

2008-09 PAC Swimming & Diving Release

Week 12 - February 2



Presidents' Athletic Conference
8500 Brooktree Road, Suite 130
Wexford, PA 15090
Web: www.pacathletics.org

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

2008-09 PAC MEN'S STANDINGS (through February 1)

School	PAC Contests			All Contests		
	W	L	Pct.	W	L	Pct.
Grove City	3	0	1.00	12	2	.857
Washington & Jefferson	2	1	.667	8	3	.727
Westminster	1	2	.333	6	3	.667
Bethany	0	3	.000	0	9	.000
Saint Vincent*				5	4	.556

2008-09 PAC WOMEN'S STANDINGS (through February 1)

School	PAC Contests			All Contests		
	W	L	Pct.	W	L	Pct.
Grove City	4	0	1.00	12	3	.800
Washington & Jefferson	3	1	.750	13	1	.929
Westminster	2	2	.500	5	5	.500
Chatham	1	3	.250	8	3	.727
Bethany	0	4	.000	1	9	.100
Saint Vincent*				4	6	.400

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

LAST WEEK

Tuesday, January 27, 2009

GROVE CITY 141, Westminster 121* (M)
GROVE CITY 155, Westminster 139* (W)
FROSTBURG STATE 154, Bethany 32 (M)
FROSTBURG STATE 131, Bethany 88* (W)

Wednesday, January 28, 2009

Wash. & Jeff. 116, SAINT VINCENT 82* (M)
Wash. & Jeff. 105, SAINT VINCENT 68* (W)

Friday, January 30, 2009

Grove City 82, PITT-BRADFORD 13 (M)
Grove City 57, Penn St.-Behrend 37 (M)
Grove City 59, PITT-BRADFORD 31 (W)
Grove City 56, Penn St.-Behrend 33 (W)

Saturday, January 31, 2009

WESTMINSTER 150, Saint Vincent 103* (M)
WESTMINSTER 126, Saint Vincent 99* (W)
CHATHAM 148, Notre Dame (Md.) 114 (W)
Urbana 57, BETHANY 39 (M)
BETHANY 93, Urbana 47 (W)
Grove City 156, WOOSTER 114 (M)
Grove City 153, WOOSTER 141 (W)
Wash. & Jeff. 78, HIRAM 64 (M)
Wash. & Jeff. 150, HIRAM 93 (W)

UPCOMING EVENTS

Thursday-Saturday, February 12-14, 2009

2009 PAC Championships

Grove City College - Grove City, Pa.
Preliminaries - 10 a.m. each day
Finals - 6 p.m. Thursday & Friday
5:30 p.m. Saturday

Men's Swimmer/Diver of the Week

CALEB COURAGE

Grove City
Senior
Shippensburg, Pa.
Shippensburg H.S.



Courage won 10 events in three meets while leading GCC to a 4-0 mark on the week and an unbeaten conference record for the season. He won the 100 & 200 back and 200 IM in a PAC win over Westminster Tuesday. Friday, he captured the 50 free and 100 back along with the 200 free relay in a tri-meet sweep of Pitt-Bradford and Penn State-Behrend. Finally, he had four wins (two individual, two relay) in a 156-114 win at Wooster Saturday.

Also nominated was senior **Spencer Connor** of Bethany, sophomore **Brandon Smith** of Washington & Jefferson, and senior **Conor Simpson** of Westminster.

Women's Swimmer/Diver of the Week

MEGAN MIER

Westminster
Senior
Copley, Ohio
Revere H.S.



Mier won a combined seven events (5 individual, 2 relays) for Westminster in two PAC meets against Grove City and Saint Vincent last week. Saturday against SVC, she set a new pool record while winning the 200 backstroke in a time of 2:08.42. She also won the 100 butterfly (59.89) against the Bearcats.

Also nominated was freshman **Sara Reass** of Bethany, sophomore **Chelsea Mummert** of Chatham, sophomore **Sarah Page** of Grove City, and freshman **Bethany Haver** of W&J.

PAC Swimming & Diving 2008-09 - Week 12 Conference Notes

REGULAR SEASON CONCLUDES: The 2008-09 PAC swimming & diving regular season came to a close Saturday, as all six programs concluded their dual schedules. Earlier in the week, Grove City completed an unbeaten dual record against league opponents after sweeping Westminster. The Wolverines will host the 2009 PAC Championships in Grove City on Thurs.-Sat., Feb. 12-14, 2009.

WHO'S HOT: Chatham sophomore **Chelsea Mummert** set new school records in the 100 (1:00.75) and 200 backstroke (2:13.74) in a 148-114 win over Notre Dame (Md.) ... Senior **Megan Mier** of Westminster won seven events in two meets, including setting a new pool record in the 200 backstroke (2:08.42) vs. Saint Vincent on Saturday ... Sophomore **Sarah Page** posted six wins for Grove City in dual victories over Westminster and Wooster.

AROUND THE LEAGUE: **Sara Reass** captured the 100 (1:02.87) and 200 freestyle (2:16.30) to help lead Bethany to its first dual win of the year, 93-47, over Urbana ... Sophomore **Brandon Smith** was a triple-winner for W&J (200 & 400 IM, 200 backstroke) in the Presidents' 78-64 victory over Hiram ... **Amanda Haile** of Saint Vincent captured the 100 fly and swam on the winning 200 free relay team for the Bearcats vs. Washington & Jefferson.

Bethany Bison
(M: 0-9, 0-3 PAC; W: 1-9, 0-4 PAC)



Bethany completed their dual meet schedule for the year against Urbana Saturday, with the women winning 93-47 and the men suffering a narrow 57-39 loss ... **Sara Reass** highlighted the win by taking first in the 200 free (2:16.30) and 100 free (1:02.87) ... **Sara Atkins** (100 backstroke) and **Lindsay Arnold** (50 free) posted individual wins while also swimming on the victorious 200 medley relay with **Jillian Zewe** and **Desiree Finley** ... Other first places were collected by **Cynthia Richardson** (200 IM) and **Jessica Sarro** (100 butterfly), while the men's team saw **Spencer Connor** win the 50 freestyle and **Rich Sawyer** touch first in the 500 freestyle ... The Bison's first meet of the week was at Frostburg State, where Finley set a new school record in the 11-dive, one-meter competition with a score of 358.25 ... Finley, along with Sarro, Reass and **Kristen Zukoff** won the 200-meter freestyle relay as well ... Reass (800, 400 free), Zukoff (50, 100 free) and Atkins (200 IM, 100 backstroke) all earned second places in multiple events as well ... For the men, **Michael Bonaventura** was second in the 100 Back ... Both Bison teams are now in preparation for the 2009 PAC Championships Feb. 12-14 at Grove City.

Chatham Cougars
(W: 8-3, 1-3 PAC)



Chatham hosted its final dual meet of the season and came away with a 148-114 win over Notre Dame College ... Sophomore **Chelsea Mummert** set new school records in the 100 and 200 backstroke with times of 1:00.75 and 2:13.74 ... She also swam on the winning 200 medley relay team for the Cougars ... Junior **Amy Kuuskoski** and sophomore **Emily Price** also won two events apiece in the win ... Chatham is off until the PAC Championships that begin on Thursday, February 12, 2009

Grove City Wolverines
(M: 12-2, 3-0 PAC; W: 12-3, 4-0 PAC)



The Grove City College swimming and diving teams concluded the dual-meet portion of the 2008-09 season in fine fashion by going 4-0 last week ... Tuesday night, Grove City swept longtime rival Westminster ... The women earned a 155-139 over the Titan tankers as **Sarah Page** won both the 50 and 100 free ... Page, **Jenna Richert**, **Emily Kramer** and **Amanda Thompson** clinched the win by winning the 200 free relay ... Richert, Page, Kramer and **Kate Wilt** won the 200 free relay at Wooster Saturday to clinch the Wolverines' program-record 12th win of the season ... The night before, Grove City swept Pitt-Bradford and Penn State Behrend in a double-dual ... The men recorded their third straight season of at least 10 wins ... **Tim Whitbeck** swept the sprints against Westminster Tuesday ... Grove City's win over Westminster knotted the all-time series at 38-38 ... Grove City won all five freestyle races at Wooster Saturday **Caleb Courage** won the 50 and 100 while **Drew Snyder** took the 200 ... **Nate Nielsen** (500) and **Chip Cressman** (1000) also posted wins, as did **Ben Bowser** (400 IM) ... Grove City will host the PAC Championships in conjunction with the Grove City Invitational February 12-14.

