

Licensed to Ithaca College HY-TEK's Meet Manager 1/26/2013 05:01 PM  
 EMPIRE 8 INDOOR TRACK AND FIELD CHAMPIONSHIPS - 1/26/2013  
 Ithaca, NY Athletics and Events Center  
 Results

## Women 60 Meter Dash

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=====
      Empire 8: * 7.97 2012      Lauren Delude, Utica
A&E FACILITY: # 7.88 2/4/2012  Anjelique Parnell, Cornell
      Name                      Year School                      Prelims  H#
=====
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## Preliminaries

1	Graves, Harmony	Ithaca	* 7.95Q	1
2	Figueuroa, Alyssa	Houghton	8.00Q	3
3	DeLude, Lauren	Utica	8.06Q	2
4	Harris, Nikiya	Utica	8.21Q	4
5	Mastin, Morgan	St. John Fis	8.23q	2
5	Pierson, Taylor	Nazareth	8.23q	1
7	Hilliman, Miasia	Alfred	8.30q	3
8	Friedman, Rachel	Ithaca	8.33q	1
9	Clark, Cassie	Ithaca	8.34	3
10	Davis, Megan	Ithaca	8.37	4
11	Prior, Kayla	Ithaca	8.38	4
12	Lattuca, Nicoletta	St. John Fis	8.47	4
13	Johnson, Nicole	Utica	8.53	1
14	Isom, Anea	Utica	8.55	2
15	Williams, Emily	Ithaca	8.57	2
16	Armstrong, Jordan	Utica	8.63	2
17	Larkins, Jordyn	Alfred	8.71	3
18	Banahene, Patricia	Alfred	8.80	1
19	Shiner, Samantha	Stevens Inst	8.81	4
20	Pettit, Corine	Alfred	8.85	3
21	Lennington, Amber	St. John Fis	9.06	4
22	Wessells, Daniele	St. John Fis	9.26	2
23	Caldwell, Alexandria	St. John Fis	9.61	3
24	Hills, Tasheonia	Utica	10.41	1
25	Warner, Indira	Alfred	10.98	2

## Women 60 Meter Dash

```
=====
      Empire 8: * 7.97 2012      Lauren Delude, Utica
A&E FACILITY: # 7.88 2/4/2012  Anjelique Parnell, Cornell
      Name                      Year School                      Finals  Points
=====
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## Finals

1	Graves, Harmony	Ithaca	7.89*	10
2	Figueuroa, Alyssa	Houghton	7.97*	8
3	DeLude, Lauren	Utica	8.14	6
4	Harris, Nikiya	Utica	8.21	4
5	Pierson, Taylor	Nazareth	8.23	2
6	Mastin, Morgan	St. John Fis	8.31	1
7	Hilliman, Miasia	Alfred	8.32	
8	Friedman, Rachel	Ithaca	8.33	

## Women 200 Meter Dash

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=====
      Empire 8: * 25.94 2010      Marcia McCord, Ithaca
A&E FACILITY: # 26.04 12/8/2012 Sarah Bonnell, Cortland
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Name	Year School	Finals	H#	Points
1 DeLude, Lauren	Utica	26.58	1	10
2 Graves, Harmony	Ithaca	26.92	2	8
3 Pierson, Taylor	Nazareth	27.24	3	6
4 Kelly, Christine	Ithaca	27.29	7	4
5 Harris, Nikiya	Utica	27.39	3	2
6 Bowden, Anastasia	Utica	27.44	1	1
7 Strand, Mary	Houghton	27.46	3	
8 Lewis, Alexandra	Ithaca	27.50	3	
9 Brackley, Hannah	Nazareth	27.65	1	
10 Mastin, Morgan	St. John Fis	27.67	1	
11 Hilliman, Miasia	Alfred	27.68	2	
12 Ziegler, Emily	Ithaca	27.75	7	
13 Wiatr, Sarah	Utica	27.85	4	
14 Figueiroa, Alyssa	Houghton	27.86	2	
15 MunKitrick, Sarah	Houghton	27.94	4	
16 Davis, Megan	Ithaca	28.16	3	
17 Chisi, Sibongile	Nazareth	28.25	5	
18 Clark, Cassie	Ithaca	28.28	4	
19 Isom, Anea	Utica	28.61	5	
20 Larkins, Jordyn	Alfred	28.67	4	
21 Wolcott, Rachel	St. John Fis	29.33	5	
22 Johnson, Nicole	Utica	29.34	5	
23 Traub, Joelle	St. John Fis	29.51	5	
24 Banahene, Patricia	Alfred	29.60	7	
25 Ellison, Stephany	Houghton	29.67	6	
26 Durr, Kate	Nazareth	29.71	7	
27 Shiner, Samantha	Stevens Inst	29.92	2	
28 Edwards, Emilie	Houghton	30.00	6	
29 Shepard, Abigail	St. John Fis	31.36	6	
30 Caldwell, Alexandria	St. John Fis	31.58	6	
31 Warner, Indira	Alfred	38.90	6	

## Women 400 Meter Dash

Name	Year School	Finals	H#	Points
1 Dewart, Eliza	Ithaca	1:00.22	1	10
2 Chromik, Martyann	Ithaca	1:00.57	2	8
3 Brackley, Hannah	Nazareth	1:00.75	1	6
4 Mastin, Morgan	St. John Fis	1:01.60	1	4
5 Strand, Mary	Houghton	1:02.15	2	2
6 Bowden, Anastasia	Utica	1:02.40	1	1
7 Hogue, Sayyidah	Utica	1:03.53	4	
8 MunKitrick, Sarah	Houghton	1:04.12	3	
9 Howard, Ebonie	Ithaca	1:04.19	3	
10 Swanson, Kristen	Ithaca	1:04.39	3	
11 Greene, Brittany	Ithaca	1:04.75	3	
12 Knab, Lisa	St. John Fis	1:04.86	5	
13 McCafferty Doviak, Savan	Houghton	1:05.90	3	
14 Jones, Lindsay	St. John Fis	1:06.06	4	
15 Moore, Jessica	Ithaca	1:06.27	4	
16 McLeod, Tatum	Houghton	1:06.46	4	
17 Traub, Joelle	St. John Fis	1:06.81	5	
18 Forrester, Tracie	Alfred	1:06.85	6	

19	Emerling, Olivia	St. John Fis	1:07.31	5
20	Wolcott, Rachel	St. John Fis	1:08.49	6
21	Schwind, Audrey	Utica	1:08.74	6
22	Coon, Kenzie	Nazareth	1:08.97	5
23	Durr, Kate	Nazareth	1:08.99	5
24	Yordy, Elizabeth	Houghton	1:09.37	6

## Women 800 Meter Run

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Empire 8: * 2:17.00		2004	Emily Maston, Ithaca	
A&E FACILITY: # 2:18.95		2/4/2012	Katie Reid, Ohio Wesleyan	
Name	Year	School	Finals	Points
=====				
1	Randall, Jennifer	Ithaca	2:18.64#	10
2	Cioffredi, Michaela	Ithaca	2:24.23	8
3	Spirito, Rachel	Ithaca	2:25.43	6
4	Wright, Hannah	Ithaca	2:25.81	4
5	Gildemeyer, Michaela	Nazareth	2:27.50	2
6	Heitzhaus, Lauren	Nazareth	2:27.83	1
7	Freed, Kelly	Stevens Inst	2:30.06	
8	Charno, Anmarie	Ithaca	2:30.64	
9	Benn, Ruby	Ithaca	2:30.84	
10	Jamieson, Lauren	Nazareth	2:31.79	
11	Shippy, Katlin	St. John Fis	2:32.40	
12	Prendergast, Samantha	Utica	2:33.29	
13	Balloni, Jaimee	Utica	2:33.85	
14	Hein, Annelise	Houghton	2:37.58	
15	Murphy, Kayla	Nazareth	2:39.42	
16	Gabrielle, Sarah	Houghton	2:42.86	
17	Holland, Julianna	St. John Fis	2:43.52	
18	Bennett, Samantha	Utica	2:44.87	
19	Zahran, Sarah	Stevens Inst	2:45.02	
20	Morrissey, Amy	Alfred	2:45.58	
21	Davis, Shannon	St. John Fis	2:49.29	
22	Saxton, Katie	St. John Fis	2:51.58	
23	Guzelak, Stephanie	St. John Fis	2:52.89	
24	Yordy, Elizabeth	Houghton	2:53.02	
25	Greer, Nicole	Nazareth	2:53.42	
26	Goot, Alyssa	Alfred	2:53.52	
27	Flick, Morgan	Alfred	2:54.79	
28	Miranda, Jennifer	Alfred	3:00.75	
29	Glasgow, Kadesha	Houghton	3:00.96	
30	Hudson, Emily	Utica	3:02.87	

## Women 1 Mile Run

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Empire 8: * 5:11.47		2006	Elizabeth Wilcox, Ithaca	
A&E FACILITY: # 5:10.26		2/4/2012	Corey Dowe, Cornell	
Name	Year	School	Finals	Points
=====				
1	Regan, Amy	Stevens Inst	5:14.37	10
2	Smith, Emily	Ithaca	5:19.09	8
3	Graham, Carly	Ithaca	5:27.10	6
4	Fay, Anna	Ithaca	5:29.35	4
5	Balloni, Jaimee	Utica	5:29.75	2
6	Malone, Carolyn	Ithaca	5:32.90	1
7	Jamieson, Lauren	Nazareth	5:33.45	
8	Feggulis, Vasiliki (Vikk	Utica	5:43.70	

9	Coon, Sarah	St. John Fis	5:46.87
10	Hein, Annelise	Houghton	5:47.46
11	Jennings, Hannah	Houghton	5:52.88
12	Mash, Kelsey	Nazareth	5:56.38
13	Ignatowski, Trisha	Ithaca	6:02.42
14	Meeson, Blair	Nazareth	6:03.93
15	Randall, Joanna	Utica	6:11.87
16	Graziadei, Nicole	St. John Fis	6:13.77
17	Michalec, Dominique	Stevens Inst	6:15.84
18	Holmer, Alexis	Utica	6:18.71
19	Lowe, Emily	Ithaca	6:19.14
20	Donatello, Devon	St. John Fis	6:26.56
21	Martindale, Olivia	Stevens Inst	6:31.72
22	Losito, Mary	Nazareth	6:32.31
23	Schoenborn, Kirsten	Nazareth	6:33.62
24	Rorick, Amber	Stevens Inst	7:00.67

## Women 5000 Meter Run

=====				
Empire 8: *		17:55.32	2004	Bridgette Pilling, Ithaca
A&E FACILITY: #		19:14.17	2/4/2012	Molly Quinn, Ithaca
Name	Year	School	Finals	Points
=====				
1	Villeneuve, Ashton	Utica	19:19.95	10
2	Cass, Meghan	Ithaca	19:32.02	8
3	Davenport, Cara	Houghton	19:33.33	6
4	Princiotta, Ashley	Stevens Inst	19:46.90	4
5	Bogdan, Opal Jessica	Ithaca	19:55.64	2
6	Hartford, Mary	Ithaca	19:57.98	1
7	Ryan, Kelsey	Nazareth	20:01.86	
8	Deruchia, Renee	St. John Fis	20:02.15	
9	Diamond, Anastasia	Ithaca	20:04.81	
10	Bowler, Julie	Utica	20:08.97	
11	Lemke, Laura	Stevens Inst	20:18.26	
12	Erlwein, Rianne	Utica	20:30.49	
13	Frontera, Janice	Stevens Inst	20:31.54	
14	DePalma, Sarah	Utica	20:45.82	
15	Allen, Kim	Ithaca	20:56.06	
16	Althaus, Bethany	Nazareth	21:00.39	
17	Kiser, Alyssa	Houghton	21:28.82	
18	Bernardin, Savannah	Utica	21:40.02	
19	Harrington, Sarah	St. John Fis	22:07.49	
20	Slattery, Samantha	Utica	22:22.45	
21	Morris, Megan	Ithaca	22:26.95	
22	Quinn, Maura	Stevens Inst	23:46.17	

## Women 60 Meter Hurdles

=====					
Empire 8: *		9.03	2012	Emma Dewart, Ithaca	
A&E FACILITY: #		8.98	2/5/2012	Emma Dewart, Ithaca	
Name	Year	School	Prelims	H#	
=====					
Preliminaries					
1	Benway, Christine	Ithaca	9.34Q	3	
2	Evangelou, Tiffany	Stevens Inst	9.68Q	2	
3	Rissmeyer, Amanda	Ithaca	9.76Q	1	
4	Hubbard, Tammia	Ithaca	9.78q	1	
5	Ciraulo, Jess	Utica	9.83q	3	

6	Dardir, Amira	Stevens Inst	9.84q	3
7	Martino, Leigh	Ithaca	9.97q	1
8	Edwards, Emilie	Houghton	10.11q	2
9	Morrissey, Keaghan	Nazareth	10.15	1
10	Hall, Chelsea	Alfred	10.20	2
11	Wu, Alyssa	Ithaca	10.21	3
12	Jones, Lindsay	St. John Fis	10.37	2
13	Wehof, Jenny	Stevens Inst	10.46	3
14	Brown, Rachel	Ithaca	10.69	3
15	De Monte, Elizabeth	Alfred	10.74	2
16	Schwind, Audrey	Utica	10.84	2
17	Harding, Meg	St. John Fis	11.16	1

## Women 60 Meter Hurdles

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=====
      Empire 8: * 9.03 2012      Emma Dewart, Ithaca
A&E FACILITY: # 8.98 2/5/2012  Emma Dewart, Ithaca
      Name                      Year School                      Finals  Points
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## Finals

1	Benway, Christine	Ithaca	9.25	10
2	Rissmeyer, Amanda	Ithaca	9.54	8
3	Evangelou, Tiffany	Stevens Inst	9.55	6
4	Martino, Leigh	Ithaca	9.66	4
5	Hubbard, Tammia	Ithaca	9.69	2
6	Ciraulo, Jess	Utica	9.87	1
7	Dardir, Amira	Stevens Inst	9.89	
8	Edwards, Emilie	Houghton	10.04	

## Women 4x400 Meter Relay

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=====
      Empire 8: * 4:08.47 2006      Bachiochi, Klumpp, J.Wilcox, E. Wilcox, It
A&E FACILITY: # 4:05.97 2/4/2012  , Cortland
      School                      Finals  H#  Points
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1	Nazareth 'A'	4:10.85	1	10
	1) Pierson, Taylor		2) Morrissey, Keaghan	
	3) Gildemeyer, Michaela		4) Brackley, Hannah	
2	Ithaca 'A'	4:13.83	1	8
	1) Dewart, Eliza		2) Chromik, Martyann	
	3) Howard, Ebonie		4) Swanson, Kristen	
3	St. John Fisher 'A'	4:17.14	1	6
	1) Emerling, Olivia		2) Mastin, Morgan	
	3) Knab, Lisa		4) Jones, Lindsay	
4	Utica 'A'	4:17.18	2	4
	1) Balloni, Jaimee		2) Hogue, Sayyidah	
	3) Bowden, Anastasia		4) DeLude, Lauren	
5	Houghton 'A'	4:22.39	1	2
	1) McLeod, Tatum		2) MunKitrick, Sarah	
	3) McCafferty Doviak, Savanna		4) Strand, Mary	
6	Alfred 'A'	4:30.57	2	
	1) Forrester, Tracie		2) Dalton, Shannon	
	3) Hilliman, Miasia		4) Morrissey, Amy	
7	Ithaca 'B'	x4:31.31	3	
	1) Lewis, Alexandra		2) Greene, Brittany	
	3) Moore, Jessica		4) Hubbard, Tammia	
8	Stevens Institute 'A'	4:32.42	2	
	1) Dardir, Amira		2) Shiner, Samantha	

3) Zahran, Sarah	4) Freed, Kelly		
9 Ithaca 'C'		x5:04.00	3
1) Curry-Davis, Biancha	2) Moules, Cally		
3) Falcone, Dominique	4) Doane, Rachel		
10 Ithaca 'D'		x5:04.88	3
1) Piazza, Danielle	2) Cox, Hillary		
3) Bradshaw, Eugenia	4) Heinkel, Alexandra		

## Women Distance Medley

=====  
 Empire 8: \* 11:59.16 2004 Cravotta, McQuarrie, Maston, Laytham, Ith  
 A&E FACILITY: # 12:17.13 2/4/2012 , Cortland

School		Finals	Points
1 Stevens Institute 'A'		13:10.86	10
1) Freed, Kelly	2) Dardir, Amira		
3) Zahran, Sarah	4) Regan, Amy		
2 Houghton 'A'		13:26.43	8
1) Hein, Annelise	2) McLeod, Tatum		
3) Gabrielle, Sarah	4) Davenport, Cara		
3 Ithaca 'A'		13:40.00	6
1) Sartori, Rachelle	2) Vaughn, Colleen		
3) Glenn, Sydney	4) Krakowski, Emily		
4 Utica 'A'		13:44.31	4
1) Prendergast, Samantha	2) Hall, Molly		
3) Bennett, Samantha	4) Bowler, Julie		
5 St. John Fisher 'A'		13:53.93	2
1) Shippy, Katlin	2) Jones, Lindsay		
3) Davis, Shannon	4) Coon, Sarah		
6 Nazareth 'A'		14:11.32	
1) Murphy, Kayla	2) Coon, Kenzie		
3) Schoenborn, Kirsten	4) Meeson, Blair		
7 Alfred 'A'		14:46.57	
1) Morrissey, Amy	2) Dalton, Shannon		
3) Hall, Chelsea	4) Forrester, Tracie		

## Women High Jump

=====  
 Empire 8: \* 1.68m Morningstar, Dewart, Ithaca  
 A&E FACILITY: # 1.68m Dewart, Rissmeyer, Ithaca

Name	Year School	Finals	Points
1 Rissmeyer, Amanda	Ithaca	1.63m	10
2 Knab, Lisa	St. John Fis	J1.63m	8
3 Njoku, Gladys	Stevens Inst	1.58m	6
4 De Monte, Elizabeth	Alfred	J1.58m	4
5 Graudons, Rebecca	Alfred	1.53m	2
6 Diamante, Catalena	Utica	J1.53m	1
7 Dardir, Amira	Stevens Inst	J1.53m	
8 Ziegler, Emily	Ithaca	1.48m	
9 Martino, Leigh	Ithaca	1.43m	
10 Dunbar, Bridget	Nazareth	J1.43m	
11 Pearce, Kate	Utica	J1.43m	
12 Pompey, Kristen	Ithaca	1.30m	
-- Flick, Morgan	Alfred	NH	
-- Brown, Rachel	Ithaca	NH	

## Women Pole Vault

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=====
      Empire 8: * 3.50m  2010          Kristen DeStefano, Ithaca
A&E FACILITY: # 3.35m  2012          Orlando, Bechtel, Ithaca, Ohio Wesleyan
      Name                    Year School                    Finals  Points
=====
  1 Graudons, Rebecca        Alfred                    3.30m   10
  2 Tylock, Rebecca         Stevens Inst             3.15m    8
  3 Rechen, Alex             Ithaca                   J3.15m    6
  4 Doucette, Alexis        Stevens Inst             3.00m    4
  5 Meehan, Shannon          Ithaca                   J3.00m    2
  6 Redmond, Danyelle       St. John Fis             2.85m    1
  7 Chisi, Sibongile         Nazareth                 2.70m
  8 Misewicz, Shealyn       Ithaca                   J2.70m
  9 Lyndsley, Danielle       Houghton                 2.55m
-- Walters, Jaimee         Utica                     NH
-- Caldwell, Alexandria    St. John Fis             NH
-- Hansen, Kelsey          Ithaca                     NH
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## Women Long Jump

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      Empire 8: * 5.70m  2012          Emma Dewart, Ithaca
A&E FACILITY: # 5.76m  2/4/2012      Anjelique Parnell, Cornell
      Name                    Year School                    Prelims
=====
Preliminaries
  1 Pierson, Taylor          Nazareth                 5.46mq
  2 DeLude, Lauren          Utica                    5.42mq
  3 Rissmeyer, Amanda       Ithaca                   5.23mq
  4 Entress, Amanda         Nazareth                 5.11mq
  4 Lattuca, Nicoletta      St. John Fis             5.11mq
  6 Scheemaker, Emilia      Ithaca                   5.10mq
  7 Wiatr, Sarah            Utica                     4.98mq
  8 Graudons, Rebecca      Alfred                   4.83mq
  9 Bogino, Chelsea         Utica                     4.80m
 10 Kelly, Christine        Ithaca                   4.77m
 11 Diamante, Catalena     Utica                     4.67m
 12 Armstrong, Jordan      Utica                     4.52m
 13 Pettit, Corine         Alfred                   4.48m
 14 Evangelou, Tiffany     Stevens Inst             4.40m
 15 De Monte, Elizabeth    Alfred                   4.38m
 16 Wessells, Daniele      St. John Fis             4.35m
 16 Vona, Meg               St. John Fis             4.35m
 18 Brown, Rachel          Ithaca                   4.15m
 19 Seibert, Kari          Houghton                 4.13m
-- Prior, Kayla           Ithaca                     FOUL
-- Hall, Chelsea          Alfred                     FOUL
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## Women Long Jump

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=====
      Empire 8: * 5.70m  2012          Emma Dewart, Ithaca
A&E FACILITY: # 5.76m  2/4/2012      Anjelique Parnell, Cornell
      Name                    Year School                    Finals  Points
=====
Finals
  1 Pierson, Taylor          Nazareth                 5.46m   10
  2 DeLude, Lauren          Utica                    5.20m    8
  3 Rissmeyer, Amanda       Ithaca                   5.10m    6
  4 Entress, Amanda         Nazareth                 J5.08m    4
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5	Lattuca, Nicoletta	St. John Fis	J5.01m	2
6	Scheemaker, Emilia	Ithaca	J5.09m	1
7	Wiatr, Sarah	Utica	4.88m	
8	Graudons, Rebecca	Alfred	4.83m	

## Women Triple Jump

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=====
      Empire 8: * 11.41m  2011      Marcia McCord, Ithaca
A&E FACILITY: # 11.60m  2/4/2012  Kristin Brandt, Cornell
      Name                Year School                Prelims
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## Preliminaries

1	Scheemaker, Emilia	Ithaca	* 11.54mq
2	Figueuroa, Alyssa	Houghton	11.31mq
3	Diamente, Catalena	Utica	11.29mq
4	Wiatr, Sarah	Utica	11.28mq
5	Prior, Kayla	Ithaca	10.98mq
6	Benway, Christine	Ithaca	10.70mq
7	Kelly, Christine	Ithaca	10.61mq
8	Evangelou, Tiffany	Stevens Inst	10.40mq
9	Bogino, Chelsea	Utica	10.20m
10	Pettit, Corine	Alfred	10.06m
11	Strand, Mary	Houghton	9.90m
12	Entress, Amanda	Nazareth	9.88m
13	Graudons, Rebecca	Alfred	9.51m
14	Vona, Meg	St. John Fis	9.44m
15	Njoku, Gladys	Stevens Inst	9.28m
16	Swanson, Kristen	Ithaca	8.87m

## Women Triple Jump

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=====
      Empire 8: * 11.41m  2011      Marcia McCord, Ithaca
A&E FACILITY: # 11.60m  2/4/2012  Kristin Brandt, Cornell
      Name                Year School                Finals  Points
=====

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## Finals

1	Scheemaker, Emilia	Ithaca	J11.31m	10
2	Diamente, Catalena	Utica	J11.44m*	8
3	Wiatr, Sarah	Utica	J11.32m	6
4	Figueuroa, Alyssa	Houghton	11.29m	4
5	Prior, Kayla	Ithaca	10.88m	2
6	Benway, Christine	Ithaca	10.85m	1
7	Kelly, Christine	Ithaca	10.75m	
8	Evangelou, Tiffany	Stevens Inst	10.57m	

## Women Shot Put

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=====
      Empire 8: * 13.07m  2005      Allison Griggs, RIT
A&E FACILITY: # 12.21m  2/4/2012  Megan DeFord, Cornell
      Name                Year School                Prelims
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## Preliminaries

1	Duran, Alina	Stevens Inst	12.04mq
2	Taylor, Corinne	Ithaca	11.19mq
3	Rissmeyer, Amanda	Ithaca	11.17mq
4	Marchal, Brianna	Stevens Inst	10.54mq
5	Stockburger, Kristina	Ithaca	10.44mq
6	Blatz, Kari	Alfred	10.08mq

7	Raczowski, Emily	Houghton	9.82mq
8	Kirsch, Jennifer	Alfred	9.70mq
9	Mack, Imani	Utica	9.41m
10	Cook, Kirstin	Alfred	9.27m
11	Willson, Paige	St. John Fis	9.23m
12	Beck, Kelly-Jo	Alfred	9.21m
13	Melhorn, Andrea	Houghton	9.17m
14	Garman, Colleen	Ithaca	9.11m
15	Bauzil, Yona	Stevens Inst	9.06m
16	Ziegler, Emily	Ithaca	9.03m
17	Hogan, Jessica	Nazareth	8.82m
18	Bamann, Shannon	St. John Fis	8.70m
18	Sentiff, Catherine	Nazareth	8.70m
20	Abdulky, Elaine	Ithaca	8.55m
21	Goot, Alyssa	Alfred	8.54m
21	Williams, Emily	St. John Fis	8.54m
23	Thomas, Annemarie	Stevens Inst	8.32m
24	Dugan, Mary Katherine	St. John Fis	7.95m
25	Fujimara, Elmylianne	Houghton	7.36m
26	Dudley, Katrina	Utica	7.09m
27	Cousins, Cheno	Houghton	6.50m
28	Vargas, Dhanlleline	Alfred	5.77m

## Women Shot Put

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=====
      Empire 8: * 13.07m  2005           Allison Griggs, RIT
A&E FACILITY: # 12.21m  2/4/2012      Megan DeFord, Cornell
      Name                Year School                Finals  Points
=====

