

# Empire 8



## Women's Cross Country



# 20 Championships 12

5K Race

Saratoga Springs Park, Saratoga, N.Y.

10/27/12

PLACE	NAME	YR	TEAM	PACE	TIME	PT
<b>1</b>	<b>Regan, Amy</b>	<b>FR</b>	<b>Stevens</b>	<b>5:58.1</b>	<b>18:08.46</b>	<b>1</b>
2	Rick, Alexa	SO	Ithaca	6:02.6	18:22.12	2
3	Villeneuve, Ashton	FR	Utica College	6:06.7	18:34.63	3
4	Fay, Anna	FR	Ithaca	6:07.1	18:35.77	4
5	Lewis, Jillian	SR	Houghton College	6:08.0	18:38.58	5
6	Diamond, Anastasia	SO	Ithaca	6:10.8	18:47.00	6
7	Smith, Emily	SO	Ithaca	6:12.1	18:50.98	7
8	Lisack, Jaime	FR	Ithaca	6:12.3	18:51.54	8
9	Malone, Carolyn	SO	Ithaca	6:12.4	18:52.08	9
10	Shippy, Katlin	FR	St. John Fisher	6:13.0	18:53.68	10
11	Bogdan, Opal	FR	Ithaca	6:15.6	19:01.73	11
12	Depalma, Sarah	FR	Utica College	6:16.5	19:04.36	12
13	Cass, Meghan	SO	Ithaca	6:17.0	19:06.06	
14	Graham, Carly	SR	Ithaca	6:17.5	19:07.56	
15	Erlwein, Rianne	SO	Utica College	6:19.2	19:12.69	13
16	Bartkowiak, Allison	JR	Ithaca	6:19.5	19:13.66	
17	Prager, Monica	SO	Hartwick	6:21.5	19:19.64	14
18	Day, Katie	JR	Utica College	6:22.2	19:21.68	15
19	Heitzhaus, Lauren	JR	Naz	6:22.7	19:23.17	16
20	Hartford, Mary Claire	SO	Ithaca	6:23.8	19:26.62	
21	Swanson, Shanna	FR	Naz	6:24.0	19:27.22	17
22	Howard, Ebonie	SR	Ithaca	6:24.4	19:28.35	
23	Willaims, Leah	JR	Houghton College	6:24.8	19:29.55	18
24	Freed, Kelly	JR	Stevens	6:25.1	19:30.73	19
25	Davenport, Cara	So	Houghton College	6:25.3	19:31.24	20
26	Deruchia, Renee	FR	St. John Fisher	6:25.5	19:31.78	21
27	Ryan, Kelsey	SR	Naz	6:25.9	19:32.89	22
28	Spirito, Rachel	SR	Ithaca	6:28.7	19:41.41	
29	Schenk, Megan	SR	Ithaca	6:29.9	19:45.15	
30	Niedziela, Sheila	SR	Hartwick	6:34.3	19:58.65	23
31	Princiotta, Ashley	JR	Stevens	6:34.5	19:59.16	24
32	Murphy, Kayla	SR	Naz	6:35.1	20:00.96	25
33	Charno, Annemaire	SR	Ithaca	6:36.0	20:03.67	

