



SWIMMING & DIVING 2006-07

Presidents' Athletic Conference
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CURRENT 2006-07 REGULAR SEASON MEN'S STANDINGS (through November 5, 2006)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Grove City College	0	0	.000	1	0	1.00
Washington & Jefferson College	0	0	.000	1	0	1.00
Westminster College	0	0	.000	0	0	.000
Bethany College	0	0	.000	0	1	.000
Saint Vincent College	0	0	.000	1	1	.500

CURRENT 2006-07 REGULAR SEASON WOMEN'S STANDINGS (through November 5, 2006)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Grove City College	0	0	.000	1	0	1.00
Washington & Jefferson College	0	0	.000	1	0	1.00
Westminster College	0	0	.000	0	0	.000
Bethany College	0	0	.000	0	1	.000
Saint Vincent College	0	0	.000	0	2	.000

RECENT RESULTS

Friday, November 3

Grove City 132, Butler 108 (at Youngstown St.) (M)

Saturday, November 4

GROVE CITY 121, Chatham 114 (W)
WASHINGTON & JEFFERSON 85, Frostburg State 76 (M)
WASHINGTON & JEFFERSON 91, Frostburg State 78 (W)
SAINT VINCENT 125, Penn State-Altoona 77 (M)
Penn State-Altoona 117, SAINT VINCENT 108 (W)
Penn State-Behrend 79, BETHANY 66 (M)
Penn State-Behrend 94, BETHANY 68 (W)

UPCOMING SCHEDULE

Wednesday, November 8

Washington & Jefferson at Mount Union - 6 p.m.

Saturday, November 11

Bethany at Hiram - 1 p.m.
Grove City at Carnegie Mellon - 1 p.m.
Penn State-Behrend at Saint Vincent - 1 p.m.
Washington & Jefferson at Elizabethtown (with Lycoming) - 1 p.m.
Westminster at Allegheny - 1 p.m.

PAC Men's Swimmer/Diver of the Week

ANDREW GILBERT

Grove City College
Senior - breaststroke
Berwyn, Pa.
Conestoga H.S.



Gilbert was a triple-winner for the Wolverines as Grove City topped Division I Butler in a dual meet on Nov. 3 at Youngstown State University. He swept both the 100 (1:01.61) and 200 breaststroke (2:15.68) events, while also swimming a leg on GCC's victorious 200 medley relay team (1:39.91).

Also nominated was senior **Stephen Zinz** of Bethany and sophomore **Zach Nigrelli** of Washington & Jefferson.

PAC Women's Swimmer/Diver of the Week

KAITLYN ORSTEIN

Washington & Jefferson College
Junior - IM/breaststroke
Pittsburgh, Pa.
Mount Lebanon H.S.



Orstein led W&J to a 91-78 non-conference dual win over Frostburg State as she posted NCAA "A" cut times while winning both the 200 individual medley (2:05.39) and the 100 breaststroke (1:05.08). He 200 IM time also set a new pool record at the Henry Memorial Natatorium at W&J.

Also nominated was junior **Erin Staniech** of Bethany and freshman **Jane Wilson** of Grove City.

PAC SWIMMING & DIVING NOTES

Bethany Bison



The Bison began their dual meet schedule Saturday with setbacks to visiting Penn State Behrend ... The women lost by a 94-68 count, despite strong efforts from **Erin Staniech** and **Brenda Maxwell** ... Maxell took first place in the 1000 Free (12:02.30), second in the 500 Free (5:49.10) and anchored the victorious 200 Free Relay (1:53.13) ... Staniech also earned a first in the 100 Back (1:10.77), shaved four seconds off her PR while taking third in the 200 Free (2:15.89) and led off for the 200 Free Relay ... Grabbing a second place finish for BC in the 100 Free (1:02.61) was **Mallory Lee**, who also swam the third leg on the 200 Free Relay ... The men's side was led by **Stephen Zinz**'s first place in the 100 Fly (56.00) and his second place showing in the 200 I.M. (2:11.03), while **Travis Edwards** was first to the wall in the 50 Free (24.53) and third in the 100 Free (54.47)

Grove City Wolverines



Both Grove City squads opened the dual-meet portion of the 2006-07 schedule last week ... The women also opened the home schedule with a 121-114 win over future PAC foe Chatham ... Freshman **Jane Wilson** won the 50 and the 100 for Grove City while sophomore **Whitney Baur** took the 100 breaststroke ... Also earning wins for Grove City were: freshman **Rachel Johnson** (100 back), junior **Ellen Keefer** (200 fly), sophomore **Alyse Brannon** (200 back) and frosh **Ruth Wiedeman** (1000) ... Friday night, Grove City's men toppled NCAA Division I Butler (Ind.) at Youngstown State ... Senior **Andrew Gilbert** won the 100 and 200 breaststroke races while junior **Caleb Courage** won the 100 and 200 free ... **Tim Whitbeck** won the 50 while **Nick Barker** won the 200 fly ... Freshman **Chip Cressman** won the 1000 ... It is the second straight year that Grove City has defeated a Division I foe ... The Wolverines beat Canisius last year ... Grove City will visit longtime rival Carnegie Mellon Saturday afternoon in a non-conference dual at 1 p.m.

Wash. & Jeff. Presidents



The W&J swimming and diving squads opened their seasons on Saturday at the Henry Memorial Natatorium with a sweep of Frostburg State ... The W&J men recorded an 85-76 win, while the women's squad posted a 91-78 triumph ... Junior **Kaitlyn Orstein** started her third season off with a bang after automatically qualifying for the NCAA Championships with "A" cut times in the 200 IM (2:05.39) and 100 breaststroke (1:05.08) ... Her time in the 200 IM also set a new pool record ... Sophomores **Alicia Sutton** and **Susanne Seward** also were double winners for the W&J women ... Sutton claimed the 200 (2:01.27) and 500 (5:29.35) freestyles, while Seward captured the 50 (26.10) and 100 (57.77) free events ... The W&J men also had three double winners led by sophomore **Zach Nigrelli**'s wins in the 100 butterfly (57.90) and 200 freestyle (1:49.91) ... Sophomore **Eddie Werner** garnered wins in the 100 backstroke (56.15) and 200 IM (2:04.00), while freshman **Luke Morgan** swept the 1-meter and 3-meter diving events.

Westminster Titans



The Westminster College men's and women's swimming teams were off last week as they prepare for an away dual meet at Allegheny on Saturday, Nov. 11.

Saint Vincent Bearcats



Six Bearcats each won a pair of individual events on Saturday against Penn State-Altoona ... **Olivia Cinberg** won the 100 and 200 butterfly, **Josh Shrum** captured the 500 and 1000 freestyle, **Katie Bittner** won the 200 and 500 freestyle, **Jarrett Linck** won the 100 and 200 breaststroke, while **Erin Perry** won the same events on the women's side, and **Jon Okonak** won the 50 and 100 freestyle.

2006-07 PAC Swimmers/ Divers of the Week

Men

10/29 - **Caleb Courage**, GRO
 11/5 - **Andrew Gilbert**, GRO
 11/12
 11/19
 11/26
 12/3
 12/10
 1/7
 1/14
 1/21
 1/28
 2/4

Women

10/29 - **Megan Mier**, WES
 11/5 - **Kaitlyn Orstein**, W&J
 11/12
 11/19
 11/26
 12/3
 12/10
 1/7
 1/14
 1/21
 1/28
 2/4