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**EMPIRE 8 ANNOUNCES MEN'S SWIMMING & DIVING  
ALL-CONFERENCE TEAM**  
*Brian Agro of Alfred, Quinn Donahoe of RIT Earn Top Honors*

**ROCHESTER, NY** – Junior Brian Agro of conference champion Alfred University was unanimously named Swimmer of the Meet and senior Quinn Donahoe of Rochester Institute of Technology repeated as Diver of the Meet honors at the 2008 Empire 8 Men's Swimming and Diving Championship held in conjunction with the Upper New York State Collegiate Swimming Association Championship.

Agro won three Empire 8 titles and one state championship in leading the Saxons to their second consecutive conference and state titles. He won the Empire 8 and state title in the 100-yard breaststroke in 58.68 seconds, which provisionally qualified him for the NCAA Division III Men's Swimming and Diving Championships.

Agro captured the conference titles in the 200-yard individual medley in 1:55.92 and the 200-yard breaststroke in 2:11.59. He swam on two Saxons' relays that won conference titles, including the 400-yard medley relay that the team set an Empire 8 record with a time of 3:28.10 and provisionally qualified for the national meet.

Donahoe won his second consecutive Empire 8 and UNYSCSA title in the one-meter diving event and finished second in the three-meter dive. He captured the one-meter board with a score of 453.25 and placed second to teammate Matt Joseph on the three-meter board with a score of 475.20.

Joe Gage of runner-up Ithaca College and Evan Wilson of first-time participant Stevens Institute of Technology shared Rookie of the Meet honors. Gage won the conference title in the 200-yard freestyle in 1:42.82 and placed second in the 50-yard freestyle in 21.49 seconds. Wilson finished first in the conference in the 1,650-yard freestyle in 16:13.55 and placed second in the 100-yard breaststroke in 1:00.47.

Brian Striker repeated as Empire 8 Coach of the Year for leading Alfred to the conference and state titles.

One member of each team was named that institution's representative on the 2008 Men's Swimming and Diving Sportsman of the Year Team. Empire 8 emphasizes that "Competing with Honor and Integrity" is an essential component of a student-athlete's experience in conjunction with an institution's educational mission. These honorees have distinguished themselves and consistently exhibit the critical traits as outstanding sportsmen.

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**Empire 8 2008 Honors:****Swimmer of the Meet:** Brian Agro, Alfred University**Diver of the Meet:** Quinn Donahoe, Rochester Institute of Technology**Co-Rookie of the Meet:** Joe Gage, Ithaca College**Co-Rookie of the Meet:** Evan Wilson, Stevens Institute of Technology**Coach of the Year:** Brian Striker, Alfred University**Empire 8 2008 Men's Swimming and Diving All-Conference**

# - denotes Empire 8 Championship meet record

**200 Freestyle Relay**1<sup>st</sup> Team – Alfred University 1:24.95

Mark Baker, Matt Baker, Tyler Olsen, Andrew Brisson

2<sup>nd</sup> Team – Hartwick College 1:26.41

Steve VanDuzer, Paul Layton, Ian Kimball, Craig Leanness

**500 Freestyle**1<sup>st</sup> Team – Andrew Brisson, Alfred University 4:42.672<sup>nd</sup> Team – Steve Rois, RIT 4:43.89**200 Individual Medley**1<sup>st</sup> Team – Brian Agro, Alfred University 1:55.922<sup>nd</sup> Team – Page Beecher, Alfred University 1:56.46**50 Yard Freestyle**1<sup>st</sup> Team – Jeff Kaemmerlen, RIT :21.242<sup>nd</sup> Team – Joe Gage, Ithaca College :21.49**1 Meter Diving**1<sup>st</sup> Team – Quinn Donahoe, RIT 453.252<sup>nd</sup> Team – Matt Joseph, RIT 435.25**400 Medley Relay**1<sup>st</sup> Team – Alfred University 3:28.10#

Matt Baker, Brian Agro, Page Beecher, Andrew Brisson

2<sup>nd</sup> Team – Stevens Institute of Technology 3:34.43

Nicholas Walulik, Evan Wilson, Thomas Takahashi, Matthew Preedy

**200 Medley Relay**1<sup>st</sup> Team – Alfred University 1:35.02

Matt Baker, Brian Agro, Page Beecher, Mark Baker

2<sup>nd</sup> Team – Rochester Institute of Technology 1:37.71

Brian Duffy, Steve Berus, Phil Baudoin, Jeff Kaemmerlen

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**400 Individual Medley**

1 <sup>st</sup> Team – Kevin Milkovich, Hartwick College	4:09.02
2 <sup>nd</sup> Team – Page Beecher, Alfred University	4:14.27

**100 Yard Butterfly**

1 <sup>st</sup> Team – Steve VanDuzer, Hartwick College	:52.21
2 <sup>nd</sup> Team – Zach Mix, Alfred University	:53.17

**200 Yard Freestyle**

1 <sup>st</sup> Team – Joe Gage, Ithaca College	1:42.82
2 <sup>nd</sup> Team – Andrew Brisson, Alfred University	1:43.14

**100 Yard Breaststroke**

1 <sup>st</sup> Team – Brian Agro, Alfred University	:58.68
2 <sup>nd</sup> Team – Evan Wilson, Stevens	1:00.47

**100 Yard Backstroke**

1 <sup>st</sup> Team – Matt Baker, Alfred University	:51.74
2 <sup>nd</sup> Team – Jeff Kaemmerlen, RIT	:53.17

**800 Freestyle Relay**

1 <sup>st</sup> Team – Alfred University	7:01.64
Page Beecher, Mark Baker, Tyler Olsen, Andrew Brisson	
2 <sup>nd</sup> Team – Ithaca College	7:03.13
Mike Ariel, Scott Wilson, Steve Croucher, Joe Gage	

**1,650 Yard Freestyle**

1 <sup>st</sup> Team – Evan Wilson, Stevens	16:13.55
2 <sup>nd</sup> Team – Anthony Barrilli, Stevens	16:42.37

**200 Yard Backstroke**

1 <sup>st</sup> Team – Matt Baker, Alfred University	1:55.39
2 <sup>nd</sup> Team – Eric Goble, Hartwick College	1:59.25

**100 Yard Freestyle**

1 <sup>st</sup> Team – Jeff Kaemmerlen, RIT	:46.68
2 <sup>nd</sup> Team – Mark Baker, Alfred University	:47.07

**200 Yard Breaststroke**

1 <sup>st</sup> Team – Brian Agro, Alfred University	2:11.59
2 <sup>nd</sup> Team – Steve Berus, RIT	2:13.12

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**200 Yard Butterfly**

1 <sup>st</sup> Team – Thomas Takahashi, Stevens	1:55.24
2 <sup>nd</sup> Team – Page Beecher, Alfred University	1:56.05

**3 Meter Diving**

1 <sup>st</sup> Team – Matt Joseph, RIT	490.35
2 <sup>nd</sup> Team – Quinn Donahoe, RIT	475.20

**400 Freestyle Relay**

1 <sup>st</sup> Team – Alfred University	3:08.88
Mark Baker, Matt Baker, Page Beecher, Andrew Brisson	
2 <sup>nd</sup> Team – Ithaca College	3:10.54
Joe Gage, Mike Ariel, Steve Croucher, Shane Hamman	

**Sportsman of the Year**

<b>Name</b>	<b>Yr.</b>	<b>School</b>
Pat Grimmer	So.	Alfred University
Kevin Milkovich	Jr.	Hartwick College
Andrew Longcore	So.	Ithaca College
Jeff Dick	Fr.	Nazareth College
Brian Duffy	Jr.	Rochester Institute of Technology
Nick Walulik	Fr.	Stevens Institute of Technology
Mike Mottola	Sr.	Utica College

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