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Empire 8 Assistant Commissioner

**EMPIRE 8 ANNOUNCES WOMEN'S CROSS COUNTRY ALL-CONFERENCE TEAM  
Lindsey Nadolski of Ithaca Garners Runner of the Meet Award**

**ROCHESTER, NY** – The Empire 8 announced its 2007 Women's Cross Country All-Conference team. Junior Lindsey Nadolski of conference champion Ithaca College received Runner of the Meet recognition. She finished first in a time of 18:02.77 over the five-kilometer Saratoga State Park course, the site of the Empire 8 championship.

The top seven finishers were named to the all-conference first team with the next seven finishers earning second-team honors. Alissa Kersey of Ithaca was named Rookie of the Meet as the top first-year runner in a time of 19:07.84.

This year marks the first time that Runner of the Year and Rookie of the Year will be voted on after the regional qualifier in November. At that time, Coach of the Year and the Women's Cross Country Sportswoman of the Year Team will also be announced.

**Empire 8 2007 Women's Cross Country All-Conference Awards**

**Runner of the Meet:** Lindsey Nadolski, Ithaca College

**Rookie of the Meet:** Alissa Kersey, Ithaca College

**First Team**

<b>Name</b>	<b>Yr.</b>	<b>School</b>
Lindsey Nadolski	Jr.	Ithaca College
Melanie McCormick	So.	Ithaca College
Kasey Currier	Jr.	Ithaca College
Courtney Gallagher	Sr.	Ithaca College
Jessica Brown	Sr.	Nazareth College
Adrienne Gagnier	Sr.	RIT
McKenzie Clemens	So.	Alfred University

**Second Team**

<b>Name</b>	<b>Yr.</b>	<b>School</b>
Amanda Boccio	So.	Ithaca College
Sara Amitrani	Jr.	Stevens Institute of Technology
Melissa Franzese	So.	Stevens Institute of Technology
Alissa Kersey	Fr.	Ithaca College
Caitlin Catella	Sr.	Ithaca College
Kim Negrich	Fr.	Hartwick College
Audrey Harkness	Sr.	Ithaca College

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