

Continental Invitational**@ Hamilton College****Sunday, April 5, 2009**

04/05/2009 - 04/05/2009

Event # 1 WOMENS 3000m Steeplechase

1 Heather Vroman	Fr	Mohawk Valley CC	12:13.15
2 Emily Potter	Fr	Hamilton College	12:38.75
3 Emily Gaudet	Fr	Hamilton College	13:07.84
4 Joanne Smith		Saint Rose	13:31.82
5 Erin West	So	Hamilton College	13:32.32

Event # 2 MENS 3000m Steeplechase

1 Peter Kosgei	Jr	Hamilton College	9:16.82
2 Brad Lewis		Saint Rose	10:06.68
3 Keith Gross	Sr	Hamilton College	10:23.30
4 Devon Lynch	So	Hamilton College	10:51.27
5 Kevin Mulcahy	So	Mohawk Valley CC	10:56.90
6 Dave Wroblecki		Mohawk Valley CC	11:21.61

Event # 3 WOMENS 4x100m Relay

1 Plattsburgh State A	Plattsburgh State	51.79
2 Oswego State A	Oswego State	52.27
3 Hamilton College A	Hamilton College	52.71
4 Herkimer College A	Herkimer College	53.01
5 Mohawk Valley Commun	Mohawk Valley CC	55.41

Event # 4 MENS 4x100m Relay

1 Mohawk Valley Commun	Mohawk Valley CC	43.86
2 Oswego State A	Oswego State	44.22
3 St. Lawrence Univ. A	St. Lawrence Univ.	44.60
4 The College of Saint A	Saint Rose	46.11

Event # 5 WOMENS 1500m Run

1 Wendy Pavlus	So	St. Lawrence Univ.	5:05.67
2 McKayla Nuffer	Fr	St. Lawrence Univ.	5:10.81
3 Jen Modzel	Jr	Plattsburgh State	5:12.67
4 Stefanie Braun	Fr	Plattsburgh State	5:18.52
5 Colleen Cotey	Fr	Plattsburgh State	5:20.50
6 Maddy Gunter	So	Hamilton College	5:21.89
7 Erica Losito	Fr	Hamilton College	5:26.23
8 Natasha Deguile	Fr	Plattsburgh State	5:27.61
9 Sarah Caney	Sr	Hamilton College	5:33.97
10 Sara Pick	So	Mohawk Valley CC	5:36.04
11 Chelsea Stone	Jr	Hamilton College	5:38.66
12 Loreley Gomez	Fr	Oswego State	5:41.56
13 Monica Hastedt		Saint Rose	5:44.93
14 Brittany Trahan	Fr	Plattsburgh State	5:59.50
15 Alex Devine	So	SUNY Cobleskill	6:12.06
16 Danielle Brennan	Fr	Oswego State	6:24.16
17 Erin Smith	Fr	SUNY Cobleskill	6:33.08
18 Emmalee Kelting		Herkimer College	6:35.21
19 Jocelyn Edick		Herkimer College	6:40.21
20 Tiffany Roberts	Fr	SUNY Cobleskill	6:50.33

Event # 6 MENS 1500m Run

1 Terrence Fox	Jr	St. Lawrence Univ.	4:05.62
2 Dan Ramsey	So	St. Lawrence Univ.	4:07.07
3 Seth Yernye	Jr	Plattsburgh State	4:08.06
4 Martin Peterson	Fr	SUNY Cobleskill	4:10.29

5 Cuffie Winkler	Jr	Hamilton College	4:10.76
6 Josh Leblanc	So	St. Lawrence Univ.	4:12.12
7 Chris Ketcham	Jr	Plattsburgh State	4:13.08
8 Tyler Gantz		Saint Rose	4:13.33
9 Jeremy Beaudette	Jr	St. Lawrence Univ.	4:13.61
10 Chris Reich	Sr	Oswego State	4:14.41
11 Geoff Millard	Jr	St. Lawrence Univ.	4:15.62
12 Garrett Armbruster	Jr	Hamilton College	4:17.50
13 Robert Grim	So	Plattsburgh State	4:18.51
14 Noel Lomax	Fr	Plattsburgh State	4:20.22
15 Brandon Kenny	So	St. Lawrence Univ.	4:23.20
16 Joe Coleman		Saint Rose	4:23.46
17 Kane Seamon	Jr	SUNY Cobleskill	4:23.55
18 John Johnston	Fr	St. Lawrence Univ.	4:25.12
19 Joe Ver	Sr	Plattsburgh State	4:26.96
20 Alex Sico	Jr	Plattsburgh State	4:29.29
21 Bryan Crowley	So	Colgate Univ.	4:31.41
22 Tim Spicer	Fr	St. Lawrence Univ.	4:33.36
23 Will Trumper	So	St. Lawrence Univ.	4:33.51
24 Brandon Madigan		Saint Rose	4:35.96
25 Cody Netzband	Jr	Oswego State	4:38.41
26 Lucas Harris	So	Hamilton College	4:44.52
27 Jon Hill	Fr	SUNY Cobleskill	4:48.70
28 George Steck	Fr	Mohawk Valley CC	4:49.82
29 Chris Allin		Saint Rose	4:50.09
30 Dan Bruzzese	Fr	Hamilton College	4:53.68
31 Frank Matt	So	Hamilton College	4:53.82
32 Nick Costantino	Fr	Hamilton College	4:56.21
33 Tim Quattrociochi	Fr	Mohawk Valley CC	4:58.67
34 Glen Kelly		Herkimer College	5:07.45

Event # 7 WOMENS 100m Hurdles

1 Meaghan White	Sr	St. Lawrence Univ.	+1.8m/s	15.89
2 Kiersten Laporte	Fr	St. Lawrence Univ.	+1.8m/s	16.47
3 Chantal Salamone		Herkimer College	+1.8m/s	16.58
4 Kristen Selden	Sr	Hamilton College	+1.8m/s	16.63
5 Emily Palmer	Fr	St. Lawrence Univ.	+1.5m/s	16.92
6 Danielle Washington	Sr	Oswego State	+1.8m/s	17.41
7 Jennifer Leach	So	St. Lawrence Univ.	+1.8m/s	18.02
8 Sarah Boak	Fr	Hamilton College	+1.5m/s	18.26
9 Megan Donahue	So	SUNY Cobleskill	+1.5m/s	18.94
10 Amanda Link		Herkimer College	+1.5m/s	19.41
11 Jacki Seymour		Mohawk Valley CC	+1.5m/s	19.55
12 Holly Black	Fr	Plattsburgh State	+1.8m/s	21.36

Event # 8 MENS 110m Hurdles

1 Joe Pruckno		Mohawk Valley CC	+1.1m/s	15.63
2 Justin Spalik	Fr	St. Lawrence Univ.	+1.1m/s	16.33
3 Travis Rytell		Saint Rose	+1.1m/s	16.73
4 Santino Emmanule		Mohawk Valley CC	+1.1m/s	17.32
5 Andrew Krug	Sr	Plattsburgh State	+1.1m/s	17.41
6 James Robinson		Herkimer College	+0.8m/s	19.38
7 Kevin Mercer	Fr	Plattsburgh State	+1.1m/s	20.15
8 Ray Menard		Herkimer College	+0.8m/s	20.97

Event # 9 WOMENS 400m Dash

1 Liz Schwenker	Fr	St. Lawrence Univ.	1:02.46
2 Whitney Koch	So	St. Lawrence Univ.	1:02.63
3 Alexis Nuffer	So	St. Lawrence Univ.	1:03.16

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4 Kelsey Rebehn	So	St. Lawrence Univ.	1:04.22	3 Elizabeth Atwood	So	St. Lawrence Univ.	2:26.36
5 Tynessa Washington	Fr	SUNY Cobleskill	1:04.35	4 Megan Derby	So	St. Lawrence Univ.	2:26.68
6 Jackie Wald	Fr	Hamilton College	1:05.61	5 Meredith Fitzpatrick	So	Hamilton College	2:27.56
7 Victoria Grieves	Fr	Hamilton College	1:05.68	6 Chelsea McKenzie	So	St. Lawrence Univ.	2:28.16
8 Brittany Armstrong	So	SUNY Cobleskill	1:06.81	7 Abby King	So	Hamilton College	2:33.63
9 Megan Burger		Herkimer College	1:11.41	8 Renee Coe	Sr	Oswego State	2:33.97

Event # 10 MENS 400m Dash

1 Tracey Davis		Mohawk Valley CC	51.01
2 Kevin Burrall	Sr	St. Lawrence Univ.	51.23
3 Schuyler Heiss	Sr	St. Lawrence Univ.	51.56
4 Christopher Pugliano	Fr	St. Lawrence Univ.	52.01
5 Aj Carapella	Jr	Oswego State	52.32
6 Jeff Azzoto		Mohawk Valley CC	52.75
7 Nicholas Mello	Fr	St. Lawrence Univ.	53.26
8 Jonathan Traylor	So	Hamilton College	54.21
9 Kevin Flynn		Saint Rose	54.24
10 Tomas Velasques	So	SUNY Cobleskill	54.36
11 Mark Breazzano	So	Hamilton College	55.48
12 Ron Lucien		Mohawk Valley CC	55.61
13 Drew Roderick		Mohawk Valley CC	56.03
14 Isaiah Phillip	Fr	Mohawk Valley CC	56.99
15 Corey Grayson		Herkimer College	59.23
16 Hyppolite Paul	Fr	SUNY Cobleskill	1:00.62

Event # 11 WOMENS 100m Dash

1 Liz Wahl	Jr	Hamilton College	+1.2m/s	13.09
2 Christine Ripple	Fr	Oswego State	+1.2m/s	13.25
3 Ryan Kelly	So	SUNY Cobleskill	+1.2m/s	13.33
4 Megan Boggan	Jr	Oswego State	+1.2m/s	13.40
5 Khrystyne Tschinkel	Fr	Oswego State	+1.2m/s	13.49
6 Shauney Claud		Mohawk Valley CC	+1.2m/s	13.67
7 Maria Scerra		Herkimer College	+1.1m/s	13.94
8 Danielle Washington	Sr	Oswego State	+1.1m/s	14.21
9 Sarah Hilton		Saint Rose	+1.1m/s	14.37
10 Janell Dutchess	Jr	Oswego State	+1.1m/s	14.55
11 Kala Kaiser		Herkimer College	+1.1m/s	14.89

Event # 12 MENS 100m Dash

1 Lalonde Gordon		Mohawk Valley CC	+1.2m/s	11.15
2 Ryan Saunders		Saint Rose	+1.7m/s	11.32
3 Peter Hamm	So	Plattsburgh State	+1.2m/s	11.47
4 Matt Fahrenkopf		Saint Rose	+1.7m/s	11.64
5 Cameron Benidt	Fr	SUNY Cobleskill	+1.2m/s	11.80
6 Mike Klopper	Fr	Plattsburgh State	+1.7m/s	12.03
7 Kyle Dudzinski	Fr	Oswego State	+1.7m/s	12.08
8 Robert Noonan	Fr	Plattsburgh State	+0.9m/s	12.11
9 Brian Majka		Herkimer College	+1.2m/s	12.24
10 Jonathan Reyes		Saint Rose	+1.7m/s	12.40
11 Calvin Thomas		Herkimer College	+1.7m/s	12.82
12 Josh Brown		Herkimer College	+0.9m/s	12.87
13 Harlan Dominique	Fr	SUNY Cobleskill	+0.9m/s	13.17
14 Jimmy Welch	Sr	Oswego State	+0.9m/s	13.18
15 Derrick Hughley		Herkimer College	+0.9m/s	13.30

Event # 13 WOMENS 800m Run

1 Jenna Hulton	Fr	St. Lawrence Univ.	2:23.63
2 Cassie Dimarino	Fr	St. Lawrence Univ.	2:25.74

9 Christine Bosco	Fr	SUNY Cobleskill	2:36.81
10 Katrina Loignon	So	St. Lawrence Univ.	2:37.71
11 Sara Scheineson	Fr	Hamilton College	2:38.26
12 Jen Modzel	Jr	Plattsburgh State	2:38.41
13 Tiffany Ovieda		Mohawk Valley CC	2:38.47
14 Ally Leighton	Jr	Hamilton College	2:39.21
15 Natasha Deguile	Fr	Plattsburgh State	2:40.86
16 Colleen Cotey	Fr	Plattsburgh State	2:40.93
17 Erin Keenan	Fr	Plattsburgh State	2:43.08
18 Sara Pick	So	Mohawk Valley CC	2:49.61
19 Samantha Williamson	Fr	Oswego State	2:54.48
20 Hillary Horvath	Fr	Oswego State	2:55.86
21 Amy Cunningham	So	SUNY Cobleskill	2:56.15
22 Megan Burger		Herkimer College	3:00.08
23 Alex Devine	So	SUNY Cobleskill	3:03.70
24 Maura Parks	So	Mohawk Valley CC	3:07.50
25 Emmalee Kelting		Herkimer College	3:16.64
26 Colleen Mahoney	Fr	SUNY Cobleskill	3:17.31
27 Erin Smith	Fr	SUNY Cobleskill	3:23.30

Event # 14 MENS 800m Run

1 Steve Kiplagat	Fr	St. Lawrence Univ.	1:58.71
2 Chris Funch	So	St. Lawrence Univ.	1:58.92
3 Michael Fox	Fr	St. Lawrence Univ.	1:59.96
4 Martin Peterson	Fr	SUNY Cobleskill	2:00.95
5 Eric Sause	So	Colgate Univ.	2:02.02
6 Cam Gaylord	Sr	Hamilton College	2:02.36
7 Peter Woodruff	Sr	Hamilton College	2:02.58
8 Seth Yernye	Jr	Plattsburgh State	2:02.68
9 Josh Mitchell	Fr	Plattsburgh State	2:02.93
10 Chris Ketcham	Jr	Plattsburgh State	2:03.73
11 Kyle Dunn	So	Plattsburgh State	2:03.87
12 Matt Spicer	Fr	St. Lawrence Univ.	2:05.14
13 James Grebey	Fr	Hamilton College	2:05.16
14 Eric Wojtanik	Fr	Oswego State	2:05.48
15 Robert Grim	So	Plattsburgh State	2:05.50
16 Ryan Douglas	Fr	Plattsburgh State	2:05.99
17 Kane Seamon	Jr	SUNY Cobleskill	2:07.20
18 Jordan Garfinkle	Jr	St. Lawrence Univ.	2:07.79
19 Dan Keating	So	Hamilton College	2:09.33
20 Garrett Armbruster	Jr	Hamilton College	2:09.51
21 Eric Leitze	Fr	Plattsburgh State	2:11.94
22 Chris Allin		Saint Rose	2:14.30
23 Jake Raner		Herkimer College	2:15.35
24 Noel Lomax	Fr	Plattsburgh State	2:15.72
25 Joe Ver	Sr	Plattsburgh State	2:18.23
26 Dmitry Gudnyy		Mohawk Valley CC	2:20.98
27 Jon Hill	Fr	SUNY Cobleskill	2:21.37
28 Glen Kelly		Herkimer College	2:23.47
29 Kyle Pitts	Fr	SUNY Cobleskill	2:30.74

Event # 15 WOMENS 400m Hurdles

1 Joanne Teriele	Fr	Plattsburgh State	1:08.67
2 Lauren Penc	So	Mohawk Valley CC	1:09.48

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3 Sarah Boak	Fr	Hamilton College	1:12.49	14 Glad Sanon	Mohawk Valley CC	+3.4m/s	24.38
4 Kiersten Laporte	Fr	St. Lawrence Univ.	1:12.51	15 Jonathan Reyes	Saint Rose	+0.9m/s	24.42
5 Ryan Kelly	So	SUNY Cobleskill	1:14.52	16 Maurice Beaubrun	Mohawk Valley CC	+1.2m/s	24.56
6 Emily Palmer	Fr	St. Lawrence Univ.	1:15.12	17 Drew Roderick	Mohawk Valley CC	+0.9m/s	25.10
7 Megan Donahue	So	SUNY Cobleskill	1:20.28	18 Mike Klopper	Fr Plattsburgh State	+3.4m/s	25.22
8 Monica Hastedt		Saint Rose	1:22.51	19 Billy Bedford	Herkimer College	+0.9m/s	25.45
Event # 16 MENS 400m Hurdles				Event # 19 WOMENS 5000m Run			
1 Ramon Velasquez	Fr	SUNY Cobleskill	56.80	1 Krystal Yernye	So Plattsburgh State		19:08.42
2 Greg Fullman	Sr	Hamilton College	57.27	2 Gen Flanders	Sr Hamilton College		19:15.81
3 Ryan Saunders		Saint Rose	57.93	3 Jen Taft	Sr Plattsburgh State		19:23.38
4 Kevin Jackson		Saint Rose	58.28	4 Meaghan Lucie	Saint Rose		19:23.99
5 Andy English	Jr	Oswego State	59.26	5 Abby Jones	Sr Hamilton College		19:26.04
6 Jordan Bieber	Jr	Plattsburgh State	59.30	6 Lindsey Bonk	Saint Rose		19:41.56
7 Brandon Kenny	So	St. Lawrence Univ.	59.57	7 Hannah Hoffman	Fr Mohawk Valley CC		20:56.32
8 Jonathan Mellinger	So	St. Lawrence Univ.	59.82	8 Kristen Roosa	Sr Oswego State		21:03.06
9 Mikel Giordano	Fr	St. Lawrence Univ.	1:00.47	9 Mariani Bartonicek	Jr Oswego State		21:19.30
10 Nathan Graber		Saint Rose	1:00.80	Event # 20 MENS 5000m Run			
11 Kevin Boone		Mohawk Valley CC	1:00.83	1 Tom Hedges	Fr Colgate Univ.		15:53.13
12 James Robinson		Herkimer College	1:01.36	2 Will Reid	Jr Hamilton College		15:56.62
13 Kevin Leonard	Fr	Oswego State	1:03.46	3 Scott Bickard	So Hamilton College		16:01.96
14 Justin Harrington	Fr	Plattsburgh State	1:03.48	4 Timothy Liponis	Fr St. Lawrence Univ.		16:14.88
15 Justin Spalik	Fr	St. Lawrence Univ.	1:04.39	5 Will Manning	Sr St. Lawrence Univ.		16:19.56
16 Calvin Thomas		Herkimer College	1:05.26	6 Todd Butters	Fr Mohawk Valley CC		16:21.05
17 Chris McAllister	Sr	Oswego State	1:05.54	7 James Biondi	Fr Plattsburgh State		16:22.37
18 Mike Carney	Sr	Oswego State	1:07.47	8 Todd Lavigne	Jr St. Lawrence Univ.		16:27.85
Event # 17 WOMENS 200m Dash				9 Matthew Burdick	Jr Plattsburgh State		16:33.08
1 Amy McCasland	Fr	Plattsburgh State	+0.9m/s	10 Brian Kelly	Fr SUNY Cobleskill		16:35.55
2 Liz Wahl	Jr	Hamilton College	+0.9m/s	11 Mitch Boucher	Fr Colgate Univ.		16:36.48
3 Khrystine Tschinkel	Fr	Oswego State	+0.9m/s	12 Matt Burton	Fr Plattsburgh State		16:37.74
4 Christine Ripple	Fr	Oswego State	+0.9m/s	13 Andrew Sargrad	Fr St. Lawrence Univ.		16:48.74
5 Megan Boggan	Jr	Oswego State	+0.9m/s	14 Sam Dykeman	Fr SUNY Cobleskill		16:53.62
6 Jennifer Risler	So	Plattsburgh State	+0.9m/s	15 Zach Phelps	Saint Rose		16:56.86
7 Sarah Hilton		Saint Rose	+1.1m/s	16 Kevin Wippel	So SUNY Cobleskill		17:03.90
8 Brittany Armstrong	So	SUNY Cobleskill	+1.1m/s	17 Sean Callahan	Fr St. Lawrence Univ.		17:10.75
9 Jessica Venezia	So	St. Lawrence Univ.	+0.9m/s	18 Mike Lam	So Colgate Univ.		17:12.26
10 Danica Wuelfing	Jr	Hamilton College	+1.1m/s	19 George Steck	Fr Mohawk Valley CC		17:17.19
11 Jennifer Lighthall		Herkimer College	+1.1m/s	20 Stephen Landry	Fr Mohawk Valley CC		18:04.47
11 Victoria Grieves	Fr	Hamilton College	+0.9m/s	21 Jake Raner	Herkimer College		18:39.65
13 Tiffany Ovieda		Mohawk Valley CC	+1.1m/s	22 Joe Arbogast	Fr Mohawk Valley CC		19:08.19
14 Jackie Wald	Fr	Hamilton College	+1.1m/s	23 Daniel Walsh	Fr Mohawk Valley CC		19:12.07
15 Justine Ward		Herkimer College	+0.8m/s	24 Dave Culbertson	So Mohawk Valley CC		19:15.27
16 Kala Kaiser		Herkimer College	+0.8m/s	Event # 21 WOMENS 4x400m Relay			
Event # 18 MENS 200m Dash				1 St. Lawrence Univ. A	St. Lawrence Univ.		4:22.53
1 Lalonde Gordon		Mohawk Valley CC	+1.2m/s	2 Plattsburgh State A	Plattsburgh State		4:48.73
2 Peter Hamm	So	Plattsburgh State	+1.2m/s	Event # 22 MENS 4x400m Relay			
3 Charles Berg	Fr	Plattsburgh State	+2.5m/s	1 St. Lawrence Univ. A	St. Lawrence Univ.		3:31.43
4 Isaiah Phillip	Fr	Mohawk Valley CC	+1.2m/s	2 St. Lawrence Univ. B	St. Lawrence Univ.		3:33.77
5 Aj Carapella	Jr	Oswego State	+1.2m/s	3 The College of Saint A	Saint Rose		3:34.59
6 Matt Fahrenkopf		Saint Rose	+3.4m/s	4 Plattsburgh State B	Plattsburgh State		3:42.89
7 Santino Emmanule		Mohawk Valley CC	+2.5m/s				
8 Geoff Kobuszewski	Jr	Oswego State	+2.5m/s				
9 Cameron Benidt	Fr	SUNY Cobleskill	+1.2m/s				
10 Christopher Pugliano	Fr	St. Lawrence Univ.	+2.5m/s				
11 Durell Cull		Mohawk Valley CC	+1.2m/s				
12 Nicholas Mello	Fr	St. Lawrence Univ.	+3.4m/s				
13 Jonathan Traylor	So	Hamilton College	+3.4m/s				

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5 Herkimer College A	Herkimer College	3:46.38
6 Plattsburgh State A	Plattsburgh State	3:48.44
7 Plattsburgh State C	Plattsburgh State	3:48.86
8 The College of Saint B	Saint Rose	3:53.21

Event # 23 WOMENS 4x800m Relay

1 St. Lawrence Univ. A	St. Lawrence Univ.	10:03.80
2 Hamilton College A	Hamilton College	10:30.54

Event # 24 MENS 4x800m Relay

1 Hamilton College A	Hamilton College	8:24.36
2 Oswego State A	Oswego State	8:46.05

Event # 25 WOMENS Hammer Throw

1 Alyssa Pirinelli	Jr St. Lawrence Univ.	46.00m
2 Holly Irion	Sr St. Lawrence Univ.	38.03m
3 Erin Kain	Sr Oswego State	32.90m
4 Stephanie Adamczyk	So Plattsburgh State	31.56m
5 Jacquelyn Boyea	Sr Plattsburgh State	28.93m
6 Kayla Forgit	Mohawk Valley CC	28.87m
7 Janelle Wilcox	Sr Oswego State	28.06m
8 Jessica Ingals	Fr St. Lawrence Univ.	24.00m
9 Gen Dzialo	Mohawk Valley CC	22.56m
10 Bailey Buran	Fr St. Lawrence Univ.	20.12m

Event # 26 MENS Hammer Throw

1 Jeremy Chapline	Saint Rose	40.48m
2 Joe Valentin	So SUNY Cobleskill	39.68m
3 Ricky Callan	Saint Rose	37.12m
4 Ryan Ransom	Sr St. Lawrence Univ.	35.45m
5 Greg Schreppel	Mohawk Valley CC	34.06m
6 Joshua Orndorff	Fr Hamilton College	32.96m
7 Kris Bly	So Oswego State	31.62m
8 Charles Meyer	Fr Plattsburgh State	31.34m
9 Josh Bushey	So Plattsburgh State	30.67m
10 Heath Bressette	So SUNY Cobleskill	28.96m
11 Ben Johnson	Herkimer College	24.79m
12 Terrance Flowers	Herkimer College	23.84m
13 Sean Bereza	Fr Oswego State	23.26m
14 James Hansel	Jr Hamilton College	22.27m
15 Ryan Cornish	Herkimer College	19.75m

Event # 27 WOMENS Shot Put

1 Alyssa Pirinelli	Jr St. Lawrence Univ.	13.47m
2 Lisa Baron	So St. Lawrence Univ.	11.15m
3 Kayla Forgit	Mohawk Valley CC	10.88m
4 Shannon Young	Jr Plattsburgh State	10.77m
5 Jessica Ingals	Fr St. Lawrence Univ.	9.04m
6 Jennifer Culp	Fr Oswego State	8.83m
7 Gen Dzialo	Mohawk Valley CC	8.76m
8 Rachel Ward	Fr Hamilton College	7.17m

Event # 28 MENS Shot Put

1 Jeremy Chapline	Saint Rose	13.20m
2 Joshua Orndorff	Fr Hamilton College	13.09m
3 Terrance Flowers	Herkimer College	12.72m

4 Sean Bereza	Fr Oswego State	12.24m
5 Steve Kuhn	Fr Oswego State	11.47m
6 Ian Zink	Fr Plattsburgh State	10.52m
7 Josh Bushey	So Plattsburgh State	10.20m
8 Matt Montgomery	Herkimer College	10.03m
9 Ricky Callan	Saint Rose	9.46m
10 Travis Owens	Jr St. Lawrence Univ.	9.29m
11 James Hansel	Jr Hamilton College	9.20m
12 Ben Johnson	Herkimer College	9.15m
13 Scott VanDerkrake	Herkimer College	8.91m
14 Ryan Cornish	Herkimer College	8.08m

Event # 29 WOMENS Discus Throw

1 Alyssa Pirinelli	Jr St. Lawrence Univ.	35.50m
2 Kayla Forgit	Mohawk Valley CC	32.57m
3 Holly Irion	Sr St. Lawrence Univ.	32.54m
4 Heather Cutler	Fr St. Lawrence Univ.	32.15m
5 Kristen Selden	Sr Hamilton College	29.33m
6 Bailey Buran	Fr St. Lawrence Univ.	28.80m
7 Lisa Baron	So St. Lawrence Univ.	28.38m
8 Emily McLoughlin	Sr Plattsburgh State	27.83m
9 Jennifer Lighthall	Herkimer College	26.17m
10 Janelle Wilcox	Sr Oswego State	25.44m
11 Jacquelyn Boyea	Sr Plattsburgh State	25.06m
12 Jennifer Culp	Fr Oswego State	23.66m
13 Lauren Peters-Collaer	So Hamilton College	23.17m
14 Rachel Ward	Fr Hamilton College	23.02m
15 Shannon Young	Jr Plattsburgh State	22.39m
16 Erin Kain	Sr Oswego State	21.34m

