

12-31-1996

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

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Central Washington University Athletics, "Central Washington University Women's Track and Field Profiles, 1996" (1996). *Track and Field*. Book 484.

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WOMEN'S LETTER WINNERS

Fourth-Year

Rebecca Hill (5-1, 110, Jr., Snohomish)

Events: 800, 1500

Graduated from Snohomish in 1992. Lettered in track (3), cross country (3) and swimming (1). Team Captain, Coaches award and Highest Points in track. Finished ninth in 1600 at state. Captain and Coaches award in cross country. Competed in state cross country meet three times, placing 21st, 49th and 15th. .Three-year letter winner in both cross country and track at CWU. Placed 30th in district cross country meet freshman season in time of 20:25. Was 29th sophomore season (20:04). Placed 16th (19:27) last fall in Pacific Northwest regional meet and was selected Team MVP. .Earned honorable mention All-America honors this spring in track in 1500 meters, placing seventh at national meet in school-record time of 4:40.44. Placed seventh in regional meet in time of 4:53.2. Won conference title in 800 meters in time of 2:19.2. Placed third in 800 meters (2:24.2) and sixth in 5000 (20:37.28) at district track meet freshman season. Placed fourth in 800 last spring (2:19.27). Also ran third leg on school-record 4x400 relay team that placed third in district meet (4:00.77). On 4x100 and 4x400 relay teams that placed fifth (51.93, 4:03.29) at this spring's regional meet and on 4x400 team that won conference title (4:05.1). Career bests of 2:18.72 in 800, 4:40.44 in 1500, 11:06.9 in 3000 and 19:21.3 in 5000. Didn't run 3,000 or 5,000 this spring. Was CWU's Most Inspirational Award winner sophomore year and shared team captain award this spring with Kara Dodd and Nickola Wilson. .Born 4-16-74 at Seattle. Elementary Education major. Has two sisters.

Veronica Persons (5-6, 140, Jr., Monroe)

Events: High Jump, 400

Graduated from Monroe in 1992. Lettered in soccer (2), basketball (3) and track (4). Played goalie and forward in soccer. Hustle and Most Improved award. Hustle award in basketball. Was 1991 state Class AA high jump champion (5-6). Placed third senior year (5-6). Also competed at state in 400 meters, placing eighth in 1991 (61.3). Four-time Wesco League high jump champion. High school best marks of 5-7 in high jump and 60.3 in 400. Selected Monroe's Athlete-of-the-Year. .Earned All-America honors last spring, placing fifth in high jump at national meet with jump of 5-7. Placed third in district mark with identical jump. Placed fourth in high jump (5-3) at district meet and 12th at nationals (5-3) freshman season. Placed fifth at Pacific Northwest regional meet this spring (5-4) after winning PNWAC title with season-best mark of 5-6. Competed at nationals, but did not clear opening height. .Ran on CWU's fifth place sprint medley relay team (1:51.2) freshman season and on third place 4x400 relay team last spring which set school record with time of 4:00.77. Ran on this spring's PNWAC championship 4x400 relay team (4:05.1) and squad that placed fifth in regional meet (4:03.29). Career best marks of 5-7 in high jump and 1:01.4 in 400. .Born 4-30-74 at Seattle. Accounting major. Has three brothers and one sister.

Third-Year

Amanda Johnson (6-0, 185, So., Auburn)

Events: Discus, Shot Put

Graduated from Federal Way High School in 1993. Lettered in basketball (3) and track (2). Honorable mention all-league junior season and second team all-league senior year in basketball. Team Captain. Placed eighth in state meet in shot put (36-7 3/4) senior season and was fourth junior year. .Placed fifth in NAIA District 1 meet last spring in shot put (36-9). Also competed in discus, finishing 14th (92-1). Placed eighth in regional meet this spring in shot put with career-best put of 38-4 1/2. Was fifth in conference meet (38-1 1/2). Ranks seventh on career list (since 1981) in shot put. .Redshirted freshman season in basketball. Started 15 of 26 games last winter, averaging 4.8 points and 5.5 rebounds. .Born 2-26-75 at Olympia. Physical education major. Father (Arvie Johnson) played basketball at St. Martin's. Has one brother and two sisters. Active in Black Student Union and church.

