2013

Empire 8

Outdoor Track & Field

Championships

Saturday, April 20

Golden Flyer Stadium • Nazareth College

Rochester, N.Y.

ALFRED SAXONS

Men's Roster

Name	Yr.	High School/Hometown
Akiyama, Grant	Fr.	Del Campo/Carmichael, CA
Azimyt, Tchabelino	Fr.	A. Philip Radolf/New York, NY
Badger, William	Fr.	Saranac/Dannemora, NY
Brito, Randy	Sr.	Cardinal Hayes/New York, NY
Campbell, Ben	Fr.	Letchworth/Gainesville, NY
Caruso, Philip	Fr.	Rome Free Academy/Rome, NY
Cassin, Isaiah	Jr.	Candor/Candor, NY
Davis-Crowder, Anthony	Fr.	Benjamin Banneker Acad./Brooklyn, NY
Duermeyer, Joesph	Fr.	Pembroke/Corfu, NY
Echevarria, Derek	Sr.	Cardinal Hayes/New York, NY
Epolito, Nathan	Fr.	Depew/Depew, NY
Ferguson, Mykel	Jr.	Greece Olympia/Rochester, NY
Foster, Ethan	Fr.	Bolivar-Richburg/Bolivar, NY
Hernandez, Roberto	Sr.	Bronx Academy of Letters/Bronx, NY
Howland, Mark	Fr.	Vestal/Vestal, NY
Locker, Sean	So.	Corning-Painted Post West/Corning, NY
Lopez, Chris	Sr.	Pittsford Sutherland/Rochester, NY
Marshall, Lucas	So.	Windsor/Windsor, NY
Marshburn, Terel	So.	Elmira Free Academy/Elmira, NY
Matos, Gregory	Fr.	ELLIS Prep/Bronx, NY
Osborne, Jason	Jr.	Liverpool/Liverpool, NY
Pomarico, Greg	So.	Liberty/Liberty, PA
Potter, Eddie	So.	Lansing/Lansing, NY
Pressley, Reggie	Sr.	Gates Chili/Rochester, NY
Ross, Joshua	Fr.	Ticonderoga/Ticonderoga, NY
Rummel, Nolan	So.	Kings Park/Kings Park, NY
Safle, Gilbert	Fr.	Validup Prep/Bronx, NY
Selzo, Erick	Sr.	Onteora/Shokan, NY
Skelly, Kiel	So.	Lisbon/Lisbon, NY
Smith, Shariff	So.	Cardinal Hayes/Bronx, NY
Stadtmueller, Shane	Sr.	Red Creek/Red Creek, NY
Weaver, Jeremy	Sr.	Lancaster Catholic/Lancaster, PA

Women's Roster

Name	Yr.	High School/Hometown
Banahene, Patricia	So.	Brighton/Rochester, NY
Beck, Kelly-Jo	Sr.	York/York, NY
Blatz, Kari	Sr.	North Babylon/North Babylon, NY
Cook, Kirstin	Sr.	Kenmore East/Tonawanda, NY
Dalton, Shannon	Fr.	Frontier/Hamburg, NY
De La Cruz, Destinee	So.	NYC/New York, NY
DeMonte, Elizabeth	Jr.	Walt Whitman/Melville, NY
Flick, Morgan	Fr.	Honeoye/Honeoye, NY
Forrester, Tracie	So.	Letchworth/Gainesville, NY/
Goot, Alyssa	So.	Fredonia/Cassadega, NY
Graudons, Rebecca	Jr.	Mayfield/Mayfield, NY
Hall, Chelsea	Jr.	Grand Island/Grand Island, NY
Hillman, Miasia	So.	Hutchinson Tech/Buffalo, NY
Kirsch, Jennifer	Jr.	Penfield/Penfield, NY
Larkins, Jordyn	Sr.	Harley-Allendale-Columbia/Rochester, NY
Miranda, Jennifer	Sr.	Bronx Academy of Letters/Bronx, NY
Morrissey, Amy	Sr.	Hornell/Hornell, NY
Pettit, Corine	Jr.	Holland/Strykersville, NY
Roberge, Taylor	Sr.	Biddeford/Biddeford, ME
Vargas, Dhanlleline	Fr.	Economic and Finance/Brown, NY
Warner, Indira	Fr.	George Westinghouse/Brooklyn, NY

HEAD COACH: Bill Sortore

HOUGHTON HIGHLANDERS

Men's Roster

Name	Yr.	High School/Hometown
Daniel Buckley	So.	Ogdensburg/Ogdensburg, NY
Jordan Cady	So.	Dundee/Dundee, NY
Luke DeBoer	Fr.	Fort Plain/Fort Plain, NY
Josiah Evans	So.	Lehighton/Lehighton, PA
Austin Groff	So.	Penn Manor/Millersville, PA
Robert Jacobsen	Fr.	Fillmore/Fillmore, NY
Jonathan Lewis	So.	North Towanada/Tonawanda, NY
Jacob Liddle	So.	Albion/Albion, NY
Omar Mancio	Fr.	Barnegat/Barnegat, NJ
Keith Mann	Sr.	
Andrew McGinnis	Sr.	Brockport/Brockport, NY
Timothy McGowan	Fr.	Dansville/Dansville, NY
Josh Mertzlufft	Sr.	Lancaster/Lancaster, NY
Benjamin Moritz	Fr.	Southhampton/Watermill NY
Justin Moser	Sr.	Lowville/Lowville, NY
Matthew Munkittrick	Fr.	Canterbury/Ottawa, ONT
Luke Ogden	Jr.	Cumberland Valley/Mechanicsburg, PA
Jason Orlando	So.	York/Leicester, NY
Zac Parsons	Jr.	
Josh Phelps	Jr.	
Steve Piazza	So.	Lytle/Lytle, TX
David Richards	Jr.	Cobleskill/Cobleskill, NY
Aaron Southwick	So.	

Women's Roster

Name	Yr.	High School/Hometown
Lauren Campbell	Fr.	Dansville/Dansville, NY
Chenoa Cousins	Fr.	Olean/Olean, NY
Cara Davenport	So.	Salem/Salem, NJ
Savannah Doviak	So.	Longwood/Shirley, NY
Emilie Edwards	Jr.	Albion/Albion, NY
Stephany Ellison	So.	Whitesville/Whitesville, NY
Alyssa Figueroa	Jr.	Timothy Christian/Piscataway, NJ
Emylianne Fujimura	Sr.	Fairport/Fairport, NY
Sarah Gabriele	Fr.	Eastern Christian/Mahwah, NJ
Kadesha Glasgow	Fr.	HS for Public Service/Brooklyn, NY
Annelise Hein	Sr.	Mechanicsburg/Mechanicsburg, PA
Aime Ishimwe	So.	City Honors/Buffalo, NY
Hannah Jennings	Sr.	R.J Reynolds/Eden, NY
Alyssa Kiser	Jr.	Bulls Gap/Bulls Gap, TN
Danielle Lyndsley	So.	Eden/Eden, NY
Tatum McLeod	Jr.	Cameron Heights/Kitchner, ONT
Andrea Melhorn	So.	Donegal/Mount Joy, PA
Sarah Munkittrick	Jr.	Ottawa/Ottawa, ONT
Emily Post	Jr.	Penridge/Penridge, PA
Emily Raczelowski	So.	Westford/Westford, MA
Katrina Relyea	Fr.	Camden/Camden, NY
Kari Seibert	Fr.	Meabowbrook Christian/Milton, PA
Andianna Sidell	Jr.	Bishop Fenwick/Glouster, MA
Marina Slavin	So.	Oyster River/Durham, NH
Mary Strand	So.	Falconer/Falconer, NY
Leah Williams	Jr.	South Jefferson/Adams Center, NY
Blair Yaiser	Fr.	Royalton Hartland/Middleport, PA
Elizabeth Yordy	Fr.	Meadowbrook Christian/Milton, PA

HEAD COACH: Matthew Dougherty

ASSISTANT COACHES: Robert Smalling, Mary Dougherty, Chad Stauring

ITHACA BOMBERS

Men's Roster

Name	Yr.	High School/Hometown
Anthony Altobelli	So.	Ichabod Crane/Kinderhook, NY
Taylor Appel	So.	West Morris Mendham/Mendham, NJ
Rad Arrindell	Sr.	Fordham Prep/New York, NY
Niko Athanasatos	So.	Valhalla/Valhalla, NY
Rashaad Barrett	So.	ConnetquotBohemia, NY
Reid Beattie	So.	South Glens Falls/South Glens Falls, NY
Shai Ben-Dor	Fr.	Goshen/New Hampton, NY
Nathan Bickell	Sr.	Annapolis/Annapolis, MD
Larkin Bohanan	Fr.	East Aurora/East Aurora, NY
Josh Bray	So.	Hilton/Hilton, NY
Jason Christopherson	Fr.	Auburn/Auburn, NY
Connor Cleveland	Fr.	Newark Valley/Newark Valley, NY
Matt Confer	Sr.	Webster Schroeder/Webster, NY
Tyler Curtis	So.	Vernon-Verona-Sherrill/Sherrill, NY
John Luis Damaskos	Jr.	Port Jefferson/Port Jefferson, NY
Kevin Davis	So.	Camden/Camden, NY
Steve Derderian	So.	Uxbridge/Uxbridge, MA
Dane Eckweiler	Fr.	Wheeler/Valparaiso, IN
Brennan Edmonds	Jr.	Charles O. Dickerson/Ithaca, NY
Steven Episcopo	So.	East Syracuse-Minoa/East Syracuse, NY
Matt Femia	So.	Vernon-Verona-Sherrill/Sherrill, NY
David Geary	Sr.	Brighton/Rochester, NY
Jevaughn Gibbs	Fr.	Windham/Windham, ME
Stephen Gomez	Fr.	Nauset Regional/Orleans, MA
De'Marquis Graves	Fr.	Ithaca/Ithaca, NY
Ben Grove	Fr.	Boiling Springs/Boiling Springs, PA
Andy Hazelnis	Fr.	Liberty/Sheldrake, NY
Jeff Hejna	Fr.	Iroquois/Elma, NY
Jake Heyman	Sr.	Lower Merion/Wynnewood, PA
Sawyer Hitchcock	Fr.	Hamilton Southeastern/Fishers, IN
Marcus Hogan	So.	Homewood-Flossmoor/Flossmoor, IL
Sam Horwath	Jr.	Kutztown/Kutztown, PA
Whit Ives	Fr.	Charles O. Dickerson/Ithaca, NY
Matt Kastler	Sr.	Walter Johnson/Bethesda, MD
Brandon Leary	Fr.	Horseheads/Elmira, NY
Chris Lotsbom	Sr.	Walpole/Walpole, MA
Ninjong Lu	Sr.	Taipei American School/Taipei, Taiwan
Joel Lynch	So.	Bishop George Ahr/Fords, NJ
Kyle MacKinnon	So.	Marlborough/Marlborough, MA
Brian Maley	Sr.	Ithaca/Ithaca, NY
Mason Mann	So.	Keene/Keene, NH
Aaron Matthias	Fr.	Rye/Rye, NY
E.A. McCheyne	Sr.	South Seneca/Interlaken, NY
Zack Mitchell	Jr.	Bishop Feehan/Rehoboth, MA
Jarrod Monacelli	Jr.	Hereford/Parkton, MD
Malik Morris	Fr.	Sewanhaka/New Hyde Park, NY
Tyler Murray	Gr.	LeRoy/LeRoy, NY
Malcolm Nelson	Fr.	Guilderland/Guilderland, NY
Ndue Palushi	Fr.	Stissing Mountain/Pine Plains, NY
Sterling Payne	So.	Owego Free Academy/Apalachin, NY
Kevin Rowe	Fr.	Binghamton/Binghamton, NY
Dennis Ryan	So.	Coventry/Coventry, RI
Billy Savage	Sr.	Indian Hills/Oakland, NJ
Alex Schneider	Fr.	Edmund Burke School/Rockville, MD
Zane Scott	Fr.	Victor/Victor, NY
Zane Shephard	Fr.	Horseheads/Big Flats, NY
Jordan Smith	Fr.	Strath Haven/Media, PA
Chris Stremmel	Jr.	Lower Dauphin/Grantville, PA
Alec Svoboda	Sr.	Bayport-Blue Point/Bayport, NY
Ian Tapler	Sr.	Guilderland/Schenectady, NY
Jason Taylor	Fr.	Columbia/East Greenbush, NY
Ben Van De Water	Sr.	Hamburg/Orchard Park, NY
Mark Vorensky	Sr.	Metuchen/Metuchen, NJ
Malcolm Wilber	Fr.	Monument Mountain/New Marlborough, MA
Brendan Wilkins	Jr.	Stonington/Pawcatuck, CT
Jake Willis	Jr.	Gorham/Gorham, ME

HEAD COACH: Jim Nichols
ASSISTANT COACHES: Eric Sambolec, Jake Edelman, Matt Scheffler, Ryan Taylor, Christopher Wilber

Women's Roster

Name	Yr.	High School/Hometown
Elaine Abdulky	Jr.	Ithaca/Ithaca, NY
Kim Allen	Jr.	Middletown/Middletown, NY
Ruby Benn	So.	Francis Lewis/Corona, NY
Christine Benway	So.	Queensbury/Queensbury, NY
Opal Jessica Bogdan	Fr.	Broadalbin-Perth/Broadalbin, NY
Gena Bradshaw	So.	St. Anthony's/Westbury, NY
Rachel Brown	Jr.	Vernon-Verona-Sherrill/Vernon, NY
Meghan Cass	So.	Edison/Huntington Beach, CA
Annmarie Charno	Sr.	Plainedge/Seaford, NY
Martyann Chromik	Jr.	Naugatuck/Naugatuck, CT
Michaela Cioffredi	Fr.	Lebanon/Lebanon, NH
Cassandra Clark	Sr.	Camden/Camden, NY
Hillary Cox	Sr.	Honeoye Falls-Lima/Honeoye Falls, NY
Biancha Davis	So.	Southwest Christian Acad/Mableton, GA
Megan Davis	Fr.	Algonquin Regional/Southborough, MA
Eliza Dewart	Fr.	Barker/Barker, NY
Anastasia Diamond	So.	Pennsbury/Yardley, PA
Rachel Doane	Fr.	Boonsboro/Hagerstown, MD
Lizzi Dowling	Fr.	Hanover/Hanover, MA
Dominique Falcone	Fr.	Rye Neck/Mamaroneck, NY
Anna Fay	Fr.	Keene/Marlow, NH
Rachel Friedman	So.	Rondout Valley/Stone Ridge, NY
Colleen Garman	Sr.	Seymour/Seymour, CT
Tina Gibble	Fr.	Ridgewood/Ridgewood, NJ
Sydney Glenn	Fr.	Dulaney/Hunt Valley, MD
Carly Graham	Sr.	West Genesee/Syracuse, NY
Harmony Graves	So.	Ithaca/Ithaca, NY
Brittany Greene	So.	Mansfield/Mansfield, MA
Kelsey Hansen	Fr.	Strath Haven/Swarthmore, PA
Alexandra Heinkel	Jr.	Bishop Eustace Prep/Sewell, NJ
Ebonie Howard	Sr.	North Country Union/North Troy, VT
Tammia Hubbard	Sr.	Sacred Heart Cathedral Prep/San Francisco, CA
Trisha Ignatowski	So.	Wheatland Chili/Scottsville, NY
Katie Jordan	Fr.	Lansing/Ithaca, NY
Christine Kelly	Fr.	Rondout Valley/Stone Ridge, NY
Emily Krakowski	Fr.	Bohemia Manor/Chesapeake City, MD
Alex Lewis	So.	Montrose Area/Montrose, PA
Jaime Lisack	Fr.	Goshen/Goshen, NY
Emily Lowe	Sr.	Chenango Forks/Binghamton, NY
Carolyn Malone	So.	Eastridge/Rochester, NY
Angela Mammino	So.	Greece Olympia/Rochester, NY
Leigh Martino	So.	Windsor/Windsor, NY
Shannon Meehan	Jr.	Hereford/Upperco, MD
Kassie Moore	So.	Scotch Plains-Fanwood/Scotch Plains, NJ
Megan Morris	So.	Cicero-North Syracuse/Cicero, NY
Cally Moules	So.	Billerica Memorial/Bellerica, MA
Allie Nugent	Fr.	Haddonfield Memorial/Haddonfield, NJ
Danielle Piazza	Jr.	North Penn/Lansdale, PA
Kristen Pompey	Fr.	Algonquin Regional/Southborough, MA
Kayla Prior	Fr.	Newton North/Newton, MA
Jenn Randall	Sr.	Cincinnatus/Cincinnatus, NY
Alex Rechen	Fr.	Simsbury/Simsbury, CT
Alexa Rick	So.	Elyria Catholic/Elyria, OH
Amanda Rissmeyer	Sr.	Watchung/Millington, NJ
Carleigh Rosenberg	Fr.	Ballston Spa/Malta, NY
Rachelle Sartori	Fr.	Joliet Catholic Academy/Joliet, IL
Emilia Scheemaker	So.	Scarborough/Scarborough, ME
Megan Schenk	Sr.	Brick Township/Brick, NJ
Emily Smith	So.	Orchard Park/Orchard Park, NY
Rachel Spirito	Sr.	South Kingston/West Kingston, RI
Kristina Stockburger	So.	Montgomery/Belle Mead, NJ
Kristen Swanson	So.	Timberland RegionalAtkinson, NH
Corrine Taylor	So.	Auburn/Auburn, NY
Colleen Vaughn	Fr.	Jefferson Township/Hopatcong, NJ
Sarah Werner	Fr.	Northampton/Bath, PA
Emily Williams	Fr.	Waltham/Waltham, MA
Hannah Wright	So.	Kennett/Tamworth, NH
Alyssa Wu	Jr.	Washingtonville/Washingtonville, NY
Emily Ziegler	Fr.	Attica/Attica, NY
Brooke Zimmerman	Fr.	Lewisburg/New Columbia, PA

