



SWIMMING & DIVING 2003-04

Presidents' Athletic Conference
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CURRENT MEN'S STANDINGS (through February 1, 2004)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Westminster College	2	0	1.00	7	1	.875
Washington & Jefferson College	1	1	.500	8	4	.667
Grove City College	1	2	.333	6	3	.667
Bethany College	0	1	.000	2	5	.286

CURRENT WOMEN'S STANDINGS (through February 1, 2004)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Westminster College	2	0	1.00	6	2	.750
Grove City College	2	1	.667	6	3	.667
Bethany College	0	1	.000	1	6	.143
Washington & Jefferson College	0	2	.000	9	3	.750

RECENT RESULTS

Tuesday, January 27

Westminster at Bethany* - cancelled (weather)

Wednesday, January 28

WASHINGTON & JEFFERSON 108, Penn St.-Behrend 81 (M)

WASHINGTON & JEFFERSON 107, Penn St.-Behrend 75 (W)

Saturday, January 31

MOUNT UNION 119, Bethany 92 (M)

MOUNT UNION 106, Bethany 95 (W)

WASHINGTON & JEFFERSON 126, Hiram 91 (M)

WASHINGTON & JEFFERSON 108, Hiram 93 (W)

Westminster 113, BALDWIN-WALLACE 90 (M)

Westminster 120, BALDWIN-WALLACE 82 (W)

UPCOMING SCHEDULE

Wednesday, February 4

Bethany at Washington & Jefferson* - 6:30 p.m.

PAC Men's Swimmer/Diver of the Week

STEPHEN ZINZ

Bethany College

Freshman - freestyle/butterfly

Meadville, Pa./Meadville H.S.

Zinz won the 1650 freestyle at Mount Union with a time of 19:51.81, edging Jason DeAngelis of MUC by 6/100ths of a second (19:51.87). He also won the 200 butterfly by over 12 seconds (2:35.61) and led off the winning 400 free relay team (1:38.57).

Also nominated was junior **Sebastian Hesse** of Washington & Jefferson and freshman **Pat Smith** of Westminster.

PAC Women's Swimmer/Diver of the Week

AMY PLOTKIN

Washington & Jefferson College

Freshman - freestyle

Melbourne, Fla./Satellite H.S.

Plotkin led W&J to a pair of non-conference wins last week by posting four victories. She captured the 1000 free (11:23.23) in a win over Penn State-Behrend before posting three wins against Hiram in the 500 (5:35.64) and 1000 free (11:21.56) and 400 free relay (3:58.53).

Also nominated was sophomore **Dana Culbert** of Bethany, and freshman **Sara Bonchosky** of Westminster.

PAC SWIMMING NOTES

Bethany Bison

The Bison went 0-1 last week, falling to Mount Union and having its meet at home with Westminster canceled due to inclement weather ... Against Mount Union, the men recorded four first-place finishes and the women had six winners ... For the men, freshman **Stephen Zinz** won all three of the events in which he participated, winning the 1650 freestyle in 19:51.81 and the 200 butterfly in 2:35.61 ... He also led off for the winning 200 freestyle relay team ... **Joe Kennedy** won the 1-meter diving event and came in second in the 3-meter ... For the women, **Dana Culbert** won the 50 freestyle in 26.35, the 100 freestyle in 58.14 and led off for the 200 freestyle relay squad ... **Emily Young** was victorious in the 1650 freestyle and the 500 freestyle in 6:05.04, while **Rachel Yakubik** won the 1- and 3-meter diving events ... **Ashley Richards** added a win in the 200 breaststroke (2:58.91).

Washington & Jefferson Presidents

The Presidents swept two non-conference dual meets this past week, defeating Penn State-Behrend and Hiram ... Freshman **Amy Plotkin** led the women over the Lady Lions by claiming the 500 (5:34.31) and 1000 (11:24.11) freestyle ... Junior **Abby Leslie** claimed the 1-meter diving (222.20 points) and also helped the 200 medley relay team win (1:57.60) ... Senior **Vanessa Tome**, junior **Kristina Springborn** and freshman **Brandi Shoupe** also swam on the relay ... Shoupe also finished first in the 100 butterfly (1:02.31) ... Senior **Chris Shively** was one of three double victors for the W&J men, winning the 100 freestyle (50.63) and 100 breaststroke (1:03.33) ... Junior **Andrew Pratt** won the 500 (5:06.84) and 1000 (10:46.06) freestyle, while sophomore Matt Socha won the 200 IM (2:05.93) and 100 butterfly (55.06) ... Shively also claimed the 200 breaststroke (2:22.26) against Hiram, while junior **Sebastian Hesse** won the 100 butterfly (57.55) and the 200 freestyle (1:54.71) ... Freshman **Juliana Mathews** notched wins in the 100 breaststroke (1:16.16) and the 200 IM (2:25.22).

Past PAC Men's Swimmers/Divers of the Week

November 23: Josh Hensler, Westminster

December 7: Stephen Zinz, Bethany

December 14: Jeff Wenger, Grove City

January 12: Ryan Trunk, Westminster

January 19: Chris Shively, Wash. & Jeff.

January 26: Rich Korb, Grove City

February 1: Stephen Zinz, Bethany

February 8:

Grove City Wolverines

Both Grove City teams are idle in preparation for the 2004 PAC Championships, to be held Feb. 12-14 at Grove City College.

Westminster Titans

Westminster concluded its 2003-04 dual meet season by rolling to non-conference wins at Baldwin-Wallace on Saturday ... Leading the way for the men was freshman **Pat Smith**, who was the lone Titan to post a pair of individual wins as he captured both the 500 (5:02.13) and 1000 (10:27.08) freestyle events ... Classmate **Ryan Trunk** also touched first in a pair of events, winning the 200 freestyle (1:48.20) while anchoring the winning 400 freestyle relay team (3:24.20) ... A pair of Lady Titans were triple winners against B-W ... Senior **Brittany Jardine** captured both the 100 butterfly (1:00.64) and 200 individual medley (2:17.18) while anchoring the victorious 400 freestyle relay team (3:46.63) ... Freshman **Sara Bonchosky** also was a member of the winning 400 free relay team while also posting the top time in both the 100 (56.21) and 200 (2:00.64) freestyle events ... Both teams are nationally-ranked by the Collegeswimming.com website, as the Lady Titans are currently ranked eighth in the nation, while the Titan men are ranked 10th in the country.

Past PAC Women's Swimmers/Divers of the Week

November 23: Amy Plotkin, Wash. & Jeff.

December 7: Peggy Whitbeck, Grove City

December 14: Karen Rodgers, Grove City

January 12: Dana Culbert, Bethany

January 19: Brittany Jardine, Westminster

January 26: Katie Alukonis, Westminster

February 1: Amy Plotkin, Wash. & Jeff.

February 8: