# 2008 PAC Swimming & Diving Release

Week 9 - January 12



Presidents' Athletic Conference 8500 Brooktree Road, Suite 130 Wexford, PA 15090 Web: www.pacathletics.org

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## 2008-09 PAC MEN'S STANDINGS (through January 11)

	PAC Contests			All (	Contests	
<u>School</u>	W	L	Pct.	<u>W</u>	L	Pct.
Grove City	1	0	1.00	7	1	.875
Washington & Jefferson	1	0	1.00	4	2	.667
Westminster	1	1	.500	4	1	.800
Bethany	0	2	.000	0	5	.000
Saint Vincent*				3	2	.600

## 2008-09 PAC WOMEN'S STANDINGS (through January 11)

	PAC Contests			Al	All Contests		
<u>School</u>	<u>W</u>	L	Pct.	<u>W</u>	L	Pct.	
Washington & Jefferson	2	0	1.00	9	0	1.00	
Grove City	2	0	1.00	7	2	.778	
Westminster	2	1	.667	3	3	.500	
Bethany	0	2	.000	0	5	.000	
Chatham	0	3	.000	6	3	.667	
Saint Vincent*				3	3	.500	

<sup>\* -</sup> NCAA Division III provisional member - not eligible for 2008 PAC championship or player of the week honors

#### **LASTWEEK**

Wednesday, January 7, 2009 Westminster 146, ROLLINS 108 (M) Westminster 151, ROLLINS 103 (W)

<u>Friday, January 9, 2009</u> Agnes Scott for Smart Women Sweat Inv. <u>Women (5 teams)</u>

1. Chatham (1,157)

### **UPCOMING EVENTS**

Wednesday, January 14, 2009 Wash. & Jeff. at Bethany\* - 6 p.m.

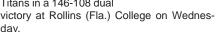
Saturday, January 17, 2009
Bethany at Saint Vincent\* - 1 p.m.
Grove City at Wash. & Jeff.\* - 1 p.m.
Chatham at Penn St.-Behrend - 1 p.m.
Mount Union at Westminster - 1 p.m.

### Men's Swimmer/Diver of the Week

### A.J.YARZEBINSKI Westminster

Senior Gibsonia, Pa. Hampton H.S.

Yarzebinski captured both the 100 (1:02.01) and 200 breaststroke (2:15.45) events for the Titans in a 146-108 dual



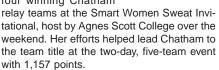


### Women's Swimmer/Diver of the Week

#### AMY KUUSKOSKI Chatham

Junior Wilmington, N.C. Homeschooled

Kuuskoski captured the 50, 100 and 200 freestyle events for the Cougars and swam on four winning Chatham



Also nominated was freshman Caitlin Lehberger of Westminster.

### Bethany Bison (M: 0-5, 0-2 PAC; W: 0-5, 0-2 PAC)

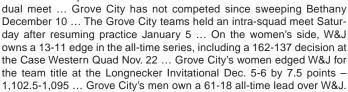
After being off since Dec. 10, Bethany will return to competition this week with a pair of dual meets ... The Bison host Washington & Jefferson Wednesday night at 6 p.m. in a PAC meet, then travel to Saint Vincent Saturday to swim against the Bearcats at 1 p.m.

# Chatham Cougars (W: 6-3, 0-3 PAC)

Chatham traveled to Agnes Scott College to participate in the Smart Women Sweat Invitiation that included the women's colleges of Agnes Scott, Sweet Briar, Hollins and Salem ... The Cougars won the invitational with a decisive 1,157 points compared to 919 by second place Sweet Briar ... The Cougars registered first place finishes in 14 of 17 events, including all four relays ... Junior Amy Kuuskoski accounted for three individual wins in the 50, 200 and 100 freestyle as well as being a part of four winning relays.

### Grove City Wolverines (M: 7-1, 1-0 PAC; W: 7-2, 2-0 PAC)

The Grove City College swimming and diving teams return to action Saturday afternoon at Washington & Jefferson in a pivotal Presidents' Athletic Conference



# Saint Vincent Bearcats (M: 3-2; W: 3-3)

Both Saint Vincent Bearcat swimming teams are idle until hosting Bethany this Saturday, Jan. 17.



# Washington & Jefferson Presidents (M: 4-2, 1-0 PAC; W: 9-0, 2-0 PAC)

The Washington & Jefferson College men's and women's swimming programs resume action on January 14th, traveling to Bethany for a 6 p.m. meet ... The women's squad has won 29 of its last 30 dual meets ... W&J will honor the four members of the 2008-09 roster on Saturday for Senior Day in a ceremony prior to the Grove City meet.



## Westminster Titans (M: 3-1, 1-1 PAC; W: 2-3, 2-1 PAC)

The Westminster College men's and women's swim teams defeated Rollins College in a dual meet Wednesday in Winter Park, Fla. ... The Ti-



tan men (4-1) won 146-108 while the Titan women (3-3) won by a score of 151-103 ... Westminster won a combined 16 events including seven by the men and nine from the women ... Senior A.J. Yarzebinski won two individual events for the Titan men with first-place times in the 100-(1:02.01) and 200-yard (2:15.45) breaststrokes ... Other multiple winners for the men included freshman Kris Brooks and senior Conor Simpson ... Brooks won the 100 backstroke (57.25) and Simpson captured the 200 butterfly (2:02.77) while both swam legs of the first-place 200 medley relay (1:41.90) ... On the women's side, freshman Caitlin Lehberger won three events, including the 100 (1:09.78) and 200 (2:31.40) breaststrokes while also swimming a leg of the winning 200 medley relay (1:56.32) ... Lehberger also swam an exhibition time of 2:16.52 in the 200 IM that beat Rollins' first-place finisher ... Other Titan women winning a pair of individual events included junior Emily Dressler in the 500 (5:26.08) and 1000 (10:59.49) freestyles, and freshman Brittany Reynolds in the 100 (56.71) and 200 (2:04.48) freestyles.

<b>Bethany Bison</b>
M: 0-5, 0-2 PAC
W: 0-5, 0-2 PAC

# Chatham Cougars W: 6-3, 0-3 PAC

# Grove City Wolverines M: 7-1, 1-0 PAC W: 7-2, 2-0 PAC

MEN

MEN			
Oct. 25	at Pitt-Bradford Relays	s	5th/5
Nov. 1	PENN ST-BEHREND	L	24-153
Nov. 8	at Hiram	L	52-115
Nov. 15	at Westminster*	L	18-91
Dec. 6	PENN STALTOONA	L	21-144
Dec. 10	GROVE CITY*	L	46-69
Jan. 14	WASH. & JEFF.*		6 p.m.
Jan. 17	at Saint Vincent*		1 p.m.
Jan. 28	at Frostburg State		6 p.m.
Jan. 31	URBANA		2 p.m.
Feb. 12-1	4 - PAC Championship	s (	(GCC)

WOMEN Oct. 18 Oct. 18 Oct. 25 Oct. 31 Nov. 1 Nov. 8 Nov. 8 Nov. 8 Nov. 15 Nov. 15 Jan. 9	SLIPPERY ROCK FROSTBURG ST. at Grove City*	W ys L 131 W W L	V 92-38 107-23 139-94 4th/6 121-162 .5-152.5 204-75 224-45 95-194 149-134
Nov. 15 Jan. 9 Jan. 17 Jan. 24 Jan. 31	vs. Hiram (at GCC)	W	149-134 1st/5 1 p.m. 1 p.m. 6 p.m.
	•	-	•

Oct. 25 Nov. 1 Nov. 15 Nov. 21 Nov. 22 Nov. 25 Dec. 5-6 Dec. 10 Jan. 17 Jan. 24 Jan. 30	at Clarion Fall Classic at Carnegie Mellon L HIRAM W SAINT VINCENT* W at CWRU Quad ALLEGHENY W LONGNECKER INVIT. at Bethany* at Wash. & Jeff.* DENISON WESTMINSTER* at Pitt-Bradford w/PS-Behrend	7 152-114 7 160-108 3-0 7 152-127 1st/7 W 69-46 1 p.m. 6 p.m. 5 p.m.
Jan. 31 Feb. 12-1	at Wooster 4 - PAC CHAMPIONSH	1 p.m. IIPS
MEN Oct. 25 Nov. 1 Nov. 15 Nov. 21 Nov. 22 Nov. 25 Dec. 5-6 Dec. 10 Jan. 17 Jan. 24 Jan. 27 Jan. 30 Jan. 31 Feb. 12-1	HIRAM SAINT VINCENT* at CWRU Quad ALLEGHENY W LONGNECKER INVIT. at Bethany* at Wash. & Jeff.* DENISON WESTMINSTER* at Pitt-Bradford w/PS-Behrend	. 121-178 W 194-95 W 191-99 W 153-75 2-1 / 159-139 1st/8 W 98-79 1 p.m. 1 p.m. 5 p.m.