```

## Finals

1	Duran, Alina	Stevens Inst	11.89m	10
2	Taylor, Corinne	Ithaca	11.60m	8
3	Rissmeyer, Amanda	Ithaca	11.30m	6
4	Marchal, Brianna	Stevens Inst	10.36m	4
5	Stockburger, Kristina	Ithaca	J10.18m	2
6	Kirsch, Jennifer	Alfred	J10.19m	1
7	Blatz, Kari	Alfred	10.08m	
8	Raczowski, Emily	Houghton	9.40m	

## Women Weight Throw

```

=====
      Empire 8: * 15.61m  2005           Alllison Griggs, RIT
A&E FACILITY: # 15.95m  2/4/2012      Jessica Hoeffner, Ithaca
      Name                Year School                Prelims
=====

```

## Preliminaries

1	Duran, Alina	Stevens Inst	# 16.44mq
2	Stockburger, Kristina	Ithaca	14.28mq
3	Vassiliou, Joanna	St. John Fis	13.97mq
4	Abdulky, Elaine	Ithaca	13.10mq
5	Garman, Colleen	Ithaca	12.64mq
6	Python, Grace	Stevens Inst	12.51mq
7	Youngkrans, Taylor	St. John Fis	12.50mq
8	Taylor, Corinne	Ithaca	12.37mq
9	Willson, Paige	St. John Fis	11.23m
10	Melhorn, Andrea	Houghton	10.81m
11	Fujimara, Elmylianne	Houghton	10.39m
12	Dudley, Katrina	Utica	9.96m

13	Bauzil, Yona	Stevens Inst	9.95m
14	Hogan, Jessica	Nazareth	9.75m
15	Mack, Imani	Utica	9.62m
16	Marchal, Brianna	Stevens Inst	9.23m
17	Sentiff, Catherine	Nazareth	8.97m
18	Dugan, Mary Katherine	St. John Fis	8.66m
19	Bamann, Shannon	St. John Fis	8.50m
20	Cousins, Cheno	Houghton	7.91m
21	Zimmerman, Brooke	Ithaca	6.90m
22	Thomas, Annemarie	Stevens Inst	6.45m
--	Williams, Emily	St. John Fis	FOUL

## Women Weight Throw

=====  
 Empire 8: \* 15.61m 2005 Alllison Griggs, RIT  
 A&E FACILITY: # 15.95m 2/4/2012 Jessica Hoeffner, Ithaca  
 Name Year School Finals Points  
 =====

## Finals

1	Duran, Alina	Stevens Inst	17.18m#	10
2	Vassiliou, Joanna	St. John Fis	14.30m	8
3	Stockburger, Kristina	Ithaca	J12.85m	6
4	Python, Grace	Stevens Inst	J13.77m	4
5	Abdulky, Elaine	Ithaca	J13.19m	2
6	Garman, Colleen	Ithaca	12.78m	1
7	Youngkrans, Taylor	St. John Fis	12.06m	
--	Taylor, Corinne	Ithaca	FOUL	

## Women - Team Rankings - 15 Events Scored

1)	Ithaca	199	2)	Stevens Institute	76
3)	Utica	68	4)	Nazareth	41
5)	St. John Fisher	32	6)	Houghton	30
7)	Alfred	17			