

Empire 8 Outdoor Track & Field Championships**Hosted By Utica - 5/5/2023 to 5/6/2023****Results****Women 100 Meter Dash****Meet: 12.29 M 2014 Miasia Hillman****Facility: 12.53 F 4/8/2023 Ciarra Franz****AARTFC: 12.65 A**

Name	Yr	School	Prelims
Preliminaries			
1 Ciarra Franz	SO	St. John Fisher	M 12.26Q1.4
2 Brenna Johnson	SR	Nazareth	M 12.28Q0.8
3 Mackenzie Mix	SO	Utica	F 12.41q 1.4
4 Michaela Kurbs	JR	St. John Fisher	F 12.43q 1.4
5 Zhane Lettsome	FR	St. John Fisher	A 12.58q 0.8
6 Samantha Shea	SR	St. John Fisher	A 12.60q 0.8
7 Claudia Simione	SO	Utica	12.88q 1.4
8 Alaina Morley	FR	Nazareth	12.90q 1.4
9 Lina Young	FR	Alfred	13.07 1.4
10 Elizabeth Glomski	SO	Utica	13.23 1.4
11 Alexis Lasher	FR	Nazareth	13.28 0.8
12 Hannah Siewert	SO	Houghton	13.29 0.8
13 McKenzie Leahey	SR	Nazareth	13.31 0.8
14 Allison Lennebacker	SO	St. John Fisher	13.37 0.8

Women 100 Meter Dash**Meet: 12.29 M 2014 Miasia Hillman****Facility: 12.53 F 4/8/2023 Ciarra Franz****AARTFC: 12.65 A**

Name	Yr	School	Finals
Finals			
1 Brenna Johnson	SR	Nazareth	12.19M 10
2 Ciarra Franz	SO	St. John Fisher	12.26M 8
3 Samantha Shea	SR	St. John Fisher	12.33F 6
4 Zhane Lettsome	FR	St. John Fisher	12.38F 4
5 Michaela Kurbs	JR	St. John Fisher	12.52F 2
6 Mackenzie Mix	SO	Utica	12.66 1
7 Alaina Morley	FR	Nazareth	12.93 -0.3
8 Claudia Simione	SO	Utica	13.13 -0.3

Women 200 Meter Dash**Meet: 24.93 M 5/4/2019 Gina Dello Russo****Facility: 26.11 F 4/8/2023 Miranda Cole****AARTFC: 26.00 A**

Name	Yr	School	Finals
Finals			
1 Samantha Shea	SR	St. John Fisher	25.35A 10
2 Brenna Johnson	SR	Nazareth	25.58A 8
3 Zhane Lettsome	FR	St. John Fisher	25.77A 6
4 Mackenzie Mix	SO	Utica	25.96A 4
5 Grace Wright	SO	St. John Fisher	26.39 2
6 Michaela Kurbs	JR	St. John Fisher	26.43 1
7 Lina Young	FR	Alfred	26.90 +0.0
8 Alaina Morley	FR	Nazareth	27.00 +0.0
9 Alexis Lasher	FR	Nazareth	27.33 +0.0
10 Hannah Siewert	SO	Houghton	27.47 +0.0
11 Elizabeth Glomski	SO	Utica	27.98 +0.0
12 Allison Lennebacker	SO	St. John Fisher	28.11 +0.0

13 Ashley Tricarico	SO	Hartwick	28.72 +0.0
14 Paige Lundgren	SO	St. John Fisher	28.73 +0.0
15 Hannah Heint	SO	Houghton	29.05 +0.0

Women 400 Meter Dash**Meet: 56.16 M 2004 Sheri Kelleher****Facility: 57.85 F 4/8/2023 Samantha Shea****AARTFC: 1:00.00 A**

Name	Yr	School	Finals
Finals			
1 Samantha Shea	SR	St. John Fisher	56.99F 10
2 Brenna Johnson	SR	Nazareth	57.64F 8
3 Grace Wright	SO	St. John Fisher	59.33A 6
4 Mackenzie Mix	SO	Utica	59.37A 4
5 Olivia Gilbert	JR	Alfred	1:00.60 2
6 Abbey Szumloz	SR	Nazareth	1:01.26 1
7 Alexandria Wisniewski	SO	Houghton	1:01.45
8 Shiana Susa	FR	Nazareth	1:01.88
9 Mary Shaker	SO	Houghton	1:02.91
10 Paige Lundgren	SO	St. John Fisher	1:06.07
11 Ashley Tricarico	SO	Hartwick	1:07.29

Women 800 Meter Run**Meet: 2:15.25 M 2013 Jennifer Randall****Facility: 2:24.63 F 4/9/2022 Katerina Salcedo****AARTFC: 2:21.00 A**

Name	Yr	School	Finals
Finals			
1 Olivia Gilbert	JR	Alfred	2:18.24A 10
2 Jade Dening	SO	Utica	2:20.52A 8
3 Ella Impaglia	FR	Nazareth	2:25.91 6
4 Janaiya Cruz-Bermudez	JR	Utica	2:25.99 4
5 Olivia Grinnell	FR	St. John Fisher	2:26.72 2
6 Caitlin Voloshen	FR	St. John Fisher	2:27.04 1
7 Isabella Heath	JR	Nazareth	2:28.18
8 Kyra Binney	FR	Houghton	2:28.54
9 Paige Ackley	JR	Nazareth	2:29.54
10 Mackenzie Feeney	JR	Sage	2:32.26
11 Sarah Lutkins	SO	Alfred	2:35.17
12 Leigha Gould	JR	Nazareth	2:37.65
--- Emma Wright	SO	St. John Fisher	DNF

Women 1500 Meter Run**Meet: 4:37.75 M 4/22/2017 Amy Regan****Facility: 4:54.29 F 4/9/2022 Mia Schiel****AARTFC: 4:54.00 A**

Name	Yr	School	Finals
Finals			
1 Amanda Burrichter	FR	Houghton	4:55.16 10
2 McKenzie Hall	SO	Alfred	4:55.68 8
3 Mackenzie Feeney	JR	Sage	4:59.35 6
4 Ella Impaglia	FR	Nazareth	5:00.79 4
5 Emily Weaver	SR	Nazareth	5:01.32 2
6 Caitlin Voloshen	FR	St. John Fisher	5:10.24 1
7 Lauren DeMichele	JR	St. John Fisher	5:10.41
8 Riley Jameson	SO	St. John Fisher	5:18.01

Empire 8 Outdoor Track & Field Championships**Hosted By Utica - 5/5/2023 to 5/6/2023****Results****Finals ... (Women 1500 Meter Run)**

	Name	Yr	School	Finals
9	Allison List	FR	St. John Fisher	5:24.21
10	Sabrina Antonini	SO	St. John Fisher	5:28.54

Women 5000 Meter Run**Meet: 17:44.66 M 4/23/2016 Amy Regan****Facility: 18:31.20 F 4/9/2022 Kylie Oblak****AARTFC: 18:45.00 A**

	Name	Yr	School	Finals
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Finals

1	Amanda Burrichter	FR	Houghton	18:38.10A 10
2	Lauren DeMichele	JR	St. John Fisher	18:40.33A 8
3	Emily Weaver	SR	Nazareth	18:48.60 6
4	Lilianna Hanning	JR	Nazareth	18:53.62 4
5	Rachel Domaracki	SO	Houghton	18:54.12 2
6	Elizabeth Ingellis	SO	Sage	19:01.83 1
7	Riley Corey	SR	St. John Fisher	19:11.19
8	Brigid McGee	JR	St. John Fisher	19:21.43
9	Mari Jablonski	JR	Alfred	19:52.17
10	Megan Morin	SR	Nazareth	19:53.47
11	Brynita Haas	FR	Hartwick	20:11.01
12	Sophia Prouty	SR	St. John Fisher	20:36.49
13	Lauren Almy	JR	St. John Fisher	20:40.70
14	McKenzie Hall	SO	Alfred	20:48.27
15	Rachael Smith	FR	Houghton	21:12.86
16	Abigail Perry	JR	St. John Fisher	21:16.53
17	Audrey Carragher	SO	St. John Fisher	21:23.45
18	Taylor Hoffman	FR	St. John Fisher	21:24.19
19	Sophie Ridgway	SO	Hartwick	23:40.19
20	Madilynne Smith	SO	Hartwick	23:44.88

Women 10000 Meter Run**Meet: 39:07.43 M 5/6/2022 Riley Corey****Facility: 39:29.69 F 4/8/2023 Elizabeth Ingellis****AARTFC: 40:30.00 A**

	Name	Yr	School	Finals
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Finals

1	Lauren DeMichele	JR	St. John Fisher	38:49.51M 10
2	Lilianna Hanning	JR	Nazareth	38:56.86M 8
3	Rachel Domaracki	SO	Houghton	39:18.14F 6
4	Elizabeth Ingellis	SO	Sage	39:22.01F 4
5	Brigid McGee	JR	St. John Fisher	39:34.21A 2
6	Laura Witt	JR	St. John Fisher	39:57.25A 1
7	Mari Jablonski	JR	Alfred	40:13.51A
8	Sophia Prouty	SR	St. John Fisher	40:26.53A
9	Megan Morin	SR	Nazareth	40:36.14
10	Lauren Almy	JR	St. John Fisher	41:19.47
11	Audrey Carragher	SO	St. John Fisher	43:22.07
12	Abigail Perry	JR	St. John Fisher	44:09.27
13	Madilynne Smith	SO	Hartwick	45:49.85

Women 100 Meter Hurdles**Meet: 14.38 M 2007****LaKeisha Perez****Facility: 15.37 F 4/8/2023****Laura Suppa****AARTFC: 15.65 A**

	Name	Yr	School	Prelims
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Preliminaries

1	Ciarra Franz	SO	St. John Fisher	14.16Q2.9
2	Laura Meade	SR	Utica	15.89Q2.6
3	Sydney Vanderhoof	SR	Nazareth	15.96q 2.6
4	Nora Devitt	SO	Utica	16.32q 2.6
5	Anne Spila	SO	Alfred	16.52q 2.9
6	Lily Rexford	FR	St. John Fisher	17.13q 2.9
7	Samantha Luba	FR	Nazareth	17.61q 2.9
8	Hannah Ragule	JR	Nazareth	18.04q 2.9
9	Giovanna Wall	SO	Hartwick	18.15 2.6
10	Tirzah Spivey	FR	Sage	18.36 2.6
11	Natalya Ryckman	FR	Alfred	18.47 2.9
12	Hayly Fredrickson	SO	St. John Fisher	18.89 2.6

Women 100 Meter Hurdles**Meet: 14.38 M 2007****LaKeisha Perez****Facility: 15.37 F 4/8/2023****Laura Suppa****AARTFC: 15.65 A**

	Name	Yr	School	Finals
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Finals

1	Ciarra Franz	SO	St. John Fisher	14.45F 10
2	Nora Devitt	SO	Utica	16.32 8
3	Sydney Vanderhoof	SR	Nazareth	16.34 6
4	Anne Spila	SO	Alfred	16.58 4
5	Laura Meade	SR	Utica	16.71 2
6	Lily Rexford	FR	St. John Fisher	17.17 1
7	Samantha Luba	FR	Nazareth	17.25 +0.0
8	Hannah Ragule	JR	Nazareth	17.27 +0.0

Women 400 Meter Hurdles**Meet: 1:04.06 M 4/22/2017 Tayler Dence****Facility: 1:09.71 F 4/8/2023 Hannah Turner****AARTFC: 1:07.50 A**

	Name	Yr	School	Finals
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Finals

1	Alexandria Wisniewski	SO	Houghton	1:07.87F 10
2	Shiana Susa	FR	Nazareth	1:08.05F 8
3	Abbey Szumloz	SR	Nazareth	1:08.58F 6
4	Hayly Fredrickson	SO	St. John Fisher	1:08.69F 4
5	Lauren Bendall	JR	Nazareth	1:11.47 2
6	Samantha Luba	FR	Nazareth	1:12.31 1
7	Lily Rexford	FR	St. John Fisher	1:12.37
8	Tirzah Spivey	FR	Sage	1:12.97
9	Hannah Ragule	JR	Nazareth	1:13.81
10	Laura Meade	SR	Utica	1:19.99
11	Emma Zacharewicz	SO	Utica	1:35.09

Empire 8 Outdoor Track & Field Championships**Hosted By Utica - 5/5/2023 to 5/6/2023****Results****Women 3000 Meter Steeplechase****Meet: 11:02.76 M 2014****Gabrielle Lebihan****Facility: 11:42.04 F 4/9/2022****Betsy Overstrum****AARTFC: 12:05.00 A**

Name	Yr	School	Finals
Finals			
1 Emily Weaver	SR	Nazareth	11:35.33F 10
2 Jade Dening	SO	Utica	11:51.44A 8
3 Ella Impaglia	FR	Nazareth	11:57.70A 6
4 Caitlin Voloshen	FR	St. John Fisher	12:09.39 4
5 Sabrina Antonini	SO	St. John Fisher	12:31.84 2
6 Allison List	FR	St. John Fisher	12:35.77 1
7 Ashley O'Toole	SR	Alfred	13:00.41
8 Sarah Sharpe	SR	Utica	13:12.90
9 Maggie Dolloff	SO	St. John Fisher	13:44.63
10 Kyla Reed	FR	Utica	13:50.20
--- Kennedy McCoy	SO	Houghton	DNF

Women 4x100 Meter Relay**Meet: 48.79 M 2013****Ithaca****Friedman, Dewart, Kelly, Werner****Facility: 48.67 F 4/8/2023****St. John Fisher****M Kurbs, Z Lettsome, S Shea, C Franz****AARTFC: 51.00 A**

Team	Relay	Finals
Finals		
1 St. John Fisher		47.71F 10
1) Michaela Kurbs JR	2) Samantha Shea SR	
3) Zhane Lettsome FR	4) Ciarra Franz SO	
2 Nazareth		49.53A 8
1) Shiana Susa FR	2) Brenna Johnson SR	
3) Hannah Ragule JR	4) Alaina Morley FR	
3 Alfred		51.02 6
1) Bianca Durso JR	2) Lina Young FR	
3) Nyah Solly FR	4) Anne Spila SO	
4 Utica		51.50 4
1) Zeniyah Gholson FR	2) Claudia Simione SO	
3) Elizabeth Glomski SO	4) Amina Sinclair SO	
5 Houghton		52.24 2
1) Mary Shaker SO	2) Alexandria Wisniewski SO	
3) Hannah Heintl SO	4) Hannah Siewert SO	
6 Hartwick		53.60 1
1) Giovanna Wall SO	2) Ashley Neier JR	
3) Atticus Dinsmore FR	4) Ashley Tricarico SO	

Women 4x400 Meter Relay**Meet: 3:59.59 M 2007****RIT****Perez, Palermo, Varble, Simmons****Facility: 4:21.70 F 4/9/2022****Utica****L Meade, J Cruz-Bermudez, N Burlette, J Dening****AARTFC: 4:08.00 A**

Team	Relay	Finals
Finals		
1 Nazareth		4:07.57A 10
1) Shiana Susa FR	2) Abbey Szumloz SR	
3) Lauren Bendall JR	4) Brenna Johnson SR	
2 St. John Fisher		4:12.52F 8
1) Hayly Fredrickson SO	2) Grace Wright SO	
3) Emma Wright SO	4) Samantha Shea SR	
3 Houghton		4:13.92F 6
1) Mary Shaker SO	2) Alexandria Wisniewski SO	
3) Hannah Siewert SO	4) Kyra Binney FR	
4 Alfred		4:20.88F 4
1) Olivia Gilbert JR	2) Ashley Page SO	
3) Nyah Solly FR	4) Sarah Lutkins SO	
5 Sage		4:32.75 2
1) Crystal Ivery FR	2) Tirzah Spivey FR	
3) Charisma Losee FR	4) Mackenzie Feeney JR	
6 Hartwick		5:11.04 1
1) Giovanna Wall SO	2) Ashley Tricarico SO	
3) Madilynne Smith SO	4) Brynita Haas FR	

Women 4x800 Meter Relay**Meet: 9:45.25 M 5/3/2019****Houghton****M Kruth, J Hotchkiss, E Sanchez, G Stokes**

Team	Relay	Finals
Finals		
1 Nazareth		10:02.29 10
1) Isabella Heath JR	2) Leigha Gould JR	
3) Paige Ackley JR	4) Abbey Szumloz SR	
2 St. John Fisher		10:11.23 8
1) Emma Wright SO	2) Riley Jameson SO	
3) Olivia Grinnell FR	4) Caitlin Voloshen FR	
3 Houghton		10:13.17 6
1) Noelle Linenfelser FR	2) Kyra Binney FR	
3) Rachael Smith FR	4) Amanda Burrichter FR	
4 Alfred		10:17.54 4
1) Sarah Lutkins SO	2) Ashley Page SO	
3) McKenzie Hall SO	4) Ashley O'Toole SR	
5 Utica		10:52.66 2
1) Janaiya Cruz-Bermudez JR	2) Noella Burlette SO	
3) Sarah Sharpe SR	4) Jade Dening SO	
6 Hartwick		12:04.19 1
1) Giovanna Wall SO	2) Sophie Ridgway SO	
3) Ashley Tricarico SO	4) Brynita Haas FR	

Empire 8 Outdoor Track & Field Championships**Hosted By Utica - 5/5/2023 to 5/6/2023****Results****Women High Jump****Meet: 1.72m M 4/19/2015 Gladys Njoku****Facility: 1.50m F Ward/Suppa****AARTFC: 1.57m A**

Name	Yr	School	Finals
Finals			
1 Brenna Johnson	SR	Nazareth	1.61mA 10
2 Hayden Williamson	SO	Houghton	1.57mA 8
3 Claudia Vogel	JR	St. John Fisher	1.57mA 6
4 Bianca Durso	JR	Alfred	1.52mF 4
5 Amina Sinclair	SO	Utica	1.52mF 2
6 Sarah Jacques	FR	St. John Fisher	1.42m 1
7 Alaina Morley	FR	Nazareth	1.37m
7 Angela Carlson	SO	St. John Fisher	1.37m
7 Anne Spila	SO	Alfred	1.37m

Women Pole Vault**Meet: 4.10m M 4/22/2017 Katherine Pitman****Facility: 3.46m F 4/9/2022 Andrea Shipton****AARTFC: 3.25m A**

Name	Yr	School	Finals
Finals			
1 Isabel Morse	FR	Nazareth	3.40mA 10
2 Rosie Morse	FR	Nazareth	3.25mA 8
3 Kiara Tornusciolo	FR	Nazareth	3.10m 6
4 Emily Frech	SO	St. John Fisher	2.95m 4
5 Lauren Bendall	JR	Nazareth	2.80m 2
6 Hayly Fredrickson	SO	St. John Fisher	2.80m 1
7 Sofie Fischler	SO	Nazareth	2.65m
8 Abigail Nuzzo	FR	Houghton	2.50m
9 Alyssa Vellekoop	SR	Hartwick	2.20m

Women Long Jump**Meet: 5.76m M 5/7/2021 Kelsey Wands****Facility: 5.32m F 4/8/2023 Michaela Kurbs****AARTFC: 5.35m A**

Name	Yr	School	Finals
Finals			
1 Michaela Kurbs	JR	St. John Fisher	5.93mM 10
2 Veronica Duell	SO	St. John Fisher	5.70mA 8
3 Brenna Johnson	SR	Nazareth	5.66mA 6
4 Nyah Solly	FR	Alfred	5.40mA 4
5 Hannah Ragule	JR	Nazareth	5.35mA 2
6 Laura Meade	SR	Utica	5.34mF 1
7 McKenzie Leahey	SR	Nazareth	5.31m 1.4
8 Isabella Heath	JR	Nazareth	5.15m 0.5
9 Anne Spila	SO	Alfred	5.13m 0.9
10 Nora Devitt	SO	Utica	5.04m +0.0
11 Alaina Morley	FR	Nazareth	4.84m 1.2
12 Katie Widmer	SO	Houghton	4.71m 0.8
13 Hayden Williamson	SO	Houghton	4.59m 1.2
14 Hannah Heint	SO	Houghton	4.55m 2.2
15 Abigail Nuzzo	FR	Houghton	4.36m 1.3
16 Ashley Neier	JR	Hartwick	4.30m 1.6
16 Miah Idzi	SO	Houghton	4.30m 1.4

18 Jasmine Zollman	JR	Sage	4.29m 2.3
19 Atticus Dinsmore	FR	Hartwick	4.22m 0.4

Women Triple Jump**Meet: 11.78m M 4/23/2016 Sarah Wiatr****Facility: 10.61m F 4/8/2023 Nora Devitt****AARTFC: 10.80m A**

Name	Yr	School	Finals
Finals			
1 Isabella Heath	JR	Nazareth	11.27mA 10
2 Hannah Ragule	JR	Nazareth	11.26mA 8
3 Laura Meade	SR	Utica	11.20mA 6
4 Nora Devitt	SO	Utica	11.15mA 4
5 Nyah Solly	FR	Alfred	11.05mA 2
6 McKenzie Leahey	SR	Nazareth	10.90mA 1
7 Ana Ion	SO	Alfred	10.89mA1.9
8 Zeniyah Gholson	FR	Utica	10.46m +0.0
9 Michaela Kurbs	JR	St. John Fisher	10.26m 1.6
10 Sydney LaSalle	FR	Nazareth	10.00m 0.6
11 Abigail Nuzzo	FR	Houghton	9.85m 2.0
12 Miah Idzi	SO	Houghton	9.73m 0.1

Women Shot Put**Meet: 13.29m M 5/4/2019 Katie Weeks****Facility: 12.04m F 4/9/2022 Jane Fahy****AARTFC: 11.60m A**

Name	Yr	School	Finals
Finals			
1 Jane Fahy	SR	Utica	13.50mM 10
2 Makenna King	JR	St. John Fisher	12.00mA 8
3 Madison Palmer	JR	Alfred	11.64mA 6
4 Lyndsay O'Brien	SR	St. John Fisher	11.56m 4
5 Erin McGuinness	FR	St. John Fisher	11.45m 2
6 Lea Richard	JR	Nazareth	10.65m 1
7 Duanena Graves	FR	Utica	10.13m
8 Megan Brinck	FR	Utica	10.02m
9 Ranasia Bailey	FR	Utica	9.78m
10 Kathryn Evans	SO	Houghton	9.75m
11 Gabrielle DeSanctis	JR	Utica	9.55m
12 Sarah Florian	FR	Utica	9.27m
13 Cassidy Cook	SO	Utica	9.25m
14 Emilia Costello	SO	Utica	9.25m
15 Giovanna Wall	SO	Hartwick	9.11m
16 Jazelle McIntyre	FR	St. John Fisher	8.45m
17 Natalya Ryckman	FR	Alfred	8.13m

Women Discus Throw**Meet: 48.26m M 4/22/2017 Brandy Smith****Facility: 47.67m F 4/8/2023 Dominique Grogue****AARTFC: 38.00m A**

Name	Yr	School	Finals
Finals			
1 Makenna King	JR	St. John Fisher	40.80mA 10
2 Jane Fahy	SR	Utica	39.69mA 8
3 Sarah Florian	FR	Utica	36.93m 6
4 Lea Richard	JR	Nazareth	34.03m 4

Empire 8 Outdoor Track & Field Championships

Hosted By Utica - 5/5/2023 to 5/6/2023

Results

Finals ... (Women Discus Throw)

Name	Yr	School	Finals
5 Erin McGuinness	FR	St. John Fisher	33.90m 2
6 Gabrielle DeSanctis	JR	Utica	32.88m 1
7 Lyndsay O'Brien	SR	St. John Fisher	31.10m
8 Duanena Graves	FR	Utica	31.09m
9 Hallie Knapp	FR	St. John Fisher	29.07m
10 Jaclyn Jorolemon	FR	Nazareth	28.95m
11 Madison Palmer	JR	Alfred	28.49m
12 Megan Brinck	FR	Utica	26.99m
13 Cassidy Cook	SO	Utica	26.14m
14 Amanda Hausle	FR	Utica	26.00m
15 Ashley Rabbitt	FR	Sage	23.58m
16 Abbie Knaisch	FR	Utica	22.84m
17 Anna McNamara	FR	Houghton	21.92m
--- Grace Moyer	SO	Nazareth	FOUL
--- Kathryn Evans	SO	Houghton	FOUL

Women Hammer Throw

Meet: 52.57m M 5/3/2019 Katie Weeks

Facility: 43.32m F 4/8/2023 Makenna King

AARTFC: 44.00m A

Name	Yr	School	Finals
Finals			
1 Lea Richard	JR	Nazareth	49.58m 10
2 Sarah Florian	FR	Utica	43.06m 8
3 Makenna King	JR	St. John Fisher	42.36m 6
4 Madison Palmer	JR	Alfred	41.89m 4
5 Grace Moyer	SO	Nazareth	41.17m 2
6 Emilia Costello	SO	Utica	40.95m 1
7 Jazelle McIntyre	FR	St. John Fisher	40.89m
8 Gabrielle DeSanctis	JR	Utica	40.44m
9 Skyler Whorf	JR	Utica	39.94m
10 Ranasia Bailey	FR	Utica	39.18m
11 Megan Brinck	FR	Utica	38.20m
12 Anna Steed	FR	St. John Fisher	36.48m
13 Jaclyn Jorolemon	FR	Nazareth	30.40m
14 Kathryn Evans	SO	Houghton	28.60m
15 Anna McNamara	FR	Houghton	28.59m
16 Erin McGuinness	FR	St. John Fisher	26.58m
17 Ashley Rabbitt	FR	Sage	26.04m

Women Javelin Throw

Meet: 41.19m M 2011 Ashley Dlubac

Facility: 34.87m F 4/9/2022 Rebecca Heuler

AARTFC: 34.50m A

Name	Yr	School	Finals
Finals			
1 Abigail Nuzzo	FR	Houghton	33.57m 10
2 Claudia Vogel	JR	St. John Fisher	32.47m 8
3 Anne Spila	SO	Alfred	27.39m 6
4 Abbie Knaisch	FR	Utica	25.45m 4
5 Laura Meade	SR	Utica	24.79m 2
6 Bianca Durso	JR	Alfred	24.51m 1
7 Atticus Dinsmore	FR	Hartwick	24.39m
8 Paige Lundgren	SO	St. John Fisher	22.63m

9 Alaina Morley	FR	Nazareth	22.30m
10 Amanda Hausle	FR	Utica	21.56m
11 Makenna King	JR	St. John Fisher	21.48m
12 Kaitlyn Greenberg	FR	Alfred	21.31m
13 Madison Palmer	JR	Alfred	20.51m
14 Giovanna Wall	SO	Hartwick	20.27m
15 Gabrielle DeSanctis	JR	Utica	19.92m
--- Ada Sylvester	JR	St. John Fisher	DNS

Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Yr	School	Finals
Finals			
1 Laura Meade	SR	Utica	26.52 752
2 Lauren Bendall	JR	Nazareth	28.07 625
3 Sydney LaSalle	FR	Nazareth	28.21 614
4 Bianca Durso	JR	Alfred	28.84 566
5 Logan Fredrickson	SO	St. John Fisher	30.10 475
6 Ana Ion	SO	Alfred	30.89 422
7 Lillian Farrand	FR	St. John Fisher	31.66 372

Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Yr	School	Finals
Finals			
1 Lauren Bendall	JR	Nazareth	2:33.99 644
2 Bianca Durso	JR	Alfred	2:35.89 621
3 Logan Fredrickson	SO	St. John Fisher	2:36.83 610
4 Sydney LaSalle	FR	Nazareth	2:37.00 608
5 Laura Meade	SR	Utica	2:47.21 493
6 Lillian Farrand	FR	St. John Fisher	2:56.60 397
7 Ana Ion	SO	Alfred	3:05.89 312

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Yr	School	Finals
Finals			
1 Laura Meade	SR	Utica	15.75 745
2 Bianca Durso	JR	Alfred	16.93 604
3 Lauren Bendall	JR	Nazareth	17.86 503
4 Logan Fredrickson	SO	St. John Fisher	18.09 479
5 Lillian Farrand	FR	St. John Fisher	18.56 432
6 Ana Ion	SO	Alfred	18.58 430
7 Sydney LaSalle	FR	Nazareth	19.36 357

Heptathlon: #2 Women High Jump Heptathlon

Name	Yr	School	Finals
Finals			
1 Bianca Durso	JR	Alfred	1.59m 724
2 Ana Ion	SO	Alfred	1.50m 621
3 Laura Meade	SR	Utica	1.44m 555
3 Sydney LaSalle	FR	Nazareth	1.44m 555
5 Lillian Farrand	FR	St. John Fisher	1.38m 491
6 Logan Fredrickson	SO	St. John Fisher	1.32m 429
7 Lauren Bendall	JR	Nazareth	1.29m 399

Heptathlon: #5 Women Long Jump Heptathlon

Name	Yr	School	Finals
Finals			
1 Laura Meade	SR	Utica	5.41m 674

Empire 8 Outdoor Track & Field Championships**Hosted By Utica - 5/5/2023 to 5/6/2023****Results****Finals ... (Heptathlon: #5 Women Long Jump Heptathlon)**

	Name	Yr	School	Finals
2	Bianca Durso	JR	Alfred	4.92m 538
3	Sydney LaSalle	FR	Nazareth	4.79m 503
4	Ana Ion	SO	Alfred	4.74m 490
5	Lauren Bendall	JR	Nazareth	4.36m 393
6	Lillian Farrand	FR	St. John Fisher	4.16m 345
7	Logan Fredrickson	SO	St. John Fisher	4.10m 331

Heptathlon: #3 Women Shot Put Heptathlon

	Name	Yr	School	Finals
Finals				
1	Ana Ion	SO	Alfred	10.10m 536
2	Logan Fredrickson	SO	St. John Fisher	9.25m 480
3	Bianca Durso	JR	Alfred	8.79m 451
4	Lauren Bendall	JR	Nazareth	8.23m 414
5	Laura Meade	SR	Utica	7.85m 390
6	Sydney LaSalle	FR	Nazareth	7.06m 339
7	Lillian Farrand	FR	St. John Fisher	6.88m 327

Heptathlon: #6 Women Javelin Throw Heptathlon

	Name	Yr	School	Finals
Finals				
1	Lauren Bendall	JR	Nazareth	26.87m 417
2	Ana Ion	SO	Alfred	26.33m 407
3	Laura Meade	SR	Utica	24.24m 368
4	Bianca Durso	JR	Alfred	23.73m 358
5	Logan Fredrickson	SO	St. John Fisher	20.64m 301
6	Lillian Farrand	FR	St. John Fisher	14.69m 191
7	Sydney LaSalle	FR	Nazareth	11.48m 133

Women Heptathlon

	Name	Yr	School	Finals
Finals				
1	Laura Meade	SR	Utica	3977 10
2	Bianca Durso	JR	Alfred	3862 8
3	Lauren Bendall	JR	Nazareth	3395 6
4	Ana Ion	SO	Alfred	3218 4
5	Sydney LaSalle	FR	Nazareth	3109 2
6	Logan Fredrickson	SO	St. John Fisher	3105 1
7	Lillian Farrand	FR	St. John Fisher	2555

Men 100 Meter Dash**Meet: 10.57 M 4/23/2016 Nicodemus Gambill****Facility: 11.07 F 4/8/2023 Deron Davis****AARTFC: 11.10 A**

	Name	Yr	School	Prelims
Preliminaries				
1	Curtis Cuvilly	SR	St. John Fisher	11.14Q1.0
2	Andrew Hadasz	JR	Utica	11.16Q0.2
3	Jaylen Savage	FR	Nazareth	11.27Q+0.0
4	Neil Peters	SO	Alfred	11.27q 1.0
5	Nolan Flynn	FR	Utica	11.29q 1.0
6	Brady Bishop	SO	St. John Fisher	11.32q +0.0
7	Trenton Wynn	SR	St. John Fisher	11.37q 0.2

8	Steven Jackson	SO	Alfred	11.40q 0.2
9	Ethan Kain	SR	Utica	11.41 0.2
10	Connor McCauslin	SR	Nazareth	11.46 +0.0
11	Evan Kurtz	SO	Houghton	11.46 1.0
12	Shane Tinney	SR	Utica	11.52 +0.0
13	Jaleel Joseph	FR	Alfred	11.57 1.0
14	Corey Quomony	SO	Hartwick	11.71 +0.0
15	Zachary Owens	FR	Utica	11.72 0.2
16	John Wendt	SO	Alfred	11.76 0.2
17	Jayden Noel	FR	Alfred	11.77 0.2
18	James Boss	SO	Utica	11.80 +0.0
19	Michael Orioles	FR	Utica	12.05 1.0

Men 100 Meter Dash**Meet: 10.57 M 4/23/2016 Nicodemus Gambill****Facility: 11.07 F 4/8/2023 Deron Davis****AARTFC: 11.10 A**

	Name	Yr	School	Finals
Finals				
1	Andrew Hadasz	JR	Utica	11.08A 10
2	Neil Peters	SO	Alfred	11.09A 8
3	Curtis Cuvilly	SR	St. John Fisher	11.10A 6
4	Steven Jackson	SO	Alfred	11.19 4
5	Jaylen Savage	FR	Nazareth	11.19 2
6	Nolan Flynn	FR	Utica	11.20 1
7	Brady Bishop	SO	St. John Fisher	11.23 1.5
8	Trenton Wynn	SR	St. John Fisher	11.26 1.5

Men 200 Meter Dash**Meet: 21.58 M 5/4/2019 Alex Kainer****Facility: 22.53 F 4/8/2023 Deron Davis****AARTFC: 22.40 A**

	Name	Yr	School	Finals
Finals				
1	Andrew Hadasz	JR	Utica	22.34 10
2	Brady Bishop	SO	St. John Fisher	22.68 8
3	Ethan Kain	SR	Utica	22.72 6
4	Ben Lewis	SO	Nazareth	22.75 4
5	Neil Peters	SO	Alfred	22.81 2
6	Nolan Flynn	FR	Utica	22.89 1
7	Jaylen Savage	FR	Nazareth	22.92 2.3
8	Cole Ferris	FR	St. John Fisher	23.03 1.9
9	Evan Kurtz	SO	Houghton	23.06 1.9
10	Curtis Cuvilly	SR	St. John Fisher	23.11 1.9
11	Mike Welch	SR	Nazareth	23.33 2.3
12	Shane Tinney	SR	Utica	23.33 1.9
13	Steven Jackson	SO	Alfred	23.49 1.0
14	Brock Young	FR	St. John Fisher	23.58 1.0
15	David Adadjo	SO	Sage	23.61 1.9
16	Jaleel Joseph	FR	Alfred	23.62 1.0
17	Joseph Nettles	SO	Nazareth	23.68 1.0
18	Corey Quomony	SO	Hartwick	23.79 1.0
19	Patrick Conteh	FR	Hartwick	24.00 1.9
20	James Boss	SO	Utica	24.11 2.3
21	Michael Orioles	FR	Utica	24.30 1.0
22	Josh Brito	FR	Houghton	24.53 2.3

Empire 8 Outdoor Track & Field Championships**Hosted By Utica - 5/5/2023 to 5/6/2023****Results****Finals ... (Men 200 Meter Dash)**

Name	Yr	School	Finals
23 Kevin Mason	SO	Hartwick	25.32 2.3

Men 400 Meter Dash**Meet: 47.35 M 4/22/2017 Peter Girardi****Facility: 48.48 F 4/8/2023 Josh Jeffes****AARTFC: 50.00 A**

Name	Yr	School	Finals
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Finals

1	Andrew Hadasz	JR	Utica	49.83A	10
2	Jaylen Savage	FR	Nazareth	50.12	8
3	Michael Puglisi	FR	Nazareth	50.58	6
4	Ben Lewis	SO	Nazareth	50.71	4
5	Cole Ferris	FR	St. John Fisher	51.08	2
6	David Adadjo	SO	Sage	51.58	1
7	Brady Bishop	SO	St. John Fisher	51.90	
8	Noam Sokolovsky	SO	Alfred	52.22	
9	Rob Hartigan	JR	St. John Fisher	52.31	
10	Brennan Lewandowski	SO	Houghton	52.59	
11	Connor Kerr	SO	Alfred	52.93	
12	Joseph Catalano	JR	Hartwick	53.37	
13	Noah Engel	SO	Nazareth	53.70	
14	Josh Brito	FR	Houghton	53.93	
15	Joseph Nettles	SO	Nazareth	53.94	
16	Mike Welch	SR	Nazareth	57.98	

Men 800 Meter Run**Meet: 1:51.73 M 2006 Nick Stenuf****Facility: 1:58.86 F 4/8/2023 Brogan Deem-Ranzetta****AARTFC: 1:57.00 A**

Name	Yr	School	Finals
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Finals

1	Patrick Healy	SR	Nazareth	1:57.65F	10
2	Gavin McAllister	FR	Nazareth	1:58.22F	8
3	James Eustace	SO	Houghton	1:58.24F	6
4	Peter Briggs	SO	St. John Fisher	1:59.42	4
5	Myles Andersen	SR	St. John Fisher	1:59.50	2
6	Hayden Lohmann	JR	Utica	2:00.86	1
7	Dylan Esquivel	SO	St. John Fisher	2:02.37	
8	Tobias Jeralds	FR	Utica	2:02.42	
9	Tristan Vargo	SO	Utica	2:03.14	
10	Amos Bixler	FR	Houghton	2:04.58	
11	Tony DiRubbo	JR	St. John Fisher	2:05.59	
12	Kenny Williams	JR	Nazareth	2:05.96	
13	Kevin Flint	SO	Alfred	2:07.34	
14	Lucas Sharron	JR	Nazareth	2:10.30	
15	Nathaniel Stapf	SR	Utica	2:28.20	

Men 1500 Meter Run**Meet: 3:53.53 M 2007 Nick Stenuf****Facility: 4:02.17 F 4/9/2022 James Gallagher****AARTFC: 4:02.00 A**

Name	Yr	School	Finals
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Finals

1	Patrick Healy	SR	Nazareth	4:04.71	10
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2	Cade Eells	SO	Nazareth	4:06.93	8
3	Nathan Bowers	SR	Nazareth	4:07.60	6
4	Tony DiRubbo	JR	St. John Fisher	4:08.71	4
5	Ethan Glashauser	JR	Nazareth	4:09.20	2
6	Amos Bixler	FR	Houghton	4:10.88	1
7	Riley Nash	SO	St. John Fisher	4:16.14	
8	Ethan Kenyon	SO	Nazareth	4:17.76	
9	Anthony Leotta	FR	Utica	4:24.06	
10	Nate McNally	SR	Nazareth	4:25.17	
11	Colin Campbell	SO	Houghton	4:38.41	

Men 5000 Meter Run**Meet: 14:53.75 M 2006 Fontana Fluke****Facility: 15:06.46 F 4/9/2022 Andrew Harrell****AARTFC: 15:20.00 A**

Name	Yr	School	Finals
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Finals

