



SWIMMING & DIVING 2004-05

Presidents' Athletic Conference
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CURRENT 2004-05 REGULAR SEASON MEN'S STANDINGS (through Jan. 16, 2005)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Westminster College	2	0	1.00	7	1	.875
Grove City College	2	0	1.00	4	1	.800
Washington & Jefferson College	1	2	.333	7	3	.700
Bethany College	0	3	.000	1	3	.250

CURRENT 2004-05 REGULAR SEASON WOMEN'S STANDINGS (through Jan. 16, 2005)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Washington & Jefferson College	3	0	1.00	10	0	1.00
Westminster College	1	1	.500	5	3	.625
Grove City College	1	1	.500	3	2	.600
Bethany College	0	3	.000	0	4	.000

RECENT RESULTS

Saturday, January 8

Westminster 107, ROLLINS 92 (M)
 Westminster 125, ROLLINS 78 (W)

Wednesday, January 12

Washington & Jefferson 135, BETHANY 75* (M)
 Washington & Jefferson 132, BETHANY 51* (W)

Saturday, January 15

Grove City 125, WASHINGTON & JEFFERSON 93* (M)
 WASHINGTON & JEFFERSON 119, Grove City 95* (W)
 CARNEGIE MELLON 108, Westminster 89 (M)
 CARNEGIE MELLON 107, Westminster 98 (W)

UPCOMING SCHEDULE

Wednesday, January 19

Bethany at Frostburg State - 5:30 p.m.

Friday, January 21

Washington & Jefferson at Baldwin-Wallace - 6 p.m.

Saturday, January 22

Grove City at Wooster - 1 p.m.
 Saint Vincent at Bethany - 1 p.m.

PAC Men's Swimmer/Diver of the Week

BRIAN TRAIN

Washington & Jefferson College

Sophomore - butterfly/individual medley

Mechanicsburg, Pa./Cumberland Valley H.S.

Train was a triple-winner for the Presidents in their loss to Grove City, as he claimed the 100 butterfly (55.30) and 200 individual medley (2:06.31) while leading the victorious 200 medley relay team (1:45.72)

Also nominated was freshman **Jeremy Harbaugh** of Grove City, and sophomore **Ryan Trunk** of Westminster.

PAC Women's Swimmer/Diver of the Week

KAITLYN ORSTEIN

Washington & Jefferson College

Freshman - individual medley/breaststroke

Mount Lebanon, Pa./Mount Lebanon

In a wins over PAC rival Grove City last week, Orstein posted new school records and "A" cut times in the 100 breaststroke (1:04.96) and 200 IM (2:06.62), while helping a winning W&J relay team set a "B" cut time. She became the first President in 10 years to reach an "A" cut time, while her 200 IM time shattered a 10-year old school record by nearly eight seconds and her 100 breaststroke time broke the old mark by 3.5 seconds.

Also nominated was senior **Christine Bare** of Grove City and sophomore **Sara Bonchosky** of Westminster.

PAC SWIMMING NOTES

Bethany Bison

The Bethany men and women both dropped PAC contests to Washington & Jefferson last week ... The Bison men fell by a 135-75 score, while the Bison women were defeated 132-51 by W&J ... Bethany swimming & diving will travel to Frostburg State on Wednesday before hosting NAIA member St. Vincent on Saturday.

Washington & Jefferson Presidents

Freshman **Kaitlyn Orstein** started her W&J career by qualifying for the NCAA Division III Championships in three events Saturday versus Grove City ... Orstein, a transfer from the University of Tennessee and the daughter of W&J Head Coach **Mike Orstein**, swam the third leg of W&J's victory in the 200 medley relay to open the meet, which qualified for the NCAA "B" Cut (1:51.81) ... Orstein also became the first W&J swimmer to qualify for the NCAA "A" Cut since **Cindy Alexander** accomplished the feat in 1994 ... Orstein swam the NCAA qualifying time in both the 100 breaststroke (1:04.96) and 200 IM (2:06.62) ... Her time in the 200 IM shattered a 10-year-old school record by nearly eight seconds, while her 100 breaststroke time broke the school mark by 3.5 seconds ... Sophomore **Brandi Shoupe** captured the 100 butterfly (1:02.80), while senior **Kristina Springborn** earned first place in the 100 backstroke (1:04.29) ... Sophomore **Brian Train** was a triple winner for the W&J men as he claimed the 100 butterfly (55.30) and the 200 IM (2:06.31), while leading the 200 medley relay.

Grove City Wolverines

Both Grove City teams returned to action last week against PAC rival Washington and Jefferson ... On the men's side, freshman **Caleb Courage** won both the 50 and 100 free at Washington and Jefferson ... Freshman **Emmanuel Butmankiewicz** won the 200 free while classmate **Jeremy Harbaugh** took the 500 ... **Luke Wiedeman** won the 1000, completing Grove City's sweep of the freestyle events ... Freshman **Chris Scharf** won the 1-meter diving competition ... Grove City produced a pair of double-winners in the women's meet ... Junior **Ellen Magee** won the 50 and the 100 free while senior **Christine Bare** won the 500 and the 1000 ... Grove City visits Wooster in a non-conference dual meet Saturday before hosting PAC rival Westminster Tuesday, Jan. 25.

Westminster Titans

Westminster swept Rollins College in Winter Park, Fla., on Jan. 8, then dropped dual meets at Carnegie Mellon Saturday ... Sophomore **Ryan Trunk** led the way for the Titan men at Rollins with a pair of individual wins, as he captured both the 100 (49.28) and 200 freestyle (1:49.13) ... Two Westminster women were triple-winners against the Tars: sophomore **Sara Bonchosky** won the 200 (2:00.87) and 500 freestyle (5:31.90) while anchoring the winning 200 freestyle relay, while classmate **Megan McLaughlin** touched first in both the 50 (25.88) and 100 freestyle (55.81) while anchoring the victorious 200 medley relay ... Three Westminster women were double winners against the Tartans: Bonchosky won both the 200 (1:59.88) and 500 freestyle (5:22.06); freshman **Becky Giles** touched first in both the 200 breaststroke (2:33.28) and the 400 individual medley (4:40.60), while classmate **Steph Peters** captured both the 50 (25.78) and 100 freestyle (56.22).

Past PAC Men's Swimmers/Divers of the Week

November 14: Caleb Courage, Grove City

November 21: Ryan Trunk, Westminster

December 5: Caleb Courage, Grove City

December 12: Ryan Trunk, Westminster

January 16: Brian Train, Wash. & Jeff.

January 23:

January 30:

Past PAC Women's Swimmers/Divers of the Week

November 14: Brandi Shoupe, Wash. & Jeff.

November 21: Courtney Sheppard, Wash. & Jeff.

December 5: Becky Giles, Westminster

December 12: Ellen Magee, Grove City

January 16: Kaitlyn Orstein, Wash. & Jeff.

January 23:

January 30: