

**Empire 8 Championships**  
**Hosted By Nazareth College - 3/19/2021 to 3/20/2021**  
**Results**

**Men 60 Meter Dash**

**Conference:** 6.82 C 2017 Nicodemus Gambill  
**Meet:** 6.88 M 2/11/2017 Nicodemus Gambill  
**Facility:** 6.92 F 3/6/2021 Jalen Leonard-Osbourne

Name	Yr	School	Prelims
1 Daijon Richards	FR	Utica	7.22q
2 Jonah Dean	SO	St. John Fisher	7.27q
3 Connor McCauslin	SO	Nazareth	7.28q
4 Zuriel Wright	SO	Utica	7.33q
5 Matthew Pennell	SR	St. John Fisher	7.35q
6 Kaleb Luton	SO	Nazareth	7.36q
7 Mike Welch	SO	Nazareth	7.37q
8 Cody Collins	FR	Alfred	7.43q
9 Timothy Trimboli	JR	Alfred	7.48
10 John Ruggio	FR	St. John Fisher	7.49
11 Josh Washington	SO	Utica	7.53
12 Matthew Rogers	JR	St. John Fisher	7.54
13 Malachi Yeager	JR	Houghton	7.56
14 Jerome Houston	SR	Houghton	7.57
15 Ethan Coxford	FR	St. John Fisher	7.70
16 John Wendt	FR	Alfred	7.86
17 Arnoldo Burnett	SR	Sage	7.91
18 Noah Vice	JR	Sage	7.99
19 Christian Harvey-Maloney	FR	Sage	8.10
20 Tyler Case	FR	Sage	8.42
--- Trenton Wynn	SO	St. John Fisher	FS
--- Josey Rivera	SO	Houghton	DNS

**Men 60 Meter Dash**

**Conference:** 6.82 C 2017 Nicodemus Gambill  
**Meet:** 6.88 M 2/11/2017 Nicodemus Gambill  
**Facility:** 6.92 F 3/6/2021 Jalen Leonard-Osbourne

Name	Yr	School	Finals
1 Connor McCauslin	SO	Nazareth	7.13 10
2 Daijon Richards	FR	Utica	7.15 8
3 Zuriel Wright	SO	Utica	7.27 6
4 Jonah Dean	SO	St. John Fisher	7.28 4
5 Kaleb Luton	SO	Nazareth	7.29 2
6 Mike Welch	SO	Nazareth	7.37 1
7 Cody Collins	FR	Alfred	7.38
8 Matthew Pennell	SR	St. John Fisher	7.41

**Men 200 Meter Dash**

**Conference:** 21.91 C 2016 Nicodemus Gambill  
**Meet:** 21.91 M 2/24/2018 Alex Kainer  
**Facility:** 22.20 F 3/7/2020 Jah'mere Beasley

Name	Yr	School	Finals
1 Jonah Dean	SO	St. John Fisher	22.92 10
2 Nathaniel Zedomi	SR	Houghton	23.12 8
3 Mike Welch	SO	Nazareth	23.69 6
4 Connor McCauslin	SO	Nazareth	23.72 4

5 Daijon Richards	FR	Utica	23.88 2
6 Matthew Pennell	SR	St. John Fisher	23.98 1
7 Cody Collins	FR	Alfred	24.06
8 Justin Garrett	SO	Utica	24.07
9 Timothy Trimboli	JR	Alfred	24.38
10 Kaleb Luton	SO	Nazareth	24.55
11 John Ruggio	FR	St. John Fisher	24.62
12 Josh Washington	SO	Utica	24.64
13 Robert Hartigan	FR	St. John Fisher	24.74
14 Ramosaj Williams	JR	Sage	24.93
15 Arnoldo Burnett	SR	Sage	25.06
16 Jerome Houston	SR	Houghton	25.06
17 Justin Valentin	FR	Utica	25.09
18 Ethan Coxford	FR	St. John Fisher	25.19
19 Trenton Wynn	SO	St. John Fisher	25.20
20 Matthew Rogers	JR	St. John Fisher	25.26
21 Levi Kennel	SO	Houghton	25.31
22 Collin Nasso	SO	Houghton	26.22
23 Tyler Case	FR	Sage	27.10
--- Christian Harvey-Maloney	FR	Sage	DQ
--- Josey Rivera	SO	Houghton	DNS

**Men 400 Meter Dash**

**Conference:** 48.71 C 2/7/2015 Tom Sippie  
**Meet:** 48.84 M 2/11/2017 Peter Girardi  
**Facility:** 49.68 F 3/7/2020 Nick DiMaria

Name	Yr	School	Finals
1 Jonah Dean	SO	St. John Fisher	51.37 10
2 Nathaniel Zedomi	SR	Houghton	51.55 8
3 Mike Welch	SO	Nazareth	51.91 6
4 Jack Howard	JR	Houghton	53.15 4
5 Micah Williams	SO	Houghton	53.41 2
6 Matt Johnson	JR	Nazareth	53.87 1
7 Ellis Richardson	JR	Sage	53.92
8 George Mecca	SO	Alfred	53.95
9 Sei Sei	SO	Utica	53.95
10 Robert Hartigan	FR	St. John Fisher	55.27
11 Collin Nasso	SO	Houghton	56.79
12 Jonathan Simmons	FR	Utica	57.92
13 Justin Garrett	SO	Utica	58.83
14 Carlos Temple	FR	Sage	1:03.04
--- Michael Cichy	FR	Sage	FS
--- Brennan Lewandowski	FR	Houghton	DQ
--- Brian Glantz	FR	Utica	DNS

**Men 800 Meter Run**

**Conference:** 1:52.00 C 1/26/2018 Nick Stenuf  
**Meet:** 1:54.91 M 2007 Nick Stenuf  
**Facility:** 1:54.24 F 3/7/2020 Charles DaSilva

Name	Yr	School	Finals
1 Grant Stokoe	JR	St. John Fisher	2:02.02 10
2 Dominic Nova	FR	Sage	2:02.77 8
3 Josh Tomaka	JR	Nazareth	2:03.82 6
4 Chris Celecki	SR	Nazareth	2:05.27 4

**Empire 8 Championships**  
**Hosted By Nazareth College - 3/19/2021 to 3/20/2021**

**Results**

**Finals ... (Men 800 Meter Run)**

Name	Yr	School	Finals
5 Patrick Healy	JR	Nazareth	2:05.90 2
6 Myles Anderson	SO	St. John Fisher	2:06.35 1
7 Ryan Allen	JR	St. John Fisher	2:07.17
8 Chris Mayo	SR	Alfred	2:08.09
9 Jason Kincaid	FR	St. John Fisher	2:09.60
10 Anthony DiRubbo	FR	St. John Fisher	2:10.85
11 Jared Young	JR	Sage	2:14.00
12 Ahviere Reese	FR	Nazareth	2:15.50
13 Hunter Reed	JR	Utica	2:16.75
14 Grant Baldwin	JR	Alfred	2:19.94
15 Mathieu Acquard	SO	St. John Fisher	2:23.26
16 Patrick Trivison	JR	St. John Fisher	2:23.33
17 Brett Labier	JR	Sage	2:32.01
18 Kyler Ford	JR	Utica	2:33.93
19 John Colocho	FR	Utica	2:50.50
--- Devan Ketcham	SO	Nazareth	DNS

**Men 1 Mile Run**

**Conference:** 4:10.70 C 2009 Michael Hardbarger  
**Meet:** 4:17.89 M 2/24/2018 Nick Zickgraf  
**Facility:** 4:13.19 F 3/7/2020 Robert Abrams

