

Empire 8 Championships
Houghton University Kerr-Pegula Field House - 2/23/2024 to 2/24/2024
Results

Women 60 Meter Dash

Conference: 7.77 C 2015 Mi'Asia Hillman
Meet: 7.82 M 2/25/2023 Brenna Johnson
Facility: 7.65 F 1/19/2018 Chelsea Hayward
AARTFC: 8.05 A

Name	Yr	School	Prelims
Preliminaries			
1 Victoria Brewster	FR	Houghton	A 7.87Q
2 Alaina Morley	SO	Nazareth	A 7.95Q
3 Alexis Lasher	SO	Nazareth	8.16q
4 Michaela Kurbs	SR	St. John Fisher	8.18q
5 Pepita Graham	FR	Hartwick	8.20q
6 Caitlyn Smithers	FR	Nazareth	8.25q
7 Zeniyah Gholson	SO	Utica	8.33q
8 Jasmine Kendrick	FR	Nazareth	8.39q
9 Elizabeth Glomski	JR	Utica	8.40
10 Allison Lennebacker	JR	St. John Fisher	8.42
11 Sarah Coddington	FR	Houghton	8.45
12 Ayjah Clarke	SR	Utica	8.47
13 Zoe Rainville	FR	Alfred	8.50

Women 60 Meter Dash

Conference: 7.77 C 2015 Mi'Asia Hillman
Meet: 7.82 M 2/25/2023 Brenna Johnson
Facility: 7.65 F 1/19/2018 Chelsea Hayward
AARTFC: 8.05 A

Name	Yr	School	Finals
Finals			
1 Victoria Brewster	FR	Houghton	7.78M 10
2 Alaina Morley	SO	Nazareth	7.88A 8
3 Alexis Lasher	SO	Nazareth	8.11 6
4 Michaela Kurbs	SR	St. John Fisher	8.25 4
5 Pepita Graham	FR	Hartwick	8.27 2
6 Jasmine Kendrick	FR	Nazareth	8.30 1
7 Caitlyn Smithers	FR	Nazareth	8.30
8 Zeniyah Gholson	SO	Utica	8.34

Women 200 Meter Dash

Conference: 25.14 C 2/22/2019 Gina Dello Russo
Meet: 25.14 M 2/23/2019 Gina Dello Russo
Facility: 24.32 F 2/18/2017 Chelsea Hayward
AARTFC: 26.30 A

Name	Yr	School	Finals
Finals			
1 Victoria Brewster	FR	Houghton	25.90A 10
2 Mackenzie Mix	JR	Utica	26.14A 8
3 Alaina Morley	SO	Nazareth	26.45 6
4 Arianna McClendon	FR	Utica	26.80 4
5 Abrianna Wadley	JR	Utica	26.84 2
6 Alexis Lasher	SO	Nazareth	26.87 1
7 Jasmine Kendrick	FR	Nazareth	27.20
8 Grace Dolan	FR	St. John Fisher	27.23
9 Anne Spila	SO	Alfred	27.40
10 Pepita Graham	FR	Hartwick	27.65

11 Sarah Coddington	FR	Houghton	27.69
12 Zoe Rainville	FR	Alfred	27.70
13 Claudia Simone	JR	Utica	27.79
14 Alyssa Youngs	FR	Utica	27.84
15 Michaela Kurbs	SR	St. John Fisher	27.90
16 Destiny Carter	FR	Hartwick	29.06
17 Amelia Petersen	FR	Utica	29.90
--- Caitlyn Smithers	FR	Nazareth	DNS

Women 400 Meter Dash

Conference: 56.13 C 3/9/2018 Gina Dello Russo
Meet: 56.47 M 2/22/2019 Gina Dello Russo
Facility: 56.16 F 2/18/2017 Chelsea Gilles
AARTFC: 1:00.50 A

Name	Yr	School	Finals
Finals			
1 Arianna McClendon	FR	Utica	59.73A 10
2 Mackenzie Mix	JR	Utica	1:00.25A 8
3 Olivia Gilbert	JR	Alfred	1:00.47A 6
4 Isabella Heath	SR	Nazareth	1:01.43 4
5 Grace Dolan	FR	St. John Fisher	1:02.39 2
6 Janaiya Cruz-Bermudez	SR	Utica	1:02.63 1
7 Abrianna Wadley	JR	Utica	1:02.91
8 Claudia Simone	JR	Utica	1:03.70
9 Sophia Leach	FR	St. John Fisher	1:04.30
10 Jordan Wagner	FR	Nazareth	1:05.11
11 Stephanie Cohen	FR	Hartwick	1:06.82

Women 800 Meter Run

Conference: 2:14.38 C 3/2/2013 Jenn Randall
Meet: 2:17.00 M 2004 Emily Maston
Facility: 2:17.69 F 2/18/2017 Destinee Allen
AARTFC: 2:23.00 A

Name	Yr	School	Finals
Finals			
1 Olivia Gilbert	JR	Alfred	2:18.28A 10
2 Caitlin Voloshen	SO	St. John Fisher	2:22.17A 8
3 Ella Impaglia	SO	Nazareth	2:23.01 6
4 Jade Denning	JR	Utica	2:23.03 4
5 Olivia Grinnell	SO	St. John Fisher	2:25.50 2
6 Kyra Binney	SO	Houghton	2:26.65 1
7 Paige Ackley	SR	Nazareth	2:26.99
8 Allison List	SO	St. John Fisher	2:28.06
9 Isabella Heath	SR	Nazareth	2:28.38
10 Kennedy Rose	FR	Nazareth	2:28.46
11 Janaiya Cruz-Bermudez	SR	Utica	2:28.86
12 Maggie Bacon	FR	St. John Fisher	2:30.29
13 Mackenzie Feeney	SR	Sage	2:32.69
14 Miranda Lyon	FR	Houghton	2:33.50
15 Emma Wendt	FR	Nazareth	2:35.00
--- Ava Baker	FR	Nazareth	DNS

Empire 8 Championships
Houghton University Kerr-Pegula Field House - 2/23/2024 to 2/24/2024
Results

Women 1 Mile Run

Conference: 4:51.31 C 2/27/2016 Amy Regan
Meet: 5:03.64 M 2/13/2016 Taryn Cordani
Facility: 5:02.91 F 1/22/2016 Laura Morrison
AARTFC: 5:20.00 A

Name	Yr	School	Finals
Finals			
1 Caitlin Voloshen	SO	St. John Fisher	5:22.36 10
2 Ella Impaglia	SO	Nazareth	5:23.63 8
3 Emily Weaver	SR	Nazareth	5:26.31 6
4 McKenzie Hall	JR	Alfred	5:26.76 4
5 Mackenzie Feeney	SR	Sage	5:29.61 2
6 Olivia Grinnell	SO	St. John Fisher	5:29.91 1
7 Morgan Pospiech	FR	Nazareth	5:35.30
8 Jade Dening	JR	Utica	5:37.03
9 Kelsey Fahy	FR	Nazareth	5:39.12
10 Tabitha Clark	JR	Houghton	5:44.12

