

2009-10 PAC Swimming & Diving Release

Week 1 - October 26



Presidents' Athletic Conference
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2009-10 PAC MEN'S STANDINGS (through October 25)

School	PAC Contests			All Contests		
	W	L	Pct.	W	L	Pct.
Bethany	0	0	.000	0	0	.000
Grove City	0	0	.000	0	0	.000
Washington & Jefferson	0	0	.000	0	0	.000
Westminster	0	0	.000	0	0	.000
Saint Vincent*	0	0	.000	0	1	.000

2009-10 PAC WOMEN'S STANDINGS (through October 25)

School	PAC Contests			All Contests		
	W	L	Pct.	W	L	Pct.
Bethany	0	0	.000	0	0	.000
Chatham	0	0	.000	0	0	.000
Grove City	0	0	.000	0	0	.000
Washington & Jefferson	0	0	.000	0	0	.000
Westminster	0	0	.000	0	0	.000
Saint Vincent*	0	0	.000	0	1	.000

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

LAST WEEK

Saturday, October 24, 2009

Clarion Fall Classic - Clarion, Pa.

Men (four teams)

1. Grove City - 1,117
3. Westminster - 89

Women (four teams)

2. Grove City - 788
3. Westminster - 148

Pitt-Bradford Relays - Bradford, Pa.

Combined (five teams)

5. Bethany - 22

Wheeling Jesuit 133, ST. VINCENT 118 (M)

Wheeling Jesuit 144, ST. VINCENT 110 (W)

THIS WEEK

Friday, October 30, 2009

Chatham at Westminster Relays - 6 p.m.

Saturday, October 31, 2009

Grove City at Allegheny - noon

Chatham at Westminster* - 1 p.m.

Bethany at Penn State-Behrend - 2 p.m.

Men's Swimmer/Diver of the Week

BEN BOWSER

Grove City

Sophomore

Stow, Ohio

Stow H.S.



Bowser recorded four individual wins for the Wolverines while leading Grove City to the team title at the Clarion Fall Classic in Clarion, Pa., over the weekend. He touched first in the 100 butterfly (54.12), the 200 butterfly (2:03.84), the 200 IM (2:02.50) and the 400 IM (4:24.54). He also swam on the Wolverines' victorious 200 medley relay squad.

Also nominated was freshman **Alan Nedley** of Westminster.

Women's Swimmer/Diver of the Week

KAITLIN RIESMEYER

Grove City

Freshman

McMurray, Pa.

Peters Township H.S.

Riesmeyer opened her collegiate career by capturing both the 500 freestyle (5:23.42) and the 1650 freestyle (18:46.52) events at the Clarion Fall Classic in Clarion, Pa. Her efforts helped the Grove City women finish in second place in team competition, behind the D-II host school.

Also nominated was sophomore **Lindsay Arnold** of Bethany and sophomore **Caitlin Lehberger** of Westminster.

PAC Swimming & Diving 2009-10 - Week 1 Conference Notes

2009-10 SEASON UNDERWAY: The 2009-10 PAC swimming & diving season got underway this past weekend, with four of the six conference programs in action ... Leading the way was defending PAC men's & women's champion Grove City, which swept the Clarion Fall Classic ... Westminster also competed at Clarion, while Bethany was fifth at the Pitt-Bradford Relays and Saint Vincent was swept in dual action by D-II Wheeling Jesuit.

NEWS & NOTES: Freshman **Jenny Ryan** captured the 400 IM for Grove City at Clarion, while five different GCC men posted event wins ... Westminster sophomore **Caitlin Lehberger** posted the two highest finishes for the Titans at Clarion, as she placed second in both the 400 IM (4:48.51) and the 100 breaststroke (1:09.61) ... Bethany was led at the Pitt-Bradford relays by the 200 mixed free relay team, which placed third in 1:49.94.

AROUND THE LEAGUE: Freshman **Casey Whittaker** won the 200 free (1:53.00) for Saint Vincent vs. Wheeling Jesuit, while Lady Bearcat freshman **Mary Kate Kenna** swept the 200 breast and 200 IM (2:25.00) against WJU ... Chatham will open the 2009-10 season at the Westminster relays this Friday (Oct. 30) at 6 p.m., while Washington & Jefferson will open the '09-'10 campaign at Frostburg State on November 4 at 6 p.m.

Bethany Bison
(M: 0-0, 0-0 PAC; W: 0-0, 0-0 PAC)



Bethany's season got underway Saturday by competing at the Pitt-Bradford Relays ... The top performance was recorded by the 200 mixed freestyle relay, as sophomore **Sara Reass**, freshman **Theresa Smith**, senior **Richard Sawyer** and freshman **Andrew Masterson** placed third overall with a time of 1:49.94 ... Other highlights included the women's 300 butterfly relay team of sophomore **Sarah Atkins**, sophomore **Jennifer Briskey**, Smith and sophomore **Lindsay Arnold** placing fifth out of six relay teams and the Women's 500 crescendo relay team of senior **Desiree Finley**, Smith, Arnold and Reass earning 5th out of 7 teams ... Bethany's dual meet schedule begins this Saturday when they travel to Penn State Behrend.

Chatham Cougars
(W: 0-0, 0-0 PAC)



Chatham will kick off its 2009-10 season this weekend as they travel to Westminster College to compete in the Westminster Relays on Friday, October 30th ... The Cougars will then face the Titans in a dual meet on Saturday, October 31st ... The relays are scheduled to begin at 6 p.m. Friday night and the dual at 1 p.m. on Saturday afternoon.

Grove City Wolverines
(M: 0-0, 0-0 PAC; W: 0-0, 0-0 PAC)



The Grove City College men's and women's swimming and diving teams opened the 2009 season at Clarion University's Fall Classic Friday and Saturday ... The men won the team title with 1,117 points while the women placed second with 788 points ... On the men's side, **Ben Bowser** swept both butterfly races ... He also won both the 200 and 400 IM for Grove City ... **Lincoln Larsen** (100 breast), **Cam Coppelli** (100 back), **Josh Kim** (1650) and **Alex Mathews** (200 back) also nailed down wins for the Wolverines ... On the women's side, freshman **Kaitlin Riesmeyer** made her collegiate debut by winning the 500 and 1650 ... Rookie **Jenny Ryan** won the 400 IM while sophomore Kate Wilt took second in both the 200 and 1650 free ... Grove City will open the dual-meet schedule Saturday at Allegheny.

Saint Vincent Bearcats
(M: 0-1; W: 0-1)



Both Bearcat swimming teams opened up the season on Saturday, hosting NCAA Division II Wheeling Jesuit, with the Bearcat men falling 133-118 and the women losing 144-110 ... In men's action, freshman **Casey Whittaker** got his career off to a fine start, taking first place in the 200 Free with a time of 1:53.00, winning by nearly two seconds ... **Zack Krejdovsky** earned a second-place finish in the 1000 Free, turning in a time of 11:25.02, while the SVC 400 Free relay team of Whittaker, **Kirk Selembo**, **Adam Thomas**, and **Troy Linebaugh** also took second, timed in 3:34.48 ... For the Lady Bearcats, freshman **Mary Kate Kenna** had a strong debut, finishing first in both the 200 Breast and 200 IM, winning the latter race with a time of 2:25.00, 18 seconds ahead of the second-place finisher ... The Lady Bearcats also got second place finishes from four individuals, including **Amanda Haile** (1000 Free), **Maggie Dempsey** (200 Free), **Sarah Denning** (100 Back), **Jess Kennedy** (100 Free), and **Katie Custer** (50 Free) ... Kennedy, Custer, Dempsey, and **Christine Dunleavy** teamed up for a second-place finish in the 200 medley relay, while the 400 Free relay squad of Custer, Haile, Dempsey, and Kennedy also finished second, with a time of 3:58.92.

Washington & Jefferson Presidents
(M: 0-0, 0-0 PAC; W: 0-0, 0-0 PAC)



The Washington & Jefferson men's and women's swimming programs will open the 2009-10 season at Frostburg State on November 4 at 6 p.m.

Westminster Titans
(M: 0-0, 0-0 PAC; W: 0-0, 0-0 PAC)



Westminster opened the 2009-10 season on Saturday at the Clarion Fall Classic ... The Titans only competed in the second day of the two-day event ... Westminster's women's team placed third out of four teams with 148 points, while the Titan men took third out of four teams with 89 points ... Sophomore **Caitlin Lehberger** posted the two highest finishes for Westminster as she posted second-place results in the 400-yard individual medley (4:48.51) and the 100 breaststroke (1:09.61) ... Freshman **Lyndsey Vogler** captured a pair of third-place finishes in the 1650 freestyle (19:16.34) and the 400 IM (5:05.05) ... Other Top Five finishes for the Westminster women included junior **Courtney Herdt** taking fourth in the 100 breaststroke (1:11.97) and senior **Emily Dressler** touching fifth in the 200 freestyle (2:02.23) ... Westminster's men's team posted a pair of Top Five finishes, including sophomore **Kris Brooks** placing fifth in the 100 backstroke and freshman **Alan Nedley** capturing third in the 100 butterfly (54.80).

