

2013

Empire 8
Indoor Track & Field
Championships

Saturday, Jan. 26
Glazer Arena • Athletics & Events Center
Ithaca College • Ithaca, N.Y.



Alfred University Saxons

Men's Roster

Name	Class	High School	Hometown
Timothy Angel	Fr.	Ithaca	Brooktondale, N.Y.
Tchabelino Azimyt	Fr.	A. Philip Randolf	New York, N.Y.
Randy Brito	Sr.	Cardinal Hayes	New York, N.Y.
Ben Campbell	Fr.	Letchworth	Gainesville, N.Y.
Isaiah Cassin	Jr.	Candor	Candor, N.Y.
Taylor Drake	Fr.	Candor	Candor, N.Y.
Derek Echevarria	Sr.	Cardinal Hayes	New York, N.Y.
Nathan Epolito	Fr.	Depew	Depew, N.Y.
Mykel Ferguson	Jr.	Greece Olympia	Rochester, N.Y.
Ethan Foster	Fr.	Bolivar-Richburg	Bolivar, N.Y.
Jeremy Franclemont	Jr.	Perry	Perry, N.Y.
Bryce Glotz	Fr.	Youngsville	Youngsville, Pa.
Arthur Gross	Jr.	Hyde Park	Hyde Park, N.Y.
Roberto Hernandez	Jr.	Bronx Academy of Letters	Bronx, N.Y.
Mark Howeand	Fr.	Vestal	Vestal, N.Y.
Cai Huang	Jr.		Utica, N.Y.
Derrick Hunter	Jr.	Arlington	LaGrangeville, N.Y.
Patrick Karngbaye	Fr.	Sherwood	Olny, Md.
Desmond Lewis	Jr.	Hume Fogg Academy	Brentwood, Tenn.
Bryce Lloyd	Fr.	Sharon Academy	Hartland, Vt.
Sean Locker	So.	Corning-Painted Post West	Corning, N.Y.
Chris Lopez	Sr.	Pittsford Sutherland	Rochester, N.Y.
Lucas Marshall	So.	Windsor	Windsor, N.Y.
Terel Marshburn	So.	Elmira Free Academy	Elmira, N.Y.
Gregory Matos	Fr.	Eng. Lang. Learners,Int'l Support Prep	Bronx, N.Y.
James Mule	Fr.	Cuba Rushford	Rushford, N.Y.
Dylan Muller	Fr.	Cazenovia	Cazenovia, N.Y.
Stefan Nonnenmann	Sr.	New Providence	New Providence, N.J.
Jason Osborne	Jr.	Liverpool	Liverpool, N.Y.
Eddie Potter	Jr.	Lansing	Lansing, N.Y.
Joshua Ross	Fr.	Ticonderoga	Ticonderoga, N.Y.
Nolan Rummel	So.	Kings Park	Kings Park, N.Y.
Erick Selzo	Sr.	Oneonta	Shokan, N.Y.
Kiel Skelly	So.	Lisbon	Lisbon, N.Y.
Shane Stadtmueller	Sr.	Red Creek	Red Creek, N.Y.
Jeremy Weaver	Sr.	Lancaster Catholic	Lancaster, Pa.

Head Coach: Bill Sortore

Alfred University Saxons

Women's Roster

Name	Class	High School	Hometown
Patricia Banahene	So.	Brighton	Rochester, N.Y.
Kelly-Jo Beck	Sr.	York	York, N.Y.
Kylie Bierman	Fr.	Wellsville	Wellsville, N.Y.
Kari Blatz	Sr.	North Babylon	North Babylon, N.Y.
Shameeka Bromfield	Fr.	Peace and Diversity Academy	Bronx, N.Y.
Kirstin Cook	Sr.	Kenmore East	Tonawanda, N.Y.
Shannon Dalton	Fr.	Frontier	Hamburg, N.Y.
Destinee De La Cruz	So.	Collaborative Studies	New York, N.Y.
Liz De Monte	Jr.	Walt Whitman	Melville, N.Y.
Katherine Fitz	Fr.	Garden Spot	New Holland, Pa.
Morgan Flick	Fr.	Honeoye	Honeoye, N.Y.
Tracie Forrester	So.	Letchworth	Gainesville, N.Y.
Kylee Gaier	Fr.	Quakertown Community	Quakertown, Pa.
Alyssa Goot	So.	Fredonia	Cassadaga, N.Y.
Rebecca Graudons	Jr.	Mayfield	Mayfield, N.Y.
Chelsea Hall	Jr.	Grand Island	Grand Island, N.Y.
Miasia Hillman	So.	Hutchinson Tech	Buffalo, N.Y.
Jennifer Kirsch	Jr.	Penfield	Penfield, N.Y.
Jordyn Larkins	Sr.	Harley-Allendale-Columbia	Rochester, N.Y.
Kelly McNamara	Jr.	Tri-Valley	Hurleyville, N.Y.
Jennifer Miranda	Sr.	Bronx Academy of Letters	Bronx, N.Y.
Amy Morrissey	Sr.	Hornell	Hornell, N.Y.
Corine Pettit	Jr.	Holland	Strykersville, N.Y.
Taylor Roberge	Sr.	Biddeford	Biddeford, Maine
Samantha Scott	Fr.	Wayland-Cohocton	Wayland, N.Y.
Catherine Sponn	So.	Grand Island	Grand Island, N.Y.
Dhanlleline Vargas	Fr.	Economics and Finance	Bronx, N.Y.
Samantha Wood	Jr.	Newfield	Newfield, N.Y.

Head Coach: Bill Sortore

Houghton College Highlanders*

Men's Roster

Name	Class	High School	Hometown
William (Spencer) Adams	Jr.	Preston	Cambridge, Ontario
Kyle Austin	Sr.	Long Lake	Long Lake, N.Y.
Daniel Buckley	Fr.	Ogdensburg	Ogdensburg, N.Y.
Alexander Buszka	Fr.		
Jordan Cady	Fr.	Dundee	Dundee, N.Y.
Jack Estes	Fr.	Belmont	Belmont, N.H.
Josiah Evans	Fr.		
Aaron Fitzgerald	Jr.	Cameron Africa	Houghton, N.Y.
Mitch Galusha	Sr.	Houghton Academy	Johnsburg, N.Y.
Ian Gates	Sr.	Nyack	Nyack, N.Y.
Austin Groff	Fr.	Penn Manor	Millersville, Pa.
Jamin Knowlton	Sr.	Medina	Medina, N.Y.
Jonathan Lewis	Fr.	North Towanada	Tonawanda, N.Y.
Andrew McGinnis	Jr.	Brockport	Brockport, N.Y.
Justin Moser	Sr.	Loweville	Loweville, N.Y.
Luke Ogden	So.	Cumberland Valley	Mechanicsburg, Pa.
Steve Piazza	So.	Lytle	Lytle, Texas
Nick Quigley	Jr.	East Aurora	East Aurora, N.Y.
David Richards	So.	Cobleskill	Cobleskill, N.Y.
Zachary Smalley	Sr.	Homeschool	Houghton, N.Y.
Matthew Swanson	Sr.		Quakertown, Pa.

Head Coach: Matthew Dougherty

**2011-12 roster; the 2012-13 roster is unavailable at this time*

Houghton College Highlanders*

Women's Roster

Name	Class	High School	Hometown
Jessica Austin	Sr.	Homer Central	
Cydney Blong	Jr.	Mynderse Academy	Seneca Falls, N.Y.
Danielle Brenon	Sr.	Maine Endwell	Endwell, N.Y.
Adria Bridgewood	Jr.	Nauset Regional	Brewster, Mass.
Courtney Coiro	Sr.	Cornerstone Chrisian Acadamy	Mentor, Ohio
Cara Davenport	Fr.	Salem	Salem, N.J.
Emilie Edwards	So.	Albion	Albion, N.Y.
Alyssa Figueroa	So.	Timothy Christian	Piscataway, N.J.
Emylianne Fujirmura	Jr.	Fairport	Fairport, N.Y.
Chelsea Hafner	Jr.	Oyster River	Durham, N.H.
Annelise Hein	Jr.	Mechanicsburg	Mechanicsburg, Pa.
Hannah Jennings	Jr.	R.J. Reynolds	Eden, N.Y.
Samantha Juber	So.	Ledyard	Ledyard, Conn.
Jillian Lewis	Jr.	Phoenix	Phoenix, N.Y.
Danielle Lyndsley	Fr.	Eden	Eden, N.Y.
Brandy Maas	Jr.	Camden	Portsmouth, Va.
Elizabeth Mason	Sr.	East Aurora	East Aurora, N.Y.
Savanna McCafferty Doviak	Fr.	Longwood	Shirley, N.Y.
Andrea Melhorn	Fr.	Donegal	Mount Joy, Pa.
Emily Mertzlufft	Fr.	Lancaster Central	Lancaster, N.Y.
Sarah Munkittrick	So.	Ottawa	Ottawa, Ontario
Lauren Niswander	Jr.	Revere	Peninsula, Ohio
Megan Platt	Sr.	Wayne Valley	Wayne, N.J.
Emily Post	Fr.	Pennridge	
Emily Raczelowski	Fr.		Westford, Mass.
Andiann Sidell	So.	Bishop Fenwick	Glouster, Mass.
Katherine Spaulding	So.	Pennridge	Pembroke, Mass.
Amy Stoddard	Fr.	Elizabethtown	
Mary Strand	Fr.	Falconer	Falconer, N.Y.
Alexa Thayer	Sr.	Faith Heritage School	Syracuse, N.Y.
Olivia Tyrell	Jr.	Christian Heritage School	Huntington, Conn.
Leah Williams	So.	South Jefferson	Adams Center, N.Y.

Head Coach: Matthew Dougherty

**2011-12 roster; the 2012-13 roster is unavailable at this time*

Ithaca College Bombers

Men's Roster

Name	Class	High School	Hometown
Anthony Altobelli	So.	Ichabod Crane	Kinderhook, N.Y.
Taylor Appel	So.	West Morris Mendham	Mendham, N.J.
Rad Arrindell	Sr.	Fordham Prep	New York, N.Y.
Niko Athanasatos	So.	Valhalla	Valhalla, N.Y.
Devin Bailey	Fr.	Mount Saint Michael Academy	New York, N.Y.
Rashaad Barrett	So.	Connetquot	Bohemia, N.Y.
Reid Beattie	So.	South Glens Falls	South Glens Falls, N.Y.
Shai Ben-Dor	Fr.	Goshen	New Hampton, N.Y.
Nathan Bickell	Sr.	Annapolis	Annapolis, Md.
Larkin Bohanan	Fr.	East Aurora	East Aurora, N.Y.
Josh Bray	So.	Hilton	Hilton, N.Y.
Jason Christopherson	Fr.	Auburn	Auburn, N.Y.
Connor Cleveland	Fr.	Newark Valley	Newark Valley, N.Y.
Matt Confer	Sr.	Webster Schroeder	Webster, N.Y.
Tyler Curtis	So.	Vernon-Verona-Sherrill	Sherrill, N.Y.
John Luis Damaskos	Jr.	Port Jefferson	Port Jefferson, N.Y.
Kevin Davis	So.	Camden	Camden, N.Y.
Steve Derderian	So.	Uxbridge	Uxbridge, Mass.
Dane Eckweiler	Fr.	Wheeler	Valparaiso, Ind.
Brennan Edmonds	Jr.	Charles O. Dickerson	Ithaca, N.Y.
Steven Episcopo	So.	East Syracuse-Minoa	East Syracuse, N.Y.
Matt Femia	So.	Vernon-Verona-Sherrill	Sherrill, N.Y.
David Geary	Sr.	Brighton	Rochester, N.Y.
Jevaughn Gibbs	Fr.	Windham	Windham, Maine
Stephen Gomez	Fr.	Nauset Regional	Orleans, Mass.
De'Marquis Graves	Fr.	Ithaca	Ithaca, N.Y.
Ben Grove	Fr.	Boiling Springs	Boiling Springs, Pa.
Andy Hazelnis	Fr.	Liberty	Sheldrake, N.Y.
Jeff Hejna	Fr.	Iroquois	Elma, N.Y.
Jake Heyman	Sr.	Lower Merion	Wynnewood, Pa.
Sawyer Hitchcock	Fr.	Hamilton Southeastern	Fishers, Ind.
Marcus Hogan	So.	Homewood-Flossmoor	Flossmoor, Ill.
Sam Horwath	Jr.	Kutztown	Kutztown, Pa.
Whit Ives	Fr.	Charles O. Dickerson	Ithaca, N.Y.
Debo Johnson	Fr.		Ikoyi Lagos, Nigeria
Matt Kastler	Sr.	Walter Johnson	Bethesda, Md.
Brandon Leary	Fr.	Horseheads	Elmira, N.Y.
Chris Lotsbom	Sr.	Walpole	Walpole, Mass.
Ninjong Lu	Sr.	Taipei American School	Taipei, Taiwan
Kyle MacKinnon	So.	Marlborough	Marlborough, Mass.
Brian Maley	Sr.	Ithaca	Ithaca, N.Y.
Mason Mann	So.	Keene	Keene, N.H.
Aaron Matthias	Fr.	Rye	Rye, N.Y.
E.A. McCheyne	Sr.	South Seneca	Interlaken, N.Y.
Zack Mitchell	Jr.	Bishop Feehan	Rehoboth, Mass.
Jarrod Monacelli	Jr.	Hereford	Parkton, Md.
Malcolm Nelson	Fr.	Guilderland	Guilderland, N.Y.
Ndue Palushi	Fr.	Stissing Mountain	Pine Plains, N.Y.
Sterling Payne	So.	Owego Free Academy	Apalachin, N.Y.
Dennis Ryan	So.	Coventry	Coventry, R.I.
Billy Savage	Sr.	Indian Hills	Oakland, N.J.
Alex Schneider	Fr.	Edmund Burke School	Rockville, Md.
Zane Scott	Fr.	Victor	Victor, N.Y.
Zane Shephard	Fr.	Horseheads	Big Flats, N.Y.
Jordan Smith	Fr.	Strath Haven	Media, Pa.
Chris Stremmel	Jr.	Lower Dauphin	Grantville, Pa.
Alec Svoboda	Sr.	Bayport-Blue Point	Bayport, N.Y.
Ian Tapler	Sr.	Guilderland	Schnectady, N.Y.
Jason Taylor	Fr.	Columbia	East Greenbush, N.Y.
Ben Van De Water	Sr.	Hamburg	Orchard Park, N.Y.
Mark Vorensky	Sr.	Metuchen	Metuchen, N.J.
Malcolm Wilber	Fr.	Monument Mountain	New Marlborough, Mass.
Brendan Wilkins	Jr.	Stonington	Pawcatuck, Conn.
Jake Willis	Jr.	Gorham	Gorham, Maine

