



## CROSS COUNTRY 2001

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### THIS WEEK'S RESULTS - October 6

#### **Washington & Jefferson Invitational - men**

1. Westminster - 17
2. Bethany - 67
3. Washington & Jefferson - 68
4. Thiel - 87

#### **Washington & Jefferson Invitational - women**

1. Westminster - 29
  2. Waynesburg - 57
  3. Thiel - 65
  4. Washington & Jefferson - 77
- Bethany - no team score

#### **Lehigh Invitational - men**

Grove City - 8th of 17 Division III teams

#### **Lehigh Invitational - women**

Grove City - 6th of 19 Division III teams

### NEXT WEEK'S SCHEDULE - October 12

#### **Grove City Invitational**

Bethany, Grove City, Thiel, Waynesburg

#### **Geneva at Westminster**

#### **Washington & Jefferson - idle**

### **PAC Men's Runner of the Week**

**RYAN MITCHELL**  
**Grove City College**

*Junior*

*Dayton, Ohio/Centerville H.S.*

Mitchell was named PAC Men's Runner of the Week for the second time after being the top Grove City finisher at the Lehigh Invitational, which featured 17 Division III teams and 62 teams overall. Mitchell placed 18th overall in the Division III field with a time of 27:07.49.

Other nominees included freshman **Nick Jordan** of Bethany, freshman **Matt Rowlands** of Thiel, and senior **Joe Henderson** of Washington & Jefferson.

### **PAC Women's Runner of the Week**

**MARY BETH SCIALABBA**  
**Thiel College**

*Freshman*

*New Brighton, Pa./Quigley H.S.*

Scialabba earned PAC Women's Runner of the Week laurels for the second time this season after leading Thiel and placing second overall at the Washington & Jefferson Invitational with a time of 21:26.

Other nominees included sophomore **Tiffany Baumgart** of Bethany, freshman **Jana Sallade** of Grove City, junior **Kim Nowak** of Washington & Jefferson, and sophomore **Sara Linger** of Waynesburg.

## PAC CROSS COUNTRY NOTES

### **Bethany Bison**

Bethany placed second in men's competition and had an incomplete women's team score at the Washington & Jefferson Invitational ... **Tiffany Baumgart** and **Kristy McGrew** finished eighth and 10<sup>th</sup> respectively at the W&J meet to lead the Bison women ... **Nick Jordan** was the Bison highest finisher for the men, crossing in 20<sup>th</sup> place.

### **Wash. & Jeff. Presidents**

W&J hosted the W&J Invitational this past weekend and the men's squad finished third of four teams, while the women's squad placed fourth of four teams ... Senior **Joe Henderson** posted the men's squad top time with a 10<sup>th</sup> place finish in a time of 30.44 ... Senior **Dave Rometo** also placed 23<sup>rd</sup> (33.03) ... The women's squad was led by junior **Kim Nowak**'s fifth-place finish in a time of 22.43 ... Junior **Michelle Mantine** placed 7<sup>th</sup> in a time of 22:56.

### **Grove City Wolverines**

In its first of two trips to the Lehigh Valley this fall, the Grove City College men's cross country team placed eighth among 17 Division III schools at the 28th Lehigh University Paul Short Run, which annually attracts the best teams in the region ... In all, 62 schools from all three NCAA divisions were represented ... Junior **Ryan Mitchell** was the first Wolverine to cross the finish line, placing 18th among Division III runners in 27:07.49 ... The Lady Wolverine cross country team placed sixth among 19 of the top Division III schools in the region ... Freshman **Jana Sallade** paced the Lady Wolverines on the 6K course with a time of 23:53.46, good for 23rd in the D-III field.

### **Waynesburg Yellow Jackets**

The Waynesburg women's cross country team finished second in the W&J Cross Country Invitational, the team's highest finish in an event this season ... Provisional conference member Westminster captured top team honors in the event ... Sophomore **Sara Linger** led the Jackets runners to a second place finish in the W&J Invitational. She finished 9<sup>th</sup> overall (23.20) to place first among Jacket runners.

### **Thiel Tomcats**

The Thiel men and women placed third and fourth, respectively, at the W&J Invitational on Saturday ... Freshman **Matt Rowlands** led the men by placing fourth in 29:28, while frosh **Mary Beth Scialabba** led the Lady Cats by finishing second in 21:26.

### **Westminster Titans**

Westminster swept the men's and women's team titles at the Washington & Jefferson Invitational in Washington, Pa., this weekend ... Senior **Jacob Gleason** captured the men's race, giving him three invitational crowns in the past four weeks ... Gleason posted a course-record time of 27:54, breaking the old mark of 28:25 set by **Tim Sabella** of Grove City ... Lady Titan senior **Desiree Henry** won her fifth race in six starts this season, posting a course-record time of 20:34 to break the old mark of 20:50 held by **Truly Norman** of Geneva.

### **Past PAC Men's Runners of the Week**

September 2: Matt Yokitis, Wash. & Jeff.  
September 9: Matt Rowland, Thiel  
September 16: Ryan Mitchell, Grove City  
September 23: Matt Rowland, Thiel  
September 30: Robert Sheridan, Bethany  
October 7: Ryan Mitchell, Grove City  
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: Laura Pratt, Grove City  
September 23: Mary Beth Scialabba, Thiel  
September 30: Tiffany Baumgart, Bethany  
October 7: Mary Beth Scialabba, Thiel  
October 14:  
October 21: