



# SWIMMING & DIVING 2006-07

**Presidents' Athletic Conference**  
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## CURRENT 2006-07 REGULAR SEASON MEN'S STANDINGS (through January 21)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Grove City College	3	0	1.00	12	1	.923
Westminster College	2	1	.667	8	3	.727
Washington & Jefferson College	1	2	.333	6	4	.600
Bethany College	0	3	.000	0	8	.000
Saint Vincent College*	0	0	.000	3	5	.375

## CURRENT 2006-07 REGULAR SEASON WOMEN'S STANDINGS (through January 21)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Washington & Jefferson College	3	0	1.00	10	1	.909
Westminster College	2	1	.667	5	6	.454
Grove City College	1	2	.333	5	9	.357
Bethany College	0	3	.000	0	8	.000
Saint Vincent College*	0	0	.000	2	6	.250

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

### RECENT RESULTS

#### Tuesday, January 16

GROVE CITY 143.5, Westminster 136.5\* (M)  
 Westminster 149, GROVE CITY 98\* (W)

#### Wednesday, January 17

FROSTBURG STATE 111, Bethany 69 (M)  
 FROSTBURG STATE 84, Bethany 79 (W)

#### Friday, October 19

WASHINGTON & JEFFERSON 110, Oberlin 82 (M)  
 WASHINGTON & JEFFERSON 154, Oberlin 124 (W)

#### Saturday, January 20

WESTMINSTER 145, Saint Vincent 94\* (M)  
 WESTMINSTER 144, Saint Vincent 87\* (W)

Grove City 164, WOOSTER 134\* (M)  
 WOOSTER 212, Grove City 76 (W)

### UPCOMING SCHEDULE

#### Wednesday, January 24

Saint Vincent at Washington & Jefferson\* - 6 p.m.  
 Chatham at Bethany (women only) - 6:30 p.m.

#### Friday, January 26

Pitt-Bradford/Penn State-Behrend at Grove City - 6 p.m.

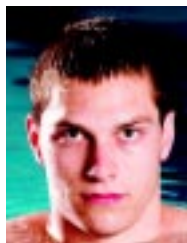
#### Saturday, January 27

Grove City at California (PA)/Fairmont State - 1 p.m.  
 Mount Union at Bethany - 1 p.m.  
 Washington & Jefferson at Hiram - 1 p.m.  
 Westminster at Carnegie Mellon - 1 p.m.

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

### CALEB COURAGE

Grove City College  
 Junior - sprint freestyle  
 Shippensburg, Pa.  
 Shippensburg H.S.



Courage posted eight total victories last week as Grove City posted dual wins over PAC rival Westminster (143.5-136.5, clinching an undefeated PAC regular season for GCC) and Wooster (164-134). He captured the 100 (45.28) and 200 free (1:42.83) along with the 200 IM (1:57/16) in the win over the Titans, while anchoring the 200 medley relay (1:35.54). Against Wooster, he touched first in the 50 (21.31) & 100 free (47.01) along with two relays.

Also nominated was senior **Stephen Zinz** of Bethany, freshman **Mark Sirkoch** of Washington & Jefferson, and senior **Pat Smith** of Westminster.

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

### KAITLYN ORSTEIN

Washington & Jefferson College  
 Junior - breaststroke/IM/backstroke  
 Pittsburgh, Pa.  
 Mount Lebanon H.S.



Orstein claimed four victories Friday as W&J knocked off 22nd-ranked Wooster 154-124. She led off the event by helping the 200 medley relay (1:54.09) post a win, then captured the 100 breaststroke (1:04.73), 200 IM (2:08.54) and the 200 backstroke (pool-record 2:10.73). The two-time NCAA national champion has earned four PAC Swimmer of the Week honors this season.

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

# PAC SWIMMING & DIVING NOTES

## Bethany Bison



Bethany's swimmers competed in only one meet last week, hitting the pool at Frostburg State ... The Bison men dropped a 111-69 decision, while the Bethany women were edged by FSU 84-79 ... The BC men were spearheaded by senior **Stephen Zinz**, who won three individual events, including the 200-meter IM (2:26.18), 100-meter butterfly (1:02.57) and 400-meter freestyle (5:03.44) ... Senior **Gary Migliaccio** also earned first in both diving events ... The women had two three-time winners, including **Erin Staniech** ... The Bison junior touched first in the 50-meter freestyle (29.46), the 100 backstroke (1:18.56) and also swam on the victorious 200 freestyle relay team ... Freshman **Desiree Finley** also had a trio of wins, as she was first on the one- and three-meter diving boards and also swam on the 200 freestyle relay ... A third member of that relay, sophomore **Brenda Maxwell**, also won the 100 breaststroke (1:31.00).

## Westminster Titans



The Westminster men lost at Grove City 143.5-136.5 Tuesday before downing Saint Vincent, 145-94, at home Saturday, while the women beat Grove City, 149-98, and Saint Vincent, 144-87 ... Multiple winners for the Grove City meet included senior freestyler **Brittany Thomas** capturing the 1,000 free (11:02.28) and the 500 free (5:26.20), sophomore **Megan Mier** winning the 100 (1:02.5) and 200 (2:11.73) backstroke and junior **Becky Giles** touching first in the 200 butterfly (2:14.68) and the 200 IM (2:15.67) ... Senior **Pat Smith** won the 100 (54.47) and 200 (1:57.31) backstrokes and sophomore **Chris Lehberger** clocked in first in the 100 (58.81) and 200 (2:09.82) breaststroke ... Against SVC, nine different Titan men won individual events and 10 different Titan women took first in races ... Sophomore **Conor Simpson** won the 200 free (1:51.25) and 500 free (4:59.55) ... Sophomore **Cody Robson** finished first in the 200 (2:10.26) and 100 (55.72) butterfly ... Senior **Emily Staniszewski** won the 100 backstroke (1:11.08) and the 200 IM (2:23.33) and freshman **Emily Dressler** captured the 100 free (57.16) and the 100 butterfly (1:04.59).

## Grove City Wolverines



Grove City's men's swimming and diving team earned its first victory over Westminster in 11 years Tuesday, pulling out a 143.5-136.5 victory ... The Wolverines clinched the victory by winning the meet-ending 400 free relay ... Junior **Caleb Courage** posted three individual wins against Westminster, winning the 100 free, 200 free and 200 IM ... **Chip Cressman** set a new GCC record in winning the 500 and also won the 1000 ... **Tim Whitbeck** won the 50 and contributed to two relay victories against the Titans ... **Kyle Grubbs** swept diving ... Grove City and Westminster are now tied 37-37 in the all-time series ... Against Wooster, Joe Riddell won both 1- and 3-meter diving ... Riddell provisionally qualified for the NCAA Championships in 1-meter diving ... Courage posted four total wins, including individual victories in the 50 and 100 free ... On the women's side, freshman **Jane Wilson** picked up three wins against Westminster (50 & 100 free, 100 fly) ... At Wooster Saturday, Wilson won the 50 while junior **Ellen Keefer** captured the 200 free ... Grove City will honor its five seniors Friday night in a double-dual against Pitt-Bradford and Penn State-Behrend.

## Saint Vincent Bearcats



The Saint Vincent men's & women's swimming teams dropped a pair of PAC contests at league foe Westminster Saturday, falling 145-94 to the Titans on the men's side while suffering a 144-87 setback in women's competition ... **Olivia Cinberg** won the 100 Butterfly against Westminster in 1:03.83 ... **Katie Bittner** set a school record in the 1650 Freestyle, timed in 20:16 ... **Jon Okonak** won the 50 Freestyle, timed in 23.10.

## Wash. & Jeff. Presidents



Junior **Kaitlyn Orstein** and freshman **Mark Sirkoch** both racked up four wins to lead W&J to a sweep of Oberlin on Friday ... Orstein helped the 200 medley relay team (1:54.09) to a win in the opening event and then posted victories in the 100 breaststroke (1:04.73), 200 IM (2:08.54) and 200 backstroke (2:10.73) ... Her backstroke time earned her a new pool record ... On the men's side, Sirkoch helped the 200 medley relay (1:42.75) to an opening win and then claimed the 50 freestyle (22.96) and the 200 breaststroke (2:23.71) ... He ended the evening by helping the 200 freestyle relay (1:31.50) to a win ... Sophomore **Alicia Sutton** grabbed two individual wins, claiming the 200 (2:00.60) and 500 (5:28.97) freestyle events, while sophomore **Brittany Bertoli** also notched a pair of victories after touching first in the 100 (1:02.93) and 200 (2:17.67) butterfly events ... Sophomore **Susanne Seward** was a part of three victories as she won the 50 (25.87) and 100 (56.76) freestyles before leading the 200 freestyle relay (1:45.50) to a first-place finish ... The W&J men also had four triple winners in the win.

## 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 - **Caleb Courage**, GRO  
1/28

### 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 - **Kaitlyn Orstein**, W&J  
1/28