

12-31-1996

# Central Washington University Men's Track and Field Individual Charts, 1996

Central Washington University Athletics

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## 1996 CWU Men's Track-and-Field Individual Charts

### Event: 100 Meters

Date/Meet	BJ Wilson	Rising	Myers	Gudmundson	Courtney	Spears
1995 Bests	10.9	11.43				
3-9/Salzman		(12) 11.9		(19) nt		
3-16/Tri-Cities		(17) 11.23				
3-16/PLU			(8) 11.50			
3-23/UPS Invit.			(11) 11.50	(5) 11.12		
3-30/Spring Break				(5) 10.7	(5) 10.7	
4-6/Lewis & Clark			(8) 11.44	(7) 11.44	(1) 11.00	
4-13/CWU Arlt			(4) 11.3		(1) 10.9	(5) 11.4
4-20/UPS Shotwell				(4) 10.98		
4-27/PLU Inv.						
5-4/PNWAC						
5-11/Regionals						
1996 Bests	11.23	12.14	11.44	11.44	10.94	10.94

### Event: 200 Meters

Date/Meet	Myers	Courtney	Rising	Huff	Spears	Gudmundsen
1995 Bests		23.04	23.2			
3-2/Husky Open					(6) 22.39	(17) 23.38
3-9/Salzman			(1) 22.23			
3-16/Tri-Cities					(5) 22.55	
3-16/PLU					(6) 23.12	
3-23/UPS Invit.		(5) 23.03			(1) 22.09	(6) 23.05
3-30/Spring Break		(5) 22.1			(2) 21.6	
4-6/Lewis & Clark	(5) 22.86		(4) 22.65		(1) 21.93	(8) 23.06

4-13/CWU Arlt	(4) 22.6	(3) 22.6		
4-20/UPS Shotwell	(5) 22.54		(13) 23.33	
4-27/PLU Inv.				
5-4/PNWAC				
5-11/Regionals				
1996 Bests	22.84	22.34	21.84	23.05

Event: 400 Meters

Date/Meet	J. Lind	A. Lind	Rising Spears	Palmberg	Gudmundson
1995 Bests	51.6	51.0	49.5		
3-2/Husky Open				(3) 48.90	
3-9/Salzman			(1) 48.57		
3-16/Tri-Cities			(1) 48.52		
3-23/UPS Invit.			(1) 48.75		
4-6/Lewis & Clark			(1) 47.86	(4) 51.84	
4-13/CWU Arlt	(5) 51.6		(1) 48.6		(3) 50.3
4-20/UPS Shotwell				(8) 51.66	
4-27/PLU Inv.					
5-4/PNWAC					
1996 Bests	51.84		47.86	51.84	50.54

Event: 800 Meters

Date/Meet	Russell	Tollefson	G. Lind	A. Lind	J. Lind	Zahn
1995 Bests	1:57.7	1:59.84	1:59.2			
3-2/Husky Open			(15) 2:03.83	(17) 2:04.89	(18) 2:05.26	
3-9/Salzman (2)	1:59.28				(10) 2:04.1	
3-16/Tri-Cities	(8) 1:57.43			(25) 2:06.14	(24) 2:04.73	
3-30/Spring Break		(5) 2:05.1	(8) 2:08.9	(6) 2:05.7		

4-6/Lewis & Clark	(9) 1:59.79	(8) 1:58.71			
4-13/CWU Arlt	(1) 1:59.6		(3) 2:00.3	(7) 2:05.5	
4-20/UPS Shotwell	(13) 2:05.10		(14) 2:05.87	(12) 2:04.84	
4-27/PLU Inv.					
5-4/PNWAC					
1996 Bests	1:57.43	1:59.79	1:58.71	2:04.89	2:00.54
Date/Meet	Miller	G. Lind			
3-9/Salzman	(13) 2:05.3				
3-23/UPS Inv.	(10) 2:03.94	(11) 2:04.50			
3-30/Spring Break	(11) 2:11.3				
4-20/UPS Shotwell	(11) 2:04.50				
1996 Bests	2:03.94	2:04.50			

Event: 1500 Meters

Date/Meet	Miller	Russell	Tollefson	Zahn	G. Lind	J. Lind
1995 Bests	4:12.2	4:05.8	3:58.2			
3-2/Husky Open	(22) 4:13.62	(14) 4:07.79			(34) 4:22.39	
3-9/Salzman (mile)	(4) 4:24.61					
3-16/Tri-Cities	(25) 4:12.9				(32) 4:20.3	
3-23/UPS Invit.					(21) 4:31.19	
3-30/Spring Break	(12) 4:18.4			(15) 4:23.7	(14) 4:22.5	
4-6/Lewis & Clark	(8) 4:11.72	(3) 4:01.53				
4-13/CWU Arlt			(3) 4:21.6			
4-20/UPS Shotwell	(9) 4:08.09	(2) 4:01.68				
4-27/PLU Inv.						
5-4/PNWAC						
5-11/Regionals						
1996 Bests	4:11.72	4:01.53		4:21.84	4:20.54	4:31.19

