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**EMPIRE 8 ANNOUNCES MEN'S SWIMMING & DIVING
ALL-CONFERENCE TEAM**

Erik Zelbacher of RIT Repeats as Athlete of the Meet

ROCHESTER, NY – Senior Erik Zelbacher of RIT was named Athlete of the Meet at the 2006 Empire 8 Men's Swimming and Diving Championship held in conjunction with the Upper New York State Collegiate Swimming Association Championship.

Zelbacher, who was also honored as Athlete of the Meet in 2003 and 2005, won three events and set two Empire 8 championship records. He automatically qualified for the NCAA Division III Men's Swimming & Diving Championship with Empire 8 championship records in the 50-yard freestyle (20.26 seconds) and the 100-yard butterfly (48.69 seconds). He won the 100-yard butterfly in 44.82 seconds.

Kevin Milkovich of Hartwick College earned Rookie of the Meet honors. He won the Empire 8 title in the 1,650-yard freestyle in 16:41.81 and finished second in the 400-yard individual medley in 4:11.83.

Dale Rothenberger was named Coach of the Year for leading Hartwick to the conference and state titles.

Empire 8 2006 Honors:

Athlete of the Meet: Erik Zelbacher, RIT

Rookie of the Meet: Kevin Milkovich, Hartwick College

Coach of the Year: Dale Rothenberger, Hartwick College

Empire 8 2006 Men's Swimming and Diving All-Conference

- denotes Empire 8 Championship meet record

200 Freestyle Relay

1st Team – Alfred University 1:24.76

Mark Baker, Matt Baker, Brian Gotham, Alex Crowell

2nd Team – Hartwick College 1:25.08

Dan Holmberg, Kurt Cedo, Paul Layton, Ryan Olsen

500 Freestyle

1st Team – Josh Tayrien, Ithaca College 4:41.95

2nd Team – Brandon Striker, Alfred University 4:43.71

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200 Individual Medley

1st Team – Page Beecher, Alfred University 1:55.64
2nd Team – Brian Gotham, Alfred University 1:57.49

50 Yard Freestyle

1st Team – Erik Zelbacher, RIT :20.26#
2nd Team – Dan Holmberg, Hartwick College :20.87

1 Meter Diving

1st Team – Quinn Donahoe, RIT 478.25#
2nd Team – Adam McElligott, Hartwick College 462.15

400 Medley Relay

1st Team – Alfred University 3:28.67#
Matt Baker, Brian Gotham, Brandon Striker, Alex Crowell
2nd Team – Hartwick College 3:31.68
Kurt Cedo, Gregg Ducey, Dan Holmberg, Ryan Olsen

200 Medley Relay

1st Team – Alfred University 1:34.51#
Matt Baker, Brian Gotham, Brandon Striker, Alex Crowell
2nd Team – Hartwick College 1:37.19
Ben Murphy, Gregg Ducey, Dan Holmberg, Ryan Olsen

400 Individual Medley

1st Team – Page Beecher, Alfred University 4:10.31
2nd Team – Kevin Milkovich, Hartwick College 4:11.83

100 Yard Butterfly

1st Team – Erik Zelbacher, RIT :48.69#
2nd Team – Dan Holmberg, Hartwick College :49.32

200 Yard Freestyle

1st Team – Brandon Striker, Alfred University 1:43.45
2nd Team – Craig Leanness, Hartwick College 1:44.64

100 Yard Breaststroke

1st Team – Brian Gotham, Alfred University :58.16#
2nd Team – Mark Tedeschi, Ithaca College :58.53

100 Yard Backstroke

1st Team – Matt Baker, Alfred University :52.28
2nd Team – Kurt Cedo, Hartwick College :52.30

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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 ALL-CONFERENCE...

800 Freestyle Relay

1 st Team – Alfred University	6:58.13
Brian Gotham, Mark Baker, Page Beecher, Brandon Striker	
2 nd Team – Hartwick College	7:03.75
Brett Mann, Craig Leanness, Kevin Milkovich, Kurt Cedo	

1,650 Yard Freestyle

1 st Team – Kevin Milkovich, Hartwick College	16:41.81
2 nd Team – Josh Tayrien, Ithaca College	16:44.01

200 Yard Backstroke

1 st Team – Kurt Cedo, Hartwick College	1:53.19
2 nd Team – Tomie Schoening, Hartwick College	1:57.03

100 Yard Freestyle

1 st Team – Erik Zelbacher, RIT	:44.91#
2 nd Team – Dan Holmberg, Hartwick College	:46.17

200 Yard Breaststroke

1 st Team – Mark Tedeschi, Ithaca College	2:09.90
2 nd Team – Brian Gotham, Alfred University	2:09.98

200 Yard Butterfly

1 st Team – Charles Suozzi, Ithaca College	1:57.41
2 nd Team – Adam Luptak, RIT	1:57.48

3 Meter Diving

1 st Team – Quinn Donahoe, RIT	479.20#
2 nd Team – Mark Phillips, Hartwick College	443.35

400 Freestyle Relay

1 st Team – Hartwick College	3:07.74
Dan Holmberg, Kurt Cedo, Craig Leanness, Ryan Olsen	
2 nd Team – RIT	3:08.61
Erik Zelbacher, Jonathon Scibilia, Tyler Morrison, Phil Baudoin	

-Empire 8-