



# SWIMMING & DIVING 2004-05

**Presidents' Athletic Conference**  
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## CURRENT 2004-05 REGULAR SEASON MEN'S STANDINGS (through Nov. 14, 2004)

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	2	0	1.00
Bethany College	0	0	.000	0	0	.000
Grove City College	0	0	.000	0	1	.000

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

### RECENT RESULTS

#### Saturday, November 6

WESTMINSTER 113, Ashland 93 (M)  
 WESTMINSTER 101, Ashland 58 (W)  
 WASH. & JEFF. 137, Frostburg State 89 (M)  
 WASH. & JEFF. 110, Frostburg State 79 (W)

Wednesday, November 10

WASH. & JEFF. 110, Mount Union 82 (M)  
 WASH. & JEFF. 116, Mount Union 84 (W)

#### Saturday, November 13

Westminster 148, ALLEGHENY 83 (M)  
 Westminster 140, ALLEGHENY 91 (W)  
 CARNEGIE MELLON 126, Grove City 99 (M)  
 CARNEGIE MELLON 154, Grove City 79 (W)

WASH. & JEFF. 71, Elizabethtown 20 (M)  
 WASH. & JEFF. 63, Elizabethtown 30 (W)  
 WASH. & JEFF. 57, Lycoming 37 (M)  
 WASH. & JEFF. 53, Lycoming 40 (W)

### UPCOMING SCHEDULE

#### Wednesday, November 17

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

#### Friday, November 19

Frostburg State at Grove City - 6 p.m.

#### Saturday, November 20

Washington & Jefferson at Penn State-Altoona - 1 p.m.  
 Westminster at Wooster - 1 p.m.

### PAC Men's Swimmer/Diver of the Week

#### CALEB COURAGE

Grove City College

Freshman - freestyle

Shippensburg, Pa./Shippensburg H.S.

Courage set a new Grove City school-record in the 100 freestyle (46.74) at the GCC Sprint Invitational on Nov. 5, while also helping the Wolverines capture the 200 medley relay. Against Carnegie Mellon Saturday, he won the 100 free in 46.83, the second-fastest time in school history, while placing second in the 200.

Also nominated was junior **Matt Socha** of Washington & Jefferson and sophomore **Ryan Trunk** of Westminster.

### PAC Women's Swimmer/Diver of the Week

#### BRANDI SHOUBE

Washington & Jefferson College

Sophomore - freestyle/butterfly

Cincinnati, Ohio/Princeton H.S.

Shoupe led W&J to a 4-0 dual meet start by winning six individual events and swimming on two winning relays teams in the four contests, including posting two first-place finishes against all four opponents. She swept the 50 free (25.53) and 100 butterfly (1:01.59) in a double dual win vs. Elizabethtown and Lycoming Saturday.

Also nominated was senior **Christine Bare** of Grove City and sophomore **Megan McLaughlin** of Westminster.

# PAC SWIMMING NOTES

## *Bethany Bison*

Bethany opens the 2004-05 swimming season on Sat., Dec. 4 at Ohio Northern at 1 p.m.

## *Washington & Jefferson Presidents*

W&J has opened the 2004-2005 season with four consecutive wins ... In Saturday's double-dual meet sweep of Lycoming and Elizabethtown, the women's squad got off to a quick start as the 200 medley relay team set a new pool record during its first-place finish in a time of 1:53.01 ... Sophomore **Brandi Shoupe** and freshman **Courtney Sheppard** both won two individual events ... Shoupe took first in the 50 freestyle (25.53) and the 100 butterfly (1:01.59), while Sheppard claimed the 100 (55.31) and 200 (2:01.40) freestyle events ... Junior **Matt Socha** was a triple winner for the men's team with victories in the 100 butterfly (55.85), 200 freestyle (1:50.05) and 500 freestyle (5:05.73) ... Sophomore **Brian Train** earned first place in the 200 IM (2:03.34), while senior **Sebastian Hesse** took top honors in the 50 freestyle (49.77) ... Freshman **Janna Green** broke a pool record versus Mt. Union in the 200 backstroke (2:16.32), while classmate **Kristen Mastropietro** set new school and pool records in the 100 breaststroke (1:08.37) to highlight the W&J sweep of Frostburg State.

### Past PAC Men's Swimmers/Divers of the Week

November 14: Caleb Courage, Grove City

November 21:

December 5:

December 12:

January 9:

January 16:

January 23:

January 30:

## *Grove City Wolverines*

Grove City's men's team opened 2004-2005 by sweeping two meets Nov. 5-6 at home ... Grove City's men outpointed Gannon and Edinboro to win the Sprint Invitational, then defeated Gannon and Salem International for the Distance title ... Freshman **Caleb Courage** set a new school-record in the 100 free Nov. 5 with a mark of 46.74 seconds ... He also won the 100 free at CMU Saturday in 46.83, the second-fastest time in College history ... **Andrew Gilbert** won the 100 breaststroke in the Sprint invite and the 200 breast in the Distance meet ... **John Newell** won the 1650 in the Distance meet ... On the women's side, **Emily Hays** swept the diving events in the Distance Invitational while **Christine Bare** won the 1650 ... **Ellen Magee** won the 200 IM in the Sprint Invitational ... Bare won the 500 against CMU while **Jacque Adlam** won the 200 breaststroke Saturday ... Grove City hosts Frostburg State Friday night in the home dual-meet opener.

## *Westminster Titans*

Westminster opened its dual meet season with sweeps of Division II Ashland and Allegheny ... Sophomore **Ryan Trunk** was a triple winner in both dual meets, capturing both the 100 & 200 freestyle while anchoring the victorious 400 medley relay team against both opponents ... Sophomore **Megan McLaughlin** and freshman **Becky Giles** were triple-winners for the Lady Titans against both the Eagles and Gators ... Both swam on the victorious 400 medley relay team twice, while McLaughlin won the 50 free against both and Giles captured the 200 individual medley versus both ... Double winners at Allegheny included senior **Kevin Gesacion** in the 50 freestyle and as a member of the 400 freestyle relay; sophomore **Adam Rady** in the 200 IM and on the 400 medley relay; freshman **Tom Benoit** in the 500 freestyle and the 400 free relay; sophomore **Shaun McNamara** on both winning relays; and sophomore **Amy Wirtz**, who won the 200 butterfly while swimming a leg for the 400 medley relay.

### Past PAC Women's Swimmers/Divers of the Week

November 14: Brandi Shoupe, Wash. & Jeff.

November 21:

December 5:

December 12:

January 9:

January 16:

January 23:

January 30: