

PAC

CROSS COUNTRY 2001

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THIS WEEK'S RESULTS - September 8

Allegheny Classic (Men)

Grove City - 6th place
Westminster - 7th place

Allegheny Classic (Women)

Grove City - 4th place

California (Pa.) Invitational (Women)

Waynesburg - 8th place

Thiel Invitational (Men)

Washington & Jefferson - 1st place
Bethany - 2nd place
Thiel - individuals only

Thiel Invitational (Women)

Westminster - 1st place
Thiel - 2nd place
Bethany - individuals only
Washington & Jefferson - individuals only

NEXT WEEK'S SCHEDULE - September 15

IUP Invitational

Grove City

Notre Dame (Ohio) Invitational

Westminster

Pitt-Greensburg Invitational

Washington & Jefferson

Pitt-Johnstown Invitational

Bethany, Thiel, Waynesburg (women)

PAC Men's Runner of the Week

MATT ROWLAND

Thiel College

Freshman

Niles, Ohio

Rowland captured the individual title at the Thiel Invitational this weekend, finishing in a time of 30:13 to win by 24 seconds.

Other nominees included freshman **Nick Jordan** of Bethany, senior **Josh Bolinger** of Grove City, and junior **Matt Yokitis** of Washington & Jefferson.

PAC Women's Runner of the Week

JANNA SALLADE

Grove City College

Freshman

Wyomissing, Pa./Wyomissing H.S.

In her first collegiate meet, Sallade finished in 10th place out of over 100 runners at the Allegheny Classic in Meadville, finishing in 20:27.

Other nominees included sophomore **Tiffany Baumgart** of Bethany, **Marybeth Scialabba** of Thiel, junior **Kim Nowak** of Washington & Jefferson, sophomore **Sara Linger** of Waynesburg.

PAC CROSS COUNTRY NOTES

Bethany Bison

Freshman **Nick Jordan** (3rd), senior **Matt Donahie** (7th), freshman **Shawn McFern** (9th) and senior **T.J. Howell** (10th) all had top ten finishes for the Bethany men's cross country team at the Thiel Invitational ... Sophomore **Tiffany Baumgart** finished fifth, while sophomore sisters **Kelly** and **Katie McGrew** took 10th and 11th place respectively, for the Bethany women's cross country squad.

Wash. & Jeff. Presidents

The W&J men captured the team title at the Thiel Invitational after placing five runners in the top eight led by junior **Matt Yokitis'** second-place finish at 30:37 ... senior **Joe Henderson** finished in fourth with a time of 33:15 ... the women's squad competed on an individual basis only with four runners due to injuries ... the top finisher was junior **Kim Nowak** who placed seventh in a time of 23:25.

Grove City Wolverines

Grove City opened the 2001 season at the Allegheny Classic in Meadville ... Senior **Josh Bolinger** finished 18th at Allegheny with a team-best time of 28:21 ... Freshman **Janna Sallade**, in her first college meet at Allegheny, placed 10th overall with a team-best time of 20:27.

Waynesburg Yellow Jackets

The Waynesburg women's cross country team finished 8th out of 10 teams participating in the California Invitational held at California University ... Sophomore **Sara Linger** placed 26th with a time of 23:09 to lead the Jackets ... Senior **Trisha Pollock** (38th, 24:05) and freshman **Rachel Feldner** (39th, 24:08) were other Jackets who finished in the top 40.

Thiel Tomcats

Thiel placed second to Westminster in women's competition at the Thiel Invitational, while the Tomcat men competed as individuals only ... Freshman **Matt Rowland** finished in first place in the men's race with a time of 30:13, 24 seconds ahead of the second place runner ... **Marybeth Scialabba** finished in third place in the women's race with a time of 22:03.

Westminster Titans

The Westminster women's cross country team placed five runners in the top nine positions to capture the team title at the four-team Thiel Invitational ... Leading the way for the Westminster women was senior **Desiree Henry**, who captured her second invitational title in as many weeks with a time of 20:54, topping sophomore teammate **Sara Ialongo** by 58 seconds (21:52) ... The Westminster men finished in seventh place this weekend at the 11-team Allegheny College Classic in Meadville ... Leading the way for Westminster was senior **Jacob Gleason**, who finished fourth out of 114 runners with a time of 27:31.

Past PAC Men's Runners of the Week

September 2: Matt Yokitis, Wash. & Jeff.

September 9: Matt Rowland, Thiel

September 16:

September 23:

September 30:

October 7:

October 14:

October 21:

Past PAC Women's Runners of the Week

September 2: Michelle Mantine, Wash. & Jeff.

September 9: Janna Sallade, Grove City

September 16:

September 23:

September 30:

October 7:

October 14:

October 21: