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

Marcia McCord and Lauren Koppel of Ithaca Garner Top Honors

ROCHESTER, NY – Senior Lauren Koppel and sophomore Marcia McCord of Ithaca College were named Field Athlete of the Meet and Track Athlete of the Meet, respectively, at the 2009 Empire 8 Women's Indoor Track and Field Championship hosted by RIT on Sunday.

Koppel earned the Field Athlete of the Meet honor for the second time after receiving it at the 2007 championship, her last appearance in the meet before this year's championship. In the field events, Koppel won the long jump (5.38 meters), finished second to McCord in the triple jump, and placed second in the high jump. She also won the 55-meter hurdles in 8.69 seconds.

McCord repeated her championship efforts in all three events she won in her rookie campaign and broke two of her own Empire 8 records in the process. She broke meet records in the 55-meter dash (7.35 seconds) and the triple jump (11.10 meters). McCord also captured the 200-meter dash in 26.30 seconds and finished third in the long jump.

Empire 8 2009 Honors:

Track Athlete of the Meet: Marcia McCord, Ithaca College

Field Athlete of the Meet: Lauren Koppel, Ithaca College

Empire 8 2009 Women's Indoor Track and Field All-Conference

- denotes Empire 8 Championship meet record

55 Meter Dash

1 st Team – Marcia McCord, Ithaca	:07.35#
2 nd Team – Samantha Mitchell, RIT	:07.45

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55 Meter Hurdles

1 st Team – Lauren Koppel, Ithaca	:08.60
2 nd Team – Emma Dewart, Ithaca	:09.08

200 Meter Dash

1 st Team – Marcia McCord, Ithaca	:26.30
2 nd Team – Samantha Mitchell, RIT	:26.81

400 Meter Dash

1 st Team – Salme Cook, Stevens	1:01.35
2 nd Team – Emily Moran, Ithaca	1:02.10

800 Meter Run

1 st Team – Lauren Glaser, Nazareth	2:22.49
2 nd Team – Katie Leugers, Ithaca	2:25.54

Mile Run

1 st Team – Katie Leugers, Ithaca	5:16.90
2 nd Team – Megan Crimmins, Alfred	5:30.22

5,000 Meter Run

1 st Team – Erin LaFave, RIT	19:06.68
2 nd Team – Melissa Franzese, Stevens	19:23.97

1,600 Meter Relay

1 st Team – RIT	4:12.13
Abby Arday, Joanna Dobeck, Jillian Putney, Nicole Varble	
2 nd Team – Ithaca	4:13.79
Lindsay Harris, Emily Moran, Jacqueline Wild, Emily Ondrejka	

Distance Medley Relay

1 st Team – Nazareth	13:16.66
Shannon Bradley, Evelyn DeSantis, Jessica Brown, Caitlyn Parmalee	
2 nd Team – Ithaca	13:19.59
Heidi Baumbach, Sarah Moskey, Lizzie Bronson, Cathy Ortiz	

High Jump

1 st Team – Emma Dewart, Ithaca	1.63m
2 nd Team – Lauren Koppel, Ithaca	1.63m

Pole Vault

1 st Team – Kristen DeStefano, Ithaca	3.25m#
2 nd Team – Carol Melice, RIT	3.10m

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Long Jump

1 st Team – Lauren Koppel, Ithaca	5.38m
2 nd Team – Melissa Cutcliffe, Nazareth	5.36m

Triple Jump

1 st Team – Marcia McCord, Ithaca	11.10m#
2 nd Team – Lauren Koppel, Ithaca	10.80m

Shot Put

1 st Team – Alina Duran, Stevens	10.88m
2 nd Team – Jamie Morey, RIT	10.78m

20-Pound Weight Throw

1 st Team – Jamie Morey, RIT	14.83m
2 nd Team – Lindsey Clark, RIT	12.33m

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