Head Coach: Jim Nichols

Ithaca College Bombers

Women's Roster

Name	Class	High School	Hometown
Elaine Abdulky	Jr.	Ithaca	Ithaca, N.Y.
Kim Allen	Jr.	Middletown	Middletown, N.Y.
Erica Bachand	Fr.	Cranston East	Cranston, R.I.
Ruby Benn	So.	Francis Lewis	Corona, N.Y.
Christine Benway	So.	Queensbury	Queensbury, N.Y.
Opal Jessica Bogdan	Fr.	Broadalbin-Perth	Broadalbin, N.Y.
Gena Bradshaw	So.	St. Anthony's	Westbury, N.Y.
Rachel Brown	Jr.	Vernon-Verona-Sherrill	Vernon, N.Y.
Meghan Cass	So.	Edison	Huntington Beach, Calif.
Annmarie Charno	Sr.	Plainedge	Seaford, N.Y.
Martyann Chromik	Jr.	Naugatuck	Naugatuck, Conn.
Michaela Cioffredi	Fr.	Lebanon	Lebanon, N.H.
Cassandra Clark	Sr.	Camden	Camden, N.Y.
Hillary Cox	Sr.	Honeoye Falls-Lima	Honeoye Falls, N.Y.
Biancha Davis	So.	Southwest Atlanta Christian Academy	Mableton, Ga.
Megan Davis	Fr.	Algonquin Regional	Southborough, Mass.
Eliza Dewart	Fr.	Barker	Barker, N.Y.
Anastasia Diamond	So.	Pennsbury	Yardley, Pa.
Rachel Doane	Fr.	Boonsboro	Hagerstown, Md.
Lizzi Dowling	Fr.	Hanover	Hanover, Mass.
Dominique Falcone	Fr.	Rye Neck	Mamaroneck, N.Y.
Anna Fay	Fr.	Keene	Marlow, N.H.
Rachel Friedman	So.	Rondout Valley	Stone Ridge, N.Y.
Colleen Garman	Sr.	Seymour	Seymour, Conn.
Sydney Glenn	Fr.	Dulaney	Hunt Valley, Md.
Carly Graham	Sr.	West Genesee	Syracuse, N.Y.
Harmony Graves	So.	Ithaca	Ithaca, N.Y.
Brittany Greene	So.	Mansfield	Mansfield, Mass.
Kelsey Hansen	Fr.	Strath Haven	Swarthmore, Pa.
Mary Claire Hartford	So.	Washingtonville	Washingtonville, N.Y.
Alexandra Heinkel	Jr.	Bishop Eustace Prep	Sewell, N.J.
Ebonie Howard	Sr.	North Country Union	North Troy, Vt.
Tammia Hubbard	Sr.	Sacred Heart Cathedral Prep	San Francisco, Calif.
Trisha Ignatowski	So.	Wheatland Chili	Scottsville, N.Y.
Kathryn Jordan	Fr.	Lansing	Lansing, N.Y.
Christine Kelly	Fr.	Rondout Valley	Stone Ridge, N.Y.
Emily Krakowski	Fr.	Bohemia Manor	Chesapeake City, Md.
Alex Lewis	So.	Montrose Area	Montrose, Pa.
Emily Lowe	Sr.	Chenango Forks	Binghamton, N.Y.
Carolyn Malone	So.	Eastridge	Rochester, N.Y.
Angela Mammino	So.	Olympia	Rochester, N.Y.
Leigh Martino	So.	Windsor Central	Windsor, N.Y.
Shannon Meehan	Jr.	Hereford	Upperco, Md.
Shealyn Misiewicz	Fr.	Cherry Valley Springfield	Springfield, N.Y.
Kassie Moore	So.	Scotch Plains-Fanwood	Scotch Plains, N.J.
Megan Morris	So.	Cicero-North Syracuse	Cicero, N.Y.
Cally Moules	So.	Billerica Memorial	Bellerica, Mass.
Allie Nugent	Fr.	Haddonfield Memorial	Haddonfield, N.J.
Danielle Piazza	Jr.	North Penn	Lansdale, Pa.
Kristen Pompey	Fr.	Algonquin Regional	Southborough, Mass.
Kayla Prior	Fr.	Newton North	Newton, Mass.
Jenn Randall	Sr.	Cincinnatus Central	Cincinnatus, N.Y.
Alex Rechen	Fr.	Simsbury	Simsbury, Conn.
Alexa Rick	So.	Elyria Catholic	Elyria, Ohio
Amanda Rissmeyer	Sr.	Watchung	Millington, N.J.
Carleigh Rosenberg	Fr.	Ballston Spa	Malta, N.Y.
Rachelle Sartori	Fr.	Joliet Catholic Academy	Joliet, Ill.
Emilia Scheemaker	So.	Scarborough	Scarborough, Maine
Emily Smith	So.	Orchard Park	Orchard Park, N.Y.
Rachel Spirito	Sr.	South Kingston	West Kingston, R.I.
Kristina Stockburger	So.	Montgomery	Belle Mead, N.J.
Kristen Swanson	So.	Timberland Regional	Atkinson, N.H.
Corrine Taylor	So.	Auburn	Auburn, N.Y.
Rachael Travers	Jr.	Pentucket Regional	Haverhill, Mass.
Colleen Vaughn	Fr.	Jefferson Township	Hopatcong, N.J.
Sarah Werner	Fr.	Northampton	Bath, Pa.
Emily Williams	Fr.	Waltham	Waltham, Mass.
Sarah Woychick	Fr.	Penfield	Penfield, N.Y.
Hannah Wright	So.	Kennett	Tamworth, N.H.
Alyssa Wu	Jr.	Washingtonville	Washingtonville, N.Y.
Emily Ziegler	Fr.	Attica	Attica, N.Y.
Brooke Zimmerman	Fr.	Lewisburg	New Columbia, Pa.

Head Coach: Jennifer Potter

Nazareth College Golden Flyers

Men's Roster

Name	Class	High School	Hometown
Matt Fedrizzi	Jr.	Solvay	Syracuse, N.Y.
Khiary Gayle	Fr.	Skaneateles	Syracuse, N.Y.
Jeff Green	Fr.	Southwestern	Lakewood, N.Y.
Terric Johnson	Fr.	Medger Evers Prep	Brooklyn, N.Y.
Jake Lafaver	Jr.	West Genesee	Syracuse, N.Y.
Zack Lafaver	Jr.	West Genesee	Syracuse, N.Y.
Marcus Mersereau	Jr.	Clarence	Clarence Center, N.Y.
Dan Miranda	Gr.	Sweet Home	Amherst, N.Y.
Patrick Neureuter	Fr.	Canisius	Hamburg, N.Y.
Philip Schierer	Sr.	Fillmore	Fillmore, N.Y.
Brandon Vuolo	Fr.	East Islip	East Islip, N.Y.

Head Coach: James Goss

Nazareth College Golden Flyers

Women's Roster

Name	Class	High School	Hometown
Bethany Althaus	Jr.	Delaware Academy	Delhi, N.Y.
Hannah Brackley	So.	Elmira Notre Dame	Horseheads, N.Y.
Sibongile Chisi	So.	Penfield	Rochester, N.Y.
Kenzi Coon	Fr.	Pulaski Academy	Pulaski, N.Y.
Bridget Dunbar	Fr.	Dennis-Yarmouth	Dennis, Mass.
Kate Durr	So.	Utica Notre Dame	Barneveld, N.Y.
Braa Elkhidir	Fr.		Rochester, N.Y.
Amanda Entress	Fr.	Gates Chili	Rochester, N.Y.
Michaela Gildemeyer	So.	Christian Brothers Academy	Syracuse, N.Y.
Nicole Greer	So.	Weedsport	Weedsport, N.Y.
Lauren Heitzhaus	Jr.	Nardin Academy	Buffalo, N.Y.
Jessica Hogan	Sr.	Horseheads	Horseheads, N.Y.
Lauren Jamieson	Sr.	South Jefferson	Adams, N.Y.
Kassandra Lathrop	So.	Sherburne-Earlville	Earlville, N.Y.
Mary Losito	Jr.	Cicero-North Syracuse	Cicero, N.Y.
Kelsey Mash	Sr.	Grand Island	Grand Island, N.Y.
Blair Meeson	Fr.	Lansingburgh	Troy, N.Y.
Keaghlan Morrissey	Sr.	Windsor	Windsor, N.Y.
Kayla Murphy	Sr.	West Genesee	Syracuse, N.Y.
Kayleigh Olive	Jr.	Mt. Sinai	Mt. Sinai, N.Y.
Taylor Pierson	Fr.	Southside	Wellsburg, N.Y.
Courtney Pitman	Fr.	Skaneateles	Skaneateles, N.Y.
Kristal Rowe	Fr.	Westborough	Westborough, Mass.
Kelsey Ryan	Sr.	Niskayuna	Niskayuna, N.Y.
Kirsten Schoenborn	Jr.	Westhill	Syracuse, N.Y.
Catherine Sentiff	Fr.	Victor	Victor, N.Y.
Shanna Swanson	Fr.	Lansing	Lansing, N.Y.
Katie Wyant	Sr.	Jasper-Troupsburg	Jasper, N.Y.

Head Coach: James Goss

St. John Fisher College Cardinals

Men's Roster

Name	Class	High School	Hometown
Nick Antonio	Sr.	Aquinas Institute	Rochester, N.Y.
Kyle Barry	Jr.	John C. Birdlebough	Fulton, N.Y.
Robert Battaglia	Jr.	Pioneer	Arcade, N.Y.
Billy Bonneau	Jr.	Colonie	Albany, N.Y.
Adam Bradley	Jr.	Marcus Whitman	Stanley, N.Y.
Tyrese Bryant	So.	School of the Arts	Rochester, N.Y.
Dylan Cassidy	Fr.	Fredonia	Fredonia, N.Y.
Devin Cornelius	Fr.	Clinton	Deansboro, N.Y.
Matthew Czajka	So.	Alden	Alden, N.Y.
Joe D'Agostino	Fr.	Honeoye Falls-Lima	Honeoye Falls, N.Y.
Tyler Darby	So.	Altmar-Parish-Williamstown	Sandy Creek, N.Y.
Max Fleischmann	Fr.	Cheshire	Cheshire, Conn.
Jerome Fleming	Sr.	Greece Olympia	Rochester, N.Y.
Sam Harbol	Fr.	Palmyra Macedon	Macedon, N.Y.
Max Hartnett	So.	Geneseo	Geneseo, N.Y.
Matthew Herbert	So.	Wayland-Cohocton	Springwater, N.Y.
Zachary Hilt	So.	Rush-Henrietta	Pittsford, N.Y.
Justin Iannuzo	So.	Irondequoit	Rochester, N.Y.
Vincent Ippolito	So.	Fredonia	Fredonia, N.Y.
Kevin Jablonski	Fr.	Fairport	Fairport, N.Y.
James Koch	So.	Churchville-Chili	Spencerport, N.Y.
Kyle Koehler	Fr.	Pulaski	Pulaski, N.Y.
Evan Magnussen	So.	Geneseo	Geneseo, N.Y.
Jeffrey Mangiafesto	Fr.	Greece-Odyssey	Rochester, N.Y.
Mark Massaro	Sr.	Williamsville East	Williamsville, N.Y.
Brandon McCoy	So.	Milton Hershey (Pa.)	Fairport, N.Y.
James McDowell	Fr.	Canastota	Canastota, N.Y.
Aaron Miazga	Jr.	Poland	New Hartford, N.Y.
Eric Mikols	Fr.	Churchville-Chili	Churchville, N.Y.
Corey Poklemba	Fr.	Athens Area	Aurora, Pa.
Jake Popple	So.	Canastota	Oneida, N.Y.
Jose Ramos	Sr.	School Without Walls	Rochester, N.Y.
Eric Riley	So.	Oneida	Wampsville, N.Y.
Justin Rodriguez	Fr.	Vestal	Apalachin, N.Y.
Kyle Rogers	So.	Paul V. Moore	Brewerton, N.Y.
Cody Schweickert	Fr.	Springville Griffith Institute	Glenwood, N.Y.
Brian Smith	Fr.	C.W. Baker	Baldwinsville, N.Y.
Matthew Staples	Sr.	Bloomfield Central	Bloomfield, N.Y.
Will Sterricker	Fr.	Jamesville-Dewitt	Fayetteville, N.Y.
Nathan Stott	Fr.	Forestville	Forestville, N.Y.
Chris Wehner	So.	Cooperstown	Hartwick, N.Y.
Trevor Wilkes	Fr.	Honeoye Falls-Lima	Honeoye Falls, N.Y.

Head Coach: Mike Henchen

St. John Fisher College Cardinals

Women's Roster

Name	Class	High School	Hometown
Shannon Bamann	So.	Irondequoit	Rochester, N.Y.
Audrey Bowers	So.	Cazenovia	Cazenovia, N.Y.
Julie Brinkman	Fr.	Troy	Troy, N.Y.
Alexandra Caldwell	So.	Whitesboro	Marcy, N.Y.
Sarah Coon	Fr.	Red Jacket	Shortsville, N.Y.
Shannon Davis	Jr.	Cicero-North Syracuse	Cicero, N.Y.
Renee Deruchia	Fr.	Massena	Massena, N.Y.
Devon Donatello	Fr.	Palmyra-Macedon	Macedon, N.Y.
Emily Donner	Fr.	Buffalo Acad. of the Sacred Heart	East Amherst, N.Y.
Mary Katherine Dugan	Sr.	Bethlehem	Delmar, N.Y.
Olivia Emerling	Fr.	Springville	Boston, N.Y.
Taylor Gallup	So.	Morrisville-Eaton	Morrisville, N.Y.
Nicole Graziadei	So.	Ward-Melville	Oriskany, N.Y.
Stephanie Guzelak	So.	Paul V. Moore	Brewerton, N.Y.
Michaela Hacker	So.	Marcus Whitman	Middlesex, N.Y.
Megan Harding	So.	Palmyra-Macedon	Palmyra, N.Y.
Sarah Harrington	Fr.	Pulaski	Pulaski, N.Y.
Julianna Holland	So.	Byron-Bergen	Bergen, N.Y.
Lindsay Jones	Fr.	Camden	Camden, N.Y.
Lisa Knab	So.	Churchville- Chili	Churchville, N.Y.
Nicoletta Lattuca	So.	Spencerport	Rochester, N.Y.
Amber Lennington	So.	Geneseo	Geneseo, N.Y.
Morgan Mastin	So.	Wayland-Cohocton	Springwater, N.Y.
Allyssa McLaughlin	Fr.	East Aurora	East Aurora, N.Y.
Solomia Myshchuk	So.	Watervilet	Watervilet, N.Y.
Noelle Novakowski	Fr.	Jamesville-Dewitt	Jamesville, N.Y.
Katie Phillips	Sr.	Penfield	Penfield, N.Y.
Courtney Polimeni	Sr.	Naples	Naples, N.Y.
Danyelle Redmond	Fr.	Grand Island	Grand Island, N.Y.
Jordan Rhen	So.	General McLane	Edinboro, N.Y.
Katelyn Saxton	So.	Spencerport	Spencerport, N.Y.
Abigail Shepard	So.	Horseheads	Horseheads, N.Y.
Katlin Shippy	Fr.	Trumansburg	Trumansburg, N.Y.
Nataleigh Simmons	Fr.	Lockport	Lockport, N.Y.
Makenzi Swartwood	Fr.	Charles O. Dickerson	Burdett, N.Y.
Joelle Traub	Fr.	Webster Thomas	Webster, N.Y.
Joanna Vassiliou	Jr.	Webster-Schroeder	Webster, N.Y.
Megan Vona	Jr.	Newfane	Lockport, N.Y.
Daniele Wessells	Fr.	Unatego	Otego, N.Y.
Amanda Westfall	So.	East Aurora	East Aurora, N.Y.
Emily Williams	So.	Marathon	Marathon, N.Y.
Paige Willson	So.	Griffith Institute	East Concord, N.Y.
Rachel Wolcott	So.	Victor	Victor, N.Y.
Taylor Youngkrans	Jr.	Oneida	Oneida, N.Y.

Head Coach: Mike Henchen

Stevens Institute of Techology Ducks

Men's Roster

Name	Class	High School	Hometown
Edward Albright	Fr.	Ocean City	Ocean City, N.J.
Kristopher Alvarez	So.	Rancocas Valley	Hainesport, N.J.
Zach Andrews	Fr.	Penfield	Fairport, N.Y.
Andrew Assile	Fr.	Ramsey	Ramsey, N.J.
Kevin Barresi	So.	Biotechnology	Little Silver, N.J.
Matthew Bombard	So.	Wayne Hills	Wayne, N.J.
Michael Cahill	Jr.	Union Catholic	Clark, N.J.
Nicholas Chapel	So.	Westfield H.S.	Westfield, N.J.
Shane Chiravalle	Fr.	Danbury	Danbury, Conn.
Joseph Cirasa	So.	Cedar Grove	Cedar Grove, N.J.
Thomas Cunningham	So.	Saint Joseph H.S.	Colonia, N.J.
Andres Diaz-Borda	Jr.	Holmdel	Holmdel, N.J.
Isaac Downey	Fr.	Manchester Valley	Manchester, Md.
Denzel Drye	Jr.	Jackson Memorial	Jackson, N.J.
Walter Goodwin	Jr.	Memorial	Floral Park, N.Y.
Tom Halleran	Fr.	Ramapo H.S.	Oakland, N.J.
Bill Hazen	Sr.	Red Bank Regional	Union Beach, N.J.
Sean Humphreys	Sr.	Mountain Lakes	Boonton Township, N.J.
Troy Kanaszka	Fr.	Metuchen	Metuchen, N.J.
Andrew Kraemer	Sr.	Mt. Olive HS	Budd Lake, N.J.
David Krier	So.	South Brunswick	South Brunswick, N.J.
Brian Lawrey Jr.	So.	Newton	Andover, N.J.
Sebastian Luna	Sr.	Wood-Ridge	Wood-Ridge, N.J.
Michael McAree	So.	Raritan	Hazlet, N.J.
Zach McKeehan	Fr.	Mount Union H.S.	Mount Union, Pa.
Ryan Miskanich	Sr.	Toms River South	Toms River, N.J.
Joel Oquendo	Jr.	St. Peter's Prep	North Bergen, N.J.
Robert Pinto	So.	Monsingor Farrel	Staten Island, N.Y.
Benny Scotto	Jr.	Westwood Regional	Washington, N.J.
Victor Servito	Sr.	Bergen Catholic	Teaneck, N.J.
Mohamad Skokry	Fr.	Cliffside Park	Fairview, N.J.
Louis Stengel	Jr.	Vernon	Vernon, N.J.
Cory Zegel	Jr.	North Bergen	North Bergen, N.J.

Head Coach: Justin Wood

Stevens Institute of Techology Ducks

Women's Roster

Name	Class	High School	Hometown
Yona Bauzil	Fr.	Mt. St. Dominic Academy	West Orange, N.J.
Amira Dardir	So.	McNair Academy	Jersey City, N.J.
Sammi Devlin	So.	St. Petersburg	St. Petersburg, Fla.
Alexis Doucette	Fr.	Pascack Valley	Hillsdale, N.J.
Alexandra Doyle	Fr.	Colts Neck	Colts Neck, N.J.
Alina Duran	Sr.	Memorial	West New York, N.J.
Tiffany Evangelou	Jr.	Immaculate Heart Academy	Fair Lawn, N.J.
Kelly Freed	Jr.	Rutherford	Rutherford, N.J.
Janice Frontera	Fr.	Sayreville War Memorial	South Amboy, N.J.
Emily Grupe	Fr.	Monsignor Donovan	Point Pleasant, N.J.
Christine Hecker	So.	Seneca	South Hampton, N.J.
Erica Iosue	Jr.	Bellingham	Bellingham, Mass.
Maggie Kowalska	Sr.	John P. Stevens	Edison, N.J.
Laura Lemke	Jr.	W.C. Mepham	Merrick, N.Y.
Brianna Marchal	Fr.	Southern Regional	Manahawkin, N.J.
Olivia Martindale	Fr.	Mahwah	Mahwah, N.J.
Dominique Michalec	Fr.	Hamilton H.S.	Hamilton, N.J.
Kate Moyer	Fr.	Steinert	Long Valley, N.J.
Gladys Njoku	Fr.	Cedar Grove	Cedar Grove, N.J.
Ashley Princiotta	Jr.	St. John Vianney	Manalapan, N.J.
Grace Python	Sr.	Bethlehem	Glenmont, N.Y.
Maura Quinn	So.	Vernon	Highland Lakes, N.J.
Amy Regan	Fr.	Watchung Hills	Green Brook, N.J.
Amber Rorick	Jr.	Fonda-Fultonville Central	Fonda, N.Y.
Kirsten Salmins	So.	Ramapo H.S.	Wyckoff, N.J.
Samantha Shiner	Fr.	Wyoming Area	Exeter, Pa.
Annemarie Thomas	Fr.	Durham Academy	Durham, N.C.
Rebecca Tylock	Jr.	Shrewsbury	Shrewsbury, Mass.
Jenny Wehof	Sr.	Voorhees	Glen Gardner, N.J.
Sarah Zahran	Fr.	Pomperang	Southbury Ridge, Conn.

Head Coach: Justin Wood

Utica College Pioneers

Men's Roster

Name	Class	High School	Hometown
Praise Austin	Sr.	Bronx Academy	Bronx, N.Y.
William Bailey	Jr.	East Granby	East Granby, Conn.
Alex Benoit	Jr.	Ilion	Chadwicks, N.Y.
Kyle Cairns	Fr.	Midland	Midland Park, N.J.
Donald Devries	Jr.	Pen Argyl	Pen Argyl, Pa.
Tobias Flower	So.	Enosburg Falls	Enosburg Falls, Vt.
Trevor Gibson	Jr.	Springfield	Youngstown, Ohio
Tyler Hayes	Sr.	Massena	Massena, N.Y.
Dwight Hicks	Jr.	William Nottingham	Syracuse, N.Y.
Andrew Hoover	So.	C.W. Baker	Baldwinsville, N.Y.
Jeremiah Johnson	Fr.	C.W. Baker	Baldwinsville, N.Y.
Christopher Jones	So.	Fonda-Fultonville	Fonda, N.Y.
Griffin Kelly	Fr.	Watervliet	Watervliet, N.Y.
Christopher Kibanda	Sr.	Saunders Trade & Tech	Yonkers, N.Y.
Alex King	Jr.	Hunter	New York, N.Y.
Raheem Lawrence	So.	Bronx Leadership Academy	New York, N.Y.
Christian Lesperance	Fr.	Ogdensburg	Ogdensburg, N.Y.
David Lewis	Sr.	Notre Dame	Utica, N.Y.
Jamie McNamara	So.	Mayfield	Gloversville, N.Y.
Benjamin Moe	Sr.	Holland Patent	Holland Patent, N.Y.
Sylvester Owusu-Afriyie	Sr.	Walton	Mt. Vernon, N.Y.
Hunter Padgett	Sr.	Clinton	Clinton, N.Y.
Morgan Payne	Jr.	Altmar-Parish-Williamstown	Williamstown, N.Y.
Brandon Rudolphe	Jr.	Pocono Mountain West	Bronx, N.Y.
Shane Ruffing	So.	Westborough	Rochester, N.Y.
Kyle Sikes	So.	Mexico	Mexico, N.Y.
Eric Stevens	Jr.	Holland Patent	Rome, N.Y.
Rob Tutein	Fr.	Nanuet	Nanuet, N.Y.
Frank Volino	Fr.	CNS	Syracuse, N.Y.
Terrances Washington	Fr.	Bronx Leadership Academy	Bronx, N.Y.
Eric Yesalonis	Jr.	Sachem	Holbrook, N.Y.
Corey Zlatniski	Fr.	Mattituck	Mattituck, N.Y.

Head Coach: Jason Rose

Utica College Pioneers

Women's Roster

Name	Class	High School	Hometown
Jordan Armstrong	Jr.	Oneida	Oneida, N.Y.
Jaimee Balloni	Jr.	C.W.Baker	Baldwinsville, N.Y.
Samantha Bennett	Fr.	Mexico	Mexico, N.Y.
Stephanie Bergstrom	Fr.	Poland	Ilion, N.Y.
Savannah Bernardin	So.	Belchertown	Belchertown, N.Y.
Chelsea Bogino	Jr.	Canandaigua Academy	Farmington, N.Y.
Anastasia Bowden	Jr.	Monticello	Monticello, N.Y.
Julie Bowler	So.	Saranac Lake	Saranac Lake, N.Y.
Megan Christiana	Fr.	Kingston	Kingston, N.Y.
Jess Ciraulo	Jr.	Mohonasen	Schenectady, N.Y.
Katie Day	Jr.	Whitesboro	Whitesboro, N.Y.
Lauren DeLude	So.	Herkimer	Herkimer, N.Y.
Sarah DePalma	Fr.	Broadalbin-Perth	Amsterdam, N.Y.
Catalena Diamente	Fr.	Guilderland	Guilderland, N.Y.
Katrina Dudley	So.	Enosburg Falls	Sheldon Springs, Vt.
Kelcei Edmonds	Fr.	Shady Side Academy	Pittsburgh, Pa.
Rianne Erlwein	Fr.	Sullivan West	Jeffersonville, N.Y.
Vasiliki Feggulis	Jr.	South River	South River, N.J.
Molly Hall	Fr.	West Canada Valley	Herkimer, N.Y.
Nikiya Harris	Fr.	Cardinal Spellman	New York, N.Y.
Tasheonia Hills	Fr.	T. R. Proctor	Utica, N.Y.
Sayyidah Hogue	Fr.	ACORN Community	Brooklyn, N.Y.
Alexis Holmer	Fr.	T.R. Proctor	Utica, N.Y.
Anea Isom	Jr.	Salem	Salem, N.Y.
Nicole Johnson	Sr.	Saint Catherine Academy	Bronx, N.Y.
Imani Mack	Fr.	Glens Falls	Glens Falls, N.Y.
Shauna Murray	Fr.	Charles O. Dickerson	Trumansburg, N.Y.
Samantha Prendergast	Jr.	T.R. Proctor	Utica, N.Y.
Joanna Randall	Sr.	South Lewis	Constableville, N.Y.
Audrey Schwind	Fr.	Lynne Central	Chaumont, N.Y.
Samantha Slattery	Jr.	Arlington	Hopewell Junction, N.J.
Sarah Spittler	Fr.	Norwich	Norwich, N.Y.
Ashton Villeneuve	Fr.	Holland Patent	Holland Patent, N.Y.
Jaimee Walters	Fr.	Colonie	Albany, N.Y.
Sarah Wiatr	Fr.	West Canada Valley	Poland, N.Y.

Head Coach: Jason Rose

Schedule of Events

10:30 a.m.	Women's Weight Throw.....*followed by*
	Men's Weight Throw.....*followed by*
	Women's Shot Put.....*followed by*
	Men's Shot Put
10:30 a.m.	Men's Pole Vault.....*followed by*
	Women's Pole Vault
10:30 a.m.	Men's Long Jump .....*followed by*
	Women's Long Jump.....*followed by*
	Men's Triple Jump .....*followed by*
	Women's Triple Jump
10:30 a.m.	Women's High Jump.....*followed by*
	Men's High Jump
10:45 a.m.	Women's Distance Medley Relay
11 a.m.	Men's Distance Medley Relay
11:15 a.m.	Women's 60-meter Hurdles ***Preliminaries***
11:25 a.m.	Men's 60-meter Hurdles ***Preliminaries***
11:35 a.m.	Women's 60-meter Dash ***Preliminaries***
11:45 a.m.	Men's 60-meter Dash ***Preliminaries***
12 p.m.	Women's Mile Run
12:15 p.m.	Men's Mile Run
12:30 p.m.	Men's 60-meter Hurdles ***Final***
12:35 p.m.	Women's 60-meter Hurdles ***Final***
12:45 p.m.	Women's 400-meter Dash
12:50 p.m.	Men's 400-meter Dash
1 p.m.	Women's 60-meter Dash ***Final***
1:05 p.m.	Men's 60-meter Dash ***Final***
1:10 p.m.	Women's 800-meter Run
1:20 p.m.	Men's 800-meter Run
1:35 p.m.	Women's 200-meter Dash
1:45 p.m.	Men's 200-meter Dash
2 p.m.	Women's 5,000-meter Run
2:25 p.m.	Men's 5,000-meter Run
2:55 p.m.	Women's 1,600-meter Relay
3:05 p.m.	Men's 1,600-meter Relay

Indoor Team Champions

Men's	**Women's**
2012: Ithaca	2012: Ithaca
2011: Ithaca, RIT	2011: Ithaca
2010: Ithaca	2010: Ithaca
2009: Ithaca	2009: Ithaca
2008: Ithaca	2008: Ithaca
2007: RIT	2007: RIT
2006: RIT	2006: Ithaca
2005: RIT	2005: Ithaca
2004: Ithaca	2004: Ithaca

Championship History

Empire 8 Indoor Track & Field Record Book
From Empire 8 Championships Starting in 2004

Men's Track Events
55 Meters: Max Orenstein (Ithaca, 2011), 6.51
60 Meters: Ira Griffin (Nazareth, 2012), 7.09
200 Meters: Amaan Siddeeq (Alfred, 2005), 22.40
400 Meters: Doug Koury (Ithaca, 2010), 50.44
800 Meters: Nick Stenuf (Nazareth, 2007), 1:54.91
Mile Run: Michael Hardbarger (RIT, 2009), 4:18.69
5,000 Meters: Nate Lowe (RIT, 2007), 14:48.42
55-Meter Hurdles: Joe Pruckno (Utica, 2011), 7.69
60-Meter Hurdles: Joe Pruckno (Utica, 2012), 8.18

Men's Field Events
High Jump: Eric Riley (St. John Fisher, 2012), 1.98m
Pole Vault: Michael Dempsey (RIT, 2010), 4.75m
Long Jump: Kyle Devins (Ithaca, 2010), 7.20m
Triple Jump: Kyle Devins (Ithaca, 2010), 14.16m
Shot Put: Breiten Balschmiter (Utica, 2011), 15.87m
Weight Throw: Brian Walker (RIT, 2011), 16.89m

Men's Relay Events
1,600-Meter Relay: Ithaca, 2004, 3:23.80
(Pickels, Ruger, Partyka, Ravener)
Distance Medley Relay: RIT, 2007, 10:16.61
(Varble, Sealander, O'Donnell, Hardbarger)

Women's Track Events
55 Meters: Marcia McCord (Ithaca, 2011), 7.31
60 Meters: Lauren DeLude (Utica, 2012), 7.97
200 Meters: Marcia McCord (Ithaca, 2010), 25.94
400 Meters: Sheri Kelleher (Hartwick, 2004), 57.65
800 Meters: Emily Maston (Ithaca, 2004), 2:17.00
Mile Run: Elizabeth Wilcox (Ithaca, 2006), 5:11.47
5,000 Meters: Bridgette Pilling (Ithaca, 2004), 17:55.32
55-Meter Hurdles: LaKeisha Perez (RIT, 2007), 8.44
60 Meter Hurles: Emma Dewart (Ithaca, 2012), 9.03

Women's Field Events
High Jump: Meghan Morningstar (Ithaca, 2005), 1.68m
Emma Dewart (Ithaca, 2012), 1.68m
Pole Vault: Kristen DeStefano (Ithaca, 2010), 3.50m
Long Jump: Emma Dewart (Ithaca, 2012), 5.70m
Triple Jump: Marcia McCord (Ithaca, 2011), 11.41m
Shot Put: Allison Griggs (RIT, 2005), 13.07m
Weight Throw: Allison Griggs (RIT, 2005), 15.61m

Women's Relay Events:
1,600-Meter Relay: Ithaca, 2006, 4:08.47
(Bachiochi, Klumpp, J. Wilcox, E. Wilcox)
Distance Medley Relay: Ithaca, 2004, 11:59.16
(Cravotta, McQuarrie, Maston, Laytham)