

12-31-1996

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

Central Washington University Athletics

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

### Event: 100 Meters

| Date/Meet         | Wilson     | Feist      | Willis     |
|-------------------|------------|------------|------------|
| 1995 Bests        | 12.3       |            |            |
| 3-2/Husky Open    | (8) 12.98  |            | (14) 13.0  |
| 3-9/Salzman       | (10) 13.56 |            |            |
| 3-16/Tri-Cities   |            |            | (17) 13.39 |
| 3-16/PLU          | (5) 13.39  |            |            |
| 3-23/UPS Invit.   |            | (5) 13.16  |            |
| 3-30/Spring Break |            | (6) 12.9   | (5) 12.7   |
| 4-6/Lewis & Clark |            | (5) 13.14  | (4) 12.90  |
| 4-13/CWU Arlt     |            | (4) 12.9   | (2) 12.5   |
| 4-20/UPS Shotwell |            | (16) 13.2  | (8) 12.96  |
| 4-27/PLU Inv.     |            | (10) 13.26 | (5) 13.04  |
| 5-4/PNWAC         | (5) 12.96  |            | (2) 12.63  |
| 5-10/Regionals    |            | (7h) 13.00 | (4h) 12.68 |
| 5-11/Regionals    |            |            | (5) 12.5   |
| 1996 Bests        | 12.98      | 12.96      | 12.63      |

### Event: 200 Meters

| Date/Meet         | Persons  | Willis Hill | Feist     | Riste    |
|-------------------|----------|-------------|-----------|----------|
| 3-9/Salzman       |          |             | (9) 28.25 |          |
| 3-30/Spring Break |          | (10) 28.5   |           |          |
| 4-13/CWU Arlt     | (6) 28.4 |             | (4) 27.0  |          |
| 4-27/PLU Inv.     |          | (5) 26.81   |           | (7) 26.7 |

|                |                               |           |
|----------------|-------------------------------|-----------|
| 5-4/PNWAC      | (4) 26.44                     | (6) 26.79 |
| 5-10/Regionals | (2h) 26.10                    |           |
| 5-11/Regionals | (4) 26.28                     |           |
| 1996 Bests     | 28.64 26.10 28.74 26.79 28.25 |           |

Event: 400 Meters

|                   |              |
|-------------------|--------------|
| Date/Meet         | Hill         |
| 1995 Bests        | 1:03.0       |
| 4-13/CWU Arlt     | (2) 1:03.1   |
| 4-20/UPS Shotwell | (14) 1:03.52 |
| 1996 Bests        | 1:03.34      |

Event: 800 Meters

|                   |             |              |              |         |
|-------------------|-------------|--------------|--------------|---------|
| Date/Meet         | Hill        | Hovde        | DiThomas     | McGuire |
| 1995 Bests        | 2:19.2      |              |              |         |
| 3-2/Husky Open    |             | (15) 2:40.01 |              |         |
| 3-9/Salzman       | (2) 2:20.89 | (12) 2:35.80 |              |         |
| 3-23/UPS Invit.   | (7) 2:29.10 |              |              |         |
| 4-6/Lewis & Clark | (1) 2:19.61 |              |              |         |
| 4-13/CWU Arlt     |             | (5) 2:36.3   |              |         |
| 4-20/UPS Shotwell |             | (14) 2:39.36 | (13) 2:36.09 |         |
| 4-27/PLU Inv.     | (4) 2:16.92 |              |              |         |
| 5-4/PNWAC         | (4) 2:21.46 |              |              |         |
| 1996 Bests        | 2:16.92     | 2:35.80      | 2:36.54      | 2:36.09 |

Event: 1500 Meters

| Date/Meet         | Hill    | MacPhee | Smith      | DiThomas     |
|-------------------|---------|---------|------------|--------------|
| 1995 Bests        | 4:40.44 |         |            |              |
| 3-2/Husky Open    | (12)    | 4:59.51 |            |              |
| 3-23/UPS Invit.   | (6)     | 4:58.70 |            |              |
| 3-30/Spring Break | (4)     | 4:58.7  |            |              |
| 4-13/CWU Arlt     | (2)     | 4:51.6  | (4) 5:06.5 | (5) 5:09.4   |
| 4-20/UPS Shotwell | (6)     | 4:52.14 |            | (14) 5:19.56 |
| 4-27/PLU Inv.     |         |         |            | (10) 5:20.28 |
| 5-4/PNWAC         | (2)     | 4:43.4  |            |              |
| 5-11/Regionals    | (4)     | 4:41.13 |            |              |
| 5-23/NAIA         | (9h)    | 4:54.24 |            |              |
| 1996 Bests        | 4:41.13 | 5:06.74 | 5:09.64    | 5:20.28      |

Event: 3000 Meters

| Date/Meet         | DiThomas      | Smith         | MaxPhee     |
|-------------------|---------------|---------------|-------------|
| 1995 Bests        | 12:17.8       |               |             |
| 3-2/Husky Open    | (23) 11:53.36 | (20) 11:38.49 |             |
| 3-16/PLU          | (7) 11:38.28  |               |             |
| 3-23/UPS Invit.   |               | (4) 10:58.75  |             |
| 4-6/Lewis & Clark |               | (4) 10:51.22  |             |
| 4-13/CWU Arlt     | (7) 12:11.5   | (5) 11:31.6   | (3) 11:05.5 |
| 4-20/UPS Shotwell |               | (17) 11:24.26 |             |
| 5-4/PNWAC         | (8) 11:36.55  |               |             |
| 1996 Bests        | 11:53.36      | 11:24.26      | 10:51.22    |

Event: 5000 Meters

| Date/Meet              | Di Thomas    | MacPhee      | Smith         |
|------------------------|--------------|--------------|---------------|
| 1995 Bests             | 21:15.82     |              |               |
| 3-9/Salzman (12)       | 20:34.14 (5) | 18:59.48     | (10) 20:06.18 |
| 3-30/Spring Break (7)  | 20:18.7      | (3) 18:47.7  | (6) 20:18.7   |
| 4-20/UPS Shotwell (12) | 20:30.51 (2) | 18:46.20     |               |
| 5-4/PNWAC (3)          | 19:54.79     |              |               |
| 5-11/Regionals         |              | (7) 20:21.72 |               |
| 1996 Bests             | 19:54.79     | 18:46.20     | 20:06.18      |

Event: 10,000 Meters

| Date/Meet         | Smith    |
|-------------------|----------|
| 4-27/PLU Inv. (7) | 43:18.72 |
| 1996 Bests        | 43:18.72 |

Event: 100 Hurdles

| Date/Meet              | Prkut     | Riste      | Feist    |
|------------------------|-----------|------------|----------|
| 1995 Bests             | 16.25     |            |          |
| 3-2/Husky Open         |           | (8) 15.97  | (9) 16.1 |
| 3-9/Salzman            | (5) 15.95 | (11) 17.01 |          |
| 3-16/Tri-Cities        |           | (8) 16.50  |          |
| 3-16/PLU               |           | (8) 16.59  |          |
| 3-23/UPS Invit.        |           | (8) 16.88  |          |
| 3-30/Spring Break (10) | 17.4      | (5) 15.7   |          |
| 4-6/Lewis & Clark (9)  | 17.51     | (4) 16.29  |          |
| 4-13/CWU Arlt          |           | (5) 16.2   |          |

4-20/UPS Shotwell (15) 16.90  
5-10/Regionals (7h) 16.63  
1996 Bests 17.51 15.95 15.94

Event: 400 Hurdles

Date/Meet Feist  
4-13/CWU Arlt (5) 1:08.9  
4-20/UPS Shotwell (9) 1:10.36  
1996 Bests 1:09.14

Event: Relays

Date/Meet 4x100 4x400  
1995 Bests 50.1 4:02.28  
3-2/Husky Open (5) 51.48 (7) 4:13.97  
3-9/Salzman (7) 4:21.60  
3-30/Spring Break (2) 52.3 (3) 4:24.3  
4-6/Lewis & Clark (3) 51.45 (3) 4:13.76  
4-13/CWU Arlt (2) 51.0 (2) 4:19.0  
4-20/UPS Shotwell (8) 51.60 (8) 4:24.85  
4-27/PLU Inv. (3) 51.92 (4) 4:29.46  
5-4/PNWAC (3) 50.67 (3) 4:10.24  
5-11/Regionals (6) 51.30 (5) 4:08.14  
1996 Bests 50.67 4:08.14

Event: Long Jump

| Date/Meet         | Prkut      | Wilson | Riste      | Davis        | Thompson   |
|-------------------|------------|--------|------------|--------------|------------|
| 1995 Bests        | 14-8       | 18-4   |            |              |            |
| 3-2/Husky Open    |            |        | (1) 17-8.5 |              |            |
| 3-9/Salzman       |            |        | (3) 16-8   | (9) 13-7     |            |
| 3-16/Tri-Cities   |            |        |            | (8) 13-5.25  |            |
| 3-30/Spring Break | (3) 15-0.5 |        |            | (5) 13-10.5  |            |
| 4-13/CWU Arlt     | (2) 15-7   |        |            | (5) 14-2.5   | (4) 14-7.5 |
| 4-27/PLU Inv.     |            |        |            | (12) 13-8.25 |            |
| 5-4/PNWAC         |            |        | (5) 14-1.5 |              |            |
| 1996 Bests        | 15-7       | 17-8.5 | 16-8       | 14-2.5       | 14-7.5     |

Event: High Jump

| Date/Meet         | McGuire         | Prkut |
|-------------------|-----------------|-------|
| 1995 Bests        | 5-6             | 4-10  |
| 3-2/Husky Open    | (6) 5-3         |       |
| 3-9/Salzman       | (5) 4-11        |       |
| 3-30/Spring Break | (1) 5-2(2) 5-0  |       |
| 4-6/Lewis & Clark | (3) 5-1(4) 4-11 |       |
| 4-13/CWU Arlt     | (1) 5-4(2) 5-0  |       |
| 4-20/UPS Shotwell | (4) 5-0         |       |
| 4-27/PLU Inv.     | (3) 5-4(7) 4-10 |       |
| 5-4/PNWAC         | (1) 5-4         |       |
| 5-11/Regionals    | (2) 5-4.25      |       |
| 5-24/NAIA         | (8) 5-5         |       |
| 1996 Bests        | 5-5             | 5-0   |

Event: Triple Jump

Date/Meet Davis Thoimpson

3-9/Salzman (6) 32-6

3-30/Spring Break (3) 30-10 (4) 29-11.5

4-6/Lewis & Clark (7) 31-9.5

4-13/CWU Arlt (3) 30-7.5 (4) 28-11.5

5-4/PNWAC (6) 31-5.5

1996 Bests 32-6 29-11.5

Event: Javelin

Date/Meet Marchant Prkut WoodsMercy Hutcheson Davis

1995 Bests 133-5 97-10 119-2 108-2

3-2/Husky Open (7) 108-4

3-9/Salzman (9) 100-6 (12) 91-10 (3) 128-6 (10) 100-0

3-16/Tri-Cities (13) 103-1 (14) 99-6

3-23/UPS Invit. (3) 102-1

3-30/Spring Break (3) 107-4 (5) 98-5.75 (4) 100-1 (2) 111-5 (6) 92-7.25

4-6/Lewis & Clark (9) 91-6 (5) 106-6 (8) 97-10

4-13/CWU Arlt (2) 113-7 (3) 110-4 (1) 124-0 (4) 109-11

4-20/UPS Shotwell (7) 118-8 (12) 103-1 (6) 121-10 (10) 105-6

4-27/PLU Inv. (8) 94-11 (7) 103-0 (6) 108-2

5-4/PNWAC (1) 127-4 (3) 107-6 (4) 82-6.25 (2) 110-0

5-10/Regionals (5) 113-7

1996 Bests 118-8 94-11 102-1 110-4 128-6 110-0



Event: Discus

| Date/Meet         | Marchant    | A.Johnson   | Mercy     | Hutcheson   |
|-------------------|-------------|-------------|-----------|-------------|
| 1995 Bests        | 110-9 88-5  | 112-1       |           |             |
| 3-9/Salzman       | (12) 86-10  | (7) 103-1   |           |             |
| 3-16/Tri-Cities   |             | (22) 113-3  |           |             |
| 3-30/Spring Break | (6) 88-10   | (3) 103-1   |           |             |
| 4-6/Lewis & Clark |             | (6) 94-5    | (3) 114-0 |             |
| 4-13/CWU Arlt     |             | (7) 97-7    | (4) 109-0 | (3) 113-9   |
| 4-20/UPS Shotwell |             | (14) 69-9.5 | (5) 116-2 | (13) 77-2.5 |
| 4-27/PLU Inv.     |             | (6) 103-11  | (3) 108-3 |             |
| 5-4/PNWAC         | (7) 107-3   | (4) 119-2   |           |             |
| 5-11/Regionals    |             | (8) 119-5   |           |             |
| 1996 Bests        | 88-10 107-3 | 119-5 113-9 |           |             |

Event: Shot Put

| Date/Meet         | Marchant     | A. Johnson   | Woods        | Mercy        | Davis | Hutcheson   |
|-------------------|--------------|--------------|--------------|--------------|-------|-------------|
| 1995 Bests        | 42-1 38-4.5  | 38-4.25      | 39-1.25      |              |       |             |
| 3-2/Husky Open    | (6) 36-9     |              |              |              |       |             |
| 3-9/Salzman       | (4) 35-5     | (10) 33-4    | (3) 36-4     |              |       | (8) 33-9    |
| 3-16/Tri-Cities   |              | (14) 38-1.5  |              |              |       |             |
| 3-23/UPS Invit.   |              | (7) 32-11.75 |              |              |       |             |
| 3-30/Spring Break | (5) 36-9.5   | (2) 38-10.25 |              | (4) 37-2.75  |       |             |
| 4-6/Lewis & Clark |              | (3) 39-10.5  | (4) 38-0.25  | (10) 29-6.25 |       |             |
| 4-13/CWU Arlt     | (4) 37-5     | (3) 37-5     | (2) 37-11.75 | (6) 30-0     |       | (5) 33-6.75 |
| 4-20/UPS Shotwell | (5) 37-11    | (4) 38-8.5   |              | (10) 35-9.5  |       |             |
| 4-27/PLU Inv.     |              | (2) 39-6     | (3) 36-4     |              |       |             |
| 5-4/PNWAC         | (3) 39-6     | (2) 39-11    | (4) 39-2.5   |              |       |             |
| 5-11/Regionals    | (6) 38-10.25 | (2) 41-3.5   |              | (4) 39-10    |       |             |

1996 Bests 39-6 41-3.5 33-4 39-10 30-0 33-9

#### HEPTATHLON

Megan Prkut

DATE/SCORING 100H HJ SP 200 LJ JAV 800

1995 Bests 16.1 5-0.25 33-1.25 26.8 15-9 101-8 2:37.72

Mar. 21-22/WWU 18.5 4-10.5 27-4.25 29.0 14-5.75 100-3 3:03.7

(1st, 3207)

Apr. 21-22/PNWAC 16.9 5-1 30-4 28.2 14-8.75 97-2 2:46.9

(2nd, 3726)

May 5-6/CWU Heptathlon 17.1 5-0.25 29-10.25 27.6 16-5.25 93-3.5 2:46.2

(2nd, 3838)

May 23-24/NAIA Nationals 17.48 5-2.5 34-1.5 27.83 12-10.25 110-4 2:41.26

(14th, 3860) 543 724 556 644 290 545 558

1996 Bests (3860) 16.9 5-2.5 34-1.5 27.83 16-5.25 110-4 2:41.26

Crystal Davis

DATE/SCORING 100H HJ SP 200 LJ JAV 800

Apr. 21-22/PNWAC 21.1 3-10.75 28-10.5 30.2 14-3.5 104-9 2:48.5

(5th, 2791)