

# Atlantic Regional

## Division III Cross Country Championships



# 20 Championships 12

**6K Race**      **Genesee Valley Park, Rochester, NY, Host by Uni. Rochester**      **11/10/12**

Results by Leone Timing & Results Services [www.leonetiming.com](http://www.leonetiming.com)

Top Two Teams Qualify from each Region, plus 16 at large, Seven individuals from each region.

PLACE	PT	NAME	YR	TEAM	TIME	PACE	2K	4K
<b>1</b>	<b>1</b>	<b>Amy Cymerman</b>	<b>JR</b>	<b>St. Lawrence</b>	<b>21:37.5</b>	<b>5:48</b>	<b>7:13</b>	<b>14:33</b>
2	2	Lauren Norton	SR	Rochester	21:47.6	5:51	7:12	14:32
3	3	Danielle Czohla	SR	Rowan	21:58.6	5:54	7:13	14:36
4	4	Rachel Malone	SO	Brockport	22:01.9	5:55	7:17	14:41
5	5	Ella Martin	FR	St. Lawrence	22:02.6	5:55	7:13	14:36
6	6	Emily Cousins	JR	NYU	22:12.7	5:58	7:18	14:46
7	7	Jackie Lemme	SR	St. Lawrence	22:17.7	5:59	7:17	14:52
8	8	Emily Cotey	JR	Cortland	22:18.6	6:00	7:16	14:48
9	9	Amy Regan	FR	Stevens Institute	22:19.7	6:00	7:23	15:03
10	10	Aubree Piepmeier	JR	Vassar	22:20.5	6:00	7:25	15:02
11		Jennifer Van Winger	SR	Drew	22:22.0	6:00	7:22	14:57
12	11	Jordyn Naylon	SR	Cortland	22:25.2	6:01	7:23	14:59
13	12	Grace Tilton	SR	RPI	22:25.5	6:01	7:17	14:48
14	13	Cathy Goncalves	SR	TCNJ	22:27.6	6:02	7:18	14:47
15	14	Margaret MacDonald	FR	St. Lawrence	22:29.9	6:03	7:15	14:58
16	15	Cailin Kowalewski	SR	Geneseo	22:32.7	6:03	7:25	15:06
17	16	Sarah Ohanesian	JR	Hamilton	22:32.9	6:03	7:19	15:01
18	17	Kirsten Keller	JR	NYU	22:33.6	6:04	7:27	15:01
19	18	Megan Borz	JR	Rowan	22:35.1	6:04	7:20	15:02
20	19	Cassie Goodman	SO	Geneseo	22:37.9	6:05	7:19	14:58
21	20	Kelley Driscoll	JR	Plattsburgh	22:38.5	6:05	7:22	15:01
22	21	Emily D'Addario	SR	William Smith	22:39.4	6:05	7:21	15:01
23	22	Caroline Raue	SR	St. Lawrence	22:40.9	6:06	7:21	15:05
24	23	Alexa Rick	SO	Ithaca	22:41.7	6:06	7:28	15:07
25	24	Georgina Norton	JR	NYU	22:43.6	6:06	7:27	15:07
26	25	Nichole Wischoff	SR	New Paltz	22:44.7	6:07	7:20	15:04
27	26	Elizabeth Edwards	SR	St. Lawrence	22:46.6	6:07	7:20	15:06
28	27	Erin Lafave	SR	RIT	22:50.6	6:08	7:21	15:09

