

2008 PAC Swimming & Diving Release

Week 1 - October 27



Presidents' Athletic Conference
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2008 PAC MEN'S STANDINGS (through Oct. 26)

School	PAC Contests			All Contests		
	W	L	Pct.	W	L	Pct.
Grove City	0	0	.000	0	0	.000
Bethany	0	0	.000	0	0	.000
Washington & Jefferson	0	0	.000	0	0	.000
Westminster	0	0	.000	0	0	.000
Saint Vincent*				1	1	.500

2008 PAC WOMEN'S STANDINGS (through Oct. 26)

School	PAC Contests			All Contests		
	W	L	Pct.	W	L	Pct.
Chatham	0	0	.000	3	0	1.00
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*				2	1	.667

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

LAST WEEK

Saturday, October 18, 2008

SAINT VINCENT 155, PS-Altoona 100 (M)
SAINT VINCENT 82, PS-Altoona 43 (W)
Chatham 92, SAINT VINCENT 38* (W)
Chatham 107, PS-Altoona 23 (at SVC) (W)

Saturday, October 25, 2008

WHEELING JESUIT 138, St. Vincent 124 (M)
St. Vincent 131, WHEELING JESUIT 96 (W)
CHATHAM 139, Juniata 94 (W)

Clarion Fall Classic

Men - four teams

1. Grove City - 1078.5
3. Westminster - 261.5

Women (six teams)

1. Grove City - 833.5
3. Westminster - 174

Pitt-Bradford Relays (five teams)

5. Bethany - 52

THIS WEEK

Friday, October 31, 2008

Chatham, Westminster at Titan Relay
Carnival - 6 p.m.

Saturday, November 1, 2008

Westminster at Chatham* - 1 p.m.
Grove City at Carnegie Mellon - 1 p.m.
Penn St.-Behrend at Bethany - 1 p.m.

Men's Swimmer/Diver of the Week

CALEB COURAGE

Grove City

Senior

Shippensburg, Pa.

Shippensburg H.S.



Courage captured four events while leading the Wolverines to the team title at the Clarion Fall Classic, hosted by D-II Clarion University. He touched first in the 50 freestyle (21.23) and 200 IM (1:59.79) while also anchoring GCC's victorious 400 medley and 400 freestyle relay teams.

Also nominated was senior **Nic Yacobi** of Bethany and senior **Chris Lehberger** of Westminster.

Women's Swimmer/Diver of the Week

JENNA RICHERT

Grove City

Freshman

Sewickley, Pa.

Quaker Valley H.S.

Richert made her collegiate debut at the Clarion Fall Classic this weekend, winning both the 200 butterfly (2:19.76) and 500 freestyle (5:22.74) while also placing third in the 1650 freestyle. Her efforts helped the Wolverine women capture the team title at the six-team event, hosted by D-II Clarion University.

Also nominated was senior **Brenda Maxwell** of Bethany, first-year **Emily Price** of Chatham, and junior **Emily Dressler** of Westminster.

PAC Swimming & Diving 2008-09 - Week 1 Conference Notes

2008-09 SEASON UNDERWAY: The 2008-09 PAC swimming & diving campaign got underway on October 18, as Chatham topped Saint Vincent 92-38 in women's action, while the Bearcats swept a non-league dual match with Penn State-Altoona ... Five of the six league programs were in action this past weekend on October 25, highlighted by Grove City capturing both the men's & women's team titles at the Clarion Fall Classic.

WHO'S HOT: Junior **Amy Kuuskoski** was a triple winner (200 medley relay, 100 breast, 100 free) for Chatham against Juniata, while teammate **Emily Price** won the 500 (5:30.90) and 1000 (school-record 11:23.68) ... Westminster junior **Emily Dressler** captured the 1650 freestyle (18:35.81) while also placing third in the 100 freestyle (56.74) at Clarion ... On the men's side, Titan **Chris Lehberger** placed third in the 400 IM (4:33.50) and the 100 breaststroke (1:03.52).

AROUND THE LEAGUE: The Grove City men and Washington & Jefferson women are defending conference team champions entering the 2008-09 PAC season ... Bethany placed fifth at the Pitt-Bradford relays Saturday, as the top finishers for the Bison were the men's 300 breaststroke (3rd place, 3:31.87) and women's 300 breaststroke (3rd place, 4:09.63), while the top mixed relay finish for BC was the 400 medley reverse (4th place, 4:37.14).

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



The Bison opened up the 2008-09 season Saturday by competing at the Panther Relays at Pitt-Bradford ... Many of the races were mixed relays, so the team scores were combined and Bethany finished in fifth place with 52 points ... The top finishes from BC were two third place showings by women's relays ... In the 300 backstroke relay, the team of **Cynthia Richardson, Sara Reass, Sarah Atkins, and Jillian Zewe** earned third with a time of 3:31.87 ... Bethany's 300 breaststroke relay team of Reass, Atkins, **Lindsay Arnold** and **Brenda Maxwell** also claimed third place by finishing in a time of 4:09.63 ... The top placement by a mixed relay foursome was in the 400 medley reverse, with **Nik Yacobi, Richard Sawyer, Maxwell** and **Zewe** finishing fourth in 4:37.14 ... The Bison will compete in their first dual meet this Saturday when they host Penn State Behrend at 1 p.m.

Chatham Cougars
(W: 0-0, 3-0 PAC)



After opening the season on October 18 with wins against PAC rival Saint Vincent and Penn State-behrend in Latrobe, Chatham University won its first home contest of the season with a 139-94 victory over Juniata College on Saturday, October 25 ... First-year swimmer **Emily Price** set a school record in the 1000 freestyle with a time of 11:23.68 ... Price won both the 1000 and 500 freestyle events ... In all, Chatham got first place finishes from eight different swimmers on the day, including a three-win performance by junior **Amy Kuuskoski** (200 medley relay, 100 breaststroke, and 100 freestyle) ... Chatham will compete in the upcoming Westminster relays on Halloween night before hosting the Titans in a dual meet Saturday.

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



Grove City's swimming and diving teams opened their season Friday and Saturday by winning the Clarion University Classic ... On the men's side, Grove City won three relay events ... **Cam Coppelli, Clay Beckner, Peter Larsen** and **Caleb Courage** won the 400 medley relay in 3:35.28 while Larsen, Courage, **Tim Whitbeck** and **Drew Snyder** won the 400 free relay in 3:11.70 ... Coppelli, Snyder, Whitbeck and **Kirk Gagliardo** won the 200 free relay in 1:27.84 ... Courage also won the 50 free and 200 IM ... On the women's side, freshman **Jenna Richert** won the 200 butterfly and 500 free ... **Kate Wilt** (200 breast) and **Sarah Page** (200 free) also picked up individual victories ... Wilt added runner-up finishes in the 200 free and 500 free ... Grove City will open the dual meet portion of the 2008-09 season Saturday at Carnegie Mellon.

Saint Vincent Bearcats
(M: 1-1; W: 2-1)



After opening the season with a 155-100 win over Penn State-Altoona on Oct. 18, the Bearcats saw their record go to 1-1 with a 138-124 loss at Wheeling Jesuit on Saturday ... **Zack Krejdovsky** picked up wins in the 1000 freestyle (10:53.91) and 200 backstroke (2:12.90), while teammate **Dan Kostovny** won the 200 breaststroke (2:26.20) and **Jon Okonak** touched first in the 50 freestyle (22.92) ... SVC's 400 freestyle relay squad (**Troy Linebaugh, Adam Thomas, Okonak, and Greg Jackson**) won with a time of 3:30.46 ... The Lady Bearcats opened the season by splitting a tri-match on Oct. 18, defeating Penn State-Altoona and losing to Chatham, before returning to action this past Saturday at Wheeling Jesuit, defeating the Cardinals 131-96 ... **Mandie West** enjoyed a big day for the Lady Bearcats, setting a school record with her first-place time of 11:35.07 in the 1000 freestyle ... She also won the 500 freestyle, with a time of 5:39.78, and teamed with **Christine Dunleavy, Jess Kennedy, and Amanda Haile** to win the 200 medley relay in 2:00.08 ... **Maggie Dempsey** also won a pair of races on the day, including the 50 freestyle (26.97) and 100 freestyle (59.76) ... Kennedy picked up wins in both the 100 and 200 butterfly, with times of 1:06.42 and 2:34.27, respectively.

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



Washington & Jefferson College opens its 2008-09 swimming and diving season on Nov. 5th when hosting Frostburg State at the Henry Memorial Natatorium ... The programs are once again led by 15-time PAC Coach of the Year **Mike Orstein**, who enters his 24th overall year coaching collegiate swimming and diving just nine victories shy of 400 ... The men's team will be paced by sophomore **Brandon Smith**, while the women's squad must replace eight-time NCAA Division III National Champion **Kaitlyn Orstein** ... Senior **Brittany Bertoli** will take over as the leader of a young, but talented squad.

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



The Westminster men's and women's swimming teams opened the 2008-09 season on Saturday at the Clarion University Fall Classic ... The Titan men placed third out of four teams with 261.5 points and the Titans women placed third out of six teams with 174 points ... Two members of the Westminster women's team won events, including junior **Emily Dressler** and freshman **Caitlin Lehberger** ... Dressler won the 1650-yard freestyle with a time of 18:35.81 while also placing third in the 100 freestyle at 56.74 ... Caitlin Lehberger won the 400 individual medley at 4:55.13 and touched third in the 100 breaststroke ... Caitlin's older brother **Chris Lehberger**, a senior on the men's team, turned in Top 3 finishes in the same two events ... Chris Lehberger finished third in both the 400 IM (4:33.50) and the 100 breaststroke (1:03.52) ... The other Top 3 performance for the Titan men was junior **Zac Gebhardt** placing second in the 1650 freestyle at 17:46.42.

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

MEN

Oct. 25	at Pitt-Bradford Relays	5th/5
Nov. 1	PENN ST-BEHREND	1 p.m.
Nov. 8	at Hiram	1 p.m.
Nov. 15	at Westminster*	1 p.m.
Dec. 6	PENN ST.-ALTOONA	1 p.m.
Dec. 10	GROVE CITY*	6 p.m.
Jan. 14	WASH. & JEFF.*	6 p.m.
Jan. 17	at Saint Vincent*	1 p.m.
Jan. 28	at Frostburg State	6 p.m.
Jan. 31	URBANA	2 p.m.
Feb. 12-14	- PAC Championships (GCC)	

WOMEN

Oct. 25	at Pitt-Bradford Relays	5th/5
Nov. 1	PENN ST-BEHREND	1 p.m.
Nov. 8	at Hiram	1 p.m.
Nov. 15	at Westminster*	1 p.m.
Dec. 6	PENN ST.-ALTOONA	1 p.m.
Dec. 10	GROVE CITY*	6 p.m.
Jan. 14	WASH. & JEFF.*	6 p.m.
Jan. 17	at Saint Vincent*	1 p.m.
Jan. 24	CHATHAM*	1 p.m.
Jan. 28	at Frostburg State	6 p.m.
Jan. 31	URBANA	2 p.m.
Feb. 12-14	- PAC Championships (GCC)	

Chatham Cougars
W: 3-0, 0-0 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	6 p.m.
Nov. 1	WESTMINSTER*	1 p.m.
Nov. 8	CHATHAM QUAD/(W&J)*	2 p.m.
Nov. 15	at Grove City*	1 p.m.
Jan. 9	at Agnes Scott Invit.	9 a.m.
Jan. 17	at Penn St.-Behrend	1 p.m.
Jan. 24	at Bethany*	1 p.m.
Jan. 31	NOTRE DAME (MD)	6 p.m.
Feb. 12-14	- 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
Nov. 1	at Carnegie Mellon	1 p.m.
Nov. 15	HIRAM	1 p.m.
Nov. 21	SAINT VINCENT*	6 p.m.
Nov. 22	at CWRU Quad	1 p.m.
Nov. 25	ALLEGHENY	5 p.m.
Dec. 5-6	LONGNECKER INVIT.	
Dec. 10	at Bethany*	6 p.m.
Jan. 17	at Wash. & Jeff.*	1 p.m.
Jan. 24	DENISON	1 p.m.
Jan. 27	WESTMINSTER*	6 p.m.
Jan. 30	at Pitt-Bradford	5 p.m.
	w/PS-Behrend	
Jan. 31	at Wooster	1 p.m.
Feb. 12-14	- PAC CHAMPIONSHIPS	

MEN

Oct. 25	at Clarion Fall Classic	1st/6
Nov. 1	at Carnegie Mellon	1 p.m.
Nov. 15	CHATHAM*/HIRAM	1 p.m.
Nov. 21	SAINT VINCENT*	6 p.m.
Nov. 22	at CWRU Quad	1 p.m.
Nov. 25	ALLEGHENY	5 p.m.
Dec. 5-6	LONGNECKER INVIT.	
Dec. 10	at Bethany*	6 p.m.
Jan. 17	at Wash. & Jeff.*	1 p.m.
Jan. 24	DENISON	1 p.m.
Jan. 27	WESTMINSTER*	6 p.m.
Jan. 30	at Pitt-Bradford	5 p.m.
	w/PS-Behrend	
Jan. 31	at Wooster	1 p.m.
Feb. 12-14	- PAC CHAMPIONSHIPS	

