

Empire 8 Championships
Ithaca College Athletics and Events Center - 2/13/2016
Results - Meet Order

Women 60 Meter Dash

Facility: 7.74 * 2/6/2016 Charifa Labarang
Meet: 7.89 # 2013 Harmony Graves
ECAC: 8.05
NYS-A: 8.20

Name	Yr	School	Prelims
Preliminaries			
1 Sarah Werner	SR	Ithaca	# 7.88Q
2 Gladys Njoku	SR	Stevens	8.08Q
3 Sarah Wiatr	SR	Utica	8.17q
4 Lusmer Quintana	FR	Ithaca	8.19q
5 Elizabeth Dowling	SR	Ithaca	8.26q
6 Maggie Muzio	JR	Nazareth	8.34q
7 Emily Williams	SR	Ithaca	8.41q
8 Ried Simoncini	FR	Ithaca	8.43q
9 Alex Walker	JR	Nazareth	8.49
10 Mikey Maxwell	JR	Utica	8.51
11 Jordan Beckley	FR	Ithaca	8.54
12 Anaelle Amy	SO	Utica	8.59
13 Sydney Durawa	FR	Nazareth	9.11
14 Elizabeth Wisely	SO	Nazareth	9.24

Women 60 Meter Dash

Facility: 7.74 * 2/6/2016 Charifa Labarang
Meet: 7.89 # 2013 Harmony Graves
ECAC: 8.05
NYS-A: 8.20

Name	Yr	School	Finals
Finals			
1 Sarah Werner	SR	Ithaca	7.88# 10
2 Gladys Njoku	SR	Stevens	7.97 8
3 Lusmer Quintana	FR	Ithaca	8.15 6
4 Sarah Wiatr	SR	Utica	8.15 4
5 Elizabeth Dowling	SR	Ithaca	8.27 2
6 Maggie Muzio	JR	Nazareth	8.31 1
7 Emily Williams	SR	Ithaca	8.41
8 Ried Simoncini	FR	Ithaca	8.49

Women 200 Meter Dash

Facility: 24.92 * 2/15/2014 Keishorea Armstrong
Meet: 25.94 # 2010 Marcia McCord
ECAC: 26.50
NYS-A: 26.75

Name	Yr	School	Finals
Finals			
1 Eliza Dewart	SR	Ithaca	26.23 10
2 Sarah Werner	SR	Ithaca	26.61 8
3 Jessica Colmerauer	JR	St. John Fisher	26.99 6
4 Nikki Gans	SO	Houghton	27.04 4
5 Amber Edwards	SO	Ithaca	27.38 2
6 Lusmer Quintana	FR	Ithaca	27.41 1
7 Ried Simoncini	FR	Ithaca	27.69
8 Christine Kelly	SR	Ithaca	27.71
9 Gladys Njoku	SR	Stevens	27.79

10 Fiona Daloia	JR	Houghton	27.87
11 Chelsea Cleveland	JR	St. John Fisher	27.91
12 Haley Brust	FR	St. John Fisher	27.95
13 Kasey Cannister	JR	Houghton	28.63
14 Anaelle Amy	SO	Utica	28.64
15 Maggie Muzio	JR	Nazareth	28.72
16 Randi Bort	SO	St. John Fisher	29.35
17 Alex Walker	JR	Nazareth	29.58
18 Taylor Tonkinson	SO	Stevens	29.99
19 Nicole Fink	FR	Houghton	30.04
20 Lydia Brown	FR	Houghton	31.37
21 Emma Brittain	FR	Houghton	33.54

Women 400 Meter Dash

Facility: 58.99 * 2/7/2015 Becky Galasso
Meet: 57.65 # 2004 Sheri Kelleher
ECAC: 1:00.00
NYS-A: 1:00.90

Name	Yr	School	Finals
Finals			
1 Eliza Dewart	SR	Ithaca	59.46 10
2 Sophie Feuer	SO	Ithaca	59.79 8
3 Jessica Colmerauer	JR	St. John Fisher	1:00.62 6
4 Britney Swarthout	FR	Ithaca	1:01.41 4
5 Chelsea Cleveland	JR	St. John Fisher	1:01.66 2
6 Emily Strong	FR	St. John Fisher	1:02.24 1
7 Brianna Hayes	SO	Ithaca	1:03.60
8 Andrea Larnard	SO	Nazareth	1:03.79
9 Melissa Gibbons	JR	Stevens	1:06.88
10 Taylor Tonkinson	SO	Stevens	1:08.11

Women 800 Meter Run

Facility: 2:15.46 * 2/6/2016 Charlotte Gardner
Meet: 2:17.00 # 2004 Emily Maston
ECAC: 2:22.50
NYS-A: 2:24.00