29	28	Ariel Beccia	JR	St. Lawrence	22:51.9	6:08	7:22	15:06
30	29	Lily Corsaro	FR	NYU	22:53.8	6:09	7:26	15:16
31	30	Mary Aldridge	JR	Geneseo	22:54.4	6:09	7:24	15:15
32	31	Morgan Sinclair	JR	Stockton	22:55.2	6:09	7:22	15:07
33	32	Meredith Mayes	SR	RPI	22:57.1	6:10	7:33	15:20
34	33	Lainie Smith	FR	Hamilton	23:00.2	6:11	7:31	15:25
35	34	Catherine Knox	FR	Rochester	23:01.1	6:11	7:35	15:30
36	35	Brigid Heenan	SR	Geneseo	23:01.9	6:11	7:26	15:16
37	36	Rebekah Steinke	JR	Geneseo	23:02.1	6:11	7:30	15:20
38	37	Alyssa Knott	SO	Geneseo	23:03.1	6:11	7:29	15:19
39	38	Danielle Kennedy	JR	Oneonta	23:04.7	6:12	7:24	15:17
40	39	Deana Wood	SO	Rowan	23:04.8	6:12	7:32	15:19
41	40	Joy Hanke	SR	Rowan	23:05.1	6:12	7:34	15:22
42	41	Brianna McLoughlin	SO	Oneonta	23:06.9	6:12	7:24	15:16
43	42	Emily Smith	SO	Ithaca	23:07.4	6:13	7:36	15:28
44	43	Anna Fay	FR	Ithaca	23:08.1	6:13	7:28	15:16
45	44	Emma Deshaies	FR	Plattsburgh	23:08.3	6:13	7:22	15:18
46	45	Colleen Coon	SR	Plattsburgh	23:10.2	6:13	7:30	15:27
47	46	Kelly Holmes	SR	Vassar	23:12.9	6:14	7:26	15:30
48	47	Carolyn Malone	SO	Ithaca	23:14.3	6:14	7:35	15:28
49	48	Ashton Villeneuve	FR	Utica	23:14.8	6:15	7:39	15:36
50	49	Christine Cristobal	SR	St. Joseph's (L.I.)	23:17.7	6:15	7:33	15:29
51	50	Amanda Schermerhorn	SR	Plattsburgh	23:18.2	6:16	7:30	15:28
52	51	Perry Scheetz	SR	Bard	23:20.8	6:16	7:36	15:30
53	52	Tara Nealon	SO	TCNJ	23:22.3	6:17	7:32	15:29
54	53	Allie Gurney	JR	Hamilton	23:24.4	6:17	7:31	15:30
55		Katherine Henri	FR	Purchase	23:26.8	6:18	7:24	15:31
56	54	Amanda Wolfer	JR	New Paltz	23:27.0	6:18	7:34	15:30
57	55	Monica Prager	SO	Hartwick	23:27.5	6:18	7:37	15:40
58	56	Kerri Culhane	FR	Cortland	23:28.2	6:18	7:32	15:29
59	57	Zarah Quinn	SR	Rochester	23:30.6	6:19	7:30	15:30
60	58	Emily Stickles	FR	RPI	23:31.0	6:19	7:44	15:39
61	59	Kim Foltz	JR	Fredonia	23:31.5	6:19	7:36	15:44
62	60	Shannon Trant	FR	RPI	23:31.8	6:19	7:45	15:40
63	61	Katlin Shippy	FR	St. John Fisher	23:33.1	6:20	7:34	15:34
64	62	Alexa Sakaforas	FR	RPI	23:34.1	6:20	7:45	15:46
65	63	Amanda Dole	SR	RIT	23:34.7	6:20	7:37	15:38
66	64	Ashton Hughes	FR	Geneseo	23:35.0	6:20	7:31	15:35
67	65	Marielle Genovesi	SO	Oneonta	23:36.0	6:20	7:37	15:35
68		Emily Middlebrook	SO	Wells	23:37.1	6:21	7:40	15:36
69	66	Jaime Lisack	FR	Ithaca	23:39.1	6:21	7:36	15:40
70	67	Anginelle Alabanza	JR	TCNJ	23:41.3	6:22	7:34	15:40
71	68	Meghan Ogle	SR	Rochester	23:42.5	6:22	7:35	15:43
72	69	Sarah Governale	SO	Clarkson	23:43.8	6:22	7:30	15:37
73	70	Kelly Bromm	SO	Cortland	23:45.8	6:23	7:40	15:51
74	71	Danielle Bessette	JR	Rochester	23:47.9	6:23	7:35	15:42
75	72	Marie Ferro	SR	RPI	23:47.9	6:23	7:45	15:45
76	73	Catherine Ehmann	SO	Plattsburgh	23:48.0	6:24	7:38	15:46
77	74	Kim Wooten	SR	Brockport	23:48.3	6:24	7:51	15:52
78	75	Cassidy Carpenter	SO	Vassar	23:48.6	6:24	7:48	15:54
79	76	Leslie Beaton	JR	Fredonia	23:51.7	6:24	7:36	15:45
80	77	Stephanie Malek	SR	Vassar	23:52.5	6:25	7:39	15:48
81	78	Sarah Sisk	FR	NYU	23:53.6	6:25	7:37	15:58
82	79	Bridgette Joskow	SO	New Paltz	23:53.8	6:25	7:53	15:57
83	80	Jillian Manzo	SO	TCNJ	23:55.1	6:25	7:35	15:47
84	81	Mariel Doyle	SO	Oneonta	23:56.2	6:26	7:49	16:00
85	82	Gabrielle Prendegas	JR	Rowan	23:57.2	6:26	7:39	15:57
86	83	Christina Sakowski	JR	Oswego	23:57.2	6:26	7:35	15:48
87	84	Megan Flynn	JR	TCNJ	23:57.4	6:26	7:43	15:53
88	85	Rachel Morris	SR	TCNJ	23:58.7	6:26	7:41	16:04
89	86	Anastasia Diamond	SO	Ithaca	23:59.6	6:27	7:35	15:43
90	87	Viviane Ford	SO	Vassar	24:00.1	6:27	7:54	16:01
91	88	Chrissy Wolniewicz	SR	Brockport	24:00.4	6:27	7:39	15:49
92	89	Nicole Salge	SR	Stockton	24:00.9	6:27	7:57	16:04
93	90	Annmarie Zigrosser	SO	St. Joseph's (L.I.)	24:02.9	6:27	7:51	16:05

