

NORTH COAST ATHLETIC CONFERENCE
1996 Women's Outdoor Track & Field Championships
College of Wooster • May 3-4

SHOT PUT

41' 1-1/2" + Missy Novak, WITT
 39' 6-1/2" Ali Albrecht, OWU
 38' 5-1/3" Keira Miller, ALL

TRIPLE JUMP

35' 8-1/2" Keira Miller, ALL
 35' 3-1/4" Karla Lester, OWU
 34' 4-1/4" Jackie Hoover, ALL

JAVELIN

111' 8" Jennifer Bruny, CWRU
 107' 8" Kim Graf, KEN
 98' 4" Jackie Hoover, ALL

HIGH JUMP

5' 6-1/2" * # Kari Bonomo, ALL
 5' 5" + Katie Varda, KEN
 5' 5" (t) + Britany Affolter, WITT
 5' 5" (t) + Joanna Garcia, OWU

DISCUS

136' 4" * + Ali Albrecht, OWU
 126' 7" Missy Novak, WITT
 119' 9" Ebony Green, WOO

LONG JUMP

17' 6-3/4" Nicole Canty, WITT
 16' 8-1/4" Jennifer Bruny, CWRU
 16' 1-1/2" Beverly Smith, OWU

10,000-METER RUN

37:47.66 + Shannon Fox, OBE
 39:12.96 Tracy Raymond, OWU
 39:54.77 Maggie Rehm, ALL

5000-METER RUN

18:13.00 Shannon Fox, OBE
 18:23.46 Gretchen Baker, KEN
 18:53.19 Tracy Raymond, OWU

400-METER RELAY

50.20 ALLEGHENY
 (Miller, Hoover, Anibaldi, Cousins)
 50.60 WITTENBERG
 51.28 OHIO WESLEYAN

FIELD ATHLETE OF THE YEAR

Ali Albrecht, Ohio Wesleyan

TRACK ATHLETE OF THE YEAR

Alison Anibaldi, Allegheny

COACH OF THE YEAR

Ralph White, Allegheny

1500-METER RUN

4:49.40 Alison Anibaldi, ALL
 4:53.17 Michelle Poole, WOO
 4:56.91 Jen Sturges, OWU

100-METER HIGH HURDLES

15.70 Jennifer Bruny, CWRU
 15.74 Beverly Smith, OWU
 16.11 Jackie Hoover, ALL

400-METER DASH

58.67 + Alison Anibaldi, ALL
 1:00.34 Stacy Walker, WITT
 1:02.35 Erica McKinley, CWRU

100-METER DASH

12.66 Tamara Cousins, ALL
 12.81 Shondraye Smith, WITT
 13.01 Karla Lester, OWU

800-METER RUN

2:22.39 Alison Anibaldi, ALL
 2:22.99 Jen Sturges, OWU
 2:23.01 Kim Graf, KEN

400-METER INTERMEDIATE HURDLES

1:04.61 + Annie Gillespie, WOO
 1:06.99 Jennifer Bruny, CWRU
 1:10.38 Laura Thompson, OWU

200-METER DASH

25.84 * + Tamara Cousins, ALL
 26.37 Karla Lester, OWU
 26.62 Stacy Walker, WITT

3000-METER RUN

10:35.40 Shannon Fox, OBE
 10:40.24 Gretchen Baker, KEN
 10:40.80 Kristen Bardou, DEN

1600-METER RELAY

4:07.5 ALLEGHENY
 (Schukert, Hoover, Anibaldi, Cousins)
 4:10.6 WOOSTER
 4:13.0 CWRU

*NCAC Record #NCAA Automatic +NCAA Provisional

TEAM RESULTS

1.	ALLEGHENY	159
2.	OHIO WESLEYAN	138.5
3.	WITTENBERG	132.5
4.	WOOSTER	82
5.	CWRU	80.5
6.	KENYON	54.5
7.	OBERLIN	36
8.	DENISON	17
9.	EARLHAM	1