EMPIRE 8 XC CHAMPIONSHIPS - 10/27/2012
TIMIMNG BY WWW.FINISHRIGHT.COM
SARATOGA SPRINGS STATE PARK, SARATOGA, NY

Event 1 Women 3.04 Mile Run CC

	Name	Year	School	Avg Mile	Finals	Points
1	Regan, Amy	FR	Stevens	5:58.1	18:08.46	1
2	Rick, Alexa	SO	Ithaca	6:02.6	18:22.12	2
3	Villeneueve, Ashton	FR	Utica College	6:06.7	18:34.63	3
4	Fay, Anna	FR	Ithaca	6:07.1	18:35.77	4
5	Lewis, Jillian	SR	Houghton College	6:08.0	18:38.58	5
6	Diamond, Anastasia	SO	Ithaca	6:10.8	18:47.00	6
7	Smith, Emily	SO	Ithaca	6:12.1	18:50.98	7
8	Lisack, Jaime	FR	Ithaca	6:12.3	18:51.54	8
9	Malone, Carolyn	SO	Ithaca	6:12.4	18:52.08	9
10	Shippy, Katlin	FR	St. John Fisher	6:13.0	18:53.68	10
11	Bogdan, Opal	FR	Ithaca	6:15.6	19:01.73	11
12	Depalma, Sarah	FR	Utica College	6:16.5	19:04.36	12
13	Cass, Meghan	SO	Ithaca	6:17.0	19:06.06	
14	Graham, Carly	SR	Ithaca	6:17.5	19:07.56	
15	Erlwein, Rianne	SO	Utica College	6:19.2	19:12.69	13
16	Bartkowiak, Allison	JR	Ithaca	6:19.5	19:13.66	
17	Prager, Monica	SO	Hartwick	6:21.5	19:19.64	14
18	Day, Katie	JR	Utica College	6:22.2	19:21.68	15
19	Heitzhaus, Lauren	JR	Naz	6:22.7	19:23.17	16
20	Hartford, Mary Claire	SO	Ithaca	6:23.8	19:26.62	
21	Swanson, Shanna	FR	Naz	6:24.0	19:27.22	17
22	Howard, Ebonie	SR	Ithaca	6:24.4	19:28.35	
23	Willaims, Leah	JR	Houghton College	6:24.8	19:29.55	18
24	Freed, Kelly	JR	Stevens	6:25.1	19:30.73	19
25	Davenport, Cara	So	Houghton College	6:25.3	19:31.24	20
26	Deruchia, Renee	FR	St. John Fisher	6:25.5	19:31.78	21
27	Ryan, Kelsey	SR	Naz	6:25.9	19:32.89	22
28	Spirito, Rachel	SR	Ithaca	6:28.7	19:41.41	
29	Schenk, Megan	SR	Ithaca	6:29.9	19:45.15	
30	Niedziela, Sheila	SR	Hartwick	6:34.3	19:58.65	23
31	Princiotta, Ashley	JR	Stevens	6:34.5	19:59.16	24
32	Murphy, Kayla	SR	Naz	6:35.1	20:00.96	25
33	Charno, Annemaire	SR	Ithaca	6:36.0	20:03.67	
34	Hein, Annelsie	SR	Houghton College	6:36.1	20:04.05	26
35	Althaus, Bethany	JR	Naz	6:36.4	20:05.03	27
36	Jamieson, Lauren	SR	Naz	6:36.9	20:06.50	28
37	Coon, Sarah	FR	St. John Fisher	6:37.9	20:09.46	29
38	Moyer, Kate	FR	Stevens	6:39.0	20:12.94	30
39	Graziadei, Nicole	SO	St. John Fisher	6:39.5	20:14.48	31
40	Balloni, Jaimee	JR	Utica College	6:39.7	20:15.08	32
41	Gildemeyer, Michaela	SO	Naz	6:40.2	20:16.63	33
42	Hecker, Christine	SO	Stevens	6:42.7	20:24.10	34
43	Dunbar, Bridget	FR	Naz	6:42.8	20:24.51	
44	Vainauskas, Nicole	FR	St. John Fisher	6:43.0	20:24.92	35
45	Bowler, Julie	SO	Utica College	6:43.1	20:25.30	36
46	Lemke, Laura	JR	Stevens	6:43.5	20:26.40	37
47	Pitman, Courtney	FR	Naz	6:44.4	20:29.30	
48	Harrington, Sarah	FR	St. John Fisher	6:44.6	20:30.00	38
49	Bennett, Sam	FR	Utica College	6:46.3	20:35.11	39
50	Jennings, Hannah	SR	Houghton College	6:47.2	20:37.74	40
51	Forrester, Tracie	SO	Alfred U	6:47.7	20:39.24	41
52	Phillips, Tricia	FR	Hartwick	6:48.7	20:42.44	42
53	Olive, Kayleigh	JR	Naz	6:49.1	20:43.47	
54	Gallup, Taylor	SO	St. John Fisher	6:50.6	20:48.15	43
55	Talbot, Becky	SO	Hartwick	6:51.5	20:50.70	44
56	Bernardin, Savannah	SO	Utica College	6:51.8	20:51.61	
57	Frontera, Janice	FR	Stevens	6:54.3	20:59.21	45
58	Meeson, Blair	FR	Naz	6:56.0	21:04.52	
59	Poore, Krista	SO	Hartwick	7:01.5	21:21.16	46
60	Davis, Shannon	SO	St. John Fisher	7:01.8	21:22.08	
61	Guzelak, Stephanie	SO	St. John Fisher	7:03.3	21:26.78	
62	Munkitrick, Sarah	JR	Houghton College	7:04.5	21:30.36	47

