) 108, Azusa Pacific 65 1/2, Wayland Baptist 62, Southern University 61, Life 45, Simon Fraser 44, Pacific Lutheran 40, George Fox 36, Mary, N.D. 35, Doane 29 (47. Central Washington 1).

Thursday: 1500 - Rebecca Hill, 9th in heat, 4:54.24 (did not advance); Heptathlon - Megan Prkut (100 Hurdles- 11th, 17.48 - 543; High Jump - 4th, 5-2 1/2 - 724; Shot Put - 3rd, 34-1 1/2 - 556; 200 - 12th, 27.83 - 644).

Friday: High Jump - 8. Veronica McGuire 5-5; Heptathlon - 14. Megan Prkut 3860 (Long Jump - 15th, 12-10 1/4 - 290; Javelin - 6th, 110-4 - 545; 800 - 15th, 2:41.26 - 558).

Saturday: No competitors.

BEST MARKS

Running Events: 100 - Jill Willis 12.63 (5-4); 200 - Jill Willis 26.10 (5-10); 400 - Rebecca Hill 1:03.1 (4-13); 800 - Rebecca Hill 2:16.92 (4-27); 1500 - Rebecca Hill 4:41.13 (5-11); 3000 - Heather MacPhee 10:51.22 (4-6); 5000 - Heather MacPhee 18:46.20 (4-20); 10,000 - Heather Smith 43:18.72 (4-27).

Hurdles: 100 Hurdles - Farrah Feist 15.7 (3-30); 400 Hurdles - Farrah Feist 1:08.9 (4-13).

Relays: 4x100 - Farrah Feist, Shelley Johnson, Jill Willis, Megan Prkut 50.67 (5-4); 4x400 - Farrah Feist, Rebecca Hill, Veronica McGuire, Megan Prkut 4:08.14 (5-11).

Jumping Events: High Jump - Veronica McGuire 5-5 (5-24); Long Jump - Nickola Wilson 17-8 1/2 (3-2); Triple Jump - Crystal Davis 32-6 (3-9).

Weight Events: Shot Put - Amanda Johnson 41-3 1/2 (5-11); Discus - Jennifer Mercy 119-5 (5-11); Javelin - Natalie Hutcheson 128-6 (3-9); Heptathlon - Megan Prkut 3860 (May 23-24).

AWARD WINNERS

Captain - Rebecca Hill. Inspirational - Rebecca Hill. MVP - Rebecca Hill. Outstanding Frosh - Farrah Feist.

Letter winners: Fourth-year - Rebecca Hill, Veronica McGuire. Third-year - Amanda Johnson, Angie Marchant, Megan Prkut. Second-year - Shelley Johnson, Heather MacPhee, Jennifer Mercy, September Woods. First-year - Crystal Davis, Lisa

DiThomas, Farrah Feist, Natalie Hutcheson, Dana Riste, Jill Willis. Non-lettermen - Sandra Hovde, Heather Smith, Jennifer Thompson, Nickola Wilson.

First-year - xx. Billie Jo Bandy, Tanya Cole, Tata Gauthier, Naomi Labrecque, Sara Levens, Sara Lind, Heidi Peterson, Angela Swanson, Erin TaylorLiz DiThomas, Renee Forsman, Chrissy Gordon, Emilia Gutzwiler, Emily Hilderbrand, Heidi Stull, Jill Willis.