Date/Meet A. LindDay  
3-23/UPS Inv. (22) 4:35.49  
4-20/UPS Shotwell (10) 4:10.34  
1996 Bests 4:35.49 4:10.34

Event: 3000 Meters

Date/Meet Tollefson Miller Nist Day  
1995 Bests 8:41.4 9:38.4  
3-9/Salzman (13) 9:29.07 (14) 9:29.07  
3-23/UPS Inv. (10) 9:40.8 (6) 9:03.0  
1996 Bests None 9:29.07 9:29.07 9:03.0

Event: 3000/5000 Race-Walk (No performances)

Event: 3000 Steeplechase

Date/Meet Tollefson Day  
4-6/Lewis & Clark (1) 9:12.22  
4-13/CWU Arlt (1) 9:40.3  
4-27/PLU Inv.  
5-4/PNWAC  
5-11/Regionals  
1996 Bests 9:12.22 9:40.54

Event: 5,000 Meters

Date/Meet Miller Tollefson Day Nist  
1995 Bests 16:40.34 14:27.5  
3-2/Husky Open (12) 15:25.11 (28) 16:27.29

3-9/Salzman	(1) 15:40.04		
3-16/PLU	(4) 15:37.25	(10) 17:02.43	
3-23/UPS Invit.	(1) 15:20.12	(2) 15:42.01	
3-30/Spring Break	(1) 14:50.9		
4-6/Lewis & Clark	(3) 15:47.86		
4-13/CWU Arlt	(1) 16:10.9	(3) 16:46.1	
4-20/UPS Shotwell	(2) 15:09.57	(17) 16:37.41	
4-27/PLU Inv.			
5-4/PNWAC			
5-11/Regionals			
1996 Bests	14:51.14	15:25.11	16:27.29

Event: 10,000 Meters

Date/Meet	Tollefson	Miller
1995 Bests	30:22.81	36:00.52
4-13/Oregon Inv.	(1) 30:04.69	
1996 Bests	30:04.69	

Event: 110 High Hurdles

Date/Meet	WilsonNeil	Hoiby	Palmberg
1995 Bests	15.6	16.58	20.2
3-2/Husky Open	(10) 16.15		
3-9/Salzman	(8) 16.40	(12) 17.72	
3-16/Tri-Cities	(12) 16.13		
3-23/UPS Invit.	(5) 15.94		
3-30/Spring Break	(3) 15.2	(7) 15.9	(5) 15.6
4-6/Lewis & Clark	(2) 15.37	(5) 16.03	(3) 15.56
4-13/CWU Arlt	(7) 16.6		(4) 15.4

4-27/PLU Inv.  
 5-4/PNWAC  
 5-11/Regionals  
 1996 Bests 15.37 15.94 15.56

Event: 400 Hurdles

Date/Meet	Heeringa	Neil	Palmberg
1995 Bests			
3-2/Husky Open	(12) 1:04.69		
3-9/Salzman	(12) 1:03.92	(5) 57.57	
3-16/Tri-Cities		(12) 57.66	
3-23/UPS Invit.		(1) 58.55	
3-30/Spring Break		(2) 58.0	
4-6/Lewis & Clark		(1) 56.71	
4-13/CWU Arlt		(2) 57.1	(3) 57.5
4-20/UPS Shotwell		(7) 57.84	
4-27/PLU Inv.			
5-4/PNWAC			
5-11/Regionals			
1996 Bests	1:03.92	56.71	57.74

Event: Relays

Date/Meet	4x100	4x400
1995 Bests 42.59 3:21.46		
3-2/Husky Open	(4) 43.4	(2) 3:20.14
	(9) 3:35.88	
3-9/Salzman	(1) 43.90	(4) 3:31.42

3-30/Spring Break (1) 47.3 (2) 3:34.7  
 4-6/Lewis & Clark (1) 42.22 (1) 3:20.96  
 4-13/CWU Arlt (1) 42.0 (1) 3:21.1  
 4-20/UPS Shotwell (5) 43.66 (9) 3:37.80  
 4-27/PLU Inv.  
 5-4/PNWAC  
 5-11/Regionals  
 1996 Bests 42.22 3:20.14

