



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

### 100 Meter Dash

1 <sup>st</sup> Team – Miasia Hillman, Alfred University	12.29
2 <sup>nd</sup> Team – Harmony Graves, Ithaca College	12.31

### 100 Meter Hurdles

1 <sup>st</sup> Team – Tiffany Evangelou, Stevens	15.52
2 <sup>nd</sup> Team – Christine Benway, Ithaca College	15.57

### 200 Meter Dash

1 <sup>st</sup> Team – Harmony Graves, Ithaca College	25.08
2 <sup>nd</sup> Team – Miasia Hillman, Alfred University	25.86

### 400 Meter Dash

1 <sup>st</sup> Team – Anastasia Bowden, Utica College	57.78
2 <sup>nd</sup> Team – Hannah Brackley, Nazareth College	57.92

### 400 Meter Hurdles

1 <sup>st</sup> Team – Leigh Martino, Ithaca College	1:06.99
2 <sup>nd</sup> Team – Jessica Moore, Ithaca College	1:07.56

### 800 Meter Run

1 <sup>st</sup> Team – Michaela Gildemeyer, Nazareth College	2:21.48
2 <sup>nd</sup> Team – Hannah Wright, Ithaca College	2:24.03

### 1500 Meter Run

1 <sup>st</sup> Team – Amy Regan, Stevens	4:41.46
2 <sup>nd</sup> Team – Joanna Friesen, Houghton College	4:43.90
2 <sup>nd</sup> Team – Hannah Wright, Ithaca College	4:46.79

### 5,000 Meter Run

1 <sup>st</sup> Team – Amy Regan, Stevens Institute of Technology	17:52.89
2 <sup>nd</sup> Team – Gabrielle Lebihan, Nazareth	18:14.04

### 3000 Meter Steeplechase

1 <sup>st</sup> Team – Gabrielle Lebihan, Nazareth	11:02.76
2 <sup>nd</sup> Team – Kaitlyn Day, Utica College	11:18.26

### 400 Meter Relay (4x100)

1 <sup>st</sup> Team – Utica College	49.34
Nikiya Harris, Brenna Stewart, Anastasia Bowden, Sarah Wiatr	
2 <sup>nd</sup> Team – Nazareth College	50.09
Sibongile Chisi, Taylor Pierson, Amanda Entress, Hannah Brackley	

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

1 <sup>st</sup> Team – Nazareth College	4:07.01
Michaela Gildemeyer, Sibongile Chisi, Allison Wean, Hannah Brackley	
2 <sup>nd</sup> Team – St. John Fisher College	4:08.74
Kaitlin Rizzo, Sydney Saccone, Chelsea Cleveland, Morgan Mastin	

### **High Jump**

1 <sup>st</sup> Team – Gladys Njoku, Stevens Institute of Technology	1.63m
2 <sup>nd</sup> Team – Natalie Meyer, Ithaca College	1.63m

### **Pole Vault**

1 <sup>st</sup> Team – Alex Rechen, Ithaca College	3.42m
2 <sup>nd</sup> Team – Shannon Meehan, Ithaca College	3.27m

### **Long Jump**

1 <sup>st</sup> Team – Gladys Njoku, Stevens Institute of Technology	5.51m
2 <sup>nd</sup> Team – Emilia Scheemaker, Ithaca College	5.44m

### **Triple Jump**

1 <sup>st</sup> Team – Emilia Scheemaker, Ithaca College	11.72m
2 <sup>nd</sup> Team – Sarah Wiatr, Utica College	11.24m

### **Shot Put**

1 <sup>st</sup> Team – Paige Wilson, St. John Fisher College	12.55m
2 <sup>nd</sup> Team – Alexis Edwards, Utica College	11.38m

### **Discus Throw**

1 <sup>st</sup> Team – Brandy Smith, Ithaca College	43.23m
2 <sup>nd</sup> Team – Andrea Melhorn, Houghton College	39.06m
2 <sup>nd</sup> Team – Abdulky, Ithaca College	36.95m

### **Hammer Throw**

1 <sup>st</sup> Team – Taylor Youngkrans, St. John Fisher College	46.32m
2 <sup>nd</sup> Team – Elaine Abdulky, Ithaca College	45.26m

### **Javelin Throw**

1 <sup>st</sup> Team – Paige Wilson, St. John Fisher College	30.78m
2 <sup>nd</sup> Team – Kristen Pompey, Ithaca College	30.62m