



SWIMMING & DIVING 2006-07

Presidents' Athletic Conference
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CURRENT 2006-07 REGULAR SEASON MEN'S STANDINGS (through November 12, 2006)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Washington & Jefferson College	0	0	.000	4	0	1.00
Westminster College	0	0	.000	1	0	1.00
Grove City College	0	0	.000	1	1	.500
Bethany College	0	0	.000	0	2	.000
Saint Vincent College	0	0	.000	1	2	.333

CURRENT 2006-07 REGULAR SEASON WOMEN'S STANDINGS (through November 12, 2006)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Washington & Jefferson College	0	0	.000	4	0	1.00
Grove City College	0	0	.000	1	1	.500
Westminster College	0	0	.000	0	1	.000
Bethany College	0	0	.000	0	2	.000
Saint Vincent College	0	0	.000	0	3	.000

RECENT RESULTS

Wednesday, November 8

Washington & Jefferson 133, MOUNT UNION 86 (M)
 Washington & Jefferson 134, MOUNT UNION 84 (W)

Saturday, November 11

HIRAM 84, Bethany 51 (M)
 HIRAM 101, Bethany 64 (W)
 CARNEGIE MELLON 168, Grove City 128 (M)
 CARNEGIE MELLON 178, Grove City 94 (W)
 Penn State-Behrend 97, SAINT VINCENT 84 (M)
 Penn State-Behrend 94, SAINT VINCENT 70 (W)
 Washington & Jefferson 61, ELIZABETHTOWN 33 (M)
 Washington & Jefferson 57, Lycoming 37 (at E-town) (M)
 Washington & Jefferson 68, ELIZABETHTOWN 26 (W)

Washington & Jefferson 69, Lycoming 25 (at E-town) (W)
 Westminster 171, ALLEGHENY 112 (M)
 ALLEGHENY 144, Westminster 127 (W)

UPCOMING SCHEDULE

Wednesday, November 15

Westminster at Washington & Jefferson* - 6 p.m.

Friday, November 17

Saint Vincent at Grove City* (with Frostburg State) - 6 p.m.

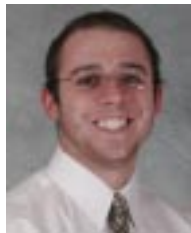
Saturday, November 18

Grove City, Washington & Jefferson at Kenyon Invitational
 Saint Vincent at Mount Union - 1 p.m.
 Westminster vs. Wooster/Calvin/Denison (at Canton, OH) - 1 p.m.

PAC Men's Swimmer/Diver of the Week

ZACH NIGRELLI

Washington & Jefferson College
 Sophomore - butterfly/freestyle
 Greensburg, Pa.
 Hempfield H.S.



Nigrelli swept all six of his events last week as W&J topped Mount Union (133-86) and swept a double dual with Elizabethtown (61-33) and Lycoming (57-37) to improve to 4-0. In both events, he swept the 100 (top time 49.87) & 200 freestyle (top time 1:51.87) events, while swimming legs on the 400 medley relay teams.

Also nominated was senior **Stephen Zinz** of Bethany, freshman **Chip Cressman** of Grove City, and senior **Ryan Trunk** of Westminster

PAC Women's Swimmer/Diver of the Week

BRITTANY BERTOLI

Washington & Jefferson College
 Junior - butterfly/freestyle
 Lancaster, Pa.
 Hempfield H.S.



Bertoli claimed five wins in a pair of meets last week, as W&J improved to 4-0 by topping Mount Union 134-84 and sweeping a double dual with Elizabethtown (68-26) and Lycoming (69-25). She was a triple-winner against Mt. Union in the 200 free (2:05.48) and 200 fly (2:19.65) as well as the 400 medley relay. In the double dual, she won the 200 fly (2:21.48) and 400 medley relay.

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

PAC SWIMMING & DIVING NOTES

Bethany Bison



Bethany swam in their final meet prior to the Thanksgiving holiday by competing at Hiram Saturday ... The men were dealt an 84-51 loss, while the women were defeated 101-64 ... The men's side was paced by **Stephen Zinz**, who claimed a pair of firsts in the loss ... He touched first in the 50 Free in a time of 26.18, while winning the 200 Fly in 2:39.14 ... For the women, **Erin Staniech** swam a second place time of 1:20.67 in the 100 Back ... Bethany is now off until Dec. 2 when they will swim at Penn State-Altoona, then opens PAC competition with a home meet against Grove City Dec. 6.