# **WOMEN**

WOMEN			
Oct. 25	at Pitt-Bradford Relays	5th/	5
Nov. 1	PENN ST-BEHREND L	89-12	3
Nov. 8	at Hiram L	117-14	7
Nov. 15	at Westminster* L	69-10	7
Dec. 6	PENN STALTOONA L	97-12	2
Dec. 10	GROVE CITY*	L 79-9	8
Jan. 14	WASH. & JEFF.*	6 p.n	n.
Jan. 17	at Saint Vincent*	1 p.n	n.
Jan. 24	CHATHAM*	1 p.n	n.
Jan. 28	at Frostburg State	6 p.n	n.
Jan. 31	URBANA	2 p.n	n.
Feb. 12-1	4 - PAC Championships	(GCC)	

# Saint Vincent Bearcats M: 3-1 W: 3-2

# Wash. & Jeff. Presidents M: 4-2, 1-0 PAC W: 9-0, 2-0 PAC

# Westminster Titans M: 4-1, 1-1 PAC W: 3-3, 2-1 PAC

#### MEN Oct. 18 P.S.-ALTOONA W 155-100 Oct. 25 at Wheeling Jesuit L 124-138 Nov. 8 P.S.-BEHREND W 144-115 Nov. 15 MOUNT UNION W 135-127 Nov. 21 at Grove City\* L 108-160 Dec. 4-6 at Wooster Invitational 10th/11 Jan. 17 BETHANY\* 1 p.m. Jan. 24 at West Va. Wesleyan 1 p.m. Jan. 28 WASH. & JEFF.\* 6 p.m. Jan. 31 at Westminster\* 1 p.m. Feb. 12-14 - PAC Championships (GCC)

<u>MEN</u>		
Nov. 5	FROSTBURG ST. W	/ 136-85
Nov. 15	BALDWIN-WALLACE W	160-131
Nov. 19	WESTMINSTER* W	154-140
Nov. 22	at CWRU Quad	1-2
Dec. 5-6	at GCC Longnecker Inv	it. 2nd/7
Jan. 14	at Bethany*	6 p.m.
Jan. 17	GROVE CITY*	1 p.m.
Jan. 24	at Penn StBehrend	1 p.m.
Jan. 28	at Saint Vincent*	6 p.m.
Jan. 31	at Hiram	1 p.m.
Feb. 12-1	4 - PAC Championships	(GCC)

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<u>WOMEN</u>		
Oct. 18	CHATHAM*	L 38-92
Oct. 18	P.SALTOONA	W 82-43
Oct. 25	at Wheeling Jesuit	W 131-96
Nov. 8	P.SBEHREND	W 139-103
Nov. 15	MOUNT UNION	L 99-150
Nov. 21	at Grove City*	L 75-153
Dec. 4-6	at Wooster Invitation	nal 10th/11
Jan. 17	BETHANY*	1 p.m.
Jan. 24	at West Va. Wesleya	an 1 p.m.
Jan. 28	WASH. & JEFF.*	6 p.m.
Jan. 31	at Westminster*	1 p.m.
Feb. 12-1	4 - PAC Champions	hips (GCC)

<u>WOMEN</u>		
Nov. 5	FROSTBURG ST. W	129-89
Nov. 8	at Chatham* W 152.5	5-131.5
Nov. 8	vs. Slippery Rock W	189-80
Nov. 8	vs. Frostburg State W	192-61
Nov. 15	BALDWIN-WALLACE W 1	48-113
Nov. 19	WESTMINSTER* W 1	54-140
Nov. 22	at CWRU Quad	3-0
Dec. 5-6	at GCC Longnecker Invit.	2nd/8
Jan. 14	at Bethany*	6 p.m.
Jan. 17	GROVE CITY*	1 p.m.
Jan. 24	at Penn StBehrend	1 p.m.
Jan. 28	at Saint Vincent*	6 p.m.
Jan. 31	at Hiram	1 p.m.
Feb. 12-1	4 - PAC Championships (	GCC)

MEN			
Oct. 25	at Clarion Fall Classic		3rd/4
Oct. 31	WC RELAY CARNIVAL		1st/5
Nov. 8		V	131-74
Nov. 15	BETHANY*	W	91-18
Nov. 19	at Wash. & Jeff.* L	1	40-154
Nov. 22	at Wooster W	1	52-132
Dec. 4-6	at Wooster Invitational		3rd/11
Jan. 7	at Rollins W	1	46-108
Jan. 17	MOUNT UNION		1 p.m.
Jan. 24	at Carnegie Mellon		1 p.m.
Jan. 27	at Grove City*		6 p.m.
Jan. 31	SAINT VINCENT*		1 p.m.
Feb. 12-1	4 - PAC Championships	<b>;</b> (	GCC)

WOMEN Oct. 25 Oct. 31 Nov. 1 Nov. 8 Nov. 15 Nov. 19	at Allegheny BETHANY*	L / L W	3 163- 80- 10	-125
Nov. 22	at Wooster L		123	-
Dec. 4-6	at Wooster Invitational			h/11
Jan. 7	at Rollins W	/	151-	-103
Jan. 17	MOUNT UNION		1	p.m.
Jan. 24	at Carnegie Mellon		1	p.m.
Jan. 27	at Grove City*		6	p.m.
Jan. 31	SAINT VINCENT*		1	p.m.
Feb. 12-1	4 - PAC Championship	S	(GC	C)