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**EMPIRE 8 ANNOUNCES MEN'S INDOOR TRACK & FIELD
ALL-CONFERENCE TEAM;
*Kevin Alford of Ithaca and Curtis Howard of RIT Share Top Honor***

ROCHESTER, NY – Senior Kevin Alford of Ithaca College and senior Curtis Howard of RIT shared the Athlete of the Meet honor at the 2004 Empire 8 Men's Indoor Track and Field Championship. Ithaca won the conference title, which was held in conjunction with the New York State Collegiate Track Conference Championships at St. Lawrence.

Alford won conference titles in the high jump (1.85 meters), long jump (6.67 meters), and pentathlon (3,470 points). He placed second in the triple jump (11.99 meters), and finished third in the pole vault (4.25 meters) and 55-meter hurdles (:08.14). Howard won the 1,000-meter run in 2:33.05 and ran on the Tigers' winning 3,200-meter and distance medley relays.

David Falcinelli of RIT was named Rookie of the Meet after finishing second in the pole vault (4.25 meters). Jim Nichols of Ithaca was named Coach of the Year for leading the Bombers to the team title.

Empire 8 2004 Honors:

Co-Athlete of the Meet: Kevin Alford, Ithaca College

Co-Athlete of the Meet: Curtis Howard, RIT

Rookie of the Meet: David Falcinelli, RIT

Coach of the Year: Jim Nichols, Ithaca College

Empire 8 2004 Men's Indoor Track and Field All-Conference

55 Meter Dash

1st Team – Chris Ryer, Ithaca College :06.68

55 Meter Hurdles

1st Team – Greg Hobbs, Ithaca College :07.87

2nd Team – Chris Cooper, Hartwick College :08.10

200 Meter Dash

1st Team – Robert Pickels, Ithaca College :23.03

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400 Meter Dash

1st Team – Robert Pickels, Ithaca College :51.44
2nd Team – Andrew Klausner, Hartwick College :51.51

500 Meter Dash

1st Team – Jim Ruger, Ithaca College 1:07.78
2nd Team – Scott Custer, RIT 1:09.27

800 Meter Run

1st Team – Jim Ravener, Ithaca College 1:56.01
2nd Team – Jeff Abbott, Ithaca College 2:01.44

1,000 Meter Run

1st Team – Curtis Howard, RIT 2:33.05
2nd Team – Jesse Williamson, RIT 2:34.03

1,500 Meter Run

1st Team – Ryan Pancoast, RIT 4:02.59
2nd Team – Nate Lowe, RIT 4:05.26

3,000 Meter Run

1st Team – Ryan Bank, Alfred University 9:04.67
2nd Team – Pat McGreal, Ithaca College 9:16.33

5,000 Meter Run

1st Team – Mike Styczynski, Ithaca College 15:02.91
2nd Team – Ryan Bank, Alfred University 15:37.17

800 Meter Relay

1st Team – Ithaca College 1:35.70
Chris Ryer; Jim Ruger; William Levett; Greg Hobbs
2nd Team – RIT 1:36.91
Quincy Scott; Vince Cauley; Brandon Schroeder; Dean Ganskop

1,600 Meter Relay

1st Team – Ithaca College 3:23.80
Robert Pickels; Jim Ruger; Ben Partyka; Jim Ravener
2nd Team – RIT 3:32.57
Scott Custer; Dean Ganskop; Nate Lowe; Brandon Schroeder

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3,200 Meter Relay

1 st Team – RIT	7:56.33
Adam Cross; Scott Williamson; Ryan Pancoast; Curtis Howard	
2 nd Team – Ithaca College	7:59.16
Jon Barnes; Steve Desmond; Morton Castor; Ryan O’Hara	

Distance Medley Relay

1 st Team – RIT	10:18.62
Curtis Howard; Dean Ganskop; Jesse Williamson; Ryan Pancoast	
2 nd Team – Alfred University	10:47.90
Andrew Crawford; Richard Coyne; Travis Swan; Logan Quist-Chaffee	

High Jump

1 st Team – Kevin Alford, Ithaca College	1.85m
2 nd Team – Alex Palilunas, Ithaca College	1.80m

Pole Vault

1 st Team – Steve Robin, Alfred University	4.55m
2 nd Team – David Falcinelli, RIT	4.25m

Long Jump

1 st Team – Kevin Alford, Ithaca College	6.67m
2 nd Team – Vince Cauley, RIT	6.02m

Triple Jump

1 st Team – Alex Palilunas, Ithaca College	13.41m
2 nd Team – Kevin Alford, Ithaca College	11.99m

Shot Put

1 st Team – Vinnie Maiorino, Ithaca College	13.07m
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35-Pound Weight Throw

1 st Team – Kevin Connelly, Ithaca College	12.61m
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Pentathlon

1 st Team – Kevin Alford, Ithaca College	3,470
2 nd Team – Alex Palilunas, Ithaca College	2,962

2004 Team Results (Points listed are for NYSCTC meet): Ithaca College 98.83, RIT 51, Alfred University 13, Hartwick College 4, Nazareth College 0.

-Empire 8-

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