



Date: May 10, 2005

Contact: Timothy Farrell, SID
tfarrell@empire8.com

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

Elena DeQuesada of Ithaca and LaKeisha Perez of RIT Earn Top Honors

ROCHESTER, NY – Senior Elena DeQuesada of conference champion Ithaca College was named Athlete of the Meet at the 2005 Empire 8 Women's Outdoor Track and Field Championship. The championship was held in conjunction with the New York State Collegiate Track Conference Championships, where the Bombers won their eighth consecutive state title.

DeQuesada set Empire 8 records in all three individual events she won. She captured the long jump (5.24 meters), triple jump (10.65 meters), and heptathlon (4,222 points). DeQuesada, who was also named NYSCTC Field Athlete of the Meet, placed second in the 100-meter hurdles in 15.18 seconds.

LaKeisha Perez of RIT was named Rookie of the Meet after winning the 100-meter dash (12.81 seconds) and 100-meter hurdles (15.13 seconds). Perez, who set conference records in both events, was also named the top rookie in the indoor meet.

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

Empire 8 2005 Honors:

Athlete of the Meet: Elena DeQuesada, Ithaca College

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

* - denotes did not advance to NYSCTC final

100 Meter Dash

1st Team – LaKeisha Perez, RIT :12.81#

2nd Team – Kim Henn, Ithaca College :13.21*

100 Meter Hurdles

1st Team – LaKeisha Perez, RIT :15.13#

2nd Team – Elena DeQuesada, Ithaca College :15.18

-more-

S P O R T S I N F O R M A T I O N D I R E C T O R

14 Eagle Terrace / Jefferson, MA 01522 / Phone: 508.829.7469 / Fax: 508.829.6685 / tfarrell@empire8.com / www.empire8.com

PAGE TWO – EMPIRE 8 ANNOUNCES...

200 Meter Dash

1 st Team – Danielle Simmons, RIT	:26.08
2 nd Team – Leigh Klumpp, Ithaca College	:26.16

400 Meter Dash

1 st Team – Danielle Simmons, RIT	:58.07
2 nd Team – Jennifer Giebel, Nazareth College	1:00.83

400 Meter Hurdles

1 st Team – Theresa Merrion, Ithaca College	1:09.96
2 nd Team – Angela Affonti, Ithaca College	1:11.43

800 Meter Run

1 st Team – Emily Maston, Ithaca College	2:21.78
2 nd Team – Irena McQuarrie, Ithaca College	2:23.92

1,500 Meter Run

1 st Team – Rachel Blasiak, Ithaca College	4:54.59
2 nd Team – Audrey Harkness, Ithaca College	5:05.62

3,000 Meter Steeplechase

1 st Team – Trisha Sliker, RIT	11:34.64
2 nd Team – Kate Ciccone, Alfred University	12:19.34

5,000 Meter Run

1 st Team – Bridgette Pilling, Ithaca College	18:13.64
2 nd Team – Rachel Blasiak, Ithaca College	18:24.26

10,000 Meter Run

1 st Team – Autumn Swan, Hartwick College	37:49.84#
2 nd Team – Stasi Kasianchuk, Ithaca College	38:32.89

400 Meter Relay

1 st Team – Ithaca College	:50.33
Carrie Williams, Leigh Klumpp, Stephanie Donahue, Kim Henn	
2 nd Team – RIT	:50.33
Jessica Mills, LaKeisha Perez, Danielle Simmons, Kathryn Palermo	

1,600 Meter Relay

1 st Team – Ithaca College	4:06.68
Martine Lowensteiner, Camille Guyot-Bender, Sarah Boucher, Kim Henn	
2 nd Team – RIT	4:08.20
Lisa Curtin, Kathryn Palermo, Adrienne Gagnier, Danielle Simmons	

-more-

S P O R T S I N F O R M A T I O N D I R E C T O R

PAGE THREE –EMPIRE 8 ANNOUNCES...

3,200 Meter Relay

1 st Team – RIT	9:41.15
Lisa Curtin, Trisha Sliker, Kathryn Palermo, Adrienne Gagnier	
2 nd Team – Ithaca College	9:41.27
Emily Maston, Brittany DeMarse, Courtney Gallagher, Audrey Harkness	

High Jump

1 st Team – Meghan Morningstar, Ithaca College	1.64m
2 nd Team – Cailin Sanford, Hartwick College	1.54m

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	5.24m#
2 nd Team – Kelly Sisti, Ithaca College	4.94m

Triple Jump

1 st Team – Elena DeQuesada, Ithaca College	10.65m#
2 nd Team – Kelly Sisti, Ithaca College	10.54m

Shot Put

1 st Team – Jen McDonnell, Hartwick College	11.04m
2 nd Team – Danyelle Yondura, RIT	10.68m

Discus Throw

1 st Team – Jen McDonnell, Hartwick College	40.02m#
2 nd Team – Melissa Blitzstein, Ithaca College	36.40m

Hammer Throw

1 st Team – Melissa Blitzstein, Ithaca College	35.00m
2 nd Team – Megan Murphy, Ithaca College	34.59m

Javelin Throw

1 st Team – Katie Schkolenko, Ithaca College	38.75m
2 nd Team – Danyelle Yondura, RIT	33.29m

Heptathlon

1 st Team – Elena DeQuesada, Ithaca College	4,222#
2 nd Team – Maria Fernandez, Hartwick College	3,863

-Empire 8-

S P O R T S I N F O R M A T I O N D I R E C T O R

14 Eagle Terrace / Jefferson, MA 01522 / Phone: 508.829.7469 / Fax: 508.829.6685 / tfarrell@empire8.com / www.empire8.com