HEAD COACH: Jennifer Potter
ASSISTANT COACHES: Mary Wallenbeck, Emma Dewart, Eric Dinan, Jake Edelman, Jennifer McDonnell, Jacky Mendes, Julie Orlando, Elisabeth Phillips-Jones, Matt Scheffler, Christian Schlabach, Andrew Weishaar

NAZARETH GOLDEN FLYERS

Men's Roster

Name	Yr.	High School/Hometown
Matt Fedrizzi	Jr.	Solvay/Syracuse, NY
Khiary Gayle	Fr.	Skaneateles/Syracuse, NY
Jeff Green	Fr.	Southwestern/Lakewood, NY
Terric Johnson	Fr.	Medger Evers Prep/Brooklyn, NY
Jake Lafaver	Jr.	West Genesee/Syracuse, NY
Zack Lafaver	Jr.	West Genesee/Syracuse, NY
Justin McKeever	So.	Fayetteville-Manlius/Fayetteville, NY
Marcus Mersereau	Jr.	Clarence/Clarence Center, NY
Patrick Neureuter	Fr.	Canisius/Hamburg, NY
Martin Piva	So.	Palmyra-Macedon/Palmyra, NY
Luis Rivera	Fr.	James Monroe/Rochester, NY
Philip Schierer	Sr.	Fillmore/Fillmore, NY
Brandon Vuolo	Fr.	East Islip/East Islip, NY

Women's Roster

Name	Yr.	High School/Hometown
Bethany Althaus	Jr.	Delaware Academy/Delhi, NY
Hannah Brackley	So.	Elmira Notre Dame/Horseheads, NY
Sibongile Chisi	So.	Penfield/Rochester, NY
Kenzi Coon	Fr.	Pulaski Academy/Pulaski, NY
Kate Durr	So.	Utica Notre Dame/Barneveld, NY
Amanda Entress	Fr.	Gates Chili/Rochester, NY
Michaela Gildemeyer	So.	Christian Brothers Academy/Syracuse, NY
Lauren Heitzhaus	Jr.	Nardin Academy/Buffalo, NY
Jessica Hogan	Sr.	Horseheads/Horseheads, NY
Lauren Jamieson	Sr.	South Jefferson/Adams, N.Y.
Kassandra Lathrop	So.	Sherburne-Earlville/Earlville, NY
Kelsey Mash	Sr.	Grand Island/Grand Island, NY
Blair Meeson	Fr.	Lansingburgh/Troy, NY
Keaghlan Morrissey	Sr.	Windsor/Windsor, NY
Kayla Murphy	Sr.	West Genesee /Syracuse, N.Y.
Taylor Pierson	Fr.	Southside/Wellsburg, NY
Marlyn Rios	Fr.	Mott Hall Bronx/Bronx, NY
Kelsey Ryan	Sr.	Niskayuna/Niskayuna, NY
Kirsten Schoenborn	Jr.	Westhill/Syracuse, NY
Katie Wyant	Sr.	Jasper-Troupsburg/Jasper, NY

HEAD COACH: James Goss

ASSISTANT COACHES: Rob Castor, Tim Giagios, Charles Infurna, Jennifer Adams

ST. JOHN FISHER CARDINALS

Men's Roster

Name	Yr.	High School/Hometown
Nick Antonio	Sr.	Aquinas Institute/Rochester, NY
Kyle Barry	Jr.	John C Birdlebough/Fulton, NY
Robert Battaglia	Jr.	Pioneer/Arcade, NY
Billy Bonneau	Jr.	Colonie/Albany, NY
Adam Bradley	Jr.	Marcus Whitman/Stanley, NY
Dylan Cassidy	Fr.	Fredonia/Fredonia, NY
Devin Cornelius	Fr.	Clinton/Deansboro, NY
Matthew Czajka	So.	Alden/Alden, NY
Joe D'Agostino	Fr.	Honeoye Falls-Lima/Honeoye Falls, NY
Tyler Darby	So.	Altmar-Parish-Williamstown/Sandy Creek, NY
Max Hartnett	So.	Geneseo/Geneseo, NY
Matthew Herbert	So.	Wayland-Cohocton/Springwater, NY
Zachary Hilt	So.	Rush-Henrietta/Pittsford, NY
Justin Iannuzo	So.	Irondequoit/Rochester, NY
Vincent Ippolito	So.	Fredonia/Fredonia, NY
Kevin Jablonski	Fr.	Fairport/Fairport, NY
James Koch	So.	Churchville-Chili/Spencerport, NY
Kyle Koehler	Fr.	Pulaski/Pulaski, NY
Evan Magnussen	So.	Geneseo/Geneseo, NY
Jeffrey Mangiafesto	Fr.	Greece-Odyssey/Rochester, NY
Mark Massaro	Sr.	Williamsville East/Williamsville, NY
Brandon McCoy	So.	Milton Hershey (PA)/Fairport, NY
James McDowell	Fr.	Canastota/Canastota, NY
Aaron Miazga	Jr.	Poland/New Hartford, NY
Eric Mikols	Fr.	Churchville-Chili/Churchville, NY
Corey Poklemba	Fr.	Athens Area/Aurora, PA
Jake Popple	So.	Canastota/Oneida, NY
Jose Ramos	Sr.	School Without Walls/Rochester, NY
Eric Riley	So.	Oneida/Wampsville, NY
Kyle Rogers	So.	Paul V. Moore/Brewerton, NY
Cody Schweickert	Fr.	Springville Griffith Institute/Glenwood, NY
Matthew Staples	Sr.	Bloomfield/Bloomfield, NY
Will Sterricker	Fr.	Jamesville-Dewitt/Fayetteville, NY
Nathan Stott	Fr.	Forestville/Forestville, NY
Chris Wehner	So.	Cooperstown/Hartwick, NY
Trevor Wilkes	Fr.	Honeoye Falls-Lima/Honeoye Falls, NY

Women's Roster

Name	Yr.	High School/Hometown
Shannon Bamann	So.	Irondequoit/Rochester, NY
Audrey Bowers	So.	Cazenovia/Cazenovia, NY
Alexandra Caldwell	So.	Whitesboro/Marcy, NY
Shannon Davis	Jr.	Cicero-North Syracuse/Cicero, NY
Renee Deruchia	Fr.	Massena/Massena, NY
Devon Donatello	Fr.	Palmyra-Macedon/Macedon, NY
Mary Katherine Dugan	Sr.	Bethlehem/Delmar, NY
Olivia Emerling	Fr.	Springville/Boston, NY
Taylor Gallup	So.	Morrisville-Eaton/Morrisville, NY
Nicole Graziadei	So.	Ward-Melville/Oriskany, NY
Stephanie Guzelak	So.	Paul V. Moore/Brewerton, NY
Sarah Harrington	Fr.	Pulaski/Pulaski, NY
Julianna Holland	So.	Byron-Bergen/Bergen, NY
Lindsay Jones	Fr.	Camden/Camden, NY
Lisa Knab	So.	Churchville- Chili/Churchville, NY
Nicoletta Lattuca	So.	Spencerport/Rochester, NY
Amber Lennington	So.	Geneseo/Geneseo, NY
Morgan Mastin	So.	Wayland-Cohocton/Springwater, NY
Allyssa McLaughlin	Fr.	East Aurora/East Aurora, NY
Noelle Novakowski	Fr.	Jamesville-Dewitt/Jamesville, NY
Katie Phillips	Sr.	Penfield/Penfield, NY
Danyelle Redmond	Fr.	Grand Island/Grand Island, NY
Jordan Rhen	So.	General McLane/Edinboro, NY
Abigail Shepard	So.	Horseheads/Horseheads, NY
Katlin Shippy	Fr.	Trumansburg/Trumansburg, NY
Nataleigh Simmons	Fr.	Lockport/Lockport, NY
Makenzi Swartwood	Fr.	Charles O. Dickerson/Burdett, NY
Joelle Traub	Fr.	Webster Thomas/Webster, NY
Joanna Vassiliou	Jr.	Webster Schroeder/Webster, NY
Megan Vona	Jr.	Newfane/Lockport, NY
Daniele Wessells	Fr.	Unatego/Otego, NY
Emily Williams	So.	Marathon/Marathon, NY
Paige Willson	So.	Griffith Institute/East Concord, NY
Rachel Wolcott	So.	Victor/Victor, NY
Taylor Youngkrans	Jr.	Oneida/Oneida, NY

HEAD COACH: Mike Henchen

ASSISTANT COACHES: Kristine Wolcott, Geoffrey Grambo, Mike Van Auker, Tim Marion, Mike McCadney

STEVENS INSTITUTE OF TECHNOLOGY DUCKS

Men's Roster

Name	Yr.	High School/Hometown
Kristopher Alvarez	So.	Rancocas Valley/Hainesport, NJ
Zach Andrews	Fr.	Penfield/Fairport, NY
Kevin Barresi	So.	Biotechnology/Little Silver, NJ
Matthew Bombard	So.	Wayne/Wayne Hills, NJ
Michael Cahill	Jr.	Union Catholic/Clark, NJ
Nicholas Caruso	Fr.	Allentown/Wrightstown, NJ
Nicholas Chapel	So.	Westfield/Westfield, NJ
Shane Chiaravalle	Fr.	Danbury/Danbury, CT
Thomas Cunningham	So.	Saint Joseph/Colonia, NJ
Isaac Downey	Fr.	Manchester Valley/Manchester, MD
Denzel Drye	Jr.	Jackson Memorial/Jackson, NJ
Walter Goodwin	Jr.	Memorial/Floral Park, NY
Tom Halleran	Fr.	Ramapo/Oakland, NJ
Bill Hazen	Sr.	Red Bank Regional/Union Beach, NJ
Troy Kanaszka	Fr.	Metuchen/Metuchen, NJ
Andrew Kraemer	Sr.	Mt. Olive/Budd Lake, NJ
David Krier	So.	South Brunswick/South Brunswick, NJ
Brian Lawrey Jr.	So.	Newton/Andover, NJ
Sebastian Luna	Sr.	Wood-Ridge/Wood-Ridge, NJ
Michael McAree	So.	Raritan/Hazlet, NJ
Zach McKeehan	Fr.	Mount Union/Mount Union, PA
Ryan Miskanich	Sr.	Toms River South/Toms River, NJ
Joel Oquendo	Jr.	St. Peter's Prep/North Bergen, NJ
Robert Pinto	So.	Monsingor Farrell/Staten Island, NY
Eric Sandrib	Fr.	Litchfield/Litchfield, CT
Benny Scotto	Jr.	Westwood Regional/Washington, NJ
Victor Servito	Sr.	Bergen Catholic/Teaneck, NJ
Mohamad Skokry	Fr.	Cliffside Park/Fairview, NJ
Louis Stengel	Jr.	Vernon/Vernon, NJ
Cory Zegel	Jr.	North Bergen/North Bergen, NJ

