

AU's Squillacioti, Ross named Empire 8 all-stars in outdoor track and field

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ALFRED, NY Ryan Squillacioti (Smithtown, NY/Hauppauge), a junior at Alfred University, has been named a First Team Empire 8 Conference all-star in outdoor track and field. Squillacioti earned the honor with his first-place finish in the shot put at Saturday's Empire 8 championship meet at Ithaca College. His toss of 14.25 meters established a new Empire 8 championship meet record. Squillacioti has dominated the shot put in Empire 8 competition this year. He was named a First Team all-star in the event at the conference indoor championships in February and was ultimately named Empire 8 Field Athlete of the Year for the indoor season. He was a First Team conference all-star in the shot put as a sophomore during the 2006-07 indoor season, when he set the Empire 8 indoor championship record and was named Co-Field Athlete of the Year. AU freshman Shawn Ross (Ticonderoga, NY/Ticonderoga) was named a Second Team Empire 8 all-star in the shot put after finishing second to Squillacioti in the shot put Saturday with a throw of 13.51 meters. Ross was also a Second Team all-star in the shot put at this year's indoor championships.