

2011 NYSCTC Championships
St. Lawrence University
Canton, NY
October 22, 2011



Women's 5km Team Summary

Place	Team	Points
1	St. Lawrence	24
2	Ithaca	56
3	Rochester	86
4	Rensselaer	109
5	RIT	126
6	Hamilton	151
7	Nazareth	219
8	Union	233
9	Utica	244
10	Cobleskill	279

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Women's 5km Individual Results

Course Record: 18:01 Liz Montgomery (Geneseo) November 4, 2006 NYSCTC Championships

Place	Pts	Time	Name	Class	Team-Place	Mile	KM	Winner
1	1	18:48	Jenna Hulton	SR	St. Lawrence-1	6:04	3:46	-:--
2	2	19:01	Heidi Baumbach	SR	Ithaca-1	6:08	3:48	+0:13
3	3	19:12	Erin LaFave	JR	RIT-1	6:12	3:50	+0:24
4	4	19:12	Amy Cymerman	SO	St. Lawrence-2	6:12	3:50	+0:24
5	5	19:23	Jackie Lemme	JR	St. Lawrence-3	6:15	3:53	+0:35
6	6	19:27	Megan Hulton	FR	St. Lawrence-4	6:16	3:53	+0:39
7	7	19:28	Alissa Kersey	SR	Ithaca-2	6:17	3:54	+0:40
8	8	19:30	McKayla Nuffer	SR	St. Lawrence-5	6:17	3:54	+0:42
9	9	19:35	Christine Koch	SR	Rensselaer-1	6:19	3:55	+0:47
10	10	19:53	Danielle Bessette	SO	Rochester-1	6:25	3:59	+1:05
11	11	19:56	Alexa Rick	FR	Ithaca-3	6:26	3:59	+1:08
12	12	19:57	Hillary Snyder	SR	Rochester-2	6:26	3:59	+1:09
13	13	20:03	Zarah Quinn	JR	Rochester-3	6:28	4:01	+1:15
14	14	20:05	Erikka Nuffer	JR	St. Lawrence-6	6:29	4:01	+1:17
15	15	20:11	Hailey Beyer	FR	Rensselaer-2	6:31	4:02	+1:23
16	16	20:11	Molly Brown	SR	Ithaca-4	6:31	4:02	+1:23
17	17	20:15	Meredith Mayes	JR	Rensselaer-3	6:32	4:03	+1:27
18	18	20:16	Anne Martino	FR	St. Lawrence-7	6:32	4:03	+1:28
19	19	20:19	Katie Day	SO	Utica-1	6:33	4:04	+1:31
20	20	20:24	Anastasia Diamond	FR	Ithaca-5	6:35	4:05	+1:36
21	21	20:25	Amanda Dole	JR	RIT-2	6:35	4:05	+1:37
22	22	20:27	Sara Scheineson	SR	Hamilton-1	6:36	4:05	+1:39
23	23	20:27	Carly Graham	JR	Ithaca-6	6:36	4:05	+1:39
24	24	20:28	Megan Battin	SR	Rochester-4	6:36	4:06	+1:40
25	25	20:30	Molly Quinn	SR	Ithaca-7	6:37	4:06	+1:42
26	26	20:31	Hannah Lyons	SO	Hamilton-2	6:37	4:06	+1:43
27	27	20:32	Meghan Ogle	JR	Rochester-5	6:37	4:06	+1:44
28		20:33	Caroline Raue	SO	St. Lawrence-8	6:38	4:07	+1:45
29		20:37	Allison Bartkowiak	SO	Ithaca-8	6:39	4:07	+1:49
30	28	20:39	Kate Dubuisson	SR	RIT-3	6:40	4:08	+1:51
31	29	20:40	Victoria Stepanova	FR	Rochester-6	6:40	4:08	+1:52
32		20:42	Deidre Beller	FR	St. Lawrence-9	6:40	4:08	+1:54
33	30	20:43	Ariel Mingrone	SR	Rensselaer-4	6:41	4:09	+1:55
34	31	20:43	Katrijn Moulin	JR	RIT-4	6:41	4:09	+1:55
35	32	20:44	Krystina Choinski	FR	Hamilton-3	6:41	4:09	+1:56
36		20:45	Toria Koutras	SO	St. Lawrence-10	6:41	4:09	+1:57
37	33	20:45	Ramsey Steiner	SR	Union-1	6:41	4:09	+1:57
38		20:47	Meghan Shanley	JR	Ithaca-9	6:42	4:09	+1:59
39	34	20:50	Rachel Cackett	JR	Hamilton-4	6:43	4:10	+2:02
40	35	20:53	Kelsey Ryan	JR	Nazareth-1	6:44	4:11	+2:05
41		20:54	Carolyn Malone	FR	Ithaca-10	6:44	4:11	+2:06
42	36	20:55	Rebekah Johnson	FR	Cobleskill-1	6:45	4:11	+2:07
43	37	20:56	Emily Banzer	FR	Hamilton-5	6:45	4:11	+2:08
44	38	20:58	Stephanie Polak	JR	Rensselaer-5	6:46	4:12	+2:10
45		20:59	Ebonie Howard	JR	Ithaca-11	6:46	4:12	+2:11
46	39	21:00	Glenn Watkins	SR	Hamilton-6	6:46	4:12	+2:12

47		21:00	Elisabeth Phillips-Jones	SR	Alfred-1	6:46	4:12	+2:12
48	40	21:01	Hannah Kloeckner	SO	Hamilton-7	6:47	4:12	+2:13
49		21:02	Abbie Macbeth	SR	St. Lawrence-11	6:47	4:12	+2:14
50		21:02	Katie Mannix	SO	St. Lawrence-12	6:47	4:12	+2:14
51	41	21:05	Jamie Abatemarco	FR	Union-2	6:48	4:13	+2:17
52	42	21:06	Meleana Spera	FR	Nazareth-2	6:48	4:13	+2:18
53	43	21:07	Julie Kerchner	FR	RIT-5	6:49	4:13	+2:19
54		21:10	Kayla Mason	SO	Ithaca-12	6:49	4:14	+2:22
55		21:11	Allie Gurney	SO	Hamilton-8	6:50	4:14	+2:23
56	44	21:16	Katherine Thomas	SO	Rochester-7	6:51	4:15	+2:28
57	45	21:21	Kayleigh Olive	SO	Nazareth-3	6:53	4:16	+2:33
58	46	21:23	Michaela Gildemeyer	FR	Nazareth-4	6:54	4:17	+2:35
59	47	21:29	Samantha Moade	SO	Cobleskill-2	6:56	4:18	+2:41
60	48	21:31	Marisa Hitchcock	FR	Utica-2	6:56	4:18	+2:43
61		21:32	Emily Potter	SR	Hamilton-9	6:57	4:18	+2:44
62	49	21:33	Cara Zimmerman	SO	Union-3	6:57	4:19	+2:45
63	50	21:35	Ashley Shaheen	SO	RIT-6	6:58	4:19	+2:47
64		21:36	Michelle McLaughlin	FR	Rochester-8	6:58	4:19	+2:48
65		21:38	Hallie Loft	FR	Hamilton-10	6:59	4:20	+2:50
66		21:39	Carrie Gulvin	SO	Rochester-9	6:59	4:20	+2:51
67	51	21:40	Bethany Althaus	SO	Nazareth-5	6:59	4:20	+2:52
68		21:43	Caitlyn Garbarino	FR	Rochester-10	7:00	4:21	+2:55
69	52	21:45	Monica Prager	FR	Union-4	7:01	4:21	+2:57
70	53	21:56	Kaylin Beiter	FR	RIT-7	7:04	4:23	+3:08
71	54	21:57	Christine Artim	FR	Rensselaer-6	7:05	4:23	+3:09
72		21:57	Suzanne Reed	FR	RIT-8	7:05	4:23	+3:09
73		21:58	Kathryn Woodworth	FR	Rochester-11	7:05	4:24	+3:10
74	55	22:00	Michelle Gillette	SR	Nazareth-6	7:06	4:24	+3:12
75	56	22:02	Lauren Heitzhaus	SO	Nazareth-7	7:06	4:24	+3:14
76		22:03	Emily Gaudet	SR	Hamilton-11	7:07	4:25	+3:15
77	57	22:04	Jaimee Balloni	SO	Utica-3	7:07	4:25	+3:16
78		22:11	Tracie Forrester	FR	Alfred-2	7:09	4:26	+3:23
