

2008 PAC Swimming & Diving Release Week 9 - January 12



Presidents' Athletic Conference
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2008-09 PAC MEN'S STANDINGS (through January 11)

School	PAC Contests			All Contests		
	W	L	Pct.	W	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)

School	PAC Contests			All Contests		
	W	L	Pct.	W	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

* - NCAA Division III provisional member - not eligible for 2008 PAC championship or player of the week honors

LAST WEEK

Wednesday, January 7, 2009

Westminster 146, ROLLINS 108 (M)
Westminster 151, ROLLINS 103 (W)

Friday, January 9, 2009

Agnes Scott for Smart Women Sweat Inv.

Women (5 teams)

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 victory at Rollins (Fla.) College on Wednesday.

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 relay teams at the Smart Women Sweat Invitational, host by Agnes Scott College over the weekend. Her efforts helped lead Chatham to the team title at the two-day, five-team event with 1,157 points.

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 Invitation 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 dual meet ... Grove City has not competed since sweeping Bethany December 10 ... The Grove City teams held an intra-squad meet Saturday after resuming practice January 5 ... On the women's side, W&J owns a 13-11 edge in the all-time series, including a 162-137 decision at the Case Western Quad Nov. 22 ... Grove City's women edged W&J for the team title at the Longnecker Invitational Dec. 5-6 by 7.5 points - 1,102.5-1,095 ... Grove City's men own a 61-18 all-time lead over W&J.



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 Titan 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.



Bethany Bison
M: 0-5, 0-2 PAC
W: 0-5, 0-2 PAC

MEN

Oct. 25	at Pitt-Bradford Relays	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 ST.-ALTOONA	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. 12-14	- PAC Championships (GCC)	

WOMEN

Oct. 25	at Pitt-Bradford Relays	5th/5
Nov. 1	PENN ST-BEHREND	L 89-123
Nov. 8	at Hiram	L 117-147
Nov. 15	at Westminster*	L 69-107
Dec. 6	PENN ST.-ALTOONA	L 97-122
Dec. 10	GROVE CITY*	L 79-98
Jan. 14	WASH. & JEFF.*	6 p.m.
Jan. 17	at Saint Vincent*	1 p.m.
Jan. 24	CHATHAM*	1 p.m.
Jan. 28	at Frostburg State	6 p.m.
Jan. 31	URBANA	2 p.m.
Feb. 12-14	- PAC Championships (GCC)	

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

WOMEN

Oct. 18	at Saint Vincent*	W 92-38
Oct. 18	vs. PS-Altoona	W 107-23
Oct. 25	JUNIATA	W 139-94
Oct. 31	at Westminster Relays	4th/6
Nov. 1	WESTMINSTER*	L 121-162
Nov. 8	WASH. & JEFF.*	L 131.5-152.5
Nov. 8	SLIPPERY ROCK	W 204-75
Nov. 8	FROSTBURG ST.	W 224-45
Nov. 15	at Grove City*	L 95-194
Nov. 15	vs. Hiram (at GCC)	W 149-134
Jan. 9	at Agnes Scott Invit.	1st/5
Jan. 17	at Penn St.-Behrend	1 p.m.
Jan. 24	at Bethany*	1 p.m.
Jan. 31	NOTRE DAME (MD)	6 p.m.
Feb. 12-14	- PAC Championships (GCC)	

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

MEN

Oct. 25	at Clarion Fall Classic	1st/4
Nov. 1	at Carnegie Mellon	L 125-174
Nov. 15	HIRAM	W 152-114
Nov. 21	SAINT VINCENT*	W 160-108
Nov. 22	at CWRU Quad	3-0
Nov. 25	ALLEGHENY	W 152-127
Dec. 5-6	LONGNECKER INVIT.	1st/7
Dec. 10	at Bethany*	W 69-46
Jan. 17	at Wash. & Jeff.*	1 p.m.
Jan. 24	DENISON	1 p.m.
Jan. 27	WESTMINSTER*	6 p.m.
Jan. 30	at Pitt-Bradford	5 p.m.
	w/PS-Behrend	
Jan. 31	at Wooster	1 p.m.
Feb. 12-14	- PAC CHAMPIONSHIPS	

MEN

Oct. 25	at Clarion Fall Classic	1st/6
Nov. 1	at Carnegie Mellon	L 121-178
Nov. 15	CHATHAM*	W 194-95
Nov. 15	HIRAM	W 191-99
Nov. 21	SAINT VINCENT*	W 153-75
Nov. 22	at CWRU Quad	2-1
Nov. 25	ALLEGHENY	W 159-139
Dec. 5-6	LONGNECKER INVIT.	1st/8
Dec. 10	at Bethany*	W 98-79
Jan. 17	at Wash. & Jeff.*	1 p.m.
Jan. 24	DENISON	1 p.m.
Jan. 27	WESTMINSTER*	6 p.m.
Jan. 30	at Pitt-Bradford	5 p.m.
	w/PS-Behrend	
Jan. 31	at Wooster	1 p.m.
Feb. 12-14	- PAC CHAMPIONSHIPS	

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

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)	

WOMEN

Oct. 18	CHATHAM*	L 38-92
Oct. 18	P.S.-ALTOONA	W 82-43
Oct. 25	at Wheeling Jesuit	W 131-96
Nov. 8	P.S.-BEHREND	W 139-103
Nov. 15	MOUNT UNION	L 99-150
Nov. 21	at Grove City*	L 75-153
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)	

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

MEN

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 Invit.	2nd/7
Jan. 14	at Bethany*	6 p.m.
Jan. 17	GROVE CITY*	1 p.m.
Jan. 24	at Penn St.-Behrend	1 p.m.
Jan. 28	at Saint Vincent*	6 p.m.
Jan. 31	at Hiram	1 p.m.
Feb. 12-14	- PAC Championships (GCC)	

WOMEN

Nov. 5	FROSTBURG ST.	W 129-89
Nov. 8	at Chatham*	W 152.5-131.5
Nov. 8	vs. Slippery Rock	W 189-80
Nov. 8	vs. Frostburg State	W 192-61
Nov. 15	BALDWIN-WALLACE	W 148-113
Nov. 19	WESTMINSTER*	W 154-140
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 St.-Behrend	1 p.m.
Jan. 28	at Saint Vincent*	6 p.m.
Jan. 31	at Hiram	1 p.m.
Feb. 12-14	- PAC Championships (GCC)	

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

MEN

Oct. 25	at Clarion Fall Classic	3rd/4
Oct. 31	WC RELAY CARNIVAL	1st/5
Nov. 8	at Allegheny	W 131-74
Nov. 15	BETHANY*	W 91-18
Nov. 19	at Wash. & Jeff.*	L 140-154
Nov. 22	at Wooster	W 152-132
Dec. 4-6	at Wooster Invitational	3rd/11
Jan. 7	at Rollins	W 146-108
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. 12-14	- PAC Championships (GCC)	

WOMEN

Oct. 25	at Clarion Fall Classic	3rd/6
Oct. 31	WC RELAY CARNIVAL	3rd/6
Nov. 1	at Chatham*	W 163-121
Nov. 8	at Allegheny	L 80-125
Nov. 15	BETHANY*	W 107-69
Nov. 19	at Wash. & Jeff.*	L 140-154
Nov. 22	at Wooster	L 123-139
Dec. 4-6	at Wooster Invitational	5th/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. 12-14	- PAC Championships (GCC)	