

OD 1994

State University of New York Athletic Conference
1994 Outdoor Track and Field Championships
Francis J. Moench Track - SUNY Geneseo - April 30, 1994

Final Standings-women

Fredonia	140
Geneseo	134
Cortland	92
Binghamton	88
Brockport	63
Plattsburgh	55
Buff. St.	11

SUNYAC Coach of the Year:
Penny Hite

Final Standings-men

Fredonia	215
Binghamton	103
Brockport	87
Cortland	84
Geneseo	77
Plattsburgh	43
Buff. St.	9

SUNYAC Coach of the Year:
James Ulrich



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Name	Team	Time	Name	Team	Time
10,000 Men (HT)			10,000 Women (HT)		
1 Mike Keenan	Bing	32:31.2	1 Kristen Thelen	Gen	41:38.9
2 Scott Rowe	Fred	32:34.0	2 Lisa Rosenberg	Bing	42:34.5
3 Todd Bauer	Broc	33:12.4	3 Erin Weston	Bing	42:38.4
4 Paul Quinn	Bing	33:33.3	4 Tammi Kleisle	Platt	42:41.4
5 Larry Tulkop	Platt	33:59.0	5 Jennifer Legge	Platt	43:02.0
6 Erik Nordman	Gen	34:42.7	6 Jennifer Sims	Fred	43:48.4
Neal Levy	Cort	34:54.5			
Brian DiFranco	Platt	35:45.2			
Greg Preble	Gen	36:47.9			
3000 Steeple (HT)			5000 Women (HT)		
1 Tom Ouellette	Platt	09:17.4	1 Kristine Kirk	Bing	18:17.7
2 Steve Patrick	Cort	09:50.2	2 Bridget Bakos	Gen	18:57.5
3 Leon Scott	Gen	10:02.2	3 Robyn Stein	Fred	19:08.1
4 Stephen Wefer	Platt	10:05.2	4 Mary Ellen Lennon	Bing	19:19.0
5 Eric Rampolla	Gen	10:10.9	5 Melissa Epstein	Bing	19:50.9
6 Cory Adams	Broc	10:27.8	6 Shannon Solis	BSC	20:24.2
Josh Reid	Fred	10:37.5	Audra Kleiman	Cort	20:41.2
Brian Coleman	Bing	10:43.0	Bridgett Walrath	Broc	21:10.6
Tim Lowe	Gen	10:57.8			
Aaron Cummings	Platt	12:07.4			
			100 HH Pre. (HT)		
			Heat 1		
			1 Tina Mitchell	Cort	15.4
			2 Jenny Sponenberg	Cort	15.4
			3 Grace King	Fred	16.1
			4 Adele Borgognini	Bing	16.9
			5 Heather Bowman	Platt	18.1
			Heat 2		
			1 Keena Bush	Gen	15.2
			2 Beth Whitehead	Cort	16.3
			3 Aimee Dawson	Gen	16.4
			4 Tracey Camino	Bing	17.1
			5 Leza Luchetta	Bing	17.8
100 Men Semi. (HT)			100 Women Semi. (HT)		
Heat 1			Heat 1		
1 Gil Hamilton	Fred	11.1	1 Shannon Cotten	Broc	13.2
2 Nathan Frank	Broc	11.3	2 Gail Fox	Bing	13.3
3 Jim Boone	BSC	11.7	3 Kathy Stock	Cort	13.5
4 William Sparks	BSC	11.7	4 Beth Carafano	Platt	14.0
5 Jim Reese	Gen	11.8	5 Julie Schubert	Broc	14.4

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Heat 2

1	Doug Hamer	Broc	11.3
2	Brian Willman	Cort	11.3
3	Alan Fink	Broc	11.4
4	Lamont Ford	Fred	11.5
5	Gary Moore	BSC	11.5

Heat 2

1	Jessie Van Voorhis	Gen	12.8
2	Jennifer Zulauf	Fred	12.9
3	Emily Smith	Gen	13.3
4	Sylvia Cross	Fred	13.5
5	Tashia Danner	BSC	13.8
6	Abby Wood	Cort	14.2