79	58	22:12	Jackie Massare	SO	Union-5	7:09	4:26	+3:24
80	59	22:16	Savannah Bernardin	FR	Utica-4	7:11	4:27	+3:28
81		22:19	Bridget Kruszka	JR	Rochester-12	7:12	4:28	+3:31
82	60	22:20	Lauren Galipeau	FR	Rensselaer-7	7:12	4:28	+3:32
83		22:24	Erin Johnstone	JR	Alfred-3	7:13	4:29	+3:36
84		22:31	Candice Colosi	JR	Nazareth-8	7:16	4:30	+3:43
85	61	22:41	Julie Bowler	FR	Utica-5	7:19	4:32	+3:53
86		22:42	Kathryn Mutter	SR	Nazareth-9	7:19	4:32	+3:54
87		22:44	Grace Munro	SO	Hamilton-12	7:20	4:33	+3:56
88		22:47	Danielle Marino	FR	RIT-9	7:21	4:33	+3:59
89	62	22:55	Victoria Kodak	JR	Cobleskill-3	7:23	4:35	+4:07
90	63	22:57	Tess Rakiewicz	FR	Utica-6	7:24	4:35	+4:09
91	64	23:00	Elizabeth Nailing	SO	Union-6	7:25	4:36	+4:12
92	65	23:10	Sam Slattery	SO	Utica-7	7:28	4:38	+4:22
93		23:13	Sheila Goodman	FR	RIT-10	7:29	4:39	+4:25
94	66	23:16	Beth Watson	SO	Cobleskill-4	7:30	4:39	+4:28
95		23:22	Cate Houshower	SO	Utica-8	7:32	4:40	+4:34
96		23:23	Rebecca Bostick	FR	Rensselaer-8	7:32	4:41	+4:35
97		23:27	Kirsten Schoenborn	SO	Nazareth-10	7:34	4:41	+4:39
98	67	23:30	Kelsey Hyde	FR	Union-7	7:35	4:42	+4:42
99		23:33	Mary Losito	SO	Nazareth-11	7:36	4:43	+4:45
100		23:41	Amy Morrissey	JR	Alfred-4	7:38	4:44	+4:53
101		23:46	Kaileigh Moore	SR	Union-8	7:40	4:45	+4:58
102		23:50	Kayla Murphy	JR	Nazareth-12	7:41	4:46	+5:02
103	68	23:53	Kelsey Pangman	SO	Cobleskill-5	7:42	4:47	+5:05
104	69	24:04	Kristi Confortin	SO	Cobleskill-6	7:45	4:49	+5:16
105		24:10	Kelsey Painter	FR	Utica-9	7:47	4:50	+5:22
106	70	24:15	Meghan Smith	FR	Cobleskill-7	7:49	4:51	+5:27
107		24:42	Ashley Houck	FR	Cobleskill-8	7:58	4:56	+5:54
108		25:05	Katie Woodworth	SO	Cobleskill-9	8:05	5:01	+6:17
109		25:05	Kara O'Connor	SO	Cobleskill-10	8:05	5:01	+6:17
110		25:20	Claire Simmons	SO	Cobleskill-11	8:10	5:04	+6:32