Name	Yr	School	Finals
<b>Finals</b>			
1 Grant Stokoe	JR	St. John Fisher	4:28.39 10
2 Dominic Nova	FR	Sage	4:28.52 8
3 Jake Suddaby	JR	Nazareth	4:34.24 6
4 Myles Anderson	SO	St. John Fisher	4:35.28 4
5 Josh Tomaka	JR	Nazareth	4:36.44 2
6 Ryan Allen	JR	St. John Fisher	4:39.28 1
7 Tim Mayo	SR	Alfred	4:46.11
8 Holden Maynard	JR	Sage	4:46.12
9 Anthony DiRubbo	FR	St. John Fisher	4:49.65
10 Kyle Jenkins	JR	Alfred	4:51.48
11 Hayden Lohmann	FR	Utica	4:53.24
12 Kevin Havens	SO	St. John Fisher	4:53.73
13 Ryan Driscoll	JR	St. John Fisher	5:05.17
14 Patrick Trivison	JR	St. John Fisher	5:17.74
15 Anthony Brandl	JR	Alfred	5:28.56
16 Mathieu Acquard	SO	St. John Fisher	5:46.68
--- Nate McNally	SO	Nazareth	DNS
--- Adam McCutcheon	SO	Houghton	DNS

**Men 3000 Meter Run**

**Conference:** 8:28.01 C 2/19/2011 William Way  
**Meet:** 8:38.87 M 2007 Nate Lowe  
**Facility:** 8:26.67 F 3/7/2020 Samuel Gerstenbacher

Name	Yr	School	Finals
<b>Finals</b>			
1 Grant Stokoe	JR	St. John Fisher	9:05.73 10
2 Josh Tomaka	JR	Nazareth	9:06.28 8
3 Nathan Bowers	SO	Nazareth	9:08.58 6
4 Ethan Billings	FR	St. John Fisher	9:16.06 4
5 Jake Suddaby	JR	Nazareth	9:16.28 2
6 Dave Russo	JR	Houghton	9:16.60 1

7 Dillon Bell	JR	Houghton	9:18.72
8 Dominic Nova	FR	Sage	9:26.18
9 Lucas Sharron	SO	Nazareth	9:26.78
10 Nathan Szatkowski	FR	St. John Fisher	9:29.47
11 Ethan Glashauser	FR	Nazareth	9:29.69
12 Dylan Beckhorn	JR	Houghton	9:29.84
13 Michael Brown	SR	Nazareth	9:33.94
14 Ryan English	JR	St. John Fisher	9:36.18
15 Bogdan Rozvora	SO	St. John Fisher	9:39.08
16 Seth Greene	SO	Houghton	9:42.45
17 Caleb Kasper	FR	Houghton	9:43.57
18 Joel Wheeler	SR	Houghton	9:45.28
19 Adam Yeager	JR	St. John Fisher	9:52.18
20 Evan Miller	SR	Houghton	9:59.55
21 Gavin Wilbert	JR	Alfred	10:17.95
22 Kyle Full	SR	Alfred	10:32.33
--- Ben Liu	FR	Nazareth	DNS
--- Kevin Flint	FR	Alfred	DNS

**Men 5000 Meter Run**

**Conference:** 14:42.12 C 2/22/2014 Michael Cahill  
**Meet:** 14:48.42 M 2007 Nate Lowe  
**Facility:** 14:39.67 F 3/6/2020 Matthew Sayre

Name	Yr	School	Finals
<b>Finals</b>			
1 Nathan Bowers	SO	Nazareth	15:37.47 10
2 Ethan Billings	FR	St. John Fisher	15:41.76 8
3 Dillon Bell	JR	Houghton	15:43.18 6
4 Dave Russo	JR	Houghton	15:50.10 4
5 Michael Brown	SR	Nazareth	15:52.69 2
6 Dylan Beckhorn	JR	Houghton	15:53.30 1
7 Brandon Nicosia	SO	St. John Fisher	16:14.43
8 Seth Greene	SO	Houghton	16:31.73
9 Bogdan Rozvora	SO	St. John Fisher	16:32.37
10 Caleb Kasper	FR	Houghton	16:33.04
11 Ethan Glashauser	FR	Nazareth	16:34.49
12 Adam Yeager	JR	St. John Fisher	17:04.24
--- Matt Reimann	FR	Nazareth	DNS