Event: Long Jump

Date/Meet	Rising Huff	B.J. Wilson	Campbell	Gott	Br.Wilson	
1995 Bests	23-11 1/2	22-2 1/2	22-1 3/4	19-0 3/4	21-6 1/4	17-0 3/4
3-2/Husky Open	(2) 21-5.25	(7) 20-0.25				
3-9/Salzman	(2) 21-10.5	(3) 21-8		(6) 20-11		
3-16/Tri-Cities		(10) 19-9.25				
3-23/UPS Invit.		(4) 20-3				
3-30/Spring Break		(5) 20-1.5				
4-6/Lewis & Clark		(3) 20-8				
4-13/CWU Arlt	(1) 22-2.5	(4) 20-9	(2) 21-6			
4-27/PLU Inv.						
5-4/PNWAC						
5-11/Regionals						
1996 Bests	22-2.5 20-9	21-8	20-11			

Event: Triple Jump

Date/Meet	Reddick	Campbell	Gott	Rising Wilson
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1995 Bests	45-10	43-7 1/2	40-6 1/2	45-1 1/2
3-30/Spring Break			(4) 39-7.25	
4-6/Lewis & Clark				(1) 42-10.75
4-13.CWU Arlt			(1) 43-8.75	
1996 Bests		39-7.25	43-8.75	42-10.75

Event: High Jump

Date/Meet	Neil	Gott	Reddick	Campbell	Wilson
1995 Bests	6-6	6-6 1/4	5-11	5-7	
3-2/Husky Open		(9) 6-2.75	(5) 6-4.75		
3-9/Salzman	(2) 6-5	(3) 6-5			
3-16/Tri-Cities		(5) 6-6			
3-23/UPS Invit.		(2) 6-2			
3-30/Spring Break	(3) 6-0	(1) 6-6			
4-6/Lewis & Clark	(4) 5-11				(5) 5-9
4-13/CWU Arlt	(1) 6-0				
4-20/UPS Shotwell	(6) 6-4				
4-27/PLU Inv.					
5-4/PNWAC					
5-11/Regionals					
1996 Bests	6-6	6-6		5-9	

Event: Pole Vault

Date/Meet	Yeagley	Palmberg	Cash
1995 Bests	12-7 1/2		
3-30/Spring Break		(3) 12-0	

4-13/CWU Arlt (6) 12-0 (2) 13-0 (5) 12-6  
 4-20/UPS Shotwell (8) 12-6  
 1996 Bests 12-0 13-0 12-6

Event: Javelin

Date/Meet	Palmberg	Br.Wilson	BJWilson	Hoiby	Reichner	Kunze
1995 Bests	150-10	156-10	177-10			
3-2/Husky Open			(8) 169-11			
3-9/Salzman	(12) 138-10	(4) 170-11		(7) 159-0	(9) 157-4	
3-16/Tri-Cities			(11) 177-9		(19) 147-8	
3-23/UPS Invit.			(10) 151-4	(8) 156-9	(11) 145-7	
3-30/Spring Break		(9) 125-11	(4) 163-7	(6) 145-11	(7) 145-4	
4-6/Lewis & Clark	(8) 123-6		(3) 168-0	(4) 150-10	(5) 147-7	
4-13/CWU Arlt	(7) 148-3		(6) 155-0	(3) 169-8	(4) 158-0	(5) 155-8
4-20/UPS Shotwell			(18) 153-9	(15) 162-3	(16) 156-5	
4-27/PLU Inv.						
5-4/PNWAC						
5-11/Regionals						
1996 Bests	148-3 138-10	170-11	177-9	159-0	157-4	

Date/Meet	G. LindYeagley	
4-13/CWU Arlt	(2) 175-8	(8) 146-0
4-20/UPS Shotwell	(11) 171-3	
1996 Bests	175-8	146-0

Event: Discus

Date/Meet	BJ Wilson	Pearce	Hoiby	Reichner	Olivers	Portalski
1995 Bests	98-6	142-7	150-6			

3-2/Husky Open (2) 145-5  
 3-9/Salzman (9) 116-0 (5) 119-2  
 3-16/Tri-Cities (12) 135-8 (22) 119-2  
 3-16/PLU (7) 122-0  
 3-23/UPS Invit. (2) 140-1 (10) 120-11  
 3-30/Spring Break (3) 141-2 (1) 142-10 (5) 114-11  
 4-6/Lewis & Clark (2) 148-0 (6) 119-6 (8) 101-6 (9) 83-2  
 4-13/CWU Arlt (7) 116-3 (2) 145-4 (1) 152-8 (6) 117-5 (4) 122-6  
 4-20/UPS Shotwell (2) 150-10 (1) 163-8 (13) 121-8 (9) 131-0  
 4-27/PLU Inv.  
 5-4/PNWAC  
 5-11/Regionals  
 1996 Bests 116-3 145-4 152-8 122-0 122-6 83-2

Date/Meet A. LindPalmberg  
 4-13/CWU Arlt (5) 121-11 (8) 84-11  
 4-20/UPS Shotwell (15) 119-11  
 1996 Bests 121-11 84-11

Event: Shot Put

Date/Meet	Olivers	Malmberg	Br. Wilson	Hoiby Portalski	B.J. Wilson
1995 Bests	42-8	37-6 1/2	44-8		
3-2/Husky Open		(15) 41-3.25			
3-9/Salzman	(6) 42-9			(8) 39-4	
3-16/Tri-Cities			(9) 42-2.5		
3-23/UPS Invit.		(8) 39-6	(6) 41-9.75		
3-30/Spring Break		(5) 41-9	(9) 32-5.75	(4) 44-1	
4-6/Lewis & Clark	(8) 40-0.5	(7) 40-6.75		(3) 45-7	(10) 38-9.5

4-13/CWU Arlt (4) 39-6 (3) 43-6 (2) 44-4 (5) 39-5  
 4-20/UPS Shotwell (20) 37-6 (15) 41-4.5 (13) 42-3 (16) 40-2  
 4-27/PLU Inv.  
 5-4/PNWAC  
 5-11/Regionals  
 1996 Bests 40-0.5 43-6 32-5.75 45-7 39-5 39-4

Date/Meet Reichner  
 4-13/CWU Arlt (6) 37-8  
 1996 Bests 37-8

Event: Hammer

Date/Meet Br. Wilson Pearce Hoiby  
 1995 Bests 133-6 124-2  
 3-16/Tri-Cities (17) 117-3 (14) 126-6  
 4-20/UPS Shotwell (8) 135-9 (11) 126-0 (13) 122-3  
 4-27/PLU Inv.  
 5-4/PNWAC  
 5-11/Regionals  
 1996 Bests 117-3 126-6

DECATHLON

B.J. Wilson

DATE/SCORING	100	LJ	SP	HJ	400	HH	Disc	PV	Jav	1500
1995 Bests	11.24	21-8.25	41-4.5	6-0	53.6	15.8	121-5	12-9.5	165-9	5:05.2
Mar. 21-22/WWU	11.2	20-8	40-3.5	6-0.75	54.3	16.9	104-7	8-0	148-11	5:06.5
(1st, 5717)										

Apr. 21-22/PNWAC 11.2 20-11 41-0.75 5-11.5 54.7 15.6 106-2 11-11.5 154-1 5:00.0  
 (1st, 6210)

Kirk Palmberg

DATE/SCORING 100 LJ SP HJ 400 HH Disc PV Jav 1500  
 Mar. 21-22/WWU 11.6 18-4.5 31-9 5-5.75 52.4 15.9 90-6 12-11 133-6 4:43.8  
 (2nd, 5696)  
 Apr. 21-22/PNWAC 11.6 19-5 34-1 5-5.75 51.2 16.2 102-11 12-7.5 133-4 4:30.0  
 (2nd, 5982)

Tony Hoiby

DATE/SCORING 100 LJ SP HJ 400 HH Disc PV Jav 1500  
 1995 Bests 12.3 16-9.5 39-0 5-6 62.3 19.7 138-0 NH 170-6 5:14.8  
 Mar. 21-22/WWU 12.6 17-10.75 41-10.75 5-5.75 62.9 19.8 137-8 9-0.5 166-6 5:22.9  
 (6th, 4843)  
 Apr. 21-22/PNWAC 12.2 17-9.75 42-6.5 5-5.75 61.8 19.6 149-4 NH 172-2 5:18.6  
 (5th, 4791)

(9) 23.05Myers ( 6) 50.69 (8) 52.0950.69 (9h) NT (11)  
 2:01.211.21  
 (14) 4:09.70 (9) 4:03.6009.70 (1) 9:24.5124.51 (1) 14:33.3733,37 Nist  
 4-27/PLU Inv. (4) 34:53.31 34:53.31 (3) 15.84 (5) 56.94 (2) 3:24.25  
 (5) 20-2.5 (3) 21-3.5/  
 4-27/PLU Inv. (2) 42-7 (5) 6-4  
 4-27/PLU Inv. (x) nh (3) 13-6 (x) nh6 (13) 159-8 (15) 159-1 (18) 142-5  
 4-27/PLU Inv. (6) 179-0 (2) 150-6 (3) 149-10 (12) 120-850-663-8  
 4-27/PLU Inv. (13) 120-2 (9) 41-4 (7) 42-10 (4) 138-7