Women 3000 Meter Run

Conference: 9:30.80 C 3/12/2016 Amy Regan
Meet: 10:15.82 M 2/25/2023 Amanda Burrichter
Facility: 9:53.15 F 2/23/2019 Elise Ramirez
AARTFC: 10:40.00 A

Name	Yr	School	Finals
Finals			
1 Noelle Linenfelser	SO	Houghton	10:46.47 10
2 Emily Weaver	SR	Nazareth	10:53.34 8
3 Laura Witt	SR	St. John Fisher	10:55.01 6
4 Lauren DeMichele	SR	St. John Fisher	10:56.97 4
5 Ella Impaglia	SO	Nazareth	10:59.52 2
6 Tabitha Clark	JR	Houghton	11:02.66 1
7 Elizabeth Ingellis	JR	Sage	11:02.85
8 McKenzie Hall	JR	Alfred	11:12.27
9 Morgan Pospiech	FR	Nazareth	11:12.37
10 Riley Jameson	JR	St. John Fisher	11:13.07
11 Aria Larson	FR	Houghton	11:15.20
12 Bailey Visingard	FR	Nazareth	11:19.09
13 Kelsey Fahy	FR	Nazareth	11:23.37
14 Lilianna Hanning	SR	Nazareth	11:32.68
15 Meghan Moyer	FR	Nazareth	11:33.80
16 Kennedy Doran	FR	Nazareth	11:41.74
17 Brynita Haas	SO	Hartwick	11:54.07
--- Sabrina Antonini	JR	St. John Fisher	DNS

Women 5000 Meter Run

Conference: 16:23.40 C 2/5/2016 Amy Regan
Meet: 17:41.92 M 2/13/2016 Amy Regan
Facility: 16:47.38 F 12/1/2023 Rachel Hirschkind
AARTFC: 18:50.00 A

Name	Yr	School	Finals
Finals			
1 Noelle Linenfelser	SO	Houghton	18:40.62A 10
2 Lauren DeMichele	SR	St. John Fisher	18:55.03 8
3 Riley Jameson	JR	St. John Fisher	19:03.28 6
4 Elizabeth Ingellis	JR	Sage	19:10.21 4

5 Laura Witt	SR	St. John Fisher	19:25.61 2
6 Lauren Almy	SR	St. John Fisher	19:42.89 1
7 Lilianna Hanning	SR	Nazareth	19:49.20
8 Aria Larson	FR	Houghton	19:49.36
9 Meghan Moyer	FR	Nazareth	19:59.45
10 Bailey Visingard	FR	Nazareth	19:59.59
11 Kennedy Doran	FR	Nazareth	20:10.70
12 Margaret Nawojski	SO	St. John Fisher	20:27.01
13 Brynita Haas	SO	Hartwick	20:38.57
14 Rachael Smith	SO	Houghton	20:39.73
15 Abigail Perry	SR	St. John Fisher	20:52.03
16 Sabrina Antonini	JR	St. John Fisher	20:54.16
17 Mari Jablonski	SR	Alfred	21:11.11
18 Brianna Salvo	SO	Utica	22:08.16

Women 60 Meter Hurdles

Conference: 8.82 C 12/8/2023 Ciarra Franz
Meet: 8.97 M 2/25/2023 Ciarra Franz
Facility: 8.66 F 12/2/2022 Christina Wende
AARTFC: 9.50 A

Name	Yr	School	Prelims
Preliminaries			
1 Anne Spila	SO	Alfred	A 9.42Q
2 Stefania Grimaldi	FR	Utica	9.68Q
3 Mallory Rice	FR	Nazareth	9.76q
4 Samantha Luba	SO	Nazareth	9.95q
5 Hannah Ragule	SR	Nazareth	10.02q
6 Madelynn Jones	FR	Nazareth	10.02q
7 Olivia Jensen	FR	Utica	10.05q
8 Stephanie Cohen	FR	Hartwick	10.08q
9 Lauren Bendall	SR	Nazareth	10.26
10 Amelia Petersen	FR	Utica	10.37
11 Kaitlyn Burt	FR	Nazareth	10.46
12 Molly Corbett	FR	Hartwick	10.51
13 Giovanna Wall	JR	Hartwick	10.54

Women 60 Meter Hurdles

Conference: 8.82 C 12/8/2023 Ciarra Franz
Meet: 8.97 M 2/25/2023 Ciarra Franz
Facility: 8.66 F 12/2/2022 Christina Wende
AARTFC: 9.50 A

Name	Yr	School	Finals
Finals			
1 Anne Spila	SO	Alfred	9.32A 10
2 Stefania Grimaldi	FR	Utica	9.67 8
3 Mallory Rice	FR	Nazareth	9.84 6
4 Samantha Luba	SO	Nazareth	9.93 4
5 Stephanie Cohen	FR	Hartwick	9.97 2
6 Olivia Jensen	FR	Utica	9.98 1
7 Madelynn Jones	FR	Nazareth	10.06
8 Hannah Ragule	SR	Nazareth	10.31

Empire 8 Championships
Houghton University Kerr-Pegula Field House - 2/23/2024 to 2/24/2024
Results

Women 4x400 Meter Relay

Conference: 3:56.19 C 3/2/2013 Ithaca
Meet: 4:02.83 M 2/25/2023 St. John Fisher

G Wright, E Wright, B Le, S Shea

Facility: 3:53.11 F 2/18/2017 Oklahoma Baptist

M Mitchell, R King, A Mayfield, K Barnes

AARTFC: 4:10.00 A

Team	Relay	Finals
Finals		
1 Utica		4:00.12M 10
1) Mackenzie Mix JR	2) Janaiya Cruz-Bermudez SR	
3) Abrianna Wadley JR	4) Arianna McClendon FR	
2 Nazareth		4:14.60 8
1) Lauren Bendall SR	2) Alexis Lasher SO	
3) Shiana Susa SO	4) Isabella Heath SR	
3 St. John Fisher		4:16.64 6
1) Grace Dolan FR	2) Olivia Grinnell SO	
3) Sophia Leach FR	4) Caitlin Voloshen SO	
4 Houghton		4:18.07 4
1) Kyra Binney SO	2) Victoria Brewster FR	
3) Risa Palmer FR	4) Sarah Coddington FR	
5 Alfred		4:22.54 2
1) Zoe Rainville FR	2) Anne Spila SO	
3) Bianca Durso JR	4) Olivia Gilbert JR	
6 Hartwick		4:27.85 1
1) Giovanna Wall JR	2) Atticus Dinsmore SO	
3) Destiny Carter FR	4) Stephanie Cohen FR	
7 Sage		4:42.17
1) Mackenzie Feeney SR	2) Tirzah Spivey SO	
3) Charisma Losee SO	4) Giuliana Capparello JR	

