



Empire 8 2014 Men's Outdoor Track and Field All-Conference

100 Meter Dash

1 st Team – Rashaad Barrett, Ithaca College	11.01
2 nd Team – Joseph Dagostino, St. John Fisher College	11.03

110 Meter Hurdles

1 st Team – Shane Ruffing, Utica College	15.16
2 nd Team – Chris Wehner, St. John Fisher College	15.59

200 Meter Dash

1 st Team – Joseph Dagostino, St. John Fisher College	22.40
2 nd Team – Rashaad Barrrt, Ithaca College	22.63

400 Meter Dash

1 st Team – Trevor Wilkes, St. John Fisher College	49.76
2 nd Team – Gregory Matos, Alfred University	50.37

400 Meter Hurdles

1 st Team – Shane Ruffing, Utica College	56.10
2 nd Team – William Sterriker, St. John Fisher College	56.68

800 Meter Run

1 st Team – Corey Zlantiski, Utica College	1:57.68
2 nd Team – Mason Mann, Ithaca College	1:59.00

1500 Meter Run

1 st Team – Corey Zlantiski, Utica College	4:02.61
2 nd Team – Nick Zickgraf, Stevens Institute of Technology	4:03.04

5,000 Meter Run

1 st Team – Sawyer Hitchcock, Ithaca College	15:15.86
2 nd Team – Sean Phillips, Ithaca College	15:28.52

3000 Meter Steeplechase

1 st Team – Stephen Gomez, Ithaca College	9:55.48
2 nd Team – Sam Anderson, Utica College	10:03.16

400 Meter Relay (4x100)

1 st Team – Ithaca College	43.05
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Rashaad Barrett, Aaron Matthias, Kevin Davis, Tyler Curtis
 2nd Team – Alfred University 44.38
 Alex Wheaton, Dave Bennett, Terel Marshburn, Gregory Matos

1,600 Meter Relay (4x400)

1st Team – Alfred University 3:25.03
 Dave Bennett, Ethan Foster, Gregory Matos, Edward Potter
 2nd Team – Utica College 3:28.22
 Corey Zlatniski, Andrew Hoover, Trevor Gibson, Christian St. Amour

High Jump

1st Team – Eric Riley, St. John Fisher College 1.98m
 2nd Team – Rob Tutein, Utica College 1.98

Pole Vault

1st Team – Jarrod Monacelli, Ithaca College 4.25m
 2nd Team – Steve Episcopo, Ithaca College 4.10m

Long Jump

1st Team – Eric Riley, St. John Fisher College 7.11m
 2nd Team – De'Marquis Graves, Ithaca College 6.61m

Triple Jump

1st Team – Rayshawn Scott, Utica College 14.00m
 2nd Team – De'Marquis Graves, Ithaca College 13.55m

Shot Put

1st Team – Kyle Koehler, St. John Fisher College 14.25m
 2nd Team – Sam Bonk, Utica College 13.86m

Discus Throw

1st Team – Kyle Blessing, St. John Fisher College 43.29m
 2nd Team – Andrew Russell, Utica College 42.46m

Hammer Throw

1st Team – Luis Rivera, Nazareth College 44.42m
 2nd Team – Chris Stremmel, Ithaca College 42.16m

Javelin Throw

1st Team – Sean Locker, Alfred University 59.77m
 2nd Team – Paul Caplan, Stevens Institute of Technology 50.41m