

Empire 8 Outdoor Track & Field Championships**Hosted By Houghton - 5/3/2019 to 5/4/2019****Results****Women 100 Meter Dash****Meet: 12.29 M 2014****Miasia Hillman****AARTFC: 12.65 A**

Name	Yr	School	Prelims
Preliminaries			
1	Gina Dello Russo	JR Stevens Inst	A 12.46Q+0.0
2	Alycia Eaton	SR Nazareth	12.72Q+0.0
3	Caroline Castriotta	FR Utica	12.97Q+0.0
4	Tayler Dence	JR St. John Fisher	12.79q +0.0
5	Erica Pawlewicz	SR St. John Fisher	12.85q +0.0
6	Brenna Johnson	FR Nazareth	12.95q +0.0
7	Michelle Rodriguez	SR Utica	12.96q +0.0
8	Jayne Connolly	SO Utica	13.03q +0.0
9	Haley Brust	SR St. John Fisher	13.11 +0.0
10	Megan Alper	JR Alfred	13.14 +0.0
11	Danielle Sloan	SO Houghton	13.46 +0.0
12	Breanna Lambert	FR St. John Fisher	13.49 +0.0
13	Madison Sabourin	FR Nazareth	13.58 +0.0
14	Samantha Wehner	FR St. John Fisher	13.59 +0.0
15	Kalei Brautlacht	JR Houghton	13.87 +0.0
16	Gianna Cognetti	FR Utica	13.95 +0.0
17	Shanice Dominick	FR Sage	15.37 +0.0

Women 100 Meter Dash**Meet: 12.29 M 2014****Miasia Hillman****AARTFC: 12.65 A**

Name	Yr	School	Finals
Finals			
1	Caroline Castriotta	FR Utica	12.60A 10
2	Gina Dello Russo	JR Stevens Inst	12.61A 8
3	Michelle Rodriguez	SR Utica	12.69 6
4	Tayler Dence	JR St. John Fisher	12.93 4
5	Jayne Connolly	SO Utica	12.96 2
6	Brenna Johnson	FR Nazareth	13.32 1
7	Erica Pawlewicz	SR St. John Fisher	13.39 -0.6
8	Alycia Eaton	SR Nazareth	13.78 -0.6

Women 200 Meter Dash**Meet: 25.08 M 2014****Harmony Graves****AARTFC: 26.00 A**

Name	Yr	School	Finals
Finals			
1	Gina Dello Russo	JR Stevens Inst	24.93M 10
2	Michelle Rodriguez	SR Utica	26.08 8
3	Megan Alper	JR Alfred	26.23 6
4	Erica Pawlewicz	SR St. John Fisher	26.30 4
5	Caroline Castriotta	FR Utica	26.42 2
6	Brenna Johnson	FR Nazareth	27.01 1
7	Danielle Sloan	SO Houghton	27.02 -0.9
8	Tayler Dence	JR St. John Fisher	27.29 -1.4
9	Jayne Connolly	SO Utica	27.32 -0.9
10	Kiersten Abbott	FR St. John Fisher	27.50 -0.9
11	Breanna Lambert	FR St. John Fisher	27.72 -0.9
12	Madison Sabourin	FR Nazareth	27.83 -0.9

13	Samantha Wehner	FR St. John Fisher	28.03 -1.2
14	Nicole Collazo	FR Sage	30.22 -1.2
15	Nicole Kuzler	FR Stevens Inst	33.30 -1.2

Women 400 Meter Dash**Meet: 56.16 M 2004****Sheri Kelleher****AARTFC: 1:00.00 A**

Name	Yr	School	Finals
Finals			
1	Gina Dello Russo	JR Stevens Inst	56.45A 10
2	Erica Pawlewicz	SR St. John Fisher	58.01A 8
3	Maria Staehr	JR Nazareth	59.27A 6
4	Brenna Johnson	FR Nazareth	59.59A 4
5	Kiersten Abbott	FR St. John Fisher	1:02.33 2
6	Lexi Albano	SR Utica	1:02.78 1
7	Haley DeJager	FR Houghton	1:03.38
8	Madelyn Kruth	SO Houghton	1:03.84
9	Emma Fox	JR Houghton	1:04.03
10	Breanna Feathersen	JR Utica	1:04.49
11	Breanna Lambert	FR St. John Fisher	1:04.64
12	Lynette Okoth	JR Utica	1:04.65
13	Charlotte Lee	JR Hartwick	1:05.66
14	Jessica Rucquoi	SO Houghton	1:06.17
15	Sierra Wilson	FR Alfred	1:06.25

Women 800 Meter Run**Meet: 2:15.25 M 2013****Jennifer Randall****AARTFC: 2:21.00 A**

Name	Yr	School	Finals
Finals			
1	Edena Sanchez	SO Houghton	2:16.38A 10
2	Jenessa McCabe	SR Utica	2:22.01 8
3	Maria Staehr	JR Nazareth	2:23.65 6
4	Paige Metzheiser	JR Stevens Inst	2:23.84 4
5	Claire Tantillo	JR Stevens Inst	2:24.04 2
6	Kelly Artini	SO Nazareth	2:25.89 1
7	Brenna Lyons	SR St. John Fisher	2:28.40
8	Isabella Wiley	SO Stevens Inst	2:32.86
9	Juliette Miller	SR St. John Fisher	2:33.10
10	Sevi Travis	SO Sage	2:33.10
11	Caroline Corr	FR Stevens Inst	2:39.42
12	Taylor Highers	FR St. John Fisher	2:39.86
13	Bryanna Mazzella	JR Utica	2:43.94

Women 1500 Meter Run**Meet: 4:37.75 M 4/22/2017 Amy Regan****AARTFC: 4:54.00 A**

Name	Yr	School	Finals
Finals			
1	Mary Visca	SR Stevens Inst	4:50.65A 10
2	Deirdre Brett	SO Nazareth	4:53.13A 8
3	Paige Metzheiser	JR Stevens Inst	4:54.94 6
4	Brenna Lyons	SR St. John Fisher	4:58.32 4
5	Juliette Miller	SR St. John Fisher	5:04.65 2
6	Trinity Lundemo	FR Stevens Inst	5:07.39 1
7	Erin Miceli	FR Stevens Inst	5:11.81

Empire 8 Outdoor Track & Field Championships**Hosted By Houghton - 5/3/2019 to 5/4/2019****Results****Finals ... (Women 1500 Meter Run)**

	Name	Yr	School	Finals
8	Julia Hotchkiss	SO	Houghton	5:17.08
9	Claire Bargabos	FR	Nazareth	5:17.82
10	Taylor Highers	FR	St. John Fisher	5:18.90
11	Renee Lewis	SR	Utica	5:19.40
12	Jessica Aldred	FR	St. John Fisher	5:21.25
13	Eileen Shea	SR	Nazareth	5:21.61
14	Victoria Opalka	JR	Sage	5:28.18
15	Sagan Leggett	SR	Sage	5:29.26
16	Kaitlyn Dobbertin	SO	Nazareth	5:30.29

Women 5000 Meter Run**Meet: 17:44.66 M 4/23/2016 Amy Regan****AARTFC: 18:45.00 A**

	Name	Yr	School	Finals
Finals				
1	Mary Visca	SR	Stevens Inst	18:22.60A 10
2	Kaitlyn Phillips	SR	Utica	18:46.27 8
3	Deirdre Brett	SO	Nazareth	18:51.09 6
4	Shelby Langlois	JR	Houghton	18:51.18 4
5	Clarissa Hensler	SO	St. John Fisher	18:56.17 2
6	Hayley Cronin	FR	Nazareth	19:05.34 1
7	Kerry Flower	FR	Sage	19:08.63
8	Kristin McAtee	SO	Stevens Inst	19:33.17
9	Gabriella Dunkelberg	JR	St. John Fisher	19:41.40
10	Kiera Sheridan	SR	Stevens Inst	19:58.58
11	Shannon Pigott	SO	Houghton	20:32.61
12	Elizabeth Darling	SO	Utica	20:38.40
13	Mackenzie Ferlicca	FR	St. John Fisher	20:40.49
14	Sara Michelsen	FR	Utica	20:45.93
15	Anna Hardiman	JR	Houghton	20:48.63
16	Taylor Kennard	JR	St. John Fisher	20:53.02
17	Olivia Donato	SR	Houghton	21:12.39
---	Sarina Cannavo	JR	Utica	DNF

Women 10000 Meter Run**Meet: 40:59.34 M 5/4/2018 Shelby Langlois****AARTFC: 40:30.00 A**

	Name	Yr	School	Finals
Finals				
1	Clarissa Hensler	SO	St. John Fisher	39:14.25A 10
2	Shelby Langlois	JR	Houghton	40:00.61A 8
3	Gabriella Dunkelberg	JR	St. John Fisher	40:22.41A 6
4	Kristin McAtee	SO	Stevens Inst	40:26.67A 4
5	Kerry Flower	FR	Sage	40:41.41M 2
6	Renee Lewis	SR	Utica	41:10.00 1
7	Hannah Hullihen	SO	Nazareth	43:02.75

Women 100 Meter Hurdles**Meet: 14.38 M 2007 LaKeisha Perez****AARTFC: 15.65 A**

	Name	Yr	School	Prelims
Preliminaries				
1	Taylor Dence	JR	St. John Fisher	15.92Q-0.1

2	Michelle Rodriguez	SR	Utica	16.38Q0.3
3	Melissa Barnes	JR	Stevens Inst	16.81q -0.1
4	Brittany Charlonne	SR	Utica	17.31q 0.3
5	Shannon Gleason	SO	Utica	17.63q -0.1
6	Mikayla Baker	JR	St. John Fisher	17.74q 0.3
7	Stephanie Feathers	SO	Utica	18.02q 0.3
8	Joanna Tavoraro	SO	Sage	18.16q -0.1
9	Sarah Smith	FR	Nazareth	18.85 -0.1
10	Nadia Riley	FR	Alfred	18.87 0.3
11	Katelyn DiVicararo	SO	Utica	22.48 0.3

Women 100 Meter Hurdles**Meet: 14.38 M 2007 LaKeisha Perez****AARTFC: 15.65 A**

	Name	Yr	School	Finals
Finals				
1	Taylor Dence	JR	St. John Fisher	15.53A 10
2	Michelle Rodriguez	SR	Utica	16.05 8
3	Melissa Barnes	JR	Stevens Inst	16.63 6
4	Brittany Charlonne	SR	Utica	17.14 4
5	Mikayla Baker	JR	St. John Fisher	17.46 2
6	Shannon Gleason	SO	Utica	17.52 1
7	Stephanie Feathers	SO	Utica	17.57 +0.0
8	Joanna Tavoraro	SO	Sage	18.19 +0.0

Women 400 Meter Hurdles**Meet: 1:04.06 M 4/22/2017 Tayler Dence****AARTFC: 1:07.50 A**

	Name	Yr	School	Finals
Finals				
1	Taylor Dence	JR	St. John Fisher	1:04.80A 10
2	Gwen Stokes	JR	Houghton	1:06.61A 8
3	Melissa Barnes	JR	Stevens Inst	1:08.79 6
4	Laura Levi	FR	Utica	1:09.32 4
5	Fiona Shea	JR	Utica	1:11.19 2
6	Abbey Szumloz	SO	Nazareth	1:12.10 1
7	Brittany Charlonne	SR	Utica	1:12.15
8	Mikayla Baker	JR	St. John Fisher	1:13.71
9	Tylisha Gourdine	JR	Hartwick	1:15.68
10	Sarah Smith	FR	Nazareth	1:16.18

Women 3000 Meter Steeplechase**Meet: 11:02.76 M 2014 Gabrielle Lebihan****AARTFC: 12:10.00 A**

	Name	Yr	School	Finals
Finals				
1	Claire Tantillo	JR	Stevens Inst	12:04.94A 10
2	Kaitlyn Phillips	SR	Utica	12:15.30 8
3	Juliette Miller	SR	St. John Fisher	12:36.90 6
4	Trinity Lundemo	FR	Stevens Inst	12:47.07 4
5	Holly Passetti	SO	Alfred	12:55.18 2
6	Mackenzie Ferlicca	FR	St. John Fisher	13:01.72 1
7	Sara Michelsen	FR	Utica	13:09.82
8	Maggie Reid	SR	Utica	13:11.26
9	Taylor Kennard	JR	St. John Fisher	13:14.21
10	Kristin McAlonen	FR	Sage	13:18.34

Empire 8 Outdoor Track & Field Championships**Hosted By Houghton - 5/3/2019 to 5/4/2019****Results****Finals ... (Women 3000 Meter Steeplechase)**

	Name	Yr	School	Finals
11	Kaitlyn Dobbertin	SO	Nazareth	13:21.14
12	Corrine Rybarski	SO	Stevens Inst	13:25.06
13	Anne Baskwill	FR	Hartwick	14:00.17
14	Elizabeth Darling	SO	Utica	14:16.06
---	Lauren Guilfoil	SO	Nazareth	DNF

Women 4x100 Meter Relay**Meet: 48.79 M 2013 Ithaca****Friedman, Dewart, Kelly, Werner****AARTFC: 51.00 A**

	Team	Relay	Finals
Finals			
1	St. John Fisher		49.02A 10
	1) Tayler Dence JR	2) Erica Pawlewicz SR	
	3) Kiersten Abbott FR	4) Haley Brust SR	
2	Nazareth		50.22A 8
	1) Madison Sabourin FR	2) Alycia Eaton SR	
	3) Kathleen Irwin SR	4) Brenna Johnson FR	
3	Utica		50.74A 6
	1) Jayme Connolly SO	2) Caroline Castriotta FR	
	3) Lexi Albano SR	4) Laura Meade FR	
4	Hartwick		53.31 4
	1) Tylisha Gouridine JR	2) Hannah Bosman FR	
	3) Allison Brody JR	4) Charlotte Lee JR	
5	Alfred		53.51 2
	1) Megan Alper JR	2) Sierra Wilson FR	
	3) Gabrielle Griffin SR	4) Danielle Perry JR	
6	Sage		57.00 1
	1) Joanna Tavoraro SO	2) Sevi Travis SO	
	3) Shanice Dominick FR	4) Nicole Collazo FR	
7	Stevens Institute		57.13
	1) Melissa Barnes JR	2) Samantha Rokicsak SR	
	3) Nicole Kuzler FR	4) Victoria Agalotis FR	
---	Houghton		DNF
	1) Danielle Sloan SO	2) Haley DeJager FR	
	3) Mikaela Hummel JR	4) Kalei Brautlacht JR	

Women 4x400 Meter Relay**Meet: 3:59.59 M 2007 RIT****Perez, Palermo, Varble, Simmons****AARTFC: 4:08.00 A**

	Team	Relay	Finals
Finals			
1	Stevens Institute		4:04.91A 10
	1) Melissa Barnes JR	2) Paige Metzheiser JR	
	3) Claire Tantillo JR	4) Gina Dello Russo JR	
2	Nazareth		4:08.20 8
	1) Brenna Johnson FR	2) Lydia Dewart SO	
	3) Abbey Szumloz SO	4) Maria Staehr JR	
3	Houghton		4:09.44 6
	1) Haley DeJager FR	2) Madelyn Kruth SO	
	3) Edena Sanchez SO	4) Gwen Stokes JR	

4	St. John Fisher	4:09.95 4
	1) Kiersten Abbott FR	2) Breanna Lambert FR
	3) Olivia Pawlewicz FR	4) Erica Pawlewicz SR
5	Utica	4:14.34 2
	1) Lexi Albano SR	2) Laura Meade FR
	3) Laura Levi FR	4) Jenessa McCabe SR
6	Hartwick	4:26.62 1
	1) Tylisha Gouridine JR	2) Allison Brody JR
	3) Eryn Thompson FR	4) Charlotte Lee JR
7	Alfred	4:34.24
	1) Megan Alper JR	2) Sierra Wilson FR
	3) Morgan Brothers FR	4) Holly Passeti SO
8	Sage	4:40.25
	1) Sevi Travis SO	2) Nicole Collazo FR
	3) Sagan Leggett SR	4) Victoria Opalka JR

Women 4x800 Meter Relay**Meet: 9:51.78 M 5/4/2018 Stevens Institute****B Veilleux, I Wiley, K Okorn, P Metzheiser**

	Team	Relay	Finals
Finals			
1	Houghton		9:45.25M 10
	1) Madelyn Kruth SO	2) Julia Hotchkiss SO	
	3) Edena Sanchez SO	4) Gwen Stokes JR	
2	Stevens Institute		9:59.12 8
	1) Isabella Wiley SO	2) Erin Miceli FR	
	3) Samantha Rokicsak SR	4) Paige Metzheiser JR	
3	Utica		10:00.89 6
	1) Breanna Featherson JR	2) Bryanna Mazzella JR	
	3) Laura Levi FR	4) Jenessa McCabe SR	
4	Nazareth		10:01.42 4
	1) Deirdre Brett SO	2) Lydia Dewart SO	
	3) Kelly Artini SO	4) Maria Staehr JR	
5	St. John Fisher		10:06.07 2
	1) Brenna Lyons SR	2) Taylor Highers FR	
	3) Alivia Collins FR	4) Olivia Pawlewicz FR	
6	Sage		10:55.41 1
	1) Sevi Travis SO	2) Kristin McAlonen FR	
	3) Sagan Leggett SR	4) Victoria Opalka JR	
7	Alfred		11:05.04
	1) Morgan Brothers FR	2) Holly Passeti SO	
	3) Sierra Wilson FR	4) Sally Johnstson FR	
8	Hartwick		11:23.23
	1) Taylor King FR	2) Tylisha Gouridine JR	
	3) Anne Baskwill FR	4) Eryn Thompson FR	

Women High Jump**Meet: 1.72m M 4/19/2015 Gladys Njoku****AARTFC: 1.55m A**

	Name	Yr	School	Finals
Finals				
1	Gina Dello Russo	JR	Stevens Inst	1.61mA 10
2	Haley Brust	SR	St. John Fisher	1.58mA 8
3	Gwen Stokes	JR	Houghton	1.55mA 6
4	Alycia Eaton	SR	Nazareth	1.50m 4
5	Shannon Gleason	SO	Utica	1.45m 2

Empire 8 Outdoor Track & Field Championships**Hosted By Houghton - 5/3/2019 to 5/4/2019****Results****Finals ... (Women High Jump)**

	Name	Yr	School	Finals	
6	Sara Thomas	SR	Nazareth	1.40m	1
7	Halle Tickell	FR	St. John Fisher	1.35m	
8	Taylor Robey	SO	Nazareth	1.35m	
8	Brittany Charlonne	SR	Utica	1.35m	
---	Katelyn DiViccario	SO	Utica	NH	
---	Kiki Doyle	FR	Alfred	DNS	

Women Pole Vault**Meet: 4.10m M 4/22/2017 Katherine Pitman****AARTFC: 3.20m A**

	Name	Yr	School	Finals	
Finals					
1	Gina Dello Russo	JR	Stevens Inst	3.20mA	10
2	Mary O'Brien	SR	St. John Fisher	3.05m	8
3	Kaytlin Kelly	SO	St. John Fisher	2.90m	5
3	Meaghan Romaguera	SO	Utica	2.90m	5
5	Christina Platt	JR	Utica	2.90m	2
6	Alondra Arroyo	FR	St. John Fisher	2.75m	1
7	Victoria Agaliotis	FR	Stevens Inst	2.75m	
8	Taylor Woltz	SO	Nazareth	2.75m	
9	Madison Nash	SR	Utica	2.75m	
10	Megan Elia	SR	Utica	2.75m	
11	Shannon Gleason	SO	Utica	2.45m	
12	Emily Latulipe	FR	Utica	2.30m	
---	Jordyn Poole	FR	St. John Fisher	NH	
---	Caroline Castriotta	FR	Utica	NH	

Women Long Jump**Meet: 5.62m M 2013 Taylor Pierson****AARTFC: 5.25m A**

	Name	Yr	School	Finals	
Finals					
1	Haley Brust	SR	St. John Fisher	5.56mA	10
2	Alycia Eaton	SR	Nazareth	5.45mA	8
3	Gina Dello Russo	JR	Stevens Inst	5.41mA	6
4	Erica Pawlewicz	SR	St. John Fisher	5.25mA	4
5	Danielle Perry	JR	Alfred	4.96m	2
6	Sara Thomas	SR	Nazareth	4.94m	1
7	Laura Meade	FR	Utica	4.79m	+0.0
8	Brittany Charlonne	SR	Utica	4.74m	+0.0
9	Kathleen Irwin	SR	Nazareth	4.73m	0.1
10	Alexandria Szpila	SR	St. John Fisher	4.61m	0.1
11	Kalei Brautlacht	JR	Houghton	4.60m	+0.0
12	Stephanie Feathers	SO	Utica	4.55m	0.2
13	Gianna Cognetti	FR	Utica	4.49m	+0.0
14	Alexandra Buhrle	SO	St. John Fisher	4.35m	0.3
15	Shannon Gleason	SO	Utica	4.30m	+0.0
16	Joanna Tavoraro	SO	Sage	4.26m	+0.0
17	Mikaela Hummel	JR	Houghton	4.17m	+0.0
18	Saki Saito	SR	Hartwick	4.11m	+0.0
19	Ellie Savova	FR	Stevens Inst	4.02m	+0.0
---	Vianca Vicenti	SO	Utica	DNS	NWI

Women Triple Jump**Meet: 11.78m M 4/23/2016 Sarah Wiatr****AARTFC: 10.80m A**

	Name	Yr	School	Finals	
Finals					
1	Alycia Eaton	SR	Nazareth	10.92mA	10
2	Danielle Perry	JR	Alfred	10.81mA	8
3	Haley Brust	SR	St. John Fisher	10.71m	6
4	Laura Meade	FR	Utica	10.61m	4
5	Sara Thomas	SR	Nazareth	10.57m	2
6	Gianna Cognetti	FR	Utica	10.40m	1
7	Kathleen Irwin	SR	Nazareth	10.19m	1.6
8	Alexandria Szpila	SR	St. John Fisher	10.14m	0.6
9	Lexi Albano	SR	Utica	9.67m	1.4
10	Ellie Savova	FR	Stevens Inst	8.94m	0.2
11	Gabrielle Griffin	SR	Alfred	8.84m	0.2
---	Lindsey Winter	FR	Utica	FOUL	

Women Shot Put**Meet: 13.16m M 2004 Allison Griggs****AARTFC: 11.50m A**

	Name	Yr	School	Finals	
Finals					
1	Katie Weeks	SR	Stevens Inst	13.29mM	10
2	Emily Fales	SR	Utica	12.42mA	8
3	AnaMaria Laccetti	FR	Stevens Inst	11.83mA	6
4	Madison Palmer	FR	Alfred	11.75mA	4
5	Katrina Cornick	FR	Utica	11.52mA	2
6	Jordan Lehman	SO	St. John Fisher	11.48m	1
7	Skylar Van Alstyne	SO	Sage	10.91m	
8	Gabrielle Pighetti	FR	Nazareth	10.71m	
9	Samantha Reilly	FR	Stevens Inst	10.53m	
10	Nikki Zizzo	SR	Utica	10.51m	
11	Leah Hulbert	JR	St. John Fisher	10.40m	
12	Esther Boateng	SO	Alfred	9.90m	
13	Molly Ferguson	SR	Utica	9.86m	
14	Grace Blankenberg	FR	Nazareth	9.69m	
15	Michelle Rodriguez	SR	Utica	9.53m	
15	Stephanie Feathers	SO	Utica	9.53m	
17	Nikolina Mihajlovik	SR	Hartwick	9.31m	

Women Discus Throw**Meet: 48.26m M 4/22/2017 Brandy Smith****AARTFC: 36.00m A**

	Name	Yr	School	Finals	
Finals					
1	Katie Weeks	SR	Stevens Inst	45.75mA	10
2	Katrina Cornick	FR	Utica	39.42mA	8
3	Molly Ferguson	SR	Utica	36.74mA	6
4	Ally Criswell	FR	Nazareth	36.24mA	4
5	Leah Hulbert	JR	St. John Fisher	35.98m	2
6	Jordan Lehman	SO	St. John Fisher	35.76m	1
7	AnaMaria Laccetti	FR	Stevens Inst	34.87m	
8	Aneesa Lewis	JR	Utica	33.54m	
9	Gabrielle Pighetti	FR	Nazareth	32.73m	

Empire 8 Outdoor Track & Field Championships**Hosted By Houghton - 5/3/2019 to 5/4/2019****Results****Finals ... (Women Discus Throw)**

	Name	Yr	School	Finals
10	Samantha Reilly	FR	Stevens Inst	30.60m
11	Emelia Enke	FR	Alfred	28.76m
12	Ashley Liddiard	SO	Houghton	28.51m
13	Madison Palmer	FR	Alfred	28.33m
14	Grace Blankenberg	FR	Nazareth	27.96m
15	Nikki Zizzo	SR	Utica	27.42m
16	Morgan Rohde	JR	Houghton	26.88m
17	Skylar Van Alstyne	SO	Sage	23.74m

Women Hammer Throw**Meet: 51.91m M 2004 Allison Griggs****AARTFC: 44.00m A**

	Name	Yr	School	Finals
Finals				
1	Katie Weeks	SR	Stevens Inst	52.57mM 10
2	Ashley Liddiard	SO	Houghton	43.95m 8
3	Jordan Lehman	SO	St. John Fisher	42.99m 6
4	Leah Hulbert	JR	St. John Fisher	42.67m 4
5	Madison Palmer	FR	Alfred	42.10m 2
6	Elizabeth Izydorczak	SO	St. John Fisher	40.81m 1
7	Brealle Brown	JR	Utica	39.99m
8	AnaMaria Laccetti	FR	Stevens Inst	38.82m
9	Aneesa Lewis	JR	Utica	38.76m
10	Morgan Rohde	JR	Houghton	38.42m
11	Ally Criswell	FR	Nazareth	36.71m
12	Jordan Detlet	SO	Stevens Inst	36.30m
13	Grace Blankenberg	FR	Nazareth	35.62m
14	Molly Ferguson	SR	Utica	34.39m
15	Elizabeth Larson	SO	St. John Fisher	33.19m
16	Jenna Costello	FR	St. John Fisher	26.18m
17	Rebecca Clifford	FR	Utica	24.80m
---	Emily Fales	SR	Utica	FOUL
---	Bailey Robinson	FR	Nazareth	FOUL

Women Javelin Throw**Meet: 41.19m M 2011 Ashley Dlubac****AARTFC: 33.50m A**

	Name	Yr	School	Finals
Finals				
1	Nicole Herringshaw	SR	Utica	40.08mA 10
2	Samantha Reilly	FR	Stevens Inst	33.91mA 8
3	Katie Weeks	SR	Stevens Inst	29.69m 6
4	Jordan Detlet	SO	Stevens Inst	28.93m 4
5	Madeline Smith	JR	Utica	28.72m 2
6	Rosemarie Fesko	FR	Utica	28.34m 1
7	Skylar Van Alstyne	SO	Sage	26.43m
8	Nikolina Mihajlovik	SR	Hartwick	26.43m
9	Elizabeth Larson	SO	St. John Fisher	25.77m
10	Jenna Costello	FR	St. John Fisher	25.14m
11	Victoria Fischer	SO	Sage	23.49m
12	Michelle Rodriguez	SR	Utica	22.87m
13	Stephanie Feathers	SO	Utica	22.03m
14	Ally Criswell	FR	Nazareth	21.92m
---	Stephanie Mandelkow	FR	Utica	FOUL

---	Katrina Cornick	FR	Utica	FOUL
---	Cora Maxwell	SR	Utica	DNS
---	Kurstan Martin	FR	Utica	DNS

Men 100 Meter Dash**Meet: 10.57 M 4/23/2016 Nicodemus Gambill****AARTFC: 11.10 A**

	Name	Yr	School	Prelims
Preliminaries				
1	Alex Kainer	SR	Stevens Inst	A 10.82Q+0.0
2	Evan Kainer	SR	Stevens Inst	A 11.02Q+0.0
3	Alex Spicer	FR	Alfred	11.16Q0.1
4	Daniel Norris	JR	St. John Fisher	11.17q +0.0
5	Ricardo Yolas	FR	St. John Fisher	11.26q +0.0
6	Isaac Worrall	JR	Houghton	11.35q +0.0
7	Jerome Houston	SO	Houghton	11.36q +0.0
8	Uday Samavenkata	FR	Stevens Inst	11.45q +0.0
9	Philip Cruz-Rodriguez	JR	Utica	11.53 0.1
10	Rah'mire Logan	SR	Utica	11.56 +0.0
11	Ka'Sean Watlington	JR	Utica	11.60 +0.0
12	Ramosaj Williams	FR	Sage	11.63 +0.0
13	Papa Dioum	FR	Alfred	12.02 +0.0
14	Nathaniel Benjamin	JR	Hartwick	12.20 0.1
---	Timothy Trimboli	FR	Alfred	FS 0.1

Men 100 Meter Dash**Meet: 10.57 M 4/23/2016 Nicodemus Gambill****AARTFC: 11.10 A**

	Name	Yr	School	Finals
Finals				
1	Alex Kainer	SR	Stevens Inst	10.81A 10
2	Evan Kainer	SR	Stevens Inst	10.97A 8
3	Ricardo Yolas	FR	St. John Fisher	11.09A 6
4	Daniel Norris	JR	St. John Fisher	11.19 4
5	Isaac Worrall	JR	Houghton	11.28 2
6	Jerome Houston	SO	Houghton	11.53 1
7	Uday Samavenkata	FR	Stevens Inst	12.03 +0.0
8	Alex Spicer	FR	Alfred	12.39 +0.0

Men 200 Meter Dash**Meet: 21.68 M 4/22/2017 Nicodemus Gambill****AARTFC: 22.40 A**

	Name	Yr	School	Finals
Finals				
1	Alex Kainer	SR	Stevens Inst	21.58M 10
2	Nick DiMaria	JR	Stevens Inst	21.90A 8
3	Evan Kainer	SR	Stevens Inst	22.13A 6
4	Ricardo Yolas	FR	St. John Fisher	22.52 4
5	Isaac Worrall	JR	Houghton	22.55 2
6	Daniel Norris	JR	St. John Fisher	22.56 1
7	Alex Spicer	FR	Alfred	22.89 -1.1
8	Rah'mire Logan	SR	Utica	23.03 -1.1
9	Timothy Trimboli	FR	Alfred	23.03 -2.2
10	Philip Cruz-Rodriguez	JR	Utica	23.07 -2.2
11	Ramosaj Williams	FR	Sage	23.46 -2.2

Empire 8 Outdoor Track & Field Championships**Hosted By Houghton - 5/3/2019 to 5/4/2019****Results****Finals ... (Men 200 Meter Dash)**

	Name	Yr	School	Finals
12	Tyler Mitchell	FR	Sage	23.55 -1.6
13	John Mullen	SO	Stevens Inst	23.59 -2.2
14	Uday Samavenkata	FR	Stevens Inst	23.92 -2.2
15	Matthew Rogers	FR	St. John Fisher	24.14 -1.6
16	Ulysses Sepulveda	SR	Utica	24.19 -1.6
17	Arnoldo Burnett	JR	Sage	24.68 -1.6

Men 400 Meter Dash**Meet: 47.35 M 4/22/2017 Peter Girardi****AARTFC: 50.00 A**

	Name	Yr	School	Finals
Finals				
1	Nick DiMaria	JR	Stevens Inst	48.57A 10
2	Eddie Mahana	JR	St. John Fisher	49.08A 8
3	Danny LaMastra	SO	Stevens Inst	50.34 6
4	Jack Behlmaier	SR	St. John Fisher	50.50 4
5	Nathaniel Zedomi	SO	Houghton	50.67 2
6	Alex Spicer	FR	Alfred	50.79 1
7	Brenden Moore	SR	Utica	51.23
8	Nick Proper	SR	Utica	51.28
9	Dean Howard	JR	Utica	51.54
10	Jon Cucci	FR	Stevens Inst	52.16
11	Matt Johnson	FR	Nazareth	52.55
12	John Mullen	SO	Stevens Inst	53.22
13	Uday Samavenkata	FR	Stevens Inst	54.28
14	Jack Howard	FR	Houghton	54.75
15	Ulysses Sepulveda	SR	Utica	55.13

Men 800 Meter Run**Meet: 1:51.73 M 2006 Nick Stenuf****AARTFC: 1:57.00 A**

	Name	Yr	School	Finals
Finals				
1	Tyler Sutton	SR	Utica	1:55.47A 10
2	Trevor LaDue	FR	Stevens Inst	1:55.92A 8
3	Grant Stokoe	FR	St. John Fisher	1:56.82A 6
4	Tom Selvaggi	JR	Stevens Inst	1:57.40 4
5	Nick Ashton	SR	Utica	1:57.46 2
6	Jordan Schools	SR	Alfred	1:58.67 1
7	Dan Burdo	JR	Houghton	2:00.19
8	Hunter Reed	FR	Utica	2:01.41
9	Aldo Rico	FR	Houghton	2:01.83
10	James Lawrence	SO	Stevens Inst	2:01.94
11	Patrick Healy	FR	Nazareth	2:02.29
12	Alex Haines	FR	Houghton	2:03.71
13	Vincent Schlenker	FR	Stevens Inst	2:03.89
14	Sean James	SO	Stevens Inst	2:03.95
15	Robby Russo	FR	Stevens Inst	2:03.97
16	Fred Owen	SO	St. John Fisher	2:09.70
17	Omar Nelson	FR	Hartwick	2:10.62
18	Nick Hennessy	FR	Stevens Inst	2:12.08
19	Thomas Nafash	SO	Stevens Inst	2:13.98