Women Distance Medley

Conference: 11:51.09 C 2/28/2003 Ithaca
Meet: 11:59.16 M 2004 Ithaca

Cravotta, McQuarrie, Maston, Laytham

Facility: 12:38.54 F 12/1/2023 Geneseo

L Fowler-Conner, S Doody, R Hirschkind, K Vogel

AARTFC: 13:10.00 A

Team	Relay	Finals
Finals		
1 St. John Fisher		12:59.65A 10
1) Allison List SO	2) Grace Dolan FR	
3) Maggie Bacon FR	4) Caitlin Voloshen SO	
2 Nazareth		13:05.54A 8
1) Paige Ackley SR	2) Shiana Susa SO	
3) Kennedy Rose FR	4) Emily Weaver SR	
3 Houghton		14:03.67 6
1) Kyra Binney SO	2) Sarah Coddington FR	
3) Miranda Lyon FR	4) Tabitha Clark JR	
4 Utica		14:31.98 4
1) Gianna Welker SO	2) Olivia Jensen FR	
3) Kamryn Williams FR	4) Noella Burlette JR	
5 Sage		14:40.77 2
1) Charisma Losee SO	2) Giuliana Capparello JR	
3) Tirzah Spivey SO	4) Mackenzie Feeney SR	

6 Alfred	15:10.59 1
1) Sarah Lutkins JR	2) Zoe Rainville FR
3) Natalya Ryckman SO	4) Desirea Stuart FR
7 Hartwick	15:13.23
1) Madilynne Smith JR	2) Giovanna Wall JR
3) Brynita Haas SO	4) Sophia Kehr JR

Women High Jump

Conference: 1.80m C 2/7/2015 Gladys Njoku
Meet: 1.70m M 2/14/2015 Gladys Njoku
Facility: 1.70m F Njoku / Turner
AARTFC: 1.57m A

Name	Yr	School	Finals
Finals			
1 Hannah Allison	FR	Utica	1.57mA 10
2 Sarah Merriwether	SR	Nazareth	1.51m 8
3 Alaina Morley	SO	Nazareth	1.51m 6
4 Sydney LaSalle	SO	Nazareth	1.46m 2.3
4 Anne Spila	SO	Alfred	1.46m 2.3
4 Bianca Durso	JR	Alfred	1.46m 2.3
7 Abrianna Wadley	JR	Utica	1.46m
8 Claudia Vogel	SR	St. John Fisher	1.41m
8 Madelynn Jones	FR	Nazareth	1.41m
8 Samantha Luba	SO	Nazareth	1.41m
11 Mary Claire Rollins	FR	St. John Fisher	1.41m
12 Angela Carlson	JR	St. John Fisher	1.41m
13 Jada Anthony	FR	Utica	1.36m
13 Sarah Jacques	SO	St. John Fisher	1.36m
15 Madelyn Pratt	FR	St. John Fisher	1.31m

Women Pole Vault

Conference: 4.25m C 2/11/2017 Katherine Pitman
Meet: 4.25m M 2/11/2017 Katherine Pitman
Facility: 3.97m F 2/17/2017 Danielle Wojciechowski
AARTFC: 3.30m A

Name	Yr	School	Finals
Finals			
1 Isabel Morse	SO	Nazareth	3.30mA 10
2 Rosie Morse	SO	Nazareth	3.30mA 8
3 Kiara Tornusciolo	SO	Nazareth	3.30mA 6
4 Emily Frech	JR	St. John Fisher	3.00m 4
5 Caitlyn Smithers	FR	Nazareth	2.85m 2
6 Sofie Fischler	SR	Nazareth	2.85m 1
7 Lauren Bendall	SR	Nazareth	2.70m
8 Jayle Leonard	FR	Utica	2.70m
--- Cassandra Wood	FR	Utica	NH
--- Maizie Poulakis	FR	Utica	DNS

Women Long Jump

Conference: 5.86m C 2/26/2010 Marcia McCord
Meet: 5.70m M 1/28/2012 Emma Dewart
Facility: 6.03m F 12/2/2022 Christina Wende
AARTFC: 5.30m A

Name	Yr	School	Finals
Finals			
1 Nora Devitt	JR	Utica	5.56mA 10

Empire 8 Championships
Houghton University Kerr-Pegula Field House - 2/23/2024 to 2/24/2024

Results

Finals ... (Women Long Jump)

	Name	Yr	School	Finals
2	Alaina Morley	SO	Nazareth	5.45mA 8
3	Hannah Ragule	SR	Nazareth	5.41mA 6
4	Isabella Heath	SR	Nazareth	5.33mA 4
5	Peytyn Geer	FR	Nazareth	5.30mA 2
6	Michaela Kurbs	SR	St. John Fisher	5.26m 1
7	Anne Spila	SO	Alfred	5.22m
8	Nyasia Marsh	FR	Utica	5.02m
9	Jasmine Kendrick	FR	Nazareth	4.96m
10	Victoria Brewster	FR	Houghton	4.93m
11	Sophia Bruce	FR	Utica	4.84m
12	Jordan Wagner	FR	Nazareth	4.72m
13	Sarah Merriwether	SR	Nazareth	4.68m
14	Camdyn Cole	FR	Utica	4.36m
---	Veronica Duell	JR	St. John Fisher	FOUL

Women Triple Jump

Conference: 12.25m C 1/25/2014 Emilia Scheemaker

Meet: 12.07m M 2/1/2014 Emilia Scheemaker

Facility: 12.73m F 3/13/2021 Alexa Wandy

AARTFC: 10.80m A

	Name	Yr	School	Finals
Finals				
1	Nora Devitt	JR	Utica	11.45mA 10
2	Isabella Heath	SR	Nazareth	11.09mA 8
3	Hannah Ragule	SR	Nazareth	10.94mA 6
4	Samantha Luba	SO	Nazareth	10.75m 4
5	Alyssa Youngs	FR	Utica	10.53m 2
6	Nyasia Marsh	FR	Utica	10.53m 1
7	Peytyn Geer	FR	Nazareth	10.36m
8	Zeniyah Gholson	SO	Utica	10.33m
9	Camdyn Cole	FR	Utica	10.02m
10	Sophia Bruce	FR	Utica	9.92m
---	Mallory Rice	FR	Nazareth	FOUL

Women Shot Put

Conference: 15.21m C 3/11/2017 Brandy Smith

Meet: 14.02m M 2/22/2019 Katie Weeks

Facility: 14.88m F 12/2/2022 Teasha McKoy

AARTFC: 11.70m A

	Name	Yr	School	Finals
Finals				
1	Jane Fahy	SR	Utica	14.20mM 10
2	Allie Cary	FR	Utica	12.91mA 8
3	Madison Palmer	SR	Houghton	12.62mA 6
4	Makenna King	SR	St. John Fisher	12.55mA 4
5	Erin McGuinness	SO	St. John Fisher	11.73mA 2
6	Hailey Webber	FR	Nazareth	11.73mA 1
7	Lea Richard	SR	Nazareth	10.83m
8	Riley King	FR	Utica	10.73m
9	Morgan Collazo	JR	St. John Fisher	10.62m
10	Emily Rolince	FR	Nazareth	10.54m
11	Megan Brinck	SO	Utica	10.53m
12	Ranasia Bailey	SO	Utica	9.82m
13	Bailey Ellis	FR	St. John Fisher	9.57m

14	Giovanna Wall	JR	Hartwick	9.31m
15	Mileena Ossman	FR	Nazareth	8.94m
16	Amanda Hausle	SO	Utica	8.54m

Women Weight Throw 20 lb.

