

# 2009-10 PAC Swimming & Diving Release

## Week 10 - January 25



Presidents' Athletic Conference  
8500 Brooktree Road, Suite 130  
Wexford, PA 15090  
Web: [www.pacathletics.org](http://www.pacathletics.org)

Contact: Joe Onderko  
(724) 933-4630  
[onderko@pacathletics.org](mailto:onderko@pacathletics.org)

### 2009-10 PAC MEN'S STANDINGS (through January 24)

School	PAC Contests			All Contests		
	W	L	Pct.	W	L	Pct.
Westminster	2	0	1.00	4	2	.667
Grove City	1	0	1.00	7	2	.778
Washington & Jefferson	1	2	.333	5	5	.500
Bethany	0	2	.000	0	7	.000
Saint Vincent*				1	7	.125

### 2009-10 PAC WOMEN'S STANDINGS (through January 24)

School	PAC Contests			All Contests		
	W	L	Pct.	W	L	Pct.
Westminster	3	0	1.00	5	2	.714
Grove City	2	0	1.00	8	1	.889
Washington & Jefferson	2	2	.500	7	4	.700
Chatham	1	3	.000	6	3	.571
Bethany	0	3	.000	2	6	.250
Saint Vincent*				3	5	.375

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

#### LAST WEEK

Wednesday, January 20, 2010

Frostburg State 108, Bethany 43 (M)  
Bethany 93.5, Frostburg State 72.5 (W)

Friday, January 22, 2010

Chatham 115, PSU-Behrend 103 (W)

Saturday, January 23, 2010

Wash. & Jeff 182, PSU-Behrend 112 (M)  
Wash. & Jeff. 159, PSU-Behrend 119 (W)  
Chatham 146, Bethany 73\* (W)  
Carnegie Mellon 183, Westminster 113 (M)  
Carnegie Mellon 181, Westminster 110 (W)  
WV Wesleyan 139, Saint Vincent 109 (M)  
Saint Vincent 135, WV Wesleyan 101 (W)  
Denison 158, Grove City 124 (M)  
Denison 167, Grove City 119 (W)

#### THIS WEEK

Friday, January 29, 2010

Chatham at Vulcan Challenge - 5 p.m.  
Pitt-Bradford, PSU-Behrend at Grove City - 6 p.m.

Saturday, January 30, 2010

Chatham at Vulcan Challenge - 10 a.m.  
Hiram at Wash. & Jeff. - 1 p.m.  
Wooster at Grove City - 1 p.m.  
Westminster at Saint Vincent\* - 1 p.m.  
Urbana at Bethany - 1 p.m.

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

##### JONATHAN WEEKS

Wash. & Jeff.  
Sophomore  
Donora, Pa.  
Ringgold H.S.



Weeks earned a trio of victories for the Red & Black versus Penn State-Behrend, winning the 200 butterfly (2:01.65), 100 free (49.58) and 100 butterfly (55.01).

Also nominated was Bethany freshman **Nick Salvagni**, Grove City senior **Kyle Grubbs** and Westminster senior **Ben Gutmann**.

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

##### C.J. CORCORAN

Wash. & Jeff.  
Sophomore  
Harleysville, Pa.  
Souderton H.S.



Cocoran led W&J to a victory over Behrend on Saturday by winning three events ... helped the 200 freestyle relay (1:43.03) to a win and also claimed two individual events: the 100 breaststroke (1:10.46) and 500 freestyle (5:33.59).

Also nominated was Bethany freshman **Liz Rubash**, Grove City freshman **Angela Palumbo** and Westminster sophomore **Caitlin Lehberger**.

### PAC Swimming & Diving 2009-10 - Week 10 Conference Notes

**GREAT BEGINNINGS:** Chatham's swim team earned two victories last weekend after a hiatus since Nov. 24, 2009 ... The SVC women won their second straight contest, beating WV Wesleyan 135-101 on Saturday afternoon ... PAC leaders Westminster and Grove City received losses to ranked opponents in Carnegie Mellon and Denison respectively ... The Wolverines honor diver **Earl Mays** ('63) as he enters the College's Hall of Fame.

**SWIMMER'S HAT TRICK:** Chatham's **Emily Price** led the Cougars with a "hat trick" of victories – the 1000 yard freestyle, the 200 individual medley, and the 100 breast stroke ... Westminster's **Caitlin Lehberger** set two new Westminster Natatorium records and also established a pair of NCAA Championship provisional qualifying "B" cut times ... She along with teammate, junior **Courtney Herdt**, posted "B" cut times in the 100 breaststroke.