**Men 60 Meter Hurdles**

**Conference:** 8.02 C 2/28/2020 Eddie Mahana  
**Meet:** 8.02 M 2020 Eddie Mahana  
**Facility:** 8.09 F 1/25/2020 Brent Di Vittorio

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Connor McCauslin	SO	Nazareth	8.47q
2 Kyle Rollins	SR	St. John Fisher	8.54q
3 Kaleb Luton	SO	Nazareth	8.70q
4 John Ruggio	FR	St. John Fisher	9.02q
5 Justin Valentin	FR	Utica	9.13q
6 Trenton Wynn	SO	St. John Fisher	9.41q
7 Josiah Bowers	SO	St. John Fisher	9.48q
8 Sean Cochrane	FR	St. John Fisher	9.83q
9 Maxwell Blowers	SO	St. John Fisher	9.84
10 Kyler Ford	JR	Utica	10.99

**Empire 8 Championships**  
**Hosted By Nazareth College - 3/19/2021 to 3/20/2021**  
**Results**

**Men 60 Meter Hurdles**

**Conference:** 8.02 C 2/28/2020 Eddie Mahana  
**Meet:** 8.02 M 2020 Eddie Mahana  
**Facility:** 8.09 F 1/25/2020 Brent Di Vittorio

Name	Yr	School	Finals
<b>Finals</b>			
1 Connor McCauslin	SO	Nazareth	8.29 10
2 Kyle Rollins	SR	St. John Fisher	8.37 8
3 Kaleb Luton	SO	Nazareth	8.57 6
4 John Ruggio	FR	St. John Fisher	8.97 4
5 Trenton Wynn	SO	St. John Fisher	9.17 2
6 Justin Valentin	FR	Utica	9.22 1
7 Josiah Bowers	SO	St. John Fisher	9.30
8 Sean Cochrane	FR	St. John Fisher	9.96

**Men 4x400 Meter Relay**

**Conference:** 3:18.10 C 2/10/2018 Utica  
**Luckoo, Gangemi, Moore, Wright**  
**Meet:** 3:21.72 M 2/13/2016 Nazareth  
**N LaBarbera, M Battaglia, M Morris, T Sippie**  
**Facility:** 3:17.02 F 3/6/2020 Rowan

**J Beasley, J Bishop, J Kolodziej, F Terry**

Team	Relay	Finals
<b>Finals</b>		
1 Houghton		3:35.65 10
1) Jack Howard JR	2) Alex Haines JR	
3) Micah Williams SO	4) Nathaniel Zedomi SR	
2 Nazareth		3:36.80 8
1) Matt Johnson JR	2) Chris Celecki SR	
3) Ahviere Reese FR	4) Mike Welch SO	
3 St. John Fisher		3:38.06 6
1) John Ruggio FR	2) Myles Anderson SO	
3) Robert Hartigan FR	4) Jonah Dean SO	
4 Alfred		3:38.78 4
1) Timothy Trimboli JR	2) Cody Collins FR	
3) Chris Mayo SR	4) George Mecca SO	
5 Utica		3:45.23 2
1) Justin Garrett SO	2) Sei Sei SO	
3) Josh Washington SO	4) Andrew Wieder FR	
6 Sage		3:45.49 1
1) Ramosaj Williams JR	2) Ellis Richardson JR	
3) Michael Cichy FR	4) Arnoldo Burnett SR	

**Men Distance Medley**

**Conference:** 9:55.09 C 2/10/2018 Stevens Inst  
**John, DiMaria, Selvaggi, Zickgraf**  
**Meet:** 10:16.61 M 2007 RIT  
**Varble, Sealander, O'Donnell, Hardbarger**  
**Facility:** 10:06.06 F 3/6/2020 Rowan  
**N Neville, V Delle, J Devito, K Lauer**

Team	Relay	Finals
<b>Finals</b>		
1 Nazareth		11:03.69 10
1) Chris Celecki SR	2) Ahviere Reese FR	
3) Lucas Sharron SO	4) Jake Suddaby JR	

2 St. John Fisher		11:21.48 8
1) Myles Anderson SO	2) Robert Hartigan FR	
3) Jason Kincaid FR	4) Ryan Allen JR	
3 Alfred		11:22.70 6
1) Kyle Full SR	2) George Mecca SO	
3) Kyle Jenkins JR	4) Tim Mayo SR	
4 Houghton		11:23.41 4
1) Joel Wheeler SR	2) Collin Nasso SO	
3) Alex Haines JR	4) Evan Miller SR	
5 Utica		11:59.38 2
1) Hunter Reed JR	2) Andrew Wieder FR	
3) Antonio Reyes SO	4) Hayden Lohmann FR	
6 Sage		12:03.35 1
1) Jared Young JR	2) Ramosaj Williams JR	
3) Ellis Richardson JR	4) Holden Maynard JR	

**Men High Jump**

**Conference:** 2.15m C 2/7/2020 Kyle Rollins  
**Meet:** 2.08m M 2/24/2018 Kyle Rollins  
**Facility:** 2.13m F 3/7/2020 Kyle Rollins

Name	Yr	School	Finals
<b>Finals</b>			
1 Kyle Rollins	SR	St. John Fisher	1.86m 10
2 Zachary Briggs	SR	St. John Fisher	1.83m 8
3 Andrew Wieder	FR	Utica	1.78m 5
3 Zuriel Wright	SO	Utica	1.78m 5
5 A.J. DeVasto	SO	Nazareth	1.73m 2
6 Justin Valentin	FR	Utica	1.73m 1
7 Sean Cochrane	FR	St. John Fisher	1.73m
8 Antonio Reyes	SO	Utica	1.68m
9 Noah Vice	JR	Sage	1.68m
10 Ramosaj Williams	JR	Sage	1.68m
11 Josiah Bowers	SO	St. John Fisher	1.68m
12 Malachi Yeager	JR	Houghton	1.68m
13 Jack Howard	JR	Houghton	1.63m
--- Maxwell Blowers	SO	St. John Fisher	NH
--- Brennan Lewandowski	FR	Houghton	DNS

**Men Pole Vault**

**Conference:** 5.16m C 3/4/2011 Michael Dempsey  
**Meet:** 4.75m M 2010 Michael Dempsey  
**Facility:** 5.40m F 12/6/2019 Zach Ferrara

Name	Yr	School	Finals
<b>Finals</b>			
1 Phoenix Palmer	SO	St. John Fisher	4.20m 10
2 Josh Pomerleau	JR	Nazareth	4.10m 8
3 Jordan Kostera	JR	St. John Fisher	3.65m 5
3 Bryce Florian	SO	Nazareth	3.65m 5
5 Levi Kennel	SO	Houghton	3.50m 2
6 Matthew Carr	SO	St. John Fisher	3.50m 1
7 Adam Palmer	SO	St. John Fisher	3.20m
8 Hunter Hendricks	JR	Utica	3.05m
9 Andrew Wieder	FR	Utica	2.90m

**Empire 8 Championships**  
**Hosted By Nazareth College - 3/19/2021 to 3/20/2021**  
**Results**

**Men Long Jump**

**Conference:** 7.36m C 3/9/2018 Mark VanMarter  
**Meet:** 7.20m M 2010 Kyle Devins  
**Facility:** 7.27m F 2/21/2020 Egypt Page

Name	Yr	School	Finals
<b>Finals</b>			
1 Kyle Rollins	SR	St. John Fisher	6.76m 10
2 Matthew Stasiw	JR	St. John Fisher	6.56m 8
3 Sei Sei	SO	Utica	6.42m 6
4 Kaleb Luton	SO	Nazareth	6.34m 4
5 Micah Williams	SO	Houghton	6.25m 2
6 Zuriel Wright	SO	Utica	6.19m 1
7 Malachi Yeager	JR	Houghton	6.15m
8 Matthew Breault	SO	Utica	5.95m
9 Matt Johnson	JR	Nazareth	5.81m
10 Sean Cochrane	FR	St. John Fisher	5.80m
11 Josiah Bowers	SO	St. John Fisher	5.69m
12 Maxwell Blowers	SO	St. John Fisher	5.46m
13 Gavin Luckey	SO	Houghton	5.25m
14 Deshawn Fleary	SO	Sage	4.70m
15 Nate Marrero	SO	Alfred	4.49m
16 Carlos Temple	FR	Sage	4.47m