1	Cade Eells	SO	Nazareth	15:31.60	10
2	Nathan Bowers	SR	Nazareth	15:33.58	8
3	Caleb Kasper	SO	Houghton	15:35.61	6
4	Matt Reimann	JR	Nazareth	15:38.13	4
5	Michael Roberts	JR	Utica	15:56.03	2
6	Riley Nash	SO	St. John Fisher	16:14.21	1
7	Ethan Billings	JR	St. John Fisher	16:22.33	
8	Nick Ferri	SO	St. John Fisher	16:29.41	
9	Antonio Benitez	FR	Nazareth	16:30.48	
10	Yuner Sesmas	SO	Alfred	16:37.89	
11	Kevin Havens	SR	St. John Fisher	16:46.27	
12	Ben Allen	FR	Houghton	16:52.36	
13	Connor Jackson	FR	Nazareth	16:54.83	
14	Sam Lyon	SO	Houghton	17:05.23	
15	Bogdan Rozvora	SR	St. John Fisher	17:57.20	
---	Zachary Brown	FR	Utica	DNF	

Men 10000 Meter Run**Meet: 32:26.29 M 5/6/2022 Nathan Bowers****Facility: 35:25.10 F 4/8/2023 Rafael Osella****AARTFC: 32:45.00 A**

Name	Yr	School	Finals
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Finals

1	Caleb Kasper	SO	Houghton	32:34.10A	10
2	Nathan Bowers	SR	Nazareth	32:41.08A	8
3	Matt Reimann	JR	Nazareth	32:42.15A	6
4	Nick Ferri	SO	St. John Fisher	34:05.47F	4
5	Connor Jackson	FR	Nazareth	34:19.91F	2
6	Ben Allen	FR	Houghton	34:36.63F	1
7	Brandon Nicosia	SR	St. John Fisher	34:54.99F	
8	Sam Lyon	SO	Houghton	34:57.60F	

Empire 8 Outdoor Track & Field Championships**Hosted By Utica - 5/5/2023 to 5/6/2023****Results****Men 110 Meter Hurdles**

Meet: 14.35 M **Girardi & Mahana**
Facility: 15.86 F 4/8/2023 **Morgan Condon**
AARTFC: 15.80 A

Name	Yr	School	Prelims
Preliminaries			
1 Kaleb Luton	SR	Nazareth	A 15.18Q1.3
2 John Ruggio	JR	St. John Fisher	15.83Q2.8
3 Connor McCauslin	SR	Nazareth	A 15.58q 1.3
4 Trenton Wynn	SR	St. John Fisher	A 15.72q 1.3
5 Holden Thomas	FR	Nazareth	15.97q 1.3
6 Brady Szekeres	SO	Utica	16.04q 1.3
7 Aaron Lund	FR	Nazareth	16.06q 2.8
8 Justin Valentin	JR	Utica	16.54q 2.8
9 TyJon Billinger	FR	Utica	16.81 2.8
10 Ryan DeShane	FR	Nazareth	17.21 2.8
11 Luke Defio	SO	St. John Fisher	17.50 2.8
12 Avery Belanger	FR	Houghton	17.53 1.3

Men 110 Meter Hurdles

Meet: 14.35 M **Girardi & Mahana**
Facility: 15.86 F 4/8/2023 **Morgan Condon**
AARTFC: 15.80 A

Name	Yr	School	Finals
Finals			
1 Kaleb Luton	SR	Nazareth	15.00A 10
2 Connor McCauslin	SR	Nazareth	15.39A 8
3 Trenton Wynn	SR	St. John Fisher	15.74A 6
4 Holden Thomas	FR	Nazareth	15.97 4
5 John Ruggio	JR	St. John Fisher	15.99 2
6 Brady Szekeres	SO	Utica	16.06 1
7 Justin Valentin	JR	Utica	16.22 1.4
8 Aaron Lund	FR	Nazareth	16.27 1.4

Men 400 Meter Hurdles

Meet: 52.95 M 4/23/2016 **Peter Girardi**
Facility: 57.20 F 4/8/2023 **Morgan Condon**
AARTFC: 57.00 A

Name	Yr	School	Finals
Finals			
1 John Ruggio	JR	St. John Fisher	56.52A 10
2 George Mecca	SO	Alfred	56.67A 8
3 Jonathan Simmons	SO	Utica	57.10F 6
4 Connor McCauslin	SR	Nazareth	58.31 4
5 Trenton Wynn	SR	St. John Fisher	58.64 2
6 Luke Defio	SO	St. John Fisher	58.95 1
7 Brady Szekeres	SO	Utica	59.30
8 Mathieu Acquard	SR	St. John Fisher	59.41
9 Collin Nasso	SO	Houghton	1:01.88
10 Rob Hartigan	JR	St. John Fisher	1:02.62
11 Zach Piper	FR	St. John Fisher	1:03.42
12 Mikey Thammavong	FR	Alfred	1:04.19
13 Holden Thomas	FR	Nazareth	1:04.64
--- Aaron Lund	FR	Nazareth	DQ

Men 3000 Meter Steeplechase

Meet: 9:19.22 M 2005 **Shawn Calabrese**
Facility: 10:13.62 F 4/8/2023 **Andrew Richardson**
AARTFC: 9:55.00 A

Name	Yr	School	Finals
Finals			
1 Cade Eells	SO	Nazareth	9:38.37A 10
2 Michael Roberts	JR	Utica	9:46.33A 8
3 Antonio Benitez	FR	Nazareth	10:09.70F 6
4 Ethan Glashauser	JR	Nazareth	10:09.93F 4
5 Finnegan Dean	FR	Alfred	10:14.07 2
6 Anthony Leotta	FR	Utica	10:14.09 1
7 Kevin Havens	SR	St. John Fisher	10:16.94
8 Bogdan Rozvora	SR	St. John Fisher	10:37.77
9 Joshua Sandoval	SO	St. John Fisher	11:18.91

Men 4x100 Meter Relay

Meet: 41.44 M 5/4/2019 **Stevens Institute**
D LaMastra, A Kainer, N DiMaria, E Kainer
Facility: 42.89 F 4/8/2023 **Colgate**
B Krill, R Krill, D Wehrly, E Eisner
AARTFC: 43.50 A

Team	Relay	Finals
Finals		
1 Utica		42.78F 10
1) Zuriel Wright JR	2) Andrew Hadasz JR	
3) Shane Tinney SR	4) Ethan Kain SR	
2 St. John Fisher		42.99A 8
1) Curtis Cuvilly SR	2) Trenton Wynn SR	
3) Cole Ferris FR	4) Brady Bishop SO	
3 Alfred		43.40A 6
1) Jaleel Joseph FR	2) Steven Jackson SO	
3) John Wendt SO	4) Neil Peters SO	
4 Nazareth		43.58 4
1) Connor McCauslin SR	2) Ben Lewis SO	
3) Jack Pomykaj FR	4) Jaylen Savage FR	
5 Hartwick		45.82 2
1) Corey Quomony SO	2) Joseph Catalano JR	
3) Kevin Mason SO	4) Patrick Conteh FR	
6 Houghton		45.86 1
1) Evan Kurtz SO	2) Avery Belanger FR	
3) Gavin Luckey JR	4) Josh Brito FR	
--- Sage		DNF
1) Noah Rivera FR	2) Isaac Langer SO	
3) Dominic Harkness FR	4) David Adadjo SO	

