



## Empire 8 2013 Women's Indoor Track and Field All-Conference

# - denotes Empire 8 Championship meet record

### 60 Meter Dash

1 <sup>st</sup> Team – Harmony Graves, Ithaca College	:07.89 #
2 <sup>nd</sup> Team – Alyssa Figueiroa, Houghton College	:07.97
2 <sup>nd</sup> Team – Lauren DeLude, Utica College	:08.14

### 60 Meter Hurdles

1 <sup>st</sup> Team – Christine Benway, Ithaca College	:09.25
2 <sup>nd</sup> Team – Amanda Rissmeyer, Ithaca College	:09.54

### 200 Meter Dash

1 <sup>st</sup> Team – Lauren DeLude, Utica College	:26.58
2 <sup>nd</sup> Team – Harmony Graves, Ithaca College	:26.92

### 400 Meter Dash

1 <sup>st</sup> Team – Eliza Dewart, Ithaca College	1:00.22
2 <sup>nd</sup> Team – Martyann, Chromik, Ithaca College	1:00.57

### 800 Meter Run

1 <sup>st</sup> Team – Jennifer Randall, Ithaca College	2:18.64
2 <sup>nd</sup> Team – Michaela Cioffredi, Ithaca College	2:24.23

### One Mile Run

1 <sup>st</sup> Team – Amy Regan, Stevens Institute of Technology	5:14.37
2 <sup>nd</sup> Team – Emily Smith, Ithaca College	5:19.09

### 5,000 Meter Run

1 <sup>st</sup> Team – Ashton Villeneuve, Utica College	19:19.95
2 <sup>nd</sup> Team – Megan Cass, Ithaca College	19:32.02

### 1,600 Meter Relay

1 <sup>st</sup> Team – Nazareth College	4:10.85
Taylor Pierson, Keaghan Morrissey, Michaela Gildemeyer, Hannah Brackley	
2 <sup>nd</sup> Team – Ithaca College	4:13.83
Eliza Dewart, Martyann Chromik, Ebonie Howard, Kristen Swanson	

### Distance Medley Relay

1 <sup>st</sup> Team – Stevens Institute of Technology	13:10.86
Kelly Freed, Amira Dardir, Sarah Zahran, Amy Regan	

2<sup>nd</sup> Team – Houghton College 13:26.43  
 Annelise Hein, Tatum McLeod, Sarah Gabrielle, Cara Davenport  
 2<sup>nd</sup> Team – Ithaca College 13:40.00  
 Rachelle Sartori, Colleen Vaughn, Sydney Glenn, Emily Krakowski

### High Jump

1<sup>st</sup> Team – Amanda Rissmeyer, Ithaca College 1.63m  
 2<sup>nd</sup> Team – Lisa Knab, St. John Fisher 1.63m

### Pole Vault

1<sup>st</sup> Team – Rebecca Graudons, Alfred 3.30m  
 2<sup>nd</sup> Team – Rebecca Tylock, Stevens 3.15m

### Long Jump

1<sup>st</sup> Team – Taylor Pierson, Nazareth 5.46m  
 2<sup>nd</sup> Team – Lauren DeLude, Utica College 5.42m

### Triple Jump

1<sup>st</sup> Team – Emilia Scheemaker, Ithaca College 11.54m #  
 2<sup>nd</sup> Team – Catalena Diamante, Utica College 11.44m

### Shot Put

1<sup>st</sup> Team – Alina Duran, Stevens 12.04m  
 2<sup>nd</sup> Team – Corinne Taylor, Ithaca College 11.60m

### 20-Pound Weight Throw

1<sup>st</sup> Team – Alina Duran, Stevens 17.18m #  
 2<sup>nd</sup> Team – Joanna Vassiliou, St. John Fisher 14.30m