

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

Event 2 Men 60 Meter Dash Prelims

Meet: 6.88 2/11/2017 Nicodemus Gambill				
Facility: 6.92 3/6/2021 Jalen Leonard-Osbourne				
Conference: 6.82 2017 Nicodemus Gambill				
Name	Yr	School	Seed	Time
1 Daijon Richards	FR	Utica		7.05
2 Connor McCauslin	SO	Nazareth		7.25
3 Jonah Dean	SO	St. John Fisher		7.29
4 Zuriel Wright	SO	Utica		7.33
5 Kaleb Luton	SO	Nazareth		7.34
5 Matthew Pennell	SR	St. John Fisher		7.34
7 Mike Welch	SO	Nazareth		7.35
8 John Ruggio	FR	St. John Fisher		7.46
8 Trenton Wynn	SO	St. John Fisher		7.46
10 Cody Collins	FR	Alfred		7.47
11 Malachi Yeager	JR	Houghton		7.51
12 Josh Washington	SO	Utica		7.62
13 Jerome Houston	SR	Houghton		7.68
14 Matthew Rogers	JR	St. John Fisher		7.72
15 Ethan Coxford	FR	St. John Fisher		7.79
16 Arnoldo Burnett	SR	Sage		7.90
17 Noah Vice	JR	Sage		7.94
18 John Wendt	FR	Alfred		7.96
19 Christian Harvey-Maloney	FR	Sage		8.27
20 Tyler Case	FR	Sage		8.37
21 Josey Rivera	SO	Houghton		NT
21 Timothy Trimboli	JR	Alfred		NT

Event 6 Men 200 Meter Dash

Meet: 21.91 2/24/2018 Alex Kainer				
Facility: 22.20 3/7/2020 Jah'mere Beasley				
Conference: 21.91 2016 Nicodemus Gambill				
Name	Yr	School	Seed	Time
1 Jonah Dean	SO	St. John Fisher		22.83
2 Nathaniel Zedomi	SR	Houghton		22.96
3 Daijon Richards	FR	Utica		23.40
4 Mike Welch	SO	Nazareth		23.53
5 Connor McCauslin	SO	Nazareth		23.93
6 Matthew Pennell	SR	St. John Fisher		24.11
7 Kaleb Luton	SO	Nazareth		24.14
8 John Ruggio	FR	St. John Fisher		24.30
9 Cody Collins	FR	Alfred		24.42
10 Robert Hartigan	FR	St. John Fisher		24.73
11 Trenton Wynn	SO	St. John Fisher		24.79
12 Josh Washington	SO	Utica		24.87
13 Ethan Coxford	FR	St. John Fisher		25.00
14 Arnoldo Burnett	SR	Sage		25.06
15 Ramosaj Williams	JR	Sage		25.11
16 Matthew Rogers	JR	St. John Fisher		25.33
17 Jerome Houston	SR	Houghton		25.35
18 Christian Harvey-Maloney	FR	Sage		26.78
19 Tyler Case	FR	Sage		27.23
20 Timothy Trimboli	JR	Alfred		NT
20 Josey Rivera	SO	Houghton		NT
20 Justin Valentin	FR	Utica		NT

20 Justin Garrett	SO	Utica	NT
20 Collin Nasso	SO	Houghton	NT
20 Levi Kennel	SO	Houghton	NT

Event 8 Men 400 Meter Dash

Meet: 48.84 2/11/2017 Peter Girardi				
Facility: 49.68 3/7/2020 Nick DiMaria				
Conference: 48.71 2/7/2015 Tom Sippie				
Name	Yr	School	Seed	Time
1 Jonah Dean	SO	St. John Fisher		51.00
2 Nathaniel Zedomi	SR	Houghton		51.97
3 Mike Welch	SO	Nazareth		52.15
4 Brennan Lewandowski	FR	Houghton		52.73
5 Matt Johnson	JR	Nazareth		53.40
6 Justin Garrett	SO	Utica		53.54
7 Jack Howard	JR	Houghton		53.62
8 Micah Williams	SO	Houghton		53.75
9 George Mecca	SO	Alfred		54.06
10 Sei Sei	SO	Utica		54.16
11 Ellis Richardson	JR	Sage		54.19
12 Robert Hartigan	FR	St. John Fisher		54.57
13 Michael Cichy	FR	Sage		56.34
14 Collin Nasso	SO	Houghton		56.36
15 Jonathan Simmons	FR	Utica		57.84
16 Brian Glantz	FR	Utica		1:00.54
17 Carlos Temple	FR	Sage		1:00.89

Event 10 Men 800 Meter Run

Meet: 1:54.91 2007 Nick Stenuf				
Facility: 1:54.24 3/7/2020 Charles DaSilva				
Conference: 1:52.00 1/26/2018 Nick Stenuf				
Name	Yr	School	Seed	Time
1 Dominic Nova	FR	Sage		1:58.83
2 Grant Stokoe	JR	St. John Fisher		2:00.57
3 Josh Tomaka	JR	Nazareth		2:02.40
4 Chris Celecki	SR	Nazareth		2:04.17
5 Myles Anderson	SO	St. John Fisher		2:04.48
6 Kenny Williams	FR	Nazareth		2:05.50
7 Ryan Allen	JR	St. John Fisher		2:05.53
8 Adam McCutcheon	SO	Houghton		2:06.76
9 Chris Mayo	SR	Alfred		2:10.70
10 Ahviere Reese	FR	Nazareth		2:10.90
11 Patrick Healy	JR	Nazareth		2:11.19
12 Hunter Reed	JR	Utica		2:11.88
13 Jared Young	JR	Sage		2:12.61
14 Anthony DiRubbo	FR	St. John Fisher		2:13.04
15 Grant Baldwin	JR	Alfred		2:21.62
16 Devan Ketcham	SO	Nazareth		2:23.75
17 Mathieu Acquard	SO	St. John Fisher		2:27.21
18 Jason Kincaid	FR	St. John Fisher		2:28.62
19 Kyler Ford	JR	Utica		2:33.51
20 Brett Labier	JR	Sage		2:34.33
21 John Colocho	FR	Utica		2:55.93
22 Patrick Trivison	JR	St. John Fisher		NT

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Event 12 Men 1 Mile Run

Meet: 4:17.89 2/24/2018 Nick Zickgraf				
Facility: 4:13.19 3/7/2020 Robert Abrams				
Conference: 4:10.70 2009 Michael Hardbarger				
Name	Yr	School	Seed	Time
1 Grant Stokoe	JR	St. John Fisher		4:29.64
2 Josh Tomaka	JR	Nazareth		4:32.50
3 Dominic Nova	FR	Sage		4:33.52
4 Jake Suddaby	JR	Nazareth		4:38.37
5 Myles Anderson	SO	St. John Fisher		4:40.43
6 Ryan Allen	JR	St. John Fisher		4:41.62
7 Nate McNally	SO	Nazareth		4:44.46
8 Adam McCutcheon	SO	Houghton		4:47.17
9 Anthony DiRubbo	FR	St. John Fisher		4:50.82
10 Kyle Jenkins	JR	Alfred		4:51.97
11 Tim Mayo	SR	Alfred		4:55.73
12 Holden Maynard	JR	Sage		4:56.17
13 Kevin Havens	SO	St. John Fisher		4:57.63
14 Hayden Lohmann	FR	Utica		5:10.69
15 Patrick Trivison	JR	St. John Fisher		5:19.16
16 Ryan Driscoll	JR	St. John Fisher		5:20.03
17 Anthony Brandl	JR	Alfred		5:28.37
18 Mathieu Acquard	SO	St. John Fisher		5:37.67

Event 14 Men 3000 Meter Run

Meet: 8:38.87 2007 Nate Lowe				
Facility: 8:26.67 3/7/2020 Samuel Gerstenbacher				
Conference: 8:28.01 2/19/2011 William Way				
Name	Yr	School	Seed	Time
1 Nathan Bowers	SO	Nazareth		8:58.90
2 Grant Stokoe	JR	St. John Fisher		9:04.00
3 Jake Suddaby	JR	Nazareth		9:22.65
4 Ethan Glashauser	FR	Nazareth		9:29.27
5 Bogdan Rozvora	SO	St. John Fisher		9:29.60
6 Lucas Sharron	SO	Nazareth		9:31.30
7 Michael Brown	SR	Nazareth		9:33.33
8 Dominic Nova	FR	Sage		9:38.93
9 Adam Yeager	JR	St. John Fisher		9:43.21
10 Nathan Szatkowski	FR	St. John Fisher		9:59.46
11 Ryan English	JR	St. John Fisher		10:06.21
12 Kevin Flint	FR	Alfred		10:40.26
13 Gavin Wilbert	JR	Alfred		10:47.03
14 Ben Liu	FR	Nazareth		NT
14 Ethan Billings	FR	St. John Fisher		NT
14 Dave Russo	JR	Houghton		NT
14 Dillon Bell	JR	Houghton		NT
14 Dylan Beckhorn	JR	Houghton		NT
14 Kyle Full	SR	Alfred		NT
14 Seth Greene	SO	Houghton		NT
14 Joel Wheeler	SR	Houghton		NT
14 Josh Tomaka	JR	Nazareth		NT
14 Caleb Kasper	FR	Houghton		NT
14 Evan Miller	SR	Houghton		NT

Event 16 Men 5000 Meter Run

Meet: 14:48.42 2007 Nate Lowe				
Facility: 14:39.67 3/6/2020 Matthew Sayre				
Conference: 14:42.12 2/22/2014 Michael Cahill				
Name	Yr	School	Seed	Time
1 Ethan Billings	FR	St. John Fisher		16:07.41
2 Dave Russo	JR	Houghton		16:09.94
3 Dillon Bell	JR	Houghton		16:18.76
4 Dylan Beckhorn	JR	Houghton		16:24.75
5 Brandon Nicosia	SO	St. John Fisher		16:25.86
6 Bogdan Rozvora	SO	St. John Fisher		16:28.65
7 Adam Yeager	JR	St. John Fisher		16:48.17
8 Seth Greene	SO	Houghton		16:50.34
9 Caleb Kasper	FR	Houghton		16:51.79
10 Michael Brown	SR	Nazareth		NT
10 Matt Reimann	FR	Nazareth		NT
10 Nathan Bowers	SO	Nazareth		NT
10 Ethan Glashauser	FR	Nazareth		NT

Event 4 Men 60 Meter Hurdles Prelims

Meet: 8.02 2020 Eddie Mahana				
Facility: 8.09 1/25/2020 Brent Di Vittorio				
Conference: 8.02 2/28/2020 Eddie Mahana				
Name	Yr	School	Seed	Time
1 Kyle Rollins	SR	St. John Fisher		8.44
2 Connor McCauslin	SO	Nazareth		8.52
3 Kaleb Luton	SO	Nazareth		8.55
4 John Ruggio	FR	St. John Fisher		8.96
5 Trenton Wynn	SO	St. John Fisher		9.24
6 Justin Valentin	FR	Utica		9.47
7 Sean Cochrane	FR	St. John Fisher		9.59
8 Josiah Bowers	SO	St. John Fisher		9.82
9 Maxwell Blowers	SO	St. John Fisher		9.84
10 Kyler Ford	JR	Utica		11.64

Event 19 Men 4x400 Meter Relay

Meet: 3:21.72 2/13/2016 Nazareth				
N LaBarbera, M Battaglia, M Morris, T Sippie				
Facility: 3:17.02 3/6/2020 Rowan				
J Beasley, J Bishop, J Kolodziej, F Terry				
Conference: 3:18.10 2/10/2018 Utica				
Luckoo, Gangemi, Moore, Wright				
Team	Relay	Seed	Time	
1 Houghton			3:34.45	
	1) Nathaniel Zedoni SR	2) Jack Howard JR		
	3) Micah Williams SO	4) Brennan Lewandowski FR		
2 Nazareth			3:40.15	
	1) A.J. DeVasto SO	2) Patrick Healy JR		
	3) Ahviere Reese FR	4) Lucas Sharron SO		
	5) Devan Ketcham SO	6) Kenny Williams FR		
3 Alfred			3:42.84	
	1) Timothy Trimboli JR	2) George Mecca SO		
	3) Tim Mayo SR	4) Chris Mayo SR		
	5) Cody Collins FR	6) John Wendt FR		

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Event 19 ... (Men 4x400 Meter Relay)