Men 1500 Meter Run**Meet: 3:53.53 M 2007****Nick Stenuf****AARTFC: 4:02.00 A**

	Name	Yr	School	Finals
Finals				
1	Mitch Marlow	JR	Utica	4:03.79 10
2	Robby Russo	FR	Stevens Inst	4:04.76 8
3	Tom Selvaggi	JR	Stevens Inst	4:05.91 6
4	Grant Stokoe	FR	St. John Fisher	4:06.37 4
5	Matthew Gostomski	SR	Houghton	4:09.80 2
6	Fred Owen	SO	St. John Fisher	4:11.15 1
7	Sean James	SO	Stevens Inst	4:12.24
8	Josh Tomaka	FR	Nazareth	4:12.91
9	Liam Rodgers	SR	Utica	4:14.37
10	Thomas Nafash	SO	Stevens Inst	4:14.72
11	Dave Russo	FR	Houghton	4:15.15
12	Dominik Sullivan	SO	Houghton	4:16.65
13	Andrew Ford	FR	St. John Fisher	4:18.00
14	Vincent Schlenker	FR	Stevens Inst	4:18.32
15	Ryan Driscoll	FR	St. John Fisher	4:30.56

Men 5000 Meter Run**Meet: 14:53.75 M 2006****Fontana Fluke****AARTFC: 15:25.00 A**

	Name	Yr	School	Finals
Finals				
1	Tyler Deuschle	JR	Houghton	15:33.69 10
2	Mitch Marlow	JR	Utica	15:35.12 8
3	Jake Catalano	JR	Stevens Inst	15:35.80 6
4	PJ Gunther	SO	Stevens Inst	15:41.60 4
5	Jake Suddaby	FR	Nazareth	15:43.87 2
6	Bernard Daoust	JR	St. John Fisher	15:44.76 1
7	Kyle Engelhart	SO	Utica	16:18.34
8	John Vernick	JR	Houghton	16:26.40
9	Dylan Beckhorn	FR	Houghton	16:28.06
10	Tom McKenna	FR	Stevens Inst	16:30.74
11	Josh Tomaka	FR	Nazareth	16:43.36
12	Chris Kipp	SO	Stevens Inst	16:43.38
13	Joel Wheeler	SO	Houghton	16:44.25
14	Hayden Daly	FR	Stevens Inst	16:51.60
15	Liam Rodgers	SR	Utica	16:58.21
16	Evan Miller	SO	Houghton	17:05.38

Men 10000 Meter Run**Meet: 34:06.19 M 5/4/2018 Tyler Deuschle****AARTFC: 33:00.00 A**

	Name	Yr	School	Finals
Finals				
1	Tyler Deuschle	JR	Houghton	32:53.83A 10
2	Bernard Daoust	JR	St. John Fisher	33:24.51M 8
3	Kyle Engelhart	SO	Utica	34:26.00 6
4	John Vernick	JR	Houghton	34:38.23 4
5	Chris Kipp	SO	Stevens Inst	34:45.65 2
6	Michael Brown	SO	Nazareth	34:46.65 1
7	Hayden Daly	FR	Stevens Inst	34:47.20

Empire 8 Outdoor Track & Field Championships**Hosted By Houghton - 5/3/2019 to 5/4/2019****Results****Finals ... (Men 10000 Meter Run)**

	Name	Yr	School	Finals
8	Ryan Gioe	SR	Stevens Inst	35:06.36
9	Gavin Wilbert	FR	Alfred	35:28.92
10	Ethan Pine	JR	Hartwick	37:35.10
---	Jacob Howe	JR	Utica	DNF

Men 110 Meter Hurdles**Meet: 14.35 M 5/5/2018 Peter Girardi****AARTFC: 15.80 A**

	Name	Yr	School	Prelims
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Preliminaries

1	Eddie Mahana	JR	St. John Fisher	M 14.35Q+0.0
2	Kyle Rollins	SO	St. John Fisher	A 15.36Q+0.0
3	Dan Kaba	JR	Stevens Inst	A 15.53q +0.0
4	Jordan Smith	SR	Utica	15.82q +0.0
5	Amar Bindra	SO	Stevens Inst	16.50q +0.0
6	Evan Kainer	SR	Stevens Inst	16.56q +0.0
7	Chase Pecoraro	JR	Utica	17.29q +0.0
8	Colin Bussiere	SR	Stevens Inst	17.80q +0.0
9	William Lewis	SO	Nazareth	18.65 +0.0
10	Daniel Wiener	JR	Alfred	19.15 +0.0

Men 110 Meter Hurdles**Meet: 14.35 M 5/5/2018 Peter Girardi****AARTFC: 15.80 A**

	Name	Yr	School	Finals
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Finals

1	Eddie Mahana	JR	St. John Fisher	14.66A 10
2	Kyle Rollins	SO	St. John Fisher	15.13A 8
3	Dan Kaba	JR	Stevens Inst	15.45A 6
4	Jordan Smith	SR	Utica	15.69A 4
5	Evan Kainer	SR	Stevens Inst	16.35 2
6	Amar Bindra	SO	Stevens Inst	17.12 1
7	Chase Pecoraro	JR	Utica	17.14 +0.0
8	Colin Bussiere	SR	Stevens Inst	17.20 +0.0

Men 400 Meter Hurdles**Meet: 52.95 M 4/23/2016 Peter Girardi****AARTFC: 57.00 A**

	Name	Yr	School	Finals
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Finals

1	Eddie Mahana	JR	St. John Fisher	54.31A 10
2	Jack Behlmaier	SR	St. John Fisher	55.43A 8
3	Dan Kaba	JR	Stevens Inst	55.74A 6
4	Amar Bindra	SO	Stevens Inst	56.92A 4
5	Jordan Smith	SR	Utica	57.46 2
6	Rashid Abuelmaali	JR	Alfred	57.78 1
7	Rob Leiser	FR	Stevens Inst	59.11
8	Colin Bussiere	SR	Stevens Inst	59.92
9	Joshua Scholten	FR	Utica	1:00.99
10	Dan Block	SR	Utica	1:01.24
11	Daniel Wiener	JR	Alfred	1:01.73
12	William Lewis	SO	Nazareth	1:02.13
13	Alex Longo	FR	Stevens Inst	1:02.15

14	Adam Yeager	FR	St. John Fisher	1:05.34
15	Sean Waltman	FR	Hartwick	1:06.89
16	Evan Bourtis	SR	St. John Fisher	1:09.13

Men 3000 Meter Steeplechase**Meet: 9:19.22 M 2005****Shawn Calabrese****AARTFC: 9:55.00 A**

	Name	Yr	School	Finals
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Finals

1	Jake Catalano	JR	Stevens Inst	9:48.08A 10
2	Dan Block	SR	Utica	10:00.83 8
3	Tom McKenna	FR	Stevens Inst	10:31.67 6
4	Adam Yeager	FR	St. John Fisher	10:42.09 4
5	Coleton Pallato	FR	Nazareth	10:47.14 2
6	Cesar Guzman	FR	St. John Fisher	10:59.63 1
7	Omar Nelson	FR	Hartwick	11:03.69
8	Evan Bourtis	SR	St. John Fisher	11:03.88
9	Ryan English	FR	St. John Fisher	11:12.80
10	Brian Anderson	JR	Alfred	11:17.66
11	Andrew Gwynn	SR	Nazareth	11:33.66
12	Kyle Full	FR	Alfred	11:34.72
13	Logan Sherman	SR	Utica	11:49.73

