

# 2008 PAC Swimming & Diving Release

## Week 4 - November 17



Presidents' Athletic Conference  
8500 Brooktree Road, Suite 130  
Wexford, PA 15090  
Web: [www.pacathletics.org](http://www.pacathletics.org)

Contact: Joe Onderko  
(724) 933-4630  
[onderko@pacathletics.org](mailto:onderko@pacathletics.org)

### 2008 PAC MEN'S STANDINGS (through Nov. 16)

School	PAC Contests			All Contests		
	W	L	Pct.	W	L	Pct.
Westminster	1	0	1.00	2	0	1.00
Washington & Jefferson	0	0	.000	2	0	1.00
Grove City	0	0	.000	1	1	.500
Bethany	0	1	.000	0	3	.000
Saint Vincent*				3	1	.750

### 2008 PAC WOMEN'S STANDINGS (through Nov. 16)

School	PAC Contests			All Contests		
	W	L	Pct.	W	L	Pct.
Westminster	2	0	1.00	2	1	.667
Washington & Jefferson	1	0	1.00	5	0	1.00
Grove City	1	0	1.00	2	1	.667
Bethany	0	1	.000	0	3	.000
Chatham	0	3	.000	6	3	.667
Saint Vincent*				3	2	.600

\* - NCAA Division III provisional member - not eligible for 2008 PAC championship or player of the week honors

#### LAST WEEK

Saturday, November 15, 2008

WESTMINSTER 91, Bethany 18\* (M)  
WESTMINSTER 107, Bethany 69\* (W)  
GROVE CITY 152, Hiram 114 (M)  
GROVE CITY 194, Chatham 95\* (W)  
Chatham 149, Hiram 134 (at GCC) (W)  
GROVE CITY 191, Hiram 99 (W)  
WASH. & JEFF. 160, Baldwin-Wallace 131 (M)  
WASH. & JEFF. 148, Baldwin-Wallace 113 (W)  
SAINT VINCENT 135, Mount Union 127 (M)  
Mount Union 150, SAINT VINCENT 99 (W)

#### THIS WEEK

Wednesday, November 19, 2008

Westminster at Wash. & Jeff.\* - 6 p.m.

Friday, November 21, 2008

Saint Vincent at Grove City\* - 6 p.m.

Saturday, November 22, 2008

Grove City, Washington & Jefferson at Case Western Reserve Quad - 1 p.m.  
Westminster at Wooster - 1 p.m.

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

##### CONOR SIMPSON Westminster

Senior  
Monroeville, Pa.  
Gateway H.S.



Simpson was a triple-winner for the Titans in a 91-18 PAC victory over Bethany. He captured the 100 (50.47) and 1000 freestyle (10:30.45) races, while also swimming a leg for the victorious Titan 200 freestyle relay team (1:31.71).

Also nominated was senior **Nik Yacobi** of Bethany, sophomore **Nate Nielson** of Grove City, and senior **Mark Sirkoch** of Washington & Jefferson.

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

##### KATE WILT Grove City

Freshman  
Bellefonte, Pa.  
Bellefonte H.S.

Wilt earned three victories for Grove City Saturday, as the Wolverines posted a double dual sweep of PAC rival Chatham (194-95) and Hiram (191-99). She swept the 200 freestyle (1:59.65) and the 100 (1:11.07) and 200 breaststroke (2:31.49) events.

Also nominated was freshman **Lindsay Arnold** of Bethany, freshman **Bethany Haver** of Washington & Jefferson, and junior **Natalie Rambish** of Westminster.

### PAC Swimming & Diving 2008-09 - Week 4 Conference Notes

**PAC ACTION UNDERWAY:** The PAC dual meet schedule is now in full swing ... Last week, Westminster swept Bethany in dual action, while Grove City topped Chatham in women's action ... The Titans face another key dual this week, as Westminster travels to Washington & Jefferson on Wednesday at 6 p.m. ... In non-league action, Grove City swept Hiram, W&J swept Baldwin-Wallace and Saint Vincent split with Mount Union.

