

0D-1996

STATE UNIVERSITY OF NEW YORK ATHLETIC CONFERENCE

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SPORTS

SPORTS INFORMATION DIRECTOR
SUNYAC
SUNY FREDONIA
FREDONIA, NY 14063

For immediate release: April 27, 1996
Contact: Tim Szlosek, SUNYAC Publicist

MEMBERS:

- Binghamton
- Brockport
- Buffalo
- Cortland
- Fredonia
- Geneseo
- New Paltz
- Oneonta
- Oswego
- Plattsburgh
- Potsdam
- Utica/Rome

Geneseo Captures 13th Annual SUNYAC Women's Outdoor Track and Field Crown

The Geneseo Knights won six of the 19 events en route to their second State University of New York Athletic Conference Women's Outdoor Track and Field Championship on Saturday at Special Olympics Stadium on the SUNY Brockport campus. It was their first conference outdoor title since 1984. Brockport's **John Izzo** was honored as the Coach of the Year for his team's third place finish. The double winners of the day included **Heidi Swarts** of Cortland and **Monique Hacker** of Binghamton. Hacker was dominant in winning four solo crowns.

Team Results

Geneseo	143
Cortland	120
Brockport	106
Fredonia	95
Binghamton	78
Buffalo State	27
Plattsburgh	19

Individual Results

10,000 Meters	Theresa Trudell	Geneseo	40:55.57
5,000 Meters	Christine Sisting	Geneseo	17:24.33*
4 x 400 Relay	Brockport	Brockport	51.31
1,500 Meters	Heidi Swarts	Cortland	4:41.94#
100 Meter High Hurdles	Monique Hacker	Binghamton	15.26*
400 Meters	Talley Martin	Geneseo	1:01.26
100 Meters	Mary Borowczyk	Fredonia	13.20
800 Meters	Heidi Swarts	Cortland	2:19.34
400 Meter Hurdles	Michele Odrobina	Fredonia	1:07.40
200 Meters	Monique Hacker	Binghamton	26.71
3,000 Meters	Heather Swarts	Cortland	10:11.67#
4 x 400 Relay	Geneseo	Geneseo	4:06.87
Long Jump	Monique Hacker	Binghamton	5.18
Triple Jump	Monique Hacker	Binghamton	12.25*§
Hammer Throw	Elizabeth Shope	Geneseo	41.88
Shot Put	Karen Shay	Brockport	10.33
Discus	Andrea Hink	Brockport	35.64
Javelin	Pam Urbanek	Buffalo State	27.10
High Jump	Aimee Dawson	Geneseo	1.63

*NCAA Automatic Qualifier

#NCAA Provisional Qualifier

§ New SUNYAC Record

SATURDAY APRIL 27, 1996 8 lane 400 meter

Event #1 WOMENS 10,000 METERS

SUNYAC CHAMPIONSHIP RECORD

MARY SELLECK CORTLAND 1989 37:27.44

NCAA QUALIFYING RECORD

AUTO 37:10.74 PROV 38:25.24

1	THERESA TRUDELL	GENESE0	40:55.57
2	BRIDGETTE WALRATH	BROCKPORT	41:29.82
3	LAURA LITJES	CORTLAND	42:08.13
4	JILL SZCZUBLEWSKI	CORTLAND	43:39.37
5	CHERYL KNISS	BROCKPORT	43:43.87
6	KRISTIN THELAN	GENESE0	44:38.79
7	ABBY WOOD	CORTLAND	45:15.70
8	KARA CROSBY	BROCKPORT	49:38.96

Event #3 WOMENS 5,000 MEYERS

SUNYAC CHAMPIONSHIP RECORD

ALICE WILLIS BINGHAMTON 1985 17:07.10

NCAA QUALIFYING RECORD

AUTO 17:39.04 PROV 18:05.54

1	CHRISTINE SISTING	GENESE0	17:24.33 *
2	HEATHER SWARTS	CORTLAND	17:32.42 *
3	CINDY LAUZON	CORTLAND	18:18.30
4	AMANDA ROSE	PLATTSBURGH	19:19.17
5	PATTI MURRAY	BINGHAMTON	19:35.11
6	TRICIA ROSARIO	BINGHAMTON	19:35.44
7	CAROLYN COURTRIGHT	BROCKPORT	19:39.75
8	CARA CAMERON	PLATTSBURGH	20:08.54
9	JEN LEGGE	PLATTSBURGH	20:22.03
10	AMI LUPARELLA	PLATTSBURGH	20:50.65

