



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

100 Meter Dash

1 st Team – Miasia Hillman, Alfred University	12.74
2 nd Team – Alyssa Figueuroa, Houghton College	12.88
2 nd Team – Eliza Dewart, Ithaca College	12.90

100 Meter Hurdles

1 st Team – Tammia Hubbard, Ithaca College	15.70
2 nd Team – Tiffany Evangelou, Stevens	16.00

200 Meter Dash

1 st Team – Hannah Brackley, Nazareth College	25.44
2 nd Team – Christine Kelly, Ithaca College	25.68

400 Meter Dash

1 st Team – Hannah Brackley, Nazareth College	58.70
2 nd Team – Mary Strand, Houghton College	59.90
2 nd Team – Martyann Chromick, Ithaca College	1:01.07

400 Meter Hurdles

1 st Team – Leigh Martino, Ithaca College	1:06.36
2 nd Team – Keaghan Morrissey, Nazareth College	1:07.57

800 Meter Run

1 st Team – Jennifer Randall, Ithaca College	2:15.25
2 nd Team – Michaela Gildemeyer, Nazareth College	2:20.17

1500 Meter Run

1 st Team – Alexa Rick, Ithaca College	4:51.86
2 nd Team – Amy Regan, Stevens Institute of Technology	4:58.87

5,000 Meter Run

1 st Team – Megan Cass, Ithaca College	18:36.44
2 nd Team – Ashton Villeneuve, Utica College	18:43.21

3000 Meter Steeplechase

1 st Team – Emily Smith, Ithaca College	12:03.68
2 nd Team – Opal Jessica Bogdan, Ithaca College	12:16.15

400 Meter Relay (4x100)

1 st Team – Ithaca College	48.79
Rachel Friedman, Eliza Dewart, Christine Kelly, Sarah Werner	
2 nd Team – Nazareth College	49.65
Hannah Brackley, Taylor Pierson, Sibongile Chisi, Keaghan Morrissey	

1,600 Meter Relay (4x400)

1 st Team – Nazareth College	4:05.89
Michaela Gildemeyer, Katie Wyant, Keaghan Morrissey, Hannah Brackley	
2 nd Team – Ithaca College	4:13.02
Kristen Swanson, Brittany Greene, Alex Lewis, Emily Ziegler	

High Jump

1 st Team – Gladys Njoku, Stevens Institute of Technology	1.62m
2 nd Team – Amanda Rissmeyer, Ithaca College	1.57m

Pole Vault

1 st Team – Alex Rechen, Ithaca College	3.13m
2 nd Team – Shannon Meehan, Ithaca College	3.13m

Long Jump

1 st Team – Taylor Pierson, Nazareth College	5.62m
2 nd Team – Emilia Scheemaker, Ithaca College	5.36m

Triple Jump

1 st Team – Emilia Scheemaker, Ithaca College	11.47m
2 nd Team – Alyssa Figueuroa, Houghton College	11.04m
2 nd Team – Sarah Wiatr, Utica College	10.72m

Shot Put

1 st Team – Paige Wilson, St. John Fisher College	11.40m
2 nd Team – Corinne Taylor, Ithaca College	11.34m

Discus Throw

1 st Team – Allie Doyle, Stevens Institute of Technology	35.23m
2 nd Team – Kelcei Edmonds, Utica College	34.64m

Hammer Throw

1 st Team – Elaine Abdulky, Ithaca College	44.89m
2 nd Team – Grace Python, Stevens Institute of Technology	44.66m

Javelin Throw

1 st Team – Brooke Zimmerman, Ithaca College	40.02m
2 nd Team – Amanda Rissmeyer, Ithaca College	35.35m