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**EMPIRE 8 ANNOUNCES MEN'S SWIMMING & DIVING  
ALL-CONFERENCE TEAM**  
*Sean Kavanaugh and Sasha Kuznezov of Ithaca Share Top Honor*

**ROCHESTER, NY** – Seniors Sean Kavanaugh and Sasha Kuznezov of conference champion Ithaca College were each named Athlete of the Meet at the 2004 Empire 8 Men's Swimming and Diving Championship held in conjunction with the Upper New York State Collegiate Swimming Association Championship.

Kavanaugh won the 200-yard individual medley, and provisionally qualified for the NCAA Division III Championship while winning the 400-yard IM in 4:09.04 and the 200-yard backstroke in 1:54.66. Kuznezov won the 50-yard freestyle in 21.08 seconds and the 100-yard freestyle in 46.50 seconds, provisionally qualifying for the national championship in both events.

Kurt Cedo of Hartwick was named Rookie of the Meet after winning the 100-yard backstroke in 53.79 seconds. He also finished second in the 200-yard backstroke and 200-yard butterfly.

Kevin Markwardt was named Coach of the Year for leading Ithaca to the conference and state titles.

**Empire 8 2004 Honors:**

**Co-Athlete of the Meet:** Sean Kavanaugh, Ithaca College

**Co-Athlete of the Meet:** Sasha Kuznezov, Ithaca College

**Rookie of the Meet:** Kurt Cedo, Hartwick College

**Coach of the Year:** Kevin Markwardt, Ithaca College

**Empire 8 2004 Men's Swimming and Diving All-Conference**

# - denotes Empire 8 Championship meet record

**200 Freestyle Relay**

1<sup>st</sup> Team – Alfred University 1:24.31

Matt Weems, Alex Crowell, Matt McNamara, Kevin Martin

2<sup>nd</sup> Team – Ithaca College 1:25.27

Sasha Kuznezov, Matt Cisek, Ryan Orser, Sean Kavanaugh

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**PAGE TWO –EMPIRE 8 ALL-CONFERENCE...**

**500 Freestyle**

1 <sup>st</sup> Team – Steve Barnes, Ithaca College	4:37.06
2 <sup>nd</sup> Team – Josh Tayrien, Ithaca College	4:44.80

**200 Individual Medley**

1 <sup>st</sup> Team – Sean Kavanaugh, Ithaca College	1:56.55
2 <sup>nd</sup> Team – Ryan Orser, Ithaca College	1:56.71

**50 Yard Freestyle**

1 <sup>st</sup> Team – Sasha Kuznezov, Ithaca College	:21.08
2 <sup>nd</sup> Team – Matt Weems, Alfred University	:21.13

**1 Meter Diving**

1 <sup>st</sup> Team – Ryan Schaefer, RIT	449.05#
2 <sup>nd</sup> Team – Mark Phillips, Hartwick College	433.80

**400 Medley Relay**

1 <sup>st</sup> Team – Alfred University Mike Dube, Brian Gotham, Kevin Martin, Matt Weems	3:29.66#
2 <sup>nd</sup> Team – Ithaca College Sean Kavanaugh, Ryan Orser, Geoff Buteau, Sasha Kuznezov	3:29.78

**200 Medley Relay**

1 <sup>st</sup> Team – Ithaca College Sean Kavanaugh, Ryan Orser, Pat Ryan, Sasha Kuznezov	1:35.53#
2 <sup>nd</sup> Team – Alfred University Mike Dube, Brian Gotham, Bill Brown, Matt McNamara	1:37.19

**400 Individual Medley**

1 <sup>st</sup> Team – Sean Kavanaugh, Ithaca College	4:09.04
2 <sup>nd</sup> Team – Pete Kaemmerlen, RIT	4:14.27

**100 Yard Butterfly**

1 <sup>st</sup> Team – Kevin Martin, Alfred University	:51.05#
2 <sup>nd</sup> Team – Bill Brown, Alfred University	:52.44

**200 Yard Freestyle**

1 <sup>st</sup> Team – Matt Weems, Alfred University	1:42.06
2 <sup>nd</sup> Team – Sasha Kuznezov, Ithaca College	1:43.72

**100 Yard Breaststroke**

1 <sup>st</sup> Team – Brian Gotham, Alfred University	:58.40#
2 <sup>nd</sup> Team – Adam Torrey, Harwick College	:58.94

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**PAGE THREE –EMPIRE 8 ALL-CONFERENCE...**

**100 Yard Backstroke**

1 <sup>st</sup> Team – Kurt Cedo, Hartwick College	:53.79
2 <sup>nd</sup> Team – Jeremy Ouimette, Ithaca College	:54.88

**800 Freestyle Relay**

1 <sup>st</sup> Team - Ithaca College	6:56.28#
Steve Barnes, Sean Kavanaugh, Ryan Orser, Sasha Kuznezov	
2 <sup>nd</sup> Team – Alfred University	6:57.86
Kevin Martin, Matt McNamara, Brandon Striker, Matt Weems	

**1,650 Yard Freestyle**

1 <sup>st</sup> Team – Steve Barnes, Ithaca College	16:09.40
2 <sup>nd</sup> Team – Pete Kaemmerlen, RIT	16:35.29

**200 Yard Backstroke**

1 <sup>st</sup> Team – Sean Kavanaugh, Ithaca College	1:54.66
2 <sup>nd</sup> Team – Kurt Cedo, Hartwick College	1:57.45

**100 Yard Freestyle**

1 <sup>st</sup> Team – Sasha Kuznezov, Ithaca College	:46.50
2 <sup>nd</sup> Team – Matt Weems, Alfred University	:46.67

**200 Yard Breaststroke**

1 <sup>st</sup> Team – Ryan Orser, Ithaca College	2:09.18#
2 <sup>nd</sup> Team – Brian Gotham, Alfred University	2:09.63

**200 Yard Butterfly**

1 <sup>st</sup> Team – Kevin Martin, Alfred University	1:58.42
2 <sup>nd</sup> Team – Kurt Cedo, Hartwick College	1:58.63

**3 Meter Diving**

1 <sup>st</sup> Team – Mike Furstoss, Ithaca College	443.35
2 <sup>nd</sup> Team – Mark Phillips, Hartwick College	439.95

**400 Freestyle Relay**

1 <sup>st</sup> Team – Alfred University	3:06.83
Matt Weems, Alex Crowell, Matt McNamara, Kevin Martin	
2 <sup>nd</sup> Team – Hartwick College	3:11.69
Jonathan Aikins, Ryan Olsen, Kurt Cedo, Adam Torrey	

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