Conference: 18.46m C 3/11/2016 Brandy Smith

Meet: 18.28m M 2/13/2016 Brandy Smith

Facility: 17.68m F 2/12/2017 Brianna McKenzie

AARTFC: 14.50m A

	Name	Yr	School	Finals
Finals				
1	Lea Richard	SR	Nazareth	17.56mA 10
2	Madison Palmer	SR	Houghton	15.11mA 8
3	Riley King	FR	Utica	14.78mA 6
4	Hailey Webber	FR	Nazareth	14.68mA 4
5	Hailey Hrouda	FR	Utica	14.52mA 2
6	Allie Cary	FR	Utica	13.82m 1
7	Makenna King	SR	St. John Fisher	13.68m
8	Grace Moyer	JR	Nazareth	13.53m
9	Jazelle McIntyre	SO	St. John Fisher	13.38m
10	Christina Valicenti	SO	St. John Fisher	13.36m
11	Sarah Florian	SO	Utica	13.18m
12	Anna Steed	SO	St. John Fisher	12.92m
13	Ranasia Bailey	SO	Utica	12.58m
14	Jaclyn Jorolemon	SO	Nazareth	12.07m
15	Emilia Costello	JR	Utica	12.04m
16	Emily Rolince	FR	Nazareth	11.24m
17	Jenna Fischer	FR	Houghton	9.43m
18	Ashley Rabbitt	SO	Sage	9.36m
19	Mileena Ossman	FR	Nazareth	8.58m
---	Mercedes Cecelia-Storey	FR	Sage	FOUL

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

Meet: 2:33.73 M 2/24/2023 Lauren Bendall

	Name	Yr	School	Finals
Finals				
1	Lauren Bendall	SR	Nazareth	2:36.37 615
2	Bianca Durso	JR	Alfred	2:39.21 582
3	Samantha Luba	SO	Nazareth	2:41.12 560
4	Katie Widmer	JR	Houghton	2:42.21 548
5	Stefania Grimaldi	FR	Utica	2:42.62 543
6	Hannah Ragule	SR	Nazareth	2:42.72 542
7	Logan Fredrickson	JR	St. John Fisher	2:44.25 525
8	Annabelle Townsend	JR	Alfred	2:45.01 517
9	Madelynn Jones	FR	Nazareth	2:45.35 513
10	Mary Claire Rollins	FR	St. John Fisher	2:47.77 487
---	Mallory Rice	FR	Nazareth	DNF
---	Alyssa Youngs	FR	Utica	DNS

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Meet: 9.66 M 2/24/2023 Laura Meade

	Name	Yr	School	Finals
Finals				
1	Stefania Grimaldi	FR	Utica	9.66M 777
2	Alyssa Youngs	FR	Utica	9.86 738
3	Hannah Ragule	SR	Nazareth	9.87 737

Empire 8 Championships
Houghton University Kerr-Pegula Field House - 2/23/2024 to 2/24/2024

Results

Finals ... (Indoor Pentathlon: #1 Women 60 Meter Hurdles Indo

	Name	Yr	School	Finals	
4	Mallory Rice	FR	Nazareth	9.90	731
5	Samantha Luba	SO	Nazareth	10.00	712
6	Bianca Durso	JR	Alfred	10.12	690
7	Madelynn Jones	FR	Nazareth	10.15	684
8	Lauren Bendall	SR	Nazareth	10.52	618
9	Mary Claire Rollins	FR	St. John Fisher	10.67	592
10	Logan Fredrickson	JR	St. John Fisher	10.68	590
11	Katie Widmer	JR	Houghton	10.86	560
12	Annabelle Townsend	JR	Alfred	11.59	444

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Meet: 1.54m M 2/24/2023 Bianca Durso

	Name	Yr	School	Finals	
Finals					
1	Bianca Durso	JR	Alfred	1.54mM	666
2	Mary Claire Rollins	FR	St. John Fisher	1.48m	599
3	Lauren Bendall	SR	Nazareth	1.42m	534
4	Madelynn Jones	FR	Nazareth	1.39m	502
4	Samantha Luba	SO	Nazareth	1.39m	502
6	Katie Widmer	JR	Houghton	1.36m	470
6	Stefania Grimaldi	FR	Utica	1.36m	470
6	Hannah Ragule	SR	Nazareth	1.36m	470
6	Alyssa Youngs	FR	Utica	1.36m	470
6	Logan Fredrickson	JR	St. John Fisher	1.36m	470
11	Annabelle Townsend	JR	Alfred	1.33m	439
12	Mallory Rice	FR	Nazareth	1.30m	409

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Meet: 5.33m M 2/24/2023 Laura Meade

	Name	Yr	School	Finals	
Finals					
1	Hannah Ragule	SR	Nazareth	5.23m	623
2	Stefania Grimaldi	FR	Utica	5.06m	576
3	Samantha Luba	SO	Nazareth	4.92m	538
4	Madelynn Jones	FR	Nazareth	4.89m	530
5	Bianca Durso	JR	Alfred	4.83m	514
6	Katie Widmer	JR	Houghton	4.73m	487
7	Mary Claire Rollins	FR	St. John Fisher	4.68m	474
8	Lauren Bendall	SR	Nazareth	4.55m	441
9	Annabelle Townsend	JR	Alfred	4.52m	433
10	Mallory Rice	FR	Nazareth	4.33m	386
11	Logan Fredrickson	JR	St. John Fisher	4.32m	384
---	Alyssa Youngs	FR	Utica	FOUL	

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Meet: 9.49m M 2/24/2023 Hannah Ragule

	Name	Yr	School	Finals	
Finals					
1	Hannah Ragule	SR	Nazareth	9.74mM	512
2	Lauren Bendall	SR	Nazareth	9.55mM	500
3	Bianca Durso	JR	Alfred	9.52mM	498
4	Logan Fredrickson	JR	St. John Fisher	9.47m	495
5	Stefania Grimaldi	FR	Utica	8.77m	449
6	Alyssa Youngs	FR	Utica	8.41m	426

7	Katie Widmer	JR	Houghton	8.30m	419
8	Samantha Luba	SO	Nazareth	7.77m	385
9	Mary Claire Rollins	FR	St. John Fisher	7.63m	375
10	Annabelle Townsend	JR	Alfred	7.51m	368
11	Madelynn Jones	FR	Nazareth	7.29m	354
12	Mallory Rice	FR	Nazareth	6.69m	315

Women Indoor Pentathlon

Conference: 3674 C 3/9/2012 Emma Dewart

Meet: 2955 M 2/24/2023 Laura Meade

Facility: 3172 F 2/17/2017 Lacey Herbert

AARTFC: 2500 A

	Name	Yr	School	Finals	
Finals					
1	Bianca Durso	JR	Alfred	2950A	10
2	Hannah Ragule	SR	Nazareth	2884A	8
3	Stefania Grimaldi	FR	Utica	2815A	6
4	Lauren Bendall	SR	Nazareth	2708A	4
5	Samantha Luba	SO	Nazareth	2697A	2
6	Madelynn Jones	FR	Nazareth	2583A	1
7	Mary Claire Rollins	FR	St. John Fisher	2527A	
8	Katie Widmer	JR	Houghton	2484	
9	Logan Fredrickson	JR	St. John Fisher	2464	
10	Annabelle Townsend	JR	Alfred	2201	
11	Mallory Rice	FR	Nazareth	1841	

Men 60 Meter Dash

Conference: 6.82 C 2017 Nicodemus Gambill

Meet: 6.88 M 2/11/2017 Nicodemus Gambill

Facility: 6.87 F 2/8/2017 Dean Simon

AARTFC: 7.10 A

	Name	Yr	School	Prelims	
Preliminaries					
1	Andrew Hadasz	SR	Utica	A 7.08Q	
2	Kaleb Luton	SR	Nazareth	7.11Q	
3	Evan Kurtz	JR	Houghton	7.20Q	
4	Nolan Flynn	SO	Utica	7.22q	
5	Ethan Kain	SR	Utica	7.24q	
6	Ben Lewis	JR	Nazareth	7.24q	
7	Shane Tinney	JR	Utica	7.26q	
8	Jack Pomykaj	SO	Nazareth	7.28q	
9	Collin Gannon	FR	St. John Fisher	7.28	
10	Brock Young	SO	St. John Fisher	7.29	
11	Nyles Rogers	JR	Utica	7.29	
12	Trenton Wynn	SR	St. John Fisher	7.29	
13	Patrick Conteh	SO	Hartwick	7.35	
14	Ethan Fox	SO	St. John Fisher	7.36	
15	Corey Quomony	JR	Hartwick	7.45	
16	Connor McCauslin	SR	Nazareth	7.47	
17	Quran Best	SO	Hartwick	7.48	

Empire 8 Championships
Houghton University Kerr-Pegula Field House - 2/23/2024 to 2/24/2024
Results

Men 60 Meter Dash

Conference: 6.82 C 2017 Nicodemus Gambill
Meet: 6.88 M 2/11/2017 Nicodemus Gambill
Facility: 6.87 F 2/8/2017 Dean Simon
AARTFC: 7.10 A

Name	Yr	School	Finals
Finals			
1 Kaleb Luton	SR	Nazareth	7.06A 10
2 Andrew Hadasz	SR	Utica	7.09A 8
3 Evan Kurtz	JR	Houghton	7.16 6
4 Nolan Flynn	SO	Utica	7.21 4
5 Ben Lewis	JR	Nazareth	7.25 2
6 Ethan Kain	SR	Utica	7.30 1
7 Shane Tinney	JR	Utica	7.32
8 Jack Pomykaj	SO	Nazareth	7.37

Men 200 Meter Dash

Conference: 21.91 C 2016 Nicodemus Gambill
Meet: 21.91 M 2/24/2018 Alex Kainer
Facility: 22.01 F 1/20/2024 Josh Jeffes
AARTFC: 22.60 A

Name	Yr	School	Finals
Finals			
1 Andrew Hadasz	SR	Utica	22.19A 10
2 Tanner Warren	FR	Utica	22.61 8
3 Michael Puglisi	SO	Nazareth	22.79 6
4 Ben Lewis	JR	Nazareth	22.83 4
5 Nolan Flynn	SO	Utica	23.00 2
6 Ethan Kain	SR	Utica	23.10 1
7 Connor Dean	FR	Utica	23.18
8 Evan Kurtz	JR	Houghton	23.21
9 Mike Welch	SR	Nazareth	23.32
10 Riley Ciamarra	FR	Alfred	23.49
11 Rob Hartigan	SR	St. John Fisher	23.58
12 Trenton Wynn	SR	St. John Fisher	23.59
13 Brock Young	SO	St. John Fisher	23.60
14 Patrick Conteh	SO	Hartwick	23.61
15 Joseph Nettles	JR	Nazareth	23.67
16 David Adadjo	JR	Sage	23.79
--- Andrew Ryan	SO	Houghton	FS

Men 400 Meter Dash

Conference: 48.71 C 2/7/2015 Tom Sippie
Meet: 48.84 M 2/11/2017 Peter Girardi
Facility: 48.77 F 2/18/2017 Ryan Kingland
AARTFC: 50.50 A

Name	Yr	School	Finals
Finals			
1 Michael Puglisi	SO	Nazareth	50.73 10
2 Tanner Warren	FR	Utica	50.78 8
3 Andrew Hadasz	SR	Utica	50.87 6
4 Connor Dean	FR	Utica	51.04 4
5 Ben Lewis	JR	Nazareth	51.48 2
6 David Adadjo	JR	Sage	52.04 1
7 Jack Healy	FR	Nazareth	52.25

8 Rob Hartigan	SR	St. John Fisher	52.61
9 Evan Smith	FR	Utica	53.28
10 Mike Welch	SR	Nazareth	53.42
11 Joseph Nettles	JR	Nazareth	54.15
12 Noah Engel	JR	Nazareth	54.35
13 Joseph Catalano	SR	Hartwick	54.72
14 Dominic Harkness	SO	Sage	55.89

Men 800 Meter Run

Conference: 1:52.00 C 1/26/2018 Nick Stenuf
Meet: 1:54.91 M 2007 Nick Stenuf
Facility: 1:54.26 F 12/9/2016 Jeremy Hassett
AARTFC: 1:57.50 A

Name	Yr	School	Finals
Finals			
1 Amos Bixler	SO	Houghton	1:58.25 10
2 Cade Eells	JR	Nazareth	1:59.02 8
3 James Eustace	JR	Houghton	1:59.43 6
4 Gavin McAllister	SO	Nazareth	1:59.47 4
5 Cole Hastings	FR	Nazareth	2:00.74 2
6 Joe Cataldo	SO	Nazareth	2:01.22 1
7 Hayden Lohmann	SR	Utica	2:01.80
8 Tony DiRubbo	SR	St. John Fisher	2:02.34
9 Tristan Vargo	JR	Utica	2:02.36
10 Tobias Jeralds	SO	Utica	2:02.43
11 Myles Andersen	SR	St. John Fisher	2:02.51
12 Brennan Farr	FR	Nazareth	2:04.03
13 Kenny Williams	SR	Nazareth	2:04.18
14 Ben Lohmann	FR	Utica	2:04.86
15 Ethan Glashauser	SR	Nazareth	2:11.95
16 Evan Smith	FR	Utica	2:13.25
--- Jason Kincaid	SR	St. John Fisher	DNS

Men 1 Mile Run

Conference: 4:10.70 C 2009 Michael Hardbarger
Meet: 4:17.89 M 2/24/2018 Nick Zickgraf
Facility: 4:17.05 F 1/22/2016 Collin Mulcahy
AARTFC: 4:23.00 A