Empire 8 Outdoor Track & Field Championships

Hosted By Utica - 5/5/2023 to 5/6/2023

Results

Men 4x400 Meter Relay

Meet: 3:16.39 M 5/5/2018 Utica

A Luckoo, B Moore, N Proper, K Gangemi

Facility: 3:32.68 F 4/8/2023 Hamilton

Ingram, Williams, Richardson, Deem-Ranzetta

AARTFC: 3:24.00 A

Team	Relay	Finals
Finals		
1 Nazareth		3:23.33A 10
1) Michael Puglisi FR	2) Ben Lewis SO	
3) Gavin McAllister FR	4) Jaylen Savage FR	
2 Alfred		3:25.41F 8
1) Connor Kerr SO	2) Noam Sokolovsky SO	
3) Neil Peters SO	4) George Mecca SO	
3 Utica		3:29.06F 6
1) Nolan Flynn FR	2) Ethan Kain SR	
3) Jonathan Simmons SO	4) Andrew Hadasz JR	
4 Houghton		3:29.74F 4
1) James Eustace SO	2) Collin Nasso SO	
3) Evan Kurtz SO	4) Brennan Lewandowski SO	
5 St. John Fisher		3:30.53F 2
1) Brady Bishop SO	2) Rob Hartigan JR	
3) Myles Andersen SR	4) Cole Ferris FR	
6 Sage		3:43.67 1
1) Chris Pellegrini FR	2) Dominic Harkness FR	
3) Isaac Langer SO	4) David Adadjo SO	
7 Hartwick		3:43.92
1) Patrick Conteh FR	2) Aidan Freda SO	
3) Kevin Mason SO	4) Joseph Catalano JR	

Men 4x800 Meter Relay

Meet: 7:59.47 M 5/3/2019 Stevens Institute

S James, J Lawrence, R Russo, T LaDue

Team	Relay	Finals
Finals		
1 St. John Fisher		8:10.77 10
1) Peter Briggs SO	2) Dylan Esquivel SO	
3) Tony DiRubbo JR	4) Myles Andersen SR	
2 Houghton		8:17.07 8
1) Amos Bixler FR	2) James Eustace SO	
3) Colin Campbell SO	4) Collin Nasso SO	
3 Nazareth		8:17.80 6
1) Gavin McAllister FR	2) Ethan Kenyon SO	
3) Nate McNally SR	4) Lucas Sharron JR	
4 Utica		8:21.05 4
1) Tobias Jeralds FR	2) Tristan Vargo SO	
3) Anthony Leotta FR	4) Hayden Lohmann JR	
5 Alfred		8:38.83 2
1) George Mecca SO	2) Kevin Flint SO	
3) Connor Scriven FR	4) Finnegan Dean FR	
6 Hartwick		9:31.91 1
1) Aidan Freda SO	2) Joseph Catalano JR	
3) Kevin Mason SO	4) Nicholas Tirrell FR	

Men High Jump

Meet: 2.10m M 5/8/2021 Kyle Rollins

Facility: 2.00m F 4/9/2022 Zuriel Wright

AARTFC: 1.91m A

Name	Yr	School	Finals
Finals			
1 Zuriel Wright	JR	Utica	1.99mA 10
2 Sean Cochrane	JR	St. John Fisher	1.99mA 8
3 Bryant DePaull	FR	St. John Fisher	1.95mA 6
4 Kaiden McCaskill	FR	Utica	1.91mA 4
5 Brennan Lewandowski	SO	Houghton	1.87m 2
6 A.J. DeVasto	SR	Nazareth	1.87m 1
7 Kyle Reid	SO	Nazareth	1.82m
8 Blake Hobin	FR	Utica	1.77m
9 Kuyler Coffin	FR	St. John Fisher	1.72m
--- Jason Marchincin	FR	Nazareth	NH
--- Malachi Yeager	JR	Houghton	DNS
--- Gabe Wilson	FR	Nazareth	DNS

Men Pole Vault

Meet: 4.90m M 2010 Michael Dempsey

Facility: 4.80m F 4/9/2022 W. Slater Constantine

AARTFC: 4.45m A

Name	Yr	School	Finals
Finals			
1 Josh Pomerleau	SR	Nazareth	4.15m 10
2 Jason Bletsco	FR	Nazareth	4.00m 8
3 Brady Szekeres	SO	Utica	3.85m 6
4 Jack Pomykaj	FR	Nazareth	3.85m 4
5 Jack Rathburn	FR	Utica	3.70m 2
6 Adam Palmer	SO	St. John Fisher	3.55m 1
7 Gavin Luckey	JR	Houghton	3.25m
--- Malachi Yeager	JR	Houghton	DNS
--- Andrew Wieder	JR	Utica	DNS

Men Long Jump

Meet: 7.23m M 5/6/2022 Ka'Sean Watlington

Facility: 7.03m F 4/8/2023 Keenan Cannon

AARTFC: 6.70m A

Name	Yr	School	Finals
Finals			
1 TyJon Billinger	FR	Utica	6.96mA 10
2 Zuriel Wright	JR	Utica	6.75mA 8
3 Kaleb Luton	SR	Nazareth	6.55m 6
4 Adam Reifsteck	FR	Nazareth	6.54m 4
5 Avery Belanger	FR	Houghton	6.29m 2
6 Bryant DePaull	FR	St. John Fisher	6.25m 1
7 Noah Rivera	FR	Sage	6.17m 1.9
8 Jason Weng	FR	St. John Fisher	6.16m +0.0
9 Kyle Reid	SO	Nazareth	6.07m 1.6
10 Cooper Jones	SO	Utica	6.06m 0.8
11 Gavin Luckey	JR	Houghton	6.04m 0.3
12 Andrew Ryan	FR	Houghton	6.00m -0.7
13 Jason Marchincin	FR	Nazareth	5.95m 1.9
14 Ryan DeShane	FR	Nazareth	5.92m 0.7

Empire 8 Outdoor Track & Field Championships**Hosted By Utica - 5/5/2023 to 5/6/2023****Results****Finals ... (Men Long Jump)**

	Name	Yr	School	Finals
15	Corey Quomony	SO	Hartwick	5.73m -1.1
16	Aaron Lund	FR	Nazareth	5.71m -2.2
17	Malachi Yeager	JR	Houghton	4.27m -2.8
---	Ivan Lopez-Testillano	SR	St. John Fisher	FOUL

Men Triple Jump**Meet: 14.69m M 5/5/2018 Ka'Sean Watlington****Facility: 14.25m F 4/9/2022 Ka'Sean Watlington****AARTFC: 13.50m A**

	Name	Yr	School	Finals
Finals				
1	Ivan Lopez-Testillano	SR	St. John Fisher	14.46mF 10
2	TyJon Billinger	FR	Utica	13.85mA 8
3	Zuriel Wright	JR	Utica	13.29m 6
4	Adam Reifsteck	FR	Nazareth	13.15m 4
5	Avery Belanger	FR	Houghton	12.92m 2
6	Noah Rivera	FR	Sage	12.66m 1
7	David Adadjo	SO	Sage	12.52m 3.3
8	Ryan DeShane	FR	Nazareth	12.49m 3.7
9	Trenton Wynn	SR	St. John Fisher	12.16m 2.2
10	Cooper Jones	SO	Utica	11.76m 1.9
11	Gavin Luckey	JR	Houghton	11.60m 1.9

Men Shot Put**Meet: 15.98m M 5/7/2022 Hunter Logan****Facility: 15.86m F 4/8/2023 Hunter Logan****AARTFC: 14.20m A**

	Name	Yr	School	Finals
Finals				
1	Hunter Logan	JR	Utica	15.92mF 10
2	John Coddington	SO	Sage	15.26mA 8
3	Billie Mays III	SO	Utica	14.98mA 6
4	Justin Swavely	SO	Utica	13.73m 4
5	Jason Crocker	FR	Alfred	13.51m 2
6	Cole DeKing	SO	Utica	13.23m 1
7	Jacob Barnes	JR	Utica	12.46m
8	Thomas Dunn	SO	Utica	12.29m
9	Michael McNeil	SO	Utica	11.73m
10	Ashton Glasser	FR	St. John Fisher	11.68m
11	Robert Burns	FR	Hartwick	11.59m
12	Jay Brown	SO	Utica	11.26m
13	Sean Cochrane	JR	St. John Fisher	11.10m
14	Andrew Parnapy	SO	Alfred	10.88m
15	Adam Eastman	FR	Utica	10.58m
16	Andrew Clark	JR	Utica	10.55m
17	Daniel Stephens	JR	St. John Fisher	10.20m
---	Joey Curr	FR	St. John Fisher	FOUL

Men Discus Throw**Meet: 46.22m M 4/23/2016 Keanu Heedram****Facility: 44.52m F 4/8/2023 Antwan Kelly****AARTFC: 43.00m A**

	Name	Yr	School	Finals
Finals				
1	Antwan Kelly	JR	Utica	42.44m 10
2	Nathan Florian	SR	Utica	41.81m 8
3	Michael McNeil	SO	Utica	39.45m 6
4	Jordan Weaver	SO	Utica	39.41m 4
5	Bryce Grove	FR	St. John Fisher	39.31m 2
6	Jacob Barnes	JR	Utica	38.40m 1
7	Jason Crocker	FR	Alfred	38.25m
8	Andrew Parnapy	SO	Alfred	36.14m
9	Joshua Talbot	FR	Utica	36.10m
10	Brady VanAernam	JR	Utica	35.91m
11	Thomas Dunn	SO	Utica	35.01m
12	John Coddington	SO	Sage	34.85m
13	John Largett	FR	Utica	34.33m
14	Hunter Logan	JR	Utica	33.83m
15	Robert Burns	FR	Hartwick	32.82m
16	Cole DeKing	SO	Utica	31.30m
17	Aiden Martin	FR	Utica	31.17m
---	Joey Curr	FR	St. John Fisher	FOUL
---	Malachi Yeager	JR	Houghton	DNS

Men Hammer Throw**Meet: 55.45m M 5/4/2018 Ross Mathewson****Facility: 49.49m F 4/8/2023 John Coddington****AARTFC: 48.00m A**

	Name	Yr	School	Finals
Finals				
1	Antwan Kelly	JR	Utica	52.73mF 10
2	John Coddington	SO	Sage	49.50mF 8
3	Justin Swavely	SO	Utica	48.45mA 6
4	Brandon Kaplan	FR	St. John Fisher	46.30m 4
5	Spencer Borghardt	FR	Utica	45.43m 2
6	Jack Bickford	SR	St. John Fisher	44.70m 1
7	Mark Brown	JR	Utica	44.13m
8	Hunter Logan	JR	Utica	41.45m
9	Jacob Barnes	JR	Utica	40.22m
10	Brady VanAernam	JR	Utica	39.39m
11	Joshua Talbot	FR	Utica	38.58m
12	Gavin Grinnell	FR	St. John Fisher	38.10m
13	Jason Crocker	FR	Alfred	37.30m
14	Declan Murphy	FR	Nazareth	35.48m
15	Andrew Parnapy	SO	Alfred	35.06m
16	Keegan Reyome	SR	St. John Fisher	34.34m
17	Kenneth Berlin	SO	Alfred	34.02m
18	Michael McNeil	SO	Utica	33.71m
19	Bryce Grove	FR	St. John Fisher	33.25m
20	Randal Johnson	SO	Sage	29.75m
21	Kaiden Simpson	FR	Sage	27.11m

Empire 8 Outdoor Track & Field Championships

Hosted By Utica - 5/5/2023 to 5/6/2023

Results

Men Javelin Throw

Meet: 61.88m M 2007 **Stephen Burns**

Facility: 58.92m F 4/7/2023 **Justin Swavely**

AARTFC: 50.50m A

Name	Yr	School	Finals
Finals			
1 Justin Swavely	SO	Utica	58.41m 10
2 Kenneth Berlin	SO	Alfred	49.03m 8
3 Kaiden Simpson	FR	Sage	47.14m 6
4 Robert Burns	FR	Hartwick	45.65m 4
5 Malachi Yeager	JR	Houghton	44.30m 2
6 Jacob Barnes	JR	Utica	44.22m 1
7 Tobias Jeralds	FR	Utica	43.62m
8 Sean Cochrane	JR	St. John Fisher	42.20m
9 Blake Hobin	FR	Utica	40.68m
10 Cole Fuller	SO	St. John Fisher	36.07m
11 Aaron Lund	FR	Nazareth	35.58m
12 Gabe Wilson	FR	Nazareth	35.15m
13 Anthony Leotta	FR	Utica	34.84m
14 Isaac Langer	SO	Sage	34.56m
--- Thomas Dunn	SO	Utica	FOUL

Decathlon: #1 Men 100 Meter Dash Decathlon

Name	Yr	School	Finals
Finals			
1 Jack Pomykaj	FR	Nazareth	11.38 778
2 Josiah Bowers	SR	St. John Fisher	12.07 637
3 Maxwell Blowers	SR	St. John Fisher	12.29 595

Decathlon: #5 Men 400 Meter Dash Decathlon

Name	Yr	School	Finals
Finals			
1 Jack Pomykaj	FR	Nazareth	54.07 637
2 Josiah Bowers	SR	St. John Fisher	57.34 508
3 Maxwell Blowers	SR	St. John Fisher	57.88 488

Decathlon: #10 Men 1500 Meter Run Decathlon

Name	Yr	School	Finals
Finals			
1 Maxwell Blowers	SR	St. John Fisher	4:52.68 603
2 Jack Pomykaj	FR	Nazareth	5:10.29 502
3 Josiah Bowers	SR	St. John Fisher	5:34.28 378

Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	Yr	School	Finals
Finals			
1 Jack Pomykaj	FR	Nazareth	16.99 625
2 Maxwell Blowers	SR	St. John Fisher	17.53 570
3 Josiah Bowers	SR	St. John Fisher	17.67 556

Decathlon: #4 Men High Jump Decathlon

Name	Yr	School	Finals
Finals			
1 Maxwell Blowers	SR	St. John Fisher	1.60m 464
1 Josiah Bowers	SR	St. John Fisher	1.60m 464
1 Jack Pomykaj	FR	Nazareth	1.60m 464

Decathlon: #8 Men Pole Vault Decathlon

Name	Yr	School	Finals
Finals			
1 Jack Pomykaj	FR	Nazareth	4.20m 673
2 Maxwell Blowers	SR	St. John Fisher	3.50m 482
--- Josiah Bowers	SR	St. John Fisher	NH

Decathlon: #2 Men Long Jump Decathlon

Name	Yr	School	Finals
Finals			
1 Jack Pomykaj	FR	Nazareth	6.14m 617
2 Josiah Bowers	SR	St. John Fisher	5.81m 546
3 Maxwell Blowers	SR	St. John Fisher	5.68m 519

Decathlon: #3 Men Shot Put Decathlon

Name	Yr	School	Finals
Finals			
1 Josiah Bowers	SR	St. John Fisher	10.28m 502
2 Maxwell Blowers	SR	St. John Fisher	9.67m 466
3 Jack Pomykaj	FR	Nazareth	9.33m 445

Decathlon: #7 Men Discus Throw Decathlon

Name	Yr	School	Finals
Finals			
1 Josiah Bowers	SR	St. John Fisher	33.16m 527
2 Maxwell Blowers	SR	St. John Fisher	27.57m 417
3 Jack Pomykaj	FR	Nazareth	27.38m 413

Decathlon: #9 Men Javelin Throw Decathlon

Name	Yr	School	Finals
Finals			
1 Maxwell Blowers	SR	St. John Fisher	41.59m 465
2 Josiah Bowers	SR	St. John Fisher	37.47m 406
3 Jack Pomykaj	FR	Nazareth	32.80m 339

Men Decathlon

Name	Yr	School	Finals
Finals			
1 Jack Pomykaj	FR	Nazareth	5493 10
2 Maxwell Blowers	SR	St. John Fisher	5069 8
3 Josiah Bowers	SR	St. John Fisher	4524 6

Women - Team Rankings - 22 Events Scored

1) Nazareth	212
2) St. John Fisher	199
3) Utica	108
4) Alfred	77
5) Houghton	70
6) Sage	13
7) Hartwick	3

Men - Team Rankings - 22 Events Scored

Empire 8 Outdoor Track & Field Championships**Hosted By Utica - 5/5/2023 to 5/6/2023****Results**

1) Nazareth	219
2) Utica	210
3) St. John Fisher	119
4) Alfred	50
5) Houghton	45
6) Sage	25
7) Hartwick	7