Bethany Bison
M: 0-0, 0-0 PAC
W: 0-0, 0-0 PAC

MEN

Oct. 24	at Pitt-Bradford Relays	5th/5
Oct. 31	at Penn State-Behrend	2 p.m.
Nov. 7	HIRAM	1 p.m.
Nov. 14	WESTMINSTER*	1 p.m.
Dec. 5	at Penn State-Altoona	1 p.m.
Jan. 13	at Wash. & Jeff.*	6 p.m.
Jan. 16	SAINT VINCENT*	1 p.m.
Jan. 20	FROSTBURG STATE	6 p.m.
Jan. 30	at Urbana	2 p.m.
Feb. 6	at Grove City*	1 p.m.
Feb. 18-20	- PAC Championships (GCC)	

WOMEN

Oct. 24	at Pitt-Bradford Relays	5th/5
Oct. 31	at Penn State-Behrend	2 p.m.
Nov. 7	HIRAM	1 p.m.
Nov. 14	WESTMINSTER*	1 p.m.
Dec. 5	at Penn State-Altoona	1 p.m.
Jan. 13	at Wash. & Jeff.*	6 p.m.
Jan. 16	SAINT VINCENT*	1 p.m.
Jan. 20	FROSTBURG STATE	6 p.m.
Jan. 23	at Chatham*	1 p.m.
Jan. 30	at Urbana	2 p.m.
Feb. 6	at Grove City*	1 p.m.
Feb. 18-20	- PAC Championships (GCC)	

Chatham Cougars
W: 0-0, 0-0 PAC

WOMEN

Oct. 30	at Westminster Relays	6 p.m.
Oct. 31	at Westminster*	1 p.m.
Nov. 7	CHATHAM INVIT.	2 p.m.
Nov. 11	at Wash. & Jeff.*	7 p.m.
Nov. 13	at Hiram	6 p.m.
Nov. 24	GROVE CITY*	7 p.m.
Jan. 22	PENN ST.-BEHREND	7 p.m.
Jan. 23	BETHANY*	1 p.m.
Jan. 29-30	- at Cal (Pa.) Vulcan Challenge	
Feb. 6	SAINT VINCENT*	1 p.m.
Feb. 6	PENN ST.-ALTOONA	1 p.m.
Feb. 18-20	- PAC Championships (GCC)	

Grove City Wolverines
M: 0-0, 0-0 PAC
W: 0-0, 0-0 PAC

MEN

Oct. 25	at Clarion Fall Classic	1st/4
Oct. 31	at Allegheny	noon
Nov. 14	CARNEGIE MELLON	1 p.m.
Nov. 20	at Saint Vincent*	6 p.m.
Nov. 21	at Kenyon Quad	noon
Dec. 4-5	LONGNECKER INVITATIONAL	
Dec. 12	at Hiram	1 p.m.
Jan. 16	WASH. & JEFF.*	1 p.m.
Jan. 23	at Denison	1 p.m.
Jan. 29	PITT-BRADFORD	6 p.m.
Jan. 29	PENN ST.-BEHREND	6 p.m.
Jan. 30	WOOSTER	1 p.m.
Feb. 6	at Westminster*	6 p.m.
Feb. 18-20	- PAC CHAMPIONSHIPS	

WOMEN

Oct. 25	at Clarion Fall Classic	2nd/4
Oct. 31	at Allegheny	noon
Nov. 14	CARNEGIE MELLON	1 p.m.
Nov. 20	at Saint Vincent*	6 p.m.
Nov. 21	at Kenyon Quad	noon
Nov. 24	at Chatham*	7 p.m.
Dec. 4-5	LONGNECKER INVITATIONAL	
Dec. 12	at Hiram	1 p.m.
Jan. 16	WASH. & JEFF.*	1 p.m.
Jan. 23	at Denison	1 p.m.
Jan. 29	PITT-BRADFORD	6 p.m.
Jan. 29	PENN ST.-BEHREND	6 p.m.
Jan. 30	WOOSTER	1 p.m.
Feb. 6	at Westminster*	6 p.m.
Feb. 18-20	- PAC CHAMPIONSHIPS	

Saint Vincent Bearcats
M: 0-1
W: 0-1

MEN

Oct. 25	WHEELING JESUIT L	118-133
Nov. 7	at Penn St.-Behrend	1 p.m.
Nov. 7	vs. Baldwin-Wallace	1 p.m.
Dec. 4-6	at Fredonia State Invitational	
Dec. 12	at Mount Union	1 p.m.
Jan. 9	at Wash. & Jeff.*	1 p.m.
Jan. 16	at Bethany*	1 p.m.
Jan. 23	W.VA. WESLEYAN	1 p.m.
Jan. 30	WESTMINSTER*	1 p.m.
Feb. 6	at Penn St.-Altoona	1 p.m.
Feb. 18-20	- PAC Championships (GCC)	

WOMEN

Oct. 25	WHEELING JESUIT L	110-144
Nov. 7	at Penn St.-Behrend	1 p.m.
Nov. 7	vs. Baldwin-Wallace	1 p.m.
Dec. 4-6	at Fredonia State Invitational	
Dec. 12	at Mount Union	1 p.m.
Jan. 9	at Wash. & Jeff.*	1 p.m.
Jan. 16	at Bethany*	1 p.m.
Jan. 23	W.VA. WESLEYAN	1 p.m.
Jan. 30	WESTMINSTER*	1 p.m.
Feb. 6	at Chatham*	1 p.m.
Feb. 18-20	- PAC Championships (GCC)	

Wash. & Jeff. Presidents
M: 0-0, 0-0 PAC
W: 0-0, 0-0 PAC

MEN

Nov. 4	at Frostburg State	6 p.m.
Nov. 14	at Baldwin-Wallace	1 p.m.
Nov. 18	at Westminster*	6 p.m.
Nov. 21	at Kenyon Quad	1 p.m.
Dec. 4-5	at GCC Longnecker Invit.	
Jan. 9	SAINT VINCENT*	1 p.m.
Jan. 13	BETHANY*	6 p.m.
Jan. 16	at Grove City*	1 p.m.
Jan. 23	PENN ST.-BEHREND	1 p.m.
Jan. 30	HIRAM	1 p.m.
Feb. 18-20	- PAC Championships (GCC)	

WOMEN

Nov. 4	at Frostburg State	6 p.m.
Nov. 11	CHATHAM*	7 p.m.
Nov. 14	at Baldwin-Wallace	1 p.m.
Nov. 18	at Westminster*	6 p.m.
Nov. 21	at Kenyon Quad	1 p.m.
Dec. 4-5	at GCC Longnecker Invit.	
Jan. 9	SAINT VINCENT*	1 p.m.
Jan. 13	BETHANY*	6 p.m.
Jan. 16	at Grove City*	1 p.m.
Jan. 23	PENN ST.-BEHREND	1 p.m.
Jan. 30	HIRAM	1 p.m.
Feb. 18-20	- PAC Championships (GCC)	

Westminster Titans
M: 0-0, 0-0 PAC
W: 0-0, 0-0 PAC

MEN

Oct. 24	at Clarion Fall Classic	3rd/4
Oct. 30	WC RELAY CARNIVAL	6 p.m.
Nov. 7	ALLEGHENY	1 p.m.
Nov. 14	at Bethany*	1 p.m.
Nov. 18	WASH. & JEFF.*	6 p.m.
Nov. 21	WOOSTER	1 p.m.
Dec. 3-5	at Wooster Invitational	
Jan. 9	at Rollins	2 p.m.
Jan. 23	CARNEGIE MELLON	1 p.m.
Jan. 30	at Saint Vincent*	1 p.m.
Feb. 4	GROVE CITY*	6 p.m.
Feb. 6	at Mount Union	1 p.m.
Feb. 18-20	- PAC Championships (GCC)	

WOMEN

Oct. 24	at Clarion Fall Classic	3rd/4
Oct. 30	WC RELAY CARNIVAL	6 p.m.
Oct. 31	CHATHAM*	1 p.m.
Nov. 7	ALLEGHENY	1 p.m.
Nov. 14	at Bethany*	1 p.m.
Nov. 18	WASH. & JEFF.*	6 p.m.
Nov. 21	WOOSTER	1 p.m.
Dec. 3-5	at Wooster Invitational	
Jan. 9	at Rollins	2 p.m.
Jan. 23	CARNEGIE MELLON	1 p.m.
Jan. 30	at Saint Vincent*	1 p.m.
Feb. 4	GROVE CITY*	6 p.m.
Feb. 6	at Mount Union	1 p.m.
Feb. 18-20	- PAC Championships (GCC)	