



SWIMMING & DIVING 2005-06

Presidents' Athletic Conference
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CURRENT 2005-06 REGULAR SEASON MEN'S STANDINGS (through Nov. 6, 2005)

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

CURRENT 2005-06 REGULAR SEASON WOMEN'S STANDINGS (through Nov. 6, 2005)

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

RECENT RESULTS

Saturday, October 22

Clarion Invitational - Clarion, Pa.

Men (six teams)

- Westminster (656.5)

Women (seven teams)

- Westminster (346.5)

Friday, October 28

Titan Relay Carnival - New Wilmington, Pa.

Men (six teams)

- Westminster (364)

Women (six teams)

- Westminster (346)
- Grove City (318)

Grove City 119, Canisius 85 (at Youngstown State) (M)

Saturday, November 5

Allegheny Distance Invitational - Meadville, Pa.

Men (three teams)

- Grove City

Women (three teams)

- Grove City

Washington & Jefferson 117, FROSTBURG STATE 82 (M)

Washington & Jefferson 126, FROSTBURG STATE 78 (W)

Westminster 102, ASHLAND 102 (M)

ASHLAND 117, Westminster 88 (W)

UPCOMING SCHEDULE

Wednesday, November 9

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

Saturday, November 12

Allegheny at Westminster - 1 p.m.

Carnegie Mellon at Grove City - 1 p.m.

Washington & Jefferson at Lycoming/Elizabethtown - 1 p.m.

PAC Men's Swimmer/Diver of the Week

CALEB COURAGE

Grove City College

Sophomore - sprint freestyle

Shippensburg, Pa./Shippensburg H.S.

Courage posted wins in the 100 & 200 freestyle in a 119-85 GCC win over Division I Canisius on Oct. 28. On Saturday at the Allegheny Distance Invitational, he won the 200 backstroke (2:04.96), 400 IM (4:23.83) and 500 freestyle (5:02.45) while helping the Wolverines capture the 800 freestyle relay (7:26.67).

Also nominated was junior **Brian Train** of Washington & Jefferson and junior **Ryan Trunk** of Westminster.

PAC Women's Swimmer/Diver of the Week

KAITLYN ORSTEIN

Washington & Jefferson College

Sophomore - freestyle/individual medley/butterfly

Mount Lebanon, Pa./Mount Lebanon

Orstein posted a pair of victories and qualified for the NCAA Division III Championships in the Presidents' 126-78 dual win at Frostburg State on Saturday. She recorded an NCAA "A" cut time of 2:21.89 in the 200 IM, while also capturing the 400 freestyle (4:33.31).

Also nominated was freshman **Kierstin Bower** of Grove City, and freshman **Megan Mier** of Westminster.

PAC SWIMMING NOTES

Bethany Bison



The Bethany men's and women's swimming & diving teams open the 2005-06 season at home against Penn State-Altoona on Saturday, Dec. 3.

Washington & Jefferson Presidents



Six different Presidents finished with a pair of victories as W&J opened the season with a sweep of Frostburg State Saturday ... Two-time national champion sophomore **Kaitlyn Orstein** led the women's squad with victories in the 200-meter IM (2:21.89) and the 400-meter freestyle (4:33.31) ... Her 200-meter IM time qualified her for the NCAA "A" Cut ...

Freshman **Alicia Sutton** also had a pair of wins as she claimed the 100 (1:02.10) and 200 (2:15.31) freestyle ... Classmate **Susanne Seward** touched first in the 50 freestyle (28.35) and the 100 butterfly (1:11.64) ... Junior **Brian Train** and freshmen **Eddie Werner** and **Ryan Sayers** all captured two wins on the men's side ... Train took first in the 200 IM (2:17.84) and the 100 backstroke (1:03.49), while Werner won the 200 freestyle (2:02.44) and the 100 backstroke (1:03.49) ... Sayers was victorious in both diving events ... The Presidents open their home schedule Wednesday when they welcome Mount Union ... Prior to the meet, W&J will dedicate its new scoreboard and timing system in honor of former swim coach and AD **Paul Reardon**.

Grove City Wolverines



Both Grove City teams have two competitions to their credit this season ... The men's team opened the season with a 119-85 win over Division I Canisius Oct. 28 ... The Grove City men then won the Allegheny Distance Invitational Saturday, doubling up both Allegheny and Gannon ...

Sophomore **Caleb Courage** won the 200 backstroke, 500 free and 400 IM to help lead Grove City to the team title ... **Andrew Gilbert** won the 200 breast while Mark Barron won the 1000 ... Courage won the 100 and 200 free against Canisius while Barron won the 1000 ... **Peter Larsen** won the 100 fly while **Ben Haring** took the 50 free ... On the women's side, freshman **Kiersten Bower** won the 200 butterfly at Allegheny ... Bower, **Alyse Brannon**, **Amanda Brozenic** and **Christie Hebda** combined to win the 400 medley relay at the Westminster Relay Carnival Oct. 28 ... Grove City will host Carnegie Mellon Saturday.

Westminster Titans



Westminster competed at the Clarion Fall Classic and hosted the Titan Relay Invitational before opening its dual schedule at NCAA D-II Ashland Saturday ... The Titan men placed second at Clarion and won the Titan relays before posting a 102-102 tie at Ashland ... At Clarion, sophomore **Ian Yarger** captured the 200 butterfly (2:12.82), while classmate **Seth Senior** touched first in the 1650 freestyle (18:24.16) ... Junior **Pat Smith** swam on three winning teams (300 back, 400 medley, 1500 free) at the Titan Relays ... Junior **Ryan Trunk** paced the Titans at Ashland, capturing both the 100 (48.18) and 200 freestyle (1:49.28) while also leading off the winning 400 medley relay (3:21.00) ... The Lady Titans placed fourth at Clarion, won the Titan Relays and fell 117-88 at Ashland ... The top Lady Titan finisher at Clarion was sophomore **Becky Giles** in second in the 400 IM (4:53.34) ... Freshman **Megan Mier** swam on both winning Titan relays: the 300 backstroke (3:13.20) and the 400 IM (4:25.77) ... Giles, Mier and sophomore **Steph Peters** posted wins at Ashland ... Westminster hosts Allegheny on Saturday.

Past PAC Men's Swimmers/Divers of the Week

November 6: Caleb Courage, Grove City
November 13:
November 20:
December 4:
December 11:
January 15:
January 22:
January 29:

Past PAC Women's Swimmers/Divers of the Week

November 6: Kaitlyn Orstein, Wash. & Jeff.
November 13:
November 20:
December 4:
December 11:
January 15:
January 22:
January 29: