

EMMA DEWART

2008 BARKER CENTRAL SCHOOL GRADUATE
ITHACA COLLEGE 2008-2012
INDOOR AND OUTDOOR TRACK & FIELD

2-time NCAA Division III National Champion



"Once a Raider, Always a Raider"

- 11-time All-American • 3-time USTROCCA All-Academic Team
- NCAA Division III Academic All-American • Cross Country/Track & Field First Team Selection
- NCAA Division III Academic All-American • Women's Cross Country/Track & Field First Team Selection
- NCAA Woman of the Year Nominee • 5-time USTROCCA Empire Region Indoor and Outdoor Field Athlete of the Year
- 4-time Eastern College Athletic Conference Champion • 4-time NISCTE Indoor and Outdoor Field Athlete of the Year
- 22-time New York State Collegiate Track Conference Champion
- 2012 Empire 8 Woman of the Year • 7-time Empire 8 Indoor and Outdoor Field Athlete of the Year
- 16-time Empire 8 Champion • 9-time Ithaca College Track & Field Record Breaker
- 2012 Ithaca 2000 Cornell Award • Heister Glass Top Female Athlete
- 2012 NCAA Post-Graduate Scholarship Recipient • 2-time Empire 8 President's List
- 2-time Capital One District 3 College Division All-Academic Team • 2012 Penn Relay Heptathlon Champion
- 2012 Niagara Track & Field Hall of Fame Jack Tupper Daniels Award Recipient

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UNION CATHOLIC HIGH SCHOOL

DJ Thornton
CLASS OF 2010

Cross Country and Track & Field
Accomplishments



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| <p>STATE CHAMPION</p> <ul style="list-style-type: none"> 2008 1000m 2008 1500m 2008 2000m 2008 3000m 2008 4000m 2008 5000m 2008 6000m 2008 7000m 2008 8000m 2008 9000m 2008 10000m 2008 11000m 2008 12000m 2008 13000m 2008 14000m 2008 15000m 2008 16000m 2008 17000m 2008 18000m 2008 19000m 2008 20000m | <p>STATE CHAMPION</p> <ul style="list-style-type: none"> 2008 1000m 2008 1500m 2008 2000m 2008 3000m 2008 4000m 2008 5000m 2008 6000m 2008 7000m 2008 8000m 2008 9000m 2008 10000m 2008 11000m 2008 12000m 2008 13000m 2008 14000m 2008 15000m 2008 16000m 2008 17000m 2008 18000m 2008 19000m 2008 20000m | <p>STATE CHAMPION</p> <ul style="list-style-type: none"> 2008 1000m 2008 1500m 2008 2000m 2008 3000m 2008 4000m 2008 5000m 2008 6000m 2008 7000m 2008 8000m 2008 9000m 2008 10000m 2008 11000m 2008 12000m 2008 13000m 2008 14000m 2008 15000m 2008 16000m 2008 17000m 2008 18000m 2008 19000m 2008 20000m |
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