Women's Roster

Name	Yr.	High School/Hometown
Yona Bauzil	Fr.	Mt. St. Dominic Acad./West Orange, NJ
Amira Dardir	So.	McNair Academy/Jersey City, NJ
Sammi Devlin	So.	St. Petersburg/St. Petersburg, FL
Alexis Doucette	Fr.	Pascack Valley/Hillsdale, NJ
Alexandra Doyle	Fr.	Colts Neck/Colts Neck, NJ
Alina Duran	Sr.	Memorial/West New York, NJ
Tiffany Evangelou	Jr.	Immaculate Heart Acad./Fair Lawn, NJ
Kelly Freed	Jr.	Rutherford/Rutherford, NJ
Janice Frontera	Fr.	Sayreville War Mem./South Amboy, NJ
Christine Hecker	So.	Seneca/South Hampton, NJ
Erica Iosue	Jr.	Bellingham/Bellingham, MA
Maggie Kowalska	Sr.	John P. Stevens/Edison, NJ
Laura Lemke	Jr.	W.C. Mepham/Merrick, NY
Brianna Marchal	Fr.	Southern Regional/Manahawkin, NJ
Dominique Michalec	Fr.	Hamilton/Hamilton, NJ
Kate Moyer	Fr.	Steinert/Long Valley, NJ
Gladys Njoku	Fr.	Cedar Grove/Grove, NJ
Ashley Princiotta	Jr.	St. John Vianney/Manalapan, NJ
Grace Python	Sr.	Bethlehem/Glenmont, NY
Maura Quinn	So.	Vernon/Highland Lakes, NJ
Amy Regan	Fr.	Watchung Hills/Green Brook, NJ
Amber Rorick	Jr.	Fonda-Fultonville/Fonda, NY
Samantha Shiner	Fr.	Wyoming Area/Exeter, PA
Annemarie Thomas	Fr.	Durham Academy/Durham, NC
Rebecca Tylock	Jr.	Shrewsbury/Shrewsbury, MA
Jenny Wehof	Sr.	Voorhees/Glen Gardner, NJ
Sarah Zahran	Fr.	Pomperang/Southbury Ridge, CT

HEAD COACH: Justin Wood

ASSISTANT COACHES: Jessica Clausnitzer, Joe Reed, Robert Willmott

UTICA PIONEERS

Men's Roster

Name	Yr.	High School/Hometown
Praise Austin	Sr.	Bronx Academy/Bronx, NY
William Bailey	Jr.	East Granby/East Granby, CT
Kyle Cairns	Fr.	Midland/Midland Park, NJ
Donald Devries	Jr.	Pen Argyl/Pen Argyl, PA
Tobias Flower	So.	Enosburg Falls/Enosburg Falls, VT
Trevor Gibson	Jr.	Springfield/Youngstown, OH
Tyler Hayes	Sr.	Massena/Massena, NY
Andrew Hoover	So.	C.W. Baker/Baldwinsville, NY
Christopher Jones	So.	Fonda-Fultonville/Fonda, NY
Alex King	Jr.	Hunter/New York, NY
Raheem Lawrence	So.	Bronx Leadership Acad./New York, NY
Christian Lesperance	Fr.	Ogdensburg/Ogdensburg, NY
David Lewis	Sr.	Notre Dame/Utica, NY
Jamie McNamara	So.	Mayfield/Gloversville, NY
Benjamin Moe	Sr.	Holland Patent/Holland Patent, NY
Sylvester Owusu-Afriyie	Sr.	Walton/Mt. Vernon, NY
Hunter Padgett	Sr.	Clinton/Clinton, NY
Morgan Payne	Jr.	Altmar-Parish-Williamstown/Williamstown, NY
Brandon Rudolphe	Jr.	Pocono Mountain West/Bronx, NY
Shane Ruffing	So.	Westborough/Rochester, NY
Kyle Sikes	So.	Mexico/Mexico, NY
Eric Stevens	Jr.	Holland Patent/Rome, NY
Rob Tutein	Fr.	Nanuet/Nanuet, NY
Frank Volino	Fr.	Cicero-North Syracuse/Syracuse, NY
Terrances Washington	Fr.	Bronx Leadership Academy/Bronx, NY
Eric Yesalonis	Jr.	Sachem/Holbrook, NY
Corey Zlatniski	Fr.	Mattituck/Mattituck, NY

Women's Roster

Name	Yr.	High School/Hometown
Jordan Armstrong	Jr.	Oneida/Oneida, NY
Jaimee Balloni	Jr.	C.W.Baker/Baldwinsville, NY
Samantha Bennett	Fr.	Mexico/Mexico, NY
Savannah Bernardin	So.	Belchertown/Belchertown, NY
Chelsea Bogino	Jr.	Canandaigua/Farmington, NY
Anastasia Bowden	Jr.	Monticello/Monticello, NY
Julie Bowler	So.	Saranac Lake/Saranac Lake, NY
Jess Ciraulo	Jr.	Mohonasen/Schenectady, NY
Katie Day	Jr.	Whitesboro/Whitesboro, NY
Sarah DePalma	Fr.	Broadalbin-Perth/Amsterdam, NY
Catalena Diamente	Fr.	Guilderland/Guilderland, NY
Katrina Dudley	So.	Enosburg Falls/Sheldon Springs, VT
Kelcei Edmonds	Fr.	Shady Side Academy/Pittsburgh, PA
Rianne Erlwein	Fr.	Sullivan West/Jeffersonville, NY
Vasiliki Feggulis	Jr.	South River/South River, NJ
Molly Hall	Fr.	West Canada Valley/Herkimer, NY
Nikiya Harris	Fr.	Cardinal Spellman/New York, NY
Alexis Holmer	Fr.	T.R. Proctor/Utica, NY
Anea Isom	Jr.	Salem/Salem, NY
Imani Mack	Fr.	Glens Falls/Glens Falls, NY
Samantha Prendergast	Jr.	T.R. Proctor/Utica, NY
Audrey Schwind	Fr.	Lyme/Chaumont, NY
Samantha Slattery	Jr.	Arlington/Hopewell Junction, NJ
Ashton Villeneuve	Fr.	Holland Patent/Holland Patent, NY
Jaimee Walters	Fr.	Colonie/Albany, NY
Sarah Wiatr	Fr.	West Canada Valley/Poland, NY

HEAD COACH: Jason Rose

ASSISTANT COACHES: Jake Basher, Eric Parker, Jessica Rhyner, Ryan Kelly, Tammy Alcott

OUTDOOR TRACK & FIELD CHAMPIONSHIP

Hosted by Nazareth College

Saturday, April 20th 2013

SCHEDULE OF FIELD EVENTS *(top 8 advance to finals)*

TIME	EVENT	SECTION
9:00-10:00am	Implement Certification @ facilities building next to throwing field	---
10:30am	Hammer Throw (MEN) **women to immediately follow*	FINALS
	Shot Put (WOMEN) **men to immediately follow*	FINALS
11:00am	Long Jump (MEN) **women to immediately follow*	FINALS
	High Jump (WOMEN) **men to immediately follow*	FINALS
11:15am	Pole Vault (MEN) **women to immediately follow*	FINALS
1:00pm	Discus Throw (MEN) **women to immediately follow*	FINALS
	Javelin Throw (WOMEN) **men to immediately follow*	FINALS
3:00pm	Triple Jump (MEN) **women to immediately follow*	FINALS

SCHEDULE OF TRACK EVENTS *(top 8 advance to finals)*

TIME	EVENT	SECTION
11:30am	100 Meter Hurdles (WOMEN)	TRIALS
11:45am	110 Meter Hurdles (MEN)	TRIALS
12:00pm	100 Meter Dash (WOMEN)	TRIALS
12:15pm	100 Meter Dash (MEN)	TRIALS
12:30pm	3000m Steeplechase (WOMEN)	FINALS
12:55pm	3000m Steeplechase (MEN)	FINALS
1:10pm	4x100 Meter Relay (WOMEN)	FINALS
1:20pm	4x100 Meter Relay (MEN)	FINALS
1:30pm	1500 Meter Run (WOMEN)	FINALS
1:45pm	1500 Meter Run (MEN)	FINALS
2:00pm	110 Meter Hurdles (MEN)	FINALS
2:10pm	100 Meter Hurdles (WOMEN)	FINALS
2:20pm	400 Meter Dash (WOMEN)	FINALS
2:30pm	400 Meter Dash (MEN)	FINALS
2:40pm	100 Meter Dash (WOMEN)	FINALS
2:45pm	100 Meter Dash (MEN)	FINALS
2:50pm	800 Meter Run (WOMEN)	FINALS
3:00pm	800 Meter Run (MEN)	FINALS
3:15pm	400 Meter Hurdles (WOMEN)	FINALS
3:25pm	400 Meter Hurdles (MEN)	FINALS
3:40pm	200 Meter Dash (WOMEN)	FINALS
3:55pm	200 Meter Dash (MEN)	FINALS
4:10pm	5000 Meter Run (WOMEN)	FINALS
4:35pm	5000 Meter Run (MEN)	FINALS
4:55pm	4x400 Meter Relay (WOMEN)	FINALS
5:05pm	4x400 Meter Relay (MEN)	FINALS
5:30pm	Awards Presentation	---

Empire 8
Men's Outdoor Track & Field Record Book
From Empire 8 Championships Starting in 2004

Track Events

100 Meters - Max Orenstein (Ithaca, 2010), :10.81
200 Meters - Jeff Wetmore (Ithaca, 2008), :22.11
400 Meters - Brandon Wheeler (Nazareth, 2007), :48.79
800 Meters - Nick Stenuf (Nazareth, 2006), 1:51.73
1,500 Meters - Nick Stenuf (Nazareth, 2007), 3:53.53
3,000 Meter Steeplechase - Shawn Calabrese (Ithaca, 2005), 9:19.22
5,000 Meters - Fontana Fluke (Alfred, 2006), 14:53.75
110-Meter Hurdles - Jimmy Sorel (RIT, 2006), :14.58
400-Meter Hurdles - Rob Pickels (Ithaca, 2004), :53.53

Field Events

High Jump - Roman Drymalski (RIT, 2009), 1.95
Pole Vault - Michael Dempsey (RIT, 2010), 4.90
Long Jump - Kyle Devins (Ithaca, 2011), 7.11
Triple Jump - Kyle Devins (Ithaca, 2011), 13.60
Shot Put - Shawn Ross (Alfred, 2011), 14.74
Discus Throw - Tariq Ahmad (Ithaca, 2005), 43.89
Hammer Throw - Brian Walker (RIT, 2011), 54.23
Javelin Throw - Stephen Burns (RIT, 2007), 61.88