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Women's 5km Team Results

1	St. Lawrence	24 Pts	1	4	5	6	8	(14)	(18)	5 Avg:	19:16	5 Gap:	+0:42
2	Ithaca	56 Pts	2	7	11	16	20	(23)	(25)	5 Avg:	19:48	5 Gap:	+1:23
3	Rochester	86 Pts	10	12	13	24	27	(29)	(44)	5 Avg:	20:11	5 Gap:	+0:39
4	Rensselaer	109 Pts	9	15	17	30	38	(54)	(60)	5 Avg:	20:20	5 Gap:	+1:23
5	RIT	126 Pts	3	21	28	31	43	(50)	(53)	5 Avg:	20:25	5 Gap:	+1:55
6	Hamilton	151 Pts	22	26	32	34	37	(39)	(40)	5 Avg:	20:42	5 Gap:	+0:29
7	Nazareth	219 Pts	35	42	45	46	51	(55)	(56)	5 Avg:	21:17	5 Gap:	+0:47
8	Union	233 Pts	33	41	49	52	58	(64)	(67)	5 Avg:	21:28	5 Gap:	+1:27
9	Utica	244 Pts	19	48	57	59	61	(63)	(65)	5 Avg:	21:46	5 Gap:	+2:22
10	Cobleskill	279 Pts	36	47	62	66	68	(69)	(70)	5 Avg:	22:30	5 Gap:	+2:58

1	St. Lawrence	24 Points	1	4	5	6	8	(14)	(18)
	Name	Class	Place	Pts / Tot	Time	Mile	KM	Winner	Team#1
1	Jenna Hulton	SR	1	1 / 1	18:48	6:04	3:46	-:-	-:-
2	Amy Cymerman	SO	4	4 / 5	19:12	6:12	3:50	+0:24	+0:24
3	Jackie Lemme	JR	5	5 / 10	19:23	6:15	3:53	+0:35	+0:35
4	Megan Hulton	FR	6	6 / 16	19:27	6:16	3:53	+0:39	+0:39
5	McKayla Nuffer	SR	8	8 / 24	19:30	6:17	3:54	+0:42	+0:42
--- Top Five ---			Total Time:	96:20	Average:	19:16	6:13	3:51	+0:28
6	Erikka Nuffer	JR	14	14 / 38	20:05	6:29	4:01	+1:17	+1:17
7	Anne Martino	FR	18	18 / 56	20:16	6:32	4:03	+1:28	+1:28
--- Top Seven ---			Total Time:	136:41	Average:	19:32	6:18	3:54	+0:44

2	Ithaca	56 Points	2	7	11	16	20	(23)	(25)
	Name	Class	Place	Pts / Tot	Time	Mile	KM	Winner	Team#1
1	Heidi Baumbach	SR	2	2 / 2	19:01	6:08	3:48	+0:13	-:-
2	Alissa Kersey	SR	7	7 / 9	19:28	6:17	3:54	+0:40	+0:27
3	Alexa Rick	FR	11	11 / 20	19:56	6:26	3:59	+1:08	+0:55
4	Molly Brown	SR	16	16 / 36	20:11	6:31	4:02	+1:23	+1:10
5	Anastasia Diamond	FR	20	20 / 56	20:24	6:35	4:05	+1:36	+1:23
--- Top Five ---			Total Time:	99:00	Average:	19:48	6:23	3:58	+1:00
6	Carly Graham	JR	23	23 / 79	20:27	6:36	4:05	+1:39	+1:26
7	Molly Quinn	SR	25	25 / 104	20:30	6:37	4:06	+1:42	+1:29
--- Top Seven ---			Total Time:	139:57	Average:	20:00	6:27	4:00	+1:12

3	Rochester	86 Points	10	12	13	24	27	(29)	(44)
	Name	Class	Place	Pts / Tot	Time	Mile	KM	Winner	Team#1
1	Danielle Besette	SO	10	10 / 10	19:53	6:25	3:59	+1:05	-:-
2	Hillary Snyder	SR	12	12 / 22	19:57	6:26	3:59	+1:09	+0:04
3	Zarah Quinn	JR	13	13 / 35	20:03	6:28	4:01	+1:15	+0:10
4	Megan Battin	SR	24	24 / 59	20:28	6:36	4:06	+1:40	+0:35
5	Meghan Ogle	JR	27	27 / 86	20:32	6:37	4:06	+1:44	+0:39
--- Top Five ---			Total Time:	100:53	Average:	20:11	6:30	4:02	+1:23
6	Victoria Stepanova	FR	31	29 / 115	20:40	6:40	4:08	+1:52	+0:47
7	Katherine Thomas	SO	56	44 / 159	21:16	6:51	4:15	+2:28	+1:23
--- Top Seven ---			Total Time:	142:49	Average:	20:24	6:35	4:05	+1:36

4	Rensselaer	109 Points	9	15	17	30	38	(54)	(60)
	Name	Class	Place	Pts / Tot	Time	Mile	KM	Winner	Team#1
	1 Christine Koch	SR	9	9 / 9	19:35	6:19	3:55	+0:47	-:-
	2 Hailey Beyer	FR	15	15 / 24	20:11	6:31	4:02	+1:23	+0:36
	3 Meredith Mayes	JR	17	17 / 41	20:15	6:32	4:03	+1:27	+0:40
	4 Ariel Mingrone	SR	33	30 / 71	20:43	6:41	4:09	+1:55	+1:08
	5 Stephanie Polak	JR	44	38 / 109	20:58	6:46	4:12	+2:10	+1:23
	--- Top Five ---	Total Time:	101:42	Average:	20:20	6:34	4:04	+1:32	
	6 Christine Artim	FR	71	54 / 163	21:57	7:05	4:23	+3:09	+2:22
	7 Lauren Galipeau	FR	82	60 / 223	22:20	7:12	4:28	+3:32	+2:45
	--- Top Seven ---	Total Time:	145:59	Average:	20:51	6:43	4:10	+2:03	
5	RIT	126 Points	3	21	28	31	43	(50)	(53)
	Name	Class	Place	Pts / Tot	Time	Mile	KM	Winner	Team#1
	1 Erin LaFave	JR	3	3 / 3	19:12	6:12	3:50	+0:24	-:-
	2 Amanda Dole	JR	21	21 / 24	20:25	6:35	4:05	+1:37	+1:13
	3 Kate Dubuisson	SR	30	28 / 52	20:39	6:40	4:08	+1:51	+1:27
	4 Katrijn Moulin	JR	34	31 / 83	20:43	6:41	4:09	+1:55	+1:31
	5 Julie Kerchner	FR	53	43 / 126	21:07	6:49	4:13	+2:19	+1:55
	--- Top Five ---	Total Time:	102:06	Average:	20:25	6:35	4:05	+1:37	
	6 Ashley Shaheen	SO	63	50 / 176	21:35	6:58	4:19	+2:47	+2:23
	7 Kaylin Beiter	FR	70	53 / 229	21:56	7:04	4:23	+3:08	+2:44
	--- Top Seven ---	Total Time:	145:37	Average:	20:48	6:42	4:10	+2:00	
6	Hamilton	151 Points	22	26	32	34	37	(39)	(40)
	Name	Class	Place	Pts / Tot	Time	Mile	KM	Winner	Team#1
	1 Sara Scheineson	SR	22	22 / 22	20:27	6:36	4:05	+1:39	-:-
	2 Hannah Lyons	SO	26	26 / 48	20:31	6:37	4:06	+1:43	+0:04
	3 Krystina Choinski	FR	35	32 / 80	20:44	6:41	4:09	+1:56	+0:17
	4 Rachel Cackett	JR	39	34 / 114	20:50	6:43	4:10	+2:02	+0:23
	5 Emily Banzer	FR	43	37 / 151	20:56	6:45	4:11	+2:08	+0:29
	--- Top Five ---	Total Time:	103:28	Average:	20:42	6:40	4:08	+1:54	
	6 Glenn Watkins	SR	46	39 / 190	21:00	6:46	4:12	+2:12	+0:33
	7 Hannah Kloeckner	SO	48	40 / 230	21:01	6:47	4:12	+2:13	+0:34
	--- Top Seven ---	Total Time:	145:29	Average:	20:47	6:42	4:09	+1:59	
7	Nazareth	219 Points	35	42	45	46	51	(55)	(56)
	Name	Class	Place	Pts / Tot	Time	Mile	KM	Winner	Team#1
	1 Kelsey Ryan	JR	40	35 / 35	20:53	6:44	4:11	+2:05	-:-
	2 Meleana Spera	FR	52	42 / 77	21:06	6:48	4:13	+2:18	+0:13
	3 Kayleigh Olive	SO	57	45 / 122	21:21	6:53	4:16	+2:33	+0:28
	4 Michaela Gildemeyer	FR	58	46 / 168	21:23	6:54	4:17	+2:35	+0:30
	5 Bethany Althaus	SO	67	51 / 219	21:40	6:59	4:20	+2:52	+0:47
	--- Top Five ---	Total Time:	106:23	Average:	21:17	6:52	4:15	+2:29	
	6 Michelle Gillette	SR	74	55 / 274	22:00	7:06	4:24	+3:12	+1:07
	7 Lauren Heitzhaus	SO	75	56 / 330	22:02	7:06	4:24	+3:14	+1:09
	--- Top Seven ---	Total Time:	150:25	Average:	21:29	6:56	4:18	+2:41	
8	Union	233 Points	33	41	49	52	58	(64)	(67)
	Name	Class	Place	Pts / Tot	Time	Mile	KM	Winner	Team#1
	1 Ramsey Steiner	SR	37	33 / 33	20:45	6:41	4:09	+1:57	-:-
	2 Jamie Abatemarco	FR	51	41 / 74	21:05	6:48	4:13	+2:17	+0:20
	3 Cara Zimmerman	SO	62	49 / 123	21:33	6:57	4:19	+2:45	+0:48
	4 Monica Prager	FR	69	52 / 175	21:45	7:01	4:21	+2:57	+1:00
	5 Jackie Massare	SO	79	58 / 233	22:12	7:09	4:26	+3:24	+1:27
	--- Top Five ---	Total Time:	107:20	Average:	21:28	6:55	4:18	+2:40	
	6 Elizabeth Nailing	SO	91	64 / 297	23:00	7:25	4:36	+4:12	+2:15
	7 Kelsey Hyde	FR	98	67 / 364	23:30	7:35	4:42	+4:42	+2:45
	--- Top Seven ---	Total Time:	153:50	Average:	21:59	7:05	4:24	+3:11	

