

EMPIRE 8 TRACK AND FIELD CHAMPIONSHIPS - 4/17/2010**R.I.T.
Results****Women 100 Meter Dash**

Empire 8: 12.50 R 2009 Samantha Mitchell
12.00 NC-A
12.30 NC-P
12.80 ECAC

Name	School	Prelims
Preliminaries		
1 McCord, Marcia	Ithaca	12.79QEAC
2 Reid, Deaja	Utica	13.07Q0.3
3 Arday, Abby	R.I.T.	13.57Q-0.7
4 Larkins, Jordyn	Alfred	13.55q 0.3
5 Morrissey, Amy	Alfred	13.74q-0.7
6 Evans, Hannah	Ithaca	13.79q-0.7
7 Coleman, Shantel	Utica	13.82q 0.3
8 Greene, Kelsey	Ithaca	14.02q 1.1
9 Freeman, Denisha	Ithaca	14.34 0.3
10 Welch, Emily	Ithaca	14.57 -0.7
11 Thomas, Catherine	Utica	14.73 -0.7
12 Miranda, Jennifer	Alfred	15.84 1.1
13 Castro, Andrea	Alfred	17.11 0.3
14 Garcia, Victoria	Alfred	17.23 0.3

Women 100 Meter Dash

Empire 8: 12.50 R 2009 Samantha Mitchell
12.00 NC-A
12.30 NC-P
12.80 ECAC

Name	School	Finals
Finals		
1 McCord, Marcia	Ithaca	12.58 ECAC
2 Reid, Deaja	Utica	13.04 0.1
3 Arday, Abby	R.I.T.	13.31 0.1
4 Larkins, Jordyn	Alfred	13.38 0.1
5 Morrissey, Amy	Alfred	13.77 0.1
6 Evans, Hannah	Ithaca	13.94 0.1
7 Coleman, Shantel	Utica	14.03 0.1
8 Greene, Kelsey	Ithaca	14.18 0.1

Women 200 Meter Dash

Empire 8: 25.43 R 2007 LaKeisha Perez
24.57 NC-A
25.25 NC-P
26.30 ECAC

Name	School	Finals
Finals		
1 Penc, Lauren	Utica	26.72 1.9
2 Coffman, Rebecca	Ithaca	27.18 1.9
3 Cook, Salme	Stevens	27.22 1.9
4 Arday, Abby	R.I.T.	27.54 1.9
5 Reid, Deaja	Utica	28.52 1.9
6 Gallup, Chelsea	Ithaca	28.74 -1.9
7 Larkins, Jordyn	Alfred	28.94 1.9
8 Coleman, Shantel	Utica	29.42 -1.9
9 Bush, Alex	R.I.T.	29.58 -1.9
10 Loud, Amy	R.I.T.	29.64 -1.9

11 Johnston, Lindsay	Ithaca	30.11 -1.9
12 Rock, Lauren	R.I.T.	30.43 3.5
13 Grant, Tasha	Utica	30.57 3.5
14 Gaylord, Rachel	Alfred	30.59 -1.9
15 Morrissey, Keaghan	Nazareth	30.80 -1.9
16 Welch, Emily	Ithaca	31.30 1.3
17 Rinaldi, Gabrielle	Alfred	33.38 3.5
18 Miranda, Jennifer	Alfred	34.00 3.5
19 Smith, Alexandra	Nazareth	35.42 1.3

Women 400 Meter Dash

Empire 8: 56.16 R 2004 Sheri Kelleher
55.70 NC-A
57.30 NC-P
1:00.00 ECAC

Name	School	Finals
Finals		
1 Penc, Lauren	Utica	1:00.06
2 Barito, Laura	Stevens	1:01.50
3 Coffman, Rebecca	Ithaca	1:02.34
4 Morrissey, Amy	Alfred	1:04.33
5 Moran, Emily	Ithaca	1:04.83
6 DeSantis, Evelyn	Nazareth	1:05.19
7 McCune, Emily	Ithaca	1:05.50
8 Miga, Kirsten	Ithaca	1:06.58
9 Crimmins, Megan	Alfred	1:07.50
10 Rock, Lauren	R.I.T.	1:08.61
11 Hernandez, Emilia	Utica	1:09.74
12 Lepore, Kate	Alfred	1:11.99

Women 800 Meter Run

Empire 8: 2:16.20 R 2007 Danielle Simmons
2:11.00 NC-A
2:15.00 NC-P
2:19.50 ECAC

Name	School	Finals
Finals		
1 Cook, Salme	Stevens	2:23.13
2 Varble, Nicole	R.I.T.	2:24.98
3 Moskey, Sarah	Ithaca	2:26.52
4 Yannotta, Brianne	R.I.T.	2:31.54
5 Shanley, Meghan	Ithaca	2:32.52
6 Morrissey, Keaghan	Nazareth	2:33.44
7 Spirito, Rachel	Ithaca	2:34.08
8 Beairsto, Shanna	Stevens	2:35.00
9 Haahr, Melissa	Alfred	2:37.04
10 Parmelee, Caitlyn	Nazareth	2:37.77
11 Rombach, Michelle	Nazareth	2:38.59
12 Springer, Jennie	R.I.T.	2:39.00
13 Brown, Molly	Ithaca	2:40.24
14 Gutierrez, Grissel	R.I.T.	2:43.21
15 Lounsbury, Jenny	Nazareth	2:47.56
16 Lepore, Kate	Alfred	2:50.96
17 Dubuisson, Kate	R.I.T.	2:51.36
18 Jacobus, Patrice	Nazareth	2:54.65
19 Bower, Anna	R.I.T.	2:56.93

EMPIRE 8 TRACK AND FIELD CHAMPIONSHIPS - 4/17/2010

R.I.T.
Results

Finals ... (Women 800 Meter Run)

Name	School	Finals
20 Huff, Jaclyn	Nazareth	3:03.48
21 Buck, Tiffany	Alfred	3:05.61
22 Laserte, Linsey	Alfred	3:07.27

Women 1500 Meter Run

Empire 8: 4:48.08 R 2007 Andrea Gagnier
 4:31.00 NC-A
 4:38.50 NC-P
 4:48.00 ECAC

Name	School	Finals
Finals		
1 Leugers, Katie	Ithaca	4:46.37RECAC
2 Randall, Jennifer	Ithaca	4:47.54RECAC
3 Baumbach, Heidi	Ithaca	4:57.05
4 Staiger, Michelle	Ithaca	4:59.05
5 Crimmins, Megan	Alfred	5:04.27
6 Parmelee, Caitlyn	Nazareth	5:04.29
7 Dubuisson, Kate	R.I.T.	5:04.47
8 McCormick, Melanie	Ithaca	5:10.94
9 Beairsto, Shanna	Stevens	5:18.76
10 Princiotta, Ashley	Stevens	5:21.83
11 Chan, Jen	Alfred	5:31.35
12 Jacobus, Patrice	Nazareth	5:36.23
13 Laserte, Linsey	Alfred	5:37.41
14 Dunphy, Kaitlyn	Ithaca	5:39.73
15 Bower, Anna	R.I.T.	5:43.53
16 Murphy, Kayla	Nazareth	5:48.67
17 Johnson, Crista	Nazareth	5:55.32
18 Mutter, Katie	Nazareth	5:57.65
19 Buck, Tiffany	Alfred	6:07.42
20 Myers, Elizabeth	Nazareth	6:28.22

Women 5000 Meter Run

Empire 8: 17:48.09 R 2004 Bridgette Pilling
 16:55.00 NC-A
 17:35.00 NC-P
 18:45.00 ECAC

Name	School	Finals
Finals		
1 Hastings, Bridget	Ithaca	19:04.41
2 Quinn, Molly	Ithaca	19:10.99
3 Schloss, Elizabeth	Ithaca	19:33.74
4 Schenk, Megan	Ithaca	19:37.37
5 Phillips-Jones, Elisabeth	Alfred	19:41.67
6 Ryan, Kelsey	Nazareth	19:43.70
7 Guthrie, Anna	R.I.T.	19:52.18
8 Hickok, Samantha	Nazareth	19:57.20
9 Januszkiewicz, Arielle	R.I.T.	20:04.09
10 Princiotta, Ashley	Stevens	20:07.21
11 Wilcox, Sarah	Nazareth	20:48.83
12 Gecsed, Kaitlyn	Nazareth	21:15.65
13 Stanchus, Jessica	Nazareth	21:25.85

Women 100 Meter Hurdles

Empire 8: 14.38 R 2007 LaKeisha Perez
 14.30 NC-A
 14.99 NC-P
 16.34 ECAC

Name	School	Prelims
Preliminaries		
1 Dewart, Emma	Ithaca	15.03QECAC
2 Koppel, Lauren	Ithaca	15.50QECAC
3 Hubbard, Tammia	Ithaca	16.21q ECAC
4 Wehof, Jenny	Stevens	17.07q 1.1
5 DeStefano, Kristen	Ithaca	17.15q 1.1
6 Putney, Jillian	R.I.T.	17.34q -2.2
7 Wistner, Ashley	Ithaca	17.67q 1.1
8 Egmond, Jill	Nazareth	17.89q 1.1
9 Morrissey, Keaghan	Nazareth	18.04 1.1
10 Tkacik, Kerry	Ithaca	18.08 -2.2
11 Loud, Amy	R.I.T.	18.24 -2.2
12 Lindstrom, Alyssa	Nazareth	19.78 1.1
13 Rinaldi, Gabrielle	Alfred	20.33 1.1
14 Smith, Alexandra	Nazareth	22.05 -2.2

Women 100 Meter Hurdles

Empire 8: 14.38 R 2007 LaKeisha Perez
 14.30 NC-A
 14.99 NC-P
 16.34 ECAC

Name	School	Finals
Finals		
1 Dewart, Emma	Ithaca	14.90 NC-P
2 Koppel, Lauren	Ithaca	15.60 ECAC
3 Hubbard, Tammia	Ithaca	16.28 ECAC
4 Wehof, Jenny	Stevens	16.83 -1.8
5 Putney, Jillian	R.I.T.	16.99 -1.8
6 DeStefano, Kristen	Ithaca	17.46 -1.8
7 Egmond, Jill	Nazareth	18.04 -1.8
8 Wistner, Ashley	Ithaca	18.05 -1.8

Women 400 Meter Hurdles

Empire 8: 1:06.93 R 2009 Jillian Putney
 1:02.00 NC-A
 1:04.20 NC-P
 1:06.30 ECAC

Name	School	Finals
Finals		
1 Barito, Laura	Stevens	1:08.25
2 Howard, Ebonie	Ithaca	1:09.55
3 Dewart, Emma	Ithaca	1:10.63
4 Harris, Lindsay	Ithaca	1:13.20
5 Putney, Jillian	R.I.T.	1:14.46
6 Gaylord, Rachel	Alfred	1:15.96
7 Lindstrom, Alyssa	Nazareth	1:17.16
8 Kwamya, Andrea	Ithaca	1:17.39
9 Hubbard, Tammia	Ithaca	1:17.71
10 Scotchlas, Sarah	Ithaca	1:17.95

EMPIRE 8 TRACK AND FIELD CHAMPIONSHIPS - 4/17/2010

R.I.T.
Results

Finals ... (Women 400 Meter Hurdles)

Name	School	Finals
11 Chan, Jen	Alfred	1:20.54

Women 3000 Meter Steeplechase

Empire 8: 11:10.40 R 2006	Trisha Sliker
10:39.00 NC-A	
11:13.00 NC-P	
12:00.24 ECAC	

Name	School	Finals
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Finals

1 Zoyhofski, Rachel	R.I.T.	12:09.42
2 Ortiz, Catherine	Ithaca	12:17.27
3 Jamieson, Lauren	Nazareth	12:23.23
4 Boccio, Amanda	Ithaca	12:27.33
5 Mash, Kelsey	Nazareth	12:27.77
6 Brabston, Jamie	Stevens	12:47.00
7 Lounsbury, Sarah	Ithaca	13:19.67
--- Iossue, Erica	Stevens	DNF
--- Gill, Carly	Ithaca	DNF

Women 4x100 Meter Relay

Empire 8: 49.19 R 2008

Gallup-Klumpp-Morehouse-McCord

41.00 NC-A
41.90 NC-P
51.00 ECAC

Team	Relay	Finals
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Finals

1 Ithaca College	A	50.94 ECAC
2 R.I.T.	A	52.59
3 Utica College	A	52.60
4 Alfred University	A	53.42
5 Stevens	A	53.87

Women 4x400 Meter Relay

Empire 8: 3:59.59 R 2007

Preez-Palermo-Varble-Simmons

3:50.10 NC-A
3:57.90 NC-P
4:10.00 ECAC

Team	Relay	Finals
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Finals

1 Stevens	A	4:14.34
2 R.I.T.	A	4:15.76
3 Ithaca College	A	4:16.97
4 Nazareth College	A	4:32.37
5 Alfred University	A	4:32.88
6 Ithaca College	B	x4:36.92
7 Nazareth College	B	x4:58.61

Women High Jump

Empire 8: 1.67m R 2004	Meghan Morningstar
1.71m NC-A	
1.65m NC-P	
1.58m ECAC	

Name	School	Finals
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Finals

1 Dewart, Emma	Ithaca	1.58m ECAC
2 Rissmeyer, Amanda	Ithaca	J1.58m ECAC
3 Tkacik, Kerry	Ithaca	1.53m
4 Niebuhr, Melinda	Nazareth	1.48m
4 Magdalena, Kawalska	Stevens	1.48m
6 Morrissey, Keaghan	Nazareth	1.43m

Women Pole Vault

Empire 8: 3.20m R 2007	Alison Spivak
3.86m NC-A	
3.55m NC-P	
3.25m ECAC	

Name	School	Finals
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Finals

1 Orlando, Julie	Ithaca	3.40m RECAC
2 DeStefano, Kristen	Ithaca	3.25m RECAC
3 Mark, Naomi	Ithaca	2.95m
4 Niles, Christine	Ithaca	2.80m
5 Wistner, Ashley	Ithaca	2.65m
6 Valle, Emily	R.I.T.	2.50m
--- Breslin, Danielle	R.I.T.	NH

Women Long Jump

Empire 8: 5.55m R 2009	Marcia McCord
5.83m NC-A	
5.55m NC-P	
5.25m ECAC	

Name	School	Finals
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Finals

1 Dewart, Emma	Ithaca	5.54m ECAC
2 McCord, Marcia	Ithaca	5.47m ECAC
3 Reid, Deaja	Utica	5.16m NWI
4 Adams, Jennifer	R.I.T.	5.06m NWI
5 Maisonet, Jasmine	R.I.T.	5.00m NWI
6 Evans, Hannah	Ithaca	4.87m NWI
7 Greene, Kelsey	Ithaca	4.76m NWI
8 Sessions, Katherine	R.I.T.	4.73m NWI
9 Pawalowski, Caroline	Stevens	4.70m NWI
10 Guhr, Tara	R.I.T.	4.57m NWI
11 Tkacik, Kerry	Ithaca	4.51m NWI
12 Larkins, Jordyn	Alfred	4.27m NWI
13 Miranda, Jennifer	Alfred	3.46m NWI
14 Rinaldi, Gabrielle	Alfred	3.32m NWI
15 Hamner, Kristen	Utica	2.95m NWI

EMPIRE 8 TRACK AND FIELD CHAMPIONSHIPS - 4/17/2010**R.I.T.
Results****Women Triple Jump**

Empire 8: 11.40m R 2008 **Marcia Mc Cord**
12.00m NC-A
11.36m NC-P
11.00m ECAC

Name	School	Finals
Finals		
1 Custer, Kristi	Nazareth	10.39m 4.2
2 Johnston, Lindsay	Ithaca	10.19m 2.6
3 Bennett, Sarah	Ithaca	10.14m 3.9
4 Pawalowski, Caroline	Stevens	10.11m 3.4
5 Maisonet, Jasmine	R.I.T.	9.99m 4.3
6 Sessions, Katherine	R.I.T.	9.89m 3.2
7 Evans, Hannah	Ithaca	9.77m 4.7
8 Gallup, Chelsea	Ithaca	9.66m 4.7

