

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

Event 1 Women 60 Meter Dash Prelims

Meet: 7.88 2/13/2016 Sarah Werner				
Facility: 7.65 3/7/2020 Amanda Crooks				
Conference: 7.77 2015 Mi'Asia Hillman				
Name	Yr	School	Seed	Time
1 Brenna Johnson	JR	Nazareth		8.06
2 Maria Covelli	SO	St. John Fisher		8.18
3 Kealy DeForest	JR	Houghton		8.24
4 Madison Sabourin	JR	Nazareth		8.31
5 Caroline Castriotta	JR	Utica		8.35
6 Natalie Ricci	SO	Sage		8.38
7 Laura Meade	JR	Utica		8.42
8 Sophie Hartz	FR	Nazareth		8.47
9 Cailleigh Miron	FR	Sage		8.51
10 Ayjah Clarke	FR	Utica		8.52
11 Shakura Murray	FR	Sage		8.55
12 Julia Gerringer	FR	Sage		8.56
13 Gianna Cognetti	JR	Utica		8.58
14 Breanna Lambert	JR	St. John Fisher		8.60
15 Michaela Kurbs	FR	St. John Fisher		8.63
16 Alexa Rizzo	FR	Nazareth		8.67
17 Julianna Bunnell	JR	Nazareth		8.69
18 Audrey Buddendeck	FR	Alfred		9.20
19 Chloe Styn	JR	Houghton		9.39
20 Megan Jones	SR	Alfred		9.50
21 Anna Breidenbach	FR	Sage		9.63
22 Amina Sinclair	FR	Utica		NT

Event 5 Women 200 Meter Dash

Meet: 25.14 2/23/2019 Gina Dello Russo				
Facility: 25.35 3/7/2020 Eshone Cofield-Jackson				
Conference: 25.14 2/22/2019 Gina Dello Russo				
Name	Yr	School	Seed	Time
1 Brenna Johnson	JR	Nazareth		27.37
2 Natalie Ricci	SO	Sage		27.56
3 Madison Sabourin	JR	Nazareth		28.09
4 Shakura Murray	FR	Sage		28.33
5 Abbey Szumloz	SR	Nazareth		28.42
6 Julia Gerringer	FR	Sage		28.73
7 Haley DeJager	JR	Houghton		29.08
8 Breanna Lambert	JR	St. John Fisher		29.12
9 Julianna Bunnell	JR	Nazareth		29.40
10 Victoria Johnson	FR	Sage		29.79
11 Alexa Rizzo	FR	Nazareth		30.08
12 Amina Sinclair	FR	Utica		30.25
13 Bryanna Roos	JR	Nazareth		30.66
14 Sarah Masse	FR	Sage		30.94
15 Jasmine Zollman	FR	Sage		31.13
16 Hailey Hall	SO	Alfred		31.17
17 Janaiya Cruz-Bermudez	FR	Utica		31.40
18 Sydney Vanderhoof	SO	Nazareth		31.51
19 Audrey Buddendeck	FR	Alfred		31.55
20 Ada Sylvester	FR	St. John Fisher		32.73
21 Megan Jones	SR	Alfred		33.62
22 Mackenzie Grosskopf	SO	Alfred		38.08

23 Ayjah Clarke	FR	Utica	NT
23 Laura Meade	JR	Utica	NT
23 Caroline Castriotta	JR	Utica	NT
23 Cailleigh Miron	FR	Sage	NT
23 Chloe Styn	JR	Houghton	NT
23 Gianna Cognetti	JR	Utica	NT

Event 7 Women 400 Meter Dash

Meet: 56.47 2/22/2019 Gina Dello Russo				
Facility: 57.16 3/7/2020 Gina Dello Russo				
Conference: 56.13 3/9/2018 Gina Dello Russo				
Name	Yr	School	Seed	Time
1 Brenna Johnson	JR	Nazareth		1:01.42
2 Elizabeth Decker	SR	Nazareth		1:03.04
3 Olivia Pawlewicz	JR	St. John Fisher		1:03.57
4 Lauren Bendall	FR	Nazareth		1:04.13
5 Claire Bargabos	JR	Nazareth		1:04.60
6 Breanna Lambert	JR	St. John Fisher		1:05.55
7 Janaiya Cruz-Bermudez	FR	Utica		1:05.66
8 Abbey Szumloz	SR	Nazareth		1:05.78
9 Mary Shaker	FR	Houghton		1:05.97
10 Skylar Grybos	FR	Sage		1:06.68
11 Ashley Page	SO	Alfred		1:07.79
12 Nicole Collazo	SO	Sage		1:11.41
13 Ada Sylvester	FR	St. John Fisher		1:12.58
14 Bryanna Roos	JR	Nazareth		1:13.36
15 Alyson Witt	SO	St. John Fisher		NT

