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

LaKeisha Perez of RIT Earns Athlete of the Meet Honor

ROCHESTER, NY – Sophomore LaKeisha Perez of host RIT was named Athlete of the Meet at the 2006 Empire 8 Women's Indoor Track and Field Championship held in conjunction with the New York State Collegiate Track Conference Championships.

Perez, who was the Rookie of the Year in last year's indoor championship, won Empire 8 titles in the 55-meter dash (7.62 seconds), 200-meter dash (27.17 seconds), and 55-meter hurdles. Her time of 8.55 seconds in the hurdles broke her own conference championship record.

Elizabeth Wilcox was named Rookie of the Meet after capturing two conference titles. She won the one mile run (5:11.47) and the 800-meter run (2:17.78).

Jennifer Potter of Ithaca College earned Coach of the Year honors for the third consecutive year for leading the Bombers to the team title.

Empire 8 2006 Honors:

Athlete of the Meet: LaKeisha Perez, RIT

Rookie of the Meet: Elizabeth Wilcox, Ithaca College

Coach of the Year: Jennifer Potter, Ithaca College

Empire 8 2006 Women's Indoor Track and Field All-Conference

- denotes Empire 8 Championship meet record

+ - denotes did not advance to final

55 Meter Dash

1 st Team – LaKeisha Perez, RIT	:07.62
2 nd Team – Stephanie Donahue, Ithaca College	:07.71+

55 Meter Hurdles

1 st Team – LaKeisha Perez, RIT	:08.55#
2 nd Team – Lauren Koppel, Ithaca College	:08.72

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200 Meter Dash

1st Team – LaKeisha Perez, RIT :27.17
2nd Team – Jessica McCarthy, RIT :27.35

400 Meter Dash

1st Team – Leigh Klumpp, Ithaca College 1:03.59
2nd Team – Jennifer Geibel, Nazareth College 1:03.02+

500 Meter Dash

1st Team – Danielle Simmons, RIT 1:17.02#
2nd Team – Kathryn Palermo, RIT 1:21.52

Mile Run

1st Team – Elizabeth Wilcox, Ithaca College 5:11.47#
2nd Team – Jessica Wilcox, Ithaca College 5:11.48

800 Meter Run

1st Team – Jessica Wilcox, Ithaca College 2:17.78
2nd Team – Genna Pfeiffer, Ithaca College 2:27.72

1,000 Meter Run

1st Team – Elizabeth Wilcox, Ithaca College 3:01.01
2nd Team – Kasey Currier, Ithaca College 3:05.41

3,000 Meter Run

1st Team – Rachel Blasiak, Ithaca College 10:29.33
2nd Team – Lindsey Nadolski, Ithaca College 10:35.09

5,000 Meter Run

1st Team – Autumn Swan, Hartwick College 17:58.56
2nd Team – Rachel Blasiak, Ithaca College 18:05.11

800 Meter Relay

1st Team – RIT 1:48.94
Jessica McCarthy, Kathryn Palermo, Danielle Simmons, LaKeisha Perez
2nd Team – Ithaca College 1:50.38
Leigh Klumpp, Ashley Houseknecht, Stephanie Donahue, Jessica Bachiochi

1,600 Meter Relay

1st Team – Ithaca College 4:08.47#
Jessica Bachiochi, Leigh Klumpp, Jessica Wilcox, Elizabeth Wilcox
2nd Team – RIT 4:14.75
Kathrine Springate, Trisha Sliker, Danielle Simmons, Adrienne Gagnier

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3,200 Meter Relay

1 st Team – RIT	9:50.44
Kathryn Palermo, Adrienne Gagnier, Danielle Simmons, Trisha Sliker	
2 nd Team – Ithaca College	9:55.66
Amanda Jacobsen, Audrey Harkness, Kasey Currier, Genna Pfeiffer	

Distance Medley Relay

1 st Team – Ithaca College	12:19.85
Jessica Wilcox, Ashley Houseknecht, Amanda Jacobsen, Elizabeth Wilcox	
2 nd Team – RIT	12:37.05
Adrienne Gagnier, Kathryn Palermo, Danielle Simmons, Trisha Sliker	

High Jump

1 st Team – Meghan Morningstar, Ithaca College	1.63m
2 nd Team – Lauren Koppel, Ithaca College	1.58m

Pole Vault (Two student-athletes tied for first team)

1 st Team – Stephanie Matuszewski, RIT	2.90m
1 st Team – Alison Spivak, Ithaca College	2.90m

Long Jump (Two student-athletes tied for second team)

1 st Team – Sonya Williams, Hartwick College	4.97m
2 nd Team – Lauren Koppel, Ithaca College	4.75m
2 nd Team – Kelly Sisti, Ithaca College	4.75m

Triple Jump

1 st Team – Kelly Sisti, Ithaca College	10.39m
2 nd Team – Lauren Koppel, Ithaca College	10.38m

Shot Put

1 st Team – Allison Griggs, RIT	12.29m
2 nd Team – Eva Wermer, Ithaca College	11.10m

20-Pound Weight Throw

1 st Team – Allison Griggs, RIT	16.36m#
2 nd Team – Meredith Coon, Nazareth College	12.16m

Pentathlon

1 st Team – Lauren Koppel, Ithaca College	3,061
2 nd Team – Stephanie Matuszewski, RIT	2,691

-Empire 8-

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