



## Empire 8 2013 Men's Outdoor Track and Field All-Conference

### 100 Meter Dash

1 <sup>st</sup> Team – Sylvester Owusu, Utica College	11.48
2 <sup>nd</sup> Team – Rashaad Barrett, Ithaca College	11.51

### 110 Meter Hurdles

1 <sup>st</sup> Team – Chris Wehner, St. John Fisher	15.34
2 <sup>nd</sup> Team – Victor Servito, Stevens	15.55

### 200 Meter Dash

1 <sup>st</sup> Team – Jeffrey Hejna, Ithaca College	22.46
2 <sup>nd</sup> Team – Kevin Davis, Ithaca College	22.53

### 400 Meter Dash

1 <sup>st</sup> Team – Shane Chiaravalle, Stevens	50.14
2 <sup>nd</sup> Team – Trevor Wilkes, St. John Fisher	50.39

### 400 Meter Hurdles

1 <sup>st</sup> Team – Andrew Hoover, Utica College	57.91
2 <sup>nd</sup> Team – Brennan Edmonds, Ithaca College	58.46

### 800 Meter Run

1 <sup>st</sup> Team – Jake Lafaver, Nazareth College	1:57.17
2 <sup>nd</sup> Team – Dennis Ryan, Ithaca College	1:59.03

### 1500 Meter Run

1 <sup>st</sup> Team – David Geary, Ithaca College	4:15.17
2 <sup>nd</sup> Team – Matt Herbert, St. John Fisher	4:16.56

### 5,000 Meter Run

1 <sup>st</sup> Team – Michael Cahill, Stevens	15:33.80
2 <sup>nd</sup> Team – Morgan Payne, Utica College	15:44.73

### 3000 Meter Steeplechase

1 <sup>st</sup> Team – Sawyer Hitchcock, Ithaca College	9:46.65
2 <sup>nd</sup> Team – Hunter Padgett, Utica College	10:04.93

### 400 Meter Relay (4x100)

1 <sup>st</sup> Team – Ithaca College	42.90
---------------------------------------	-------

Rashaad Barrett, Brennan Edmonds, Kevin Davis, Jeffrey Hejna  
 2<sup>nd</sup> Team – Utica College 43.55  
 Christian Lesperance, Andrew Hoover, Frank Volino, Sylvester Owusu

### **1,600 Meter Relay (4x400)**

1<sup>st</sup> Team – Alfred University 3:26.75  
 Chris Lopez, Randy Brito, Eddie Potter, Nolan Rummel  
 2<sup>nd</sup> Team – Ithaca College 3:30.90  
 Kyle MacKinnon, Larkin Bohanan, Billy Savage, Dennis Ryan

### **High Jump**

1<sup>st</sup> Team – Rob Tutein, Utica College 1.90m  
 2<sup>nd</sup> Team – Victor Servito, Stevens 1.90m

### **Pole Vault**

1<sup>st</sup> Team – Kyle Sikes, Utica College 4.31m  
 2<sup>nd</sup> Team – Jarrod Monacelli, Ithaca College 4.01m

### **Long Jump**

1<sup>st</sup> Team – Chris Lopez, Alfred University 6.69m  
 2<sup>nd</sup> Team – Brian Maley, Ithaca College 6.42m

### **Triple Jump**

1<sup>st</sup> Team – Khiary Gayle, Nazareth College 13.01m  
 2<sup>nd</sup> Team – De'Marquis Graves, Ithaca College 12.71m

### **Shot Put**

1<sup>st</sup> Team – Joseph Duermeyer, Alfred University 12.81m  
 2<sup>nd</sup> Team – Jason Osborne, Alfred University 12.76m

### **Discus Throw**

1<sup>st</sup> Team – Brandon Vuolo, Nazareth College 36.08m  
 2<sup>nd</sup> Team – Luis Rivera, Nazareth College 35.29m

### **Hammer Throw**

1<sup>st</sup> Team – Kyle Barry, St. John Fisher 43.33m  
 2<sup>nd</sup> Team – Andrew Kraemer, Stevens 41.85m

### **Javelin Throw**

1<sup>st</sup> Team – Sebastian Luna, Stevens 59.97m  
 2<sup>nd</sup> Team – Greg Pamarico, Alfred University 51.27m