9	Utica		244 Points		19	48	57	59	61	(63)	(65)
	Name	Class	Place	Pts / Tot	Time	Mile	KM	Winner	Team#1		
1	Katie Day	SO	19	19 / 19	20:19	6:33	4:04	+1:31	-:--		
2	Marisa Hitchcock	FR	60	48 / 67	21:31	6:56	4:18	+2:43	+1:12		
3	Jaimee Balloni	SO	77	57 / 124	22:04	7:07	4:25	+3:16	+1:45		
4	Savannah Bernardin	FR	80	59 / 183	22:16	7:11	4:27	+3:28	+1:57		
5	Julie Bowler	FR	85	61 / 244	22:41	7:19	4:32	+3:53	+2:22		
	--- Top Five ---		Total Time: 108:51	Average:	21:46	7:01	4:21	+2:58			
6	Tess Rakiewicz	FR	90	63 / 307	22:57	7:24	4:35	+4:09	+2:38		
7	Sam Slattery	SO	92	65 / 372	23:10	7:28	4:38	+4:22	+2:51		
	--- Top Seven ---		Total Time: 154:58	Average:	22:08	7:08	4:26	+3:20			
10	Cobleskill		279 Points		36	47	62	66	68	(69)	(70)
	Name	Class	Place	Pts / Tot	Time	Mile	KM	Winner	Team#1		
1	Rebekah Johnson	FR	42	36 / 36	20:55	6:45	4:11	+2:07	-:--		
2	Samantha Moade	SO	59	47 / 83	21:29	6:56	4:18	+2:41	+0:34		
3	Victoria Kodak	JR	89	62 / 145	22:55	7:23	4:35	+4:07	+2:00		
4	Beth Watson	SO	94	66 / 211	23:16	7:30	4:39	+4:28	+2:21		
5	Kelsey Pangman	SO	103	68 / 279	23:53	7:42	4:47	+5:05	+2:58		
	--- Top Five ---		Total Time: 112:28	Average:	22:30	7:15	4:30	+3:42			
6	Kristi Confortin	SO	104	69 / 348	24:04	7:45	4:49	+5:16	+3:09		
7	Meghan Smith	FR	106	70 / 418	24:15	7:49	4:51	+5:27	+3:20		
	--- Top Seven ---		Total Time: 160:47	Average:	22:58	7:24	4:36	+4:10			