

Empire 8 Championships
Houghton College Kerr-Pegula Fieldhouse - 2/14/2015
Results

Women 60 Meter Dash

Facility: 8.28 * 1/24/2015 Leigha Tildon
Meet: 7.89 # 2013 Harmony Graves
ECAC: 8.05
NYS-A: 8.20

Name	Yr	School	Prelims
Preliminaries			
1	Miasia Hillman	SR Alfred	* 7.94Q
2	Morgan Mastin	SR St. John Fisher	* 7.97Q
3	Sarah Werner	JR Ithaca	* 8.14Q
4	Gladys Njoku	JR Stevens Inst.	* 8.15q
5	Elizabeth Dowling	JR Ithaca	* 8.17q
6	Rachel Friedman	SR Ithaca	8.32q
7	Mijoi Powell	FR Alfred	8.34q
8	Emily Williams	JR Ithaca	8.37q
9	Alex Walker	SO Nazareth	8.37
10	Colleen Smith	SO Ithaca	8.38
11	Nicoletta Lattuca	SR St. John Fisher	8.40
12	Rose Paskoff	SO Ithaca	8.58
13	Jade Jenkins	SO Utica	8.58
14	Randi Bort	FR St. John Fisher	8.60
15	Hannah Nickels	FR Nazareth	8.83
16	Taylor McLoughlin	FR St. John Fisher	8.86
17	Anaelle Amy	FR Utica	8.88
18	Julia Dyer	FR St. John Fisher	9.12
19	Alexandria Caldwell	SR St. John Fisher	9.25

Women 60 Meter Dash

Facility: 8.28 * 1/24/2015 Leigha Tildon
Meet: 7.89 # 2013 Harmony Graves
ECAC: 8.05
NYS-A: 8.20

Name	Yr	School	Finals
Finals			
1	Miasia Hillman	SR Alfred	7.90* 10
2	Morgan Mastin	SR St. John Fisher	8.00* 8
3	Sarah Werner	JR Ithaca	8.12* 6
4	Gladys Njoku	JR Stevens Inst.	8.20* 4
5	Elizabeth Dowling	JR Ithaca	8.21* 2
6	Rachel Friedman	SR Ithaca	8.26* 1
7	Mijoi Powell	FR Alfred	8.28*
8	Emily Williams	JR Ithaca	8.31

Women 200 Meter Dash

Facility: 27.05 * 1/24/2015 Chelsea Hayward
Meet: 25.94 # 2010 Marcia McCord
ECAC: 26.40
NYS-A: 27.10

Name	Yr	School	Finals
Finals			
1	Hannah Brackley	SR Nazareth	25.98* 10
2	Miasia Hillman	SR Alfred	26.02* 8
3	Morgan Mastin	SR St. John Fisher	26.67* 6
4	Leigh Martino	SR Ithaca	26.75* 4

5	Sophie Feuer	FR Ithaca	27.12	2
6	Gladys Njoku	JR Stevens Inst.	27.41	1
7	Rachel Friedman	SR Ithaca	27.47	
8	Christine Kelly	JR Ithaca	27.49	
9	Fiona Daloia	SO Houghton	27.53	
10	Chelsea Grupp	FR St. John Fisher	27.54	
11	Jessica Colmerauer	SO St. John Fisher	27.74	
12	Mijoi Powell	FR Alfred	28.11	
13	Chelsea Cleveland	SO St. John Fisher	28.15	
14	Anissa Ash	FR Ithaca	28.29	
15	Ronni Ehlers	SO St. John Fisher	28.36	
16	Eugenia Bradshaw	SR Ithaca	28.74	
17	Alex Walker	SO Nazareth	28.76	
18	Carlin Lydon	FR St. John Fisher	28.86	
19	Sarah Williams	FR Nazareth	28.88	
20	Kasey Cannister	SO Houghton	29.48	
21	Anaelle Amy	FR Utica	30.48	
22	Taylor Tonkinson	FR Stevens Inst.	30.73	
23	Hannah Nickels	FR Nazareth	31.05	
24	Jida Lymon	FR Utica	33.37	

Women 400 Meter Dash

Facility: 1:00.51 * 1/24/2015 Marissa Pariseau
Meet: 57.65 # 2004 Sheri Kelleher
ECAC: 1:00.00
NYS-A: 1:02.00