Name	Yr	School	Finals
Finals			
1 Sierra Grazia	SO	Ithaca	2:21.52 10
2 Samantha Goble	SO	Nazareth	2:23.11 8
3 Samantha Rokicsak	SO	Stevens	2:23.79 6
4 Paige Metzheiser	FR	Stevens	2:23.89 4
5 Mary Visca	FR	Stevens	2:25.29 2
6 Rebekah White	SO	Houghton	2:25.59 1
7 Kristin Lynn	JR	Ithaca	2:25.71
8 Kate Taggart	SO	Houghton	2:26.83
9 Juliette Miller	FR	St. John Fisher	2:27.84
10 Jackie Endres	FR	Stevens	2:31.16
11 Jenessa McCabe	FR	Utica	2:32.00
12 Eileen Shea	FR	Nazareth	2:32.28
13 Kasey Suszko	FR	Stevens	2:32.48
14 Viktoria Schultz	FR	Ithaca	2:32.68
15 Kaitlin Rizzo	JR	St. John Fisher	2:32.94
16 Alexis Kindig	SO	Ithaca	2:33.38
17 Hannah Harrison	FR	Houghton	2:37.00
18 Brooke Catalano	FR	Utica	2:37.32

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Finals ... (Women 800 Meter Run)

Name	Yr	School	Finals
19 Chelsea Barvian	FR	St. John Fisher	2:37.35
20 Jessica Hernandez	FR	Nazareth	2:37.91
21 Katie Brodecki	SO	Stevens	2:39.34
22 Rebekah Anderson	SO	Houghton	2:40.75
23 Karah Ashley	SO	Houghton	2:44.59
24 Megan Sadowitz	FR	Alfred	2:48.29
25 Teresa Fallon	SO	Alfred	2:52.80
26 Olivia Donato	FR	Houghton	2:53.80
27 Morgan Flick	SR	Alfred	2:58.21
28 Samantha Diaz	FR	Alfred	3:10.36

Women 1 Mile Run

Facility: 4:58.98 * 1/31/2015 Jennifer Randall

Meet: 5:05.87 # 2/14/2015 Amy Regan

ECAC: 5:18.00

NYS-A: 5:18.00

Name	Yr	School	Finals
Finals			
1 Taryn Cordani	SO	Ithaca	5:03.64# 10
2 Mary Visca	FR	Stevens	5:05.01# 8
3 Rachelle Sartori	SR	Ithaca	5:20.69 6
4 Jackie Endres	FR	Stevens	5:20.80 4
5 Emilie Mertz	FR	Ithaca	5:21.37 2
6 Michaela Cioffredi	SR	Ithaca	5:22.50 1
7 Gabrielle LeBihan	SR	Nazareth	5:22.71
8 Anna Fay	SR	Ithaca	5:24.17
9 Sarah Coon	SR	St. John Fisher	5:25.07
10 Renee Lewis	FR	Utica	5:28.39
11 Kasey Suszko	FR	Stevens	5:39.20

Women 5000 Meter Run

Facility: 17:59.64 * 2/22/2013 Caroline Raue

Meet: 17:48.07 # 2/14/2015 Amy Regan

ECAC: 18:44.00

NYS-A: 18:35.00

Name	Yr	School	Finals
Finals			
1 Amy Regan	SR	Stevens	17:41.92# 10
2 Taryn Cordani	SO	Ithaca	18:08.00 8
3 Denise Ibarra	SO	Ithaca	18:15.31 6
4 Emily Thompson	JR	Nazareth	18:20.77 4
5 Samantha VanGee	JR	St. John Fisher	18:21.96 2
6 Lindsay Piraino	SO	Alfred	18:46.87 1
7 Ashton Villeneuve	SR	Utica	18:59.28
8 Joanna Friesen	JR	Houghton	18:59.89
9 Jamie DiSalvo	JR	Nazareth	19:04.37
10 Emily Drain	JR	Ithaca	19:09.01
11 Kristen Okorn	SO	Stevens	19:21.82
12 Claire Ludington	SO	Nazareth	19:26.11
13 Kaitlyn Phillips	FR	Utica	19:34.74
14 Amanda St Clair	FR	Ithaca	19:55.03
15 Hailey Nase	FR	Ithaca	20:07.62
16 Sage Miller	FR	Nazareth	20:14.00
17 Lauren Logan	SO	Stevens	20:30.90

18 Blair Meeson	SR	Nazareth	20:39.84
19 Devin McQuillan	FR	Ithaca	21:13.46
20 Sarah Dugan	SO	Stevens	23:41.52
--- Rachel Hummel	SO	Houghton	DNF

Women 60 Meter Hurdles

Facility: 8.65 * 2/6/2016 Devyani Biswal

Meet: 9.03 # 2012 Emma Dewart

ECAC: 9.45

NYS-A: 9.70

Name	Yr	School	Prelims
Preliminaries			
1 Amber Edwards	SO	Ithaca	9.22Q
2 Gianna Folz	FR	Ithaca	9.51Q
3 Melissa Vaughn	JR	St. John Fisher	9.75q
4 Paige Agnew	JR	Ithaca	9.76q
5 Nicole Fink	FR	Houghton	9.91q
6 Ronni Ehlers	JR	St. John Fisher	9.98q
7 Mikey Maxwell	JR	Utica	10.07q
8 Allison Corretore	JR	St. John Fisher	10.07q
9 Gina Salmins	JR	Stevens	10.19
10 Megan Tinklepaugh	SO	Ithaca	10.23
11 Catherine Larkin	FR	Ithaca	10.40
12 Brianna Hayes	SO	Ithaca	10.61
13 Kaitlyn Stinson	FR	Utica	10.69
14 Elizabeth Wisely	SO	Nazareth	10.86

Women 60 Meter Hurdles

Facility: 8.65 * 2/6/2016 Devyani Biswal

Meet: 9.03 # 2012 Emma Dewart

ECAC: 9.45

NYS-A: 9.70

Name	Yr	School	Finals
Finals			
1 Amber Edwards	SO	Ithaca	9.18 10
2 Gianna Folz	FR	Ithaca	9.56 8
3 Melissa Vaughn	JR	St. John Fisher	9.70 6
4 Paige Agnew	JR	Ithaca	9.74 4
5 Ronni Ehlers	JR	St. John Fisher	9.92 2
6 Nicole Fink	FR	Houghton	10.02 1
7 Allison Corretore	JR	St. John Fisher	10.06
8 Mikey Maxwell	JR	Utica	10.12

Women 4x200 Meter Relay Exhibition

Facility: 1:43.32 * 2/6/2016 Ottawa

C Labarang, D Biswal, S Skorenky, C Gardner

Meet: 1:51.79 # 2/14/2015 Ithaca

E Dowling, R Paskoff, E Bradshaw, P Agnew

ECAC: 1:50.50

Team	Relay	Finals
Finals		
1 Ithaca	A	2:00.09
1) Jordan Beckley FR	2) Rose Paskoff JR	
3) Ashley Hilliker FR	4) Cortlyn Raynes FR	

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

Team	Relay	Finals
2 Ithaca	B	x2:00.12
1) Paige Agnew JR	2) Ariane Baum FR	
3) Anantassia Trent FR	4) Catherine Larkin FR	

Women 4x400 Meter Relay

Facility: 3:59.66 * 2/6/2016 Ottawa

C Thompson, C Lela, C Fischer, G Okankwu

Meet: 4:08.47 # 2006 Ithaca

Bachiochi, Klumpp, J Wilcox, E Wilcox

ECAC: 4:08.00

Team	Relay	Finals
Finals		
1 St. John Fisher	A	4:08.43# 10
1) Chelsea Cleveland JR	2) Sydney Saccone JR	
3) Emily Strong FR	4) Jessica Colmerauer JR	
2 Utica	A	4:17.60 8
1) Megan Christiana JR	2) Mikey Maxwell JR	
3) Abby Schaible JR	4) Jenessa McCabe FR	
3 Ithaca	A	4:17.83 6
1) Colleen Smith JR	2) Sierra Grazia SO	
3) Viktoria Schultz FR	4) Alexis Kindig SO	
4 Nazareth	A	4:18.08 4
1) Andrea Larnard SO	2) Maggie Muzio JR	
3) Emily Pawlowski SO	4) Samantha Goble SO	
5 Stevens Institute	A	4:19.59 2
1) Jackie Endres FR	2) Paige Metzheiser FR	
3) Samantha Rokicsak SO	4) Kasey Suszko FR	
6 Houghton	A	4:22.54 1
1) Nikki Garns SO	2) Kate Taggart SO	
3) Kasey Cannister JR	4) Fiona Daloia JR	

Women Distant Medley

Facility: 11:56.27 * 2/6/2016 Oneonta

D Dwyer, L Bower, L Jewiss, R Shine

Meet: 11:59.16 # 2004 Ithaca

Cravotta, McQuarrie, Maston, Laytham

ECAC: 13:00.00

Team	Relay	Finals
Finals		
1 Houghton	A	12:37.01 10
1) Rebekah White SO	2) Kate Taggart SO	
3) Nikki Garns SO	4) Joanna Friesen JR	
2 Ithaca	A	12:40.37 8
1) Anna Fay SR	2) Colleen Smith JR	
3) Emilie Mertz FR	4) Rachelle Sartori SR	
3 Nazareth	A	12:48.41 6
1) Samantha Goble SO	2) Andrea Larnard SO	
3) Eileen Shea FR	4) Emily Thompson JR	
4 Stevens Institute	A	12:48.56 4
1) Amy Regan SR	2) Melissa Gibbons JR	
3) Katie Brodecki SO	4) Kaela Earrusso JR	
5 St. John Fisher	A	13:24.67 2
1) Juliette Miller FR	2) Sydney Saccone JR	
3) Kaitlin Rizzo JR	4) Sarah Coon SR	

6 Utica	A	13:40.26 1
1) Maggie Reid FR	2) Megan Christiana JR	
3) Brooke Catalano FR	4) Kaitlyn Phillips FR	

Women High Jump

Facility: 1.68m * Dewart, Rissmeyer

Meet: 1.70m # 2/14/2015 Gladys Njoku

ECAC: 1.58m

NYS-A: 1.55m

Name	Yr	School	Finals
Finals			
1 Gladys Njoku	SR	Stevens	1.70m# 10
2 Natalie Meyer	JR	Ithaca	1.53m 8
3 Gianna Folz	FR	Ithaca	1.53m 5
3 Megan Sadowitz	FR	Alfred	1.53m 5
5 Nicole Fink	FR	Houghton	1.48m 2
6 Nicole Herringshaw	FR	Utica	1.48m 1
7 Brianna Hayes	SO	Ithaca	1.48m
8 Catherine Larkin	FR	Ithaca	1.48m
9 Elizabeth Swasey	FR	Utica	1.43m
10 Haley Brust	FR	St. John Fisher	1.43m
11 Kate Pearce	SR	Utica	1.43m
11 Sara Thomas	FR	Nazareth	1.43m
11 Cassandra Reagan	SO	Ithaca	1.43m
14 Kristen Pompey	JR	Ithaca	1.33m
--- Morgan Flick	SR	Alfred	NH
--- Emily Soeder	SO	Nazareth	NH

Women Pole Vault

Facility: 3.72m * 2/20/2015 Alex Rechen

Meet: 3.50m # 2010 Kristen DeStefano

ECAC: 3.35m

NYS-A: 3.05m

Meet: 3.50m # 2/14/2015 Alex Rechen

Name	Yr	School	Finals
Finals			
1 Katherine Pitman	SO	Ithaca	3.90m* 10
2 Alex Rechen	SR	Ithaca	3.60m# 8
3 Amanda Zaput	JR	Ithaca	3.05m 6
4 Danyelle Redmond	SR	St. John Fisher	3.05m 4
5 Elizabeth Swasey	FR	Utica	2.90m 2
6 Beth Schomp	SO	Ithaca	2.90m 1
7 Fiona Daloia	JR	Houghton	2.90m
8 Emily Pawlowski	SO	Nazareth	2.60m
9 Megan Elia	FR	Utica	2.60m
10 Madison Nash	FR	Utica	2.45m
11 Ann Cancia	SO	Utica	2.45m
--- Mariel Rutkowski	FR	Ithaca	NH

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Women Long Jump

Facility: 5.76m * 2/4/2012 **Anjelique Parnell**
Meet: 5.70m # 2012 **Emma Dewart**
ECAC: 5.20m
NYS-A: 5.25m

Name	Yr	School	Finals
Finals			
1 Gladys Njoku	SR	Stevens	5.17m 10
2 Amanda Entress	SR	Nazareth	5.12m 8
3 Sarah Wiatr	SR	Utica	5.07m 6
4 Elizabeth Dowling	SR	Ithaca	5.03m 4
5 Emily Williams	SR	Ithaca	5.01m 2
6 Natalie Meyer	JR	Ithaca	4.95m 1
7 Gina Salmins	JR	Stevens	4.81m
8 Allison Corretore	JR	St. John Fisher	4.79m
9 Jordan Beckley	FR	Ithaca	4.76m
10 Gianna Folz	FR	Ithaca	4.74m
11 Catherine Wilbur	JR	St. John Fisher	4.67m
12 Alexandria Szpila	FR	St. John Fisher	4.55m
13 Sydney Durawa	FR	Nazareth	4.50m
14 Kate Pearce	SR	Utica	4.31m
15 Jade Jenkins	JR	Utica	4.21m
--- Paige Agnew	JR	Ithaca	FOUL