Team	Relay	Seed Time
4 St. John Fisher		3:48.54
1) Myles Anderson SO	2) Grant Stokoe JR	
3) Robert Hartigan FR	4) Jonah Dean SO	
5) John Ruggio FR	6) Trenton Wynn SO	
5 Sage		3:49.00
1) Ramosaj Williams JR	2) Michael Cichy FR	
3) Arnoldo Burnett SR	4) Ellis Richardson JR	
5) Carlos Temple FR		
6 Utica		4:18.00
1) Josh Washington SO	2) Jonathan Simmons FR	
3) Sei Sei SO	4) Justin Garrett SO	
5) Hunter Reed JR	6) Andrew Wieder FR	

Event 17 Men Distance Medley

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

Team	Relay	Seed Time
1 Nazareth		11:11.32
1) Kenny Williams FR	2) Ethan Glashauser FR	
3) Nate McNally SO	4) Patrick Healy JR	
5) Cody Ripley FR	6) Lucas Sharron SO	
2 Sage		11:34.44
1) Jared Young JR	2) Michael Cichy FR	
3) Ellis Richardson JR	4) Holden Maynard JR	
5) Ramosaj Williams JR		
3 Alfred		11:48.12
1) Kyle Full SR	2) Kyle Jenkins JR	
3) Tim Mayo SR	4) George Mecca SO	
5) John Wendt FR	6) Anthony Brandl JR	
4 St. John Fisher		NT
1) Myles Anderson SO	2) Robert Hartigan FR	
3) Jason Kincaid FR	4) Ryan Allen JR	
5) Keegan Reyome SO	6) Anthony DiRubbo FR	
7) Ryan English JR		
4 Utica		NT
1) Hunter Reed JR	2) Andrew Wieder FR	
3) Antonio Reyes SO	4) Hayden Lohmann FR	
5) Brian Glantz FR	6) Kyler Ford JR	
4 Houghton		NT
1) Joel Wheeler SR	2) Collin Nasso SO	
3) Alex Haines JR	4) Evan Miller SR	

Event 22 Men High Jump

Meet:	2.08m	2/24/2018	Kyle Rollins
Facility:	2.13m	3/7/2020	Kyle Rollins
Conference:	2.15m	2/7/2020	Kyle Rollins
Name	Yr	School	Seed Mark
1 Kyle Rollins	SR	St. John Fisher	2.10m
2 Zuriel Wright	SO	Utica	1.85m
3 Zachary Briggs	SR	St. John Fisher	1.84m

3 Brennan Lewandowski	FR	Houghton	1.84m
5 Justin Valentin	FR	Utica	1.80m
6 Andrew Wieder	FR	Utica	1.78m
7 Sean Cochrane	FR	St. John Fisher	1.74m
8 Jack Howard	JR	Houghton	1.71m
9 A.J. DeVasto	SO	Nazareth	1.69m
9 Malachi Yeager	JR	Houghton	1.69m
11 Antonio Reyes	SO	Utica	1.65m
11 Noah Vice	JR	Sage	1.65m
13 Josiah Bowers	SO	St. John Fisher	NH
13 Ramosaj Williams	JR	Sage	NH
13 Maxwell Blowers	SO	St. John Fisher	NH

Event 24 Men Pole Vault

Meet:	4.75m	2010	Michael Dempsey	
Facility:	5.40m	12/6/2019	Zach Ferrara	
Conference:	5.16m	3/4/2011	Michael Dempsey	
Name		Yr	School	Seed Mark
1	Josh Pomerleau	JR	Nazareth	4.28m
2	Phoenix Palmer	SO	St. John Fisher	3.95m
3	Jordan Kostera	JR	St. John Fisher	3.65m
3	Levi Kennel	SO	Houghton	3.65m
5	Adam Palmer	SO	St. John Fisher	3.20m
6	Matthew Carr	SO	St. John Fisher	3.05m
7	Andrew Wieder	FR	Utica	2.90m
8	Bryce Florian	SO	Nazareth	NH
8	Hunter Hendricks	JR	Utica	NH