200 Men Semi.

Heat 1

1	Brian Willman	Cort	22.92
2	Mark Silverman	Cort	23.48
3	Gary Moore	BSC	23.49
4	John Kapron	Fred	23.55
5	Mike Scott	BSC	25.04

200 Women Semi.

Heat 1

1	Jessie Van Voorhis	Gen	26.74
2	Emily Smith	Gen	27.10
3	Megan Huler	Fred	27.50
4	Kathy Stock	Cort	28.12
5	Julie Schubert	Broc	30.87

Heat 2

1	Gilbert Hamilton	Fred	23.13
2	Lamont Ford	Fred	23.49
3	Doug Harner	Broc	23.78
4	Alan Fink	Broc	23.96
5	Jim Reese	Gen	24.02

Heat 2

1	Shannon Cotten	Broc	27.46
2	Tina Mitchell	Cort	27.79
3	Jodi Bencic	Bing	29.47
4	Abby Wood	Cort	29.77

Heat 3

1	Jennifer Zulauf	Fred	26.93
2	Freddi Triback	Bing	27.73
3	Sylvia Cross	Fred	28.73
4	Beth Carofano	Platt	29.49
5	Tashia Danner	BSC	30.09

4 X 100 Relay Men (HT)

1	Fredonia	43.40
2	Brockport	44.21
3	Buffalo State	44.64
4	Geneseo	44.91
5	Plattsburgh	45.72
6	Binghamton	DQ

4 X 100 Relay Women (HT)

1	Geneseo	51.04
2	Fredonia	52.76
3	Cortland	52.85
4	Binghamton	53.19
5	Brockport	55.60

1500 Men

1	Scott Weeks	Cort	3:59.48
2	Tim Eagan	Cort	4:02.55
3	Ken McPherson	Bing	4:03.45
4	Sean Downey	Fred	4:05.28
5	Gary Grinnell	Gen	4:09.96
6	Trevor White	Gen	4:13.04
	Chris Villone	Fred	4:16.01
	Rob Zanetti	Bing	4:21.9 (HT)

1500 Women

1	Kim Stone	Gen	4:40.73
2	Heidi Swarts	Cort	4:45.05
3	Dorothy Donnelly	Cort	4:58.29
4	Erin Kelly	Bing	5:05.29
5	Lillian Wan	Bing	5:07.59
6	Dee Criscuolo	Cort	5:25.55
	Camille Rose	Broc	5:49.91

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400 Men				400 Women			
1	Neal Hambleton	Fred	49.79	1	Freddi Triback	Bing	1:00.51
2	Rob Mackey	Fred	50.17	2	Lori Czerw	Platt	1:00.83
3	Shawn Lavan	Gen	50.91	3	Amy Nethaway	Gen	1:01.45
4	Dan Derkowski	Platt	51.29	4	Laurie Conrow	Fred	1:01.58
5	Stafford Harmitt	Bing	51.44	5	Gail Fox	Bing	1:02.27
6	Chris Cummings	Gen	52.00	6	Karen Shawdestin	Platt	1:03.66
	Derek Svenson	Plat	52.34		Gabrielle Teofrio	Broc	1:04.57
	John Kapron	Fred	52.61		Lynn Lambright	BSC	1:05.64
	Andy Mehl	Bing	53.15				
	Jim Graham	Broc	53.95				
100 Men Fin.				100 Women Fin.			
1	Gil Hamilton	Fred	11.10	1	Jennifer Zulauf	Fred	12.82
2	Brian Willman	Cort	11.29	2	Jessie Van Voorhis	Gen	13.20
3	Nathan Frank	Broc	11.53	3	Shannon Cotten	Broc	13.35
4	Doug Hamer	Broc	11.76	4	Emily Smith	Gen	13.47
5	Alan Fink	Broc	11.83	5	Kathy Stock	Cort	13.59
6	Jim Boone	BSC	16.05	6	Gail Fox	Bing	13.70
110 HH Fin.				100 HH Fin.			
1	Jon Weir	Fred	15.13	1	Keena Bush	Gen	15.59
2	Jim Davis	Fred	15.93	2	Tina Mitchell	Cort	15.67
3	Curtis Merrick	Broc	16.13	3	Jenny Sponenberg	Cort	15.99
4	Jeff Colaizzi	Gen	16.31	4	Beth Whitehead	Cort	16.82
5	Tim Volkman	Cort	16.34	5	Aimee Dawson	Gen	16.97
6	Matt Pillar	Broc	16.6 (HT)	6	Grace King	Fred	17.27
800 Men				800 Women			
1	Kevin Dibble	Gen	1:58.31	1	Jennifer Wiseman	Platt	2:20.57
2	Tim Eagan	Cort	1:58.32	2	Bernadette Greenan	Gen	2:20.79
3	Andrew Sham	Gen	1:59.49	3	Peggy Spiesz	Fred	2:24.36
4	Jason Rushmer	Gen	2:00.54	4	Jody May	Gen	2:26.44
5	Ken McPherson	Bing	2:00.93	5	Lori Czerw	Platt	2:26.88
6	Derek Fialkiewicz	Fred	2:01.31	6	Kathy List	Cort	2:27.52
					Allison Reed	Cort	2:28.11
					Jennifer Campbell	Broc	2:29.99
					Christine Hamilton	Bing	2:30.36
					Lillian Wan	Bing	2:31.14
					Jen Pegoni	Gen	2:36.10
					Jennifer Sims	Fred	2:36.23
					Elyse Doti	Bing	2:37.9 (HT)

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400 H Men

1	Neal Hambleton	Fred	53.10
2	Eamon Mchugh	Fred	55.47
3	Joe Pietro	Fred	56.12
4	Paul Rigby	Broc	56.94
5	Steve Lukasik	Broc	58.19
6	Joe Tiffany	Platt	59.17
	Josh Alcombright	Broc	1:00.02
	Steve Patrick	Cort	1:00.57
	Matt Moreno	Gen	1:01.97

400 H Women

1	Keena Bush	Gen	1:04.96
2	Lynn Lambright	BSC	1:08.70
3	Amy Nutt	Platt	1:09.32
4	Shelly Giardini	Fred	1:09.76
5	Adele Borgagnoni	Bing	1:10.19
6	Grace King	Fred	1:10.27
	Leza Luchetta	Bing	1:13.05
	Heather Bowman	Platt	1:14.34
	Maureen Kissene	Bing	DQ

200 Men Fin.

1	Gilbert Hamilton	Fred	22.20
2	Brian Willman	Cort	23.12
3	Lamont Ford	Fred	23.64
4	Mark Silverman	Cort	23.89
5	Gary Moore	BSC	24.42
6	Doug Harner	Broc	24.60

200 Women Fin.

1	Jennifer Zulauf	Fred	26.98
2	Jessie Van Voorhis	Gen	27.48
3	Emily Smith	Gen	27.76
4	Freddi Triback	Bing	28.19
5	Tina Mitchell	Cort	28.37
6	Shannon Cotten	Broc	28.58

5000 Men

1	Tom Ouellette	Platt	15:22.70
2	Matt Annabel	Gen	15:26.34
3	Jeff Winden	Fred	15:27.03
4	Scott Rowe	Fred	15:41.26
5	Stephen Wefer	Platt	15:48.69
6	Jon Pierce	Bing	15:52.77
	Jim Sullivan	Bing	15:58.76
	Jay Conover	Cort	16:14.27
	Gary Grinnell	Gen	16:29.5 (HT)
	Jesse Pearce	Gen	16:35.7 (HT)
	Eric Rampolla	Gen	16:56.1 (HT)

3000 Women

1	Julie Donnelly	Cort	10:12.26
2	Beth Anne Cincotta	Gen	10:20.56
3	Heather Swarts	Cort	10:24.52
4	Heidi Swarts	Cort	10:31.09
5	Kristine Kirk	Bing	10:45.17
6	Deb Widman	Bing	11:01.80
	Erin Kelly	Bing	11:04.56
	Bridget Bakos	Gen	11:08.07
	Christine Hamilton	Bing	11:19.4 (HT)
	Mindee McIntosh	Fred	11:21.2 (HT)
	Shannon Solis	BSC	11:27.3 (HT)
	Mary Ellen Lennon	Bing	NT

4 X 400 Relay Men

1	Fredonia	3:21.92
2	Geneseo	3:27.75
3	Brockport	3:29.11
4	Plattsburgh	3:29.56
5	Cortland	3:31.16
6	Binghamton	3:32.05

4 X 400 Relay Women

1	Geneseo	4:06.44
2	Plattsburgh	4:13.05
3	Fredonia	4:17.47
4	Binghamton	4:19.68

Long Jump Men

1	Jon Wier	Fred	6.58
2	Jeff Moulton	Cort	6.40
3	Afolabi Sanyosanya	Bing	6.39
4	Russ Kelly	Broc	6.35
5	Fabian Drain	Fred	6.16
6	Curtis Merrick	Broc	6.14
	Jeff Hoyt	Fred	6.13
	Andrew Lindsey	Platt	5.86
	Mike Smalls	BSC	5.33

Long Jump Women

1	Grace King	Fred	5.26
2	Jenny Sponenberg	Cort	4.83
3	Tina Mitchell	Cort	4.77
4	Aisha Bruce	Platt	4.77
5	Tracey Canino	Bing	4.69
6	Roxanne Ramos	Platt	4.64
	Shelly Giardini	Fred	4.56
	Wendy Woods	Broc	4.51
	Heather Miller	Gen	4.47
	Jodi Bencic	Bing	4.35

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Triple Jump Men

1	Russ Kelly	Broc	13.90
2	Fabian Drain	Fred	13.51
3	Rob Noody	Fred	13.33
4	Curtis Merrick	Broc	12.74
5	Jeff Moulton	Cort	12.54
6	Mike Northrup	Bing	12.24
	Jason Mahar	Bing	12.14

Triple Jump Women

1	Grace King	Fred	11.19
2	Jenny Sponenberg	Cort	11.10
3	Aisha Bruce	Platt	10.47
4	Wendy Woods	Broc	10.24
5	Roxanne Ramos	Platt	10.08
6	Tracey Canino	Bing	9.93
	Beth Whitehead	Cort	9.78
	Sylvia Cross	Fred	9.18
	Maureen Kissane	Bing	8.87

High Jump Men

1	Jeff Hoyt	Fred	1.98
2	Dave Kaba	Bing	1.98
3	Glenn Baietti	Bing	1.98
4	Jay Rose	Platt	1.93
5	Jeff Moulton	Cort	1.78

High Jump Women

1	Tracey Canino	Bing	1.57
2	Aimee Dawson	Gen	1.52
3	Shannon Cotten	Broc	1.52
4	Deanna Kowal	Fred	1.47
4	Beth Whitehead	Cort	1.47
6	Heather Miller	Gen	1.47
	Shelly Giardini	Fred	1.46
	Jaycee Budesza	Broc	1.46

Hammer Men

1	Trevor Hitchcock	Fred	56.98
2	Doug Ryan	Gen	54.26
3	Mike McGraw	Broc	42.18
4	Bill Woolard	Broc	41.52
5	Phil Simunek	Bing	41.18
6	Dan Brown	Fred	40.56
	Jeff Weibly	Cort	39.20
	Jim Smith	Broc	35.60
	John Hudzing	Bing	32.50
	Ben Motten	Broc	31.16
	Tom Pacorobba	Platt	30.42

Hammer Women

1	Jen Gall	Fred	42.90
2	Joy Koudelka	Broc	41.54
3	Jamie Bogardus	Broc	41.04
4	Sandy Spasoto	Fred	40.72
5	Allison Franklin	Gen	38.70
6	Bronwyn Wilke	Bing	35.74
	Anita Molnar	Broc	29.88
	Olivia Dietz	Broc	29.64
	Michelle Bednarczak	Platt	26.99
	Julie Schubert	Broc	25.26
	Tamara Rollins	Platt	DQ

Shot Put Men

1	Mike Ventura	Bing	14.34
2	Trevor Hitchcock	Fred	14.20
3	Mark Winker	Bing	13.75
4	Joel Jeneault	Cort	13.74
5	Doug Ryan	Gen	13.55
6	Tom McDonald	Broc	13.47
	Mike Syhlowy	Fred	12.95
	Jeff Weibly	Cort	12.26
	Ben Motten	Broc	11.54

Shot Put Women

1	Jen Gall	Fred	11.57
2	Jamie Bogardus	Broc	10.32
3	Anita Molnar	Broc	10.28
4	Sandy Spasoto	Fred	10.12
5	Chris Helfrich	Cort	9.74
6	Becky Cooper	Cort	9.67
	Bronwyn Wilke	Bing	9.56
	Holly Simon	Broc	9.37
	Olivia Dietz	Broc	9.11
	Erin Druelinger	Fred	8.36
	Latisha Green	BSC	8.29

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Discus Men				Discus Women			
1	Trevor Hitchcock	Fred	45.90	1	Jen Gall	Fred	37.35
2	Phil Simunek	Bing	42.18	2	Sandy Sposato	Fred	35.06
3	Mark Winker	Bing	42.18	3	Andrea Hink	Broc	32.46
4	Mike Ventura	Bing	42.10	4	Olivia Dietz	Broc	31.98
5	Kirk Ryzdzynski	Broc	41.18	5	Jamie Bogardus	Broc	29.86
6	Mike Syhlowy	Fred	39.90	6	Tamara Rollins	Platt	28.88
	Joel Jeneault	Cort	39.00		Chris Helfrich	Cort	27.18
	Tom Wolcott	Broc	37.98		Joy Koudelka	Broc	26.90
	Jeff Weibly	Cort	35.56		Allison Franklin	Gen	25.84
	Tom McDonald	Broc	35.48		Holly Simon	Broc	25.32
	Doug Ryan	Gen	35.00		Michelle Bednarczak	Platt	24.94
	Dan Brown	Fred	34.86				
	Tom Pocerobba	Platt	30.12				

Javelin Men				Javelin Women			
1	Mike Ventura	Bing	61.32	1	Jennifer Gall	Fred	29.52
2	Jon Wier	Fred	53.38	2	Caroline Brady	Bing	27.82
3	Jon Matthews	Fred	49.52	3	Julie Spiesz	Fred	26.80
4	Bryan Ingham	Fred	49.50	4	Jamie Bogardus	Broc	25.98
5	Dan Fraser	Fred	47.58	5	Pamela Urbanek	BSC	25.38
6	Jason Fish	Gen	43.84	6	Angiee Moon	Gen	24.64
	Gary Moore	BSC	42.90		Michelle Bednarczak	Platt	23.14
	Tom McDonald	Broc	42.02		Aimee Dawson	Gen	20.98
	Darren O'Leary	Bing	41.50		Tamara Rollins	Platt	18.18
	Tom Black	Cort	40.12				
	Curtis Merrick	Broc	40.02				
	Jeff Colaizzi	Gen	37.52				
	Mike Scott	BSC	33.64				

Pole Vault			
1	Tom Black	Cort	13'6"
2	Frank Smith	Broc	13'6"
3	David Miller	Bing	13'0"
4	John DeMatteo	Bing	13'0"
5	Steve Bender	Gen	12'6"
6	Kevin Kosieracki	Gen	12'6"
	Bryan Zevotek	Cort	12'0"
	Kevin Bullock	BSC	12'0"
	Jason Fish	Gen	NH
	Jeff Moulton	Cort	NH
	Josh Alcombright	Broc	NH
	Jason Bibler	Cort	NH

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