



Date: March 6, 2003

Contact: Timothy Farrell, SID
tfarrell@empire8.com

**ITHACA WINS EMPIRE 8 WOMEN'S SWIMMING AND DIVING TITLE;
*Megan Hughes, Stacey Bowen, and Paula Miller Sweep Honors for Bombers***

ROCHESTER, NY – Ithaca College won the Empire 8 Women's Swimming and Diving title with a total of 905 points to win its second consecutive conference title. The Bombers' effort also merited the New York State Women's Collegiate Athletic Association title. Ithaca set six meet records in the process.

Megan Hughes of the Bombers was named the Athlete of the Meet after setting Empire 8 championship meet records in the 100-yard freestyle (53.57 seconds) and 200-yard Individual Medley (2:09.33). She also won the 50-yard freestyle in 25.15 seconds and swam on the winning and conference record-setting 200- and 800-yard freestyles. The 200 freestyle team won in a time of 1:40.13 and the 800 freestyle team finished in a time of 7:43.44.

Stacey Bowen of Ithaca was named the Rookie of the Meet. She finished second to Hughes in the 100-yard freestyle and joined her on the winning relay teams. Paula Miller of Ithaca was named the Empire 8 Coach of the Year.

Empire 8 2003 Honors:

Athlete of the Meet: Megan Hughes, Ithaca College

Rookie of the Meet: Stacey Bowen, Ithaca College

Coach of the Year: Paula Miller, Ithaca College

Empire 8 2003 Women's Swimming and Diving All-Conference

- denotes Empire 8 Championship meet record

200 Freestyle Relay

1st Team – Ithaca College 1:40.13#

Stacey Bowen; Andrea Farwell; Erin Kraheck; Megan Hughes

2nd Team – Alfred University 1:42.49

Sara Thompson; Lauren McCormack; Missy McAllister; Carrie DeMay

500 Freestyle

1st Team - Gayle Gregory – Hartwick College 5:15.24

2nd Team – Sarah Bond – Ithaca College 5:18.56

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200 Individual Medley

| | |
|---|---------|
| 1 st Team – Megan Hughes, Ithaca College | 2:11.57 |
| 2 nd Team – Sara Thompson, Alfred University | 2:13.57 |

50 Yard Freestyle

| | |
|---|-------|
| 1 st Team – Stacey Bowen, Ithaca College | 25.15 |
| 2 nd Team – Andrea Farwell, Ithaca College | 25.35 |

1 Meter Diving

| | |
|---|--------|
| 1 st Team – Kristie Kern, Nazareth College | 350.50 |
| 2 nd Team – Kristen Shorette, Ithaca College | 343.25 |

400 Medley Relay

| | |
|--|---------|
| 1 st Team – Alfred University | 4:09.05 |
| Missy McAllister; Sara Thompson; Lacy Clifford; Carrie DeMay | |
| 2 nd Team – Ithaca College | 4:10.96 |
| Lindsay Monk; Ashley Ellis; Karrie Syck; Sarah Bond | |

200 Medley Relay

| | |
|--|---------|
| 1 st Team – Alfred University | 1:52.94 |
| Missy McAllister; Sara Thompson; Lacy Clifford; Carrie DeMay | |
| 2 nd Team – Ithaca College | 1:53.96 |
| Stacey Bowen; Ashley Ellis; Megan Linehan; Megan Hughes | |

400 Individual Medley

| | |
|--|---------|
| 1 st Team – Katie Centrella, Ithaca College | 4:46.59 |
| 2 nd Team – Kim Stepien, Ithaca College | 4:47.18 |

100 Yard Butterfly

| | |
|---|---------|
| 1 st Team – Julie Landmann, Hartwick College | :59.93 |
| 2 nd Team – Karrie Syck, Ithaca College | 1:01.85 |

200 Yard Freestyle

| | |
|---|---------|
| 1 st Team – Megan Hughes, Ithaca College | 1:56.06 |
| 2 nd Team – Sarah Bond, Ithaca College | 1:58.57 |

100 Yard Breaststroke

| | |
|---|---------|
| 1 st Team – Sara Thompson, Alfred University | 1:08.04 |
| 2 nd Team – Betsy Ernst, Ithaca College | 1:09.84 |

100 Yard Backstroke

| | |
|---|--------|
| 1 st Team – Gayle Gregory, Hartwick College | 59.28# |
| 2 nd Team – Cheryl Roubian, Nazareth College | 59.35 |

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14 Eagle Terrace / Jefferson, MA 01522 / Phone: 508.829.7469 / Fax: 508.829.6685 / tfarrell@empire8.com / www.empire8.com

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800 Freestyle Relay

| | |
|--|----------|
| 1 st Team - Ithaca College A | 7:43.44# |
| Sarah Bond; Katie Centrella; Stacey Bowen; Megan Hughes | |
| 2 nd Team - Hartwick College A | 8:02.08 |
| Gayle Gregory; Charron Millspaugh; Danielle Moreau; Julie Landmann | |

1650 Yard Freestyle

| | |
|--|----------|
| 1 st Team – Gayle Gregory, Hartwick College | 17:49.70 |
| 2 nd Team – Betsy Ernst, Ithaca College | 18:26.19 |

200 Yard Backstroke

| | |
|---|---------|
| 1 st Team – Kim Stepien, Ithaca College | 2:11.55 |
| 2 nd Team - Cheryl Roubian, Nazareth College | 2:13.19 |

100 Yard Freestyle

| | |
|---|--------|
| 1 st Team – Megan Hughes, Ithaca College | 53.52# |
| 2 nd Team – Stacey Bowen, Ithaca College | 53.85 |

200 Yard Breaststroke

| | |
|---|----------|
| 1 st Team – Sara Thompson, Alfred University | 2:26.50# |
| 2 nd Team – Lindsay Monk, Ithaca College | 2:33.55 |

200 Yard Butterfly

| | |
|---|---------|
| 1 st Team - Julie Landmann, Hartwick College | 2:11.85 |
| 2 nd Team – Becca Coppola, Alfred University | 2:17.98 |

3 Meter Diving

| | |
|---|---------|
| 1 st Team - Kristen Shorette, Ithaca College | 410.50# |
| 2 nd Team - Kristie Kern, Nazareth College | 368.10 |

400 Freestyle Relay

| | |
|--|---------|
| 1 st Team – Hartwick College | 3:43.20 |
| Gayle Gregory; Danielle Moreau; Emily Seagrave; Julie Landmann | |
| 2 nd Team - Alfred University | 3:44.91 |
| Sara Thompson; Rachel Saroka; Carrie DeMay; Anne Martin | |

2003 Team Results: Ithaca College 905; Alfred University 610; Hartwick College 535; Nazareth College 513; Utica College 398; Rochester Institute of Technology 107

-Empire 8-

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