Saint Vincent Bearcats
(M: 5-4; W: 4-6)



The Saint Vincent swim teams wrapped up the dual meet portion of their schedules on down notes, both falling to Washington & Jefferson and Westminster ... In the men's 116-82 loss to W&J Wednesday, **Eric Clouse** finished first in the 100 butterfly (55.29), **Dan Brett** the 500 freestyle (5:15.28), and **Matt Snelick** the 100 breaststroke (1:04.59) ... **Jon Okonak** picked up a pair of second-place finishes, turning in a time of 22.61 seconds in the 50 free and 49.48 in the 100 free ... In Saturday's 150-103 loss at Westminster, Snelick took first in the 200 breaststroke, Brett the 500 freestyle, and Clouse the 100 butterfly ... In the Lady Bearcats' 105-68 defeat to W&J Wednesday, **Amanda Haile** earned first in the 100 butterfly (1:07.12), while **Christine Dunleavy** won the 100 breaststroke (1:12.09) ... Haile, **Mandie West**, **Sarah Denning**, and **Molly Michael** teamed up for the win in the 200 free relay (1:49.94) ... Saturday at Westminster, West picked up wins in the 500 freestyle (5:38.75) and 200 IM (2:34.10) ... Dunleavy was victorious in the 200 breaststroke (2:48.35), West the 500 freestyle (5:38.75), and **Jess Kennedy** the 100 butterfly (1:07.04) ... The Lady Bearcats' 200 free relay squad of Haile, Kennedy, **Haley Krol**, and **Maggie Dempsey** took the win with a time of 1:46.72.

Washington & Jefferson Presidents
(M: 8-3, 2-1 PAC; W: 13-1, 3-1 PAC)



The Washington & Jefferson men's and women's swimming programs concluded their dual-meet schedules with sweeps of Saint Vincent and Hiram last week ... The Presidents' women tied the school record for single-season, dual-meet wins with 13 ... Freshmen **Andy Rish** and **Katie Steider** both won three events during the sweep of SVC ... Rish claimed the 50 (22.36) and 100 (49.62) freestyle events, while also leading the 200 medley relay (1:41.68) to an opening win ... Steider also touched first in the 50 (26.08) and 100 (56.40) freestyles after swimming a leg on the winning 200 medley relay (1:57.16) ... The victory was highlighted by freshman **Bethany Haver**, who set a pool record with 243.15 points during her win on the 1-meter diving board ... She was one point shy of automatically qualifying for the NCAA Division III Championships ... Freshman **Brittany Vogel** notched a pair of wins after touching first in the 200 IM (2:33.52) and 200-meter backstroke (2:31.98) ... The men's team was paced by sophomore **Brandon Smith's** victories in the 200 IM (2:20.71) and 200-meter backstroke (2:20.22).

Westminster Titans
(M: 6-3, 1-2 PAC; W: 5-5, 2-2 PAC)



Both Westminster teams went 1-1 last week ... The Titan men lost to Grove City, 141-121, on Tuesday while the Titan women lost 155-139 ... Westminster rebounded by beating Saint Vincent on Saturday ... The men won the dual meet 150-103 and the women won 126-99 ... In the loss to Grove City, junior **Emily Dressler** won three events as she broke her own school record in the 500-yard freestyle with a time of 5:09.80, beating her previous mark of 5:10.30 set the previous week ... Dressler also took the 200 (1:56.95) and 1,000 (10:55.23) freestyles in the meet against Grove City ... On the men's side, senior **Zac Gebhardt** and junior **Ben Gutmann** each won two individual events ... Gebhardt won the 500 (4:53.56) and 1,000 (10:04.26) freestyles, while Gutmann took the 100 (59.26) and 200 (2:10.29) breaststrokes ... Two Westminster Natatorium pool records were set Saturday in the Titans' final dual meet of the season ... Senior **Megan Mier** won two individual events and helped the Titan women win a relay as she broke the pool record in the 200 backstroke (2:08.42) ... The other pool record came in a time trial as freshman **Caitlin Lehberger** broke her own pool record from earlier in the season in the 400 IM (4:39.95) ... For the men, senior **Conor Simpson** captured the 200 freestyle (1:48.40) and 200 butterfly (2:03.11).

Bethany Bison
M: 0-9, 0-3 PAC
W: 1-9, 0-4 PAC

MEN

Oct. 25 at Pitt-Bradford Relays 5th/5
 Nov. 1 PENN ST-BEHREND L 24-153
 Nov. 8 at Hiram L 52-115
 Nov. 15 at Westminster* L 18-91
 Dec. 6 PENN ST.-ALTOONA L 21-144
 Dec. 10 GROVE CITY* L 46-69
 Jan. 14 WASH. & JEFF.* L 59-98
 Jan. 17 at Saint Vincent* L 57-114
 Jan. 28 at Frostburg State L 32-154
 Jan. 31 URBANA L 39-57
 Feb. 12-14 - PAC Championships (GCC)

WOMEN

Oct. 25 at Pitt-Bradford Relays 5th/5
 Nov. 1 PENN ST-BEHREND L 89-123
 Nov. 8 at Hiram L 117-147
 Nov. 15 at Westminster* L 69-107
 Dec. 6 PENN ST.-ALTOONA L 97-122
 Dec. 10 GROVE CITY* L 79-98
 Jan. 14 WASH. & JEFF.* L 93-117
 Jan. 17 at Saint Vincent* L 114-123
 Jan. 24 CHATHAM* L 119-139
 Jan. 28 at Frostburg State L 88-131
 Jan. 31 URBANA W 93-47
 Feb. 12-14 - PAC Championships (GCC)

Chatham Cougars
W: 8-3, 1-3 PAC

WOMEN

Oct. 18 at Saint Vincent* W 92-38
 Oct. 18 vs. PS-Altoona W 107-23
 Oct. 25 JUNIATA W 139-94
 Oct. 31 at Westminster Relays 4th/6
 Nov. 1 WESTMINSTER* L 121-162
 Nov. 8 WASH. & JEFF.* L 131.5-152.5
 Nov. 8 SLIPPERY ROCK W 204-75
 Nov. 8 FROSTBURG ST. W 224-45
 Nov. 15 at Grove City* L 95-194
 Nov. 15 vs. Hiram (at GCC) W 149-134
 Jan. 9 at Agnes Scott Invit. 1st/5
 Jan. 17 at Penn St.-Behrend cancelled
 Jan. 24 at Bethany* W 139-119
 Jan. 31 NOTRE DAME (MD) W 148-114
 Feb. 12-14 - PAC Championships (GCC)

Grove City Wolverines
M: 12-2, 3-0 PAC
W: 12-3, 4-0 PAC

MEN

Oct. 25 at Clarion Fall Classic 1st/4
 Nov. 1 at Carnegie Mellon L 125-174
 Nov. 15 HIRAM W 152-114
 Nov. 21 SAINT VINCENT* W 160-108
 Nov. 22 at CWRU Quad 3-0
 Nov. 25 ALLEGHENY W 152-127
 Dec. 5-6 LONGNECKER INVIT. 1st/7
 Dec. 10 at Bethany* W 69-46
 Jan. 17 at Wash. & Jeff.* W 156-137
 Jan. 24 DENISON L 120-162
 Jan. 27 WESTMINSTER* W 141-121
 Jan. 30 at Pitt-Bradford W 82-13
 Jan. 30 w/PS-Behrend W 57-37
 Jan. 31 at Wooster W 156-114
 Feb. 12-14 - PAC CHAMPIONSHIPS

WOMEN

Oct. 25 at Clarion Fall Classic 1st/6
 Nov. 1 at Carnegie Mellon L 121-178
 Nov. 15 CHATHAM* W 194-95
 Nov. 15 HIRAM W 191-99
 Nov. 21 SAINT VINCENT* W 153-75
 Nov. 22 at CWRU Quad 2-1
 Nov. 25 ALLEGHENY W 159-139
 Dec. 5-6 LONGNECKER INVIT. 1st/8
 Dec. 10 at Bethany* W 98-79
 Jan. 17 at Wash. & Jeff.* W 162-138
 Jan. 24 DENISON L 124-161
 Jan. 27 WESTMINSTER* W 155-139
 Jan. 30 at Pitt-Bradford W 59-31
 Jan. 30 w/PS-Behrend W 56-33
 Jan. 31 at Wooster W 153-141
 Feb. 12-14 - PAC CHAMPIONSHIPS

Saint Vincent Bearcats
M: 5-4
W: 4-6

MEN

Oct. 18 P.S.-ALTOONA W 155-100
 Oct. 25 at Wheeling Jesuit L 124-138
 Nov. 8 P.S.-BEHREND W 144-115
 Nov. 15 MOUNT UNION W 135-127
 Nov. 21 at Grove City* L 108-160
 Dec. 4-6 at Wooster Invitational 10th/11
 Jan. 17 BETHANY* W 114-57
 Jan. 24 at W.Va. Wesleyan W 134-126
 Jan. 28 WASH. & JEFF.* L 82-116
 Jan. 31 at Westminster* L 103-150
 Feb. 12-14 - PAC Championships (GCC)

WOMEN

Oct. 18 CHATHAM* L 38-92
 Oct. 18 P.S.-ALTOONA W 82-43
 Oct. 25 at Wheeling Jesuit W 131-96
 Nov. 8 P.S.-BEHREND W 139-103
 Nov. 15 MOUNT UNION L 99-150
 Nov. 21 at Grove City* L 75-153
 Dec. 4-6 at Wooster Invitational 10th/11
 Jan. 17 BETHANY* W 123-114
 Jan. 24 at W.Va. Wesleyan L 82-148
 Jan. 28 WASH. & JEFF.* L 68-105
 Jan. 31 at Westminster* L 99-126
 Feb. 12-14 - PAC Championships (GCC)

Wash. & Jeff. Presidents
M: 8-3, 2-1 PAC
W: 13-1, 3-1 PAC

MEN

Nov. 5 FROSTBURG ST. W 136-85
 Nov. 15 BALDWIN-WALLACE W 160-131
 Nov. 19 WESTMINSTER* W 154-140
 Nov. 22 at CWRU Quad 1-2
 Dec. 5-6 at GCC Longnecker Invit. 2nd/7
 Jan. 14 at Bethany* W 88-59
 Jan. 17 GROVE CITY* L 138-162
 Jan. 24 at Penn St.-Behrend W 134-93
 Jan. 28 at Saint Vincent* W 116-82
 Jan. 31 at Hiram W 78-64
 Feb. 12-14 - PAC Championships (GCC)

WOMEN

Nov. 5 FROSTBURG ST. W 129-89
 Nov. 8 at Chatham* W 152.5-131.5
 Nov. 8 vs. Slippery Rock W 189-80
 Nov. 8 vs. Frostburg State W 192-61
 Nov. 15 BALDWIN-WALLACE W 148-113
 Nov. 19 WESTMINSTER* W 154-140
 Nov. 22 at CWRU Quad 3-0
 Dec. 5-6 at GCC Longnecker Invit. 2nd/8
 Jan. 14 at Bethany* W 117-93
 Jan. 17 GROVE CITY* L 137-156
 Jan. 24 at Penn St.-Behrend W 117-73
 Jan. 28 at Saint Vincent* W 105-68
 Jan. 31 at Hiram W 150-93
 Feb. 12-14 - PAC Championships (GCC)

Westminster Titans
M: 6-3, 1-2 PAC
W: 5-5, 2-2 PAC

MEN

Oct. 25 at Clarion Fall Classic 3rd/4
 Oct. 31 WC RELAY CARNIVAL 1st/5
 Nov. 8 at Allegheny W 131-74
 Nov. 15 BETHANY* W 91-18
 Nov. 19 at Wash. & Jeff.* L 140-154
 Nov. 22 at Wooster W 152-132
 Dec. 4-6 at Wooster Invitational 3rd/11
 Jan. 7 at Rollins W 146-108
 Jan. 17 MOUNT UNION W 106-87
 Jan. 24 at Carnegie Mellon L 111-151
 Jan. 27 at Grove City* L 121-141
 Jan. 31 SAINT VINCENT* W 150-103
 Feb. 12-14 - PAC Championships (GCC)

WOMEN

Oct. 25 at Clarion Fall Classic 3rd/6
 Oct. 31 WC RELAY CARNIVAL 3rd/6
 Nov. 1 at Chatham* W 163-121
 Nov. 8 at Allegheny L 80-125
 Nov. 15 BETHANY* W 107-69
 Nov. 19 at Wash. & Jeff.* L 140-154
 Nov. 22 at Wooster L 123-139
 Dec. 4-6 at Wooster Invitational 5th/11
 Jan. 7 at Rollins W 151-103
 Jan. 17 MOUNT UNION W 106-88
 Jan. 24 at Carnegie Mellon L 109-153
 Jan. 27 at Grove City* L 139-155
 Jan. 31 SAINT VINCENT* W 126-99
 Feb. 12-14 - PAC Championships (GCC)