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

Central Washington University Athletics

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1996 WOMEN'S TRACK REVIEW

DATE	MEET	CWU Winners
Mar. 2	Washington Invitational	Long Jump - Nickola Wilson 17-8 1/2
Mar. 9	Salzman Invitational	None
Mar. 16	Tri-Cities Invitational	None
Mar. 16	PLU Invitational	None
Mar. 21-22	WWU Heptathlon	Megan Prkut 3207
Mar. 23	Puget Sound Open	None
Mar. 30	Spring Break Open	High Jump - Veronica McGuire 5-2
Apr. 6	Lewis & Clark Invitational	800 - Rebecca Hill 2:19.61;
Apr. 13	Spike Arlt Invitational	High Jump - Veronica McGuire 5-4;
	Javelin - Natalie Hutcheson	124-0
Apr. 20	UPS Shotwell	None
Apr. 21-22	PNWAC Heptathlon	None
Apr. 27	PLU Invitational	None
May 4	PNWAC High Jump	- Veronica McGuire 5-4; Javelin - Angie Marchant 127-4
May 5-6	CWU Heptathlon	None
May 10-11	PNW Regionals	None
May 23-25	NAIA Nationals	None

INVITATIONAL TEAM SCORES

Salzman Invitational (Mar. 9 at Tacoma) - Pacific Lutheran 206 1/2, Seattle Pacific 165, Western Washington 143, Puget Sound 103 1/2, Central Washington 52, Whitman 40, Northwest College 13.

Lewis & Clark Invitational (Apr. 6 at Portland) - Puget Sound 171, Portland State 115, Southern Oregon 103, Lewis & Clark 87, Central Washington 87, Northwest College 32, Pacific 21.

Spike Arlt Triangular (Apr. 13 at Ellensburg) -Western Washington 103, Central Washington 38 (dual).

UPS Shotwell Invitational (Apr. 20 at Tacoma) - Pacific Lutheran 132, Western Washington 124, Linfield 102, Puget Sound 92, George Fox 91, Western Oregon 76, Central Washington 43, Bellevue CC 23, Willamette 11, Northwest College 8.

PNWAC (May 4 at Ellensburg)

Team scores - Western Washington 111, Puget Sound 46, Central Washington 46, Simon Fraser 19. Outstanding Performer - Sherie Schroeder, WWU. Coach-of-the-Year - Kelven "Pee Wee" Halsell, WWU.

CWU placers (Top 4): Heptathlon - 2. Megan Prkut 3726; 100 - 2. Jill Willis 12.63; 200 - 4. Jill Willis 26.44; 800 - 4. Rebecca Hill 2:21.46; 1500 - 2. Rebecca Hill 4:43.4; 5000 - Lisa DiThomas 19:54.79; 4x100 - 3. Farrah Feist, Shelley Johnson, Jill Willis, Megan Prkut 50.67; 4x400 - 3. Farrah Feist, Rebecca Hill, Veronica McGuire, Crystal Davis 4:10.24; High Jump - 1. Veronica McGuire 5-4; Discus - 4. Jennifer Mercy 119-2; Shot Put - 2. Amanda Johnson 39-11, 3. Angie Marchant 39-6, 4. Jennifer Mercy 39-2 1/2; Javelin - 1. Angie

Marchant 127-4, 2. Crystal Davis 110-0, 3. Jennifer Mercy 107-6, 4. Natalie Hutcheson 82-6 1/4.