63	Westfall, Amanda	SO	St. John Fisher	7:04.7	21:31.10		
64	Kiser, Alyssa	JR	Houghton College	7:05.6	21:33.62	48	
65	Donatello, Devon	FR	St. John Fisher	7:06.9	21:37.68		
66	Schoenborn, Kirsten	JR	Naz	7:09.0	21:44.01		
67	Ho, Mary	So	Houghton College	7:09.7	21:46.04		
68	Slattery, Sam	JR	Utica College	7:10.4	21:48.26		
69	Flick, Morgan	FR	Alfred U	7:10.9	21:49.74	49	
70	Quinn, Maura	JR	Stevens	7:11.1	21:50.37		
71	Michalec, Dominique	FR	Stevens	7:13.0	21:56.30		
72	Pearce, Kate	FR	Utica College	7:14.8	22:01.59		
73	Nealon, Grace	SO	Hartwick	7:15.8	22:04.66	50	
74	Spittler, Sarah	FR	Utica College	7:16.0	22:05.31		
75	Juber, Samantha	SR	Houghton College	7:19.5	22:15.83		
76	Iosue, Ericka	SO	Stevens	7:20.5	22:18.98		
77	Martindale, Olivia	FR	Stevens	7:21.8	22:22.85		
78	Rhen, Jordan	SO	St. John Fisher	7:22.3	22:24.32		
79	Losito, Mary	JR	Naz	7:23.6	22:28.51		
80	Bartlett, Katherine	FR	Hartwick	7:24.1	22:29.99	51	
81	Swartwood, Makenzie	FR	St. John Fisher	7:25.8	22:35.03		
82	Holland, Julianna	SO	St. John Fisher	7:26.4	22:36.79		
83	Holmer, Alexis	FR	Utica College	7:27.9	22:41.61		
84	Dardir, Amira	SO	Stevens	7:29.9	22:47.63		
85	Goot, Alyssa	SO	Alfred U	7:34.4	23:01.24	52	
86	Strum, Nicole	SO	Hartwick	7:37.6	23:11.01		
87	Delfini, Anna	FR	Houghton College	7:37.7	23:11.23		
88	Fujimura, Emylianne	SR	Houghton College	7:39.2	23:15.86		
89	Zahran, Sarah	FR	Stevens	7:55.3	24:04.67		
90	McPhail, Erica	FR	Hartwick	8:02.4	24:26.43		
91	Rorick, Amber	JR	Stevens	8:03.2	24:28.94		
92	Haracz, Alexandra	FR	Stevens	8:05.5	24:35.92		
93	Dalton, Shannon	FR	Alfred U	8:06.5	24:38.85	53	
94	Nelson, Abigail	JR	Hartwick	8:07.0	24:40.40		
95	Pettit, Corine	JR	Alfred U	8:08.3	24:44.41	54	
96	Blong, Cydney	Sr	Houghton College	8:29.0	25:47.37		
97	Relyea, Katrina	FR	Houghton College	9:35.4	29:09.00		
98	Campbell, Lauren	FR	Houghton College	11:52.5	36:06.00		