Women Triple Jump

Facility: 12.07m * 2/1/2014 **Emilia Scheemaker**
Meet: 12.07m # 2/1/2014 **Emilia Scheemaker**
ECAC: 10.85m
NYS-A: 10.70m

Name	Yr	School	Finals
Finals			
1 Sarah Wiatr	SR	Utica	11.56m 10
2 Amanda Entress	SR	Nazareth	10.71m 8
3 Christine Kelly	SR	Ithaca	10.31m 6
4 Emily Williams	SR	Ithaca	10.25m 4
5 Jade Jenkins	JR	Utica	10.17m 2
6 Colleen Smith	JR	Ithaca	10.16m 1
7 Gina Salmins	JR	Stevens	10.05m
8 Catherine Wilbur	JR	St. John Fisher	10.03m
9 Beth Schomp	SO	Ithaca	9.79m
10 Elizabeth Dowling	SR	Ithaca	9.64m

Women Shot Put

Facility: 13.31m * 2/6/2016 **Brandy Smith**
Meet: 13.07m # 2005 **Allison Griggs**
ECAC: 11.65m
NYS-A: 11.20m

Name	Yr	School	Finals
Finals			
1 Brandy Smith	JR	Ithaca	12.79m 10
2 Charis Lu	SO	Ithaca	11.48m 8
3 Francesca Boylan	JR	Ithaca	11.48m 6
4 Victoria Taibe	JR	Stevens	11.25m 4
5 Jenifer Stimpson	FR	Utica	10.83m 2
6 Yvonne Palacios	JR	Ithaca	10.20m 1

7 Emily Fales	FR	Utica	10.16m
8 Alyssa Mountain	JR	St. John Fisher	10.02m
9 Nikki Zizzo	FR	Utica	9.92m
10 Kristen Pompey	JR	Ithaca	9.86m
11 Molly Ferguson	FR	Utica	9.76m
12 MacKenzie Hoven	JR	Utica	9.70m
13 Margaret McDonald	SO	Houghton	9.47m
14 Amanda Lane	FR	Utica	9.26m
15 Sophia Weiss	FR	Alfred	8.64m
16 Brynn Hyde	SO	Alfred	8.57m
17 Gabby Bell	FR	Nazareth	8.31m
18 Melissa Bell	JR	Houghton	6.55m
19 Mary Cronin	JR	Houghton	6.28m
20 Samantha Diaz	FR	Alfred	5.87m
21 Eliza Burdick-Risser	FR	Houghton	5.17m
--- Caitlin Noonan	SO	Ithaca	FOUL

Women Weight Throw 20 lb.

Facility: 17.83m * 2/6/2016 **Brandy Smith**
Meet: 17.18m # 2013 **Alina Duran**
ECAC: 14.40m
NYS-A: 14.40m

Name	Yr	School	Finals
Finals			
1 Brandy Smith	JR	Ithaca	18.28m* 10
2 Yvonne Palacios	JR	Ithaca	15.05m 8
3 Caitlin Noonan	SO	Ithaca	14.51m 6
4 Alyssa Mountain	JR	St. John Fisher	14.17m 4
5 Francesca Boylan	JR	Ithaca	13.81m 2
6 Charis Lu	SO	Ithaca	13.46m 1
7 Kourtney Baker	FR	Ithaca	12.54m
8 Brynn Hyde	SO	Alfred	12.33m
9 Emily Fales	FR	Utica	11.18m
10 MacKenzie Hoven	JR	Utica	11.12m
11 Margaret McDonald	SO	Houghton	10.66m
12 Molly Ferguson	FR	Utica	10.54m
13 Gabby Bell	FR	Nazareth	10.40m
14 India Jackson	SO	Utica	10.23m
15 Jenifer Stimpson	FR	Utica	9.76m
16 Sophia Weiss	FR	Alfred	9.41m
17 Melissa Bell	JR	Houghton	8.91m
18 Nikki Zizzo	FR	Utica	8.61m
19 Mary Cronin	JR	Houghton	8.40m
20 Deanna Sillett	FR	Nazareth	8.02m
21 Eliza Burdick-Risser	FR	Houghton	6.28m

Women - Team Rankings - 15 Events Scored

1) Ithaca	248
2) Stevens Institute	72
3) St. John Fisher	45
4) Nazareth	39
5) Utica	36
6) Houghton	19
7) Alfred	6

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Men - Team Rankings - 14 Events Scored

1) Ithaca	113
2) Stevens Institute	91
3) St. John Fisher	89
4) Nazareth	64
5) Utica	56
6) Alfred	19