



**Date:** January 31, 2010

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

*Marcia McCord of Ithaca and Melissa Cutcliffe of Nazareth Garner Top Honors*

**ROCHESTER, NY** – Senior Melissa Cutcliffe of Nazareth College and junior Marcia McCord of Ithaca College were named Field Athlete of the Meet and Track Athlete of the Meet, respectively, at the 2010 Empire 8 Women's Indoor Track and Field Championship hosted by RIT on Sunday.

McCord won the 55-meter dash, 200-meter dash, and triple jump for the third consecutive year and repeated as the Track Athlete of the Meet. She broke her own Empire 8 Championship records in the 55-meter dash in 7.34 seconds and the triple jump with a leap of 11.29 meters that provisionally qualified her for the NCAA Division III Indoor Track and Field Championships. McCord broke the 200-meter record set in the first conference championship with her time of 25.94 seconds.

Cutcliffe provisionally qualified for the NCAA meet and broke the Empire 8 Championship record with her winning jump of 5.44 meters in the long jump. The previous conference mark was 5.42 set in 2005.

**Empire 8 2010 Honors:**

**Track Athlete of the Meet:** Marcia McCord, Ithaca College

**Field Athlete of the Meet:** Melissa Cutcliffe, Nazareth College

**Empire 8 2010 Women's Indoor Track and Field All-Conference**

# - denotes Empire 8 Championship meet record

**55 Meter Dash**

1 <sup>st</sup> Team – Marcia McCord, Ithaca	:07.34#
2 <sup>nd</sup> Team – Samantha Mitchell, RIT	:07.43

**55 Meter Hurdles**

1 <sup>st</sup> Team – Lauren Koppel, Ithaca	:08.85
2 <sup>nd</sup> Team – Emma Dewart, Ithaca	:08.99

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**200 Meter Dash**

1 <sup>st</sup> Team – Marcia McCord, Ithaca	:25.94#
2 <sup>nd</sup> Team – Samantha Mitchell, RIT	:27.22

**400 Meter Dash**

1 <sup>st</sup> Team – Salme Cook, Stevens	1:00.01
2 <sup>nd</sup> Team – Abby Arday, RIT	1:01.84

**800 Meter Run**

1 <sup>st</sup> Team – Sarah Moskey, Ithaca	2:25.04
2 <sup>nd</sup> Team – Katie Ahart, Ithaca	2:26.51

**Mile Run**

1 <sup>st</sup> Team – Jenn Randall, Ithaca	5:16.30
2 <sup>nd</sup> Team – Katie Leugers, Ithaca	5:17.45

**5,000 Meter Run**

1 <sup>st</sup> Team – Amanda Boccio, Ithaca	18:42.45
2 <sup>nd</sup> Team – Melanie McCormick, Ithaca	18:48.50

**1,600 Meter Relay**

1 <sup>st</sup> Team – Ithaca Emma Dewart, Ebonie Howard, Marcia McCord, Rebecca Coffman	4:11.94
2 <sup>nd</sup> Team – RIT Abby Arday, Alexandra Bush, Jennie Springer, Jillian Putney	4:16.04

**Distance Medley Relay**

1 <sup>st</sup> Team – Ithaca Jenn Randall, Lindsay Harris, Rachel Spirito, Cathy Ortiz	13:10.85
2 <sup>nd</sup> Team – Alfred Rachel Gaylord, Amy Morrissey, Melissa Haahr, Megan Crimmins	13:34.98

**High Jump**

1 <sup>st</sup> Team – Emma Dewart, Ithaca	1.63m
2 <sup>nd</sup> Team – Amanda Rissmeyer, Ithaca	1.58m

**Pole Vault**

1 <sup>st</sup> Team – Kristen DeStefano, Ithaca	3.50m#
2 <sup>nd</sup> Team – Julie Orlando, Ithaca	3.35m

**Long Jump**

1 <sup>st</sup> Team – Melissa Cutcliffe, Nazareth	5.44m#
2 <sup>nd</sup> Team – Emma Dewart, Ithaca	5.31m

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**Triple Jump**

1<sup>st</sup> Team – Marcia McCord, Ithaca 11.29m#  
2<sup>nd</sup> Team – Kristi Custer, Nazareth 10.72m

**Shot Put**

1<sup>st</sup> Team – Colleen Garman, Ithaca 11.41m  
2<sup>nd</sup> Team – Samantha Ramos, RIT 11.06m

**20-Pound Weight Throw**

1<sup>st</sup> Team – Grace Python, Stevens 14.39m  
2<sup>nd</sup> Team – Jamie Morey, RIT 14.14m

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