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**EMPIRE 8 ANNOUNCES MEN'S SWIMMING & DIVING  
ALL-CONFERENCE TEAM**

*Evan Wilson of Stevens, Kameron Chambliss of Alfred Earn Top Honors*

**ROCHESTER, NY** – Sophomore Evan Wilson of Stevens Institute of Technology was unanimously named Swimmer of the Meet and junior Kameron Chambliss earned Diver of the Meet honors at the 2009 Empire 8 Men's Swimming and Diving Championship held in conjunction with the Upper New York State Collegiate Swimming Association Championship.

Wilson won three Empire 8 titles and two state championships in leading the Ducks to a third-place conference finish and a fifth-place finish in the 16-team state meet. He automatically qualified for the NCAA Division III Men's Swimming and Diving Championship and broke the Empire 8 championship record with his winning time of 15:45.38 in the 1,650-yard freestyle.

Wilson captured the conference and state titles in the 400-yard individual medley in an Empire 8 championship record time of 4:01.53 and provisionally qualified for nationals. He won the Empire 8 title and set a conference championship record in the 500-yard freestyle with a time of 4:33.84.

Chambliss swept the one- and three-meter diving events. He won the one-meter board with 416.60 points and the three-meter event with 415.75 points.

Freshman Antoine Connors of Ithaca College was unanimously chosen as Empire 8 Rookie of the Meet. He provisionally qualified for the national championship by winning conference and state titles in the 50-yard freestyle (20.92 seconds) and 100-yard freestyle (45.91 seconds). Connors also swam on the Bombers' 200-yard freestyle relay that broke the Empire 8 championship mark in 1:23.98 in capturing the conference and state titles.

Brian Striker unanimously earned his third consecutive Empire 8 Coach of the Year honor for leading Alfred to the conference and state titles.

One member of each team was named that institution's representative on the 2009 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 2009 Honors:****Swimmer of the Meet:** Evan Wilson, Stevens Institute of Technology**Diver of the Meet:** Kameron Chambliss, Alfred University**Rookie of the Meet:** Antoine Connors, Ithaca College**Coach of the Year:** Brian Striker, Alfred University**Empire 8 2009 Men's Swimming and Diving All-Conference**

# - denotes Empire 8 Championship meet record

**200 Freestyle Relay**1<sup>st</sup> Team – Ithaca College 1:23.98#

Antoine Connors, Joe Gage, Steve Croucher, Mike Ariel

2<sup>nd</sup> Team – Alfred University 1:24.78

Mark Baker, Zach Mix, Tyler Olsen, Andrew Brisson

**500 Freestyle**1<sup>st</sup> Team – Evan Wilson, Stevens 4:33.84#2<sup>nd</sup> Team – Kevin Milkovich, Hartwick College 4:39.87**200 Individual Medley**1<sup>st</sup> Team – Brian Agro, Alfred University 1:53.582<sup>nd</sup> Team – Matt Baker, Alfred University 1:55.25**50 Yard Freestyle**1<sup>st</sup> Team – Antoine Connors, Ithaca College :20.922<sup>nd</sup> Team – Mark Baker, Alfred University :21.31**1 Meter Diving**1<sup>st</sup> Team – Kameron Chambliss, Alfred University 416.602<sup>nd</sup> Team – Evan Wendt, RIT 388.95**400 Medley Relay**1<sup>st</sup> Team – Alfred University 3:23.51#

Matt Baker, Brian Agro, Zach Mix, Tyler Olsen

2<sup>nd</sup> Team – Ithaca College 3:33.03

Jeff Rapp, Brant Gawryls, Ryan Wright, Joe Gage

**200 Medley Relay**1<sup>st</sup> Team – Alfred University 1:32.34#

Matt Baker, Brian Agro, Zach Mix, Mark Baker

2<sup>nd</sup> Team – Stevens Institute of Technology 1:35.32

Nicholas Walulik, Matthew Preedy, Matthew Carpinella, Steven Vealey

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**400 Individual Medley**

|   |          |
|---|----------|
| 1 <sup>st</sup> Team – Evan Wilson, Stevens               | 4:01.53# |
| 2 <sup>nd</sup> Team – Michael Phillips, Hartwick College | 4:06.50  |

**100 Yard Butterfly**

|   |        |
|---|--------|
| 1 <sup>st</sup> Team – Steve VanDuzer, Hartwick College | :51.67 |
| 2 <sup>nd</sup> Team – Zach Mix, Alfred University      | :51.77 |

**200 Yard Freestyle**

|  |         |
|--|---------|
| 1 <sup>st</sup> Team – Andrew Brisson, Alfred University | 1:42.21 |
| 2 <sup>nd</sup> Team – Joe Gage, Ithaca College          | 1:42.63 |

**100 Yard Breaststroke**

|  |         |
|--|---------|
| 1 <sup>st</sup> Team – Brian Agro, Alfred University | :56.86# |
| 2 <sup>nd</sup> Team – Matthew Preedy, Stevens       | :58.87  |

**100 Yard Backstroke**

|   |         |
|---|---------|
| 1 <sup>st</sup> Team – Matt Baker, Alfred University  | :50.79# |
| 2 <sup>nd</sup> Team – Steve Croucher, Ithaca College | :53.54  |

**800 Freestyle Relay**

|   |         |
|---|---------|
| 1 <sup>st</sup> Team – Alfred University<br>Matt Baker, Mark Baker, Tyler Olsen, Andrew Brisson | 6:59.58 |
| 2 <sup>nd</sup> Team – Ithaca College<br>Antoine Connors, Steve Croucher, Mike Ariel, Joe Gage  | 7:00.23 |

**1,650 Yard Freestyle**

|  |           |
|--|-----------|
| 1 <sup>st</sup> Team – Evan Wilson, Stevens              | 15:45.38# |
| 2 <sup>nd</sup> Team – Kevin Milkovich, Hartwick College | 16:20.35  |

**200 Yard Backstroke**

|  |          |
|--|----------|
| 1 <sup>st</sup> Team – Matt Baker, Alfred University | 1:52.34# |
| 2 <sup>nd</sup> Team – Daniel Pecoraro, Stevens      | 1:54.92  |

**100 Yard Freestyle**

|  |        |
|--|--------|
| 1 <sup>st</sup> Team – Antoine Connors, Ithaca College   | :45.91 |
| 2 <sup>nd</sup> Team – Andrew Brisson, Alfred University | :46.15 |

**200 Yard Breaststroke**

|  |          |
|--|----------|
| 1 <sup>st</sup> Team – Brian Agro, Alfred University   | 2:06.96# |
| 2 <sup>nd</sup> Team – Michael Fritz, Nazareth College | 2:09.62  |

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**200 Yard Butterfly**

|  |         |
|--|---------|
| 1 <sup>st</sup> Team – Zach Mix, Alfred University | 1:54.81 |
| 2 <sup>nd</sup> Team – Matthew Smith, Stevens      | 1:54.97 |

**3 Meter Diving**

|   |        |
|---|--------|
| 1 <sup>st</sup> Team – Kameron Chambliss, Alfred University | 415.75 |
| 2 <sup>nd</sup> Team – Derek Rand, Ithaca College           | 397.85 |

**400 Freestyle Relay**

|   |         |
|---|---------|
| 1 <sup>st</sup> Team – Alfred University              | 3:05.22 |
| Matt Baker, Mark Baker, Tyler Olsen, Andrew Brisson   |         |
| 2 <sup>nd</sup> Team – Ithaca College                 | 3:06.18 |
| Antoine Connors, Joe Gage, Steve Croucher, Mike Ariel |         |

**Sportsman of the Year**

| <b>Name</b>     | <b>Yr.</b> | <b>School</b>                     |
|-----------------|------------|-----------------------------------|
| Brian Agro      | Sr.        | Alfred University                 |
| Kevin Milkovich | Sr.        | Hartwick College                  |
| Justin Gainer   | So.        | Ithaca College                    |
| Jeff Dick       | So.        | Nazareth College                  |
| Casey Schneider | Jr.        | Rochester Institute of Technology |
| Nick Walulik    | So.        | Stevens Institute of Technology   |
| Paul Cabrey     | So.        | Utica College                     |

**- Empire 8 -**