Event # 30 MENS Discus Throw

1 Jeremy Chapline	Saint Rose	36.15m
2 Alex Carboni	Jr Plattsburgh State	32.89m
3 Tom Giordano	Herkimer College	32.85m
4 Terrance Flowers	Herkimer College	32.62m
5 Sean Bereza	Fr Oswego State	32.35m
6 Steve Kuhn	Fr Oswego State	32.33m
7 Heath Bressette	So SUNY Cobleskill	31.32m
8 Kris Bly	So Oswego State	29.09m
9 Adam Zink	Plattsburgh State	28.40m
10 Mike Chamberlin	Fr Oswego State	28.35m
11 Travis Owens	Jr St. Lawrence Univ.	27.79m
12 Josh Bushey	So Plattsburgh State	27.34m
13 Greg Schreppel	Mohawk Valley CC	25.53m
14 Paul Iribe	Sr Hamilton College	24.64m
15 Ricky Callan	Saint Rose	24.58m
16 Ryan Cornish	Herkimer College	20.30m
17 Scott VanDerkrake	Herkimer College	20.07m
Joe Valentin	So SUNY Cobleskill	FOUL

Event # 31 WOMENS Javelin Throw

1 Jacquelyn Boyea	Sr Plattsburgh State	31.76m
2 Laurie Horesta	Fr Hamilton College	29.35m
3 Kate Greenough	Sr Hamilton College	27.49m
4 Holly Black	Fr Plattsburgh State	20.55m
5 Janell Dutchess	Jr Oswego State	20.35m
6 Kara Kenny	Saint Rose	16.60m

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@ Hamilton College

Sunday, April 5, 2009

04/05/2009 - 04/05/2009

Event # 32 MENS Javelin Throw

1 Austin Carpenter	Fr	St. Lawrence Univ.	48.73m
2 Frank Risole	Fr	Oswego State	43.06m
3 Jonathan Cyphers	Fr	St. Lawrence Univ.	40.15m
4 Jimmy Welch	Sr	Oswego State	38.76m
5 Charles Olinger		Saint Rose	38.48m
6 Kyle Dudzinski	Fr	Oswego State	35.40m
7 Matt Montgomery		Herkimer College	35.20m
8 Tom Giordano		Herkimer College	34.50m
9 Dustin Colgan		Mohawk Valley CC	34.00m
10 Cody Netzband	Jr	Oswego State	32.76m
11 Dylan Palmer	Sr	Hamilton College	32.05m
12 Robert Noonan	Fr	Plattsburgh State	31.70m
13 Scott VanDerkrake		Herkimer College	28.92m
14 Steve French		Herkimer College	28.74m
15 James Hansel	Jr	Hamilton College	26.83m
16 Joe Arbogast	Fr	Mohawk Valley CC	24.54m
17 Paul Iribe	Sr	Hamilton College	24.52m
Tom Cuppernull	So	Colgate Univ.	FOUL
Heath Bressette	So	SUNY Cobleskill	FOUL

Event # 33 WOMENS Long Jump

1 Jennifer Lighthall		Herkimer College	+0.9m/s	4.93m
2 Whitney Koch	So	St. Lawrence Univ.	+1.8m/s	4.79m
3 Chantal Salamone		Herkimer College	+1.9m/s	4.74m
4 Jessica Venezia	So	St. Lawrence Univ.	+2.1m/s	4.57m
5 Holly Black	Fr	Plattsburgh State	+0.6m/s	4.40m
6 Brittany Armstrong	So	SUNY Cobleskill	+0.9m/s	4.38m
7 Sarah Hilton		Saint Rose	+1.7m/s	4.36m
8 Jess Salwen	Sr	Hamilton College	+1.9m/s	3.93m
9 Maria Scerra		Herkimer College	+0.6m/s	3.86m
10 Erin Santerre	Jr	Oswego State	+1.2m/s	3.71m

Event # 34 MENS Long Jump

1 Kurt Vowell		Herkimer College	+1.4m/s	6.88m
2 Cameron Benidt	Fr	SUNY Cobleskill	+0.3m/s	6.62m
3 Jonathan Higginbotham	So	Hamilton College	+3.3m/s	6.55m
4 Tracey Davis		Mohawk Valley CC	+1.3m/s	6.40m
5 Justin Spalik	Fr	St. Lawrence Univ.	+1.8m/s	6.16m
6 Kevin Jackson		Saint Rose	+1.1m/s	5.89m
6 Tomas Velasques	So	SUNY Cobleskill	+1.2m/s	5.89m
8 Brian Majka		Herkimer College	+1.7m/s	5.87m
9 Travis Tomaselli	Fr	Hamilton College	+1.3m/s	5.66m
10 Emir Ildiz	Fr	Hamilton College	+1.1m/s	5.60m
11 Matt Fahrenkopf		Saint Rose	+1.2m/s	5.55m
12 Josh Brown		Herkimer College	+2.1m/s	5.40m
13 Robert Noonan	Fr	Plattsburgh State	+2.8m/s	5.34m
14 Frank Risole	Fr	Oswego State	+1.5m/s	5.27m
15 Jonathan Reyes		Saint Rose	+1.5m/s	4.99m
16 James Robinson		Herkimer College	+1.9m/s	4.97m
17 Ray Menard		Herkimer College	+1.5m/s	4.80m
Mike Chamberlin	Fr	Oswego State		FOUL

Event # 35 WOMENS Triple Jump

1 Akilah Bond	Sr	Hamilton College	+1.6m/s	11.29m
2 Chantal Salamone		Herkimer College	+2.1m/s	9.89m
3 Danica Wuelfing	Jr	Hamilton College	+2.1m/s	9.72m

4 Justine Ward		Herkimer College	+1.9m/s	9.11m
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Event # 36 MENS Triple Jump

1 Mike Chamberlin	Fr	Oswego State	+0.6m/s	13.33m
2 Kurt Vowell		Herkimer College	+1.3m/s	13.19m
3 Glad Sanon		Mohawk Valley CC	+1.5m/s	13.09m
4 Emir Ildiz	Fr	Hamilton College	+2.1m/s	12.40m
5 Travis Tomaselli	Fr	Hamilton College	+2.2m/s	11.72m
6 Jose Maldonado		Herkimer College	+2.0m/s	11.33m
7 Brian Majka		Herkimer College	+1.5m/s	11.16m
8 Bob Hummel	So	St. Lawrence Univ.	+0.2m/s	10.68m
9 Ray Menard		Herkimer College	+1.6m/s	10.09m

Event # 37 WOMENS High Jump

1 Lauren Peters-Collaer	So	Hamilton College		1.48m
2 Megan Derby	So	St. Lawrence Univ.		1.43m
3 Justine Ward		Herkimer College		1.38m
4 Chantal Salamone		Herkimer College		1.28m
5 Danica Wuelfing	Jr	Hamilton College		1.28m
5 Maria Scerra		Herkimer College		1.28m
Felicia Sanges	Fr	Plattsburgh State		FOUL

Event # 38 MENS High Jump

1 Andrew Krug	Sr	Plattsburgh State		1.88m
2 Jonathan Higginbotham	So	Hamilton College		1.78m
3 Kurt Vesosky	Fr	St. Lawrence Univ.		1.63m
Santino Emmanule		Mohawk Valley CC		FOUL
Jose Maldonado		Herkimer College		FOUL
Travis Rytell		Saint Rose		FOUL

Event # 39 WOMENS Pole Vault

1 Alisandra Denton	Jr	Colgate Univ.		2.95m
2 Giovonne Vernacchia	Jr	Colgate Univ.		2.80m
3 Jess Salwen	Sr	Hamilton College		2.65m
4 Heather Riley		Saint Rose		2.65m
5 Caroline Komanecy	Fr	Colgate Univ.		2.65m
Rebecca Yaguda	Sr	Hamilton College		FOUL

Event # 40 MENS Pole Vault

1 Stephen Moore	Jr	St. Lawrence Univ.		3.81m
2 Bradley Williams	Fr	St. Lawrence Univ.		3.81m
3 Patrick McNally	Fr	Hamilton College		3.51m
4 Jimmy Welch	Sr	Oswego State		3.51m
5 Frank Risole	Fr	Oswego State		3.06m
Ryan Saunders		Saint Rose		FOUL
Travis Rytell		Saint Rose		FOUL
James Russell	Jr	Hamilton College		FOUL
Pat Krug	Fr	SUNY Cobleskill		FOUL
Schuyler Field	So	Plattsburgh State		FOUL

Continental Invitational
@ Hamilton College
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