Angie Marchant (5-9, So., Stanwood)
Events: Javelin, Shot, Discus

Graduated from Stanwood in 1993. Lettered in volleyball (3), basketball and track. All-league twice in volleyball. Team Captain and Most Dedicated award winner. Team MVP and Inspirational award winner. League Player-of-the-Year. Twice team captain and second team all-league in basketball. Placed fourth in shot put (40-7 1/2) and fifth in javelin (130-0) in state meet senior season in track. .Placed third in javelin (127-1) and fourth in shot put (38-8 1/2) in District 1 meet last spring. Also competed in discus, finishing ninth (107-0). Finished 11th in javelin at NAIA national meet (125-9). Also played on CWU JV volleyball team. Won PNWAC javelin (126-2) and shot put (41-0 1/2) titles this spring. Placed fourth in regional meet in shot put (39-9 1/4). Didn't place in javelin (124-1). Was ninth in javelin (122-4) and 12th in shot put (40-4) at national meet. Career bests of 133-5 in javelin, 110-9 in discus and 42-1 in shot. Ranks second in shot put and third in javelin on CWU's post-1981 career lists. .Born 6-4-75 at Mt. Vernon. Health/fitness major. Was active in church and student government in high school. Has two brothers and two sisters. Grandfather (Clair Robinson) played basketball at Montana State.

Megan Prkut (5-10, 145, So., Montesano)
Events: Heptathlon, 100 Hurdles, HJ, Javelin

Graduated from Montesano in 1993. Lettered in volleyball (3), basketball (4) and track (4). League MVP junior and senior year in volleyball. All-state senior season. First team all-league and Team MVP sophomore, junior and senior seasons. Team MVP twice and all-league forward three times in basketball. Won State Class A 300 hurdles championship (school-record 44.4) and placed second in long jump (16-10 1/4) senior year. Team MVP three years. .Played on CWU junior varsity volleyball team freshman season. Earned letter last fall on varsity, appearing in 33 of 41 matches and 59 games. Had 103 kills, 12 service aces, 89 digs and eight blocks. .Finished second in NAIA District 1 heptathlon freshman season with score of 3,707. Placed sixth in 100 hurdles (16.40). Placed second in regional decathlon this spring with 3,739 points. Won CWU heptathlon May 8-9 with score of 4,112, qualifying for nationals. Placed 15th at nationals with score of 3,149 points. Also competed in regionals in 100 hurdles. Placed fourth in conference meet in 100 hurdles (16.2). Career best marks of 16.25 in hurdles, 15-9 in long jump, 104-3 in javelin and 26.8 in 200. .Born 6-11-75 at Aberdeen. Psychology major. Has one sister. Was member of honor society in high school.

Second-Year

Shelley Johnson (5-7, 119, Fr., Everett)

Events: Long Jump, Triple Jump

Graduated from Lake Stevens in 1993. Placed fourth in State Class AA meet with long jump of 17-7 1/2. .Set CWU school record in long jump with leap of 18-4 3/4 last spring in WWU Invitational. Placed second in District 1 meet (17-8 1/4) and 22nd in NAIA national meet (16-10). Had season best mark of 34-3 1/4 in triple jump. Redshirted this spring because of injury. .Born 5-13-75 at Anchorage, Alaska. Special education major. Has one brother and one sister.

Heather MacPhee (5-6, 125, Fr., Fox Island)

Events: 3000, 5000, 10,000

Graduated from Gig Harbor in 1992. Lettered in track (4), cross country (3) and soccer (1). Competed in state and district meets in track and cross country. Placed ninth in 1989 state cross country meet. .Was on 1993 CWU cross country squad, but did not letter. Placed fifth in 10,000 meters at NAIA District 1 meet last spring in season-best time of 42:20.7. Had bests of 11:12.67 in 3,000 and 20:26.9 in 5,000. .Born 6-30-74 at Laguna Niguel, Calif. Biology major. Plans to be marine biologist. High school activities included Young Life, debate, DECA and Dry Wave. Has two brothers and one sister.

Jennifer Mercy (6-0, 170, Fr., Yakima)

Events: Javelin, Discus, Shot Put

Graduated from Eisenhower in 1994. Lettered in swimming (4), basketball (4) and track (4). Captain junior and senior seasons in swimming. 1993-94 Female Athlete-of-the-Year. Captain and Team MVP senior year in basketball. Second team all-conference. Twice team captain in track. Placed eighth in discus (117-1) in State Class AAA meet senior season. .Earned letter this winter for CWU basketball team, appearing in 13 games. Scored 19 points and had 29 rebounds. Placed sixth this spring in regional meet in shot put (38-8 1/4). Placed sixth in PNWAC meet in discus (112-1) and third in shot with season-best put of 39-1 1/4. Sixth best mark in post-1981 era. .Born 5-10-76 at Yakima. Early Childhood education major. Has three brothers.

September Woods (5-4 1/2, 160, Fr., Bremerton)

Events: Javelin, Shot Put

Graduated from Bremerton in 1994. Lettered in track (2), basketball (3), volleyball (1) and softball (1). Most improved award winner in track. Team captain, Most Inspirational and all-league in basketball. Most improved in volleyball. .Competed in regional meet in javelin and shot, but did not place. Placed second in PNWAC meet in javelin (113-5) and fourth in shot (38-4 1/4). Season-bests of 119-2 in javelin and 38-4 1/4 in shot. Ranks seventh and eighth, respectively, on post-1981 career lists. .Born 8-11-76 at Bremerton. Sociology major. Has one brother.

First-Year

Crystal Davis

Lisa DiThomas

Farrah Feist
Natalie Hutcheson
Dana Riste
Jill Willis
uw2S400, McGuireSr.JrJrJrTJ, LJ,SoSoSoSo, Discus (Jr., Longview)
Events: LJ, TJ, Jav, SP, Heptathlon

Graduated from
Events: 1500, 3000, 5000

Graduated from
Events: 100, 200, Hurdles

Graduated from
Events: Jav, Discus, Shot

Graduated from
Events: Hurdles, Heptathlon

Graduated from
Events: 100, 200

Graduated from
Inspirational award in 4x400 meter ninth in 1600 at state. Captain,
Inspirational Most Improved in swimming Four*****

MVP junior and senior seasons in cross country. Team captain senior season. Finished 15th in Pacific Northwest region meet last fall in time of 19:13. Placed 16th (19:27) in region meet junior season. . last 800 meters in time of 2:19.2. Also competed in national meet this spring, placing ninth in preliminary heat of 1500 in time of 4:54.24. Placed second in conference meet (4:43.4) and fourth in regional meet (4:41.13). Placed fourth in conference meet in 800 meters in season-best time of 2:16.92. . .sophomore year last am that won conference title Ran on 4x400 team that placed third in conference meet (4:10.24) and fifth in regional meet (4:08.14. . .6.92last twosand senior s.Slast. Won award outright this spring. Also voted Team MVP this springTwo-year letter winner in volleyball after playing on JVs freshman seasonPlayed sophomore season Played in 26 matches and 77 games last fall. Had 133 kills, 22 service aces, 233 digs and 55 blocks, including five solos . . .Earned letter in cross country last fall. Placed 46th in Pacific Northwest regional meet in time of 21:00.sophomore year Played in 25 games, all as sub, last winter averaging 1.6 points and 2.6 rebounds. Voted Most Inspirational Player.Two-year letter winner in basketball. Aed freshman season Played in 10 games last winter, averaging 2.1 points and 1.2 rebounds.Played on CWU basketball team in 1994-95 season, averaging 5.2 points and 3.4 rebounds. Played in 25 games, starting 17. . .Two-year letter winner in basketball. Ranks ninth in career scoring average (since 1980) with 9.8 average. Ranks sixth in career three-pointers made (43), third in attempts (152) and fifth in percentage (28.3). Started 13 of 26 games and averaged 9.7 points and 3.7 rebounds freshman season. Averaged 10.0 points and 4.6 rebounds last weinter. Ranked second on team in scoring both seasons. Also ranked second on team in steals (57) and assists (65) last winter.

