

Alfred University competes at Empire 8 indoor track and field championships

2/02/09



ROCHESTER, NY The Alfred University men's and women's indoor track and field teams competed Sunday, Feb. 1, at the Empire 8 Conference championship meet, hosted by Rochester Institute of Technology. The AU men took fourth of five teams competing, ahead of Nazareth and behind champion Ithaca, runner-up RIT and Stevens. The AU women were fifth of five teams, behind Ithaca, runner-up RIT, Stevens and Nazareth. AU sophomore Shawn Ross (Ticonderoga, NY/Ticonderoga) was named a First Team conference all-star in the shot put after winning the event at Sunday's meet. His toss of 14.95 meters set a new Empire 8 championship record and met ECAC championship meet qualifying standards. Freshman Evan Roush (Newport, PA/Newport) was also named a conference all-star, earning Second Team honors after his runner-up finish in the triple jump (12.85 meters). Other top performers for the AU men included junior Lee Consolo (Pleasantville, NY/Pleasantville) and Richard Scott (Eden, NY/Eden), who were sixth (52.19 seconds) and seventh (53.24 seconds), respectively, in the 400-meter dash. Scott also took 10th in the long jump (5.74 meters) and freshman Kenneth Noll (Valatie, NY/Ichabod Crane) was seventh in the shot put (11.29 meters). Junior Matt Phillips (Kinderhook NY/Ichabod Crane), Scott, freshman Ben Pelt (Jefferson, MA/West Boylston) and Consolo took fourth in the 4-by-400 meter relay (3:31.99). Junior Megan Crimmins (Big Flats, NY/Horseheads) paced the AU women's team, earning Second Team Empire 8 honors with her runner-up finish in the mile run (5:30.22). Crimmins also took fifth in the 800-meter run (2:33.26). Other top performers for the AU women were freshman Sarah Foster (Adelaide, Australia/Sparta, NJ), fifth in the high jump (1.48 meters); sophomores Melissa Haahr (Tioga, NY/Owego) and Jen Chan (Angelica, NY/Genesee Valley), eighth (2:39.06) and ninth (2:40.20), respectively, in the 800 meters; and freshman Elisabeth Phillips-Jones (Watertown, MA/Watertown), 10th in the mile run (5:57.61). Alfred is in action next on Saturday, Feb. 7, at Susquehanna (PA) University.