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**EMPIRE 8 ANNOUNCES MEN'S CROSS COUNTRY ALL-CONFERENCE TEAM  
Mike Styczynski of Ithaca Named Athlete of the Year as Bombers Sweep Honors**

**ROCHESTER, NY** – The Empire 8 announced its 2003 Men's Cross Country All-Conference team. Senior Mike Styczynski of conference champion Ithaca College was named the Athlete of the Year after placing first in the Empire 8 Men's Cross Country Championships at Saratoga Springs State Park. He finished the 8k course in 25:30 to top runner-up and teammate Shawn Calabrese by 28 seconds.

Freshman Patrick McGreal of Ithaca was named Rookie of the Year. He finished sixth in the conference championship and earned first-team all-conference honors. Jim Nichols was named Coach of the Year for leading the Bombers to the team title.

**Empire 8 2003 Men's Cross Country All-Conference Awards**

**Athlete of the Year:** Mike Styczynski, Ithaca College

**Rookie of the Year:** Patrick McGreal, Ithaca College

**Coach of the Year:** Jim Nichols, Ithaca College

**First Team**

<b>Name</b>	<b>Yr.</b>	<b>School</b>
Mike Styczynski	Sr.	Ithaca College
Shawn Calabrese	Jr.	Ithaca College
Adam Cross	Sr.	RIT
Darren Zens	Jr.	Ithaca College
Jesse Williamson	So.	RIT
Patrick McGreal	Fr.	Ithaca College
Ryan Pancoast	Jr.	RIT

**Second Team**

Michael Cook	Sr.	Alfred University
Ryan Bank	Jr.	Alfred University
Curtis Howard	Sr.	RIT
Daniel Burnett	Jr.	Alfred University
Daniel Gagnon	Jr.	Alfred University
Morton Caster	Fr.	Ithaca College
Seth Golding	So.	Ithaca College

**-Empire 8-**

**S P O R T S   I N F O R M A T I O N   D I R E C T O R**

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