**WHO'S HOT:** W&J's **Mark Sirkoch** won the 100 breast (1:04.93) and swam on two winning relays vs. B-W ... Junior **Natalie Rambish** captured the 200 fly (2:36.21) and 1000 free (11:43.05) for Westminster vs. Bethany ... Sophomore **Nate Neilson** of Grove City captured the 200 back (2:07.59) and the 200 free (1:48.36) against Hiram ... **Sarah Sindler** (1:05.48, 100 fly) and **Emily Price** (4:51.66, 400 IM) earned wins for Chatham against Grove City and Hiram.

**AROUND THE LEAGUE:** The Saint Vincent men edged Mount Union 135-127 in dramatic fashion Saturday ... Entering the final event - the 400 free relay - trailing 123-122, SVC's **Jon Okonak, Adam Thomas, Troy Linebaugh,** and **Andre Maldonado** clinched the victory for the Bearcats by winning with a time of 3:34.92, less than 1/2 second ahead of the Raiders ... Bethany is off until Dec. 6, when the Bison host Penn State-Altoona.

**Bethany Bison**  
(M: 0-3, 0-1 PAC; W: 0-3, 0-1 PAC)



The Bison began PAC competition with a meet at Westminster Saturday ... Two freshmen and one sophomore recorded the top placements for the Bison women ... Freshman **Lindsay Arnold** earned a third place showing in the 200 butterfly by touching in a time of 2:55.44 ... Also taking in third place finishes were sophomore **Jillian Zewe** in the 200 backstroke (2:42.99) and freshman **Sara Reass** in the 500 freestyle (6:12.30) ... The top effort for the Bethany men was from senior **Nik Yacobi**, who grabbed third place in the 50 freestyle (25.61) ... Both Bethany teams are now off until after the Thanksgiving holiday and will return to action Saturday, Dec. 6, with a home meet against Penn State-Altoona.

**Chatham Cougars**  
(W: 6-3, 0-3 PAC)



Chatham traveled to Grove City College for a tri-meet with Grove City and Hiram ... Chatham lost to Grove City 194-95 and beat Hiram 149-134 ... It marked the first time that Chatham ever swam against Hiram ... Chatham got first place finishes from sophomore **Sarah Sindler** in the 100 butterfly with a time of 1:05.48 and first-year **Emily Price** in the 400 individual medley with a time of 4:51.66 ... The Cougars 400 freestyle relay team of **Chelsea Mummert**, **Selina Breiner**, **Amy Kuuskoski**, and **Emily Price** also won with a time of 3:47.76 ... The Cougars are off until January when they travel to Agnes Scott College for the Smart Women Sweat Invitational.

**Grove City Wolverines**  
(M: 1-1, 0-0 PAC; W: 2-1, 1-0 PAC)



Grove City opened the home portion of the 2008-09 schedule Saturday with wins over Hiram and Chatham ... On the women's side, freshmen **Jenna Richert** and **Kate Wilt** both earned three wins each ... Richert won the 500, 1000 and 200 fly while Wilt won the 200 free and both breaststroke races ... Junior **Amanda Thompson** swept the backstroke while sophomore **Sarah Page** won the 50 and 100 ... **Bethany Johnson** set a new program record in 3-meter diving with 217.20 points ... **Nate Nielsen's** victories in the 200 free and 200 backstroke helped pace the men to a 152-114 win over Hiram ... **Caleb Courage** set a new school record in the 100 backstroke (52.00) ... He also touched the wall first in the 50 free and 100 butterfly ... **Dan Gummel** contributed legs to two victorious relay efforts ... Grove City will host Saint Vincent Friday night in conference action ... Saturday, Grove City will compete in the Case Western Reserve Quad against CWRU, Kenyon and W&J.

**Saint Vincent Bearcats**  
(M: 3-1; W: 3-2)



The Bearcat men improved to 3-1 after edging Mount Union 135-127 in dramatic fashion on Saturday ... Entering the day's final event – the 400 Free Relay – trailing 123-122, SVC's **Jon Okonak**, **Adam Thomas**, **Troy Linebaugh**, and **Andre Maldonado** clinched the overall victory for the Bearcats by winning with a time of 3:34.92, less than ½ second ahead of the Raiders ... It was the second relay win of the day for SVC, as Okonak, **Eric Clouse**, **Matt Snelick**, and **Zack Krejdivsky** started the day by capturing the 400 medley relay ... Snelick picked up the individual win in the 100 breaststroke, while Okonak touched first in the 50 free, Maldonado the 100 free, and Clouse the 100 butterfly ... The Lady Bearcats were defeated 150-99 by a deep Mount Union squad Saturday ... Freshman **Mandie West** remained undefeated on the season in distance events, taking first in both the 500 Free and 1650 free, finishing more than a minute ahead of her closest competitor in the latter event ... West's classmate **Maggie Dempsey** also enjoyed a strong day, picking up wins in the 50 and 100 freestyle, while teaming up with West, **Jess Kennedy**, and **Amanda Haile** to win the 400 free relay ... Another first-year swimmer, freshman **Christine Dunleavy**, touched first in the 100 breaststroke.

**Washington & Jefferson Presidents**  
(M: 2-0, 0-0 PAC; W: 5-0, 1-0 PAC)



Both W&J swim teams continued their undefeated starts to the 2008-09 season after sweeping Baldwin-Wallace Saturday ... Sophomore **Brandon Smith** paced the W&J men with four victories, while sophomore **Chrissy Brant** and freshman **Brittany Vogel** each racked up three triumphs for the Presidents' women ... Smith earned first-place honors in the 100 backstroke (57.71), 200 backstroke (2:03.42) and 400 IM (4:20.94) events, while also leading the 400 medley relay (3:43.36) to a win ... Brant touched first in the 100 (1:03.95) and 200 (2:18.37) backstrokes, while also leading the 400 freestyle relay (3:58.95) to another win ... Vogel upped her season victory total to 10 after collecting wins in the 100 (1:12.98) and 200 (2:36.22) breaststroke events and the 400 IM (4:52.98) ... Senior **Brittany Bertoli** and freshmen **C.J. Corcoran** and **Bethany Haver** all had two wins ... Bertoli claimed the 200 butterfly (2:19.39) and 500 freestyle (5:36.88), while Corcoran won the 100 butterfly (1:01.86) and 200 freestyle (2:03.35) ... Haver earned first place in both diving events, collecting 210.10 points on the 1-meter board and 214.85 points on the 3-meter platform ... Freshman **Michael Boutwell** won the 500 and 1,000 freestyles for the second-straight meet ... Senior **Mark Sirkoch** earned three first-place finishes ... He won the 100 breaststroke (1:04.93), while also helping two relays to victories.

**Westminster Titans**  
(M: 2-0, 1-0 PAC; W: 2-1, 2-0 PAC)



The Westminster College men's and women's swimming teams each collected wins over visiting Bethany Saturday in a PAC meet ... The Titan men won 91-18 while the Titan women won 107-69. On the men's side, senior **Conor Simpson** won the 100 (50.47) and 1,000 yard (10:30.45) freestyle races ... Simpson also helped Westminster win the 200 freestyle relay (1:31.71) ... For the women, junior **Natalie Rambish** and junior **Emily Dressler** each won a pair of races ... Rambish won the 1,000 freestyle (11:43.05) and the 200 butterfly (2:36.21), while Dressler captured the 50 (26.00) and 100 (55.77) freestyles.

**Bethany Bison**  
**M: 0-3, 0-1 PAC**  
**W: 0-3, 0-1 PAC**

MEN

Oct. 25	at Pitt-Bradford Relays	5th/5
Nov. 1	PENN ST-BEHREND	L 24-153
Nov. 8	at Hiram	L 52-115
Nov. 15	at Westminster*	L 18-91
Dec. 6	PENN ST.-ALTOONA	1 p.m.
Dec. 10	GROVE CITY*	6 p.m.
Jan. 14	WASH. & JEFF.*	6 p.m.
Jan. 17	at Saint Vincent*	1 p.m.
Jan. 28	at Frostburg State	6 p.m.
Jan. 31	URBANA	2 p.m.
Feb. 12-14	- PAC Championships (GCC)	

WOMEN

Oct. 25	at Pitt-Bradford Relays	5th/5
Nov. 1	PENN ST-BEHREND	L 89-123
Nov. 8	at Hiram	L 117-147
Nov. 15	at Westminster*	L 69-107
Dec. 6	PENN ST.-ALTOONA	1 p.m.
Dec. 10	GROVE CITY*	6 p.m.
Jan. 14	WASH. & JEFF.*	6 p.m.
Jan. 17	at Saint Vincent*	1 p.m.
Jan. 24	CHATHAM*	1 p.m.
Jan. 28	at Frostburg State	6 p.m.
Jan. 31	URBANA	2 p.m.
Feb. 12-14	- PAC Championships (GCC)	

**Chatham Cougars**  
**W: 6-3, 0-3 PAC**

WOMEN

Oct. 18	at Saint Vincent*	W 92-38
Oct. 18	vs. PS-Altoona	W 107-23
Oct. 25	JUNIATA	W 139-94
Oct. 31	at Westminster Relays	4th/6
Nov. 1	WESTMINSTER*	L 121-162
Nov. 8	WASH. & JEFF.*	L 131.5-152.5
Nov. 8	SLIPPERY ROCK	W 204-75
Nov. 8	FROSTBURG ST.	W 224-45
Nov. 15	at Grove City*	L 95-194
Nov. 15	vs. Hiram (at GCC)	W 149-134
Jan. 9	at Agnes Scott Invit.	9 a.m.
Jan. 17	at Penn St.-Behrend	1 p.m.
Jan. 24	at Bethany*	1 p.m.
Jan. 31	NOTRE DAME (MD)	6 p.m.
Feb. 12-14	- PAC Championships (GCC)	

**Grove City Wolverines**  
**M: 1-1, 0-0 PAC**  
**W: 2-1, 1-0 PAC**

MEN

Oct. 25	at Clarion Fall Classic	1st/4
Nov. 1	at Carnegie Mellon	L 125-174
Nov. 15	HIRAM	W 152-114
Nov. 21	SAINT VINCENT*	6 p.m.
Nov. 22	at CWRU Quad	1 p.m.
Nov. 25	ALLEGHENY	5 p.m.
Dec. 5-6	LONGNECKER INVIT.	
Dec. 10	at Bethany*	6 p.m.
Jan. 17	at Wash. & Jeff.*	1 p.m.
Jan. 24	DENISON	1 p.m.
Jan. 27	WESTMINSTER*	6 p.m.
Jan. 30	at Pitt-Bradford	5 p.m.
	w/PS-Behrend	
Jan. 31	at Wooster	1 p.m.
Feb. 12-14	- PAC CHAMPIONSHIPS	

MEN

Oct. 25	at Clarion Fall Classic	1st/6
Nov. 1	at Carnegie Mellon	L 121-178
Nov. 15	CHATHAM*	W 194-95
Nov. 15	HIRAM	W 191-99
Nov. 21	SAINT VINCENT*	6 p.m.
Nov. 22	at CWRU Quad	1 p.m.
Nov. 25	ALLEGHENY	5 p.m.
Dec. 5-6	LONGNECKER INVIT.	
Dec. 10	at Bethany*	6 p.m.
Jan. 17	at Wash. & Jeff.*	1 p.m.
Jan. 24	DENISON	1 p.m.
Jan. 27	WESTMINSTER*	6 p.m.
Jan. 30	at Pitt-Bradford	5 p.m.
	w/PS-Behrend	
Jan. 31	at Wooster	1 p.m.
Feb. 12-14	- PAC CHAMPIONSHIPS	

**Saint Vincent Bearcats**  
**M: 3-1**  
**W: 3-2**

MEN

Oct. 18	P.S.-ALTOONA	W 155-100
Oct. 25	at Wheeling Jesuit	L 124-138
Nov. 8	P.S.-BEHREND	W 144-115
Nov. 15	MOUNT UNION	W 135-127
Nov. 21	at Grove City*	5 p.m.
Dec. 4-6	at Wooster Invitational	
Jan. 17	BETHANY*	1 p.m.
Jan. 24	at West Va. Wesleyan	1 p.m.
Jan. 28	WASH. & JEFF.*	6 p.m.
Jan. 31	at Westminster*	1 p.m.
Feb. 12-14	- PAC Championships (GCC)	

WOMEN

Oct. 18	CHATHAM*	L 38-92
Oct. 18	P.S.-ALTOONA	W 82-43
Oct. 25	at Wheeling Jesuit	W 131-96
Nov. 8	P.S.-BEHREND	W 139-103
Nov. 15	MOUNT UNION	L 99-150
Nov. 21	at Grove City*	5 p.m.
Dec. 4-6	at Wooster Invitational	
Jan. 17	BETHANY*	1 p.m.
Jan. 24	at West Va. Wesleyan	1 p.m.
Jan. 28	WASH. & JEFF.*	6 p.m.
Jan. 31	at Westminster*	1 p.m.
Feb. 12-14	- PAC Championships (GCC)	

**Wash. & Jeff. Presidents**  
**M: 2-0, 0-0 PAC**  
**W: 5-0, 1-0 PAC**

MEN

Nov. 5	FROSTBURG ST.	W 136-85
Nov. 15	BALDWIN-WALLACE	W 160-131
Nov. 19	WESTMINSTER*	6 p.m.
Nov. 22	at CWRU Quad	1 p.m.
Dec. 5-6	at GCC Longnecker Invit.	
Jan. 14	at Bethany*	6 p.m.
Jan. 17	GROVE CITY*	1 p.m.
Jan. 24	at Penn St.-Behrend	1 p.m.
Jan. 28	at Saint Vincent*	6 p.m.
Jan. 31	at Hiram	1 p.m.
Feb. 12-14	- PAC Championships (GCC)	

WOMEN

Nov. 5	FROSTBURG ST.	W 129-89
Nov. 8	at Chatham*	W 152.5-131.5
Nov. 8	vs. Slippery Rock	W 189-80
Nov. 8	vs. Frostburg State	W 192-61
Nov. 15	BALDWIN-WALLACE	W 148-113
Nov. 19	WESTMINSTER*	6 p.m.
Nov. 22	at CWRU Quad	1 p.m.
Dec. 5-6	at GCC Longnecker Invit.	
Jan. 14	at Bethany*	6 p.m.
Jan. 17	GROVE CITY*	1 p.m.
Jan. 24	at Penn St.-Behrend	1 p.m.
Jan. 28	at Saint Vincent*	6 p.m.
Jan. 31	at Hiram	1 p.m.
Feb. 12-14	- PAC Championships (GCC)	

**Westminster Titans**  
**M: 2-0, 1-0 PAC**  
**W: 2-1, 2-0 PAC**

MEN

Oct. 25	at Clarion Fall Classic	3rd/4
Oct. 31	WC RELAY CARNIVAL	1st/5
Nov. 8	at Allegheny	W 131-74
Nov. 15	BETHANY*	W 91-18
Nov. 19	at Wash. & Jeff.*	6 p.m.
Nov. 22	at Wooster	1 p.m.
Dec. 4-6	at Wooster Invitational	
Jan. 7	at Rollins w/Gordon	3 p.m.
Jan. 17	MOUNT UNION	1 p.m.
Jan. 24	at Carnegie Mellon	1 p.m.
Jan. 27	at Grove City*	6 p.m.
Jan. 31	SAINT VINCENT*	1 p.m.
Feb. 12-14	- PAC Championships (GCC)	

WOMEN

Oct. 25	at Clarion Fall Classic	3rd/6
Oct. 31	WC RELAY CARNIVAL	3rd/6
Nov. 1	at Chatham*	W 163-121
Nov. 8	at Allegheny	L 80-125
Nov. 15	BETHANY*	W 107-69
Nov. 19	at Wash. & Jeff.*	6 p.m.
Nov. 22	at Wooster	1 p.m.
Dec. 4-6	at Wooster Invitational	
Jan. 7	at Rollins w/Gordon	3 p.m.
Jan. 17	MOUNT UNION	1 p.m.
Jan. 24	at Carnegie Mellon	1 p.m.
Jan. 27	at Grove City*	6 p.m.
Jan. 31	SAINT VINCENT*	1 p.m.
Feb. 12-14	- PAC Championships (GCC)	