Men 4x100 Meter Relay**Meet: 42.08 M 4/22/2017 Utica****C St. Amour, N Gambill, K Gangemi, K Watlington****AARTFC: 43.50 A**

	Team	Relay	Finals
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Finals

1	Stevens Institute		41.44M 10
	1) Danny LaMastra SO	2) Alex Kainer SR	
	3) Nick DiMaria JR	4) Evan Kainer SR	
2	St. John Fisher		43.22A 8
	1) Daniel Norris JR	2) Ricardo Yolas FR	
	3) Matthew Pennell SO	4) Jack Behlmaier SR	
3	Utica		43.34A 6
	1) Sean Murphy JR	2) Ka'Sean Watlington JR	
	3) Brenden Moore SR	4) Rah'mire Logan SR	
4	Houghton		43.48A 4
	1) Isaac Worrall JR	2) Malachi Yeager FR	
	3) Nathaniel Zedomi SO	4) Jerome Houston SO	
5	Alfred		44.86 2
	1) Timothy Trimboli FR	2) Rashid Abuelmaali JR	
	3) Papa Dioum FR	4) Alex Spicer FR	
6	Sage		45.51 1
	1) Ramosaj Williams FR	2) Arnoldo Burnett JR	
	3) Tyler Mitchell FR	4) Ellis Richardson SO	
7	Hartwick		49.08
	1) Sean Waltman FR	2) Nathaniel Benjamin JR	
	3) Joseph Ziegler SR	4) Omar Nelson FR	

Empire 8 Outdoor Track & Field Championships**Hosted By Houghton - 5/3/2019 to 5/4/2019****Results****Men 4x400 Meter Relay****Meet: 3:16.39 M 5/5/2018 Utica****A Luckoo, B Moore, N Proper, K Gangemi****AARTFC: 3:24.00 A**

Team	Relay	Finals
Finals		
1 Stevens Institute		3:20.51A 10
1) Danny LaMastra SO	2) Trevor LaDue FR	
3) Alex Kainer SR	4) Nick DiMaria JR	
2 St. John Fisher		3:22.93A 8
1) Eddie Mahana JR	2) Zachary Kennedy SO	
3) Grant Stokoe FR	4) Jack Behlmaier SR	
3 Utica		3:25.39 6
1) Tyler Sutton SR	2) Brenden Moore SR	
3) Nick Ashton SR	4) Nick Proper SR	
4 Houghton		3:34.53 4
1) Dan Burdo JR	2) Christian Arbour JR	
3) Jack Howard FR	4) Nathaniel Zedomi SO	
5 Nazareth		3:38.28 2
1) Matt Johnson FR	2) Jack Wessel SR	
3) Josh Pomerleau FR	4) Patrick Healy FR	
6 Alfred		3:45.07 1
1) Rashid Abuelmaali JR	2) Jordan Schools SR	
3) Timothy Trimboli FR	4) Kyle Jenkins FR	
7 Hartwick		3:52.56
1) Omar Nelson FR	2) Harrison Helinski SO	
3) Joseph Ziegler SR	4) Sean Waltman FR	

Men 4x800 Meter Relay**Meet: 8:04.51 M 5/4/2018 Alfred****R Abuelmaali, M Roder, J Schools, E Diehl**

Team	Relay	Finals
Finals		
1 Stevens Institute		7:59.47M 10
1) Sean James SO	2) James Lawrence SO	
3) Robby Russo FR	4) Trevor LaDue FR	
2 Utica		8:05.74 8
1) Nick Ashton SR	2) Tyler Sutton SR	
3) Hunter Reed FR	4) Nick Proper SR	
3 Houghton		8:08.16 6
1) Dan Burdo JR	2) Christian Arbour JR	
3) Dave Russo FR	4) Matthew Gostomski SR	
4 Alfred		8:08.85 4
1) Jordan Schools SR	2) Rashid Abuelmaali JR	
3) Sean Raymond SO	4) Kyle Jenkins FR	
5 St. John Fisher		8:13.92 2
1) Fred Owen SO	2) Jacob Karr FR	
3) Ryan Allen FR	4) Grant Stokoe FR	
6 Nazareth		8:35.24 1
1) Jack Wessel SR	2) Jake Suddaby FR	
3) Josh Pomerleau FR	4) Patrick Healy FR	
7 Hartwick		9:16.14
1) Omar Nelson FR	2) Sean Waltman FR	
3) Joseph Ziegler SR	4) Harrison Helinski SO	

Men High Jump**Meet: 2.08m M 4/23/2016 Rob Tutein****AARTFC: 1.92m A**

Name	Yr	School	Finals
Finals			
1 Kyle Rollins	SO	St. John Fisher	2.06m 10
2 Chase Pecoraro	JR	Utica	1.87m 8
3 Marquis Simpson	FR	Utica	1.82m 5
3 Aeden Angelone	FR	Stevens Inst	1.82m 5
5 Jonathan Scamardella	FR	Stevens Inst	1.82m 2
6 Malachi Yeager	FR	Houghton	1.77m 1
7 Zachary Mapes	SR	Alfred	1.77m
8 Gavin Luckey	FR	Houghton	1.67m
9 Zachary Briggs	SO	St. John Fisher	1.67m
10 Gout Mawien	FR	Alfred	1.62m
--- Christian Englund	FR	Utica	DNS

Men Pole Vault**Meet: 4.90m M 2010****Michael Dempsey****AARTFC: 4.40m A**

Name	Yr	School	Finals
Finals			
1 Chase Pecoraro	JR	Utica	4.20m 10
2 Enis Rama	FR	Stevens Inst	4.05m 8
3 Sean Foley	JR	Alfred	4.05m 6
4 Nicolas Re	FR	Stevens Inst	3.90m 4
5 Jason Bingay	SR	Utica	3.60m 2
6 Jorge Mascaro	SO	Stevens Inst	3.45m 1
7 Jordan Kostera	FR	St. John Fisher	3.30m
--- Andy Accardi	JR	Stevens Inst	NH

Men Long Jump**Meet: 7.11m M****Kyle Devins & Eric Riley****AARTFC: 6.70m A**

Name	Yr	School	Finals
Finals			
1 Ka'Sean Watlington	JR	Utica	7.04m 10
2 Evan Kainer	SR	Stevens Inst	6.92m 8
3 Kyle Rollins	SO	St. John Fisher	6.88m 6
4 Danny LaMastra	SO	Stevens Inst	6.69m 4
5 Ricardo Yolas	FR	St. John Fisher	6.63m 2
6 Sean Murphy	JR	Utica	6.41m 1
7 Malachi Yeager	FR	Houghton	6.22m 2.5
8 Zachary Mapes	SR	Alfred	6.11m +0.0
9 Marquis Simpson	FR	Utica	6.10m 1.1
10 Brian Jefferson	SR	Stevens Inst	6.04m +0.0
11 William Lewis	SO	Nazareth	5.90m 1.9
12 Vincent Russo	JR	Stevens Inst	5.80m 3.3
13 Jarrod Brown	FR	Utica	5.37m +0.0
14 Sean Waltman	FR	Hartwick	5.05m 0.3
--- Papa Dioum	FR	Alfred	FOUL
--- Jacob Pishkula	FR	Utica	DNS NWI

