



SWIMMING & DIVING 2005-06

Presidents' Athletic Conference
 Joe Onderko, Information Director
 Phone - (724) 946-6357
 Fax - (724) 946-7187
 E-Mail: onderkjm@westminster.edu
 Web: www.westminster.edu/pac

CURRENT 2005-06 REGULAR SEASON MEN'S STANDINGS (through Nov. 13, 2005)

School	PAC Meets			All Meets			
	W	L	Pct.	W	L	T	Pct.
Washington & Jefferson College	0	0	.000	4	0	0	1.00
Westminster College	0	0	.000	1	0	1	.750
Grove City College	0	0	.000	1	1	0	.500
Bethany College	0	0	.000	0	0	0	.000

CURRENT 2005-06 REGULAR SEASON WOMEN'S STANDINGS (through Nov. 13, 2005)

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	1	.500
Bethany College	0	0	.000	0	0	.000
Grove City College	0	0	.000	0	1	.000

RECENT RESULTS

Wednesday, November 9

WASHINGTON & JEFFERSON 120, Mount Union 83 (M)
 WASHINGTON & JEFFERSON 117, Mount Union 90 (W)

Saturday, November 12

WESTMINSTER 113, Allegheny 84 (M)
 WESTMINSTER 121, Allegheny 84 (W)
 Carnegie Mellon 124, GROVE CITY 108 (M)
 Carnegie Mellon 126, GROVE CITY 100 (W)
 Washington & Jefferson 55, LYCOMING 38 (M)
 Washington & Jefferson 62, Elizabethtown 31 (M)
 Washington & Jefferson 55, LYCOMING 38 (W)
 Washington & Jefferson 63, Elizabethtown 30 (W)

UPCOMING SCHEDULE

Wednesday, November 16

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

Friday, November 18

Grove City at Frostburg State - 6 p.m.

Saturday, November 19

Grove City (men only) at Case Western Reserve/Kenyon - 1 p.m.
 Washington & Jefferson at John Carroll/Kenyon - 1 p.m.
 Wooster at Westminster - 1 p.m.

PAC Men's Swimmer/Diver of the Week

EDDIE WERNER

Washington & Jefferson College

Freshman - freestyle/backstroke

Severna Park, Md./Mount St. Joseph H.S.

Werner won all six of his events last week for the 3-0 Presidents in wins over Mount Union, Lycoming and Elizabethtown. He was a triple winner in the 100 back (56.54) and 200 free (1:48.94) and the 200 medley relay (1:43.87) against Mount Union, then captured both the 100 back (56.37) and 200 free (1:49.79) in the tri-meet with Lycoming and Elizabethtown.

Also nominated was sophomore **Caleb Courage** of Grove City and freshman **Conor Simpson** of Westminster.

PAC Women's Swimmer/Diver of the Week

STEPH PETERS

Westminster College

Sophomore - sprint freestyle

Finleyville, Pa./Peters Township H.S.

Peters won both of her individual events for the Lady Titans Saturday, as he captured both the 50 (26.13) and 100 freestyle (56.13) for Westminster in a 121-84 non-conference home win over Allegheny.

Also nominated was freshman **Kierstin Bower** of Grove City, and senior **Katie Groznik** of Washington & Jefferson.

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



The Washington & Jefferson men's and women's teams extended their win streaks to four to open the season with victories over Mount Union, Elizabethtown and Lycoming this past week ... Sophomore **Kaitlyn Orstein** continued her strong performances with five triumphs, including a NCAA "A" Cut in the 100 breaststroke (1:05.34) ... Orstein also qualified for the NCAA "B" Cut in the 200 IM (2:07.70), 50 (24.41) and 500 freestyles (5:07.87) ... Senior **Katie Groznik** picked up three victories during the week as she captured first place in the 500 and 1000 freestyles Saturday and claimed the 1000 freestyle vs. Mt. Union ... Freshmen **Eddie Werner**, **Zach Nigrelli** and **Daniel Mancuso** were all triple winners for the W&J men vs. MUC... Werner helped the 200 medley relay (1:43.87) to a win in the opening race and then posted victories in the 200 freestyle (1:48.94) and 100 backstroke (56.54) ... Nigrelli took individual wins in the 50 (22.67) and 100 (49.85) and teamed with Mancuso to place first in the 200 freestyle relay (1:33.10) ... Mancuso also touched first in the 200 IM (2:03.47) and the 500 freestyle (5:01.47) ... Mancuso claimed first place in the 200 IM (2:04.53) and 500 freestyle (5:02.82) Saturday, while Werner earned victories in the 100 backstroke (56.37) and 200 freestyle (1:49.79).

Grove City Wolverines



Both Grove City teams fell to Carnegie Mellon Saturday in a non-conference dual meet at the Grove City College Pool ... The women's team produced a trio of double-winners against CMU ... **Alyse Brannon**, **Amanda Brozenic**, **Kiersten Bower** and **Jaelyn Bellissimo** opened the meet by winning the 400 medley relay ... Bower also won the 200 fly while Bellissimo won the 100 free ... Brannon won the 200 backstroke ... **Ellen Keefer** finished second in the 200 free while **Whitney Baur** took second in the 200 IM ... On the men's side, sophomore **Caleb Courage** earned two victories against CMU ... He won the 100 free in 45.71, just .02 seconds off the NCAA "A" qualifying standard, then won the 200 free ... He added a second-place finish in the 200 IM ... Diver **Joe Riddell** won both the 1- and 3-meter competitions ... **Andrew Gilbert** added a second-place finish in the 200 breaststroke ... Grove City will visit Frostburg State in a non-conference dual meet Friday night ... The men's team will compete in a double-dual with Case Western and Kenyon Saturday in Cleveland.

Westminster Titans



Westminster posted non-conference dual match wins over visiting Allegheny College Saturday at the Natatorium ... The Titan men (1-0-1) posted a 113-84 win over the Gators, while the Lady Titans (1-1) recorded a 121-84 decision over Allegheny ... Pacing the Westminster men was freshman **Conor Simpson** with three victories, as he captured both the 200 IM (2:06.05) and 200 butterfly (2:08.46) while swimming a leg on the winning 400 medley relay ... Junior **Ryan Trunk** posted individual wins in both the 200 (1:50.02) and 500 freestyle (5:07.95) ... Three other Titans were double winners ... Senior **Kevin Gesacion** swam on the winning 400 medley relay team with Simpson while also touching first in the 50 freestyle (22.63) ... Juniors **Pat Smith** and **Matt Kerns** each swam on the victorious 400 freestyle relay (3:34.04) while capturing the 200 backstroke (2:05.26) and 1000 freestyle (10:40.79), respectively ... The Lady Titans were paced by sophomore **Steph Peters**, who was a double winner in the 50 (26.13) and 100 freestyle (56.13) ... Junior **Megan McLaughlin** and freshman **Megan Mier** each swam on the winning 400 freestyle relay (3:52.63), with McLaughlin also winning the 500 freestyle (5:28.66) and Mier placing first in the 200 backstroke (2:16.18).

Past PAC Men's Swimmers/Divers of the Week

November 6: Caleb Courage, Grove City
November 13: Eddie Werner, Wash. & Jeff.
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: Steph Peters, Westminster
November 20:
December 4:
December 11:
January 15:
January 22:
January 29: