

RIT Tiger Invitational - 4/26/03

Results

Women 100 Meter Dash

Name	School	Finals
1 Molly Urquhart	Rit	12.69
2 Kara Simpson	St. Lawrence	12.73
3 Kate DePuy	St. Lawrence	12.96
4 Cathy Mayer	St. Lawrence	13.34
5 Jessica McCarthy	Rit	13.55
6 Deandra Isoh	U of R	13.91
7 Denice Stewart	Rit	14.55
8 Jasmine Brown	Alfred	14.73
9 Naomi Extra	U of R	15.52
10 Rachel De laTorre	Polytechnic	20.33

Women 200 Meter Dash

Name	School	Finals
1 Kara Simpson	St. Lawrence	26.01
2 Angela Nortz	St. Lawrence	26.78
3 Erin Canfield	Rit	26.86
4 Jessica McCarthy	Rit	28.31
5 Deandra Isoh	U of R	29.20
6 Mary Guillot	St. Lawrence	30.15
7 Jasmine Brown	Alfred	30.33
8 Denice Stewart	Rit	30.43
9 Megan Wallowak	Alfred	31.17
10 Naomi Extra	U of R	33.47
11 Rachel De laTorre	Polytechnic	46.58

Women 400 Meter Dash

Name	School	Finals
1 Erin Canfield	Rit	59.80
2 Angela Nortz	St. Lawrence	61.42
3 Lisa Curtin	Rit	65.82

Women 800 Meter Run

Name	School	Finals
1 Kate O'Brien	U of R	2:22.47
2 Morgan Doherty	St. Lawrence	2:26.00
3 Amy Barr	St. Lawrence	2:30.82
4 Sarah Skinner	St. Lawrence	2:32.96
5 Elizabeth Canfield	U of R	2:33.32
6 Elizabeth Boerman	U of R	2:34.34
7 Kate Pohlman	U of R	2:35.43
8 Lisa Johns	U of R	2:35.73
9 Jessica VanBinsbergen	U of R	2:37.64
10 Erika Wasserstein	U of R	2:37.79
11 Jessica Vastola	Rit	2:40.49
12 Rebecca Braun	U of R	2:41.73
13 Elaine Heimers	Alfred	2:44.67
14 Lisa Malazzo	Alfred	2:46.57
15 Christina Purpura	U of R	2:48.03
16 Nicole Haahr	Alfred	2:48.84
17 Maureen McGlenn	Alfred	2:51.38
18 Meira Gottlieb	Alfred	3:01.60
19 Andrea Olson	Rit	3:13.96

Women 1500 Meter Run

Name	School	Finals
1 Morgan Doherty	St. Lawrence	4:46.21

2 Amy Barr	St. Lawrence	4:57.83
3 Elizabeth Canfield	U of R	5:06.24
4 Lisa Johns	U of R	5:08.73
5 Jessica VanBinsbergen	U of R	5:17.68
6 Kerry White	Alfred	5:20.81
7 Elaine Heimers	Alfred	5:21.62
8 Lisa Malazzo	Alfred	5:30.85
9 Amanda Fix	St. Lawrence	5:35.59
10 Nicole Haahr	Alfred	5:40.95
11 Christina Purpura	U of R	5:41.99
12 Maureen McGlenn	Alfred	5:43.20
13 Andrea Olson	Rit	6:05.65
14 Meira Gottlieb	Alfred	6:08.04

Women 5000 Meter Run

Name	School	Finals
1 Heidi Spalholz	Rit	18:43.30
2 Mary LeBrun	U of R	19:06.43
3 Catherine Kautz	Alfred	19:07.24
4 Heather Thomas	St. Lawrence	19:56.42
5 Bridget Coon	St. Lawrence	20:00.58
6 Katherine McKenzie	U of R	20:56.89
7 Abbie Archibald	U of R	21:46.88

Women 100 Meter Hurdles

Name	School	Finals
1 Molly Urquhart	Rit	15.82
2 Cathy Mayer	St. Lawrence	16.83
3 Allie Mitchell	St. Lawrence	19.74

Women 400 Meter Hurdles

Name	School	Finals
1 Elizabeth Conway	U of R	67.66
2 Stephanie Wilkins	St. Lawrence	72.44
3 Mercedes Albrecht	Alfred	74.10
4 Allie Mitchell	St. Lawrence	1:21.60

Women 3000 Meter Steeplechase

Name	School	Finals
1 Erika Wasserstein	U of R	11:31.26
2 Kerry Banazek	St. Lawrence	11:39.62
3 Heidi Spalholz	Rit	11:42.37
4 Tyeisha Pugh	Alfred	13:11.21

Women 4x100 Meter Relay

Team	Relay	Finals
1 St. Lawrence	A	49.80

Women 4x400 Meter Relay

Team	Relay	Finals
1 Rit	A	4:21.66
2 St. Lawrence	A	4:26.36
3 U of R	A	4:29.96
4 U of R	B	4:45.63

Women High Jump

Name	School	Finals
1 Mary Guillot	St. Lawrence	4-08.00
2 Megan Wallowak	Alfred	4-06.00

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(Women High Jump)

Name	School	Finals
--- Jasmine Brown	Alfred	NH

Women Pole Vault

Name	School	Finals
1 Greta Elliot	St. Lawrence	3.06m
2 Erin Bank	U of R	2.74m
3 Jeanette Warner	Rit	2.28m

Women Long Jump

Name	School	Finals
1 Kate DePuy	St. Lawrence	5.49m
2 Molly Urquhart	Rit	5.28m
3 Katrina Nowak	U of R	4.62m

Women Triple Jump

Name	School	Finals
1 Kate DePuy	St. Lawrence	10.11m
2 Katrina Nowak	U of R	9.74m
3 Jennifer Smith	Rit	8.66m
--- Brie Stanley	U of R	FOUL

Women Shot Put

Name	School	Finals
1 Allison Griggs	Rit	11.91m
2 Grace Kraay	U of R	11.42m
3 Emily Aumand	St. Lawrence	10.60m
4 Cynthia Gurecki	U of R	10.04m
5 Diana Puchalski	St. Lawrence	9.21m
6 Kim Lunna	St. Lawrence	9.02m
7 Allie Dakin	St. Lawrence	7.85m
8 Sarah Layland	Rit	6.93m

Women Discus Throw

Name	School	Finals
1 Cynthia Gurecki	U of R	32.75m
2 Grace Kraay	U of R	32.04m
3 Allison Griggs	Rit	32.03m
4 Diana Puchalski	St. Lawrence	30.40m
5 Emily Aumand	St. Lawrence	30.34m
6 Sarah Strickland	Rit	30.14m
7 Kim Lunna	St. Lawrence	27.86m
8 Laura Steiner	U of R	27.83m
9 Allie Dakin	St. Lawrence	27.51m
10 Brie Stanley	U of R	21.62m
11 Lorena Suarez-Delgado	U of R	20.42m
12 Sarah Layland	Rit	15.74m

Women Hammer Throw

Name	School	Finals
1 Allison Griggs	Rit	49.91m
2 Megan Sullivan	Unattached	41.12m
3 Anne Baker	U of R	38.63m
4 Diana Puchalski	St. Lawrence	36.59m
5 Laura Steiner	U of R	32.55m
6 Emily Aumand	St. Lawrence	32.31m
7 Lauren Farberman	U of R	32.25m
8 Cynthia Gurecki	U of R	30.57m

9 Kim Lunna	St. Lawrence	28.53m
10 Allie Dakin	St. Lawrence	28.24m
--- Lorena Suarez-Delgado	U of R	FOUL

Women Javelin Throw

Name	School	Finals
1 Erin Woodward	St. Lawrence	30.62m
2 Grace Kraay	U of R	28.80m
3 Jackie Klassman	U of R	22.82m
4 Kim Lunna	St. Lawrence	21.84m
5 Allie Dakin	St. Lawrence	17.52m
6 Sarah Strickland	Rit	12.33m

Men 100 Meter Dash

Name	School	Finals
1 Matt Tierney	U of R	11.09
2 Tommy Hainsworth	U of R	11.45
3 Vince Cauley	Rit	11.60
4 Jason Grunert	St. Lawrence	11.62
5 Richard Coyne	Alfred	11.71
6 Ben Frisch	St. Lawrence	11.75
7 Duane Blackman	Polytechnic	11.93
8 Abou Bamba	Polytechnic	12.08
9 Quincy Scott	Rit	12.11
10 Al Piascik	St. Lawrence	12.14
11 Ron Zalone	Alfred	12.23
12 Wilson Cheung	Polytechnic	14.44

Men 200 Meter Dash

Name	School	Finals
1 Matt Tierney	U of R	22.51
2 Greg Dusek	U of R	22.67
3 Brian Strandberg	U of R	22.87
4 Jeff Homer	St. Lawrence	23.25
5 Bradford Johnson	Rit	23.31
6 Nick Coleman	Alfred	23.59
7 Brandon Schroeder	Rit	23.72
8 Craig Zarzycki	Alfred	23.73
9 Richard Coyne	Alfred	23.83
10 Kyle Bigness	St. Lawrence	23.90
11 Jason Grunert	St. Lawrence	23.94
12 Abou Bamba	Polytechnic	24.45
13 Duane Blackman	Polytechnic	24.87
14 Ron Zalone	Alfred	24.98
15 Wilson Cheung	Polytechnic	27.46

Men 400 Meter Dash

Name	School	Finals
1 Jeff Homer	St. Lawrence	50.49
2 Brian Strandberg	U of R	50.94
3 Greg Dusek	U of R	50.99
4 Nick Coleman	Alfred	52.23
5 Byron Malcolm	St. Lawrence	52.33
6 Kyle Bigness	St. Lawrence	52.78
7 Andrew Streett	Rit	53.04
8 Tim Samuelson	U of R	53.48
9 Ethan McKenney	U of R	54.12
10 Andrew Lawler	U of R	54.35

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(Men 400 Meter Dash)

Name	School	Finals
11 Brandon Schroeder	Rit	55.08
12 Matt Stellato	Rit	55.49
13 Craig Zarzycki	Alfred	56.65
14 Gary Chan	Polytechnic	69.06

Men 800 Meter Run

Name	School	Finals
1 Ryan Pollock	St. Lawrence	1:57.47
2 Alex Voetsch	U of R	1:58.39
3 Jon Kent	St. Lawrence	1:59.92
4 Sean Dekkers	Rit	2:00.49
5 Curtis Howard	Rit	2:00.68
6 Matt Rodems	U of R	2:01.08
7 Bob McCoy	Rit	2:01.40
8 Chris Nolan	U of R	2:01.65
9 Mike Hakiel	U of R	2:02.38
10 Dan Duett	U of R	2:03.28
11 Chris Clark	U of R	2:04.32
12 Ryan Pancoast	Rit	2:05.58
13 Jesse Williamson	Rit	2:08.95
14 Brian Anderson	U of R	2:09.06
15 Andy Chesire	Rit	2:09.87
16 Zach Knowlden	Rit	2:12.01
17 Chris Schauerman	Rit	2:14.51
18 Michael Cook	Alfred	2:15.91
19 Eugene King	Rit	2:18.89
20 Jon Hudack	Alfred	2:19.11
21 Aaron Ishmael	Polytechnic	2:21.26
22 Jeff Norton	Alfred	2:21.33
23 David Cook	Alfred	2:26.37
24 Gary Chan	Polytechnic	3:03.81