94	91	Nicole Bermudez	FR	Cortland	24:03.0	6:28	7:34	15:58
95	92	Hollie Heimer	SR	Potsdam	24:03.7	6:28	8:00	16:05
96	93	Lauren Heitzhaus	JR	Nazareth	24:04.1	6:28	7:39	15:52
97	94	Victoria Destefano	JR	Buffalo State	24:04.7	6:28	7:50	16:09
98	95	Emily Sufrin	SR	Vassar	24:04.9	6:28	7:39	15:57
99	96	Shanna Swanson	FR	Nazareth	24:05.5	6:28	7:46	16:04
100	97	Sarah Depalma	FR	Utica	24:06.4	6:28	7:53	16:02
101	98	Carly Graham	SR	Ithaca	24:06.8	6:29	7:38	15:59
102	99	Kayla Blomback	FR	Cortland	24:07.1	6:29	7:35	15:52
103	100	Amanda Cocchiara	SO	Fredonia	24:07.6	6:29	7:35	15:50
104		Lizzy Mahoney	SR	Hunter	24:08.4	6:29	7:44	16:00
105	101	Victoria Stepanova	SO	Rochester	24:08.8	6:29	7:45	16:06
106	102	Alissa Conti	JR	Fredonia	24:08.9	6:29	7:34	15:53
107	103	Laura Warren	JR	Stockton	24:09.6	6:29	7:57	16:06
108	104	Katlyn McNamara	FR	Buffalo State	24:09.7	6:29	7:41	16:00
109	105	Marielle Verni	JR	William Smith	24:11.9	6:30	7:47	16:04
110	106	Amanda Gaffney	JR	NYU	24:12.2	6:30	7:52	16:10
111	107	Gillian Goodwin	JR	St. Joseph's (L.I.)	24:15.0	6:31	7:52	16:13
112	108	Allison Ryley	JR	Oneonta	24:15.3	6:31	7:47	16:03
113	109	Priscilla Antuna	JR	Rowan	24:17.2	6:31	7:43	16:05
114	110	Rebecca Greiner	FR	RIT	24:17.5	6:31	7:46	16:08
115	111	Cady Kuzmich	SO	Oneonta	24:17.6	6:31	7:50	16:10
116	112	Emily Banzer	SO	Hamilton	24:18.6	6:32	7:50	16:08
117	113	Becca List	SO	Fredonia	24:19.5	6:32	7:44	16:03
118	114	Brianna Springstead	FR	Ramapo	24:20.3	6:32	7:52	16:11
119	115	Anna Hourihan	JR	Fredonia	24:23.3	6:33	7:47	16:12
120	116	Taylor Shanley	SR	Ramapo	24:23.8	6:33	7:52	16:13
121	117	Hallie Loft	SO	Hamilton	24:23.8	6:33	7:40	16:03
122	118	Terisa Woych	SO	New Paltz	24:24.2	6:33	7:49	15:57
123	119	Sarah Coon	FR	St. John Fisher	24:24.4	6:33	8:01	16:18
124	120	Hailey Beyer	SO	RPI	24:26.1	6:34	7:56	16:15
125	121	Rebekah Johnson	SO	Cobleskill	24:26.6	6:34	7:46	16:08
126	122	Catherine Zarnofsky	JR	Clarkson	24:27.2	6:34	7:46	16:07
127	123	Danika Ortiz	FR	Cortland	24:28.5	6:34	7:45	16:08
128	124	Alyssa Binczyk	SO	NYU	24:32.3	6:35	7:50	16:19
129	125	Maureen Quinn	SR	St. Joseph's (L.I.)	24:32.6	6:35	7:52	16:15
130	126	Rachel Cackett	SR	Hamilton	24:33.3	6:36	7:57	16:17
131	127	Onyinyechi Obelle	FR	Rowan	24:34.2	6:36	7:41	15:58
132	128	Katie Laris	FR	Oswego	24:35.2	6:36	7:51	16:16
133	129	Emily Brock	FR	Ramapo	24:37.7	6:37	7:51	16:17
134	130	Jaimee Balloni	JR	Utica	24:39.7	6:37	8:02	16:23
135	131	Kelly Freed	JR	Stevens Institute	24:40.1	6:37	7:42	16:14
136	132	Emily Garber	JR	Vassar	24:40.2	6:38	7:56	16:21
137	133	Alyssa Bannon	SR	TCNJ	24:40.9	6:38	7:49	16:21
138	134	Kateri Walsh	SR	Fredonia	24:41.0	6:38	7:45	16:15
139	135	Gretchen Holoubek	SR	USMMA	24:41.9	6:38	8:02	16:23
140	136	Lindsey McKee	JR	Ramapo	24:43.6	6:38	7:56	16:25
141	137	Margaret Nash	JR	William Smith	24:43.7	6:38	8:06	16:27
142	138	Renee Deruchia	FR	St. John Fisher	24:45.6	6:39	7:58	16:20
143	139	Deanna Dragone	FR	Ramapo	24:47.5	6:39	7:52	16:17
144	140	Laura Pankowski	SR	Brockport	24:48.5	6:40	8:04	16:23
145	141	Meghan Murphy	SO	Oswego	24:50.7	6:40	7:56	16:24
146	142	Caitlyn Kozlowski	SO	Stockton	24:51.8	6:41	7:59	16:26
147	143	Ceili McMorro	FR	Oneonta	24:51.8	6:41	7:33	15:55
148	144	Nicole Graziadei	SO	St. John Fisher	24:53.1	6:41	8:01	16:26
149	145	Brittany Guttieri	FR	St. Joseph's (L.I.)	24:53.8	6:41	7:52	16:25
150	146	Katrijn Moulin	SR	RIT	24:55.9	6:42	7:46	16:24
151	147	Rianne Erlwein	SO	Utica	24:56.0	6:42	7:54	16:24
152	148	Elizabeth Nailing	JR	Union (N.Y.)	24:56.8	6:42	8:03	16:29
153	149	Stephanie Paluchows	JR	Stockton	24:57.8	6:42	7:58	16:27
154	150	Kelsey Ryan	SR	Nazareth	24:59.5	6:43	8:00	16:30
155		Jackie Bellisari	JR	Maritime (N.Y.)	24:59.7	6:43	8:08	16:39
156	151	Avery Share	SO	William Smith	25:00.1	6:43	8:20	16:40
157	152	Arianne Loeber	SR	Clarkson	25:00.9	6:43	8:14	16:44
158	153	Lauren Jamieson	SR	Nazareth	25:01.3	6:43	8:06	16:43

159	154	Sam Merkh	SO	Stockton	25:02.3	6:43	8:02	16:41
160	155	Anya Joynt	FR	Rochester	25:03.2	6:44	7:49	16:29
161	156	Nicole Vainauskas	FR	St. John Fisher	25:03.5	6:44	8:08	16:32
162	157	Amanda Joskow	SO	Plattsburgh	25:04.7	6:44	8:08	16:40
163	158	Tess Rakiewicz	SO	Brockport	25:04.7	6:44	8:08	16:38
164	159	Amy Becker	FR	RIT	25:04.9	6:44	7:53	16:37
165	160	Barb Scheibel	SO	Oswego	25:07.5	6:45	8:12	16:44
166	161	Katie Bott	JR	Oswego	25:10.0	6:46	8:05	16:42
167	162	Jessica Cowell	JR	Mount Saint Mary	25:11.6	6:46	8:11	16:39
168	163	Kies Orr	FR	Cobleskill	25:12.2	6:46	7:55	16:34
169	164	Ana Rivera	SO	Buffalo State	25:13.9	6:47	7:54	16:33
170	165	Ellen Grenen	SO	William Smith	25:15.0	6:47	8:20	16:46
171	166	Chelsea Farinacci	FR	Clarkson	25:15.4	6:47	8:09	16:50
172	167	Bethany Althaus	JR	Nazareth	25:16.3	6:47	8:13	16:50
173	168	Alaina Krueger	FR	Sage	25:17.1	6:47	8:02	16:38
174	169	Andrea Prusik	JR	New Paltz	25:17.9	6:48	8:03	16:43
175	170	Emily Noonan	FR	Brockport	25:18.6	6:48	8:15	16:53
176	171	Krystina Choinski	SO	Hamilton	25:18.8	6:48	7:50	16:34
177	172	Sabrina Brooks	SO	Buffalo State	25:19.6	6:48	7:49	16:35
178	173	Courtney Schofield	JR	Ramapo	25:19.8	6:48	7:57	16:32
179	174	Julie Bowler	SO	Utica	25:20.5	6:48	8:16	16:54
180	175	Kayla Murphy	SR	Nazareth	25:21.1	6:48	8:06	16:45
181	176	Mary Arnold	SO	Union (N.Y.)	25:22.6	6:49	8:12	16:47
182	177	Marta Tomaszewski	FR	Oswego	25:22.9	6:49	8:12	16:51
183	178	Maggie Mocete	JR	New Paltz	25:25.2	6:50	8:08	16:49
184	179	Rachel Bachman	SR	Clarkson	25:28.2	6:50	7:55	16:39
185	180	Julia Smith	FR	Buffalo State	25:28.8	6:51	8:10	16:51
186	181	Alicia Sutphin	FR	RIT	25:28.8	6:51	8:03	17:01
187	182	Danielle Halikias	FR	New Paltz	25:33.5	6:52	8:07	16:49
188	183	Tricia Phillips	SO	Hartwick	25:34.8	6:52	8:17	16:59
189	184	Caitlyn Ryan	JR	St. Joseph's (L.I.)	25:35.9	6:52	8:06	16:56
190	185	Mary Cipriano	SO	St. Joseph's (L.I.)	25:38.0	6:53	8:04	16:58
191	186	Sarah Harrington	FR	St. John Fisher	25:40.1	6:54	8:17	17:00
192	187	Sorrel Dunn	SO	Bard	25:41.0	6:54	8:18	17:06
193	188	Jen Ventrella	FR	Union (N.Y.)	25:41.6	6:54	8:18	17:08
194	189	Barbara Prokopiuk	SR	Stockton	25:43.0	6:54	8:11	16:58
195	190	Taylor Gallup	SO	St. John Fisher	25:44.9	6:55	8:12	17:06
196	191	Jen Behlmaier	JR	Brockport	25:45.1	6:55	8:12	16:55
197	192	Cara Zimmerman	JR	Union (N.Y.)	25:46.5	6:55	8:19	17:05
198	193	Sheila Niedziela	SR	Hartwick	25:47.4	6:56	8:06	17:01
199	194	Christine Hecker	SO	Stevens Institute	25:49.5	6:56	8:12	17:02
200	195	Kate Moyer	FR	Stevens Institute	25:50.5	6:56	8:11	17:02
201	196	Kaylin Beiter	SO	RIT	25:52.1	6:57	8:07	17:05
202	197	Jennifer Angileri	JR	Mount Saint Mary	25:53.5	6:57	8:22	17:15
203	198	Kristen Cronmiller	JR	William Smith	25:54.3	6:57	8:11	17:01
204	199	Kayleigh Olive	JR	Nazareth	25:55.3	6:58	8:13	17:12
205	200	Sarah Salazar	FR	CCNY	25:56.8	6:58	8:24	17:14
206	201	Kiera Warner	FR	Sage	25:58.9	6:59	8:04	17:03
207	202	Megan Schweizer	FR	Plattsburgh	26:02.0	6:59	8:28	17:29
208	203	Sam Bennett	FR	Utica	26:03.2	7:00	8:21	17:16
209	204	Nicole Campagna	SO	Buffalo State	26:04.6	7:00	8:16	17:14
210	205	Amanda Monteforte	FR	Union (N.Y.)	26:09.7	7:02	8:29	17:23
211	206	Nicole Zazzero	JR	Mount Saint Mary	26:11.9	7:02	8:15	17:17
212	207	Rachel Parker	SO	Buffalo State	26:12.1	7:02	8:00	17:18
213	208	Erica Colavito	SO	Ramapo	26:16.4	7:03	8:21	17:21
214	209	Amber Kinter	SO	USMMA	26:17.7	7:04	8:24	17:24
215	210	Meaghan McKenna	FR	Clarkson	26:20.5	7:04	8:14	17:13
216	211	Noelle Crocetti	FR	Oswego	26:26.0	7:06	8:12	17:06
217		Emily Quast	FR	D'Youville	26:26.7	7:06	8:21	17:32
218	212	Amanda Millington	FR	Sage	26:27.9	7:06	8:34	17:35
219	213	Janice Frontera	FR	Stevens Institute	26:28.5	7:07	8:11	17:27
220	214	Tori Gerstenacker	FR	Rutgers-Camden	26:29.6	7:07	8:26	17:33
221	215	Laura Lemke	JR	Stevens Institute	26:32.7	7:08	8:23	17:42
222		Stephie-Anne Duliep	JR	Hunter	26:35.0	7:08	8:28	17:32
223	216	Savannah Bernardin	SO	Utica	26:39.6	7:10	8:31	17:36