Saint Vincent Bearcats
M: 1-1
W: 2-1

MEN

Oct. 18	P.S.-ALTOONA	W 155-100
Oct. 25	at Wheeling Jesuit	L 124-138
Nov. 8	P.S.-BEHREND	1 p.m.
Nov. 15	MOUNT UNION	2 p.m.
Nov. 21	at Grove City*	5 p.m.
Dec. 4-6	at Wooster Invitational	
Jan. 17	BETHANY*	1 p.m.
Jan. 24	at West Va. Wesleyan	1 p.m.
Jan. 28	WASH. & JEFF.*	6 p.m.
Jan. 31	at Westminster*	1 p.m.
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	1 p.m.
Nov. 15	MOUNT UNION	2 p.m.
Nov. 21	at Grove City*	5 p.m.
Dec. 4-6	at Wooster Invitational	
Jan. 17	BETHANY*	1 p.m.
Jan. 24	at West Va. Wesleyan	1 p.m.
Jan. 28	WASH. & JEFF.*	6 p.m.
Jan. 31	at Westminster*	1 p.m.
Feb. 12-14	- PAC Championships (GCC)	

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

MEN

Nov. 5	FROSTBURG ST.	6 p.m.
Nov. 15	BALDWIN-WALLACE	1 p.m.
Nov. 19	WESTMINSTER*	6 p.m.
Nov. 22	at CWRU Quad	1 p.m.
Dec. 5-6	at GCC Longnecker Invit.	
Jan. 14	at Bethany*	6 p.m.
Jan. 17	GROVE CITY*	1 p.m.
Jan. 24	at Penn St.-Behrend	1 p.m.
Jan. 28	at Saint Vincent*	6 p.m.
Jan. 31	at Hiram	1 p.m.
Feb. 12-14	- PAC Championships (GCC)	

WOMEN

Nov. 5	FROSTBURG ST.	6 p.m.
Nov. 8	at Chatham Quad*	2 p.m.
Nov. 15	BALDWIN-WALLACE	1 p.m.
Nov. 19	WESTMINSTER*	6 p.m.
Nov. 22	at CWRU Quad	1 p.m.
Dec. 5-6	at GCC Longnecker Invit.	
Jan. 14	at Bethany*	6 p.m.
Jan. 17	GROVE CITY*	1 p.m.
Jan. 24	at Penn St.-Behrend	1 p.m.
Jan. 28	at Saint Vincent*	6 p.m.
Jan. 31	at Hiram	1 p.m.
Feb. 12-14	- PAC Championships (GCC)	

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

MEN

Oct. 25	at Clarion Fall Classic	3rd/4
Oct. 31	WC RELAY CARNIVAL	6 p.m.
Nov. 8	at Allegheny	1 p.m.
Nov. 15	BETHANY*	1 p.m.
Nov. 19	at Wash. & Jeff.*	6 p.m.
Nov. 22	at Wooster	1 p.m.
Dec. 4-6	at Wooster Invitational	
Jan. 7	at Rollins w/Gordon	3 p.m.
Jan. 17	MOUNT UNION	1 p.m.
Jan. 24	at Carnegie Mellon	1 p.m.
Jan. 27	at Grove City*	6 p.m.
Jan. 31	SAINT VINCENT*	1 p.m.
Feb. 12-14	- PAC Championships (GCC)	

WOMEN

Oct. 25	at Clarion Fall Classic	3rd/6
Oct. 31	WC RELAY CARNIVAL	6 p.m.
Nov. 1	at Chatham*	1 p.m.
Nov. 8	at Allegheny	1 p.m.
Nov. 15	BETHANY*	1 p.m.
Nov. 19	at Wash. & Jeff.*	6 p.m.
Nov. 22	at Wooster	1 p.m.
Dec. 4-6	at Wooster Invitational	
Jan. 7	at Rollins w/Gordon	3 p.m.
Jan. 17	MOUNT UNION	1 p.m.
Jan. 24	at Carnegie Mellon	1 p.m.
Jan. 27	at Grove City*	6 p.m.
Jan. 31	SAINT VINCENT*	1 p.m.
Feb. 12-14	- PAC Championships (GCC)	