Women Shot Put

Empire 8: 13.16m R 2004 **Allison Griggs**
14.20m NC-A
12.90m NC-P
11.60m ECAC

Name	School	Finals
Finals		
1 Saunders, Courtney	R.I.T.	11.36m
2 Morey, Jamie	R.I.T.	10.94m
3 Duran, Alina	Stevens	10.16m
4 Ramos, Samantha	R.I.T.	10.06m
5 Garman, Colleen	Ithaca	9.99m
6 Beck, Kelly-Jo	Alfred	9.73m
7 Python, Grace	Stevens	9.52m
8 Middleton, Katie	Ithaca	9.50m
9 Rissmeyer, Amanda	Ithaca	9.33m
10 Koppel, Lauren	Ithaca	9.22m
11 Morehead, Emily	Alfred	9.13m
12 Uberbacher, Michelle	Ithaca	9.01m
13 Conklin, Jaclyn	Nazareth	8.50m
14 Cook, Kirstin	Alfred	8.42m
15 Summerville, Kayla	Alfred	8.24m
16 Irish, Emily	Nazareth	7.52m

Women Discus Throw

Empire 8: 40.02m R 2005 **Jen McDonnell**
47.00m NC-A
41.50m NC-P
36.25m ECAC

Name	School	Finals
Finals		
1 Morey, Jamie	R.I.T.	37.20m ECAC
2 Saunders, Courtney	R.I.T.	35.00m
3 Beck, Kelly-Jo	Alfred	29.79m
4 Middleton, Katie	Ithaca	29.19m
5 Duran, Alina	Stevens	28.15m
6 Garman, Colleen	Ithaca	28.10m
7 Uberbacher, Michelle	Ithaca	27.90m
8 Python, Grace	Stevens	26.86m

9 Lawrence, Anna	Ithaca	26.40m
10 Bucko, Andrea	Stevens	26.27m
11 Ramos, Samantha	R.I.T.	26.23m
12 Cook, Kirstin	Alfred	25.52m
13 Erickson, Caitlyn	Ithaca	24.90m
14 Summerville, Kayla	Alfred	24.81m
15 Morehead, Emily	Alfred	24.16m

Women Hammer Throw

Empire 8: 51.91m R 2004 **Allison Griggs**
53.00m NC-A
46.92m NC-P
43.50m ECAC

Name	School	Finals
Finals		
1 Morey, Jamie	R.I.T.	45.39m ECAC
2 Lawrence, Anna	Ithaca	44.60m ECAC
3 Morehead, Emily	Alfred	40.34m
4 Duran, Alina	Stevens	38.35m
5 Garman, Colleen	Ithaca	38.25m
6 Middleton, Katie	Ithaca	35.34m
7 Ramos, Samantha	R.I.T.	35.31m
8 Saunders, Courtney	R.I.T.	33.87m
9 Erickson, Caitlyn	Ithaca	31.30m
10 Bucko, Andrea	Stevens	29.61m
11 Irish, Emily	Nazareth	28.63m
12 Summerville, Kayla	Alfred	28.40m
13 Uberbacher, Michelle	Ithaca	22.60m
--- Python, Grace	Stevens	FOUL
--- Dlubac, Ashley	Ithaca	FOUL

Women Javelin Throw

Empire 8: 38.78m R 2004 **Katie Schkolenko**
44.20m NC-A
39.00m NC-P
36.00m ECAC

Name	School	Finals
Finals		
1 Magdalena, Kawalska	Stevens	36.45m ECAC
2 Dlubac, Ashley	Ithaca	35.16m
3 Erickson, Caitlyn	Ithaca	34.01m
4 Uberbacher, Michelle	Ithaca	33.97m
5 Furman, Danielle	R.I.T.	32.63m
6 Rissmeyer, Amanda	Ithaca	30.88m
7 Hooper, Belina	R.I.T.	30.34m
8 Morehead, Emily	Alfred	24.42m
9 Cohen, Chanel	Ithaca	24.41m
10 Bucko, Andrea	Stevens	24.18m
11 Middleton, Katie	Ithaca	23.89m
12 Beck, Kelly-Jo	Alfred	19.16m
13 Conklin, Jaclyn	Nazareth	18.44m
14 Morrissey, Keaghan	Nazareth	15.12m

EMPIRE 8 TRACK AND FIELD CHAMPIONSHIPS - 4/17/2010

R.I.T.
Results**Men 100 Meter Dash**

Empire 8: 11.01 R 2008 Jeff Wetmore
10.55 NC-A
10.76 NC-P
11.05 ECAC

Name	School	Prelims
Preliminaries		
1 Orenstein, Max	Ithaca	11.25Q-1.9
2 Olugbenga, Olutossin	Stevens	11.35Q-0.6
3 Wetmore, Jeff	Ithaca	11.39QNWI
4 Rudolphe, Brandon	Utica	11.44q-0.6
5 Turnbull, Brian	Ithaca	11.55q-1.9
6 Lopez, Chris	Alfred	11.62q-0.6
7 Schiavone, Anthony	R.I.T.	11.75qNWI
8 Caton, Bill	R.I.T.	11.84q-0.6
9 Lin, Jon	Ithaca	11.84 -1.9
10 Martin, Graham	Ithaca	11.93 NWI
11 McFarland, Pat	Ithaca	12.04 NWI
12 Brito, Randy	Alfred	12.05 -1.9
13 Martinez, Vinny	Utica	12.12 -1.9
14 Kelly, Pat	Nazareth	12.28 -1.9
15 Echevarria, Derek	Alfred	12.35 -0.6

Men 100 Meter Dash

Empire 8: 11.01 R 2008 Jeff Wetmore
10.55 NC-A
10.76 NC-P
11.05 ECAC

Name	School	Finals
Finals		
1 Orenstein, Max	Ithaca	10.81 ECAC
2 Wetmore, Jeff	Ithaca	10.92 ECAC
3 Rudolphe, Brandon	Utica	11.32 3.6
4 Turnbull, Brian	Ithaca	11.32 3.6
5 Olugbenga, Olutossin	Stevens	11.32 3.6
6 Schiavone, Anthony	R.I.T.	11.45 3.6
7 Lopez, Chris	Alfred	11.60 3.6
8 Caton, Bill	R.I.T.	11.71 3.6

Men 200 Meter Dash

Empire 8: 22.11 R 2008 Jeff Wetmore
21.31 NC-A
21.75 NC-P
22.30 ECAC

Name	School	Finals
Finals		
1 Orenstein, Max	Ithaca	22.12 ECAC
2 Wetmore, Jeff	Ithaca	22.17 ECAC
3 Moulin, Brecht	R.I.T.	22.57 4.4
4 Mastro Simone, Chris	Ithaca	22.69 4.4
5 Scott, Richard	Alfred	23.13 4.4
6 Rudolphe, Brandon	Utica	23.13 4.4
7 Schiavone, Anthony	R.I.T.	23.27 4.4
8 McLeod, Greg	Stevens	23.81 1.3
9 Caton, Bill	R.I.T.	23.93 4.4

10 Lin, Jon	Ithaca	23.95 1.3
11 Consolo, Lee	Alfred	24.00 1.3
12 Turnbull, Brian	Ithaca	24.04 4.4
13 Johnson, Joe	Utica	24.11 4.4
14 Hartmann, Chris	R.I.T.	24.12 4.4
15 Weaver, Jeremy	Alfred	24.16 1.3
16 Casey, Joe	R.I.T.	24.54 1.3
17 Brito, Randy	Alfred	24.55 1.3
18 Martin, Graham	Ithaca	24.95 4.4
19 Schier, Phillip	Nazareth	25.16 2.8
20 N'Goan, Abdelaziz	Stevens	25.55 4.4
21 Kelly, Pat	Nazareth	26.73 2.8

Men 400 Meter Dash

Empire 8: 48.79 R 2007 Brandon Wheeler
47.50 NC-P
48.50 NC-A
50.10 ECAC

Name	School	Finals
Finals		
1 Mastro Simone, Chris	Ithaca	48.86 ECAC
2 Moulin, Brecht	R.I.T.	49.37 ECAC
3 Scott, Richard	Alfred	50.24
4 Phillips, Matt	Alfred	52.23
5 Johnson, Joe	Utica	52.25
6 Casey, Joe	R.I.T.	52.47
7 Moin, Alex	Ithaca	52.62
8 Weaver, Jeremy	Alfred	52.86
9 Schier, Phillip	Nazareth	53.05
10 Taylor, Ryan	Ithaca	53.59
11 Gallo, Michael	Stevens	53.99
12 Austin, Praise	Utica	54.01
13 Galbraith, Matt	Utica	54.69
14 Kastler, Matt	Ithaca	54.71
15 Orenstein, Julian	Ithaca	55.15
16 Townsend, Casey	Alfred	55.48
17 N'Goan, Abdelaziz	Stevens	55.68
18 Schrecongost, Mitchell	Alfred	57.05
19 Parsons, Andrew	Alfred	57.70
--- Igoe, Paul	Alfred	FS

Men 800 Meter Run

Empire 8: 1:51.73 R 2006 Nick Stenuf
1:50.80 NC-A
1:53.00 NC-P
1:55.20 ECAC

Name	School	Finals
Finals		
1 Geary, David	Ithaca	1:59.81
2 Savage, Billy	Ithaca	1:59.98
3 Ballinger, Andrew	Stevens	2:00.69
4 Smolenski, Sam	R.I.T.	2:01.14
5 Gotham, Andrew	R.I.T.	2:01.71
6 Bell, Curt	Ithaca	2:02.28
7 Holleran, John	R.I.T.	2:02.29
8 Reilly, Chris	Ithaca	2:02.57

EMPIRE 8 TRACK AND FIELD CHAMPIONSHIPS - 4/17/2010**R.I.T.
Results****Finals ... (Men 800 Meter Run)**

Name	School	Finals
9 Brunner, Caryl	R.I.T.	2:02.84
10 Consolo, Lee	Alfred	2:03.36
11 Brylinski, Zane	Stevens	2:03.97
12 Borden, Zach	R.I.T.	2:04.42
13 Riley, Brian	Ithaca	2:06.78
14 Denkenberger, Derek	Alfred	2:07.41
15 McCormick, Brian	Ithaca	2:07.44
16 McCormick, Joe	R.I.T.	2:07.92
17 Longo, John	Nazareth	2:08.11
18 Buzby, Kyle	Stevens	2:08.52
19 Rutan, Tim	Nazareth	2:08.66
20 DiRenzo, Donato	Nazareth	2:09.78
21 Dipasquale, Brandon	Utica	2:12.38
22 Sedotto, Steve	Utica	2:13.21
23 Igoe, Paul	Alfred	2:13.85
24 Schuster, Jesse	Alfred	2:13.95
25 Strough, Josh	Nazareth	2:15.87
26 Noll, Ken	Alfred	2:23.44
27 Peskor, Kirk	Alfred	2:31.58