** Automatic NCAA Qualifier*

Event #5 WOMENS 4 X 100 RELAY

SUNYAC CHAMPIONSHIP RECORD FREDONIA 1986 0:49.07

NCAA QUALIFYING RECORD AUTO 48.95 PROV 49.61

1	BROCKPORT	BROCKPORT	51.31
2	GENESE0	GENESE0	51.51
3	FREDONIA	FREDONIA	51.52
4	CORTLAND	CORTLAND	51.72
5	BINGHAMTON	BINGHAMTON	52.00
6	BUFFALO STATE	BUFFALO STATE	54.18
7	PLATTSBURGH	PLATTSBURGH	55.04

Event #7 WOMENS 1,500 METERS

SUNYAC CHAMPIONSHIP RECORD

BECKY BIEBER CORTLAND 1989 4:33.55

NCAA QUALIFYING RECORD AUTO 4:39.44 PROV 4:45.14

1	HEIDI SWARTS	CORTLAND	4:41.94 *
2	SARAH BUNTING	BINGHAMTON	4:51.57
3	CHRISTINE SISTING	GENESE0	4:56.17
4	JEN BOZEK	CORTLAND	5:03.14
5	BETH-ANNE CINCOTTA	GENESE0	5:05.97
6	BECKY DOKTOR	GENESE0	5:07.20
7	CHRISTINE HAMILTON	BINGHAMTON	5:11.62
8	JENNIFER PEGONI	GENESE0	5:12.24
9	PATTY DIVER	BROCKPORT	5:14.21
10	LAUREN WALLACK	BINGHAMTON	5:15.09
11	SANDY SPOTH	BUFFALO STATE	5:16.78

** Prov NCAA Qualifier*

Event #9 WOMENS 100 METER HIGH HURDLES

SUNYAC CHAMPIONSHIP RECORD

PAM LEFFLER BROCKPORT 1992 0:14.69

NCAA QUALIFYING RECORD AUTO 14.84 PROV 15.35

FINAL RESULTS

SUNYAC TRACK AND FIELD CHAMPIONSHIPS

SATURDAY APRIL 27, 1996 8 Lane 400 meter

1	MONIQUE HACKER	BINGHAMTON	15.26 *	5	NOELLE SPINELLI	CORTLAND	13.76
2	BETH WHITEHEAD	CORTLAND	15.48			prelim	13.61
3	GRACE KING	FREDONIA	16.01	6	SARA BRENNAN	CORTLAND	13.80
4	AIMEE DAWSON	GENESE	16.16			prelim	13.90
5	JENNIFER SPONENBERG	CORTLAND	17.19	7	SUZANNE MOORE	BINGHAMTON	13.90
6	ROBYN SCHWEITZER	BUFFALO STATE	17.73			prelim	13.67
7	LEZA LUCHETTA	BINGHAMTON	17.95	8	SHANNON WIEGAND	CORTLAND	13.93
						prelim	13.80

Event #11 WOMENS 400 METERS

SUNYAC CHAMPIONSHIP RECORD

JULIE DENEEN CORTLAND 1991 0:57.42

NCAA QUALIFYING RECORD AUTO 57.70 PROV 58.70

1	TALLEY MARTIN	GENESE	1:01.26
2	MEGAN KARAS	CORTLAND	1:02.41
3	STACEY WALLACE	FREDONIA	1:02.87
4	AMY NUTT	PLATTSBURGH	1:03.08
5	MICHELLE SHEA	BROCKPORT	1:03.60
	DIANNA SMITH	BINGHAMTON	1:03.83
7	KARLYN KEEFE	GENESE	1:04.18
8	GABRIELLE TEOFRIO	BROCKPORT	1:04.30
9	NOELLE SPINELLI	CORTLAND	1:04.65
10	JULIE SCHUBERT	BROCKPORT	1:05.00
11	CHERYL MITCHELL	BUFFALO STATE	1:06.47
12	JOLEEN BORDEAU	BROCKPORT	1:06.58
13	KT VANBODEN	PLATTSBURGH	1:07.30
14	JEN PETRALITO	BUFFALO STATE	1:08.40

Event #13 WOMENS 100 METERS

SUNYAC CHAMPIONSHIP RECORD

TRACY WATTS BUFFALO STATE 1990 0:12.11

NCAA QUALIFYING RECORD AUTO 12.34 PROV 12.55

1	MARY BOROWCZYK	FREDONIA	13.20
		prelim	13.25
2	SHANNON COTTEN	BROCKPORT	13.32
		prelim	13.28
3	CARRIE SAWYER	BROCKPORT	13.43
		prelim	13.39
4	EMILY SMITH	GENESE	13.56
		prelim	13.49

9	MEGON PUNANCY	BUFFALO STATE	14.21
10	KRISTIN DESHONG	BINGHAMTON	14.44
11	STEPHANTE CARPENTER	BINGHAMTON	14.52
	SYLVIA CROSS	FREDONIA	SCR

Event #15 WOMENS 800 METERS

SUNYAC CHAMPIONSHIP RECORD

PATTI ZODA CORTLAND 1989 2:17.96

NCAA QUALIFYING RECORD AUTO 2:15.13 PROV 2:17.84

1	HEIDI SWARTS	CORTLAND	2:19.34
2	AMY NETHAWAY	GENESE	2:21.45
3	TONYA KRUEGER	BROCKPORT	2:24.72
4	DIANNA SMITH	BINGHAMTON	2:28.88
5	JODY MAY	GENESE	2:28.91
6	ISABELLE JULIEN	PLATTSBURGH	2:28.98
7	LEIGH GANTNER	BINGHAMTON	2:29.63
8	JEN BOZEK	CORTLAND	2:30.15
9	CHERYL MITCHELL	BUFFALO STATE	2:33.50
10	BECKY DOKTOR	GENESE	2:35.25
11	MARISSA FORMES	CORTLAND	2:36.47
12	KIM HUNT	FREDONIA	2:41.11
13	TAMARA SCHOCHET	GENESE	2:41.52
	CAROLINE BRADY	BINGHAMTON	SCR
	SARAH BUNTING	BINGHAMTON	SCR
	CHRISTINE JONES	BROCKPORT	SCR

SATURDAY APRIL 27, 1996 8 lane 400 meter

Event #17 WOMENS 400 METER HURDLES

SUNYAC CHAMPIONSHIP RECORD

TRACY SWARTS CORTLAND 1989 1:03.50

NCAA QUALIFYING RECORD AUTO 1:03.70 PROV 1:05.10

1	MICHELE ODOBINA	FREDONIA	1:07.40
2	LYNN LAMBRIGHT	BUFFALO STATE	1:08.15
3	AIMEE DAWSON	GENESE	1:10.57
4	AMY MORRISON	PLATTSBURGH	1:11.16
5	CAROLYN DAILEY	CORTLAND	1:11.59
6	KATY SMITH	BROCKPORT	1:15.72
7	LEZA LUCHETTA	BINGHAMTON	1:15.83
8	MOLLY PHILLIPS	FREDONIA	1:16.58
9	HEIDI DUROCHER	PLATTSBURGH	1:18.28

Event #19 WOMENS 200 METERS

SUNYAC CHAMPIONSHIP RECORD

TRACY WATTS BUFFALO STATE 1990 0:25.00

NCAA QUALIFYING RECORD AUTO 25.30 PROV 25.90

1	MONIQUE HACKER	BINGHAMTON	26.71
2	AMY NETHAWAY	GENESE	27.36
3	MARY BOROWCZYK	FREDONIA	27.42
4	TALLEY MARTIN	GENESE	27.59
5	MEGAN KARAS	CORTLAND	27.97
6	CARRIE SAWYER	BROCKPORT	28.12
7	SARA BRENNAN	CORTLAND	28.13
8	EMILY SMITH	GENESE	28.15
9	AMANDA FISKE	BINGHAMTON	28.19
10	JENN GUSTAFSON	BROCKPORT	28.61
11	SHANNON WIEGAND	CORTLAND	28.67
12	SUZANNE MOORE	BINGHAMTON	28.74
13	SYLVIA CROSS	FREDONIA	28.85
14	BETH WHITEHEAD	CORTLAND	28.88
15	JOLEEN BORDEAU	BROCKPORT	29.19
16	ROBYN SCHWEITZER	BUFFALO STATE	29.21
17	NICOLE RICH	BROCKPORT	30.18
18	HEATHER GUCHE	BINGHAMTON	30.39
19	ELYSE DOTI	BINGHAMTON	30.52

Event #21 WOMENS 3,000 METERS

SUNYAC CHAMPIONSHIP RECORD

ALICE WILLIS BINGHAMTON 1985 10:03.43

NCAA QUALIFYING RECORD

AUTO 10:08.74 PROV 10:22.74

1	HEATHER SWARTS	CORTLAND	10:11.67 *
2	CHRISTINE SISTING	GENESE	10:17.12 *
3	CINDY LAUZON	CORTLAND	10:22.06 *
4	BETH-ANNE CINCOTTA	GENESE	11:01.38
5	CHRISTINE HAMILTON	BINGHAMTON	11:04.90
6	ERIN LYJAK	BROCKPORT	11:16.23
7	LAUREN WALLACK	BINGHAMTON	11:43.26
	THERESA TRUDELL	GENESE	SCR
	TRICIA ROSARIO	BINGHAMTON	SCR

** Prov. NCAA Qualifier*

Event #23 WOMENS 4 X 400 RELAY

SUNYAC CHAMPIONSHIP RECORD GENESE 1995 4:03.42

NCAA QUALIFYING RECORD AUTO 3:56.14 PROV 4:00.04

1	GENESE	GENESE	4:06.87
2	CORTLAND	CORTLAND	4:10.34
3	BROCKPORT	BROCKPORT	4:12.89
4	FREDONIA	FREDONIA	4:15.60
5	PLATTSBURGH	PLATTSBURGH	4:21.54
6	BUFFALO STATE	BUFFALO STATE	4:26.31
7	BINGHAMTON	BINGHAMTON	4:28.23

Event #25 WOMENS LONG JUMP

SUNYAC CHAMPIONSHIP RECORD

NATALIE JONES FREDONIA 1986 5.51 METERS

NCAA QUALIFYING RECORD AUTO 5.60 PROV 5.46

1	MONIQUE HACKER	BINGHAMTON	5.18
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SATURDAY APRIL 27, 1996 8 lane 400 meter

2	GRACE KING	FREDONIA	5.03
3	VICKIE BOLEY	BROCKPORT	4.94
4	TARA BAIDEME	GENESE0	4.92
5	MICHELE ODOBINA	FREDONIA	4.84
6	SIMONE CHRISTIAN	BUFFALO STATE	4.48
7	MARIA VANNELLI	BUFFALO STATE	4.24

2	CHRISTINE IANNELLO	BINGHAMTON	39.06
3	SANDY SPOSATO	FREDONIA	37.64
4	ALISON FRANKLIN	GENESE0	36.66
5	ANDREA HINK	BROCKPORT	36.58
6	KIMBERLY SHOPE	GENESE0	34.80
7	KAREN SHAY	BROCKPORT	32.46
8	JENNY DOMINY	FREDONIA	32.16
9	ROBIN FELONG	BROCKPORT	31.32
10	SUE HERZOG	PLATTSBURGH	28.46
11	LISA RESTO	GENESE0	28.22
12	JENNY ENABE	FREDONIA	28.22
13	KRISTIN MIHALIK	BINGHAMTON	26.56
14	HOLLY SIMON	BROCKPORT	24.48

Event #27 WOMENS TRIPLE JUMP

SUNYAC CHAMPIONSHIP RECORD

ELAINE RAKE FREDONIA 1993 11.14 METERS

NCAA QUALIFYING RECORD AUTO 11.52 PROV 11.11

1	MONIQUE HACKER	BINGHAMTON	12.25 *
2	GRACE KING	FREDONIA	11.17 **
3	BETH WHITEHEAD	CORTLAND	10.60
4	VICKIE BOLEY	BROCKPORT	10.56
5	SIMONE CHRISTIAN	BUFFALO STATE	10.52
6	JENNIFER SPONENBERG	CORTLAND	10.44
7	AMY MORRISON	PLATTSBURGH	10.13
8	SYLVIA CROSS	FREDONIA	9.46
9	STEPHANIE MERROW	BINGHAMTON	9.41
10	AMANDA FISKE	BINGHAMTON	9.34
11	MARIA VANNELLI	BUFFALO STATE	9.26
12	KARRIE UTTER	FREDONIA	8.96

Event #33 WOMENS SHOT PUT

SUNYAC CHAMPIONSHIP RECORD

JOYCE KENNESON U. BUFFALO 1985 12.05 METERS

NCAA QUALIFYING RECORD AUTO 13.15 PROV 12.40

1	KAREN SHAY	BROCKPORT	10.33
2	SANDY SPOSATO	FREDONIA	10.20
3	LAUREN CAIACCIA	BINGHAMTON	9.48
4	CRISTINE HELFRICH	CORTLAND	9.12
5	SUE HERZOG	PLATTSBURGH	9.11
6	JENNY DOMINY	FREDONIA	8.96
7	HOLLY SIMON	BROCKPORT	8.78
8	JENNY ENABE	FREDONIA	8.67
9	ELIZABETH SHOPE	GENESE0	8.28
10	LISA RESTO	GENESE0	8.25

Event #35 WOMENS DISCUS

SUNYAC CHAMPIONSHIP RECORD

JOANNE SOPER GENESE0 1993 40.26 METERS

NCAA QUALIFYING RECORD AUTO 42.38 PROV 40.50

1	ANDREA HINK	BROCKPORT	35.64
2	ELIZABETH SHOPE	GENESE0	32.26
3	KAREN SHAY	BROCKPORT	30.80

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Event #29 WOMENS

**Automatic NCAA Qualifier / SUNYAC Record
to be Prov. NCAA Qual.*

NO ENTRIES

Event #31 WOMENS HAMMER

SUNYAC CHAMPIONSHIP RECORD

JAMIE BOGARDUS BROCKPORT 1995 46.18 METERS

NCAA QUALIFYING RECORD AUTO 47.50 PROV 42.00

1	ELIZABETH SHOPE	GENESE0	41.88
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SATURDAY APRIL 27, 1996 8 lane 400 meter

4	JENNY DOMINY	FREDONIA	30.34
5	SUE HERZOG	PLATTSBURGH	30.30
6	STEPHANIE PATTERSON	BROCKPORT	29.12
7	CARRIE HOWE	CORTLAND	28.72
8	PAM URBANEK	BUFFALO STATE	25.78
9	KIMBERLY SHOPE	GENESE0	23.78
10	SANDY SPOSATO	FREDONIA	21.32
11	KATRINA YOUNG	CORTLAND	2.80

 Event #37 WOMENS JAVELIN

SUNYAC CHAMPIONSHIP RECORD

CARRIE GORTON BROCKPORT 1992 45.39 METERS

NCAA QUALIFYING RECORD AUTO 41.00 PROV 37.50

1	PAM URBANEK	BUFFALO STATE	27.10
2	KAREN SHAY	BROCKPORT	26.64
3	JENNY DOMINY	FREDONIA	25.02
4	LAUREN CAIACCIA	BINGHAMTON	22.78
5	MEGON PUNANCY	BUFFALO STATE	20.70
6	CARLA BECKER	BUFFALO STATE	20.56
7	LISA RESTO	GENESE0	19.68
8	MELISSA MALLY	BROCKPORT	18.44
	AIMEE DAWSON	GENESE0	SCR
	CAROLINE BRADY	BINGHAMTON	SCR

 Event #39 WOMENS HIGH JUMP

SUNYAC CHAMPIONSHIP RECORD

LISA TAYLOR BROCKPORT 1986 1.66 METERS

NCAA QUALIFYING RECORD AUTO 1.69 PROV 1.65

1	AIMEE DAWSON	GENESE0	1.63
2	SHANNON COTTEN	BROCKPORT	1.58
3	BETH WHITEHEAD	CORTLAND	1.53
4	GRETCHEN OBERNESSER	FREDONIA	1.53
5	CAROLYN DAILEY	CORTLAND	1.48
	STEPHANIE PATTERSON	BROCKPORT	FOUL
	TARA BAIDEME	GENESE0	FOUL