



SWIMMING & DIVING 2006-07

Presidents' Athletic Conference
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CURRENT 2006-07 REGULAR SEASON MEN'S STANDINGS (through January 14)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Grove City College	2	0	1.00	10	1	.909
Westminster College	2	0	1.00	7	2	.778
Washington & Jefferson College	1	2	.333	5	4	.556
Bethany College	0	3	.000	0	7	.000
Saint Vincent College*	0	0	.000	3	4	.429

CURRENT 2006-07 REGULAR SEASON WOMEN'S STANDINGS (through January 14)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Washington & Jefferson College	3	0	1.00	9	1	.900
Grove City College	1	1	.500	5	7	.417
Westminster College	1	1	.500	3	6	.333
Bethany College	0	3	.000	0	7	.000
Saint Vincent College*	0	0	.000	2	5	.286

* - NCAA Division III provisional member - ineligible for PAC title and Player of the Week honors

RECENT RESULTS

Friday, January 5

Westminster 133, OCCIDENTAL 70 (M)
Westminster 120, OCCIDENTAL 69 (W)

Wednesday, January 10

Washington & Jefferson 103, BETHANY 74* (M)
Washington & Jefferson 100, BETHANY 77* (W)

Saturday, January 13

SAINT VINCENT 83, Bethany 64* (M)
SAINT VINCENT 100, Bethany 95* (W)
Grove City 163, WASHINGTON & JEFFERSON 130* (M)
WASHINGTON & JEFFERSON 140, Grove City 113* (W)
WESTMINSTER 118, Baldwin-Wallace 72 (M)

WESTMINSTER 133, Baldwin-Wallace 71 (W)

UPCOMING SCHEDULE

Tuesday, January 16

Westminster at Grove City* - 6 p.m.

Wednesday, January 17

Bethany at Frostburg State - 5 p.m.

Friday, October 19

Oberlin at Washington & Jefferson - 4:30 p.m.

Saturday, January 20

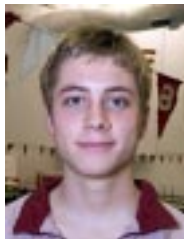
Saint Vincent at Westminster* - 1 p.m.
Grove City at Wooster - 1 p.m.

PAC Men's Swimmer/Diver of the Week

TIM WHITBECK

Grove City College

Sophomore - sprint freestyle
Saegertown, Pa.
Saegertown H.S.



Whitbeck was a triple-winner for the Wolverines in their 163-130 PAC victory over Washington & Jefferson Saturday, including breaking a pair of W&J pool records. He won the 50 freestyle in a pool-record 21.22, then swam a leg for the pool-record 200 freestyle relay team (1:26.33). Whitbeck also swam a leg for GCC's winning 200 medley relay team (1:40.83).

Also nominated was senior **Stephen Zinz** of Bethany, sophomore **Eddie Werner** of Washington & Jefferson, and senior **Ryan Trunk** of Westminster.

PAC Women's Swimmer/Diver of the Week

ALICIA SUTTON

Washington & Jefferson College

Sophomore - freestyle/IM
Erie, Pa.
McDowell H.S.



Sutton posted wins in all five of her events last week, as W&J improved to 3-0 in the PAC (9-1 overall) with league wins over Bethany (100-77) and Grove City (140-113). She won the 200 IM (2:20.25) and swam a leg for the winning 200 freestyle relay (1:46.25) against Bethany. In the Grove City win, Sutton won the 200 (2:00.64) and 500 freestyle (5:30.46) as well as the 400 IM (5:00.56).

Also nominated was junior **Erin Staniech** of Bethany, freshman **Jane Wilson** of Grove City, and junior **Becky Giles** of Westminster.

PAC SWIMMING & DIVING NOTES

Bethany Bison



Both Bison teams posted good efforts against W&J and Saint Vincent last week, but still came up on the short end of the scoreboard ... Against the Presidents, senior **Stephen Zinz** won a pair of events, touching first in the 100 butterfly by just .09 seconds in front of W&J's **Eddie Werner** with a time of 55.37 and winning the 500 freestyle in 5:31.75 ... For the women, freshman **Desiree Finley** won the one-meter event and junior **Erin Staniech** finished second in the 100 backstroke with her best of the year (1:07.95) ... Staniech had another good meet against Saint Vincent, posting two firsts ... She won the 200 freestyle (2:10.96), the 50 freestyle (26.92) and also grabbed second in the 200 backstroke (2:40.59) ... On the men's side, Zinz earned first place in the 100 butterfly (55.22).

Westminster Titans



The Westminster College men's and women's swimming teams defeated Baldwin-Wallace Saturday at the Westminster Natatorium ... The Titan men (7-2) won 118-72 and the Titan women (3-6) notched a 133-71 victory ... Junior **Becky Giles** broke the Westminster Natatorium record to win the 400-yard individual medley with a time of 4:43.31 ... The old pool record for the 400 IM was previously held by **Jen Erdos** of Allegheny with a time of 4:43.93 in 1996 ... Two Titan women's swimmers won multiple individual events, including senior freestyler **Brittany Thomas** and freshman freestyler **Emily Dressler** ... Thomas won the 1,000 freestyle (1:067.02) and the 500 freestyle (5:31.73) ... Dressler captured the 200 free (2:01.73) and the 100 free (56.20) ... On the men's side, senior All-American **Ryan Trunk** won the 50 and 100-yard freestyles with times of 22.23 and 48.54, respectively ... Over the holiday break, the Titans participated in a training trip in California ... During the trip, Westminster swept Occidental by scores of 133-70 (men) and 120-69 (women).

Grove City Wolverines



Grove City's men's team earned its 10th victory of the 2006-07 season Saturday with a win at W&J ... Freshmen **Rich Albertson** and **Chip Cressman** each posted two wins ... Albertson won the 500 and 1000 while Cressman took the 200 back and 400 IM ... Sophomore **Tim Whitbeck** set a new W&J pool record in the 50 (21.22) ... Whitbeck, **Peter Larsen**, **Caleb Courage** and **Drew Snyder** set a new pool record in the 200 free relay (1:26.33) ... **Lincoln Larsen** won the 200 breaststroke while **Mark Barron** won the 200 free ... **Kyle Grubbs** won 1-meter diving ... This is Grove City's first double-digit win season since the 1996-97 team went 10-2 ... The Wolverines have won nine straight dual meets, Grove City's longest streak since winning 40 straight from 1993-96 ... Grove City's women fell to 1-1 in the PAC ... Freshman **Jane Wilson** won both the 50 and 100 free races for GCC ... Junior **Ellen Keefer** posted a pair of runner-up finishes (100 free, 200 free) ... Tuesday, Grove City hosts Westminster ... On the men's side, Westminster owns a 37-36 edge in the all-time dual meets ... The women's series is 14-4, Westminster.

Saint Vincent Bearcats



The Saint Vincent men's & women's swimming teams swept PAC rival Bethany Saturday, with the men winning 83-64 and the women edging the Bison 100-95 ... **Kristy Hartbauer** earned three first place finishes against Bethany, winning the 200 breaststroke, the 100 freestyle, and was part of the winning 200 medley relay team ... **Erin Perry** had a pair of victories in the 100 breaststroke and the 200 backstroke ... **Josh Shrum** was a two-time winner on the day as well, scoring in the 200 freestyle and as part of the 200 medley relay team ... He was joined on that team by **Jon Okonak** and **Greg Jackson**, who also won individual events ... Okonak also won the 50 freestyle, while Jackson won the 100 backstroke.

Wash. & Jeff. Presidents



W&J picked up a pair of league wins this week, while the men's team posted a 1-1 mark ... On Wednesday, President squads combined to win 23 of 26 events at Bethany ... Freshman **Megan Raddatz** (1000 free, 11:47.00), juniors **Jessica Wightman** (200 freestyle, 2:07.27) and **Caitlin Donoghue** (100 breaststroke, 1:17.44) and sophomore **Megan Duffett** (50 freestyle, 27.22) all garnered wins for the W&J women ... Seniors **Justin McMichael** (1000 free, 11:37.48) and **Ryan Johnson** (100 free, 53.23) and freshmen **Dan Martin** (100 breaststroke, 1:05.71) and **Andrew Forish** (50 freestyle, 23.35) notched first place to lead the W&J men to the win ... Saturday, junior **Kaitlyn Orstein** recorded four victories (2 indiv., 2 relay) to pace the W&J women ... She claimed the 100 (1:05.13) and 200 (2:25.31) breaststroke events, while also helping the 200 freestyle (1:42.51) and 200 medley (1:54.53) relays to wins ... Sophomore **Alicia Sutton** also had a big day with victories in the 200 (2:00.64) and 500 (5:30.46) freestyles as well as the 400 IM (5:00.56) ... Sophomore **Eddie Werner** led the W&J men as he grabbed first in the 100 backstroke (55.03) and 100 butterfly (56.09).

2006-07 PAC Swimmers/ Divers of the Week

Men

10/29 - **Caleb Courage**, GRO
 11/5 - **Andrew Gilbert**, GRO
 11/12 - **Zach Nigrelli**, W&J
 11/19 - **Chip Cressman**, GRO
 12/3 - **Ryan Trunk**, WES
 12/10 - **Drew Snyder**, GRO
 1/14 - **Tim Whitbeck**, GRO
 1/21
 1/28
 2/4

Women

10/29 - **Megan Mier**, WES
 11/5 - **Kaitlyn Orstein**, W&J
 11/12 - **Brittany Bertoli**, W&J
 11/19 - **Kaitlyn Orstein**, W&J
 12/3 - **Kaitlyn Orstein**, W&J
 12/10 - **Jane Wilson**, GRO
 1/14 - **Alicia Sutton**, W&J
 1/21
 1/28
 2/4