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**EMPIRE 8 ANNOUNCES WOMEN'S INDOOR TRACK & FIELD  
ALL-CONFERENCE TEAM;**  
*Amanda Laytham of Ithaca and Sheri Kelleher of Hartwick Earn Top Honor*

**ROCHESTER, NY** – Senior Amanda Laytham of Ithaca College and senior Sheri Kelleher of Hartwick shared the Athlete of the Meet honor at the 2004 Empire 8 Women'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.

Laytham captured conference titles in the 1,000-meter run in 2:59.43 and the 1,500-meter run in 4:40.21. She also ran on the Bombers' winning 3,200-meter and distance medley relays.

Kelleher, who won eight NYSCTC indoor individual titles in her career, won Empire 8 titles in the 200-meter (25.99 seconds) and 400-meter (57.65) dashes, and placed second in the 55-meter dash (7.73).

Jessemyn Russell of Nazareth was named Rookie of the Meet after winning the pentathlon with 2,897 points and finishing second in the high jump (1.57 meters). First-year coach Jennifer Potter 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:** Amanda Laytham, Ithaca College

**Co-Athlete of the Meet:** Sheri Kelleher, Hartwick College

**Rookie of the Meet:** Jessemyn Russell, Nazareth College

**Coach of the Year:** Jennifer Potter, Ithaca College

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

**55 Meter Dash**

1<sup>st</sup> Team – Kim Henn, Ithaca College :07.59

2<sup>nd</sup> Team – Sheri Kelleher, Hartwick College :07.73

**55 Meter Hurdles**

1<sup>st</sup> Team – Kelly Sisti, Ithaca College :08.77

2<sup>nd</sup> Team – Sam Margulies, Ithaca College :09.01

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**200 Meter Dash**

1<sup>st</sup> Team – Sheri Kelleher, Hartwick College :25.99  
2<sup>nd</sup> Team – Kim Henn, Ithaca College :26.82

**400 Meter Dash**

1<sup>st</sup> Team – Sheri Kelleher, Hartwick College :57.65  
2<sup>nd</sup> Team – Danielle Simmons, RIT 1:01.09

**500 Meter Dash**

1<sup>st</sup> Team – Emily Maston, Ithaca College 1:18.30  
2<sup>nd</sup> Team – Kristen Cravotta, Ithaca College 1:19.29

**800 Meter Run**

1<sup>st</sup> Team – Emily Maston, Ithaca College 2:17.00  
2<sup>nd</sup> Team – Amy Luoma, Hartwick College 2:21.57

**1,000 Meter Run**

1<sup>st</sup> Team – Amanda Laytham, Ithaca College 2:59.43  
2<sup>nd</sup> Team – Heidi Spalholz, RIT 3:01.80

**1,500 Meter Run**

1<sup>st</sup> Team – Amanda Laytham, Ithaca College 4:40.21  
2<sup>nd</sup> Team – Liz Burns, Nazareth College 5:00.28

**3,000 Meter Run**

1<sup>st</sup> Team – Bridgette Pilling, Ithaca College 10:22.42  
2<sup>nd</sup> Team – Stasi Kasianchuk, Ithaca College 10:42.53

**5,000 Meter Run**

1<sup>st</sup> Team – Bridgette Pilling, Ithaca College 17:55.32  
2<sup>nd</sup> Team – Stasi Kasianchuk, Ithaca College 18:13.76

**800 Meter Relay**

1<sup>st</sup> Team – RIT 1:49.56  
Jessica Mills; Erin Canfield; Jessica McCarthy; Danielle Simmons  
2<sup>nd</sup> Team – Ithaca College 1:52.11  
Lisa Erhartic; Keri Raymond; Carrie Williams; Kim Henn

**1,600 Meter Relay**

1<sup>st</sup> Team – Ithaca College 4:09.39  
Kim Gillman; Camille Guyot-Bender; Kristen Cravotta; Emily Maston  
2<sup>nd</sup> Team – RIT 4:23.19  
Jessica McCarthy; Heidi Spalholz; Lisa Curtin; Kathryn Palermo

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**3,200 Meter Relay**

1 <sup>st</sup> Team – Ithaca College	9:44.94
Kara Krebs; Alyssa Tingle; Irena McQuarrie; Amanda Laytham	
2 <sup>nd</sup> Team – RIT	9:57.26
Erin Canfield; Sarah Paul; Heidi Spalholz; Danielle Simmons	

**Distance Medley Relay**

1 <sup>st</sup> Team – Ithaca College	11:59.16
Kristen Cravotta; Irena McQuarrie; Emily Maston; Amanda Laytham	
2 <sup>nd</sup> Team – RIT	13:02.78
Sarah Paul; Lisa Curtin; Kathryn Palermo; Heidi Spalholz	

**High Jump**

1 <sup>st</sup> Team – Meghan Morningstar, Ithaca College	1.67m
2 <sup>nd</sup> Team – Jessemyn Russell, Nazareth College	1.57m

**Pole Vault**

1 <sup>st</sup> Team – Morgan Farrow, Hartwick College	2.60m
2 <sup>nd</sup> Team – Stephanie Matuszewski, RIT	2.45m

**Long Jump**

1 <sup>st</sup> Team – Kelly Sisti, Ithaca College	4.96m
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**Triple Jump**

1 <sup>st</sup> Team – Kelly Sisti, Ithaca College	10.63m
2 <sup>nd</sup> Team – Alyson Holbrook, Ithaca College	10.09m

**Shot Put**

1 <sup>st</sup> Team – Renata Williams, Hartwick College	12.76m
2 <sup>nd</sup> Team – Danyelle Yondura, RIT	11.45m

**20-Pound Weight Throw**

1 <sup>st</sup> Team – Genevieve Billia, Ithaca College	13.76m
2 <sup>nd</sup> Team – Renata Williams, Hartwick College	13.08m

**Pentathlon**

1 <sup>st</sup> Team – Jessemyn Russell, Nazareth College	2,897
2 <sup>nd</sup> Team – Kelly Sisti, Ithaca College	2,770

**2004 Team Results (Points listed are for NYSCTC meet):** Ithaca College 150, Hartwick College 35, RIT 31, Nazareth College 16, Alfred University 0.

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