Men 1500 Meter Run

Empire 8:	3:53.53 R 2007	Nick Stenuf
	3:50.60 NC-A	
	3:54.50 NC-P	
	4:01.85 ECAC	

Name	School	Finals
Finals		
1 Geary, David	Ithaca	4:06.06
2 Bell, Curt	Ithaca	4:08.38
3 Walker, Scott	Ithaca	4:08.59
4 McCormick, Brian	Ithaca	4:09.03
5 Meeker, Nick	R.I.T.	4:09.27
6 Irr, Adam	R.I.T.	4:12.91
7 Longo, John	Nazareth	4:15.78
8 Cox, Nick	R.I.T.	4:19.37
9 Noll, Ken	Alfred	4:21.05
10 Lowe, Nick	R.I.T.	4:22.07
11 Benner, Tom	R.I.T.	4:23.31
12 Jensen, Paul	Ithaca	4:24.98
13 Hardbarger, Michael	R.I.T.	4:27.20
14 Sedotto, Steve	Utica	4:27.87
15 Denkenberger, Derek	Alfred	4:29.79
16 Rutan, Tim	Nazareth	4:31.43
17 Dipasquale, Brandon	Utica	4:34.33
18 Peskor, Kirk	Alfred	5:04.09
19 Garcia, Francis	Stevens	5:17.04

Men 5000 Meter Run

Empire 8:	14:53.75 R 2006	Fontanna Fluke
	14:28.00 NC-A	
	14:48.00 NC-P	
	15:15.00 ECAC	

Name	School	Finals
Finals		
1 Craighead, Dan	Ithaca	15:36.04
2 Kurvach, Mike	R.I.T.	15:38.95
3 Morales, Matt	Nazareth	15:55.46
4 Karkuff, Stefan	Ithaca	15:57.09
5 Gustafson, Tyler	Ithaca	15:57.33
6 Antes, Brad	Stevens	16:01.51
7 Stevens, Brian	Utica	16:05.39
8 Miller, Kenny	R.I.T.	16:09.07
9 Huff, Nathaniel	R.I.T.	16:10.45
10 Grossman, Jonathan	R.I.T.	16:12.51
11 Fekete, Peter	Nazareth	16:13.56
12 Padgett, Hunter	Utica	16:16.65
13 DeWan, David	Stevens	16:19.49
14 Cox, Nick	R.I.T.	16:20.24
15 Vorensky, Mark	Ithaca	16:24.53
16 Brower, Jacob	Ithaca	16:29.17
17 Fitzgerald, Tim	Utica	16:34.71
18 Gallo, R. Julian	Stevens	16:35.10
19 Hayes, Tyler	Utica	16:39.42
20 Romeo, Anthony	Nazareth	16:47.65
21 Verderame, Andrew	Stevens	17:02.45
22 Gawreluk, Nick	R.I.T.	17:25.07
23 Smith, Corey	Alfred	17:25.96
24 Shormann, Eric	Alfred	17:28.80
25 Hudack, Eric	Alfred	19:25.40
--- McConville, Alex	Ithaca	DNF

Men 110 Meter Hurdles

Empire 8:	14.58 R 2006	Jimmy Sorel
	14.42 NC-A	
	14.88 NC-P	
	15.76 ECAC	

Name	School	Prelims
Preliminaries		
1 Abuouf, Mohamed	Stevens	15.50QEAC
2 Lee, Cameron	R.I.T.	15.55QEAC
3 Confer, Matt	Ithaca	15.68qECAC
4 Servito, Victor	Stevens	16.04q-0.4
5 Webb, Christopher	R.I.T.	16.14q-0.4
6 Radzikowski, Jesse	R.I.T.	16.51q-0.2
7 Pfister, Zach	R.I.T.	16.65q-0.2
8 Gleason, Cody	Alfred	16.68q-0.4
9 Moloney, Dan	Ithaca	16.79 -0.4
10 Arrindell, Radford	Ithaca	16.79 -0.4
11 Tapler, Ian	Ithaca	16.89 -0.2
12 Essington, Cory	Alfred	17.69 -0.4
13 Lessig, Ned	Alfred	18.00 -0.2
14 Svoboda, Alec	Ithaca	18.64 -0.2

EMPIRE 8 TRACK AND FIELD CHAMPIONSHIPS - 4/17/2010**R.I.T.
Results****Men 110 Meter Hurdles**

Empire 8: **14.58 R 2006** Jimy Sorel
14.42 NC-A
14.88 NC-P
15.76 ECAC

Name	School	Finals
Finals		
1 Lee, Cameron	R.I.T.	15.30 ECAC
2 Abuouf, Mohamed	Stevens	15.33 ECAC
3 Confer, Matt	Ithaca	15.65 ECAC
4 Webb, Christopher	R.I.T.	15.73 ECAC
5 Servito, Victor	Stevens	15.99 1.4
6 Gleason, Cody	Alfred	16.38 1.4
7 Pfister, Zach	R.I.T.	16.69 1.4
8 Radzikowski, Jesse	R.I.T.	17.66 1.4

Men 400 Meter Hurdles

Empire 8: **53.53 R 2004** Rob Pickels
52.65 NC-A
54.30 NC-P
56.60 ECAC

Name	School	Finals
Finals		
1 Marion, Matt	R.I.T.	55.38 ECAC
2 Moloney, Dan	Ithaca	56.13 ECAC
3 Lee, Cameron	R.I.T.	57.53
4 Hurley, Kevin	Ithaca	59.41
5 Confer, Matt	Ithaca	59.78
6 Tapler, Ian	Ithaca	59.81
7 Pfister, Zach	R.I.T.	1:01.04
8 Lessig, Ned	Alfred	1:01.97
9 Thompson, Chauncy	Utica	1:02.40
10 Martinelli, Eric	Stevens	1:03.88
11 Pickering, Alex	Ithaca	1:04.78
--- Morgera, Kevin	Stevens	FS

