



Empire 8 2013 Men's Swimming and Diving All-Conference

- denotes Empire 8 Championship meet record

A – NCAA Automatic Qualifier

B – NCAA Provisional Qualifier

50 Yard Freestyle

1st Team – Zack Kundel, Ithaca :20.55 B

2nd Team – Lydon Schultz, Hartwick :20.76 B

100 Yard Freestyle

1st Team – Lydon Schultz, Hartwick :44.79 #A

2nd Team – Brad Ranson, Hartwick :46.11

200 Yard Freestyle

1st Team – Adam Zelehowsky, Ithaca College 1:40.91 B

2nd Team – Brad Ranson, Hartwick 1:41.68 B

500 Freestyle

1st Team – Kenny Kleso, Hartwick 4:29.64#A

2nd Team Wesley Elford, Stevens 4:33.86 B

1,650 Freestyle

1st Team – Elford Wesley, Stevens 15:50.50 B

2nd Team – Luke Grunewald, Hartwick 15:59.55 B

100 Yard Butterfly

1st Team – Daniel Munt, Stevens :50.37 B

2nd Team – Taylor Van Cott, Ithaca College :50.77

200 Yard Butterfly

1st Team – John Hu, Stevens 1:50.95 #B

2nd Team – Chris Willcox, Hartwick 1:52.41 B

100 Yard Backstroke

1st Team – Greg Charriez, Stevens :50.69 B

2nd Team – Shawn Hanak, Stevens :50.72 B

200 Yard Backstroke

1st Team – Ravi Sun, Stevens 1:50.44 B

2nd Team – Craig O'Dell, Stevens 1:51.14 B

100 Yard Breaststroke

1 st Team – Simas Jarasunas, Stevens	:55.55 #A
2 nd Team – Kenny Kleso, Hartwick	:57.00 B

200 Yard Breaststroke

1 st Team – Simas Jarasunas, Stevens	2:01.55 #A
2 nd Team – Jake Lichter, Ithaca	2:06.64 B

200 Individual Medley

1 st Team – John Hu, Stevens	1:51.98 B
2 nd Team – Craig O'Dell, Stevens	1:52.97 B

400 Individual Medley

1 st Team – John Hu, Stevens	4:00.43 B
2 nd Team – Addison Hebert, Ithaca College	4:08.90

1 Meter Diving

1 st Team – Matt Morrison, Ithaca College	553.30 #
2 nd Team – Martin Brown, Ithaca College	548.85

3 Meter Diving

1 st Team – Matt Morrison, Ithaca College	584.55 #
2 nd Team – Martin Brown, Ithaca College	565.70

200 Medley Relay

1 st Team – Stevens Institute of Technology Greg Charriez, Simas Jarasunas, Daniel Munt, Tyler Hessler	1:30.86#B
2 nd Team – Ithaca College Conner White, Jake Lichter, Taylor Van Cott, Zack Kundel	1:32.31 B

400 Medley Relay

1 st Team – Stevens Institute of Technology Greg Charriez, Simas Jarasunas, Daniel Munt, Shawn Hanak	3:21.68 #B
2 nd Team – Ithaca College Connor White, Jake Lichter, Taylor Van Cott, Adam Zelehowsky	3:23.33 B

200 Freestyle Relay

1 st Team – Ithaca College Peter Knight, Jake Robbins, Adam Zelehowsky, Zack Kundel	1:22.10#B
2 nd Team – Stevens Institute of Technology Daniel Munt, Joshua Lefeber, Bryon Held, Tyler Hessler	1:22.12 B

400 Freestyle Relay

1 st Team – Stevens Institute of Technology Tomasz Wolinski, Tyler Hessler, Byron Held, Shawn Hanak	3:02.52 #B
2 nd Team – Hartwick College	3:02.82 B

Lydon Schultz, Kenny Kleso, Miles Blaney, Brad Ranson

800 Freestyle Relay

1st Team – Hartwick College 6:45.57 #B

Kenny Kleso, Miles Blaney, Cory Perez, Brad Ranson

2nd Team – Ithaca College 6:49.21 B

Clement Towner, John Carr, Addison Hebert, Adam Zelehowsky

One member of each team was named that institution's representative on the 2013 Men's Swimming and Diving Sportswoman of the Year Team. Empire 8 emphasizes that "Competing with Honor and Integrity" is an essential component of a student-athlete's experience in conjunction with an institution's educational mission. These honorees have distinguished themselves and consistently exhibit the critical traits as outstanding sportsmen.

Sportsman of the Year

Name	School
David Coombes	Alfred University
Chris Willcox	Hartwick College
Jake Lichter	Ithaca College
Patrick Monachino	Nazareth College
Greg Charriez	Stevens Institute of Technology
Robert Babcock	Utica College

