



Date: February 11, 2008

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

LaKeisha Perez and Jamie Morey of RIT Earn Top Honors

ROCHESTER, NY – Senior LaKeisha Perez and sophomore Jamie Morey of Rochester Institute of Technology were named Track Athlete of the Meet and Field Athlete of the Meet, respectively, at the 2008 Empire 8 Women's Indoor Track and Field Championship hosted by RIT on Sunday. Marcia McCord of conference champion Ithaca College was named Rookie of the Meet.

Perez won the 55-meter hurdles for the fourth consecutive year. Her time of 8.50 seconds provisionally qualified her for the NCAA Division III Women's Indoor Track and Field Championship.

Morey captured Empire 8 titles in the shot put and weight throw. Her throw of 13.74 meters in the weight throw qualified her for the ECAC Championships, while she finished first in the shot put with a toss of 10.31 meters.

McCord was the unanimous selection as Rookie of the Meet, winning three events, setting Empire 8 championship records in two of them. McCord set meet records in winning the 55-meter dash (7.44 seconds) and the triple jump (11.03 meters) and also captured the 200-meter dash in 26.21 seconds.

Empire 8 2008 Honors:

Track Athlete of the Meet: LaKeisha Perez, Rochester Institute of Technology

Field Athlete of the Meet: Jamie Morey, Rochester Institute of Technology

Rookie of the Meet: Marcia McCord, Ithaca College

Empire 8 2007 Women's Indoor Track and Field All-Conference

- denotes Empire 8 Championship meet record

55 Meter Dash

1st Team – Marcia McCord, Ithaca :07.44#

2nd Team – Samantha Mitchell, RIT :07.58

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55 Meter Hurdles

1 st Team – LaKeisha Perez, RIT	:08.50
2 nd Team – Hannah Jacobsen, Ithaca	:09.20

200 Meter Dash

1 st Team – Marcia McCord, Ithaca	:26.21
2 nd Team – Samantha Mitchell, RIT	:27.39

400 Meter Dash

1 st Team – Salme Cook, Stevens	1:02.38
2 nd Team – Lauren Glaser, Nazareth	1:02.63

Mile Run

1 st Team – Courtney Gallagher, Ithaca	5:34.20
2 nd Team – Arielle Januszkiewicz, RIT	5:34.31

800 Meter Run

1 st Team – Lauren Glaser, Nazareth	2:27.47
2 nd Team – Sarah Moskey, Ithaca	2:28.78

5,000 Meter Run

1 st Team – Melissa Franzese, Stevens	18:58.23
2 nd Team – Sara Amitrani, Stevens	19:14.16

1,600 Meter Relay

1 st Team – Ithaca	4:18.07
Emily Ondrejka, Lindsay Harris, Emily Moran, Laura Gallup	
2 nd Team – RIT	4:18.13
Nicole Varble, Jillian Putney, Katherine Springate, Alison Dupra	

Distance Medley Relay

1 st Team – Ithaca	13:11.90
Audrey Harkness, Lizzie Bronson, Sarah Moskey, Courtney Gallagher	
2 nd Team – RIT	13:26.51
Rachel Simpson, Alexandra Bush, Dana Palmer, Adrienne Gagnier	

High Jump

1 st Team – Alison Siderko, Ithaca	1.55m
2 nd Team – Laura Goodman, Stevens	1.55m

Pole Vault

1 st Team – Naomi Mark, Ithaca	3.05m#
2 nd Team – Alison Spivak, Ithaca	3.05m#

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Long Jump

1 st Team – Melissa Cutcliffe, Nazareth	5.34m
2 nd Team – Marcia McCord, Ithaca	5.09m

Triple Jump

1 st Team – Marcia McCord, Ithaca	11.03m#
2 nd Team – Sarah Bennett, Ithaca	10.62m

Shot Put

1 st Team – Jamie Morey, RIT	10.31m
2 nd Team – Lindsay Pehmoeller, Ithaca	9.56m

20-Pound Weight Throw

1 st Team – Jamie Morey, RIT	13.74m
2 nd Team – Lindsay Pehmoeller, Ithaca	12.45m

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