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**EMPIRE 8 ANNOUNCES MEN'S OUTDOOR TRACK & FIELD ALL-
CONFERENCE TEAM**

Jimmy Sorel and Matt Bango of RIT Earn Individual Honors

ROCHESTER, NY – Freshman Jimmy Sorel of RIT was named Athlete of the Meet at the 2005 Empire 8 Men's Outdoor Track and Field Championship held in conjunction with the New York State Collegiate Track Conference Championships.

Sorel, who was named Rookie of the Meet in this year's conference indoor meet, won the 110-meter hurdles and 400-meter hurdles. He set the conference championship record in the 110-meter event with a time of 14.68 seconds and won the 400-meter race in 55.81 seconds.

Matt Bango, who earned Athlete of the Meet honors in the 2005 indoor championship, was selected as Rookie of the Meet. He set a conference mark by winning the 400-meter dash in 49.00 seconds and won the 200-meter dash in 22.96 seconds.

Jim Nichols of Ithaca was named Coach of the Year for leading the Bombers to their second consecutive outdoor team title.

Empire 8 2005 Honors:

Athlete of the Meet: Jimmy Sorel, RIT

Rookie of the Meet: Matt Bango, RIT

Coach of the Year: Jim Nichols, Ithaca College

Empire 8 2005 Men's Outdoor Track and Field All-Conference

- denotes Empire 8 Championship meet record

* - denotes did not advance to NYSCTC final

100 Meter Dash

1st Team – Amaan Sideeq, Alfred University :10.90*

2nd Team – William Levett, Ithaca College :11.35*

110 Meter Hurdles

1st Team – Jimmy Sorel, RIT :14.68#

2nd Team – Brian Scardella, Ithaca College :15.84*

200 Meter Dash

1st Team – Matt Bango, RIT :22.96

2nd Team – Amaan Sideeq, Alfred University *

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400 Meter Dash

1st Team – Matt Bango, RIT :49.00#
2nd Team – David Zupan, Ithaca College :51.25*

400 Meter Hurdles

1st Team – Jimmy Sorel, RIT :55.81
2nd Team – Nate Corney, Alfred University :56.96

800 Meter Run

1st Team – Nick Stenuf, Nazareth College 1:54.64
2nd Team – Jeff Abbott, Ithaca College 1:56.95

1,500 Meter Run

1st Team – Pat McGreal, Ithaca College 3:58.50#
2nd Team – Jesse Williamson, RIT 3:59.43

3,000 Meter Steeplechase

1st Team – Shawn Calabrese, Ithaca College 9:19.22#
2nd Team – Ryan Bank, Alfred University 9:28.24

5,000 Meter Run

1st Team – Ryan Bank, Alfred University 15:42.98
2nd Team – Shawn Calabrese, Ithaca College 15:49.55

10,000 Meter Run

1st Team – Brendan Epstein, Nazareth College 33:17.03
2nd Team – Pat Hughes, Nazareth College 33:52.97

400 Meter Relay

1st Team – RIT :43.61#
Craig Knight, Matt Bango, Querstein Smith, Jimmy Sorel
2nd Team – Ithaca College :44.37
Zack Downes, William Levett, Brian Scardella, David Zupan

1,600 Meter Relay

1st Team – Ithaca College 3:24.76
David Zupan, Steve Desmond, Matt Manzi, Jeff Abbott
2nd Team – RIT 3:27.44
Joe Hozkic, Jimmy Sorel, Nate Lowe, Matt Bango

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3,200 Meter Relay

1st Team – Ithaca College 7:43.76#

Pat McGreal, Steve Desmond, Matt Manzi, Jeff Abbott

2nd Team – RIT 7:54.46

Chris Schauerman, Nate Lowe, Bob McCoy, Jesse Williamson

High Jump

1st Team – Samuel Catterson, Ithaca College NH

Pole Vault

1st Team – Samuel Catterson, Ithaca College 4.10m

2nd Team – Doug Fertig, Alfred University 3.95m

Long Jump

1st Team – Brian Scardella, Ithaca College 6.15m#

2nd Team – Jordan Hebert, RIT 5.91m

Triple Jump

1st Team – Casey Lesar, Alfred University 12.72m#

2nd Team – Mike Spady, RIT 11.51m

Shot Put

1st Team – Travis Cox, Alfred University 12.26m

2nd Team – Matthew Newcomb, RIT 12.26m

Discus Throw

1st Team – Tariq Ahmad, Ithaca College 43.89m#

2nd Team – Matthew Newcomb, RIT 41.01m

Hammer Throw

1st Team – Travis Cox, Alfred University 42.96m#

2nd Team – Kevin Connelly, Ithaca College 40.91m

Javelin Throw

1st Team – Stephen Burns, RIT 54.37m#

2nd Team – Dan Ohart, Alfred University 49.71m

Decathlon

1st Team – Samuel Catterson, Ithaca College 5,809#

2nd Team – Steve Robin, Alfred University 5,628

-Empire 8-

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