224	217	Katie Fargnoli	SR	Sage	26:44.2	7:11	8:05	17:10
225	218	Alexandra Reardon	FR	Union (N.Y.)	26:45.9	7:11	8:53	18:13
226	219	Olivia Rehm	FR	Potsdam	26:48.0	7:12	8:27	17:43
227		Maria Fusco	SO	D'Youville	26:48.1	7:12	8:37	17:59
228	220	Susan Lopez	JR	Clarkson	26:49.5	7:12	8:39	17:46
229	221	Ellie Coulter	SO	USMMA	26:57.0	7:14	8:38	18:00
230	222	Hannah Groshner	FR	Potsdam	26:59.2	7:15	8:33	17:57
231	223	Meghan Gaucher	JR	William Smith	27:05.7	7:17	8:39	18:02
232	224	Meg Castro	JR	Rutgers-Camden	27:10.0	7:18	8:53	18:12
233	225	Gloria Mahoney	FR	USMMA	27:11.1	7:18	8:49	18:10
234	226	Krista Poore	SO	Hartwick	27:15.1	7:19	8:59	18:13
235	227	Rebekah Williams	SO	Union (N.Y.)	27:16.4	7:19	8:07	17:15
236	228	Grace Nealon	SO	Hartwick	27:23.0	7:21	8:58	18:14
237	229	Victoria Wresilo	JR	Mount Saint Mary	27:23.3	7:21	8:49	18:15
238	230	Lasha Johnson	JR	Rutgers-Newark	27:24.4	7:22	8:51	18:12
239	231	Amber Stevens	FR	Mount Saint Mary	27:26.4	7:22	8:42	18:18
240	232	Alyssa Alex	FR	Cobleskill	27:30.2	7:23	8:39	18:11
241	233	Josephine Polynice	SO	Rutgers-Newark	27:31.0	7:23	8:48	18:26
242	234	Becky Talbot	SO	Hartwick	27:33.7	7:24	8:54	18:19
243	235	Kara O'Connor	JR	Cobleskill	27:36.6	7:25	9:09	18:35
244	236	Jackie Boyce	FR	Cobleskill	27:40.8	7:26	8:46	18:15
245		Katie Lamanna	FR	Wells	27:45.2	7:27	8:54	18:30
246	237	Marie Bodenschatz	JR	Rutgers-Camden	28:06.0	7:33	8:53	18:31
247	238	Saxon Londagin	FR	USMMA	28:14.4	7:35	8:42	18:28
248	239	Caitlin Coughlin	SO	Sage	28:14.9	7:35	8:53	18:45
249	240	Jane Cho	JR	Rutgers-Newark	28:28.5	7:39	8:48	18:40
250	241	Meghan Smith	SO	Cobleskill	28:38.8	7:42	9:12	18:58
251	242	Gabriella Schwalbe	SR	Rutgers-Camden	28:39.8	7:42	9:19	19:03
252	243	Emily Bull	FR	USMMA	28:47.1	7:44	9:03	18:57
253	244	Imani Jones	FR	Bard	28:57.0	7:46	9:12	18:58
254	245	Vanessa Alexis	FR	CCNY	29:02.7	7:48	9:04	19:20
255	246	Megan Lugo	FR	Sage	29:04.6	7:48	9:09	19:19
256	247	Maura Quinn	JR	Stevens Institute	29:11.5	7:50	9:01	19:07
257		Alexis Moore	JR	Manhattanville	29:12.2	7:50	9:21	19:29
258	248	Mariel Reyes	JR	CCNY	29:14.3	7:51	9:00	19:27
259		Alexandra Martinovi	FR	Hunter	29:23.1	7:53	8:55	19:07
260	249	Megan Krause	SO	Rutgers-Newark	29:26.8	7:54	9:27	19:48
261	250	Jennifer Doumas	FR	CCNY	29:27.4	7:55	9:24	19:45
262	251	Sarah Howe	FR	Potsdam	29:31.8	7:56	9:09	19:30
263	252	Danielle Parker	FR	Rutgers-Newark	29:46.3	8:00	9:21	19:44
264	253	Christin Hu	SO	CCNY	29:54.3	8:02	9:33	19:56
265	254	Aimee Caron	FR	Mount Saint Mary	30:13.7	8:07	9:24	19:54
266	255	Sheana Foster	JR	Rutgers-Newark	30:31.9	8:12	9:26	20:01
267	256	Christina Baal	SO	Bard	30:40.5	8:14	9:59	20:34
268	257	Leanne Egan	FR	Sage	30:50.5	8:17	9:37	20:19
269	258	Amelia Bronder-Giro	SR	Bard	31:37.3	8:29	10:05	20:56
270	259	Kelsey Pangman	JR	Cobleskill	31:42.8	8:31	10:11	21:03
271	260	Diana Pernicano	FR	Mount Saint Mary	32:15.5	8:40	9:54	21:21
272	261	Sonam Lhadon	FR	Rutgers-Newark	32:26.3	8:43	10:30	21:49
273	262	Rebecca Dukett	SO	Potsdam	32:36.2	8:45	10:14	21:38
274	263	Sara Behuniak	JR	Potsdam	32:37.6	8:46	10:20	21:38
275	264	Stephanie Schuster	JR	Rutgers-Camden	32:57.7	8:51	10:24	22:00
276		Daniela Pereira	FR	Hunter	33:39.1	9:02	9:57	21:50
277	265	Stephanie Hall	SO	Potsdam	35:00.7	9:24	10:22	22:23

**More Results**



# TEAM SCORE

## 1. St. Lawrence

**Total: Points 49**

(22:13.8 111:08.6 1:03.4)

1	1	Amy Cymerman	JR	21:37.5
2	5	Ella Martin	FR	22:02.6
3	7	Jackie Lemme	SR	22:17.7
4	14	Margaret MacDonald	FR	22:29.9
5	22	Caroline Raue	SR	22:40.9
6	(26)	Elizabeth Edwards	SR	22:46.6
7	(28)	Ariel Beccia	JR	22:51.9

## 2. Geneseo

**Total: Points 135**

(22:49.8 114:09.0 0:29.4)

1	15	Cailin Kowalewski	SR	22:32.7
2	19	Cassie Goodman	SO	22:37.9
3	30	Mary Aldridge	JR	22:54.4
4	35	Brigid Heenan	SR	23:01.9
5	36	Rebekah Steinke	JR	23:02.1
6	(37)	Alyssa Knott	SO	23:03.1
7	(64)	Ashton Hughes	FR	23:35.0

## 3. NYU

**Total: Points 154**

(22:51.5 114:17.3 1:40.9)

1	6	Emily Cousens	JR	22:12.7
2	17	Kirsten Keller	JR	22:33.6
3	24	Georgina Norton	JR	22:43.6
4	29	Lily Corsaro	FR	22:53.8
5	78	Sarah Sisk	FR	23:53.6
6	(106)	Amanda Gaffney	JR	24:12.2
7	(124)	Alyssa Binczyk	SO	24:32.3