Empire 8 Outdoor Track & Field Championships**Hosted By Houghton - 5/3/2019 to 5/4/2019****Results****Men Triple Jump****Meet: 14.69m M 5/5/2018 Ka'Sean Watlington****AARTFC: 13.50m A**

	Name	Yr	School	Finals
Finals				
1	Kyle Rollins	SO	St. John Fisher	14.66mA 10
2	Ka'Sean Watlington	JR	Utica	14.25mA 8
3	Sean Murphy	JR	Utica	13.81mA 6
4	Kalif Wallace	JR	Utica	13.00m 4
5	Justin Brister	JR	Utica	12.88m 2
6	Danny LaMastra	SO	Stevens Inst	12.71m 1
7	Brian Jefferson	SR	Stevens Inst	12.67m +0.0
8	Jordan Schools	SR	Alfred	12.54m 1.1
9	Zachary Mapes	SR	Alfred	12.41m 0.1
10	Matt Johnson	FR	Nazareth	12.38m +0.0
11	Gavin Luckey	FR	Houghton	11.76m +0.0
12	Gout Mawien	FR	Alfred	11.69m 1.7
---	Jacob Pishkula	FR	Utica	DNS NWI

Men Shot Put**Meet: 15.81m M 4/22/2017 Neil Forrester****AARTFC: 13.75m A**

	Name	Yr	School	Finals
Finals				
1	Zack Leader	SO	Utica	13.86mA 10
2	DeAndre Fyffe	FR	Utica	13.59m 8
3	Ross Mathewson	SR	St. John Fisher	13.55m 6
4	Leyton Miner	JR	St. John Fisher	13.54m 4
5	Saul McCoy	FR	Alfred	13.53m 2
6	Brandon Truong	SO	Stevens Inst	12.71m 1
7	Jonathan Robinson	SR	St. John Fisher	12.52m
8	Max McCauley	JR	Stevens Inst	12.40m
9	Andrew Mucica	JR	Utica	11.88m
10	Chase Corcoran	SO	St. John Fisher	11.63m
11	William Corwin	SO	St. John Fisher	11.49m
12	Dan Alfeo	SR	Utica	10.89m
13	Enmanuel Mateo	JR	Utica	10.17m
---	Ryan Desautels	SO	St. John Fisher	FOUL
---	Parker Dimock	SR	Stevens Inst	DNS
---	Nicholas Reitz	SR	Alfred	DNS
---	Keanu Heedram	JR	Utica	DNS

Men Discus Throw**Meet: 46.22m M 4/23/2016 Keanu Heedram****AARTFC: 41.00m A**

	Name	Yr	School	Finals
Finals				
1	Jonathan Robinson	SR	St. John Fisher	42.81mA 10
2	Max McCauley	JR	Stevens Inst	41.23mA 8
3	Ryan Desautels	SO	St. John Fisher	40.63m 6
4	Zack Leader	SO	Utica	38.81m 4
5	Brandon Truong	SO	Stevens Inst	38.51m 2
6	Chase Corcoran	SO	St. John Fisher	38.02m 1
7	Dan Alfeo	SR	Utica	36.99m
8	Xyier Woodard	SR	Utica	35.89m

9	Joseph Jerkovich	FR	St. John Fisher	33.54m
10	William Corwin	SO	St. John Fisher	32.52m
11	Aeden Angelone	FR	Stevens Inst	32.23m
12	Markel Louis	SR	Utica	31.97m
13	Tyler Smith	FR	Utica	30.61m
14	Saul McCoy	FR	Alfred	29.07m
---	DeAndre Fyffe	FR	Utica	FOUL
---	Keanu Heedram	JR	Utica	DNS

Men Hammer Throw**Meet: 55.45m M 5/4/2018 Ross Mathewson****AARTFC: 47.50m A**

	Name	Yr	School	Finals
Finals				
1	Ross Mathewson	SR	St. John Fisher	52.52mA 10
2	Parker Dimock	SR	Stevens Inst	50.53mA 8
3	Jonathan Robinson	SR	St. John Fisher	47.15m 6
4	Ryan Desautels	SO	St. John Fisher	46.19m 4
5	Zack Leader	SO	Utica	43.93m 2
6	Andrew Mucica	JR	Utica	41.94m 1
7	Brandon Truong	SO	Stevens Inst	41.42m
8	Dan Alfeo	SR	Utica	40.05m
9	Edward Yeboah	SR	Utica	38.88m
10	Max McCauley	JR	Stevens Inst	37.98m
11	Leyton Miner	JR	St. John Fisher	34.52m
12	Enmanuel Mateo	JR	Utica	34.22m
13	Joseph Jerkovich	FR	St. John Fisher	29.76m
14	Brett Harrington	SR	St. John Fisher	29.28m
---	Chase Corcoran	SO	St. John Fisher	FOUL
---	Nicholas Reitz	SR	Alfred	DNS

Men Javelin Throw**Meet: 61.88m M 2007 Stephen Burns****AARTFC: 50.50m A**

	Name	Yr	School	Finals
Finals				
1	Jordan Smith	SR	Utica	53.21mA 10
2	Parker Dimock	SR	Stevens Inst	48.81m 8
3	Evan Kainer	SR	Stevens Inst	46.74m 6
4	Ryan Locke	JR	Stevens Inst	46.55m 4
5	William Corwin	SO	St. John Fisher	45.12m 2
6	Chase Pecoraro	JR	Utica	44.65m 1
7	Malachi Yeager	FR	Houghton	43.85m
8	Joseph Jerkovich	FR	St. John Fisher	43.31m
9	Max McCauley	JR	Stevens Inst	41.35m
10	Brandon Truong	SO	Stevens Inst	37.54m
11	Arnoldo Burnett	JR	Sage	36.30m
12	Aeden Angelone	FR	Stevens Inst	36.13m
13	Jack Howard	FR	Houghton	35.34m
14	Oleg Gentry	JR	Hartwick	34.04m
---	Sean Foley	JR	Alfred	DNS
---	Sean Raymond	SO	Alfred	DNS

Empire 8 Outdoor Track & Field Championships**Hosted By Houghton - 5/3/2019 to 5/4/2019****Results**

Women - Team Rankings - 21 Events Scored

1) Stevens Institute	189
2) St. John Fisher	144
3) Utica	138
4) Nazareth	85
5) Houghton	60
6) Alfred	26
7) Hartwick	5
8) Sage	4

Men - Team Rankings - 21 Events Scored

1) Stevens Institute	231
2) St. John Fisher	183
3) Utica	162
4) Houghton	48
5) Alfred	18
6) Nazareth	8
7) Sage	1