PNW Regional (May 10-11 at Monmouth)

Team scores - Pacific Lutheran 165 1/2, Western Washington 160, Western Oregon 95, Puget Sound 89, Simon Fraser 75, Central Washington 54 1/2, Eastern Oregon 40, Southern Oregon 33, Northwest Nazarene 20, Whitman 19, Oregon Tech 3, Pacific 1. Outstanding Female Performer - Amy Cameron, WWU. Coach-of-the-Year - Pee Wee Halsell, WWU

CWU placers: 100 - 5. Jill Willis 12.5; 200 - 4. Jill Willis 26.28; 1500 - 4. Rebecca Hill 4:41.13; 5000 - 7. Heather MacPhee 20:21.72; 4x100 - 6. Farrah Feist, Shelley Johnson, Jill Willis, Megan Prkut 51.30; 4x400 - 5. Farrah Feist, Rebecca Hill, Veronica McGuire, Megan Prkut 4:08.14; High Jump - 2. Veronica McGuire 5-4 1/4, 6. Megan Prkut 4-10 1/4; Discus - 8. Jennifer Mercy 119-5; Shot Put - 2. Amanda Johnson 41-3 1/2, 4. Jennifer Mercy 39-10, 6. Angie Marchant 38-10 1/4; Javelin - 5. Angie Marchant 113-7.

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NAIA Nationals (May 23-25, 1996 at Marietta, Ga.)

Team Scores - Central State (Ohio) 108, Azusa Pacific 65 1/2, Wayland Baptist 62, Southern University 61, Life 45, Simon Fraser 44, Pacific Lutheran 40, George Fox 36, Mary, N.D. 35, Doane 29 (47. Central Washington 1).

Thursday: 1500 - Rebecca Hill, 9th in heat, 4:54.24 (did not advance); Heptathlon - Megan Prkut (100 Hurdles- 11th, 17.48 - 543; High Jump - 4th, 5-2 1/2 - 724; Shot Put - 3rd, 34-1 1/2 - 556; 200 - 12th, 27.83 - 644).

Friday: High Jump - 8. Veronica McGuire 5-5; Heptathlon - 14. Megan Prkut 3860 (Long Jump - 15th, 12-10 1/4 - 290; Javelin - 6th, 110-4 - 545; 800 - 15th, 2:41.26 - 558).

Saturday: No competitors.

BEST MARKS

Running Events: 100 - Jill Willis 12.63 (5-4); 200 - Jill Willis 26.10 (5-10); 400 - Rebecca Hill 1:03.1 (4-13); 800 - Rebecca Hill 2:16.92 (4-27); 1500 - Rebecca Hill 4:41.13 (5-11); 3000 - Heather MacPhee 10:51.22 (4-6); 5000 - Heather MacPhee 18:46.20 (4-20); 10,000 - Heather Smith 43:18.72 (4-27).

Hurdles: 100 Hurdles - Farrah Feist 15.7 (3-30); 400 Hurdles - Farrah Feist 1:08.9 (4-13).

Relays: 4x100 - Farrah Feist, Shelley Johnson, Jill Willis, Megan Prkut 50.67 (5-4); 4x400 - Farrah Feist, Rebecca Hill, Veronica McGuire, Megan Prkut 4:08.14 (5-11).

Jumping Events: High Jump - Veronica McGuire 5-5 (5-24); Long Jump - Nickola Wilson 17-8 1/2 (3-2); Triple Jump - Crystal Davis 32-6 (3-9).

Weight Events: Shot Put - Amanda Johnson 41-3 1/2 (5-11); Discus - Jennifer Mercy 119-5 (5-11); Javelin - Natalie Hutcheson 128-6 (3-9); Heptathlon - Megan Prkut 3860 (May 23-24).

AWARD WINNERS

Captain - Rebecca Hill. Inspirational - Rebecca Hill. MVP - Rebecca Hill. Outstanding Frosh - Farrah Feist.

Letter winners: Fourth-year -Rebecca Hill, Veronica McGuire. Third-year - Amanda Johnson, Angie Marchant, Megan Prkut. Second-year - Shelley Johnson, Heather MacPhee, Jennifer Mercy, September Woods. First-year - Crystal Davis, Lisa DiThomas, Farrah Feist, Natalie Hutcheson, Dana Riste, Jill Willis. Non-lettermen - Sandra Hovde, Heather Smith, Jennifer Thompson, Nickola Wilson.