Relay Events

400-Meter Relay - Ithaca, 2009, :42.20 (Jon Lin, Chris Covino, Max Orenstein, Jeff Wetmore)
1,600-Meter Relay - RIT, 2009, 3:19.64 (Matt Marion, Jon Sealander, Ryan Warner, Brecht Moulin)

Men's Golden Flyer Stadium Records

Track Events

100 Meters - Jeff Wetmore (Ithaca) :11.08, 4/19/08
200 Meters - Max Orenstein (Ithaca) :22.17, 4/19/08
400 Meters - Ryan Ingram (Nazareth):49.58 4/19/08
800 Meters - Bumkoth Jiak (Unattached) 1:53.63, 4/7/12
1,500 Meters - Mike Hardbarger (RIT) 3:59.43, 4/19/08
5,000 Meters - Dylan Hardwick (Oswego) 15:11.96, 4/7/12
10,000 Meters - Max Ferguson (RIT) 33:26.05, 4/22/06
110 Meter Hurdles - Andrew Omoregie (Unattached) :14.93, 4/6/13
400 Meter Hurdles - Matt Marion (RIT) :54.48, 4/19/08
3,000 Meter Steeplechase - Tim Shea (Ithaca) 9:37.95, 4/19/08
400 Meter Relay - Ithaca :42.20, 4/19/08
1,600 Meter Relay - RIT 3:19.64, 4/19/08

Field Events

Long Jump - Desmond Chambers (Alfred State) 7.08, 4/6/13
Triple Jump - Ray Richardson (Buffalo State) 13.91, 4/6/13
High Jump - Roman Drymalski (RIT) 1.95 4/19/08
Pole Vault - Trevor Curie (Stevens) 4.60, 4/19/08
Shot Put - Josh Dupuis (Brockport) 15.84, 4/22/06
Discus - Jordan Fuentes (Buffalo State) 45.79, 4/7/12
Javelin - Corey Petermann (Ithaca) 57.63, 4/19/08
Hamer - Dom Gonzalez (Brockport) 51.38, 4/22/06
Decathlon - Garrett Harms (Rensselaer) 6,213, 5/2/11

Empire 8
Women's Outdoor Track & Field Record Book
From Empire 8 Championships Starting in 2004

Track Events

100 Meters - Samantha Mitchell (RIT, 2009), :12.50
200 Meters - LaKeisha Perez (RIT, 2007), :25.43
400 Meters - Sheri Kelleher (Hartwick, 2004), :56.16
800 Meters - Danielle Simmons (RIT, 2007), 2:16.20
1,500 Meters - Katie Leugers (Ithaca, 2010), 4:46.37
3,000 Meter Steeplechase - Trisha Sliker (RIT, 2006), 11:10.40
5,000 Meters - Bridgette Pilling (Ithaca, 2004), 17:48.09
100-Meter Hurdles - LaKeisha Perez (RIT, 2007), :14.38
400-Meter Hurdles - Jillian Putney (RIT, 2009), 1:06.93

Field Events

High Jump - Meghan Morningstar (Ithaca, 2004), 1.67
Pole Vault - Julie Orlando (Ithaca, 2010), 3.40
Long Jump - Marcia McCord (Ithaca, 2009), 5.55
Triple Jump - Marcia McCord (Ithaca, 2008), 11.40
Shot Put - Allison Griggs (RIT, 2004), 13.16
Discus Throw - Jen McDonnell (Hartwick, 2005), 40.02
Hammer Throw - Allison Griggs (RIT, 2004), 51.91
Javelin Throw - Ashley Dlubac (Ithaca, 2011), 41.19

Relay Events

400-Meter Relay - Ithaca, 2008, :49.19 (Laura Gallup, Leigh Klumpp, Laura Morehouse, Marcia McCord)
1,600-Meter Relay - RIT, 2007, 3:59.59 (LaKeisha Perez, Kathryn Palermo, Nicole Varble, Danielle Simmons)

Women's Golden Flyer Stadium Records

Track Events

100 Meters - Samantha Mitchell (RIT) :12.50, 4/19/08
200 Meters - Marcia McCord (Ithaca) :25.62, 4/19/08
400 Meters - Marcia McCord (Ithaca) :59.24, 4/19/08
800 Meters - Amy McCasland (Plattsburgh) 2:17.23, 4/7/12
1,500 Meters - Savannah Boucher (Mohawk Valley CC) 4:52.16, 4/7/12
5,000 Meters - Jessica VanBinsbergen (Rochester) 18:10.00, 4/22/06
10,000 Meters - Sara Pancoast (RIT) 39:59.50, 4/22/06
110 Meter Hurdles - Emma Dewart (Ithaca) :14.42, 5/1/11
400 Meter Hurdles - Joanne TeRiele (Plattsburgh) 1:05.99, 4/7/12
3,000 Meter Steeplechase - Heidi Baumbach (Ithaca) 12:02.51, 4/19/08
400 Meter Relay - RIT :49.36, 4/19/08
1,600 Meter Relay - Oswego 4:05.35, 4/7/12

Field Events

Long Jump - Taylor Pierson (Nazareth) 5.63, 4/6/13
Triple Jump - Alyssa Figueroa (Houghton) 11.10, 4/6/13
High Jump - Emma Dewart (Ithaca) 1.63, 4/19/08
Pole Vault - Brittany DelCais (Oswego) 3.25, 4/7/12
Shot Put - Julia Hopson (Fredonia) 10.88, 4/22/06
Discus - Marie-Josee Le Jour (Unattached) 47.88, 4/7/12
Javelin - Ashley Dlubac (Ithaca) 37.02, 4/19/08
Hamer - Jamie Morey (RIT) 45.83, 4/19/08
Decathlon - Emma Dewart (Ithaca) 4,842, 5/2/11