**Men Triple Jump**

**Conference:** 14.83m C 3/8/2019 Clarence Skipper  
**Meet:** 14.55m M 2019 Ka'Sean Watlington  
**Facility:** 14.84m F 3/6/2020 Ahmir Johnson

Name	Yr	School	Finals
<b>Finals</b>			
1 Kyle Rollins	SR	St. John Fisher	13.82m 10
2 Kaleb Luton	SO	Nazareth	13.34m 8
3 Matthew Stasiw	JR	St. John Fisher	12.78m 6
4 Matt Johnson	JR	Nazareth	12.29m 4
5 Matthew Breault	SO	Utica	12.10m 2
6 Gavin Luckey	SO	Houghton	11.83m 1

**Men Shot Put**

**Conference:** 17.50m C 3/8/2019 Keanu Headram  
**Meet:** 16.53m M 2019 Keanu Heedram  
**Facility:** 17.27m F 2/21/2020 Tony DeYoung

Name	Yr	School	Finals
<b>Finals</b>			
1 Arthur Bittel	SO	Utica	14.39m 10
2 William Corwin	SR	St. John Fisher	13.90m 8
3 Ryan Desautels	SR	St. John Fisher	13.48m 6
4 Brady VanAernam	SO	Utica	13.13m 4
5 Justin Swavely	FR	Utica	12.85m 2
6 Jacob Barnes	SO	Utica	12.76m 1
7 Chase Corcoran	SR	St. John Fisher	12.15m
8 Antwan Kelly	SO	Utica	11.37m
9 Josef Brunner	FR	St. John Fisher	11.11m
10 Michael McNeil	FR	Utica	10.94m
11 Joseph Jerkovich	JR	St. John Fisher	10.58m
12 Chris Perez	SO	Nazareth	10.44m
13 Caleb Pettit	SO	Houghton	10.31m

14 Jack Mott	JR	St. John Fisher	9.88m
15 Daniel Stephens	FR	St. John Fisher	9.51m
16 Andrew Clark	FR	Utica	9.08m

**Men Weight Throw 35 lb.**

**Conference:** 20.45m C 3/11/2016 Luis Rivera  
**Meet:** 18.84m M 2/13/2016 Luis Rivera  
**Facility:** 19.85m F 12/6/2019 Luis Rivera

Name	Yr	School	Finals
<b>Finals</b>			
1 Chase Corcoran	SR	St. John Fisher	16.84m 10
2 Ryan Desautels	SR	St. John Fisher	16.55m 8
3 Jack Bickford	SO	St. John Fisher	13.90m 6
4 Joseph Jerkovich	JR	St. John Fisher	13.89m 4
5 Jack Mott	JR	St. John Fisher	13.26m 2
6 Arthur Bittel	SO	Utica	12.69m 1
7 Chris Perez	SO	Nazareth	12.67m
8 Jacob Barnes	SO	Utica	12.02m
9 Josef Brunner	FR	St. John Fisher	11.30m
10 Caleb Pettit	SO	Houghton	11.15m
11 Michael Sportello	FR	Utica	11.03m
12 Brady VanAernam	SO	Utica	10.24m
13 Michael McNeil	FR	Utica	9.21m
--- Antwan Kelly	SO	Utica	FOUL
--- Justin Swavely	FR	Utica	FOUL

**Women - Team Rankings - 16 Events Scored**

1) St. John Fisher	160
2) Nazareth	158
3) Utica	66
4) Houghton	48
5) Alfred	41
6) Sage	23

**Men - Team Rankings - 16 Events Scored**

1) St. John Fisher	213
2) Nazareth	143
3) Utica	59
4) Houghton	53
5) Sage	18
6) Alfred	10