Event 9 Women 800 Meter Run

Meet: 2:17.00 2004 Emily Maston				
Facility: 2:16.23 1/25/2020 Carly Danoski				
Conference: 2:14.38 3/2/2013 Jenn Randall				
Name	Yr	School	Seed	Time
1 Olivia Pawlewicz	JR	St. John Fisher		2:30.73
2 Elizabeth Decker	SR	Nazareth		2:32.29
3 Olivia Gilbert	FR	Alfred		2:32.66
4 Leah O'Connell	SO	Houghton		2:33.33
5 Chelsea Lamphere	FR	St. John Fisher		2:34.41
6 Alexis Anagnostopoulos	SO	Nazareth		2:35.51
7 Leigha Gould	FR	Nazareth		2:35.74
8 Claire Bargabos	JR	Nazareth		2:35.87
9 Alivia Collins	JR	St. John Fisher		2:39.35
10 Morgan Brothers	SR	Alfred		2:41.73
11 Marinna Raqueno	SO	St. John Fisher		2:44.34
12 Elisabeth Kettinger	JR	Houghton		2:44.86
13 Laura Levi	JR	Utica		2:46.41
14 Aubrie Cole	FR	Houghton		2:48.44
15 Kristin McAlonen	JR	Sage		2:59.35
16 Sophia Keravich	SR	Sage		3:03.38
17 Giannah French	SR	Sage		3:17.39
18 Priya Katwala	FR	Utica		NT
18 Alyson Witt	SO	St. John Fisher		NT

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Event 11 Women 1 Mile Run

Meet: 5:03.64 2/13/2016 Taryn Cordani				
Facility: 5:03.98 3/7/2020 Katelyn Bernotas				
Conference: 4:51.31 2/27/2016 Amy Regan				
Name	Yr	School	Seed Time	
1 Amanda Burrichter	SO	Houghton	5:25.80	
2 Lauren DeMichele	FR	St. John Fisher	5:33.39	
3 Paige Ackley	FR	Nazareth	5:40.45	
4 Emily Weaver	SO	Nazareth	5:41.41	
5 Julia Hotchkiss	SR	Houghton	5:43.50	
6 Mackenzie Feeney	FR	Sage	5:44.05	
7 Alivia Collins	JR	St. John Fisher	5:45.60	
8 Holly Passetti	SR	Alfred	5:45.79	
9 Chelsea Lamphere	FR	St. John Fisher	5:49.62	
10 Molly Kane	FR	Sage	6:02.16	
11 Giselle Rainville	SO	Nazareth	6:03.60	
12 Emily Strauss	FR	Houghton	6:14.29	
13 Evelyn Gile	FR	Sage	6:15.51	
14 Kristin Daino	SR	Utica	6:18.17	
15 Brooke Wilson	FR	Utica	6:31.89	

Event 13 Women 3000 Meter Run

Meet: 10:22.42 2004 Bridgette Pilling				
Facility: 10:09.11 3/7/2020 Annibel Coolican				
Conference: 9:30.80 3/12/2016 Amy Regan				
Name	Yr	School	Seed Time	
1 Riley Corey	SO	St. John Fisher	10:51.68	
2 Morgan Gould	JR	St. John Fisher	10:56.17	
3 Amanda Burrichter	SO	Houghton	10:57.94	
4 Emma Cronin	FR	Sage	11:17.51	
5 Laura Witt	FR	St. John Fisher	11:18.24	
6 Lauren DeMichele	FR	St. John Fisher	11:27.38	
7 Lilianna Hanning	FR	Nazareth	11:34.65	
8 Angelea Collins	FR	St. John Fisher	11:36.95	
9 Holly Passetti	SR	Alfred	11:42.25	
10 Julia Hotchkiss	SR	Houghton	11:49.76	
11 Giselle Rainville	SO	Nazareth	12:10.38	
12 Hayley Cronin	JR	Nazareth	12:32.77	
13 Lauren Almy	FR	St. John Fisher	12:43.10	
14 Elizabeth Darling	SR	Utica	12:43.57	
15 Samantha Arthurs	FR	Alfred	13:28.73	
16 Sally Johnston	JR	Alfred	13:47.15	
17 Megan Morin	SO	Nazareth	NT	
17 Emily Strauss	FR	Houghton	NT	
17 Mackenzie Feeney	FR	Sage	NT	

Event 15 Women 5000 Meter Run

Meet: 17:41.92 2/13/2016 Amy Regan				
Facility: 16:40.29 3/6/2021 Parley Hannan				
Conference: 16:23.40 2/5/2016 Amy Regan				
Name	Yr	School	Seed Time	
1 Riley Corey	SO	St. John Fisher	18:58.06	
2 Morgan Gould	JR	St. John Fisher	19:13.79	
3 Laura Witt	FR	St. John Fisher	19:58.92	
4 Lilianna Hanning	FR	Nazareth	20:17.59	

5	Brigid McGee	FR	St. John Fisher	20:49.99
6	Sophia Prouty	SO	St. John Fisher	20:59.82
7	Abigail Perry	FR	St. John Fisher	21:12.00
8	Grace Cummings	SO	St. John Fisher	22:31.84
9	Mari Jablonski	FR	Alfred	NT
9	Megan Morin	SO	Nazareth	NT
9	Emily Weaver	SO	Nazareth	NT

Event 3 Women 60 Meter Hurdles Prelims

Meet: 9.03 1/28/2012 Emma Dewart				
Facility: 8.94 3/6/2020 Kaila Carter				
Conference: 8.96 12/4/2010 Emma Dewart				
Name	Yr	School	Seed Time	
1 McKenna Cone	SO	St. John Fisher	9.57	
2 Abbey Szumloz	SR	Nazareth	10.06	
3 Cora Maxwell	SR	Utica	10.36	
4 Hannah Ragule	FR	Nazareth	10.47	
4 Sydney Vanderhoof	SO	Nazareth	10.47	
6 Ana Ion	FR	Alfred	10.78	
7 Alexandria Wisniewski	SO	Houghton	10.79	
8 Giuliana Capparello	FR	Sage	11.04	
9 Hailey Hall	SO	Alfred	11.07	
10 Ashley Page	SO	Alfred	11.29	
11 Bianca Durso	FR	Alfred	11.49	
12 Katie Widmer	FR	Houghton	11.57	
13 Kelsey Sainsbury	FR	St. John Fisher	11.86	
14 Kala Farley	JR	Alfred	13.98	

Event 20 Women 4x400 Meter Relay

Meet: 4:05.19 2/23/2019 Nazareth				
Johnson, Eaton, Dewart, Staehr				
Facility: 3:52.28 3/6/2020 Rochester				
M Burrell, S Bansbach, E Bequette, K Hardy				
Conference: 3:56.19 3/2/2013 Ithaca				
Team	Relay	Seed Time		
1 Nazareth		4:19.32		
1) Julianna Bunnell JR	2) Madison Sabourin JR			
3) Bryanna Roos JR	4) Abbey Szumloz SR			
5) Brenna Johnson JR	6) Elizabeth Decker SR			
2 St. John Fisher		4:33.04		
1) Ada Sylvester FR	2) Breanna Lambert JR			
3) Chelsea Lamphere FR	4) Olivia Pawlewicz JR			
5) Alivia Collins JR	6) Brigid McGee FR			
7) Alyson Witt SO	8) Sophia Prouty SO			
3 Houghton		4:33.71		
1) Leah O'Connell SO	2) Haley DeJager JR			
3) Mary Shaker FR	4) Alexandria Wisniewski SO			
4 Sage		4:51.70		
1) Skylar Grybos FR	2) Giuliana Capparello FR			
3) Sarah Masse FR	4) Nicole Collazo SO			
5) Sophia Keravich SR	6) Kristin McAlonen JR			
5 Utica		NT		
1) Cora Maxwell SR	2) Laura Meade JR			
3) Janaiya Cruz-Bermudez FR	4) Laura Levi JR			
5) Julianne Emerson SR	6) Elizabeth Darling SR			

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Performance List

Event 20 ... (Women 4x400 Meter Relay)

Team	Relay	Seed Time
5 Alfred		NT
1) Ashley Page SO	2) Krissy Roberts SR	
3) Morgan Brothers SR	4) Olivia Gilbert FR	
5) Bianca Durso FR	6) Ana Ion FR	

Event 18 Women Distance Medley

Meet: 11:59.16 2004 Ithaca		
Cravotta, McQuarrie, Maston, Laytham		
Facility: 11:52.83 3/6/2020 Ithaca		
M Nickerson, K Hutchison, L Scott, P Hannan		
Conference: 11:51.09 2/28/2003 Ithaca		
Team	Relay	Seed Time
1 Sage		14:20.58
1) Emma Cronin FR	2) Skylar Grybos FR	
3) Molly Kane FR	4) Mackenzie Feeney FR	
5) Sarah Masse FR	6) Kristin McAlonen JR	
7) Evelyn Gile FR	8) Nicole Collazo SO	
2 Nazareth		14:23.88
1) Alexis Anagnostopoulos SO	2) Hayley Cronin JR	
3) Paige Ackley FR	4) Isabella Heath FR	
5) Leigha Gould FR	6) Emily Weaver SO	
3 Alfred		14:51.31
1) Samantha Arthurs FR	2) Mackenzie Grosskopf SO	
3) Kala Farley JR	4) Sally Johnston JR	
4 St. John Fisher		NT
1) Chelsea Lamphere FR	2) Olivia Pawlewicz JR	
3) Marinna Raqueno SO	4) Alivia Collins JR	
5) Lauren DeMichele FR	6) Alyson Witt SO	
7) Ada Sylvester FR		
4 Utica		NT
1) Elizabeth Darling SR	2) Laura Levi JR	
3) Brooke Wilson FR	4) Kristin Daino SR	
5) Priya Katwala FR	6) Erin Bruttomesso FR	
4 Houghton		NT
1) Leah O'Connell SO	2) Haley DeJager JR	
3) Mary Shaker FR	4) Julia Hotchkiss SR	

Event 21 Women High Jump

Meet: 1.70m 2/14/2015 Gladys Njoku			
Facility: 1.65m 3/7/2020 Susann Foley			
Conference: 1.80m 2/7/2015 Gladys Njoku			
Name	Yr	School	Seed Mark
1 Ana Ion	FR	Alfred	1.54m
1 Hayden Williamson	SO	Houghton	1.54m
3 Amina Sinclair	FR	Utica	1.53m
4 Bianca Durso	FR	Alfred	1.47m
5 Claudia Vogel	FR	St. John Fisher	1.42m
6 Cora Maxwell	SR	Utica	1.38m
7 Halle Tickell	JR	St. John Fisher	1.37m
8 Rebecca Marsh	SO	St. John Fisher	NH
8 Taylor Robey	SR	Nazareth	NH
8 Hannah Ragule	FR	Nazareth	NH

Event 23 Women Pole Vault

Meet: 4.25m 2/11/2017 Katherine Pitman			
Facility: 3.92m 3/6/2020 Meghan Matheny			
Conference: 4.25m 2/11/2017 Katherine Pitman			
Name	Yr	School	Seed Mark
1 Caroline Castriotta	JR	Utica	3.05m
2 Alondra Arroyo	JR	St. John Fisher	2.75m
3 Jordyn Poole	JR	St. John Fisher	2.15m
4 Gabrielle DeSanctis	SO	Utica	1.85m
5 Erin Bruttomesso	FR	Utica	NH
5 Taylor Woltz	SR	Nazareth	NH
5 Lauren Bendall	FR	Nazareth	NH

Event 25 Women Long Jump

Meet: 5.70m 1/28/2012 Emma Dewart			
Facility: 5.84m 2/27/2021 Alexa Wandy			
Conference: 5.86m 2/26/2010 Marcia McCord			
Name	Yr	School	Seed Mark
1 Hannah Ragule	FR	Nazareth	5.13m
2 Kelsey Wands	SO	Utica	5.01m
3 Michaela Kurbs	FR	St. John Fisher	4.95m
4 Krissy Roberts	SR	Alfred	4.89m
5 Gianna Cognetti	JR	Utica	4.79m
6 McKenna Cone	SO	St. John Fisher	4.73m
7 Sophie Hartz	FR	Nazareth	4.72m
8 Alexandra Buhrle	SR	St. John Fisher	4.63m
9 Laura Meade	JR	Utica	4.43m
10 Katie Widmer	FR	Houghton	4.41m
11 Alexa Rizzo	FR	Nazareth	4.40m
12 Maria Covelli	SO	St. John Fisher	4.37m
13 Isabella Heath	FR	Nazareth	4.34m
14 Victoria Johnson	FR	Sage	4.31m
15 Kelsey Sainsbury	FR	St. John Fisher	4.15m
16 Jasmine Zollman	FR	Sage	4.14m
17 Chloe Styn	JR	Houghton	4.11m
18 Erin Dickinson	FR	St. John Fisher	3.66m
19 Kealy DeForest	JR	Houghton	ND

Event 27 Women Triple Jump

Meet: 12.07m 2/1/2014 Emilia Scheemaker			
Facility: 12.24m 2020 Nia Williams-Matthews			
Conference: 12.25m 1/25/2014 Emilia Scheemaker			
Name	Yr	School	Seed Mark
1 Hannah Ragule	FR	Nazareth	10.60m
2 Laura Meade	JR	Utica	10.38m
3 Monalissa Carius	FR	Sage	10.15m
4 Krissy Roberts	SR	Alfred	10.14m
5 Shakura Murray	FR	Sage	10.11m
6 Maria Covelli	SO	St. John Fisher	9.99m
7 McKenna Cone	SO	St. John Fisher	9.92m
8 Isabella Heath	FR	Nazareth	9.76m
9 Victoria Johnson	FR	Sage	9.70m
10 Katie Widmer	FR	Houghton	9.46m
11 Michaela Kurbs	FR	St. John Fisher	9.27m
12 Gianna Cognetti	JR	Utica	ND

Empire 8 Championships
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Performance List

Event 31 Women Shot Put

Meet: 14.02m 2/22/2019 Katie Weeks				
Facility: 13.70m 3/6/2020 Sarah Crockett				
Conference: 15.21m 3/11/2017 Brandy Smith				
	Name	Yr	School	Seed Mark
1	Jane Fahy	SO	Utica	12.15m
2	Madison Palmer	JR	Alfred	11.28m
3	Gabrielle Pighetti	JR	Nazareth	11.12m
4	Jordan Lehman	SR	St. John Fisher	11.06m
5	Ana Ion	FR	Alfred	10.89m
6	Lea Richard	FR	Nazareth	10.78m
7	Lyndsay O'Brien	SO	St. John Fisher	10.60m
8	Monalissa Carius	FR	Sage	9.87m
9	Makenna King	FR	St. John Fisher	9.38m
10	Jenna Costello	JR	St. John Fisher	9.32m
11	Kathryn Evans	SO	Houghton	8.65m
12	Gabrielle DeSanctis	SO	Utica	8.08m
13	Caitlin George	FR	St. John Fisher	7.86m
14	Rebecca Dwyer	FR	St. John Fisher	7.46m
15	Bianca Durso	FR	Alfred	7.31m
16	Alyssa Lyon	SO	Houghton	6.97m
17	Esther Boateng	SR	Alfred	ND

Event 33 Women Weight Throw 20 lb.

Meet: 18.28m 2/13/2016 Brandy Smith				
Facility: 16.49m 2/27/2021 Grace Messina				
Conference: 18.46m 3/11/2016 Brandy Smith				
	Name	Yr	School	Seed Mark
1	Lea Richard	FR	Nazareth	14.75m
2	Jordan Lehman	SR	St. John Fisher	14.46m
3	Gabrielle Pighetti	JR	Nazareth	13.28m
4	Madison Palmer	JR	Alfred	13.10m
5	Elizabeth Izydorczak	SR	St. John Fisher	12.69m
6	Gabrielle DeSanctis	SO	Utica	11.82m
7	Skyler Whorf	FR	Utica	10.76m
8	Alyssa Lyon	SO	Houghton	10.75m
9	Monalissa Carius	FR	Sage	10.52m
10	Makenna King	FR	St. John Fisher	10.03m
11	Jenna Costello	JR	St. John Fisher	9.93m
12	Rebecca Clifford	JR	Utica	9.55m
13	Jane Fahy	SO	Utica	9.27m
14	Kathryn Evans	SO	Houghton	9.13m
15	Fiona Mulligan	FR	Sage	9.04m
16	Caitlin George	FR	St. John Fisher	8.45m
17	Rebecca Dwyer	FR	St. John Fisher	7.57m
18	Esther Boateng	SR	Alfred	7.27m