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Central Washington University Women's Track and Field Profiles, 1999

Central Washington University Athletics

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Sarah Lind (5-8, Jr., Sunnyside)

Events: Javelin, Heptathlon

High School: Graduated from Sunnyside High School in 1996. Voted Most Athletic award. Lettered in soccer (4), softball (2) and track (2). Played center halfback position in soccer. All-league junior and senior seasons. Team Offensive MVP. Pitcher in softball. Team MVP senior season. First team all-league utility player senior year. First team All-Valley pitcher. Coaches Award winner in soccer and softball. .Competed in track freshman and sophomore seasons, earning team MVP honors before switching to softball. Continued track career in summer, competing in heptathlon in Junior Olympic program. **College:** Two-year letter winner. Competed in NAIA national meet sophomore year in javelin and heptahtlon, placing 12th (123-3) and ninth (4,057 points), respectively. . Placed seventh in regional meet (118-10) and second in conference meet (131-7) in javelin. Also placed second in conference meet in heptathlon (3943). .Placed sixth in Pacific Northwest regional meet freshman season in javelin with throw of 117-10. . .Has posted NCAA Division II provincial qualifying mark of 134-0 this spring in javelin. Mark ranks fourth on school Top 10 list. Also ranks fifth in heptathlon with best of 4,239 points. **Misc:** Born 7-10-78 at Astoria, Ore. Has four brothers and one sister. Brothers, Garth, Aaron and Jared (who are triplets) all competed in track at CWU, winning a total of eight letters between 1995 and 1997. Elementary education major. High school activities included Honor Society, French Club, Key Club, FBLA and church youth group.