



SWIMMING & DIVING 2004-05

Presidents' Athletic Conference
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FINAL 2004-05 REGULAR SEASON MEN'S STANDINGS (through Jan. 30, 2005)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Westminster College	3	0	1.00	9	1	.900
Grove City College	2	1	.667	6	2	.750
Washington & Jefferson College	1	2	.333	8	5	.615
Bethany College	0	3	.000	3	4	.429

FINAL 2004-05 REGULAR SEASON WOMEN'S STANDINGS (through Jan. 30, 2005)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Washington & Jefferson College	3	0	1.00	13	0	1.00
Westminster College	2	1	.667	7	3	.700
Grove City College	1	2	.333	5	4	.556
Bethany College	0	3	.000	2	6	.250

RECENT RESULTS

Tuesday, January 25

Westminster 119, GROVE CITY 118* (M)
 Westminster 123, GROVE CITY 90* (W)

Wednesday, January 26

Washington & Jefferson 116, PENN STATE-BEHREND 97 (M)
 Washington & Jefferson 120, PENN STATE-BEHREND 76 (W)

Thursday, January 27

BETHANY 104, Chatham 77 (W)

Friday, January 28

Grove City 116, Salem International 86 (at California, Pa.) (M)
 Grove City 68, Salem International 27 (at California, Pa.) (W)
 CALIFORNIA (PA) 55, Grove City 39

Saturday, January 29

WESTMINSTER 119, Baldwin-Wallace 80 (M)
 WESTMINSTER 111, Baldwin-Wallace 86 (W)
 Grove City 122, PENN STATE-BEHREND 87 (M)
 Grove City 110, PENN STATE-BEHREND 90 (W)
 Mount Union 116, BETHANY 94 (M)
 Mount Union 110, BETHANY 74 (W)
 HIRAM 116, Washington & Jefferson 103 (M)
 Washington & Jefferson 115, HIRAM 99 (W)

UPCOMING SCHEDULE

Thursday-Saturday, February 10-12

2005 PAC Men's & Women's Swimming & Diving Championships
 - Grove City College - Grove City, Pa.

PAC Men's Swimmer/Diver of the Week

BEN HARING

Grove City College

Junior - sprint freestyle

Kenai, Ala./Kenai Central H.S.

Harting was a triple-winner for the Wolverines in their 119-118 PAC loss to Westminster Tuesday, capturing the 50 freestyle (21.47) while swimming legs for the winning 400 freestyle and 400 medley relay teams. Saturday against Penn State-Behrend, he became the first swimmer this season to defeat teammate Caleb Courage in the 50 freestyle this season, posting a time of 21.46 (third-fastest in school history).

Also nominated was senior **Sebastian Hesse** of Washington & Jefferson and junior **Josh Hensler** of Westminster.

PAC Women's Swimmer/Diver of the Week

KAITLYN ORSTEIN

Washington & Jefferson College

Freshman - individual medley/breaststroke

Mount Lebanon, Pa./Mount Lebanon

Orstein won her third consecutive PAC women's swimmer of the week honor after sweeping six races (four individual and two relay) in W&J wins over Penn State-Behrend and Hiram. She posted "A cut" times in four events and set six new pool records and four new school records. Orstein defeated last year's NCAA Division III champion, Beth Groselle of Hiram, in the 100 breaststroke by over two seconds.

Also nominated was junior **Dana Culbert** of Bethany, senior **Christine Bare** of Grove City, and sophomore **Sara Bonchosky** of Westminster.

PAC SWIMMING NOTES

Bethany Bison

The Bison men and women both head into the PAC Championship meet following losses in their final meet ... The men – in their only meet of the week – fell to Mount Union Saturday 116-94 ... **Joe Kennedy** spotted his men, winning both the 1- and 3-meter diving events ... The women claimed victory over Chatham College (104-77) earlier in the week before succumbing to Mount Union (110-74) Saturday ... Against Chatham, three swimmers – **Erin Staniech**, **Dana Culbert** and **Tallie Stettinius** – scored two first-place finishes for the Bison ... In falling to Mount Union, Culbert claimed two victories in the 50- and 100-meter freestyle competitions before last-minute victories by **Ashley Richards** and the 400-yard freestyle relay team added points to the women's total.

Washington & Jefferson Presidents

The W&J women's squad completed its first undefeated dual meet season since the 1993-94 Presidents accomplished the feat with an 11-0 mark ... The 13-0 dual meet record is the best in program history ... In the win over Hiram, freshman **Kaitlyn Orstein** continued to lead the Presidents with three victories ... Orstein, who was matched against last year's national champion in the 100 breaststroke, Hiram's **Beth Groselle**, set a new pool record and qualified for the NCAA "A" cut in the 100 breaststroke (1:12.20) ... Orstein was nearly two seconds under the NCAA qualifying standard and she topped Groselle's season-best time (1:14.14) by just under two seconds ... Orstein also defeated Groselle during her pool record and NCAA "A" cut time of 2:20.31 in the 200 individual medley ... Senior **Kristina Springborn** also touched first in the 100 backstroke (1:11.21), while sophomore **Lindsay Biddle** placed first in the 1-meter diving event with 180.25 points ... On the men's side, sophomore **Matt Ide** was W&J's lone first-place finisher with a victory in the 3-meter diving event (117.60 points).

Grove City Wolverines

Both Grove City teams closed the dual-meet portion of the schedule Saturday with wins over Penn State Behrend ... The men's team clinched its 54th straight winning season Friday night by defeating NCAA D-II Salem International ... **Caleb Courage** won the 50 free and 100 back while **Jeremy Harbaugh** won the 400 IM ... Seven different Wolverines had wins against Behrend Saturday ... Courage had two individual wins against Westminster ... Grove City's women clinched their third straight winning season Saturday by downing Behrend ... **Christine Bare** won the 200 IM and 500 free Saturday while **Emily Hays** won the 1- and 3-meter diving competition ... Bare also had two wins in a double-dual against Salem International and California, Pa. ... Grove City will host the Grove City Invitational and PAC Championships Feb. 10-12 ... The Grove City men and Westminster women are the defending conference champions as well as the defending Invitational titlists.

Westminster Titans

Westminster posted sweeps at PAC rival Grove City on Tuesday and at home vs. Baldwin-Wallace Saturday ... Five Titan men captured individual events to edge Grove City ... For the Lady Titans, both sophomore **Sara Bonchosky** and freshman **Becky Giles** were triple winners against the Wolverines ... Bonchosky captured both the 200 (1:59.25) and 500 freestyle (5:23.04) while leading off the victorious 400 freestyle relay (3:47.65), while Giles touched first in both the 200 IM (2:16.53) and 200 backstroke (2:17.23) while leading off the winning 400 medley relay (4:12.56) ... On the men's side vs. B-W, sophomore **Ryan Trunk** was a triple-winner for the Titans, capturing both the 50 (22.08) and 100 freestyle (48.60) while leading off the 200 freestyle relay (1:28.12) ... For the Lady Titans, Bonchosky and **Megan McLaughlin** led the way with two individual wins each ... Bonchosky won both the 100 freestyle (55.32) and the 200 IM (2:19.27), while McLaughlin finished in front of the 200 backstroke (2:14.58) and the 1000 freestyle (11:05.35).

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: Stephen Zinz, Bethany

January 30: Ben Haring, Grove City

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: Kaitlyn Orstein, Wash. & Jeff.

January 30: Kaitlyn Orstein, Wash. & Jeff.