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Central Washington University Women's Track and Field Review, 1998

Central Washington University Athletics

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1998 WOMEN'S TRACK & FIELD REVIEW

DATE MEET CWU Winners

Mar. 7 Washington Preview None

Mar. 14 PLU Salzman Invitational 3000 RW -Naomi Labrecque 17:19.6;

Discus - Stacy Faller 131-0

Mar. 21 Tri-Cities Invitational None

Mar. 28 Spring Break Open 4x400 - 4:14.05

Apr. 4 WWU Team Invitational 3000 RW - Naomi Labrecque 17:40.73

Apr. 11 EOU 50, CWU 42* 5000 - Kirsten Myrvang 19:25.02; 100 Hurdles -

Dana Riste 16.15; 4x100 - Dana Hansen, Dana Riste, Shelley Johnson, Angela

Swanson 52.41; 4x200 - Angela Swanson, Emelia Gutzwiler, Dana Hansen, Sarah

Levens 1:51.46; 4x400 - Dana Hansen, Kellie Johnson, Linsey Nickels, Sarah Levens

4:27.34; LJ - Shelley Johnson 17-5 1/4; Discus - Jennifer Mercy 128-6

Apr. 18 UPS Shotwell None

Apr. 25 Spike Arlt/PNWAC 3000 RW - Naomi Labrecque 16:51.05 (PNWAC:

200 - Angelea Swanson 27.45; 3000 RW - Naomi Labrecque 16:51.05; 5000 - Tara

Gauthier 19:40.33; Hammer - Billie Jo Bandy 125-0.)

Apr. 26-27 CWU Multi-Events Sara Lind 4239

May 2 Oregon Invitational None

May 9 PNW Regionals 3000 RW - Naomi Labrecque 16:18.84

May 21-23 NAIA Nationals None

*at LaGrande

INVITATIONAL TEAM SCORES

Salzman Invitational (Mar. 14 at Tacoma) - Pacific Lutheran 182, Seattle Pacific 153 1/2, Linfield 143, Western Washington 115, Willamette 66, Central Washington 59, Dordt 25, Whitman 14, Grays Harbor 4 1/2, Northwest 1.

WWU Invitational (Apr. 4 at Bellingham) - Pacific Lutheran 113 1/2, Western Washington 110 1/2, Simon Fraser 88, Puget Sound 67, Central Washington 49.

UPS Shotwell Invitational (Apr. 18 at Tacoma) - Pacific Lutheran 138.33, Western Washington 111.33, Puget Sound 82.33, Linfield 71, Clark College 45.5, Central Washington 45, Lewis & Clark 45, Portland 44.5, Clackamas 36.

Spike Arlt Invitational (Apr. 25 at Ellensburg) - Western Washington 186, Pacific Lutheran 158, Central Washington 112, Simon Fraser 57, Puget Sound 49, Northwest 11.

PNWAC (Apr. 25 at Ellensburg)

Team Scores - Western Washington 109, Central Washington 65, Simon Fraser 27. Outstanding Performer - Sherie Schroeder, WWU, and Louise Bomars, WWU.

CWU placers (Top 4): Heptathlon (Apr. 5-6 at Bellingham) - 2. Sara Lind 3943; 3. Heidi Peterson 3830; 4. Heather Van Valkenburg 3444. 200 - 1. Angela Swanson 27.45. 400 - 2. Crissie Gordon 1:01.28; 3. Angela Swanson 1:01.2. 800 - 3. Sarah Levens 2:23.3; 4. Linsy Nickels 2:24.4. 2000 Steeplechase (Exhibition) - 2. Amy Forrey 8:01.4; 3. Sarah Forrey 8:16.9. 3000 - 3. Kirsten Myrvang 10:56.02. 5000 - 1. Tara Gauthier 19:40.33. 3000 RW - 1. Naomi Labrecque 16:51.05. 100 Hurdles - 4. Dana Riste 17.64. 400 Hurdles - 4. Dana Hansen 1:08.05. 4x400 - 2. Central Washington (Crissie Gordon, Dana Hansen, Kellie Johnson, Sarah Levens) 4:09.18. LJ - 2. Shelley Johnson 17-4. High Jump - 2. Heidi Stull 5-1 1/2. PV - 2. Dana Riste 8-0. SP - 2. Jennifer Mercy 38-6. Hammer - 1. Billie Jo Bandy 125-0, 3. Jennifer Mercy 122-0. Jav - 2. Sara Lind 131-7. Discus - 2. Stacy Faller 141-11, 3. Jennifer Mercy 140-11.

PNW Regional (May 9 at Monmouth)

Team scores - No team scores. Outstanding Female Performer - Heather deGeest, Simon Fraser, and Sherie Schroeder, Western Washington. Coach-of-the-Year - John Knight, Western Oregon.

CWU placers: 10,000 - 3. Tara Gauthier 40:26.94; 6. Keri Baker 41:01.74. 3000 RW - Naomi Labrecque 16:18.84. 4x400 - 4. Central Washington (Crissie Gordon, Dana Hansen, Angela Sweanson, Sarah Levens) 4:00.31. 4x800 - 5. Central Washington (Sarah Levens, Linsy Nickels, Kellie Johnson, Erinn Nickels) 9:33.77. LJ - 8. Shelley Johnson 16-8. PV - 6. Dana Riste 9-10. Jav - 7. Sara Lind 118-10. Discus - 2. Stacy Faller 136-3.

NAIA Nationals (May 21-23, 1998 at Tulsa)

Team Scores - Simon Fraser 84, Mary (ND) 62, Southern-New Orleans 57 1/2, Iowa Wesleyan 56, Life (Ga.) 51, McKendree (Ill.) 40, Wayland Baptist (Tex.) 33, Azusa Pacific (Calif.) 32 1/2, Puget Sound 29, Wisconsin-Parkside 29 (15. Western Washington 23, 46. Central Washington 3).

Thursday: 10,000 - 16. Kirsten Myrvang 42:27.09. Javelin - 12. Sara Lind 123-3. 4x800 Relay - 20. Central Washington (Sarah Levens, Erinn Nickels, Linsy Nickels, Kellie Johnson) 10:08.93.

Friday: Heptathlon - 9. Sara Lind 4057 (100 Hurdles, 18.38; High Jump, 5-0 1/2; Shot Put 36-7; 200, 27.10; Long Jump, 16-6 1/2, Javelin, 122-0; 800, 2:32.85); 11. Heidi Peterson 3866 (100, 16.73; High Jump, 5-1 3/4; Shot, 24-4 1.2; 200, 27.37; Long Jump, 14-8 1/2; Javelin, 72-0; 900, 2:33.87). 3000 Race-Walk - 6. Naomi Labrecque 16:22.39. Pole Vault - 11. Dana Riste 9-8. Discus - 19. Stacy Faller 126-3, 28. Jennifer Mercy 115-1.

BEST MARKS

Running Events: 100 - Dana Riste 13.58 (4-4). 200 - Angela Swanson 27.45 (4-25). 400 - Crissie Gordon 1:01.12 (3-21). 800 - Sarah Levens 2:23.3 (4-25). 1,500 - Amy Forrey 5:02.99 (4-4). 2,000 Steeplechase - Amy Forrey 8:01.4 (4-25). 3,000 - Kirsten Myrvang 10:48.85 (4-4). 5,000 - Kirsten Myrvang 18:45.16 (5-9). 10,000 - Kirsten Myrvang 39:17.89 (4-18). 3000 Race-Walk - Naomi Labrecque 16:18.84 (5-9).

Hurdles: 100 Hurdles - Dana Riste 16.15 (4-11). 400 Hurdles - Dana Hansen 1:08.05 (4-25)

Relays: 4x100 Relay - 52.10 (3-21). 4x400 Relay - Crissie Gordon, Dana Hansen, Sarah Levens, Angela Swanson 4:00.31 (5-9). 4x800 Relay - Sarah Levens, Linsy Nickels, Kellie Johnson, Erinn Nickels 9:33.77 (5-9).

Jumping Events: Pole Vault - Dana Riste 10-2 (3-28). High Jump - Heidi Peterson 5-1 3/4 (4-26), Sara Lind 5-1 3/4 (4-26). Long Jump - Shelley Johnson 17-5 1/4 (4-11). Triple Jump - No performances

Weight Events: Shot Put - Jennifer Mercy 39-4 (4-18). Discus - Stacy Faller 141-11 (4-25). Javelin - Sara Lind 131-7 (4-25). Hammer - Billie Jo Bandy 125-0 (4-25).

AWARD WINNERS

Captain - Shelley Johnson. Inspirational - Keri Baker. MVP - Jennifer Mercy, Sarah Levens. Outstanding Frosh - Stacy Faller.

Letter winners: Fourth-year - - Shelley Johnson, Jennifer Mercy. Third-year - Dana Riste. Second-year - Billie Jo Bandy, Tara Gauthier, Chrissie Gordon, Emelia Gutzwiler, Naomi Labrecque, Sarah Levens, Sara Lind, Heidi Peterson, Heidi Stull, Angela Swanson. First-year - Keri Baker, Stacy Faller, Amy Forrey, Sarah Forrey, Dana Hansen, Kellie Johnson, Kirsten Myrvang, Erinn Nickels, Linsy Nickels, Heather Van Valkenburg. Non-lettermen - Corie Beck, Tanya Cole, Farrah Feist, Erin Lakin, Kristin Martin.