

NCAC 1989 ALL CONFERENCE -- WOMEN'S OUTDOOR TRACK & FIELD

CLEVELAND, OH -- The following athletes have been designated All Conference resulting from their performances in the fifth North Coast Athletic Conference Women's Outdoor Track & Field Championships held May 5-6, 1989, at Ohio Wesleyan University, Delaware, Ohio.

100 METER DASH

Kelly Ley	OWU	12.91
Colleen McCaulley	WOO	12.96
Angela Siggers	DEN	13.48

200 METER DASH

Kelly Ley	OWU	26.50
Donna Moulton	ALL	26.86
Colleen McCaulley	WOO	27.07

400 METER DASH

Donna Moulton	ALL	59.39
Heidi Halliday	DEN	60.48
Kristie Schneider	OWU	62.76

800 METER RUN

Sarah Appleby	OBE	2:18.31 *
Alyse Holden	ALL	2:21.07
Dawn Mullineaux	OWU	2:22.02

1500 METER RUN

Pam Karle	ALL	4:46.65
Dawn Mullineaux	OWU	4:49.90
Leanne Findell	OBE	4:55.38

3000 METER RUN

Sue Castor	ALL	10:38.76
Leanne Findell	OBE	10:44.03
Laura Cini	OBE	10:52.22

5000 METER RUN

Dawn Mullineaux	OWU	18:35.0
Katie Tiedemann	ALL	18:41.1
Jeanne Allegra	DEN	19:12.2

10,000 METER RUN

Lynda Kohl	ALL	41.25
Deanna Herrington	ALL	42.28
Jen Schultz	OWU	42.48

110 METER HIGH HURDLES

Kelly McNamara	OWU	15.77
Lisa Encarnacion	CWRU	15.90
Jen Nassar	ALL	16.33

400 METER INTERMEDIATE HURDLES

Kelly McNamara	OWU	63.51 *
Shelle Lamie	OWU	65.26
Lisa Encarnacion	CWRU	65.72

HIGH JUMP

Juli Althoff	OWU	5' 5.5" *
Barb Pendleton	ALL	5' 2"
Naomi Zubin	OBE	5' 2"

LONG JUMP

Kristie Schneider	OWU	15' 8.5"
Carolyn Hall	OBE	15' 7"
Karen Adams	KEN	15' 6.25"

TRIPLE JUMP

Kristie Schneider	OWU	35' .5"
Carolyn Hall	OBE	35' 2.75"
Shelle Lamie	OWU	34' .5"

SHOT PUT

Tracy Setters	OWU	37' 3"
Tawny Stecken	KEN	35' 0"
Anne Powell	KEN	33' 9"

JAVELIN

Julia Murray	OWU	102' 6"
Jodi Knox	DEN	88' 8.5"
Cathy Sell	OWU	82' 11"

DISCUS

Tasha Crannell	DEN	118' 9"
Kris Mushett	WOO	111' 7"
Jodi Knox	DEN	96' 9"

400 METER RELAY

Kelly McNamara	OWU	51.40
Shelle Lamie		
Jill Abbamonte		
Kelly Ley		
R. Levine,N. Zubin,	OBE	51.94
S. Van Gundy,C. Hall		
L. Watson,A. Siggers,	DEN	53.33
K. Dellapina,H. Halliday		

1600 METER RELAY

Megan McCracken	ALL	4:06.25
Chris Binnie		
Alyse Holden		
Donna Moulton		
A. Zola,S. Van Gundy,	OBE	4:07.85
S. Appleby, C. Hall		
K. McNamara,K. Shaw,	OWU	4:16.97
S. Wamsley,S. Lamie		

FINAL SCORES

1. OHIO WESLEYAN	209
2. ALLEGHENY	109
3. OBERLIN	82
4. DENISON	74
5. WOOSTER	34
6. KENYON	32
7. CASE WESTERN RESERVE	18

MOST VALUABLE FIELD ATHLETE

Juli Althoff, Soph., Ohio Wesleyan (Sylvania, OH/Southeastern)

MOST VALUABLE TRACK ATHLETE

Kelly McNamara, Soph., Ohio Wesleyan (Cincinnati, OH/Deer Park)

COACH OF THE YEAR: Alison Stanford, OWU
* **NEW NCAC RECORD**