



SWIMMING & DIVING 2004-05

Presidents' Athletic Conference

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PRESIDENTS' ATHLETIC CONFERENCE (PAC) 2005 MEN'S & WOMEN'S SWIMMING & DIVING CHAMPIONSHIPS GCC/PAC Invitational - Grove City College - Grove City, Pa. - Feb. 10-12, 2005

FINAL PAC Men's Team Standings (Day 3 of 3)

1. Westminster College (WES)	967
2. Grove City College (GRO)	817.5
3. Washington & Jefferson College (W&J)	445.5
4. Bethany College (BET)	268

FINAL PAC Women's Team Standings (Day 3 of 3)

1. Washington & Jefferson College (W&J)	846
2. Westminster College (W&J)	776
3. Grove City College (GRO)	495
4. Bethany College (BET)	143

2005 MEN'S INDIVIDUAL/RELAY FINAL RESULTS - DAY 1

EVENT
200 Freestyle

1st Place (All-PAC First Team)
Westminster (Ryan Trunk, Tom Benoit, Shawn McNamara, Kevin Gesacion)
1:24.87

2nd Place (All-PAC Second Team)
Grove City (Ben Haring, Andrew Gilbert, (Matt Ziders, Caleb Courage)
1:25.31

500 Freestyle

Nate Horrell, Jr., WES,
4:48.15

Tom Benoit, Fr., WES
4:50.35

200 Individual Medley

Josh Hensler, Jr., WES
1:56.62

Adam Rady, So., WES
1:57.75

50 Freestyle

Caleb Courage, Fr., GRO
20.76

Ben Haring, Jr., GRO
21.07

3-Meter Diving

Joe Kennedy, Jr, BET
358.50

Joe Riddell, Fr., GRO
352.50

400 Medley Relay

Grove City (Joel Boerckel, Andrew Gilbert, Matt Ziders, Caleb Courage)
3:31.17

Westminster (Pat Smith, Nick Keagle, Nate Horrell, Ryan Trunk)
3:32.02

2005 WOMEN'S INDIVIDUAL/RELAY FINAL RESULTS - DAY 1

200 Freestyle Relay

Washington & Jefferson (Kaitlyn Orstein, Jessica Wightman, Erin Boyle, Brandi Shoupe)
1:38.00

Westminster (Megan McLaughlin, Becky Giles, Steph Peters, Sara Bonchosky)
1:39.44

500 Freestyle

Sara Bonchosky, So., WES,
5:14.05

Christine Bare, Sr., GRO
5:17.85

200 Individual Medley

Kaitlyn Orstein, Fr., W&J
2:03.58

Becky Giles, Fr., WES
2:11.26

50 Freestyle

Steph Peters, Fr., WES
24.99

Brandi Shoupe, So., W&J
25.08

3-Meter Diving

Emily Hays, So., GRO
351.45

400 Medley Relay

Washington & Jefferson (Kristina Springborn, Kristen Masterpietro, Kaitlyn Orstein, Courtney Sheppard), 3:57.99

Westminster (Megan Sweithelm, Becky Giles, Amy Wirtz, Steph Peters)
4:02.46

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2005 PAC SWIMMING & DIVING CHAMPIONSHIPS/PAGE 2

2005 MEN'S INDIVIDUAL/RELAY FINAL RESULTS - DAY 2

INDIVIDUAL/RELAY RESULTS (continued)

EVENT	1st Place (All-PAC 1st team)	2nd Place (All-PAC 2nd team)
200 Medley Relay	Grove City (Joel Boerckel, Andrew Gilbert, Matt Ziders, Caleb Courage) 1:35.76	Westminster (Shawn McNamara, Adam Rady, Josh Hensler, Kevin Gesacion) 1:37.01
1000 Freestyle	Seth Senior , Fr., WES 10:04.19	Matt Kerns , So., WES 10:14.58
400 Individual Medley	Josh Hensler, Jr. , WES 4:15.03	Pat Smith , So., WES 4:17.24
100 Butterfly	Stephen Zinz , So., BET 52.56	Nate Horrell, Jr. , WES 53.17
200 Freestyle	Ryan Trunk , So., WES 1:41.70	Caleb Courage , Fr., GRO 1:41.72
100 Breaststroke	Andrew Gilbert , So., GRO 59.43	Adam Rady , So., WES 1:00.19
100 Backstroke	Joel Boerckel, Jr. , GRO 54.28	Pat Smith , So., WES 54.29
800 Freestyle Relay	Westminster (Ryan Trunk, B.J. Sieg, Adam Rady, Tom Benoit) 7:02.72	Washington & Jefferson (Matt Socha, Brian Train, Chris Nesensohn, Ryan Johnson) 7:20.56

2005 WOMEN'S INDIVIDUAL/RELAY FINAL RESULTS - DAY 2

200 Medley Relay	Washington & Jefferson (Kristina Springborn, Kaitlyn Orstein, Brandi Shoupe, Erin Boyle) 1:47.48	Westminster (April Dollard, Emily Staniszewski, Amy Wirtz, Megan McLaughlin) 1:52.20
1000 Freestyle	Christine Bare , Sr., GRO 10:41.13	Kristina McClelland , Fr., W&J 11:02.06
400 Individual Medley	Kaitlyn Orstein , Fr., W&J 4:28.89	Becky Giles , Fr., WES 4:38.99
100 Butterfly	Brandi Shoupe , So., W&J 59.25	Amy Wirtz , So., WES 1:00.26
200 Freestyle	Sara Bonchosky , So., WES 1:56.31	Steph Peters , Fr., WES 1:57.74
100 Breaststroke	Kristen Masterpietro , Fr., W&J 1:00.24	Jacque Adlam , Sr., GRO 1:08.74
100 Backstroke	Megan Sweithelm , Jr., WES 1:00.91	Megan Thornburg , Jr., W&J 1:01.47
800 Freestyle Relay	Westminster (Megan McLaughlin, Becky Giles, Steph Peters, Sara Bonchosky) 7:57.58	Grove City (Christine Bare, Ellen Keefer, Karen Rodgers, Ellen Magee) 8:02.54

2005 PAC SWIMMING & DIVING CHAMPIONSHIPS/PAGE 3

2005 MEN'S INDIVIDUAL/RELAY FINAL RESULTS - DAY 3

INDIVIDUAL/RELAY RESULTS (continued)

<u>EVENT</u>	<u>1st Place (All-PAC 1st team)</u>	<u>2nd Place (All-PAC 2nd team)</u>
1650 Freestyle	Seth Senior , Fr., WES 17:01.82	Matt Kerns , So., WES 17:16.45
200 Backstroke	Pat Smith , So., WES 1:56.27	Joel Boerckel, Jr. , GRO 1:58.53
100 Freestyle	Caleb Courage , Fr., GRO 45.56	Ryan Trunk , So., WES 45.82
200 Breaststroke	Josh Hensler, Jr. , WES 2:09.39	Andrew Gilbert , So., GRO 2:12.14
200 Butterfly	Ian Yarger , Fr., WES 1:58.82	Nate Horrell, Jr. , WES 2:00.39
3-Meter Diving	Joe Kennedy, Jr. , BET 324.65	Joe Riddell , Fr., GRO 314.85
400 Freestyle Relay	Westminster (Ryan Trunk, Adam Rady, Kevin Gesacion, Tom Benoit) 3:07.83	Grove City (Ben Haring, Andrew Gilbert, John Newell, Caleb Courage) 3:09.58

2005 WOMEN'S INDIVIDUAL/RELAY FINAL RESULTS - DAY 3

1650 Freestyle	Christine Bare , Sr., GRO 18:20.01	Brittany Thomas , So., WES 18.29.88
200 Backstroke	Megan McLaughlin , So., WES 2:11.12	Megan Sweithelm, Jr. , WES 2:11.48
100 Freestyle	Steph Peters , Fr., WES 53.63	Courtney Sheppard , Fr., W&J 54.28
200 Breaststroke	Kaitlyn Orstein , Fr., W&J 2:21.92	Kristen Masterpietro , Fr., W&J 2:26.50
200 Butterfly	Amy Wirtz , So., WES 2:14.61	Brandi Shoupe , So., W&J 2:16.36
1-Meter Diving	Abby Leslie , Sr., W&J 314.20	Emily Hays , So., GRO 308.10
400 Freestyle Relay	Washington & Jefferson (Brandi Shoupe, Erin Boyle, Courtney Sheppard, Kaitlyn Orstein), 3:35.35	Westminster (Megan McLaughlin, Becky Giles, Steph Peters, Sara Bonchosky) 3:36.73

2005 PAC Men's Swimming Most Valuable Performer: Caleb Courage, Fr., (Grove City)

2005 PAC Men's Swimming Coach of the Year: Rob Klamut (Westminster)

2005 PAC Women's Swimming Most Valuable Performer: Kaitlyn Orstein, Fr., (Washington & Jefferson)

2005 PAC Women's Swimming Coach of the Year: Mike Orstein (Washington & Jefferson)