Grove City Wolverines



Host Carnegie Mellon swept Grove City Saturday in non-conference action in Pittsburgh ... The Grove City men won seven of 14 individual events ... Freshman **Chip Cressman** swept the distance events, winning the 500 and 1000 ... He also won the 400 IM ... **Tim Whitbeck** won the 50 in 21.17, provisionally qualifying for the NCAA Championships ... **Caleb Courage** won the 100 and 200 free races, while junior **Joe Riddell** won 1-meter diving ... On the women's side, freshman **Jane Wilson** won the 100 and took second in the 50 for the Wolverines ... The Grove City men will open the home portion of the 2006-07 schedule Friday night with a double-dual against Frostburg State and Saint Vincent ... It is the second home meet of the season for Grove City's women ,who hosted Chatham Nov. 4 ... Saturday, both teams will compete in a quadrangular against Case Western, W&J and host Kenyon in Gambier, Ohio.

Wash. & Jeff. Presidents



Both W&J squads improved to 4-0 after road wins over Mount Union, Elizabethtown and Lycoming ... In the win over Mount Union, junior **Kaitlyn Orstein** qualified for the NCAA "B" cut with a win in the 50 freestyle (23.93) ... Sophomore **Brittany Bertoli** notched a pair of wins, claiming the 200 freestyle (2:05.48) and the 200 butterfly (2:19.65), while freshman **Megan Raddatz** also placed first in the 200 breaststroke (2:35.36) and the 1000 freestyle (11:29.90) ... Sophomore **Zach Nigrelli** paced the men with wins in the 100 (50.35) and 200 freestyle (1:52.69) ... Sophomore **Eddie Werner** also touched first in the 200 IM (2:05.25) and 200 backstroke (2:11.23) ... Sophomore **Susanne Seward** earned individual victories in the 50 (26.19) and 100 (57.15) freestyles Saturday at E'town, while Orstein notched a NCAA "A" cut time in the 200 IM (2:07.73) and a "B" cut during her win in the 200 breaststroke (2:23.88) ... Senior **Brandi Shoupe** also won the 200 backstroke (2:19.79) ... Nigrelli again earned a pair of victories for the W&J men in the 100 (49.87) and 200 (1:51.87) freestyle, while Werner touched first in the 200 IM (2:06.02) and 200 backstroke (2:04.68).

Westminster Titans



Westminster competed in its first dual meet of the season at Allegheny Saturday ... The Titan men won 171-112 and the Titan women lost 144-127 ... Leading the way for the Westminster men's team was senior freestyler **Ryan Trunk** who won three races ... Trunk captured the 200 free (1:48.96), the 100 free (48.89) and the 50 free (22.25) ... Sophomore freestyler **Zac Gebhardt** also won multiple races as he took home top times in the 1,000 free (10:11.47) and the 500 free (4:58.95) ... Senior **Pat Smith** and sophomore **Conor Simpson** each won two specialty events ... Smith won the 100 backstroke (55.76) and the 200 back (2:01.09), while Simpson won the 100 butterfly (56.60) and the 200 fly (2:03.84) ... On the women's side, freshman **Emily Dressler** captured two events, the 50 free (26.21) and the 100 free (56.60).

Saint Vincent Bearcats



Saint Vincent dropped its dual meet with Penn State-Behrend, falling 97-84 on the men's side and 94-70 in women's action ... The team of **Erin Perry**, **Kristy Hartbauer**, **Olivia Cinberg** and **Katie Bittner** won the 400 Medley Relay, while second places finishes went to **Karli Sue Buday** (1650 Free), Cinberg (50 Free & 200 Fly), Hartbauer (200 IM & 200 Breast) and Bittner (500 Free) ... The team of Buday, **Molly Michael**, **Gina Gamberoni** and **Anna Conlin** finished second in the 400 Free Relay ... **Josh Shrum** took first place in the 1650 Free, while **Jon Okonak** remained undefeated this year in the 50 Free ... Second place finishes were recorded by **Dan Brett** (1650 Free), **Nick LoPresto** (200 IM), **Eric Clouse** (200 Fly), **Jarrett Linck** (200 Breast), and Okonak (100 Free).

2006-07 PAC Swimmers/ Divers of the Week

Men

10/29 - **Caleb Courage**, GRO
 11/5 - **Andrew Gilbert**, GRO
 11/12 - **Zach Nigrelli**, W&J
 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 - **Brittany Bertoli**, W&J
 11/19
 11/26
 12/3
 12/10
 1/7
 1/14
 1/21
 1/28
 2/4