Name	Yr	School	Finals
Finals			
1	Hannah Brackley	SR Nazareth	58.36* 10
2	Eliza Dewart	JR Ithaca	59.34* 8
3	Samantha Goble	FR Nazareth	1:01.01 6
4	Chelsea Grupp	FR St. John Fisher	1:01.94 4
5	Jessica Colmerauer	SO St. John Fisher	1:02.07 2
6	Brianne Hayes	FR Ithaca	1:02.76 1
7	Sarah Wiatr	JR Utica	1:02.97
8	Andrea Larnard	FR Nazareth	1:03.51
9	Savanna McCafferty Dovi	SR Houghton	1:03.56
10	Chelsea Cleveland	SO St. John Fisher	1:03.64
11	Brittany Greene	SR Ithaca	1:05.41
12	Kaitlin Rizzo	SO St. John Fisher	1:05.59
13	Kasey Cannister	SO Houghton	1:06.72
14	Kristen Swanson	SR Ithaca	1:07.08

Women 800 Meter Run

Facility: 2:19.05 * 1/24/2015 Keira Wood
Meet: 2:17.00 # 2004 Emily Maston
ECAC: 2:22.50
NYS-A: 2:24.00

Name	Yr	School	Finals
Finals			
1	Michaela Gildemeyer	SR Nazareth	2:24.01 10
2	Nikki Garns	FR Houghton	2:25.06 8
3	Rebekah White	FR Houghton	2:26.71 6
4	Katlin Shippy	JR St. John Fisher	2:27.95 4
5	Michaela Cioffredi	SO Ithaca	2:28.54 2
6	Kristin Lynn	SO Ithaca	2:28.62 1

Empire 8 Championships
Houghton College Kerr-Pegula Fieldhouse - 2/14/2015

Results**Finals ... (Women 800 Meter Run)**

	Name	Yr	School	Finals
7	Anna Fay	JR	Ithaca	2:28.95
8	Samantha Rokicsak	FR	Stevens Inst.	2:29.62
9	Kaela Earrusso	SO	Stevens Inst.	2:29.85
10	Kimberly Lovett	FR	Nazareth	2:33.06
11	Kiera Sheridan	FR	Stevens Inst.	2:33.41
12	Colleen Vaughn	JR	Ithaca	2:34.18
13	Samantha Bennett	JR	Utica	2:34.60
14	Meghan Hull	SO	St. John Fisher	2:34.97
15	Alexis Kindig	FR	Ithaca	2:38.00
16	Kristen Owens	JR	Utica	2:42.69
17	Sydney Saccone	SO	St. John Fisher	2:43.68
18	Marissa Perez	FR	Houghton	2:45.72
19	Rebekah Anderson	FR	Houghton	2:46.76
20	Teresa Fallon	FR	Alfred	2:46.95
21	Morgan Flick	JR	Alfred	2:49.69
22	Juliet Janicik	SR	St. John Fisher	2:53.87
23	Abigail Hampson	SO	Alfred	2:58.38
24	Hannah Rollins	SO	Houghton	2:59.48

Women 1 Mile Run

Facility: 5:28.49 * 1/31/2015 **Destiny Foster**
Meet: 5:11.47 # 2006 **Elizabeth Wilcox**
ECAC: 5:18.00
NYS-A: 5:23.00

	Name	Yr	School	Finals
Finals				
1	Amy Regan	JR	Stevens Inst.	5:05.87# 10
2	Taryn Cordani	FR	Ithaca	5:09.52# 8
3	Alexa Rick	SR	Ithaca	5:15.91* 6
4	Rachelle Sartori	JR	Ithaca	5:17.27* 4
5	Joanna Friesen	SO	Houghton	5:20.89* 2
6	Sarah Coon	JR	St. John Fisher	5:39.88 1
7	Katrina Scalzo	FR	Utica	6:47.02

Women 5000 Meter Run

Facility: 18:58.71 * 1/24/2015 **Kristen Homeyer**
Meet: 17:55.32 # 2004 **Bridgette Pilling**
ECAC: 18:44.00
NYS-A: 18:51.00

	Name	Yr	School	Finals
Finals				
1	Amy Regan	JR	Stevens Inst.	17:48.07# 10
2	Mary Baughman	SO	Alfred	17:58.32* 8
3	Kate Moyer	JR	Stevens Inst.	18:17.68* 6
4	Ashton Villeneuve	JR	Utica	18:50.07* 4
5	Samantha VanGee	SO	St. John Fisher	18:50.99* 2
6	Emily Smith	SR	Ithaca	19:07.31 1
7	Julie Bowler	SR	Utica	19:19.48
8	Christine Hecker	SR	Stevens Inst.	19:19.69
9	Alison Bartkowiak	SR	Ithaca	19:21.89
10	Kristen Okorn	FR	Stevens Inst.	19:33.61
11	Nicole Graziadei	SR	St. John Fisher	19:34.72
12	Denise Ibarra	FR	Ithaca	19:37.78
13	Christina Gobble	SO	Ithaca	19:38.98

14	Emily Drain	SO	Ithaca	19:43.95
15	Jamie DiSalvo	SO	Nazareth	19:47.50
16	Blair Meeson	JR	Nazareth	19:58.48
17	Christina Rucinski	FR	Ithaca	20:16.80
18	Lauren Logan	FR	Stevens Inst.	20:49.50
19	Rachel Hummel	FR	Houghton	20:58.25
20	Claire Ludington	FR	Nazareth	21:26.42
21	Sarah Dugan	FR	Stevens Inst.	23:53.09
---	Savannah Bernardin	SR	Utica	DNF
---	Lindsay Piriano	FR	Alfred	DNF

Women 60 Meter Hurdles

Facility: 9.79 * 1/24/2015 **Abigail Boyce**
Meet: 9.03 # 2012 **Emma Dewart**
ECAC: 9.45
NYS-A: 9.68

	Name	Yr	School	Prelims
Preliminaries				
1	Christine Benway	SR	Ithaca	* 9.27Q
2	Amber Edwards	FR	Ithaca	* 9.72Q
3	Amira Dardir	SR	Stevens Inst.	* 9.79q
4	Ronni Ehlers	SO	St. John Fisher	9.94q
5	Allie Nugent	JR	Ithaca	9.95q
6	Allison Corretore	SO	St. John Fisher	10.01q
7	Paige Agnew	SO	Ithaca	10.37q
8	Gina Salmins	SO	Stevens Inst.	10.60q
9	Brianne Hayes	FR	Ithaca	10.63
10	Marissa Colburn	SO	Alfred	10.77
11	Elizabeth Wisely	FR	Nazareth	10.99
12	Kelsey Hill	SO	Nazareth	11.82

Women 60 Meter Hurdles

Facility: 9.79 * 1/24/2015 **Abigail Boyce**
Meet: 9.03 # 2012 **Emma Dewart**
ECAC: 9.45
NYS-A: 9.68

	Name	Yr	School	Finals
Finals				
1	Christine Benway	SR	Ithaca	9.32* 10
2	Amira Dardir	SR	Stevens Inst.	9.76* 8
3	Allie Nugent	JR	Ithaca	9.98 6
4	Amber Edwards	FR	Ithaca	10.01 4
5	Gina Salmins	SO	Stevens Inst.	10.03 2
6	Ronni Ehlers	SO	St. John Fisher	10.08 1
7	Allison Corretore	SO	St. John Fisher	10.09
8	Paige Agnew	SO	Ithaca	10.37

Women 4x200 Meter Relay Exhibition

Facility: 1:50.72 * 1/31/2015 **Houghton**
S McCafferty Doviak, N Garns, K Taggart, F Daloia

	Team	Relay	Finals
Finals			
1	Ithaca	A	1:51.79
	1) Elizabeth Dowling JR	2) Rose Paskoff SO	
	3) Eugenia Bradshaw SR	4) Paige Agnew SO	

Empire 8 Championships
Houghton College Kerr-Pegula Fieldhouse - 2/14/2015
Results

Finals ... (Women 4x200 Meter Relay Exhibition)

Team	Relay	Finals
2 Alfred	A	1:54.20
1) Rachel Houghton FR	2) Miasia Hillman SR	
3) Mijoi Powell FR	4) Corine Pettit SR	
3 St. John Fisher	A	1:59.75
1) Alexandria Caldwell SR	2) Julia Dyer FR	
3) Kaitlin Rizzo SO	4) Randi Bort FR	

Women 4x400 Meter Relay

Facility: 4:13.61 * 1/24/2015 SUNY Geneseo

M Schwartz, L Bamford, K Wood, S Rosenzweig

Meet: 4:08.47 # 2006 Ithaca

Bachiochi, Klumpp, J Wilcox, E Wilcox

ECAC: 4:08.00

Team	Relay	Finals
Finals		
1 Nazareth	A	4:08.98* 10
1) Samantha Goble FR	2) Michaela Gildemeyer SR	
3) Andrea Larnard FR	4) Hannah Brackley SR	
2 St. John Fisher	A	4:09.74* 8
1) Morgan Mastin SR	2) Chelsea Grupp FR	
3) Jessica Colmerauer SO	4) Sydney Saccone SO	
3 Ithaca	A	4:21.42 6
1) Brianne Hayes FR	2) Sophie Feuer FR	
3) Rachelle Sartori JR	4) Alexis Kindig FR	
4 Houghton	A	4:25.02 4
1) Savanna McCafferty Doviak	2) Fiona Daloia SO	
3) Katrina Relyea JR	4) Nikki Garns FR	
5 Utica	A	4:27.27 2
1) Aliyah Coley FR	2) Makenna Cooley FR	
3) Samantha Bennett JR	4) Ayana Smith FR	
6 Stevens Institute	A	4:29.39 1
1) Katie Brodecki FR	2) Amira Dardir SR	
3) Samantha Rokicsak FR	4) Kaela Earrusso SO	
7 Alfred	A	4:51.91
1) Marissa Colburn SO	2) Mary Baughman SO	
3) Teresa Fallon FR	4) Morgan Flick JR	

Women Distance Medley

Facility: 13:06.69 * 1/24/2015 St. John Fisher

S Coon, M Mastin, S Saccone, K Shippy

Meet: 11:59.16 # 2004 Ithaca

Cravotta, McQuarrie, Maston, Laytham

ECAC: 13:00.00

Team	Relay	Finals
Finals		
1 Ithaca	A	12:53.38* 10
1) Anna Fay JR	2) Brittany Greene SR	
3) Kristin Lynn SO	4) Michaela Cioffredi SO	
2 St. John Fisher	A	13:04.17* 8
1) Sarah Coon JR	2) Chelsea Cleveland SO	
3) Sydney Saccone SO	4) Katlin Shippy JR	
3 Utica	A	13:09.11 6
1) Samantha Bennett JR	2) Aliyah Coley FR	
3) Makenna Cooley FR	4) Julie Bowler SR	

4 Nazareth	A	13:13.56 4
1) Michaela Gildemeyer SR	2) Sarah Williams FR	
3) Kimberly Lovett FR	4) Jamie DiSalvo SO	
5 Houghton	A	13:33.21 2
1) Rebekah White FR	2) Kate Taggart FR	
3) Katrina Relyea JR	4) Cara Davenport SR	
6 Stevens Institute	A	13:33.74 1
1) Kiera Sheridan FR	2) Taylor Tonkinson FR	
3) Katie Brodecki FR	4) Kristen Okorn FR	

Women High Jump

Facility: 1.60m * 1/31/2015 Marie Johnson

Meet: 1.68m # Morningstar & Dewart

ECAC: 1.60m

NYS-A: 1.55m

Name	Yr	School	Finals
Finals			
1 Gladys Njoku	JR	Stevens Inst.	1.70m# 10
2 Natalie Meyer	SO	Ithaca	1.65m* 8
3 Amira Dardir	SR	Stevens Inst.	1.60m* 6
4 Lisa Knab	SR	St. John Fisher	1.60m* 4
5 Leigh Martino	SR	Ithaca	1.55m 2
6 Grace Ryan	FR	Ithaca	1.50m 1
7 Kate Pearce	JR	Utica	1.45m
8 Brianne Hayes	FR	Ithaca	1.45m
9 Jessica Locke	SO	St. John Fisher	1.45m
10 Carlin Lydon	FR	St. John Fisher	1.45m
11 Katie Brodecki	FR	Stevens Inst.	1.40m
11 Alexandra Lewis	SR	Ithaca	1.40m
11 Kate Durr	SR	Nazareth	1.40m
14 Katherine Pitman	FR	Ithaca	1.40m
--- Morgan Flick	JR	Alfred	NH

