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

Central Washington University Athletics

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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.


PNWAC (May 4 at Ellensburg)


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


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


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).


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.


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