



Empire 8 2015 Men's Outdoor Track and Field All-Conference

100 Meter Dash

1 st Team – Nicodemus Gambill, Utica College	10.68 #
2 nd Team – Rashaad Barrett, Ithaca College	10.78

110 Meter Hurdles

1 st Team – Peter Girardi, St. John Fisher College	15.04
2 nd Team – Kris Alvarez, Stevens Institute of Technology	15.35

200 Meter Dash

1 st Team – Nicodemus Gambill, Utica College	21.72 #
2 nd Team – Joseph D'Agostino, St. John Fisher College	22.02

400 Meter Dash

1 st Team – Tom Sippie, Nazareth College	50.06
2 nd Team – Nick LaBarbera, Nazareth College	50.11

400 Meter Hurdles

1 st Team – Peter Girardi, St. John Fisher College	56.76
2 nd Team – William Sterriker, St. John Fisher College	58.11

800 Meter Run

1 st Team – Matt Battaglia, Nazareth College	1:56.51
2 nd Team – Louis Stengel, Stevens Institute of Technology	1:57.14

1500 Meter Run

1 st Team – Nick Zickgraf, Stevens Institute of Technology	4:00.47
2 nd Team – Louis Stengel, Stevens Institute of Technology	4:00.99

5,000 Meter Run

1 st Team – Tom Cunningham, Stevens Institute of Technology	15:22.17
2 nd Team – Tim Chappell, Ithaca College	15:27.76

3000 Meter Steeplechase

1 st Team – Stephen Gomez, Ithaca College	9:38.63
2 nd Team – Alex Hall, Alfred University	9:44.16

400 Meter Relay (4x100)

1 st Team – Ithaca College	42.28
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Aaron Matthias, Rashaad Barrett, Tyler Curtis, Jordan Smith
 2nd Team – St. John Fisher College 43.08
 William Sterriker, Joseph D’Agostino, Trevor Wilkes, Devin Cornelius

1,600 Meter Relay (4x400)

1st Team – Nazareth College 3:23.55
 Nick LaBarbera, Matt Battaglia, Jacob Murray, Tom Sippie
 2nd Team – Ithaca College 3:26.28
 Kyle Mackinnon, Jordan Smith, Rashaad Barrett, Gerardo Munoz-Celada

High Jump

1st Team – Rob Tutein, Utica College 2.05m #
 2nd Team – Mark VanMarter, St. John Fisher College 2.00m

Pole Vault

1st Team – Kyle Sikes, Utica College 4.35m
 2nd Team – Devin Cornelius, St. John Fisher College 3.95m

Long Jump

1st Team – Mark VanMarter, St. John Fisher College 7.05m
 2nd Team – Aaron Matthias, Ithaca College 6.83m

Triple Jump

1st Team – Mark VanMarter, St. John Fisher College 13.60m
 2nd Team – Brendon Fuentes, St. John Fisher College 13.59m

Shot Put

1st Team – Kyle Koehler, St. John Fisher College 15.17m #
 2nd Team – Sam Kaczmarek, Utica College 14.64m

Discus Throw

1st Team – Nicholas Krute, Stevens Institute of Technology 44.52m #
 2nd Team – Neil Forrester, Stevens Institute of Technology 43.03m

Hammer Throw

1st Team – Luis Rivera, Nazareth College 50.70m
 2nd Team – Corey Zegal, Stevens Institute of Technology 48.60m

Javelin Throw

1st Team – Sean Locker, Alfred University 58.73m
 2nd Team – Paul Caplan, Stevens Institute of Technology 50.41m

- Empire 8 meet record