Women Pole Vault

Facility: 3.35m * 1/31/2015 Rachel Robison

Meet: 3.50m # 2010 Kristen DeStefano

ECAC: 3.35m

NYS-A: 3.05m

Name	Yr	School	Finals
Finals			
1 Alex Rechen	JR	Ithaca	3.50m# 10
2 Katherine Pitman	FR	Ithaca	3.35m* 8
3 Lexi Clavet	SO	Ithaca	3.20m 6
4 Danyelle Redmond	JR	St. John Fisher	3.05m 4
5 Sibongile Chisi	SR	Nazareth	2.90m 1.5
5 Beth Schomp	FR	Ithaca	2.90m 1.5
7 Amanda Zaput	SO	Ithaca	2.90m
7 Olivia Paolano	SO	Ithaca	2.90m
9 Mikaela Brown	SO	St. John Fisher	2.60m
10 Emily Pawlowski	FR	Nazareth	2.45m
11 Ann Ciancia	FR	Utica	2.45m

Empire 8 Championships
Houghton College Kerr-Pegula Fieldhouse - 2/14/2015
Results

Women Long Jump

Facility: 5.07m * 1/24/2015 Alexa Wandy
Meet: 5.70m # 2012 Emma Dewart
ECAC: 5.18m
NYS-A: 5.10m

	Name	Yr	School	Finals
Finals				
1	Emilia Scheemaker	SR	Ithaca	5.17m* 10
2	Emily Williams	JR	Ithaca	5.08m* 8
3	Grace Ryan	FR	Ithaca	5.07m* 6
4	Amanda Entress	JR	Nazareth	5.00m 4
5	Katie Weeks	FR	Stevens Inst.	4.97m 2
6	Elizabeth Dowling	JR	Ithaca	4.92m 1
7	Natalie Meyer	SO	Ithaca	4.92m
8	Christine Benway	SR	Ithaca	4.90m
9	Allison Corretore	SO	St. John Fisher	4.88m
10	Nicoletta Lattuca	SR	St. John Fisher	4.86m
11	Gladys Njoku	JR	Stevens Inst.	4.77m
12	Lisa Knab	SR	St. John Fisher	4.75m
13	Amira Dardir	SR	Stevens Inst.	4.58m
14	Gina Salmins	SO	Stevens Inst.	4.55m
15	Jade Jenkins	SO	Utica	4.53m
16	Leah Denney	FR	Nazareth	4.38m
17	Corine Pettit	SR	Alfred	4.34m
18	Kate Pearce	JR	Utica	4.19m
19	Taylor Pierson	JR	Nazareth	4.02m
---	Sarah Wiatr	JR	Utica	FOUL

Women Triple Jump

Facility: 10.69m * 1/31/2015 Marie Johnson
Meet: 12.07m # 2/1/2014 Emilia Scheemaker
ECAC: 10.85m
NYS-A: 10.70m

	Name	Yr	School	Finals
Finals				
1	Emilia Scheemaker	SR	Ithaca	11.68m* 10
2	Sarah Wiatr	JR	Utica	11.36m* 8
3	Christine Kelly	JR	Ithaca	10.65m 6
4	Emily Williams	JR	Ithaca	10.59m 4
5	Grace Ryan	FR	Ithaca	10.52m 2
6	Amanda Entress	JR	Nazareth	10.45m 1
7	Lexi Clavet	SO	Ithaca	10.44m
8	Jade Jenkins	SO	Utica	10.43m
9	Katie Weeks	FR	Stevens Inst.	10.19m
10	Gina Salmins	SO	Stevens Inst.	10.09m
11	Corine Pettit	SR	Alfred	10.08m
12	Meg Vona	SR	St. John Fisher	10.05m
13	Catherine Wilbur	SO	St. John Fisher	9.83m
14	Colleen Smith	SO	Ithaca	9.66m
15	Kelsey Hill	SO	Nazareth	9.64m
16	Leah Denney	FR	Nazareth	9.63m
17	Jessica Locke	SO	St. John Fisher	9.38m

Women Shot Put

Facility: 12.54m * 1/31/2015 Victoire Kotnar
Meet: 13.07m # 2005 Allison Griggs
ECAC: 11.58m
NYS-A: 11.00m

	Name	Yr	School	Finals
Finals				
1	Paige Willson	SR	St. John Fisher	13.06m* 10
2	Brandy Smith	SO	Ithaca	12.52m 8
3	Katie Weeks	FR	Stevens Inst.	12.12m 6
4	Francesca Boylan	SO	Ithaca	11.41m 4
5	Alexis Edwards	SO	Utica	11.33m 2
6	Victoria Taibe	SO	Stevens Inst.	11.31m 1
7	Charis Lu	FR	Ithaca	10.81m
8	Kristina Stockburger	SR	Ithaca	10.60m
9	Taylor Youngkrans	SR	St. John Fisher	10.50m
10	Mackenzie Hoven	SO	Utica	10.40m
11	Yvonne Palacios	SO	Ithaca	10.07m
12	Yanique Spigner	SO	Stevens Inst.	9.89m
13	Corinne Taylor	SR	Ithaca	9.77m
14	Alyssa Mountain	SO	St. John Fisher	9.72m
15	Shannon Bamann	SR	St. John Fisher	9.36m
16	Andrea Melhorn	SR	Houghton	8.91m
17	Brynn Hyde	FR	Alfred	8.63m
18	India Jackson	FR	Utica	8.59m
19	Melissa Bell	SO	Houghton	8.54m
20	Kate Pearce	JR	Utica	7.68m
21	Lauren Bechtel	JR	Houghton	6.81m
22	Sylvia Morrow	JR	Houghton	6.06m
23	Mary Cronin	FR	Houghton	5.69m
24	Sarah Gabrielle	SO	Houghton	5.06m

Women Weight Throw 20 lb.

Facility: 15.99m * 1/24/2015 Taylor Youngkrans
Meet: 17.18m # 2013 Alina Duran
ECAC: 14.05m
NYS-A: 13.50m

	Name	Yr	School	Finals
Finals				
1	Taylor Youngkrans	SR	St. John Fisher	16.41m* 10
2	Brandy Smith	SO	Ithaca	15.39m 8
3	Kristina Stockburger	SR	Ithaca	14.97m 6
4	Andrea Melhorn	SR	Houghton	14.71m 4
5	Paige Willson	SR	St. John Fisher	14.16m 2
6	Corinne Taylor	SR	Ithaca	14.06m 1
7	Alexis Edwards	SO	Utica	13.74m
8	Alyssa Mountain	SO	St. John Fisher	13.72m
9	Bria Hilliard	SO	Utica	13.30m
10	Caitlin Noonan	FR	Ithaca	13.23m
11	Yvonne Palacios	SO	Ithaca	13.16m
12	Francesca Boylan	SO	Ithaca	12.52m
13	Yanique Spigner	SO	Stevens Inst.	12.12m
14	Brynn Hyde	FR	Alfred	11.85m
15	Victoria Taibe	SO	Stevens Inst.	11.70m
16	Katrina Dudley	SR	Utica	11.39m

Empire 8 Championships
Houghton College Kerr-Pegula Fieldhouse - 2/14/2015
Results

Finals ... (Women Weight Throw 20 lb.)

	Name	Yr	School	Finals
17	Lauren Bechtel	JR	Houghton	9.48m
18	Shannon Bamann	SR	St. John Fisher	9.44m
19	Melissa Bell	SO	Houghton	9.38m
20	India Jackson	FR	Utica	8.51m
21	Gabrielle McQueen	SO	Utica	8.42m
22	Sarah Gabrielle	SO	Houghton	7.74m
23	Mary Cronin	FR	Houghton	5.67m
---	Mackenzie Hoven	SO	Utica	FOUL
---	Sylvia Morrow	JR	Houghton	FOUL

Women - Team Rankings - 15 Events Scored

1)	Ithaca	192.5
2)	St. John Fisher	74
3)	Stevens Institute	68
4)	Nazareth	56.5
5)	Houghton	26
5)	Alfred	26
7)	Utica	22

Men - Team Rankings - 15 Events Scored

1)	St. John Fisher	122
2)	Ithaca	87
3)	Stevens Institute	79
4)	Utica	72
5)	Nazareth	67
6)	Alfred	34
7)	Houghton	4