



# SWIMMING & DIVING 2005-06

**Presidents' Athletic Conference**  
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## FINAL 2005-06 REGULAR SEASON MEN'S STANDINGS

School	PAC Meets			All Meets			
	W	L	Pct.	W	L	T	Pct.
Westminster College	3	0	1.00	9	1	1	.864
Grove City College	2	1	.667	9	4	0	.692
Washington & Jefferson College	1	2	.333	10	2	0	.833
Bethany College	0	3	.000	2	6	0	.250

## FINAL 2005-06 REGULAR SEASON WOMEN'S STANDINGS

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Westminster College	3	0	1.00	9	2	.818
Washington & Jefferson College	2	1	.667	11	1	.917
Grove City College	1	2	.333	3	5	.375
Bethany College	0	3	.000	2	7	.222

### RECENT RESULTS

#### Wednesday, January 25

WASHINGTON & JEFFERSON 71, Penn State-Behrend 45 (M)  
 WASHINGTON & JEFFERSON 77, Penn State-Behrend 60 (W)  
 Bethany 101, CHATHAM 78

#### Friday, January 27

Grove City 70, PENN STATE-BEHREND 42 (M)  
 Grove City 82, PENN STATE-BEHREND 61 (W)

#### Saturday, January 28

MOUNT UNION 90, Bethany 74 (M)  
 MOUNT UNION 84, Bethany 77 (W)

WESTMINSTER 137, Carnegie Mellon 125 (M)  
 WESTMINSTER 139.5, Carnegie Mellon 122.5 (W)  
 Grove City 140, W. Va. Wesleyan 111 (at California, Pa.) (M)  
 WASHINGTON & JEFFERSON 118, Hiram 82 (M)  
 WASHINGTON & JEFFERSON 114, Hiram 112 (W)

### UPCOMING SCHEDULE

#### Thursday-Saturday, February 9-11

2006 PAC Swimming & Diving Championships  
 Grove City College - Grove City, Pa.

### PAC Co-Men's Swimmer/Divers of the Week

#### CALEB COURAGE

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

#### RYANTRUNK

Westminster College  
 Junior - sprint freestyle  
 Brookline, Mass.  
 Cheshire Academy H.S.

Courage set three new California (Pa.) University pool records in wins for the Wolverines in a 140-111 dual win over D-II West Virginia Wesleyan. He captured the 50 freestyle (21.38), 100 freestyle (47.51) and 200 freestyle (1:46.36), all in pool record time.

Trunk won the same three events for Westminster in a 137-125 dual win over Carnegie Mellon, posting times of 21.84 in the 50 free, 47.43 in the 100 free, and 1:45.64 in the 200 free.

Also nominated was senior **Damien Sanzotti** of Bethany and freshman **Zach Nigrelli** of Washington & Jefferson.

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

#### KAITLYN ORSTEIN

Washington & Jefferson College  
 Sophomore - IM/breaststroke/freestyle  
 Mount Lebanon, Pa./Mount Lebanon H.S.

Orstein earned four victories last week, set three pool records and earned an NCAA "B" cut time in the 100 breaststroke while leading W&J to dual wins over Penn State-Behrend (77-60) and Hiram (114-112). She led the 200 medley relay (1:53.60) and won the 400 IM (4:32.79) vs. Behrend, then took the 500 (5:08.26) and 1000 freestyle (10:54.39) in pool record time vs. Hiram. In the 400 medley relay, she set new school and pool records and earned the "B" cut after swimming lead-off in the 100 backstroke in 59.64.

Also nominated was senior **Dana Culbert** of Bethany, senior **Amanda Brozenic** of Grove City, and sophomore **Becky Giles** of Westminster.

## PAC SWIMMING NOTES

### Bethany Bison



Bethany wrapped up its regular season schedule last week, as the women split in two meets, while the men suffered a close loss at Mount Union ... The Chatham win saw the Bison take first place in eight events on the night, including two individual wins by **Dana Culbert** (50 and 100 freestyle) ... **Kaitlyn Majors** (500 freestyle), **Tricia Mark** (100 butterfly) and **Erin Staniech** (200 freestyle) all claimed first in an individual event, while also swimming legs on the victorious 200 medley relay ... Rounding out the winners was **Brenda Maxwell** in the 1650 freestyle (19:54.66) and **Mallory Lee** (2:49.34) ... Against Mount Union, Culbert took first in the 100 and 200 freestyle events, while Maxwell touched first in the 500 and 1,000 ... Staniech gave Bethany a sweep of the freestyle events by taking first in the 50 ... The men's team had several solid performances, as **Stephen Zinz** was third in the 200 butterfly and second in the 500 freestyle by less than half a second, while **Damien Sanzotti** was in the top three in three events, including the 200 IM, 100 freestyle and 200 breaststroke ... Both teams will now take the next 11 days to prepare for the 2006 PAC Championships at Grove City.

### Washington & Jefferson Presidents



The W&J women ended their dual meet season on a seven-meet win streak after defeating Penn State-Behrend and Hiram last week ... The President women finished 11-1, while the W&J men are 10-2 ... Sophomore **Kristen Mastropietro** notched wins in the 200 breaststroke (2:34.86) and the 100 backstroke (1:04.00) in the win over Behrend ... Freshman **Dan Mancuso** broke his own school record in the 400 IM (4:19.50) and also claimed the 100 freestyle in a time of 49:30 ... Senior **Katie Groznik** placed first in the 200 freestyle (2:07.74), while sophomore **Kaitlyn Orstein** claimed the 400 IM (4:32.79) ... Sophomore **Jessica Wightman** also took first in the 50 freestyle (26.61) ... Freshmen **Eddie Werner** and **Zach Nigrelli** led the men with three wins each ... Werner touched first in the 200 backstroke (1:59.93) and 200 IM (2:02.47), while leading the 400 medley relay (3:45.37) to a win ... Nigrelli captured the 50 (22.30) and 100 (48.74) freestyles before helping the 400 freestyle relay (3:27.14) to a first-place finish ... Orstein earned two wins as she took the 500 (5:08.26) and 1000 (10:54.39) freestyles ... Both times set new pool records ... In the 400 medley relay, she set new pool and school records and qualified for the NCAA "B" Cut after swimming the 100 backstroke in 59.64 seconds ... Freshman **Alicia Sutton** also won two individual events as she captured the 100 (55.60) and 200 (1:59.83) freestyles.

#### Past PAC Men's Swimmers/Divers of the Week

November 6: **Caleb Courage**, Grove City  
November 13: **Eddie Werner**, Wash. & Jeff.  
November 20: **Ryan Trunk**, Westminster  
December 4: **Stephen Zinz**, Bethany  
December 11: **Drew Snyder**, Grove City  
January 8: **Dan Mancuso**, Wash. & Jeff.  
January 15: **Dan Mancuso**, Wash. & Jeff.  
January 22: **Zac Gebhardt**, Westminster  
January 29: **C. Courage**, GRO/R. Trunk, WES

### Grove City Wolverines



Grove City wrapped up the dual meet portion of its schedule last week with wins ... The women's team closed the season with an 82-61 win over Penn State-Behrend Friday ... Freshman **Whitney Fairchild** and senior **Amanda Brozenic** each earned a pair of wins ... Fairchild won the 100 back and the 200 free while Brozenic won the 50 free and 100 breaststroke ... Sophomore **Ellen Keefer** won the 100 fly ... The men's team also topped Behrend Friday as freshman **Garrett Caldwell** (100 back), sophomore **Albert Cheung** (100 breaststroke), freshman **Nate Brunk** (100 fly) and senior **Jeremiah Roberts** (1000 free) all earned wins ... For Caldwell, Brunk and Cheung, it was their first collegiate wins ... Saturday, the Wolverines topped NCAA Division II foe West Virginia Wesleyan at California University of Pa., 140-111 ... Grove City set seven pool records in the victory ... Sophomore **Caleb Courage** set new pool records in the 50, 100 and 200 freestyle races ... **Andrew Gilbert** set pool records in the 100 and 200 breaststroke events ... **Mark Barron** set a pool record in winning the 100 while the 200 medley relay team of Gilbert, **Peter Larsen**, **Ben Haring** and **Joel Boerckel** set a new pool record ... Boerckel also won the 100 back ... Grove City's nine wins this year are the Wolverines' most since the 1996-97 season.

### Westminster Titans



The Westminster men's & women's swimming teams each closed their 2005-06 dual meet schedules on a positive note Saturday at the Natatorium, as both squads posted non-conference wins over visiting Carnegie Mellon University ... The Titan men (9-1-1) posted a 137-125 victory over the Tartans, while the Lady Titans (9-2) also topped CMU by a 139.5-122.5 margin ... Three Titan men led the way against Carnegie Mellon, paced by junior triple-winner **Ryan Trunk** ... Trunk swept the spring freestyle events, touching first in the 50 (21.84), 100 (47.43) and 200 freestyle (1:45.64) events ... Junior **Pat Smith** and freshman **Zac Gebhardt** both won a pair of individual events, with Smith capturing the 100 (55.26) and 200 backstroke (55.26), while Gebhardt led the field in both the 500 (4:55.55) and 1000 freestyle (10:04.92) ... The Westminster women were paced against the Tartans by sophomore **Becky Giles**, who swept all three of her events to become the lone multi-event winner for the Lady Titans against CMU ... Giles finished first in both the 200 butterfly (2:15.55) and the 200 individual medley (2:14.89), while also swimming a leg for the victorious 200 medley relay (1:54.79) team ... Both Westminster swim teams return to the pool at the 2006 Presidents' Athletic Conference (PAC) Championships, to be held at Grove City College in Grove City, Pa., on Thursday-Saturday, Feb. 9-11.

#### Past PAC Women's Swimmers/Divers of the Week

November 6: **Kaitlyn Orstein**, Wash. & Jeff.  
November 13: **Steph Peters**, Westminster  
November 20: **Megan McLaughlin**, Westminster  
December 4: **Kaitlyn Orstein**, Wash. & Jeff.  
December 11: **Becky Giles**, Westminster  
January 8: **Susanne Seward**, Wash. & Jeff.  
January 15: **Kaitlyn Orstein**, Wash. & Jeff.  
January 22: **Britt Thomas**, Westminster  
January 29: **Kaitlyn Orstein**, Wash. & Jeff.