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Central Washington University Women's Track and Field Review, 2000

Central Washington University Athletics

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2000 WOMEN'S TRACK & FIELD REVIEW

DATE	MEET	CWU Winners
Mar. 4	Washington Preview	800 - Alicen Maier 2:14.48;
Mar. 11	PLU Salzman	5000 - Sarah Forrey 18:33.91; 4x800 - Alicen Maier, Sarah Forrey, Abby Bielenberg, Amy Forrey 9:52.48
Mar. 18	CC of Spokane	None
Mar. 25-26	Stanford Invitational	None
Mar. 25	Spring Break Open	None
Apr. 1	Whitworth Invitational	None
Apr. 2-3	WWU Multi-Events	None
Apr. 7-8	Northwest Relays	SC - Linsey Nickels 11:55.7; 400 - Ellie Fortin 1:01.63; Mile - Sarah Forrey 5:18.15; 4x800 - Amy Forrey, Erinn Nickels, Abby Bielenberg, Sarah Forrey 4:42.68
Apr. 15	PLU Open	1500 - Alicen Maier 4:39.31; 5000 - Abby Bielenberg 18:19.64; 10,000 - Krissi Mathers 39:06.59
Apr. 22	Spike Arlt Invitational	800 - Alicen Maier 2:15.5; 3000 - Sarah Forrey 10:36.37; SC - Linsy Nickels 11:52.2
Apr. 28	WWU Twilight	None
Apr. 29	Oregon Invitational	None
May 6	PacWest Conference	3000 - Sarah Forrey 10:20.60; 5000 - Amy Forrey 17:57.43
May 13	SPU Invitational	None
May 25-27	NCAA Nationals	None

INVITATIONAL TEAM SCORES

Salzman Invitational (Mar. 11 at Tacoma) - Washington 265 1/2, Seattle Pacific 139 1/2, Pacific Lutheran 74, Western Washington 72, Central Washington 59, Puget Sound 43, Highline 37, Northwest 17, Whitman 13, St. Martin's 4, Eastern Washington 2 (**Co-ed** - Washington 488 1/2, Seattle Pacific 185 1/2, Central Washington 180 1/2, Pacific Lutheran 162, Western Washington 157, Puget Sound 96, Highline CC 90 1/2, Northwest College 42, Whitman 17, Alaska Anchorage 16, Eastern Washington 10, St. Martin's 4).

Spike Arlt Invitational (Apr. 22 at Ellensburg) - Western Washington 166, Pacific Lutheran 125, Eastern Oregon 105, Central Washington 105, Northwest Nazarene 104 1/2, Highline 61, Puget Sound 48 1/2, Northwest College 22, St. Martin's 11.

PacWest (May 6 at Monmouth)

Team Scores - Seattle Pacific 239, Western Oregon 149 1/2, Western Washington 90 1/2, Humboldt State 77, Central Washington 63, St. Martin's 16. **Outstanding Performer** - Barbara Weaver, HSU. **Coach-of-the-Year** - Jack Hoyt, SPU.

Hepathlon (Apr. 27-28) - 3. Ellie Fortin 3709. 800 - 2. Alicen Maier 2:12.87; 4. Ellie Fortin 2:16.41; 7. Erinn Nickels 2:24.15. 1500 - 3. Linsy Nickels 4:56.14. 3000 - 1. Sarah Forrey 10:20.60. 5000 - 1. Amy Forrey 17:57.43; 2. Abby Bielenberg 18:03.34. 10,000 - 4. Jaime Tuchscherer 39:53.02; 5. Krissi Mathers 40:02.94; 7. Rebecca Tripp 40:10.85; 8. Rachae Probat, SPU, 40:18.76. 100 Hurdles - 8. Ellie Fortin 17.27. Shot Put - 6. Suzanne Marsh 37-5 1/4. Javelin - 4. Sarah Lind 126-8.

NCAA Nationals (May 25-27, 2000 at Raleigh, NC)

Team Scores - 1. St. Augustine's 77; 24. Seattle Pacific 11; 43. Central Washington 4.

Thursday: 1500 - Alicen Maier 4:35.59 (5th in heat). **Saturday:** 1500 - 5. Alicen Maier 4:33.67.

BEST MARKS

Running Events: 100 - None; 200 - Ellie Fortin 26.74 (4-22); 400 - Ellie Fortin 1:00.39 (3-4); 800 - Alicen Maier 2:12.58 (3-26); 1500 - Alicen Maier 4:33.67 (5-27); 3,000 - Sarah Forrey 10:20.60 (5-6); 3,000 Steeplechase - Linsy Nickels 11:52.2 (4-22); 5,000 - Amy Forrey 17:57.43 (5-6); 10,000 - Krissie Mathers 39:06.59 (4-15).

Hurdles: 100 Hurdles - Ellie Fortin 16.93 (4-22); 400 Hurdles - Erinn Nickels 1:09.24 (4-22).

Relays: 4x100 Relay (46.50, 47.80, 48.3) - None; 4x400 Relay (3:45.00, 3:53.00, 3:58.78) - Ellie Fortin, Linsy Nickels, Erinn Nickels, Alicen Maier 4:00.20 (5-13).

Jumping Events: Pole Vault - None; High Jump - Leslie Hansen 4-10 1/2 (3-11); Long Jump - Lawilatla Redner 15-6 1/4 (3-18); Triple Jump - Lawilatla Redner 33-2 1/2 (4-22).

Weight Events: Shot Put - Suzanne Marsh 37-5 1/4 (5-6); Discus - None; Javelin - Sara Lind 128-2 (4-29); Hammer - None.

Heptathlon: Ellie Fortin 3709 (Apr. 27-28).

AWARD WINNERS

Captain - Abby Bielenberg. **Inspirational** - Alicen Maier. **MVP** - Ellie Fortin. **Outstanding Frosh** - Alicen Maier

Letter winners: **Fourth-year** - Sara Lind, Tara Gauthier. **Third-year** - Amy Forrey, Sarah Forrey, Erinn Nickels, Linsy Nickels. **Second-year** - Abby Bielenberg, Ellie Fortin, Krissie Mathers, Leslie Hansen. **First-year** - Alicen Maier, Suzanne Marsh, Lawly Redner, Rebecca Tripp, Jamie Tuchscherer. **Non-lettermen** - Erik Lakin, Corie Beck, Susanne Neil, Emily Gutzwiler, Shelby Jacobs, Kristin Martin, Tammy Norman.