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Contact: Timothy Farrell, Asst. Commissioner
tfarrell@empire8.com

EMPIRE 8 ANNOUNCES WOMEN'S CROSS COUNTRY ALL-CONFERENCE TEAM
Lindsey Nadolski of Ithaca Repeats as Runner of the Meet

ROCHESTER, NY – The Empire 8 announced its 2008 Women's Cross Country All-Conference team. Senior Lindsey Nadolski of conference champion Ithaca College received Runner of the Meet recognition for the second consecutive year. She finished first in a time of 17:44 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. Heidi Baumbach of Ithaca was named Rookie of the Meet as the top first-year runner in a time of 18:48. She finished fourth to also earn first-team honors.

Junior Melanie McCormick (2nd in 18:31) and senior Kasey Currier (6th in 18:57) gave Ithaca four runners on the all-conference first team. Nadolski and Currier earned first-team honors each of their four years, while McCormick placed second to Nadolski for the second year in a row.

Junior Melissa Franzese (3rd in 18:34) and senior Sara Amitrani (5th in 18:54) of Stevens Institute of Technology each received first-team honors this year after garnering second-team honors last year.

First-year runner Erin LaFave of runner-up Rochester Institute of Technology rounded out the all-conference first team, placing seventh in 18:58.

Empire 8 2008 Women's Cross Country All-Conference Awards

Runner of the Meet: Lindsey Nadolski, Ithaca College

Rookie of the Meet: Heidi Baumbach, Ithaca College

First Team

Name	Yr.	School
Lindsey Nadolski	Sr.	Ithaca College
Melanie McCormick	Jr.	Ithaca College
Melissa Franzese	Jr.	Stevens Institute of Technology
Heidi Baumbach	Fr.	Ithaca College
Sara Amitrani	Sr.	Stevens Institute of Technology
Kasey Currier	Sr.	Ithaca College
Erin LaFave	Fr.	Rochester Institute of Technology

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Second Team

Name	Yr.	School
Amanda Boccio	Jr.	Ithaca College
Catherine Ortiz	So.	Ithaca College
Arielle Januszkiewicz	So.	Rochester Institute of Technology
Caitlin Parmelee	Jr.	Nazareth College
Samantha Hawn	Jr.	Rochester Institute of Technology
Elizabeth DeLong	Jr.	Ithaca College
Alicia Kersey	So.	Ithaca College

Sportswoman of the Year

Name	Yr.	School
Megan Crimmins	Jr.	Alfred University
Gabby Dello	So.	Hartwick College
Kasey Currier	Sr.	Ithaca College
Megan Goetz	Sr.	Nazareth College
Emily Clark	Jr.	Rochester Institute of Technology
Sara Amitrani	Sr.	Stevens Institute of Technology
Amanda Butler	Gr.	Utica College

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