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**EMPIRE 8 ANNOUNCES WOMEN'S INDOOR TRACK & FIELD
ALL-CONFERENCE TEAM**

Danielle Simmons and LaKeisha Perez of RIT Earn Top Honors

ROCHESTER, NY – Sophomore Danielle Simmons of RIT was named the Athlete of the Meet at the 2005 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 RIT.

Simmons won the 500-meter dash in a conference championship record time of 1:17.18 and placed first in the 200 meters in 26.41 seconds. She also ran on the Tigers' winning 3,200-meter relay squad.

LaKeisha Perez of RIT was named Rookie of the Meet after winning the 55-meter hurdles in a conference championship record of 8.59 seconds.

Jennifer Potter of Ithaca College was named Coach of the Year for the second consecutive time for leading the Bombers to the team title.

Empire 8 2005 Honors:

Athlete of the Meet: Danielle Simmons, RIT

Rookie of the Meet: LaKeisha Perez, RIT

Coach of the Year: Jennifer Potter, Ithaca

Empire 8 2005 Women's Indoor Track and Field All-Conference

- denotes Empire 8 Championship meet record

55 Meter Dash

1 st Team – Kim Henn, Ithaca College	:07.71
2 nd Team – Jessica Mills, RIT	:07.78

55 Meter Hurdles

1 st Team – LaKeisha Perez, RIT	:08.59#
2 nd Team – Kelly Sisti, Ithaca College	:08.76

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200 Meter Dash

1 st Team – Danielle Simmons, RIT	:26.41
2 nd Team – Kim Henn, Ithaca College	:26.80

400 Meter Dash

1 st Team – Martine Loewensteiner, Ithaca College	1:01.43
2 nd Team – Amanda White, Ithaca College	1:02.04

500 Meter Dash

1 st Team – Danielle Simmons, RIT	1:17.18#
2 nd Team – Kathryn Palermo, RIT	1:20.98

800 Meter Run

1 st Team – Emily Maston, Ithaca College	2:26.10
2 nd Team – Irena McQuarrie, Ithaca College	2:26.66

1,000 Meter Run

1 st Team – Bridgette Pilling, Ithaca College	3:08.18
2 nd Team – Kate Ciccone, Alfred University	3:09.80

1,500 Meter Run

1 st Team – Bridgette Pilling, Ithaca College	4:53.50
2 nd Team – Emily Maston, Ithaca College	5:02.87

3,000 Meter Run

1 st Team – Rachel Blasiak, Ithaca College	10:29.42
2 nd Team – Payson Warlick, Ithaca College	10:36.05

5,000 Meter Run

1 st Team – Payson Warlick, Ithaca College	18:05.71
2 nd Team – Rachel Blasiak, Ithaca College	18:15.49

800 Meter Relay

1 st Team – Ithaca College	1:48.74#
Sarah Boucher, Stephanie Donahue, Leigh Klumpp, Kim Henn	
2 nd Team – RIT	1:48.89
Jessica Mills, LaKeisha Perez, Jessica McCarthy, Danielle Simmons	

1,600 Meter Relay

1 st Team – Ithaca College	4:12.64
Kim Henn, Amanda White, Sarah Boucher, Martine Loewensteiner	
2 nd Team – RIT	4:15.40
Lisa Curtin, Adrienne Gagnier, Trisha Sliker, Danielle Simmons	

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3,200 Meter Relay

1 st Team – RIT	9:52.93
Adrienne Gagnier, Trisha Sliker, Danielle Simmons, Kathryn Palermo	
2 nd Team – Ithaca College	10:05.92
Lisa Hardy, Courtney Gallagher, Brittany DeMarse, Irena McQuarrie	

Distance Medley Relay

1 st Team – Ithaca College	12:36.25
Emily Maston, Camille Guyot-Bender, Irena McQuarrie, Bridgette Pilling	
2 nd Team – RIT	12:44.49
Adrienne Gagnier, Lisa Curtin, Kathryn Palermo, Trisha Sliker	

High Jump

1 st Team – Meghan Morningstar, Ithaca College	1.68m#
2 nd Team – Jessemyn Russell, Nazareth College	1.53m

Pole Vault

1 st Team – Alison Spivak, Ithaca College	3.05m#
2 nd Team – Stephanie Matuszewski, RIT	2.90m

Long Jump

1 st Team – Elena DeQuesada, Ithaca College	5.42m#
2 nd Team – Kelly Sisti, Ithaca College	4.83m

Triple Jump

1 st Team – Kelly Sisti, Ithaca College	10.60m
2 nd Team – Elena DeQuesada, Ithaca College	10.51m

Shot Put

1 st Team – Allison Griggs, RIT	13.07m#
2 nd Team – Renata Williams, Hartwick College	12.37m

20-Pound Weight Throw

1 st Team – Allison Griggs, RIT	15.61m#
2 nd Team – Renata Williams, Hartwick College	13.62m

Pentathlon

1 st Team – Jessemyn Russell, Nazareth College	3,078#
2 nd Team – Elena DeQuesada, Ithaca College	2,804

-Empire 8-

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