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in high jump sophomore season at national meet with Earned honorable mention All-American honors this spring, placing eighth in nationals with season-best leap of 5-5. Won conference title with leap of 5-4. Placed second in regional meet with leap of 5-4 1/4. . .last . .meet sophomore season(5-7)in district meet sophomore year that won conference title last springOn 4x400 team that placed third in conference meet (4:10.24) and fifth at regionals (4:08.14) this spring. . .(second best mark in school history) Married. Husband's name is Greg McGuire.180, freshman year last Placed second in conference (39-11) and regional meets (career-best 41-3 1/2) this spring. fourth.Career best 107-3 in discus last yearLaw and justice7 1/2168, (38-8 1/2) in District 1 meet freshman season at NAIA national meet (125-9). lastWon PNWAC conference javelin title (127-4) and placed third in shot put (39-6) this spring. Placed fifth in javelin (113-7) and sixth in shot put (38-10 1/4) at regional meet. . .Also played on CWU's junior varsity volleyball team freshman year. . .140, last . .Placed second in conference heptathlon (3,726) and 14th at nationals (3,860) this spring.Placed sixth in regional meet in high jump (4-10 1/4). Also ran on 4x100 relay team that placed third in conference meet (50.67) and sixth in regional meet (51.30) and 4x400 team that placed fifth in regional meet (4:08.14). . .6-5 1/4 5-2 1/2 in high jump, 10-4, and 2:37.72 in 800 Sociology in 1994last Only competed in 4x100 relay this spring because of injury. Ran second leg on team that placed third in conference meet (50.67) and sixth at regionals (51.30)Sociology 1994 Did not compete last year. Placed seventh in 5,000 meters at regional meet this spring (20:21.72). Career bests of 10:51.22 in 3000 and 18:46.20 in 5,000. lastPlaced third in conference meet in javelin (107-6) and fourth in discus (119-2) and shot put (39-2 1/2) this spring. Placed eighth in discus (career-best 119-5) and fourth in shot put (career-best 39-10) in regional meet. Had career-best 110-4 in javelin in Spike Arlt Invitational Apr. 13. . .Ranks sixth in shot put and seventh in discus on CWU Top 10 lists freshman season, Had season-bests of 102-1 in javelin and 33-4 in shot put before injury sidelined her for remainder of 1996 season. in both javelin and shot putPublic relations Had 3.5 high school grade point average and won several academic scholarships. Non-athletic activities include Black Student Union, Diversity Scholarship Committee and as a reporter for CWU student newspaper.5-9, 140, R.A. Long in 1991. Lettered in soccer, basketball and track-and-field. Second team all-conference in soccer and basketball. Scholar-athlete award winner in all three sports. . . .Played two seasons of basketball at Lower Columbia prior to enrolling at CWU. . .Competed in track this spring for the first time at collegiate level. Placed fifth in heptathlon in PNWAC meet with score of 2,791. Also placed second in javelin (110-0) and ran final leg on third place 4x400 relay team (4:10.24). . .Born 2-21-73 at Longview. Elementary education major. . Has one brother and two sisters.