34	Hein, Annelis	SR Houghton College	6:36.1	20:04.05	26
35	Althaus, Bethany	JR Naz	6:36.4	20:05.03	27
36	Jamieson, Lauren	SR Naz	6:36.9	20:06.50	28
37	Coon, Sarah	FR St. John Fisher	6:37.9	20:09.46	29
38	Moyer, Kate	FR Stevens	6:39.0	20:12.94	30
39	Graziadei, Nicole	SO St. John Fisher	6:39.5	20:14.48	31
40	Balloni, Jaimee	JR Utica College	6:39.7	20:15.08	32
41	Gildemeyer, Michaela	SO Naz	6:40.2	20:16.63	33
42	Hecker, Christine	SO Stevens	6:42.7	20:24.10	34
43	Dunbar, Bridget	FR Naz	6:42.8	20:24.51	
44	Vainauskas, Nicole	FR St. John Fisher	6:43.0	20:24.92	35
45	Bowler, Julie	SO Utica College	6:43.1	20:25.30	36
46	Lemke, Laura	JR Stevens	6:43.5	20:26.40	37
47	Pitman, Courtney	FR Naz	6:44.4	20:29.30	
48	Harrington, Sarah	FR St. John Fisher	6:44.6	20:30.00	38
49	Bennett, Sam	FR Utica College	6:46.3	20:35.11	39
50	Jennings, Hannah	SR Houghton College	6:47.2	20:37.74	40
51	Forrester, Tracie	SO Alfred U	6:47.7	20:39.24	41
52	Phillips, Tricia	FR Hartwick	6:48.7	20:42.44	42
53	Olive, Kayleigh	JR Naz	6:49.1	20:43.47	
54	Gallup, Taylor	SO St. John Fisher	6:50.6	20:48.15	43
55	Talbot, Becky	SO Hartwick	6:51.5	20:50.70	44
56	Bernardin, Savannah	SO Utica College	6:51.8	20:51.61	
57	Frontera, Janice	FR Stevens	6:54.3	20:59.21	45
58	Meeson, Blair	FR Naz	6:56.0	21:04.52	
59	Poore, Krista	SO Hartwick	7:01.5	21:21.16	46
60	Davis, Shannon	SO St. John Fisher	7:01.8	21:22.08	
61	Guzelak, Stephanie	SO St. John Fisher	7:03.3	21:26.78	
62	Munkitrick, Sarah	JR Houghton College	7:04.5	21:30.36	47
63	Westfall, Amanda	SO St. John Fisher	7:04.7	21:31.10	
64	Kiser, Alyssa	JR Houghton College	7:05.6	21:33.62	48
65	Donatello, Devon	FR St. John Fisher	7:06.9	21:37.68	
66	Schoenborn, Kirsten	JR Naz	7:09.0	21:44.01	
67	Ho, Mary	So Houghton College	7:09.7	21:46.04	
68	Slattery, Sam	JR Utica College	7:10.4	21:48.26	
69	Flick, Morgan	FR Alfred U	7:10.9	21:49.74	49
70	Quinn, Maura	JR Stevens	7:11.1	21:50.37	
71	Michalec, Dominique	FR Stevens	7:13.0	21:56.30	
72	Pearce, Kate	FR Utica College	7:14.8	22:01.59	
73	Nealon, Grace	SO Hartwick	7:15.8	22:04.66	50
74	Spittler, Sarah	FR Utica College	7:16.0	22:05.31	
75	Juber, Samantha	SR Houghton College	7:19.5	22:15.83	
76	Iosue, Ericka	SO Stevens	7:20.5	22:18.98	
77	Martindale, Olivia	FR Stevens	7:21.8	22:22.85	
78	Rhen, Jordan	SO St. John Fisher	7:22.3	22:24.32	
79	Losito, Mary	JR Naz	7:23.6	22:28.51	
80	Bartlett, Katherine	FR Hartwick	7:24.1	22:29.99	51
81	Swartwood, Makenzie	FR St. John Fisher	7:25.8	22:35.03	
82	Holland, Julianna	SO St. John Fisher	7:26.4	22:36.79	
83	Holmer, Alexis	FR Utica College	7:27.9	22:41.61	
84	Dardir, Amira	SO Stevens	7:29.9	22:47.63	
85	Goot, Alyssa	SO Alfred U	7:34.4	23:01.24	52
86	Strum, Nicole	SO Hartwick	7:37.6	23:11.01	
87	Delfini, Anna	FR Houghton College	7:37.7	23:11.23	
88	Fujimura, Emylianne	SR Houghton College	7:39.2	23:15.86	
89	Zahran, Sarah	FR Stevens	7:55.3	24:04.67	
90	McPhail, Erica	FR Hartwick	8:02.4	24:26.43	
91	Rorick, Amber	JR Stevens	8:03.2	24:28.94	
92	Haracz, Alexandra	FR Stevens	8:05.5	24:35.92	
93	Dalton, Shannon	FR Alfred U	8:06.5	24:38.85	53
94	Nelson, Abigail	JR Hartwick	8:07.0	24:40.40	
95	Pettit, Corine	JR Alfred U	8:08.3	24:44.41	54
96	Blong, Cydney	Sr Houghton College	8:29.0	25:47.37	
97	Relyea, Katrina	FR Houghton College	9:35.4	29:09.00	
98	Campbell, Lauren	FR Houghton College	11:52.5	36:06.00	

# TEAM SCORE

<b>Team</b>	<b>Total</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>*6</b>	<b>*7</b>
<b>1 Ithaca</b> Total Time: 1:33:27.41 Average: 18:41.49	<b>27</b>	2	4	6	7	8	9	11
<b>2 Utica College</b> Total Time: 1:36:28.44 Average: 19:17.69	<b>75</b>	3	12	13	15	32	36	39
<b>3 Naz</b> Total Time: 1:38:29.28 Average: 19:41.86	<b>107</b>	16	17	22	25	27	28	33
<b>4 Stevens</b> Total Time: 1:38:15.39 Average: 19:39.08	<b>108</b>	1	19	24	30	34	37	45
<b>5 Houghton College</b> Total Time: 1:38:21.16 Average: 19:40.24	<b>109</b>	5	18	20	26	40	47	48
<b>6 St. John Fisher</b> Total Time: 1:39:14.32 Average: 19:50.87	<b>126</b>	10	21	29	31	35	38	43
<b>7 Hartwick</b> Total Time: 1:42:12.59 Average: 20:26.52	<b>169</b>	14	23	42	44	46	50	51
<b>8 Alfred U</b> Total Time: 1:54:53.48 Average: 22:58.70	<b>249</b>	41	49	52	53	54		