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ithaca	27	2	4	6	7	8	9	11		
	Total Time: 1:33:27.41										
	Average: 18:41.49										
2	Utica College	75	3	12	13	15	32	36	39		
	Total Time: 1:36:28.44										
	Average: 19:17.69										
3	Naz	107	16	17	22	25	27	28	33		
	Total Time: 1:38:29.28										
	Average: 19:41.86										
4	Stevens	108	1	19	24	30	34	37	45		
	Total Time: 1:38:15.39										
	Average: 19:39.08										
5	Houghton College	109	5	18	20	26	40	47	48		
	Total Time: 1:38:21.16										
	Average: 19:40.24										
6	St. John Fisher	126	10	21	29	31	35	38	43		
	Total Time: 1:39:14.32										
	Average: 19:50.87										
7	Hartwick	169	14	23	42	44	46	50	51		
	Total Time: 1:42:12.59										
	Average: 20:26.52										
8	Alfred U	249	41	49	52	53	54				
	Total Time: 1:54:53.48										
	Average: 22:58.70										

EMPIRE 8 XC CHAMPIONSHIPS - 10/27/2012
TIMIMNG BY WWW.FINISHRIGHT.COM
SARATOGA SPRINGS STATE PARK, SARATOGA, NY

Event 2 Men 8k Run CC

	Name	Year	School	Avg Mile	Finals	Points
1	Bickell, Nathan	SR	Ithaca	5:16.2	26:11.44	1
2	Cahill, Michael	JR	Stevens	5:17.3	26:16.96	2
3	Payne, Morgan	JR	Utica College	5:18.8	26:24.70	3
4	Geary, David	SR	Ithaca	5:21.1	26:36.04	4
5	Fekete, Peter	SR	Naz	5:21.6	26:38.29	5
6	Hitchcock, Sawyer	FR	Ithaca	5:23.8	26:49.46	6
7	Cunningham, Tom	SO	Stevens	5:26.6	27:03.24	7
8	Stuligross, John	SR	Hartwick	5:28.5	27:12.99	8
9	McGowan, Tim	FR	Houghton College	5:28.6	27:13.49	9
10	Ryan, Dennis	SO	Ithaca	5:29.3	27:16.61	10
11	Savage, Billy	SR	Ithaca	5:31.0	27:25.06	11
12	Padgett, Hunter	SR	Utica College	5:31.4	27:27.20	12
13	Horwath, Samuel	JR	Ithaca	5:31.6	27:28.29	13
14	Gomez, Stephen	FR	Ithaca	5:32.0	27:29.93	14
15	Stengel, Louie	JR	Stevens	5:33.1	27:35.83	15
16	Loignon, Matt	SO	Hartwick	5:34.1	27:40.71	16
17	Lu, Joseph	SR	Ithaca	5:34.7	27:43.72	
18	Derderian, Steve	SO	Ithaca	5:35.4	27:47.09	
19	Fedrizzi, Matt	JR	Naz	5:35.6	27:48.00	17
20	Murray, Tyler	GR	Ithaca	5:36.5	27:52.39	
21	Vorensky, Mark	SR	Ithaca	5:36.5	27:52.62	
22	Bohanan, Larkin	FR	Ithaca	5:38.1	28:00.38	
23	Jenkins, Gavin	SO	Hartwick	5:38.3	28:01.40	18
24	Magnussen, Evan	SO	St. John Fisher	5:39.1	28:05.31	19
25	Lotsbom, Chris	SR	Ithaca	5:39.5	28:07.22	
26	Cairns, Kyle	FR	Utica College	5:40.1	28:10.50	20
27	Mangiafesto, Jeffrey	FR	St. John Fisher	5:41.0	28:14.84	21
28	Hayes, Tyler	SR	Utica College	5:41.3	28:16.30	22
29	Lawrey, Brian	SO	Stevens	5:42.4	28:21.74	23
30	Stevens, Eric	JR	Utica College	5:42.7	28:23.11	24
31	Ben-Dor, Shai	FR	Ithaca	5:42.8	28:24.02	
32	Richards, David	JR	Houghton College	5:43.7	28:28.10	25
33	Chapel, Nick	SO	Stevens	5:44.7	28:33.41	26
34	DeBernardis, Cody	FR	Hartwick	5:45.1	28:35.45	27
35	Herbert, Matt	SO	St. John Fisher	5:46.7	28:43.20	28
36	Kanaszka, Troy	FR	Stevens	5:47.6	28:47.82	29
37	Barresi, Kevin	SO	Stevens	5:48.2	28:50.85	30
38	Strough, Josh	SR	Naz	5:49.3	28:56.19	31
39	McNamara, Jamie	SO	Utica College	5:50.3	29:01.28	32
40	Neureuter, Patrick	FR	Naz	5:50.8	29:03.55	33
41	Lafaver, Jake	JR	Naz	5:51.4	29:06.37	34
42	Lewis, David	SR	Utica College	5:52.3	29:11.02	35
43	Greiner, John	FR	St. John Fisher	5:54.9	29:23.78	36
44	Harbol, Sam	FR	St. John Fisher	5:55.8	29:28.24	37
45	Christopherson, Jason	FR	Ithaca	5:56.8	29:33.38	
46	Bombard, Matt	SO	Stevens	5:58.6	29:42.60	
47	McKeehan, Zach	FR	Stevens	6:01.1	29:54.99	
48	Rummel, Nolan	JR	Alfred U	6:03.2	30:05.12	38
49	Mikols, Eric	FR	St. John Fisher	6:03.5	30:06.86	39
50	Kelly, Ethan	FR	Hartwick	6:04.5	30:11.64	40
51	Ippolito, Vince	SO	St. John Fisher	6:04.7	30:12.90	41
52	Jablonski, Kevin	SO	St. John Fisher	6:06.5	30:21.43	
53	Deboer, Luke	FR	Houghton College	6:07.6	30:26.95	42
54	Bradley, Adam	JR	St. John Fisher	6:08.4	30:31.02	
55	Zlatniski, Corey	FR	Utica College	6:08.9	30:33.70	
56	Mance, Brenden	SR	St. John Fisher	6:15.4	31:06.07	
57	Edward, Potter	JR	Alfred U	6:15.5	31:06.30	43
58	Lewis, Jonathan	So	Houghton College	6:15.8	31:07.74	44
59	Hilt, Zach	SO	St. John Fisher	6:18.3	31:20.08	
60	Moe, Ben	SR	Utica College	6:20.9	31:33.07	
61	Gross, Arther	JR	Alfred U	6:22.0	31:38.57	45
62	Downey, Isaac	FR	Stevens	6:23.6	31:46.49	
63	Battaglia, Robert	JR	St. John Fisher	6:23.7	31:47.32	
64	Staats, Ethan	SR	Hartwick	6:26.8	32:02.33	46
65	Foster, Eathan	FR	Alfred U	6:29.7	32:17.06	47
66	Praise, Austin	SR	Utica College	6:30.3	32:19.96	
67	Hartnett, Max	SO	St. John Fisher	6:32.9	32:32.76	
68	Zimmerman, Josh	SO	St. John Fisher	6:37.5	32:55.97	
69	Sedotto, Steve	SR	Utica College	6:40.3	33:09.75	
70	Buckley, Daniel	So	Houghton College	6:41.6	33:16.18	48

71	Orlando, Jason	So	Houghton College	6:41.9	33:17.52	49	
72	Johnson, Jeremiah	FR	Utica College	6:42.8	33:22.18		
73	Andrews, Zach	FR	Stevens	6:45.7	33:36.58		
74	Ramos, Jose	SR	St. John Fisher	6:46.8	33:41.99		
75	Cappello, Anthony	Sr	Houghton College	6:51.9	34:07.44	50	
76	Weaver, Jeremy	SR	Alfred U	6:53.5	34:15.07	51	
77	Alexander, Keir	SR	Hartwick	6:57.3	34:34.27	52	
78	Garcia, Francis	SR	Stevens	6:59.0	34:42.85		
79	Fitzgerald, Aaron	JR	Houghton College	7:02.7	35:01.18		
80	Moser, Justin	SR	Houghton College	7:10.3	35:38.90		
81	Massaro, Mark	SR	St. John Fisher	7:12.1	35:47.72		
82	Staples, Matt	SR	St. John Fisher	7:31.3	37:23.00		

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ithaca	32	1	4	6	10	11	13	14		
	Total Time: 2:14:18.61										
	Average: 26:51.73										
2	Stevens	73	2	7	15	23	26	29	30		
	Total Time: 2:17:51.18										
	Average: 27:34.24										
3	Utica College	81	3	12	20	22	24	32	35		
	Total Time: 2:18:41.82										
	Average: 27:44.37										
4	Hartwick	109	8	16	18	27	40	46	52		
	Total Time: 2:21:42.19										
	Average: 28:20.44										
5	Naz	120	5	17	31	33	34				
	Total Time: 2:21:32.40										
	Average: 28:18.48										
6	St. John Fisher	141	19	21	28	36	37	39	41		
	Total Time: 2:23:55.37										
	Average: 28:47.08										
7	Houghton College	168	9	25	42	44	48	49	50		
	Total Time: 2:30:32.46										
	Average: 30:06.50										
8	Alfred U	224	38	43	45	47	51				
	Total Time: 2:39:22.12										
	Average: 31:52.43										