(5-6, 117, So., Seattle - Cleveland) Cleveland High School in 1994. Three-year letter winner in track. Team MVP and Inspirational award winner. On track squad last spring, but did not letter. Placed third in conference meet this spring in 5,000 meters in time of 19:54.79. Career bests of 5:20.28 in 1,500, 11:53.36 in 3,000 and 19:54.79 in 5,000. . .Born 10-28-75 at Seattle. Biology major. Wants to be business owner. Has one sister. Had 3.5 grade point average in high school. (5-4, 115, Fr., Kent - Jefferson) Thomas Jefferson High School in 1995. Lettered in soccer (3), basketball (3) and track (3). All-league forward sophomore and senior seasons in soccer. Honorable mention all-league point guard senior season in basketball. Placed sixth in 300 hurdles (46.82) in State Class AAA meet senior season. Also competed in 100 hurdles at state. . .Competed in conference meet in 100 meters and conference and regional meet in 100 meters and 100 hurdles, but did not place. Ran lead leg on 4x100 and 4x400 relay teams that placed third (50.67 and 4:10.24) in conference meet

and sixth (51.30) and fifth (4:08.14) in regional meet. Season bests of 12.96 in 100 meters, 26.79 in 200, 15.94 in 100 hurdles and 1:08.9 in 400 hurdles. .Born 1-12-77 at Seattle. Undecided on major. Had 3.94 GPA in high school. Won several academic scholarships including Farrell Merit scholarship. High school activities included honor society. Was ASB officer. Has one brother and two sisters. (5-9, 150, Fr., Renton - Liberty) Graduated from Liberty in 1994. Earned three letters in basketball. Averaged 20 points and nine rebounds and was Seamount League MVP senior season. Also lettered in track. Placed fourth in javelin at State Class AA meet junior season (131-1). . . for Wildcats points and 4.6 rebounds last w . . Competed in track for the first time this spring at collegiate level. Placed fourth in conference meet in javelin (82-6 1/4). Season bests of 128-6 in javelin, 113-9 in discus and 33-9 in shot. Javelin throw ranks fifth on post-1981 era Top 10 list. .Born 8-15-76 at Coon Rapids, Minn. Has two brothers and one sister. Physical education major. Wants to be teacher and coach.

(5-5, 145, Fr., Richland - Kamiakin) Kamiakin in 1995. Lettered in diving (3), gymnastics (3) and track (3). Placed 16th in state and set school record in diving. Set four school records in gymnastics and placed second in state meet. On school-record setting 4x100 relay team (48.8) in track. Placed fourth in 100 hurdles (15.30) in Class AA state meet senior season. . Missed most of freshman season with injury, but still awarded letter. Had season-bests of 26.25 in 200, 15.95 in 100 hurdles and 16-8 in long jump. .Born 6-16-77 at Richland. Mathematics major. Had 3.6 high school GPA. Has one brother and one sister. (5-5, Jr., Kennewick - Kamiakin) Kamiakin in 1993. Lettered in soccer, basketball and track. Played forward in soccer and guard in basketball. Participated in state championships in both sports. On State Class AAA 4x100 relay championship team senior season (49.10). Also competed in state meet in freshman and junior seasons. . Played two seasons of basketball at Columbia Basin College prior to enrolling at CWU. Placed second in 100 meters (12.63) and fourth in 200 (26.44) in PNWAC conference meet this spring. Also ran third leg on third-place 4x100 relay team (50.67). Placed fifth in 100 meters (12.5) and fourth in 200 (26.28) in regional meet. On sixth-place 4x100 relay team (51.30). Season best-marks of 12.63 in 100 and 26.10 in 200. .Born 6-11-75 at Richland. Elementary education major. Has one sister. Uncle (Matt Haskins) played basketball at the University of Idaho.

CWU TRACK

Vernon. Health/fitness major.

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Plans to be marine biologist

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CWU TRACK