

DECEMBER 4, 1976

	Time	
50 Meter Dash		
1st Athlen Bowles	6.4	New Meet Record
2nd Carrmen Rivers	6.5	
3rd Angela Johnson	6.5	
300 Meter Dash		
1st Cheryl Gilliam	40.8	New Meet Record
2nd Carrmen Rivers	41.3	
600 Meter Run		
1st Rochelle Collins	1:34.9	New Meet Record
2nd Lisa Walton	1:36.3	
5th Donna Smitherman	1:46.7	
1000 Meter Run		
4th Allison Ware	3:15.2	
5th Lerrrie King	3:24.7	
1500 Meter Run		
2nd Rochelle Collins	5:09.3	
5th Sherrie King	5:59.0	
Long Jump		
	Distant	
4th Donna Smitherman	14' 6 3/8"	
Shot Put		
	Distant	
2nd Sharon Sims	32' 8 4/8"	
800 Meter Relay		
	Time	
1st Cheryl Gilliam Athlen Bowles Angela Johnson Lisa Walton	1:48.4	