Men 3000 Meter Steeplechase

Empire 8: **9:19.22 R 2005** Shawn Calabrese
9:07.00 NC-A
9:25.00 NC-P
9:40.00 ECAC

Name	School	Finals
Finals		
1 Kurvach, Mike	R.I.T.	9:38.17 ECAC
2 DeWan, David	Stevens	9:54.75
3 Padgett, Hunter	Utica	9:57.05
4 Antes, Brad	Stevens	9:59.79
5 Abbott, Phil	Ithaca	10:09.09
6 Murray, Tyler	Ithaca	10:24.59
7 Podeszek, Jon	R.I.T.	10:28.39
8 Schuster, Jesse	Alfred	10:37.42
9 Lu, Joseph	Ithaca	11:04.07
10 Selzo, Eric	Alfred	12:56.70

Men 4x100 Meter Relay

Empire 8: **42.20 R 2009** Ithaca College
J Lin, C Covino, M Orenstein, J Wetmore
44.00 ECAC
47.15 NC-A
48.65 NC-P

Team	Relay	Finals
Finals		
1 Ithaca College	A	42.60 ECAC
2 R.I.T.	A	43.39 ECAC
3 Stevens	A	43.90 ECAC
4 Utica College	A	44.78 NC-A
5 Alfred University	A	45.04 NC-A

Men 4x400 Meter Relay

Empire 8: **3:19.64 R 2009** Rochester Ins Tech
T Benner, J Granata, N Lowe, Z Nelson
3:13.00 NC-A
3:17.50 NC-P
3:24.00 ECAC

Team	Relay	Finals
Finals		
1 R.I.T.	A	3:26.82
2 Alfred University	A	3:27.74
3 Stevens	A	3:28.47
4 Utica College	A	3:36.83
5 Ithaca College	A	3:42.66
6 Stevens	B	x3:46.13
7 Nazareth College	A	3:47.33

Men High Jump

Empire 8: **1.95m R 2009** Roman Drymalski
2.11m NC-A
2.02m NC-P
1.93m ECAC

Name	School	Finals
Finals		
1 Stahlmann, Chris	Ithaca	1.88m
2 Jakubek, Kramer	Ithaca	J1.88m
3 Servito, Victor	Stevens	J1.88m
4 Arrindell, Radford	Ithaca	1.83m
5 Olugbenga, Olutossin	Stevens	J1.83m
6 Ambrosino, Eric	Ithaca	1.78m
7 Kane, Seth	R.I.T.	J1.78m
8 Wilber, Chris	Ithaca	1.72m
9 Martinez, Vinny	Utica	1.68m

Men Pole Vault

Empire 8: **4.71m R 2007** David Falcinelli
5.07m NC-A
4.70m NC-P
4.40m ECAC

Name	School	Finals
Finals		
1 Dempsey, Mike	R.I.T.	4.90mRNC-P

EMPIRE 8 TRACK AND FIELD CHAMPIONSHIPS - 4/17/2010**R.I.T.
Results****Finals ... (Men Pole Vault)**

Name	School	Finals
2 Brown, Andrew	Ithaca	4.57m ECAC
3 Mienny, Chris	R.I.T.	3.97m
4 Capone, Drew	Stevens	3.67m
5 DiGerardo, Steven	R.I.T.	J3.67m
--- Willis, Jeff	Ithaca	NH
--- Nagamatsu, Ken	R.I.T.	NH

Men Long Jump

Empire 8: 6.68m R 2009 Kyle Devins
7.30m NC-A
7.00m NC-P
6.70m ECAC

Name	School	Finals
Finals		
1 Devins, Kyle	Ithaca	7.01mRNC-P
2 Vaghasia, Naitik	Stevens	6.27m NWI
3 Servito, Victor	Stevens	6.26m NWI
4 Ambrosino, Eric	Ithaca	6.20m NWI
5 Johnson, Travis	Ithaca	6.11m NWI
6 Hartmann, Chris	R.I.T.	6.06m NWI
7 DeRosa, Matt	R.I.T.	5.90m NWI
8 Spalding, Les	Ithaca	5.89m NWI
9 Svoboda, Alec	Ithaca	5.84m NWI
9 Libera, Christopher	R.I.T.	5.84m NWI
11 Von Gonten, Michael	Stevens	5.74m NWI
12 Essington, Cory	Alfred	5.73m NWI
13 Lopez, Chris	Alfred	5.69m NWI
14 Haile, Peatros	R.I.T.	5.61m NWI
15 Polino, Dan	Nazareth	5.57m NWI
16 Shardlow, Justin	Alfred	5.47m NWI
17 Heffernan, Stephen	R.I.T.	5.39m NWI

Men Triple Jump

Empire 8: 13.38m R 2008 Kyle Devins
14.85m NC-A
14.20m NC-P
13.70m ECAC

Name	School	Finals
Finals		
1 Pawalowski, Michael	Stevens	13.16m 4.2
2 Ambrosino, Eric	Ithaca	13.15m 3.2
3 Johnson, Travis	Ithaca	12.98m 2.3
4 Vaghasia, Naitik	Stevens	12.94m 3.3
5 Purcell, Dan	Ithaca	12.79m 3.6
6 Spalding, Les	Ithaca	12.29m 4.3
7 Haile, Peatros	R.I.T.	11.77m 2.6
8 DeRosa, Matt	R.I.T.	11.68m 4.1
9 Heffernan, Stephen	R.I.T.	11.61m 2.6
10 Essington, Cory	Alfred	11.45m 1.2
11 Polino, Dan	Nazareth	11.44m 3.0
12 Libera, Christopher	R.I.T.	11.42m 2.1
13 Stahlmann, Chris	Ithaca	11.39m 2.5
--- Wilber, Chris	Ithaca	FOUL

