

Five Saxons named Empire 8 all-conference in men's outdoor track and field

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ALFRED, NY Five members of the Alfred University men's outdoor track and field team have been named Empire 8 Conference all-stars. Junior Shawn Ross (Ticonderoga, NY/Ticonderoga) was named a First Team all-star in the shot put. The AU 4X400-meter relay team of seniors Lee Consolo (Pleasantville, NY/Pleasantville) and Matt Phillips (Kinderhook, NY/Ichabod Crane), freshman Jeremy Weaver (Lancaster, PA/Lancaster Catholic) and sophomore Richard Scott (Eden, NY/Eden) were named to the Second Team. Conference all-stars were determined by results from the Empire 8 outdoor championship meet Saturday, April 17, at RIT. Ross won the shot put (13.77 meters) and the Saxons' 4X400-meter relay team placed second in 3:27.74. It marks the third straight year Ross has earned all-conference honors in the shot put. He was a Second Team all-star in 2008 and 2009. Each season, the Empire 8 honors students-athletes from each conference school, who play on teams sponsored by the conference, with Sportsman of the Year awards. Honorees, chosen by their coaches, exhibited outstanding sportsmanship in keeping with the conference's mission of "competing with honor and integrity." Phillips is Alfred's honoree from the men's team and senior Rachel Gaylord (Elmira, NY/Horseheads) was named from the AU women's team. Alfred's men's and women's teams compete at the Penn Relays today and Friday (April 22 and 23) and are at Cornell on Sunday, April 25. Both squads compete at the New York State championships Friday and Saturday, April 30 and May 1.