Event 26 Men Long Jump

Meet:	7.20m 2010	Kyle Devins	
Facility:	7.27m 2/21/2020	Egypt Page	
Conference:	7.36m 3/9/2018	Mark VanMarter	
Name	Yr	School	Seed Mark
1 Kyle Rollins	SR	St. John Fisher	6.79m
2 Matthew Stasiw	JR	St. John Fisher	6.61m
3 Kaleb Luton	SO	Nazareth	6.57m
4 Malachi Yeager	JR	Houghton	6.25m
5 Sei Sei	SO	Utica	6.18m
6 Matthew Breault	SO	Utica	6.11m
7 Matt Johnson	JR	Nazareth	6.04m
8 Sean Cochrane	FR	St. John Fisher	5.77m
9 Gavin Luckey	SO	Houghton	5.64m
10 Zuriel Wright	SO	Utica	5.52m
11 Maxwell Blowers	SO	St. John Fisher	5.36m
12 Josiah Bowers	SO	St. John Fisher	5.21m
13 Deshawn Fleary	SO	Sage	4.70m
14 Carlos Temple	FR	Sage	4.69m
15 Nate Marrero	SO	Alfred	4.10m
16 Micah Williams	SO	Houghton	ND

Event 28 Men Triple Jump

Meet:	14.55m	2019	Ka'Sean Watlington	
Facility:	14.84m	3/6/2020	Ahmir Johnson	
Conference:	14.83m	3/8/2019	Clarence Skipper	
Name		Yr	School	Seed Mark
1	Kyle Rollins	SR	St. John Fisher	14.07m

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Event 28 ...(Men Triple Jump)

	Name	Yr	School	Seed Mark
2	Kaleb Luton	SO	Nazareth	13.64m
3	Matthew Stasiw	JR	St. John Fisher	12.77m
4	Matt Johnson	JR	Nazareth	12.18m
5	Matthew Breault	SO	Utica	11.94m
6	Gavin Luckey	SO	Houghton	11.45m

Event 32 Men Shot Put

Meet: 16.53m 2019 Keanu Heedram				
Facility: 17.27m 2/21/2020 Tony DeYoung				
Conference: 17.50m 3/8/2019 Keanu Headram				
	Name	Yr	School	Seed Mark
1	Ryan Desautels	SR	St. John Fisher	14.24m
2	Chase Corcoran	SR	St. John Fisher	13.45m
3	William Corwin	SR	St. John Fisher	13.22m
4	Arthur Bittel	SO	Utica	12.98m
5	Justin Swavely	FR	Utica	12.77m
6	Jacob Barnes	SO	Utica	12.37m
7	Brady VanAernam	SO	Utica	12.02m
8	Jack Mott	JR	St. John Fisher	11.05m
8	Michael McNeil	FR	Utica	11.05m
10	Antwan Kelly	SO	Utica	10.99m
11	Josef Brunner	FR	St. John Fisher	10.71m
12	Chris Perez	SO	Nazareth	10.51m
13	Caleb Pettit	SO	Houghton	10.48m
14	Joseph Jerkovich	JR	St. John Fisher	10.31m
15	Daniel Stephens	FR	St. John Fisher	9.55m
16	Andrew Clark	FR	Utica	8.46m

Event 34 Men Weight Throw 35 lb.

Meet: 18.84m 2/13/2016 Luis Rivera				
Facility: 19.85m 12/6/2019 Luis Rivera				
Conference: 20.45m 3/11/2016 Luis Rivera				
	Name	Yr	School	Seed Mark
1	Chase Corcoran	SR	St. John Fisher	16.44m
2	Ryan Desautels	SR	St. John Fisher	16.00m
3	Antwan Kelly	SO	Utica	15.59m
4	Justin Swavely	FR	Utica	14.05m
5	Jack Mott	JR	St. John Fisher	13.66m
6	Joseph Jerkovich	JR	St. John Fisher	13.31m
7	Jack Bickford	SO	St. John Fisher	13.27m
8	Chris Perez	SO	Nazareth	12.67m
9	Arthur Bittel	SO	Utica	11.83m
10	Caleb Pettit	SO	Houghton	11.58m
11	Josef Brunner	FR	St. John Fisher	11.31m
12	Michael Sportello	FR	Utica	10.97m
13	Brady VanAernam	SO	Utica	10.76m
14	Jacob Barnes	SO	Utica	10.55m
15	Michael McNeil	FR	Utica	8.85m