Men Shot Put

Empire 8: 14.34m R 2009 Tim Wesley
17.00m NC-A
15.45m NC-P
14.25m ECAC

Name	School	Finals
Finals		
1 Ross, Shawn	Alfred	13.77m
2 Walker, Brian	R.I.T.	12.68m
3 Oquendo, Joel	Stevens	12.63m
4 Arni, Steven	R.I.T.	12.52m
5 Haynes, Mike	R.I.T.	12.49m
6 Cox, Travis	Alfred	12.37m
7 Stazi, Kyle	Ithaca	11.18m
8 Helm, Paul	Ithaca	11.09m
9 Aiello, Christopher	Stevens	10.83m
10 Gallo, Michael	Stevens	10.52m
11 Miskanich, Ryan	Stevens	10.37m
12 Kelly, Ian	Ithaca	10.20m
13 Barry, Spencer	Ithaca	10.16m
14 Von Gonten, Michael	Stevens	10.02m
15 Doty, Casey	R.I.T.	9.93m
16 Patalano, Dave	Nazareth	9.03m
17 Schultz, Chris	Ithaca	7.31m

Men Discus Throw

Empire 8: 43.89m R 2005 Tariq-Ahmad
51.50m NC-A
47.00m NC-P
43.60m ECAC

Name	School	Finals
Finals		
1 Walker, Brian	R.I.T.	38.87m
2 Kelly, Ian	Ithaca	38.10m
3 Oquendo, Joel	Stevens	37.75m
4 Ross, Shawn	Alfred	36.39m
5 Cox, Travis	Alfred	36.38m
6 Arni, Steven	R.I.T.	34.20m
7 Barry, Spencer	Ithaca	33.89m
8 Taylor, Ryan	Ithaca	32.38m
9 Dibble, Aaron	R.I.T.	32.14m
10 Kraemer, Andrew	Stevens	31.44m
11 Doty, Casey	R.I.T.	31.41m
12 Noll, Ken	Alfred	30.70m
13 Miskanich, Ryan	Stevens	29.31m
14 Haynes, Mike	R.I.T.	29.13m
15 Helm, Paul	Ithaca	28.64m
16 Mahon, Matt	Ithaca	27.50m
17 Aiello, Christopher	Stevens	27.45m
18 Olugbenga, Olotossin	Stevens	27.00m
19 Brown, Dan	Utica	26.84m
20 Svoboda, Alec	Ithaca	25.32m
21 Havener, Tom	Utica	23.91m

EMPIRE 8 TRACK AND FIELD CHAMPIONSHIPS - 4/17/2010**R.I.T.
Results****Men Hammer Throw**

Empire 8: 46.78m R 2009 **Travis Cox**
57.00m NC-A
52.50m NC-P
47.50m ECAC

Name	School	Finals
Finals		
1 Walker, Brian	R.I.T.	48.82mRECAC
2 Haynes, Mike	R.I.T.	44.96m
3 Hamilton, Jusan	Ithaca	43.57m
4 Cox, Travis	Alfred	42.40m
5 Helm, Paul	Ithaca	39.40m
6 Joseph, Markeson	Alfred	39.35m
7 Doty, Casey	R.I.T.	38.72m
8 Miskanich, Ryan	Stevens	36.27m
9 Barry, Spencer	Ithaca	35.33m
10 Kraemer, Andrew	Stevens	35.22m
11 Oquendo, Joel	Stevens	35.06m
12 Dibble, Aaron	R.I.T.	32.58m
13 Brown, Dan	Utica	32.04m
14 Stazi, Kyle	Ithaca	31.60m
15 Aiello, Christopher	Stevens	30.95m
16 Mahon, Matt	Ithaca	30.49m
17 Arni, Steven	R.I.T.	29.42m
18 Havener, Tom	Utica	27.50m
19 Schultz, Chris	Ithaca	24.66m

Men Javelin Throw

Empire 8: 61.88m R 2007 **Stephen Burns**
62.50m NC-A
57.80m NC-P
54.60m ECAC

Name	School	Finals
Finals		
1 Luna, Sebastian	Stevens	51.34m
2 Kallen, Tyler	R.I.T.	48.50m
3 Turnbull, Brian	Ithaca	48.39m
4 Taylor, Ryan	Ithaca	48.18m
5 Svoboda, Alec	Ithaca	43.93m
6 Paulosky, Ed	Stevens	41.95m
7 Schrecongost, Mitchell	Alfred	40.83m
8 Hambleton, Scott	R.I.T.	38.10m
9 Watkins, David	R.I.T.	38.02m
10 Rosen, Andrew	R.I.T.	36.61m
11 Lopez, Chris	Alfred	33.99m
12 Gleason, Cody	Alfred	33.82m
--- Patalano, Dave	Nazareth	FOUL
--- Noll, Ken	Alfred	FOUL

Women - Team Rankings - 19 Events Scored

1) Ithaca College	287
2) R.I.T.	114

3) Stevens	80
4) Utica College	42
5) Alfred University	34
6) Nazareth College	30

Men - Team Rankings - 19 Events Scored

1) Ithaca College	245
2) R.I.T.	161
3) Stevens	106
4) Alfred University	45
5) Utica College	23
6) Nazareth College	7