Men 1500 Meter Run

Name	School	Finals
1 Andy Dana	St. Lawrence	4:01.86
2 Curtis Howard	Rit	4:05.21
3 Jesse Williamson	Rit	4:07.75
4 Chris Nolan	U of R	4:08.30
5 Adam Cross	Rit	4:09.21
6 Dan Duett	U of R	4:10.06
7 Ryan Pancoast	Rit	4:11.49
8 Matt Migonis	St. Lawrence	4:14.77
9 Thomas Batey	Rit	4:20.37
10 Chris Schauerman	Rit	4:25.02
11 Michael Cook	Alfred	4:25.77
12 Zach Knowlden	Rit	4:31.85
13 Sean McVeigh	Rit	4:34.28
14 Pete Nabozny	U of R	4:35.26
15 Jeff Norton	Alfred	4:35.37
16 Jon Hudack	Alfred	4:36.23
17 David Cook	Alfred	4:38.27

Men 5000 Meter Run

Name	School	Finals
1 Sam Perry	St. Lawrence	15:59.30
2 Jon Booth	Rit	16:05.66

3 John Tomac	Rit	16:16.11
4 Ian Slattery	U of R	16:18.02
5 Daniel Burnett	Alfred	16:34.31
6 Kevin Koch	Rit	16:36.05
7 Jeff Abbott	Rit	16:52.61
8 Andrew Dylag	U of R	16:59.75
9 Aaron Ladd	St. Lawrence	17:03.86
10 Kevin Emblidge	St. Lawrence	17:08.55
11 Ben Miller	Rit	17:20.89
12 Jamey Maswick	St. Lawrence	17:38.20

Men 110 Meter Hurdles

Name	School	Finals
1 Jacob Hanah	Rit	17.97
2 Trevor Rafferty	Rit	18.26
3 Pat O'Brien	Rit	20.40
4 Nate Corney	Alfred	22.64
5 Jared Berbach	Rit	25.19

Men 400 Meter Hurdles

Name	School	Finals
1 Zane Buckingham	St. Lawrence	57.66
2 Ryan Sweeney	Rit	59.35
3 Adam Smith	U of R	59.98
4 Ben Moore	Rit	60.44
5 Dennis Leahy	St. Lawrence	60.48
6 Graham Pierce	U of R	60.57
7 Ken Lumb	U of R	62.90
8 Casey Lesar	Alfred	64.05
9 Trevor Rafferty	Rit	66.78
10 Pat O'Brien	Rit	71.89

Men 3000 Meter Steeplechase

Name	School	Finals
1 Matt Fortin	Rit	9:45.24
2 Terrence Cordner	U of R	9:45.73
3 Diego Grisales	Unattached	9:51.52
4 Ryan Bank	Alfred	10:02.18
5 Andy MacMillan	Unattached	10:05.81
6 Justin Panarese	U of R	10:08.29
7 Dave Messenheimer	U of R	10:09.25
8 Justin Kratz	Alfred	10:23.46
9 Matt Burton-Kelly	St. Lawrence	10:27.81
10 Chad Byler	Rit	10:35.01
11 Kevin Lozeau	St. Lawrence	10:57.97
12 Aaron Ishmael	Polytechnic	11:05.54

Men 4x100 Meter Relay

Team	Relay	Finals
1 U of R	A	43.47
2 St. Lawrence	A	44.64
3 Rit	A	45.65
4 Alfred University	A	46.20
5 St. Lawrence	B	46.75
6 Polytechnic	A	48.93
1) Duane Blackman	2) Abou Bamba	
3) Omar Nokaly	4) Wilson Cheung	

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Men 4x400 Meter Relay

Team	Relay	Finals
1 U of R	A	3:23.64
2 St. Lawrence	A	3:24.89
3 Rit	A	3:29.99
4 Rit	B	3:36.20
5 St. Lawrence	B	3:38.99

Men High Jump

Name	School	Finals
1 Ben Frisch	St. Lawrence	6-02.00
2 Brian Hetzel	St. Lawrence	5-10.00
3 Liam Rafferty	U of R	5-08.00
3 Sean McVeigh	Rit	5-08.00
3 Ben Moore	Rit	5-08.00
3 Jacob Hanah	Rit	5-08.00
7 Craig Zarzycki	Alfred	5-06.00

Men Pole Vault

Name	School	Finals
1 Giancarlo Rondash	U of R	3.96m
2 Adam Smith	U of R	3.65m
3 Al Piascik	St. Lawrence	3.50m
4 Todd Spivak	Rit	3.35m
--- Steve Robin	Alfred	NH
--- Jared Berbach	Rit	NH

Men Long Jump

Name	School	Finals
1 Ben Frisch	St. Lawrence	6.51m
2 Mark Hedberg	Rit	5.99m
3 Al Piascik	St. Lawrence	5.68m
4 Casey Lesar	Alfred	5.43m
5 Vince Cauley	Rit	5.42m
6 Brian Hetzel	St. Lawrence	4.34m

Men Triple Jump

Name	School	Finals
1 Jacob Hanah	Rit	11.80m
2 Ryan Sweeney	Rit	11.10m
--- Matt Hartman	Rit	FOUL

Men Shot Put

Name	School	Finals
1 Andrew Wunder	U of R	14.33m
2 Eamonn O'Neil	St. Lawrence	14.09m
3 Brad Czerkies	Rit	12.57m
4 Zach Opsitnick	U of R	12.24m
5 Brian Eckert	U of R	11.75m
6 John Lao	Rit	11.28m
7 Bryan Tolscer	St. Lawrence	11.16m
8 Tom Haggerty	St. Lawrence	11.09m
9 Nick Shaw	Rit	10.08m
10 Gary Chan	Polytechnic	7.45m
--- Josh Hill	U of R	FOUL

Men Discus Throw

Name	School	Finals
1 Eamonn O'Neil	St. Lawrence	45.46m
2 Brad Czerkies	Rit	40.48m
3 Andrew Wunder	U of R	40.11m
4 Jason Keuer	Rit	38.20m
5 Bryan Tolscer	St. Lawrence	36.78m
6 Josh Hill	U of R	36.70m
7 Andy Lange	U of R	36.28m
8 AJ Crane	Rit	34.10m
9 Nick Shaw	Rit	31.95m
10 Brian Eckert	U of R	30.07m
11 Zach Opsitnick	U of R	29.99m
12 Micah Demers	U of R	29.82m
13 Steve Duszlak	U of R	26.86m
14 Kyle Lackner	U of R	25.02m
15 Tom Haggerty	St. Lawrence	24.75m

Men Hammer Throw

Name	School	Finals
1 Bryan Tolscer	St. Lawrence	49.60m
2 Jason Keuer	Rit	44.19m
3 Andrew Wunder	U of R	44.17m
4 Eamonn O'Neil	St. Lawrence	41.96m
5 Andy Lange	U of R	34.35m
6 Micah Demers	U of R	31.90m
7 Tom Haggerty	St. Lawrence	30.54m
8 Chris Skeeahan	U of R	20.51m
--- Josh Hill	U of R	FOUL

Men Javelin Throw

Name	School	Finals
1 Matt Smith	Rit	46.15m
2 John Lao	Rit	45.95m
3 Jamie Kennedy	St. Lawrence	44.47m
4 Andy Lange	U of R	44.19m
5 Justin Nadile	St. Lawrence	43.82m
6 Steve Duszlak	U of R	39.80m
7 Brian Eckert	U of R	39.22m
8 Jeremy Stern	U of R	38.72m
9 Matthew Oakes	Alfred	34.71m
10 Chris Skeeahan	U of R	31.26m
11 Ethan McKenney	U of R	30.04m
12 Tom Haggerty	St. Lawrence	29.85m
13 Nick Shaw	Rit	24.80m