



Date: February 21, 2006

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

*Emily Leshar of Nazareth Named Athlete of the Meet*

**ROCHESTER, NY** – Sophomore Emily Leshar of conference runner-up Nazareth College was named Athlete of the Meet at the 2006 Empire 8 Women's Swimming and Diving Championship held in conjunction with the New York State Women's Collegiate Athletic Association meet.

Leshar, the top rookie in last year's championship, won three Empire 8 and state titles in record-setting fashion. She shattered her own conference record in the 400-yard Individual Medley by more than four seconds and topped the state mark by nearly two seconds with a time of 4:27.65. The time automatically qualified her for the NCAA Division III Women's Swimming and Diving Championship. Leshar provisionally qualified for the nationals and broke school records in winning the conference and state titles in the 200-yard backstroke (2:07.06) and 200-yard IM (2:07.87).

Lauren Botterbusch of conference and state champion Ithaca College was named Rookie of the Meet. She broke school, state, and conference records in capturing the title in the 100-yard breaststroke in 1:05.66. She also broke the conference record in the 200-yard breaststroke in 2:23.52.

Ithaca head coach Paula Miller was named Coach of the Meet for leading the Bombers to the conference and state championships.

**Empire 8 2006 Honors:**

**Athlete of the Meet:** Emily Leshar, Nazareth College

**Rookie of the Meet:** Lauren Botterbusch, Ithaca College

**Coach of the Year:** Paula Miller, Ithaca College

**Empire 8 2006 Women's Swimming and Diving All-Conference**

# - denotes Empire 8 Championship meet record

**200 Freestyle Relay**

1<sup>st</sup> Team – Ithaca College 1:39.75

Nikki Gundersen, Jovanna Hart, Kara Oberg, Kelly Turpin

2<sup>nd</sup> Team – Nazareth College 1:43.08

Meghan Okoniewski, Jen Dahm, Brittany Beane, Amy Mehlretter

**500 Freestyle**

1<sup>st</sup> Team – Nikki Gundersen, Ithaca College 5:12.83

2<sup>nd</sup> Team – Amy Mehlretter, Nazareth College 5:16.21

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**200 Individual Medley**

1 <sup>st</sup> Team – Emily Leshar, Nazareth College	2:07.87
2 <sup>nd</sup> Team – Sarah Keesler, RIT	2:12.43

**50 Yard Freestyle**

1 <sup>st</sup> Team – Kristen Curtze, RIT	:24.99
2 <sup>nd</sup> Team – Jovanna Hart, Ithaca College	:25.08

**1 Meter Diving**

1 <sup>st</sup> Team – Ashley Brinkman, Hartwick College	354.55
2 <sup>nd</sup> Team – Nicole Glassmoyer, Utica College	331.75

**400 Medley Relay**

1 <sup>st</sup> Team – Nazareth College	4:01.15
Emily Leshar, Kate Kukan, Aubrey Kirchoff, Meghan Okoniewski	
2 <sup>nd</sup> Team – Ithaca College	4:04.08
Kelly Turpin, Lauren Botterbusch, Kelsey Gliesing, Nikki Gundersen	

**200 Medley Relay**

1 <sup>st</sup> Team – Ithaca College	1:50.61
Jill Donaldson, Lauren Botterbusch, Jovanna Hart, Kara Oberg	
2 <sup>nd</sup> Team – Nazareth College	1:51.64
Emily Leshar, Kate Kukan, Aubrey Kirchoff, Amy Mehlretter	

**400 Individual Medley**

1 <sup>st</sup> Team – Emily Leshar, Nazareth College	4:27.65#
2 <sup>nd</sup> Team – Sarah Keesler, RIT	4:47.18

**100 Yard Butterfly**

1 <sup>st</sup> Team – Aubrey Kirchoff, Nazareth College	:57.89#
2 <sup>nd</sup> Team – Kim Wheeler, Ithaca College	1:02.90

**200 Yard Freestyle**

1 <sup>st</sup> Team – Nikki Gundersen, Ithaca College	1:55.48
2 <sup>nd</sup> Team – Amy Mehlretter, Nazareth College	1:58.30

**100 Yard Breaststroke**

1 <sup>st</sup> Team – Lauren Botterbusch, Ithaca College	1:05.66#
2 <sup>nd</sup> Team – Aubrey Kirchoff, Nazareth College	1:07.84

**100 Yard Backstroke**

1 <sup>st</sup> Team – Kelly Turpin, Ithaca College	:59.70
2 <sup>nd</sup> Team – Jill Donaldson, Ithaca College	1:01.67

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**800 Freestyle Relay**

1 <sup>st</sup> Team – Ithaca College	7:57.16
Nikki Gundersen, Lauren Botterbusch, Kristin Schwartz, Kelly Turpin	
2 <sup>nd</sup> Team – Nazareth College	8:02.11
Aubrey Kirchoff, Meghan Okoniewski, Amy Mehlretter, Emily Leshar	

**1,650 Yard Freestyle**

1 <sup>st</sup> Team – Amy Mehlretter, Nazareth College	18:07.76
2 <sup>nd</sup> Team – Kristy Gifford, Ithaca College	18:17.00

**200 Yard Backstroke**

1 <sup>st</sup> Team – Emily Leshar, Nazareth College	2:07.06#
2 <sup>nd</sup> Team – Kelly Turpin, Ithaca College	2:08.21

**100 Yard Freestyle**

1 <sup>st</sup> Team – Nikki Gundersen, Ithaca College	:52.91
2 <sup>nd</sup> Team – Kristen Curtze, RIT	:54.35

**200 Yard Breaststroke**

1 <sup>st</sup> Team – Lauren Botterbusch, Ithaca College	2:23.52#
2 <sup>nd</sup> Team – Kate Kukan, Nazareth College	2:30.09

**200 Yard Butterfly**

1 <sup>st</sup> Team – Aubrey Kirchoff, Nazareth College	2:08.14#
2 <sup>nd</sup> Team – Casey Whittaker, Hartwick College	2:17.97

**3 Meter Diving**

1 <sup>st</sup> Team – Ashley Brinkman, Hartwick College	411.10
2 <sup>nd</sup> Team – Shaina Shorell, Hartwick College	368.75

**400 Freestyle Relay**

1 <sup>st</sup> Team – Ithaca College	3:37.12
Nikki Gundersen, Jovanna Hart, Kara Oberg, Kelly Turpin	
2 <sup>nd</sup> Team – Nazareth College	3:37.89
Meghan Okoniewski, Amy Mehlretter, Aubrey Kirchoff, Emily Leshar	

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