## 4. Rowan

**Total: Points 182**

(22:56.2 114:40.8 1:58.6)

1	3	Danielle Czohla	SR	21:58.6
2	18	Megan Borz	JR	22:35.1
3	39	Deana Wood	SO	23:04.8
4	40	Joy Hanke	SR	23:05.1
5	82	Gabrielle Prendegast	JR	23:57.2
6	(109)	Priscilla Antuna	JR	24:17.2
7	(127)	Onyinyechi Obelle	FR	24:34.2

## 5. Ithaca

**Total: Points 221**

(23:10.2 115:50.6 0:57.4)

1	23	Alexa Rick	SO	22:41.7
2	42	Emily Smith	SO	23:07.4
3	43	Anna Fay	FR	23:08.1
4	47	Carolyn Malone	SO	23:14.3
5	66	Jaime Lisack	FR	23:39.1
6	(86)	Anastasia Diamond	SO	23:59.6
7	(98)	Carly Graham	SR	24:06.8

## 6. RPI

**Total: Points 224**

(23:11.9 115:59.5 1:08.6)

1	12	Grace Tilton	SR	22:25.5
2	32	Meredith Mayes	SR	22:57.1
3	58	Emily Stickles	FR	23:31.0
4	60	Shannon Trant	FR	23:31.8
5	62	Alexa Sakaforas	FR	23:34.1
6	(72)	Marie Ferro	SR	23:47.9
7	(120)	Hailey Beyer	SO	24:26.1

## 7. Rochester

**Total: Points 232**

(23:10.0 115:49.7 2:00.3)

1	2	Lauren Norton	SR	21:47.6
2	34	Catherine Knox	FR	23:01.1
3	57	Zarah Quinn	SR	23:30.6
4	68	Meghan Ogle	SR	23:42.5
5	71	Danielle Bessette	JR	23:47.9
6	(101)	Victoria Stepanova	SO	24:08.8
7	(155)	Anya Joynt	FR	25:03.2

## 7. Plattsburgh

**Total: Points 232**

(23:12.7 116:03.2 1:09.5)

1	20	Kelley Driscoll	JR	22:38.5
2	44	Emma Deshaies	FR	23:08.3
3	45	Colleen Coon	SR	23:10.2
4	50	Amanda Schermerhorn	SR	23:18.2
5	73	Catherine Ehmann	SO	23:48.0
6	(157)	Amanda Joskow	SO	25:04.7
7	(202)	Megan Schweizer	FR	26:02.0

## 9. Cortland

**Total: Points 236**

(23:12.2 116:00.8 1:44.4)

1	8	Emily Cotey	JR	22:18.6
2	11	Jordyn Naylon	SR	22:25.2
3	56	Kerri Culhane	FR	23:28.2
4	70	Kelly Bromm	SO	23:45.8
5	91	Nicole Bermudez	FR	24:03.0
6	(99)	Kayla Blomback	FR	24:07.1
7	(123)	Danika Ortiz	FR	24:28.5

## 10. Vassar

**Total: Points 295**

(23:27.0 117:14.6 1:39.6)

1	10	Aubree Piepmeier	JR	22:20.5
2	46	Kelly Holmes	SR	23:12.9
3	75	Cassidy Carpenter	SO	23:48.6
4	77	Stephanie Malek	SR	23:52.5
5	87	Viviane Ford	SO	24:00.1
6	(95)	Emily Sufrin	SR	24:04.9
7	(132)	Emily Garber	JR	24:40.2

## 11. TCNJ

**Total: Points 296**

(23:28.8 117:23.7 1:29.8)

1	13	Cathy Goncalves	SR	22:27.6
2	52	Tara Nealon	SO	23:22.3
3	67	Anginelle Alabanza	JR	23:41.3
4	80	Jillian Manzo	SO	23:55.1
5	84	Megan Flynn	JR	23:57.4
6	(85)	Rachel Morris	SR	23:58.7
7	(133)	Alyssa Bannon	SR	24:40.9

## 12. Hamilton

**Total: Points 331**

(23:32.0 117:39.9 1:50.9)

1	16	Sarah Ohanesian	JR	22:32.9
2	33	Lainie Smith	FR	23:00.2
3	53	Allie Gurney	JR	23:24.4
4	112	Emily Banzer	SO	24:18.6
5	117	Hallie Loft	SO	24:23.8
6	(126)	Rachel Cackett	SR	24:33.3
7	(171)	Krystina Choinski	SO	25:18.8

## 13. Oneonta

**Total: Points 333**

(23:35.9 117:59.1 1:10.6)

1	38	Danielle Kennedy	JR	23:04.7
2	41	Brianna McLoughlin	SO	23:06.9
3	65	Marielle Genovesi	SO	23:36.0
4	81	Mariel Doyle	SO	23:56.2
5	108	Allison Ryley	JR	24:15.3
6	(111)	Cady Kuzmich	SO	24:17.6
7	(143)	Ceili McMorrow	FR	24:51.8

## 14. New Paltz

**Total: Points 445**

(23:57.6 119:47.6 2:33.2)

1	25	Nichole Wischoff	SR	22:44.7
2	54	Amanda Wolfer	JR	23:27.0
3	79	Bridgette Joskow	SO	23:53.8
4	118	Terisa Woych	SO	24:24.2
5	169	Andrea Prusik	JR	25:17.9
6	(178)	Maggie Mocete	JR	25:25.2
7	(182)	Danielle Halikias	FR	25:33.5

## 15. Fredonia

**Total: Points 450**

(23:59.9 119:59.2 0:48.0)

1	59	Kim Foltz	JR	23:31.5
2	76	Leslie Beaton	JR	23:51.7
3	100	Amanda Cocchiara	SO	24:07.6
4	102	Alissa Conti	JR	24:08.9
5	113	Becca List	SO	24:19.5
6	(115)	Anna Hourihan	JR	24:23.3
7	(134)	Kateri Walsh	SR	24:41.0



**16. Brockport****Total: Points 464**

(23:56.8 119:43.8 3:02.8)

1	4	Rachel Malone	SO	22:01.9
2	74	Kim Wooten	SR	23:48.3
3	88	Chrissy Wolniewicz	SR	24:00.4
4	140	Laura Pankowski	SR	24:48.5
5	158	Tess Rakiewicz	SO	25:04.7
6	(170)	Emily Noonan	FR	25:18.6
7	(191)	Jen Behlmaier	JR	25:45.1

**17. RIT****Total: Points 505**

(24:08.8 120:43.6 2:14.3)

1	27	Erin Lafave	SR	22:50.6
2	63	Amanda Dole	SR	23:34.7
3	110	Rebecca Greiner	FR	24:17.5
4	146	Katrijn Moulin	SR	24:55.9
5	159	Amy Becker	FR	25:04.9
6	(181)	Alicia Sutphin	FR	25:28.8
7	(196)	Kaylin Beiter	SO	25:52.1

**18. Stockton****Total: Points 514**

(24:11.1 120:55.3 2:02.6)

1	31	Morgan Sinclair	JR	22:55.2
2	89	Nicole Salge	SR	24:00.9
3	103	Laura Warren	JR	24:09.6
4	142	Caitlyn Kozlowski	SO	24:51.8
5	149	Stephanie Paluchowski	JR	24:57.8
6	(154)	Sam Merkh	SO	25:02.3
7	(189)	Barbara Prokopiuk	SR	25:43.0

**19. St. Joseph's (L.I.)****Total: Points 516**

(24:12.4 121:02.0 1:36.1)

1	49	Christine Cristobal	SR	23:17.7
2	90	Annmarie Zigrosser	SO	24:02.9
3	107	Gillian Goodwin	JR	24:15.0
4	125	Maureen Quinn	SR	24:32.6
5	145	Brittany Guttieri	FR	24:53.8
6	(184)	Caitlyn Ryan	JR	25:35.9
7	(185)	Mary Cipriano	SO	25:38.0

**20. William Smith****Total: Points 579**

(24:22.1 121:50.1 2:35.6)

1	21	Emily D'Addario	SR	22:39.4
2	105	Marielle Verni	JR	24:11.9
3	137	Margaret Nash	JR	24:43.7
4	151	Avery Share	SO	25:00.1
5	165	Ellen Grenen	SO	25:15.0
6	(198)	Kristen Cronmiller	JR	25:54.3
7	(223)	Meghan Gaucher	JR	27:05.7

## 21. Utica

**Total: Points 596**

(24:27.5 122:17.4 2:05.7)

1	48	Ashton Villeneuve	FR	23:14.8
2	97	Sarah Depalma	FR	24:06.4
3	130	Jaimee Balloni	JR	24:39.7
4	147	Rianne Erlwein	SO	24:56.0
5	174	Julie Bowler	SO	25:20.5
6	(203)	Sam Bennett	FR	26:03.2
7	(216)	Savannah Bernardin	SO	26:39.6

## 22. St. John Fisher

**Total: Points 618**

(24:32.0 122:39.7 1:30.4)

1	61	Katlin Shippy	FR	23:33.1
2	119	Sarah Coon	FR	24:24.4
3	138	Renee Deruchia	FR	24:45.6
4	144	Nicole Graziadei	SO	24:53.1
5	156	Nicole Vainauskas	FR	25:03.5
6	(186)	Sarah Harrington	FR	25:40.1
7	(190)	Taylor Gallup	SO	25:44.9

## 23. Ramapo

**Total: Points 634**

(24:34.6 122:52.9 0:27.2)

1	114	Brianna Springsteadah	FR	24:20.3
2	116	Taylor Shanley	SR	24:23.8
3	129	Emily Brock	FR	24:37.7
4	136	Lindsey McKee	JR	24:43.6
5	139	Deanna Dragone	FR	24:47.5
6	(173)	Courtney Schofield	JR	25:19.8
7	(208)	Erica Colavito	SO	26:16.4

## 24. Nazareth

**Total: Points 659**

(24:41.4 123:26.7 1:12.2)

1	93	Lauren Heitzhaus	JR	24:04.1
2	96	Shanna Swanson	FR	24:05.5
3	150	Kelsey Ryan	SR	24:59.5
4	153	Lauren Jamieson	SR	25:01.3
5	167	Bethany Althaus	JR	25:16.3
6	(175)	Kayla Murphy	SR	25:21.1
7	(199)	Kayleigh Olive	JR	25:55.3

## 25. Oswego

**Total: Points 673**

(24:44.2 123:40.6 1:12.8)

1	83	Christina Sakowski	JR	23:57.2
2	128	Katie Laris	FR	24:35.2
3	141	Meghan Murphy	SO	24:50.7
4	160	Barb Scheibel	SO	25:07.5
5	161	Katie Bott	JR	25:10.0
6	(177)	Marta Tomaszewski	FR	25:22.9
7	(211)	Noelle Crocetti	FR	26:26.0

**26. Clarkson****Total: Points 688**

(24:47.1 123:55.5 1:44.4)

1	69	Sarah Governale	SO	23:43.8
2	122	Catherine Zarnofsky	JR	24:27.2
3	152	Arianne Loeber	SR	25:00.9
4	166	Chelsea Farinacci	FR	25:15.4
5	179	Rachel Bachman	SR	25:28.2
6	(210)	Meaghan McKenna	FR	26:20.5
7	(220)	Susan Lopez	JR	26:49.5

**27. Buffalo State****Total: Points 714**

(24:51.4 124:16.7 1:24.1)

1	94	Victoria Destefano	JR	24:04.7
2	104	Katlyn McNamara	FR	24:09.7
3	164	Ana Rivera	SO	25:13.9
4	172	Sabrina Brooks	SO	25:19.6
5	180	Julia Smith	FR	25:28.8
6	(204)	Nicole Campagna	SO	26:04.6
7	(207)	Rachel Parker	SO	26:12.1

**28. Stevens Institute****Total: Points 742**

(25:01.7 125:08.3 4:08.8)

1	9	Amy Regan	FR	22:19.7
2	131	Kelly Freed	JR	24:40.1
3	194	Christine Hecker	SO	25:49.5
4	195	Kate Moyer	FR	25:50.5
5	213	Janice Frontera	FR	26:28.5
6	(215)	Laura Lemke	JR	26:32.7
7	(247)	Maura Quinn	JR	29:11.5

**29. Hartwick****Total: Points 885**

(25:53.6 129:27.8 3:55.5)

1	55	Monica Prager	SO	23:27.5
2	183	Tricia Phillips	SO	25:34.8
3	193	Sheila Niedziela	SR	25:47.4
4	226	Krista Poore	SO	27:15.1
5	228	Grace Nealon	SO	27:23.0
6	(234)	Becky Talbot	SO	27:33.7

**30. Union****Total: Points 909**

(25:35.5 127:57.2 1:12.9)

1	148	Elizabeth Nailing	JR	24:56.8
2	176	Mary Arnold	SO	25:22.6
3	188	Jen Ventrella	FR	25:41.6
4	192	Cara Zimmerman	JR	25:46.5
5	205	Amanda Monteforte	FR	26:09.7
6	(218)	Alexandra Reardon	FR	26:45.9
7	(227)	Rebekah Williams	SO	27:16.4

### 31. Cobleskill

**Total: Points 987**

(26:29.3 132:26.4 3:14.2)

1	121	Rebekah Johnson	SO	24:26.6
2	163	Kies Orr	FR	25:12.2
3	232	Alyssa Alex	FR	27:30.2
4	235	Kara O'Connor	JR	27:36.6
5	236	Jackie Boyce	FR	27:40.8
6	(241)	Meghan Smith	SO	28:38.8
7	(259)	Kelsey Pangman	JR	31:42.8

### 32. Bard

**Total: Points 996**

(28:03.4 140:16.6 8:16.5)

1	51	Perry Scheetz	SR	23:20.8
2	187	Sorrel Dunn	SO	25:41.0
3	244	Imani Jones	FR	28:57.0
4	256	Christina Baal	SO	30:40.5
5	258	Amelia Bronder-Giroux	SR	31:37.3

### 33. Mount Saint Mary

**Total: Points 1025**

(26:25.4 132:06.7 2:14.8)

1	162	Jessica Cowell	JR	25:11.6
2	197	Jennifer Angileri	JR	25:53.5
3	206	Nicole Zazzero	JR	26:11.9
4	229	Victoria Wresilo	JR	27:23.3
5	231	Amber Stevens	FR	27:26.4
6	(254)	Aimee Caron	FR	30:13.7
7	(260)	Diana Pernicano	FR	32:15.5

### 34. USMMA

**Total: Points 1028**

(26:40.5 133:22.1 3:32.5)

1	135	Gretchen Holoubek	SR	24:41.9
2	209	Amber Kinter	SO	26:17.7
3	221	Ellie Coulter	SO	26:57.0
4	225	Gloria Mahoney	FR	27:11.1
5	238	Saxon Londagin	FR	28:14.4
6	(243)	Emily Bull	FR	28:47.1

### 35. Sage

**Total: Points 1037**

(26:32.6 132:43.0 2:57.8)

1	168	Alaina Krueger	FR	25:17.1
2	201	Kiera Warner	FR	25:58.9
3	212	Amanda Millington	FR	26:27.9
4	217	Katie Fagnoli	SR	26:44.2
5	239	Caitlin Coughlin	SO	28:14.9
6	(246)	Megan Lugo	FR	29:04.6
7	(257)	Leanne Egan	FR	30:50.5

### 36. Potsdam

**Total: Points 1046**

(27:59.8 139:58.9 8:32.5)

1	92	Hollie Heimer	SR	24:03.7
2	219	Olivia Rehm	FR	26:48.0
3	222	Hannah Groshner	FR	26:59.2
4	251	Sarah Howe	FR	29:31.8
5	262	Rebecca Dukett	SO	32:36.2
6	(263)	Sara Behuniak	JR	32:37.6
7	(265)	Stephanie Hall	SO	35:00.7

### 37. Rutgers-Camden

**Total: Points 1181**

(28:40.7 143:23.1 6:28.1)

1	214	Tori Gerstenacker	FR	26:29.6
2	224	Meg Castro	JR	27:10.0
3	237	Marie Bodenschatz	JR	28:06.0
4	242	Gabriella Schwalbe	SR	28:39.8
5	264	Stephanie Schuster	JR	32:57.7

### 38. CCNY

**Total: Points 1196**

(28:43.1 143:35.5 3:57.5)

1	200	Sarah Salazar	FR	25:56.8
2	245	Vanessa Alexis	FR	29:02.7
3	248	Mariel Reyes	JR	29:14.3
4	250	Jennifer Dumas	FR	29:27.4
5	253	Christin Hu	SO	29:54.3

### 39. Rutgers-Newark

**Total: Points 1204**

(28:31.4 142:37.0 2:21.9)

1	230	Lasha Johnson	JR	27:24.4
2	233	Josephine Polynice	SO	27:31.0
3	240	Jane Cho	JR	28:28.5
4	249	Megan Krause	SO	29:26.8
5	252	Danielle Parker	FR	29:46.3
6	(255)	Sheana Foster	JR	30:31.9
7	(261)	Sonam Lhadon	FR	32:26.3

### Incomplete Teams:

**Drew** - Jennifer Van Wingerden SR

**Purchase** - Katherine Henri FR

**Wells** - Emily Middlebrook SO, Katie Lamanna FR

**Hunter** -Lizzy Mahoney SR, Stephie-Anne Duliepre JR, Alexandra Martinovic FR, Daniela Pereira FR

**Maritime (N.Y.)** - Jackie Bellisari JR

**D'Youville** - Emily Quast FR, Maria Fusco SO

**Manhattanville** - Alexis Moore JR