**AROUND THE LEAGUE:** Saint Vincent's **Casey Whittaker** earned a pair of individual wins for the Bearcats, including the 200 IM and the 200 Free ... Against Chatham, Bethany's **Liz Rubash** won the 50 Free for the third consecutive meet ... W&J's sweep of Penn State-Behrend produced two tri-victory swimmers in **Brandon Smith** and **Jonathan Weeks** ... **Patrick O'Toole** touched first in the 1650 freestyle and notched the PAC's second-best time of the year in the event (17:20.60).

**Bethany Bison**  
(M: 0-7, 0-2 PAC; W: 2-6, 0-3 PAC)



The Bison opened the week by splitting a dual meet against Frostburg State ... The women's victory was sparked by freshman **Liz Rubash**, who swam the anchor leg for the winning 400 Medley Relay and posted wins in the 50 Free (26.17) and 100 Free (58.88) ... Other multiple winners for Bethany were sophomore **Sara Reass** in the 1000 Free (12:48.11) and 500 Free (6:10.94) and **Lindsay Arnold** in the 400 Medley Relay and 100 Fly (1:09.32) ... Rounding out the top efforts was freshman **Theresa Smith** with a win in the 200 Free (2:18.45) and second in the 100 Fly ... For the men, freshman **Nick Salvagni** earned a pair of seconds in the 1000 Free (11:18.35) and 500 Free (5:22.43), with other runner-ups going to freshman **Andrew Masterson** in the 200 Free, freshman **Vinnie Giangiulio** in the 50 Free and senior **Rich Sawyer** in the 100 Fly ... Senior diver **Desiree Finley** headlined a good day for Bethany against Chatham, as she swept the 1-meter (182.90) and 3-meter (168.05) diving events and also took second in the 200 Breast ... Elsewhere in the pool, Rubash cruised to a win in the 50 Free in 25.75, which is less than a half-second off the school record, and Reass won the 500 Free with a season-best time of 6:10.71 and took second in the 1,650 Free.

**Chatham Cougars**  
(W: 6-3, 1-3 PAC)



Chatham competed this weekend for the first time since November 24, 2009, and came out with two victories ... Friday night, the Cougars swam against Penn State Behrend in a non-conference dual meet and came out with the victory 115-103 ... Sophomore **Emily Price** led the Cougars with a "hat trick" of victories – the 1000 yard freestyle, the 200 individual medley, and the 100 breast stroke ... Other swimmers to contribute to the 115-103 non-conference victory were **Chelsea Mummert**, **Carly Hicks**, **Selina Breiner**, and **Lindsay Minnich** ... This quartet set a school record in the final event – the 200 freestyle relay – finishing with a time of 1:42.76 ... Chatham hit the water again Saturday afternoon and swam to their second victory of the weekend, defeating Bethany in Presidents' Athletic Conference (PAC) play ... Hicks had two individual victories in the meet, in the 200 backstroke and the 800 freestyle relay, and set a pool record for her time in the 800 freestyle relay ... Price, Mummert, Minnich, Breiner, and Ashten Omstead also contributed victories in the 400 individual medley, the 100 freestyle, 200 butterfly, 200 freestyle, and the 200 breast stroke, respectively.

**Grove City Wolverines**  
(M: 7-2, 1-0 PAC; W: 9-1, 2-0 PAC)



The Grove City College men's and women's swimming and diving squads both dropped their respective dual meet at Denison Saturday in non-conference action ... On the men's side, Grove City dropped a 158-124 decision while the women's team came out on the short end of a 167-119 verdict ... The women had won a program-record 13 consecutive meets before Saturday's setback ... Freshman **Angela Palumbo** took second in both the 50 and 200 free for the Wolverines while sophomore diver **Bethany Johnson** placed second on both boards ... Senior diver **Kyle Grubbs** led the men's team by winning 1-meter diving ... Sophomore **Josh Kim** earned second in the 1000 ... Grove City hosts Penn State Behrend and Pitt-Bradford Friday in a double dual ... Saturday, the Wolverines welcome Wooster to the Longnecker Competition Pool as part of Hall of Fame Day at Grove City ... Standout diver **Earl Mays '63** will enter the Hall of Fame Saturday.

**Saint Vincent Bearcats**  
(M: 1-7; W: 3-5)



The SVC women won their second straight, beating WV Wesleyan 135-101 on Saturday afternoon ... **Katie Custer** continued her stellar season for the Lady Bearcats, picking up a trio of individual victories, including the 50 and 100-yard Freestyle, and the 100 Fly ... **Jess Kennedy** touched first in the 200 Free, while **Jayna Cline** led SVC in distance events, winning the 500 Free and taking second in the 1000 Free ... The foursome of **Sarah Denning**, **Meredith Brown**, **Christine Dunleavy**, and **Maggie Dempsey** teamed up to capture the 400 Medley Relay ... The Bearcat men were defeated 139-109 by WV Wesleyan on Saturday. **Casey Whittaker** earned a pair of individual wins for the Bearcats, including the 200 Individual Medley and the 200 Free ... The Bearcats were also able to sweep the 500 Free, with **Zack Krejdovsky**, **Kreighton Long**, and **Adam Hodnichak** taking the top three spots ... **Adam Thomas** took second in both the 100 and 200 Back, and **Matt Snelick** second in the 100 and 200 Breast.

**Washington & Jefferson Presidents**  
(M: 5-5, 1-2 PAC; W: 7-4, 2-2 PAC)



The Washington & Jefferson College swimming and diving teams continued the dual-meet season on Saturday by sweeping Penn State-Behrend ... The Presidents' men were paced by junior **Brandon Smith's** three victories ... He claimed the 200 freestyle (1:49.08), 200 backstroke (2:05.46) and the 200 IM (2:04.21) ... Sophomore **Jonathan Weeks** also earned a trio of victories for the Red & Black, winning the 200 butterfly (2:01.65), 100 free (49.58) and 100 butterfly (55.01) ... Freshman **Patrick O'Toole** touched first in the 1650 freestyle (17:20.60) and notched the conference's second-best time of the year in the event ... He then won the 500 freestyle in a time of 4:57.94 ... Sophomore **Bethany Haver** continued her recent string of dominance on the 1- and 3-meter diving boards, winning the 1-meter event with a score of 239.60 and collecting 236.00 points during the 3-meter triumph ... Sophomore **C.J. Corcoran** earned victories in the 100 breaststroke (1:10.46) and 500 freestyle (5:33.59), while freshman **Katlin Dagg** touched first in the 100 (1:03.51) and 200 (2:14.33) butterfly events.

**Westminster Titans**  
(M: 4-2, 2-0 PAC; W: 5-2, 3-0 PAC)



The Westminster men's and women's swimming and diving teams absorbed non-conference losses at home to Carnegie Mellon on Saturday afternoon ... The Titan men lost 183-113 and the Titan women lost 181-110 ... Sophomore **Caitlin Lehberger** set two new Westminster Natatorium records and also established a pair of NCAA Championship provisional qualifying "B" cut times ... Lehberger won the 200-yard breaststroke with a "B" cut and pool record time of 2:25.63 ... She also won the 400 individual medley with a pool-record time of 4:39.69 ... Both Lehberger and junior **Courtney Herdt** posted "B" cut times in the 100 breaststroke with Herdt placing first at 1:07.27, followed by Lehberger at 1:07.47 ... The other Westminster women's swimmer to win an event was senior **Emily Dressler** in the 1,000 freestyle (10:57.88) ... On the men's side, senior **Ben Gutmann** and sophomore **Mike Barringer** each collected a pair of event wins ... Gutmann won the 100 (59.47) and 200 (2:11.39) breaststrokes, while Barringer touched first in the 50 freestyle (22.42) and the 100 butterfly (52.49) ... The Westminster men's team also won the 400 medley relay (3:34.90).

**Bethany Bison**  
**M: 0-7, 0-2 PAC**  
**W: 2-6, 0-3 PAC**

MEN

Oct. 24 at Pitt-Bradford Relays 5th/5  
 Oct. 31 at Penn State-Behrend L, 56-86  
 Nov. 7 HIRAM L, 87-93  
 Nov. 14 WESTMINSTER\* L, 58-104  
 Dec. 5 at Penn State-Altoona L, 55,120  
 Jan. 13 at Wash. & Jeff.\* L, 72-122  
 Jan. 16 SAINT VINCENT\* L, 90-110  
 Jan. 20 FROSTBURG STATE L, 43-118  
 Jan. 30 at Urbana 2 p.m.  
 Feb. 6 at Grove City\* 1 p.m.  
 Feb. 18-20 - PAC Championships (GCC)

WOMEN

Oct. 24 at Pitt-Bradford Relays 5th/5  
 Oct. 31 at Penn State-Behrend L, 79-97  
 Nov. 7 HIRAM L, 111-125  
 Nov. 14 WESTMINSTER\* L, 78-104  
 Dec. 5 at PSU-Altoona W, 108-98  
 Jan. 13 at Wash. & Jeff.\* L, 99-143  
 Jan. 16 SAINT VINCENT\* L, 114-115  
 Jan. 20 FROSTBURG ST. W, 93.5-72.5  
 Jan. 23 at Chatham\* L, 73-146  
 Jan. 30 at Urbana 2 p.m.  
 Feb. 6 at Grove City\* 1 p.m.  
 Feb. 18-20 - PAC Championships (GCC)

**Chatham Cougars**  
**W: 6-3, 1-3 PAC**

WOMEN

Oct. 30 at Westminster Relays 4th/6  
 Oct. 31 at Westminster\* L, 129.5-152.5  
 Nov. 7 JUNIATA W, 224-44  
 Nov. 7 SWEET BRIAR W, 176-112  
 Nov. 7 P.S.-ALTOONA W, 228-52  
 Nov. 11 at Wash. & Jeff.\* L, 99-123  
 Nov. 13 at Hiram W, 135-103  
 Nov. 24 GROVE CITY\* L, 97-132  
 Jan. 22 PSU-BEHREND W, 115-103  
 Jan. 23 BETHANY\* W, 146-73  
 Jan. 29-30 - at Cal (Pa.) Vulcan Challenge  
 Feb. 6 SAINT VINCENT\* 1 p.m.  
 Feb. 6 PENN ST.-ALTOONA 1 p.m.  
 Feb. 18-20 - PAC Championships (GCC)

**Grove City Wolverines**  
**M: 7-2, 1-0 PAC**  
**W: 9-1, 2-0 PAC**

MEN

Oct. 25 at Clarion Fall Classic 1st/4  
 Oct. 31 at Allegheny W, 135-101  
 Nov. 14 CARNEGIE MELLON L 124-176  
 Nov. 20 at Saint Vincent\* W 137.5-123.5  
 Nov. 21 at Kenyon Quad 1st/4  
 Dec. 4-5 LONGNECKER INVITE 1st/5  
 Dec. 12 at Hiram W, 144-119  
 Jan. 16 WASH. & JEFF.\* W, 154-125  
 Jan. 23 at Denison L, 124-158  
 Jan. 29 PITT-BRADFORD 6 p.m.  
 Jan. 29 PENN ST.-BEHREND 6 p.m.  
 Jan. 30 WOOSTER 1 p.m.  
 Feb. 6 at Westminster\* 6 p.m.  
 Feb. 18-20 - PAC CHAMPIONSHIPS

WOMEN

Oct. 25 at Clarion Fall Classic 2nd/4  
 Oct. 31 at Allegheny W, 136-104  
 Nov. 14 CARNEGIE MELLONW 158-138  
 Nov. 20 at Saint Vincent\* W, 143-107  
 Nov. 21 at Kenyon Quad 1st/4  
 Nov. 24 at Chatham\* W, 132-97  
 Dec. 4-5 LONGNECKER INVITE 1st/9  
 Dec. 12 at Hiram W, 143-136  
 Jan. 16 WASH. & JEFF.\* W, 148-141  
 Jan. 23 at Denison L, 119-167  
 Jan. 29 PITT-BRADFORD 6 p.m.  
 Jan. 29 PENN ST.-BEHREND 6 p.m.  
 Jan. 30 WOOSTER 1 p.m.  
 Feb. 6 at Westminster\* 6 p.m.  
 Feb. 18-20 - PAC CHAMPIONSHIPS

**Saint Vincent Bearcats**  
**M: 1-7**  
**W: 3-5**

MEN

Oct. 25 WHEELING JESUIT L, 118-133  
 Nov. 7 at Penn St.-Behrend L, 51-168  
 Nov. 7 vs. Baldwin-Wallace L, 64-169  
 Nov. 13 GROVE CITY\* L, 123.5-137.5  
 Dec. 4-6 at Fredonia State Invite 6th/10  
 Dec. 12 at Mount Union L, 97-160.  
 Jan. 9 at Wash. & Jeff.\* L, 96-125  
 Jan. 16 at Bethany\* W, 110-90  
 Jan. 23 WV WESLEYAN L, 109-139  
 Jan. 30 WESTMINSTER\* 1 p.m.  
 Feb. 6 at Penn St.-Altoona 1 p.m.  
 Feb. 18-20 - PAC Championships (GCC)

WOMEN

Oct. 25 WHEELING JESUIT L, 110-144  
 Nov. 7 at Penn St.-Behrend L, 104-114  
 Nov. 7 vs. Baldwin-Wallace W, 148-66  
 Nov. 13 GROVE CITY\* L, 107-143  
 Dec. 4-6 at Fredonia State Invite 3rd/10  
 Dec. 12 at Mount Union L, 109-153  
 Jan. 9 at Wash. & Jeff.\* L, 100-129  
 Jan. 16 at Bethany\* W, 115-114  
 Jan. 23 WV WESLEYAN W, 135-101  
 Jan. 30 WESTMINSTER\* 1 p.m.  
 Feb. 6 at Chatham\* 1 p.m.  
 Feb. 18-20 - PAC Championships (GCC)

**Wash. & Jeff. Presidents**  
**M: 5-5, 1-2 PAC**  
**W: 7-4, 2-2 PAC**

MEN

Nov. 4 at Frostburg State W, 116-80  
 Nov. 14 at Baldwin-Wallace W, 175-125  
 Nov. 18 at Westminster\* L, 118-176  
 Nov. 21 Case Western L, 128-169  
 Grove City L, 76.5-221.5  
 Kenyon L, 104-180  
 Dec. 4-5 at GCC Longnecker Invit. 2nd/5  
 Jan. 9 SAINT VINCENT\* W, 125-96  
 Jan. 13 BETHANY\* W, 122-72  
 Jan. 16 at Grove City\* L, 125-154  
 Jan. 23 PSU-BEHREND W, 182-112  
 Jan. 30 HIRAM 1 p.m.

WOMEN

Nov. 4 at Frostburg State W, 106-86  
 Nov. 11 CHATHAM\* W, 123-99  
 Nov. 14 at Baldwin-Wallace W, 134-103  
 Nov. 18 at Westminster\* L, 127-170  
 Nov. 21 Kenyon L, 143.5-146.5  
 Grove City L, 128-171  
 Case Western W, 153-144  
 Dec. 4-5 at GCC Longnecker Invit. 2nd/9  
 Jan. 9 SAINT VINCENT\* W, 129-100  
 Jan. 13 BETHANY\* W, 143-99  
 Jan. 16 at Grove City\* L, 141-148  
 Jan. 23 PSU-BEHREND W, 159-119  
 Jan. 30 HIRAM 1 p.m.

**Westminster Titans**  
**M: 4-2, 2-0 PAC**  
**W: 5-2, 3-0 PAC**

MEN

Oct. 24 at Clarion Fall Classic 3rd/4  
 Oct. 30 WC RELAY CARNIVAL 3rd/5  
 Nov. 7 ALLEGHENY W, 148-145  
 Nov. 14 at Bethany\* W, 104-58  
 Nov. 18 WASH. & JEFF.\* W, 176-118  
 Nov. 21 WOOSTER L, 143-153  
 Dec. 3-5 at Wooster Invite 5th/10 (964)  
 Jan. 9 at Rollins W, 109-77  
 Jan. 23 CARNEGIE MELLON L, 110-181  
 Jan. 30 at Saint Vincent\* 1 p.m.  
 Feb. 4 GROVE CITY\* 6 p.m.  
 Feb. 6 at Mount Union 1 p.m.  
 Feb. 18-20 - PAC Championships (GCC)

WOMEN

Oct. 24 at Clarion Fall Classic 3rd/4  
 Oct. 30 WC RELAY CARNIVAL 3rd/6  
 Oct. 31 CHATHAM\* W, 152.5-129.5  
 Nov. 7 ALLEGHENY W, 160-133  
 Nov. 14 at Bethany\* W, 104-78  
 Nov. 18 WASH. & JEFF.\* W, 170-127  
 Nov. 21 WOOSTER L, 128-169  
 Dec. 3-5 at Wooster Invite 5th/10 (828)  
 Jan. 9 at Rollins W, 125-61  
 Jan. 23 CARNEGIE MELLON L, 113-183  
 Jan. 30 at Saint Vincent\* 1 p.m.  
 Feb. 4 GROVE CITY\* 6 p.m.  
 Feb. 6 at Mount Union 1 p.m.  
 Feb. 18-20 - PAC Championships (GCC)