



SWIMMING & DIVING 2003-04

Presidents' Athletic Conference
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FINAL 2003-04 REGULAR SEASON MEN'S STANDINGS

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Westminster College	2	0	1.00	7	1	.875
Washington & Jefferson College	2	1	.667	9	4	.692
Grove City College	1	2	.333	6	3	.667
Bethany College	0	2	.000	2	6	.250

FINAL 2003-04 REGULAR SEASON WOMEN'S STANDINGS

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
Washington & Jefferson College	1	2	.333	10	3	.769
Bethany College	0	2	.000	1	7	.125

RECENT RESULTS

Wednesday, February 4

WASHINGTON & JEFFERSON 109, Bethany 91* (M)
 WASHINGTON & JEFFERSON 93, Bethany 60* (W)

UPCOMING SCHEDULE

Thursday-Saturday, February 12-14

2004 PAC Swimming & Diving Championships
 Grove City College - Grove City, Pa.

PAC Men's Swimmer/Diver of the Week

MATT SOCHA

Washington & Jefferson College

Sophomore - freestyle

Carlisle, Pa./Cumberland Valley H.S.

Socha led the W&J men to a 109-91 win over PAC rival Bethany by claiming two individual and one relay win. Socha captured the 100 (49.48) and 200 freestyle (1:49.05) events, while also leading the victorious 200 medley relay team (1:50.74) for the Presidents.

PAC Women's Swimmer/Diver of the Week

DANA CULBERT

Bethany College

Sophomore - freestyle

North Huntingdon, Pa./Norwin H.S.

Culbert was the lone double-winner for Bethany in a PAC loss to Washington & Jefferson, as she captured both the 50 (26.46) and 100 freestyle (57.47) events.

Also nominated was senior **Vanessa Tome** of Washington & Jefferson.

PAC SWIMMING NOTES

Bethany Bison

The Bison lost to W&J last week in their only action ... The men lost by a score of 109-91, while the women lost 93-60 ... The men received wins by **Joe Kennedy** and **Damien Sanzotti**, as Kennedy won the 1-meter diving event, while Sanzotti won the 100 breaststroke (1:06.62) ... The women were led by **Dana Culbert**, who placed first in the 50 free (26.46) and the 100 free (57.47) ... **Rachel Yakubik** gained a victory in the 3-meter dive.

Washington & Jefferson Presidents

Both Washington & Jefferson squads extended their winning streaks to four meets on Wednesday after sweeping Bethany ... Senior **Vanessa Tome** led the W&J women in her final home meet with a win in the 200 freestyle in a time of 2:06.31 ... Freshman **Amy Plotkin** claimed the 1000 freestyle (11:29.91), while classmate **Alicia Kelly** claimed the 100 backstroke (1:07.25) ... Sophomore **Kim Cieslik** touched first in the 500 freestyle (5:48.19), while sophomore **Katie Groznik** won the 400 IM (5:02.42) ... On the men's side, junior **Andrew Pratt** led three double winners with victories in the 500 (5:13.87) and 1000 (10:48.26) freestyle events ... Sophomore **Matt Socha** also won the 100 (49.48) and 200 (1:49.05) freestyle, while freshman **Aaron DiNardo** touched first in the 50 freestyle (23.56) and 100 backstroke (1:03.22) ... Socha and DiNardo also led the 200 medley relay squad to a meet-opening victory in a time of 1:50.74.

Grove City Wolverines

Grove City will host the Presidents' Athletic Conference championships and Grove City College Invitational this Thursday, Friday and Saturday ... The first session begins at 10 a.m. each day while the second session begins at 6 p.m. Thursday and Friday ... The final session Saturday starts at 5:30 p.m.

Westminster Titans

Westminster was off last week in preparation for the upcoming conference championships ... Both the Titans and Lady Titans are defending conference champions, having both won team PAC titles in their first year of eligibility in 2003.

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: Matt Socha, Wash. & Jeff.

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: Dana Culbert, Bethany