

NORTH COAST ATHLETIC CONFERENCE
1995 Women's Swimming & Diving Championships
Thursday-Saturday, Feb. 16-18 • Oberlin, Ohio

50-YD FREESTYLE

% 24.38 Carla Ainsworth, KEN
 % 24.62 Shelly Baker, KEN
 % 24.82 Alison Begg, DEN

100-YD FREESTYLE

% 53.47 Carla Ainsworth, KEN
 54.67 Sharon Sanborn, CWRU
 54.68 Jaime Ruffennach, ALL

200-YD FREESTYLE

% 1:53.94 Carla Ainsworth, KEN
 % 1:54.49 Stephanie Martin, KEN
 % 1:56.96 Wendy Miller, DEN

500-YD FREESTYLE

% 5:05.23 Stephanie Martin, KEN
 % 5:06.31 Susan Beatty, CWRU
 % 5:10.16 Wendy Miller, DEN

1650-YD FREESTYLE

% 17:23.75 Susan Beatty, CWRU
 % 17:44.39 Debbie Luhmann, DEN
 % 17:49.01 Beth Belanger, KEN

200-YD INDIVIDUAL MEDLEY

% 2:10.49 Debbie King, WOO
 % 2:12.62 Jenny Churchill, KEN
 % 2:13.66 Malia McGlothlin, KEN

400-YD INDIVIDUAL MEDLEY

% 4:36.93 Debbie King, WOO
 % 4:40.31 Maura Deegan, KEN
 % 4:43.28 Jenny Churchill, KEN

100-YD BUTTERFLY

% 59.51 Sharon Sanborn, CWRU
 % 1:00.19 Jaime Ruffennach, ALL
 1:00.89 Carrie Sprigman, DEN

200-YD BUTTERFLY

% 2:11.97 Carrie Sergi, WOO
 % 2:14.00 Staci Bertelli, WITT
 % 2:14.10 Pam Lepkowski, ALL

100-YD BACKSTROKE

% 1:00.16 Judy Ossello, DEN
 % 1:01.26 Shannon Connolly, KEN
 % 1:01.62 Karen Babb, KEN

SWIMMER OF THE YEAR -- Carla Ainsworth, KEN

DIVER OF THE YEAR -- Lynn Birdsall, ALL

SWIM COACH OF THE YEAR -- Tom Erdos, ALL;
 Jim Steen, KEN

DIVING COACH OF THE YEAR -- Rich Blough, WOO;
 Fletcher Gilders, KEN

200-YD BACKSTROKE

% 2:08.74 Shannon Connolly, KEN
 % 2:11.05 Karen Babb, KEN
 % 2:11.71 Lisa Souders, ALL

100-YD BREASTSTROKE

% 1:07.73 Alison Begg, DEN
 % 1:08.86 Rachel Schiming, KEN
 % 1:09.26 Jenny Godfrey, DEN

200-YD BREASTSTROKE

% 2:29.07 Jenny Godfrey, DEN
 % 2:29.32 Debbie King, WOO
 2:31.12 Johanna Shubert, WITT

ONE-METER DIVING

% 379.70 Liz Helstein, WOO
 % 374.70 Lynn Birdsall, ALL
 315.70 Andrea Richard, OWU

THREE-METER DIVING

% 467.10 Lynn Birdsall, ALL
 % 411.70 Liz Helstein, WOO
 376.20 Karen Adams, ALL

200-YD FREESTYLE RELAY

% 1:37.80 KENYON
 % 1:38.43 DENISON
 1:42.35 ALLEGHENY

400-YD FREESTYLE RELAY

% 3:35.15 KENYON
 % 3:36.03 DENISON
 3:45.08 CWRU

800-YD FREESTYLE RELAY

% 7:46.79 KENYON
 8:04.40 WOOSTER
 8:09.36 ALLEGHENY

200-YD MEDLEY RELAY

% 1:49.63 KENYON
 % 1:49.97 DENISON
 1:53.48 WOOSTER

400-YD MEDLEY RELAY

% 4:00.92 KENYON
 % 4:01.85 DENISON
 4:09.71 WOOSTER

FINAL TEAM STANDINGS

1.	KENYON	924
2.	DENISON	661
3.	ALLEGHENY	560
4.	WOOSTER	467
5.	CWRU	280
6.	WITTENBERG	276
7.	OHIO WESLEYAN	214
8.	OBERLIN	156