Name	Yr	School	Finals
Finals			
1 Cade Eells	JR	Nazareth	4:29.23 10
2 Amos Bixler	SO	Houghton	4:30.75 8
3 Nathan Bowers	SR	Nazareth	4:31.69 6
4 Bennett Melita	FR	Utica	4:33.56 4
5 Tony DiRubbo	SR	St. John Fisher	4:33.68 2
6 James Eustace	JR	Houghton	4:33.90 1
7 Anthony Leotta	SO	Utica	4:37.18
8 Kenny Williams	SR	Nazareth	4:42.18
9 Jodi Johnson	FR	Hartwick	4:42.91
10 Ethan Glashauser	SR	Nazareth	4:43.07
11 Jason Kincaid	SR	St. John Fisher	4:44.72
12 Forest Martin	FR	Utica	4:45.61
13 Joseph Santiago	FR	Utica	4:47.80
14 Jacob Taylor	FR	Alfred	4:48.73
15 Joshua Sandoval	JR	St. John Fisher	4:50.45
16 Nathan Canale	FR	St. John Fisher	4:55.64

Empire 8 Championships
Houghton University Kerr-Pegula Field House - 2/23/2024 to 2/24/2024
Results

Men 3000 Meter Run

Conference: 8:28.01 C 2/19/2011 William Way
Meet: 8:38.87 M 2007 Nate Lowe
Facility: 8:35.10 F 12/1/2023 Michael Brannigan
AARTFC: 8:47.00 A

Name	Yr	School	Finals
Finals			
1 Bennett Melita	FR	Utica	8:45.93A 10
2 Cade Eells	JR	Nazareth	8:50.47 8
3 Nathan Bowers	SR	Nazareth	8:50.82 6
4 Caleb Kasper	JR	Houghton	8:55.55 4
5 Ethan Billings	SR	St. John Fisher	8:57.49 2
6 Nate Kulp	JR	St. John Fisher	9:04.43 1
7 Riley Nash	JR	St. John Fisher	9:05.09
8 Zach Tucker	JR	Houghton	9:09.39
9 Jace Stuart	FR	St. John Fisher	9:11.07
10 Zachary Brown	SO	Utica	9:11.57
11 Ethan Kenyon	JR	Nazareth	9:12.20
12 Antonio Benitez	SO	Nazareth	9:15.47
13 Cam Almy	SO	Nazareth	9:22.00
14 Anthony Leotta	SO	Utica	9:22.38
15 Ben Allen	SO	Houghton	9:24.62
16 Sam Lyon	JR	Houghton	9:33.67
17 Joe Britschge	FR	Nazareth	9:37.30
--- Reid Hooker	SO	St. John Fisher	DNS

Men 5000 Meter Run

Conference: 14:42.12 C 2/22/2014 Michael Cahill
Meet: 14:48.42 M 2007 Nate Lowe
Facility: 14:38.19 F 12/1/2023 Michael Brannigan
AARTFC: 15:25.00 A

Name	Yr	School	Finals
Finals			
1 Caleb Kasper	JR	Houghton	15:25.14 10
2 Ethan Billings	SR	St. John Fisher	15:32.69 8
3 Zach Tucker	JR	Houghton	15:42.06 6
4 Jace Stuart	FR	St. John Fisher	15:51.05 4
5 Nathan Bowers	SR	Nazareth	15:55.93 2
6 Riley Nash	JR	St. John Fisher	15:59.77 1
7 Ben Allen	SO	Houghton	16:03.39
8 Cam Almy	SO	Nazareth	16:18.32
9 Reid Hooker	SO	St. John Fisher	16:32.89
10 Zachary Brown	SO	Utica	16:34.74
11 Antonio Benitez	SO	Nazareth	16:45.91
12 Joe Britschge	FR	Nazareth	16:52.08
13 Connor Jackson	SO	Nazareth	16:58.63
14 Sam Lyon	JR	Houghton	17:08.61
15 Ben Bellingier	FR	Utica	17:14.29
16 Yuner Sesmas	JR	Alfred	18:05.67

Men 60 Meter Hurdles

Conference: 8.02 C 2/28/2020 Eddie Mahana
Meet: 8.02 M 2020 Eddie Mahana
Facility: 8.02 F E Mahana/C Ononiwu
AARTFC: 8.60 A

Name	Yr	School	Prelims
Preliminaries			
1 Kaleb Luton	SR	Nazareth	A 8.04Q
2 Connor McCauslin	SR	Nazareth	A 8.56Q
3 John Ruggio	SR	St. John Fisher	8.76q
4 Trenton Wynn	SR	St. John Fisher	8.84q
5 Aaron Lund	SO	Nazareth	8.99q
6 Holden Thomas	SO	Nazareth	9.02q
7 Justin Valentin	SR	Utica	9.05q
8 Avery Belanger	SO	Houghton	9.17q
9 Luca Montesano	FR	Hartwick	9.18
10 Kyle Coyne	FR	Sage	9.32
11 Ryan DeShane	SO	Nazareth	9.33
12 Carlton Barnes	FR	Nazareth	9.43
13 Luke Defio	JR	St. John Fisher	9.50
--- Bryan Reeves	FR	Utica	DNS

Men 60 Meter Hurdles

Conference: 8.02 C 2/28/2020 Eddie Mahana
Meet: 8.02 M 2020 Eddie Mahana
Facility: 8.02 F E Mahana/C Ononiwu
AARTFC: 8.60 A

Name	Yr	School	Finals
Finals			
1 Kaleb Luton	SR	Nazareth	8.01C 10
2 Connor McCauslin	SR	Nazareth	8.53A 8
3 Aaron Lund	SO	Nazareth	8.76 6
4 Trenton Wynn	SR	St. John Fisher	8.76 4
5 Holden Thomas	SO	Nazareth	8.95 2
6 Justin Valentin	SR	Utica	8.96 1
7 Avery Belanger	SO	Houghton	9.20
8 John Ruggio	SR	St. John Fisher	9.24

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: 3:21.93 F 2/23/2019 Geneseo
G Faulkner, K Sheridan, E Bellante, S Ferris
AARTFC: 3:27.00 A

Team	Relay	Finals
Finals		
1 Utica		3:24.52A 10
1) Tanner Warren FR	2) Connor Dean FR	
3) Jonathan Simmons JR	4) Andrew Hadasz SR	
2 Nazareth		3:28.67 8
1) Ben Lewis JR	2) Mike Welch SR	
3) Jack Healy FR	4) Gavin McAllister SO	

Empire 8 Championships
Houghton University Kerr-Pegula Field House - 2/23/2024 to 2/24/2024
Results

Finals ... (Men 4x400 Meter Relay)

Team	Relay	Finals
3 Houghton		3:35.31 6
1) James Eustace JR	2) Evan Kurtz JR	
3) Andrew Ryan SO	4) Amos Bixler SO	
4 St. John Fisher		3:35.68 4
1) Luke Defio JR	2) Tony DiRubbo SR	
3) John Ruggio SR	4) Rob Hartigan SR	
5 Alfred		3:37.79 2
1) John Wendt JR	2) Max Rasilla JR	
3) Riley Ciamarra FR	4) Finnegan Dean SO	
6 Hartwick		3:37.81 1
1) Joseph Catalano SR	2) Marquis Jones-Mckinney FR	
3) Hans Higgins FR	4) Patrick Conteh SO	
7 Sage		3:49.02
1) Dominic Harkness SO	2) Chris Pellegrini SO	
3) Stephen Fleury SO	4) David Adadjo JR	

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: 10:29.93 F 2/22/2019 Oneonta

M Palmer, C Brown, S Ryan, R O'Rourke

AARTFC: 10:40.00 A

Team	Relay	Finals
1 Utica		10:43.37 10
1) Tobias Jeralds SO	2) Jonathan Simmons JR	
3) Timothy Jeralds FR	4) Bennett Melita FR	
2 Nazareth		10:45.07 8
1) Brennan Farr FR	2) Cole Hastings FR	
3) Gavin McAllister SO	4) Ethan Kenyon JR	
3 Alfred		11:00.57 6
1) Jacob Taylor FR	2) John Wendt JR	
3) Kevin Flint JR	4) Finnegan Dean SO	
4 St. John Fisher		11:02.17 4
1) Nate Kulp JR	2) Rob Hartigan SR	
3) Tony DiRubbo SR	4) Myles Andersen SR	
5 Houghton		11:18.09 2
1) Amos Bixler SO	2) Andrew Ryan SO	
3) Sam Cobb FR	4) Luke Ellis FR	
6 Hartwick		11:55.43 1
1) Frank Guenther FR	2) Marquis Jones-Mckinney FR	
3) Hans Higgins FR	4) Jodi Johnson FR	
7 Sage		13:01.75
1) Isaac Langer JR	2) Stephen Fleury SO	
3) Jacob Haynes JR	4) Chris Pellegrini SO	

Men High Jump

Conference: 2.15m C 2/7/2020 Kyle Rollins

Meet: 2.09m M 2/26/2022 Kyle Rollins

Facility: 2.07m F 12/13/2019 Kyle Rollins

AARTFC: 1.92m A

Name	Yr	School	Finals
Finals			
1 Sean Cochrane	SR	St. John Fisher	2.07mF 10
2 Bryant DePaull	SO	St. John Fisher	1.86m 8
3 Griffin Killian	FR	St. John Fisher	1.83m 6
4 Kyle Reid	JR	Nazareth	1.83m 4
5 Connor Dean	FR	Utica	1.83m 2
6 Theodore Tsamis	FR	Utica	1.73m 0.2
6 Marquis Jones-Mckinney	FR	Hartwick	1.73m 0.2
6 Gabe Wilson	SO	Nazareth	1.73m 0.2
6 Andrew Wieder	SR	Utica	1.73m 0.2
6 David Argentieri	FR	St. John Fisher	1.73m 0.2
11 Andrew Ryan	SO	Houghton	1.73m
12 Cooper Jones	JR	Utica	1.73m
12 Kuyler Coffin	SO	St. John Fisher	1.73m
14 Jason Marchincin	SO	Nazareth	1.68m
--- Louis Pinto	FR	Utica	DNS

Men Pole Vault

Conference: 5.16m C 3/4/2011 Michael Dempsey

Meet: 4.75m M 2010 Michael Dempsey

Facility: 5.30m F 12/13/2019 Zachary Ferrara

AARTFC: 4.45m A

Name	Yr	School	Finals
Finals			
1 Hayden Penna	FR	St. John Fisher	4.55mA 10
2 Jack Pomykaj	SO	Nazareth	4.45mA 8
3 Jason Bletsco	SO	Nazareth	4.15m 6
4 Andrew Wieder	SR	Utica	3.55m 4
5 Carter Buckman	FR	Alfred	3.40m 2
6 Aaron Lund	SO	Nazareth	3.25m 1

Men Long Jump

Conference: 7.36m C 3/9/2018 Mark VanMarter

Meet: 7.20m M 2010 Kyle Devins

Facility: 7.17m F 12/8/2017 Mark VanMarter

AARTFC: 6.65m A

Name	Yr	School	Finals
Finals			
1 Matthew Stasiw	SR	St. John Fisher	6.68mA 10
2 Connor Dean	FR	Utica	6.58m 8
3 Gabe Wilson	SO	Nazareth	6.49m 6
4 Sean Cochrane	SR	St. John Fisher	6.43m 4
5 Adam Reifsteck	SO	Nazareth	6.41m 2
6 Kaleb Luton	SR	Nazareth	6.40m 1
7 Bryant DePaull	SO	St. John Fisher	6.31m
8 Jack Pomykaj	SO	Nazareth	6.27m
9 Avery Belanger	SO	Houghton	6.22m
10 Corey Quomony	JR	Hartwick	6.16m
11 Jason Weng	SO	St. John Fisher	6.07m

Empire 8 Championships
Houghton University Kerr-Pegula Field House - 2/23/2024 to 2/24/2024
Results

Finals ... (Men Long Jump)

	Name	Yr	School	Finals
12	Kyle Reid	JR	Nazareth	6.04m
13	Andrew Ryan	SO	Houghton	6.01m
14	Matthew Murphy	FR	Utica	5.86m
15	Robert Jackson	FR	Utica	5.71m
16	Byamungu Mugushu	SR	Utica	5.66m
17	Carlton Ganes	FR	Nazareth	5.13m

Men Triple Jump

Conference: 14.83m C 3/8/2019 Clarence Skipper

Meet: 14.55m M 2019 Ka'Sean Watlington

Facility: 14.52m F 2/29/2020 Kyle Rollins

AARTFC: 13.40m A

	Name	Yr	School	Finals
Finals				
1	Avery Belanger	SO	Houghton	13.34m 10
2	Kaleb Luton	SR	Nazareth	13.04m 8
3	Gabe Wilson	SO	Nazareth	12.95m 6
4	Connor Dean	FR	Utica	12.72m 4
5	Noah Dueker	FR	St. John Fisher	12.71m 2
6	Trenton Wynn	SR	St. John Fisher	12.67m 1
7	David Adadjo	JR	Sage	12.32m
8	Matthew Murphy	FR	Utica	12.24m
9	Ryan DeShane	SO	Nazareth	11.71m
---	Carlton Ganes	FR	Nazareth	FOUL
---	Adam Reifsteck	SO	Nazareth	DNS

Men Shot Put

Conference: 17.50m C 3/8/2019 Keanu Headram

Meet: 16.53m M 2019 Keanu Heedram

Facility: 17.01m F 12/2/2022 Jonathan Surdej

AARTFC: 14.40m A

	Name	Yr	School	Finals
Finals				
1	Hunter Logan	JR	Utica	16.01mA 10
2	Billie Mays III	JR	Utica	14.13m 8
3	Justin Swavely	JR	Utica	13.91m 6
4	Jason Crocker	SO	Alfred	13.65m 4
5	Michael McNeil	JR	Utica	13.47m 2
6	Brandon Kaplan	SO	St. John Fisher	12.81m 1
7	Michael Rollins	JR	Utica	12.77m
8	Joey Curr	SO	St. John Fisher	12.55m
9	Jay Brown	JR	Utica	12.14m
10	Daimel Fowler	FR	Alfred	12.12m
11	Antwan Kelly	SR	Utica	11.91m
12	Isaiah Anighoro	FR	Utica	11.80m
13	Preston Guynup	SO	Alfred	11.62m
14	Andrew Parnapy	JR	Alfred	11.55m
15	David Dobrowolski	FR	Nazareth	11.50m
16	Edward Haeffer	FR	Utica	11.34m
17	Thomas Dunn	JR	Utica	10.82m
18	James Adams	FR	Hartwick	10.73m

Men Weight Throw 35 lb.

Conference: 20.45m C 3/11/2016 Luis Rivera

Meet: 18.84m M 2/13/2016 Luis Rivera

Facility: 20.41m F 1/19/2018 Luis Rivera

AARTFC: 15.50m A

	Name	Yr	School	Finals
Finals				
1	Antwan Kelly	SR	Utica	17.75mA 10
2	Brandon Kaplan	SO	St. John Fisher	16.29mA 8
3	Spencer Borghardt	SO	Utica	15.52mA 6
4	Justin Swavely	JR	Utica	15.20m 4
5	Jack Bickford	SR	St. John Fisher	14.85m 2
6	David Dobrowolski	FR	Nazareth	14.73m 1
7	Andrew Parnapy	JR	Alfred	14.04m
8	Billie Mays III	JR	Utica	13.62m
9	Joshua Talbot	SO	Utica	13.53m
10	Hunter Logan	JR	Utica	13.49m
11	Kenneth Berlin	JR	Alfred	13.24m
12	Mark Brown	SR	Utica	13.09m
13	Gavin Grinnell	SO	St. John Fisher	13.05m
14	Jason Crocker	SO	Alfred	13.00m
15	Declan Murphy	SO	Nazareth	12.90m
16	Michael Rollins	JR	Utica	11.96m
---	Joey Curr	SO	St. John Fisher	FOUL

Heptathlon: #1 Men 60 Meter Dash Heptathlon

Meet: 7.29 M 2/24/2023 Jack Pomykaj

	Name	Yr	School	Finals
Finals				
1	Jack Pomykaj	SO	Nazareth	7.25M 796
2	Jeffrey Forkhamer	FR	Utica	7.44 732
3	Holden Thomas	SO	Nazareth	7.53 703
4	Andrew Wieder	SR	Utica	7.57 690
5	Ryan DeShane	SO	Nazareth	7.68 656
6	Carter Buckman	FR	Alfred	7.69 653
7	Aaron Lund	SO	Nazareth	7.73 640
8	Theodore Tsamis	FR	Utica	7.75 634

Heptathlon: #7 Men 1000 Meter Run Heptathlon

Meet: 2:53.88 M 2/24/2023 Aaron Lund

	Name	Yr	School	Finals
Finals				
1	Andrew Wieder	SR	Utica	2:56.44 700
2	Aaron Lund	SO	Nazareth	2:56.48 699
3	Jack Pomykaj	SO	Nazareth	3:03.88 627
4	Carter Buckman	FR	Alfred	3:07.01 597
5	Theodore Tsamis	FR	Utica	3:08.51 583
6	Holden Thomas	SO	Nazareth	3:09.59 573
7	Jeffrey Forkhamer	FR	Utica	3:27.59 419
8	Ryan DeShane	SO	Nazareth	3:32.10 384

Empire 8 Championships
Houghton University Kerr-Pegula Field House - 2/23/2024 to 2/24/2024
Results

Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

Meet: 8.75 M 2/24/2023 Aaron Lund

Name	Yr	School	Finals
Finals			
1 Aaron Lund	SO	Nazareth	8.82 786
2 Holden Thomas	SO	Nazareth	9.05 735
3 Jack Pomykaj	SO	Nazareth	9.26 690
4 Jeffrey Forkhamer	FR	Utica	9.42 656
5 Ryan DeShane	SO	Nazareth	9.56 627
6 Andrew Wieder	SR	Utica	9.79 581
7 Carter Buckman	FR	Alfred	9.84 572
8 Theodore Tsamis	FR	Utica	11.16 343

Heptathlon: #4 Men High Jump Heptathlon

Meet: 1.82m M 2/24/2023 Malachi Yeager

Name	Yr	School	Finals
Finals			
1 Andrew Wieder	SR	Utica	1.82mM 644
2 Theodore Tsamis	FR	Utica	1.76m 593
3 Aaron Lund	SO	Nazareth	1.61m 472
3 Jack Pomykaj	SO	Nazareth	1.61m 472
3 Jeffrey Forkhamer	FR	Utica	1.61m 472
6 Ryan DeShane	SO	Nazareth	1.58m 449
6 Holden Thomas	SO	Nazareth	1.58m 449
8 Carter Buckman	FR	Alfred	1.52m 404

Heptathlon: #6 Men Pole Vault Heptathlon

Meet: 4.00m M 2/24/2023 Malachi Yeager

Name	Yr	School	Finals
Finals			
1 Jack Pomykaj	SO	Nazareth	4.45mM 746
2 Andrew Wieder	SR	Utica	3.65m 522
3 Carter Buckman	FR	Alfred	3.25m 418
3 Aaron Lund	SO	Nazareth	3.25m 418
5 Holden Thomas	SO	Nazareth	3.15m 393
6 Theodore Tsamis	FR	Utica	2.95m 345
7 Jeffrey Forkhamer	FR	Utica	2.85m 321
8 Ryan DeShane	SO	Nazareth	2.45m 231

Heptathlon: #2 Men Long Jump Heptathlon

Meet: 6.39m M 2/24/2023 Malachi Yeager

Name	Yr	School	Finals
Finals			
1 Jack Pomykaj	SO	Nazareth	6.17m 624
2 Andrew Wieder	SR	Utica	6.01m 589
2 Aaron Lund	SO	Nazareth	6.01m 589
4 Theodore Tsamis	FR	Utica	5.74m 531
5 Holden Thomas	SO	Nazareth	5.63m 508
6 Carter Buckman	FR	Alfred	5.62m 506
7 Ryan DeShane	SO	Nazareth	5.55m 492
8 Jeffrey Forkhamer	FR	Utica	5.42m 465

Heptathlon: #3 Men Shot Put Heptathlon

Meet: 12.54m M 2/24/2023 Cole DeKing

Name	Yr	School	Finals
Finals			
1 Andrew Wieder	SR	Utica	10.82m 535
2 Aaron Lund	SO	Nazareth	10.65m 525
3 Ryan DeShane	SO	Nazareth	9.84m 476
4 Jack Pomykaj	SO	Nazareth	9.40m 450
5 Jeffrey Forkhamer	FR	Utica	8.51m 397
6 Carter Buckman	FR	Alfred	8.42m 391
7 Theodore Tsamis	FR	Utica	8.29m 384
8 Holden Thomas	SO	Nazareth	7.94m 363

Men Heptathlon

Conference: 5093 C 3/14/2015 Devin Cornelius

Meet: 4464 M 2/24/2023 Malachi Yeager

Facility: 4935 F 2/17/2017 Hayden Ashley

AARTFC: 3900 A

Name	Yr	School	Finals
Finals			
1 Jack Pomykaj	SO	Nazareth	4405A 10
2 Andrew Wieder	SR	Utica	4261A 8
3 Aaron Lund	SO	Nazareth	4129A 6
4 Holden Thomas	SO	Nazareth	3724 4
5 Carter Buckman	FR	Alfred	3541 2
6 Jeffrey Forkhamer	FR	Utica	3462 1
7 Theodore Tsamis	FR	Utica	3413
8 Ryan DeShane	SO	Nazareth	3315