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

LaKeisha Perez of RIT and Lauren Koppel of Ithaca Earn Top Honors

ROCHESTER, NY – Junior LaKeisha Perez of conference champion Rochester Institute of Technology was named Track Athlete of the Meet and sophomore Lauren Koppel of Ithaca College was chosen as Field Athlete of the Meet at the 2007 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 Tigers won the state title.

Perez, who shared the Athlete of the Meet award with Koppel in last year's championship, became the first student-athlete named the top track athlete in the outdoor championship after breaking Empire 8 records in the 100-meter hurdles and 200 meters in 25.43 seconds. Her school-record time of 14.38 seconds in the 100-meter event automatically qualified her for the NCAA Division III Women's Outdoor Track and Field Championship. She is the Tigers' first automatic qualifier in 10 years.

Koppel, who was also honored as the top field athlete in the indoor conference meet, successfully defended her Empire 8 titles in the long jump (4.97 meters), triple jump (10.41 meters), javelin (33.82 meters), and heptathlon (4,143 points). She finished second in the high jump and the 100-meter hurdles.

Jamie Morey of RIT was named Rookie of the Meet. She won the discus with a throw of 38.40 meters.

David Warth of RIT was selected as Coach of the Year after leading the Tigers to the conference and state titles.

Empire 8 2007 Honors:

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

Field Athlete of the Meet: Lauren Koppel, Ithaca College

Rookie of the Meet: Jamie Morey, Rochester Institute of Technology

Coach of the Year: David Warth, Rochester Institute of Technology

Empire 8 2007 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 – Leigh Klumpp, Ithaca College :12.77

2nd Team – Stephanie Donahue, Ithaca College*

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100 Meter Hurdles

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|--|---------|
| 1 st Team – LaKeisha Perez, RIT | :14.38# |
| 2 nd Team – Lauren Koppel, Ithaca College | :15.11 |

200 Meter Dash

| | |
|---|---------|
| 1 st Team – LaKeisha Perez, RIT | :25.43# |
| 2 nd Team – Leigh Klumpp, Ithaca College | :25.94 |

400 Meter Dash

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|---|--------|
| 1 st Team – Jenna Porter, Nazareth College | :59.73 |
| 2 nd Team – Kathryn Palermo, RIT* | |

400 Meter Hurdles

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|---|---------|
| 1 st Team – Nicole Gundersen, Ithaca College | 1:09.26 |
| 2 nd Team – Angela Affronti, Ithaca College | 1:11.66 |

800 Meter Run

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|--|----------|
| 1 st Team – Danielle Simmons, RIT | 2:16.20# |
| 2 nd Team – Lauren Glaser, Nazareth College | 2:20.19 |

1,500 Meter Run

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| 1 st Team – Adrienne Gagnier, RIT | 4:48.08 |
| 2 nd Team – Jessica Brown, Nazareth College | 4:52.47 |

3,000 Meter Steeplechase

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| 1 st Team – Trisha Sliker, RIT | 11:24.09 |
| 2 nd Team – Megan McKee, Alfred University | 11:58.25 |

5,000 Meter Run

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|---|----------|
| 1 st Team – Trisha Sliker, RIT | 18:16.27 |
| 2 nd Team – Lindsey Nadolski, Ithaca College | 18:45.29 |

10,000 Meter Run

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|---|----------|
| 1 st Team – Lindsey Nadolski, Ithaca College | 38:41.48 |
| 2 nd Team – Caitlin Catella, Ithaca College | 40:39.44 |

400 Meter Relay

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|--|---------|
| 1 st Team – Ithaca College | :50.28# |
| Stephanie Donahue, Leigh Klumpp, Diamondo Stratakos, Hannah Jacobsen | |
| 2 nd Team – RIT | :51.20 |
| Irem Gultekin, LaKeisha Perez, Samantha Mitchell, Danielle Simmons | |

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1,600 Meter Relay

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|--|----------|
| 1 st Team – RIT | 3:59.59# |
| LaKeisha Perez, Kathryn Palermo, Nicole Varble, Danielle Simmons | |
| 2 nd Team – Nazareth College | 4:05.74 |
| Jennifer Giebel, Jessica Brown, Lauren Glaser, Jenna Porter | |

3,200 Meter Relay

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|---|----------|
| 1 st Team – RIT | 9:15.32# |
| Adrienne Gagnier, Trisha Sliker, Nicole Varble, Danielle Simmons | |
| 2 nd Team – Ithaca College | 9:38.08 |
| Courtney Gallagher, Jessica Bachiochi, Laura Allocco, Audrey Harkness | |

High Jump

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|---|-------|
| 1 st Team – Alison Siderko, Ithaca College | 1.55m |
| 2 nd Team – Lauren Koppel, Ithaca College | 1.55m |

Pole Vault

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|--|--------|
| 1 st Team – Alison Spivak, Ithaca College | 3.20m# |
| 2 nd Team – Stephanie Matuszewski, RIT | 2.90m |

Long Jump

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|---|-------|
| 1 st Team – Lauren Koppel, Ithaca College | 4.97m |
| 2 nd Team – Melissa Cutliffe, Nazareth College | 4.71m |

Triple Jump

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|--|--------|
| 1 st Team – Lauren Koppel, Ithaca College | 10.41m |
| 2 nd Team – Sarah Bennett, Ithaca College | 9.93m |

Shot Put

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|--|--------|
| 1 st Team – Allison Griggs, RIT | 12.69m |
| 2 nd Team – Meredith Coon, Nazareth College | 9.97m |

Discus Throw

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|--|--------|
| 1 st Team – Jamie Morey, RIT | 38.40m |
| 2 nd Team – Allison Griggs, RIT | 37.05m |

Hammer Throw

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|---|--------|
| 1 st Team – Allison Griggs, RIT | 51.23m |
| 2 nd Team – Lindsay Pehmoeller, Ithaca College | 44.67m |

Javelin Throw

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|--|--------|
| 1 st Team – Lauren Koppel, Ithaca College | 33.82m |
| 2 nd Team – Danielle Furman, RIT | 33.32m |

Heptathlon

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|---|-------|
| 1 st Team – Lauren Koppel, Ithaca College | 4,143 |
| 2 nd Team – KC Northrup, Alfred University | 3,408 |