

## 1990 ALL-NCAC - WOMEN'S OUTDOOR TRACK & FIELD

**CLEVELAND, OH** -- The following athletes have been designated All-Conference resulting from their performances in the sixth annual North Coast Athletic Conference Women's Outdoor Track & Field Championships, held May 4-5, 1990 at the George Gauthier Track on the campus of Ohio Wesleyan University, Delaware, Ohio.

### 100-METER DASH

Ann Gilbert/Jr.	OBE	13.02
Joan McKenney/Fr.	ALL	13.29
Rachel Levine/Sr.	OBE	13.55

### 200-METER DASH

Donna Moulton/Jr.	ALL	26.10
Ann Gilbert/Jr.	OBE	26.61
Joan McKenney/Fr.	ALL	27.68

### 400-METER DASH

Donna Moulton/Jr.	ALL	59.53
Danielle Holland/Fr.	ALL	61.43
Shannon Foriska/Fr.	OWU	61.59

### 800-METER RUN

Kate Fechtel/Jr.	DEN	2:21.61
Diane Del Balso/So.	OWU	2:22.71
Kate Lindner/Sr.	DEN	2:22.81

### 1,500-METER RUN

Kate Lindner/Sr.	DEN	4:43.63
Kate Fechtel/Jr.	DEN	4:47.76
Pam Karle/So.	ALL	4:48.90

### 3,000-METER RUN

Katie Tiedemann/Jr.	ALL	10:34.4
Pam Karle/So.	ALL	10:34.5
Sue Castor/So.	ALL	10:34.5

### 5,000-METER RUN

Lynda Kohl/Jr.	ALL	18:48.5
Katie Tiedemann/Jr.	ALL	18:48.6
Dee Buckhoff/Fr.	ALL	18:48.6

### 10,000-METER RUN

Dee Buckhoff/Fr.	ALL	39:40.5
Katie Tiedemann/Jr.	ALL	39:40.6
Lynda Kohl/Jr.	ALL	39:40.7

### 110-METER HIGH HURDLES

Lisa Encarnacion/So.	CWRU	15.34*
Kelly McNamara/Jr.	OWU	15.37
Kristie Schneider/So.	OWU	16.14

### 400-METER INTERMEDIATE HURDLES

Kelly McNamara/Jr.	OWU	64.21
Lisa Encarnacion/So.	CWRU	64.43
Shellee Lamie/So.	OWU	66.09

### HIGH JUMP

Juli Althoff/Jr.	OWU	5' 4"
Jennifer Masterson/Fr.	OWU	5' 2"
Barb Pendleton/Sr.	ALL	5' 2"

### LONG JUMP

Krista Hicks/Fr.	WOO	16' 6"
Kristie Schneider/So.	OWU	16' 5"
Laura Mench/Fr.	WOO	16' 4 3/4"

\*NCAC RECORD

### TRIPLE JUMP

Carolyn Hall/Jr.	OBE	34' 2"
Jennifer Ugine/Fr.	ALL	33' 6 1/4"
Glena Gilbert/So.	ALL	33' 3 3/4"

### SHOT PUT

Audrey Neely/Fr.	OWU	41' 2"
Amy Yothers/Fr.	OWU	34' 4"
Kris Mushett/Sr.	WOO	33' 7"

### JAVELIN

Holly Heritage/Sr.	WITT	100' 4"
Audrey Neely/Fr.	OWU	97' 3"
Renee Wright/So.	ALL	92' 11"

### DISCUS

Audrey Neely/Fr.	OWU	126' 7"
Tasha Crannell/Jr.	DEN	125' 4"
Amy Yothers/Fr.	OWU	119' 10"

### 400-METER RELAY

Jefferies, Lamie, Schneider, Foriska	OWU	51.22
Hughes, McKenney, Zappia, Moulton	ALL	51.77
Levine, Zubin, Hall, Gilbert	OBE	52.23

### 1600-METER RELAY

Holland, Zappia, Hughes, Moulton	ALL	4:04.4
McNamara, Lamie, Lucas, Foriska	OWU	4:05.5
VanGundy, Haldeman, Pereyra Gilbert	OBE	4:13.3

### CHAMPIONSHIP RESULTS

1. ALLEGHENY	190
2. OHIO WESLEYAN	173
3. DENISON	55
4. OBERLIN	53.5
5. WOOSTER	37
6. CASE RESERVE	22
7. KENYON	15.5
8. WITTENBERG	12
9. EARLHAM	0

### MOST VALUABLE FIELD ATHLETE

Audrey Neely/Fr., Ohio Wesleyan  
(Youngstown, OH/Rayen)

### MOST VALUABLE TRACK ATHLETE

Donna Moulton/Jr., Allegheny  
(Queens Village, NY/Bishop Loughlin)

### COACH-OF-THE-YEAR

Ralph White, Allegheny