



SWIMMING & DIVING 2006-07

Presidents' Athletic Conference
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CURRENT 2006-07 REGULAR SEASON MEN'S STANDINGS (through November 19, 2006)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Westminster College	1	0	1.00	4	1	.800
Grove City College	0	0	.000	6	1	.857
Bethany College	0	0	.000	0	2	.000
Washington & Jefferson College	0	1	.000	4	4	.500
Saint Vincent College*	0	0	.000	2	4	.333

CURRENT 2006-07 REGULAR SEASON WOMEN'S STANDINGS (through November 19, 2006)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Washington & Jefferson College	1	0	1.00	7	1	.875
Grove City College	0	0	.000	3	4	.429
Bethany College	0	0	.000	0	2	.000
Westminster College	0	1	.000	0	5	.000
Saint Vincent College*	0	0	.000	1	5	.167

* - NCAA Division III provisional member - ineligible for PAC title and Player of the Week honors

RECENT RESULTS

Wednesday, November 15

Westminster 132, WASH. & JEFF. 94* (M)
WASH. & JEFF. 125, Westminster 100* (W)

Friday, November 17

GROVE CITY 63, Frostburg State 45 (M)
GROVE CITY 69, Saint Vincent 52 (M)
Saint Vincent 57, Frostburg State 50 (at GCC) (M)
GROVE CITY 71, Frostburg State 44 (W)
GROVE CITY 80, Saint Vincent 40 (W)
Saint Vincent 61, Frostburg State 51 (at GCC) (W)

Saturday, November 18

Grove City 189.5, KENYON 103.5 (M)!
Grove City 197, Case Western Reserve 96 (M)!

Grove City 244, Washington & Jefferson 51 (M)!
KENYON 174, Washington & Jefferson 109 (M)!
Case Western Reserve 177.5, W&J 113.5 (M)!
KENYON 216, Grove City 91 (W)!
Case Western Reserve 164, Grove City 86 (W)!
Washington & Jefferson 219, Grove City 61 (W)!
KENYON 179, Washington & Jefferson 113 (W)!
W&J 198, Case Western Reserve 79 (W)!
MOUNT UNION 142, Saint Vincent 110 (M)
MOUNT UNION 143, Saint Vincent 106 (W)
Westminster 152.5, Wooster 78.5 (M)#
Westminster 138, Calvin 99 (M)#
Denison 177, Westminster 60 (M)#
Wooster 127, Westminster 104 (W)#
Calvin 157, Westminster 80 (W)#
Denison 167, Westminster 38 (W)#

! - Kenyon quadrangular - Gambier, Ohio
- Canton quadrangular - Canton, Ohio

UPCOMING SCHEDULE

Monday, November 21

Gannon/Slippery Rock at Grove City - 6 p.m.

Thursday-Saturday, November 30-December 2

Saint Vincent, Westminster at College of Wooster Invitational

Friday-Saturday, December 1-2

W&J at Grove City Longnecker Invitational

Saturday, December 2

Bethany at Penn State-Altoona - 6 p.m.

PAC Men's Swimmer/Diver of the Week

CHIP CRESSMAN

Grove City College

Freshman - distance freestyle/IM

Marriottsville, Md.

Homeschooled



Cressman led the GCC men to a 5-0 week, including a win over defending national champion Kenyon. He was triple winner in the 400 IM (4:18.83), 500 (4:48.97) & 1000 free (10:11.33) events in a quad meet with Kenyon, Case Western Reserve and PAC foe W&J Saturday, after winning the 200 free (1:47.62) in a tri-meet with Frostburg State and Saint Vincent Friday.

Also nominated was senior **Stephen Zinz** of Bethany, and senior **Ryan Trunk** of Westminster

PAC Women's Swimmer/Diver of the Week

KAITLYN ORSTEIN

Washington & Jefferson College

Junior - IM/freestyle/breaststroke

Pittsburgh, Pa.

Mount Lebanon H.S.



Orstein earned wins in six events (five individual), posted four NCAA "A" cut times and one "B" cut mark, and broke two school records and three pool marks this week. She won the 200 IM (2:05.37, A-cut, PR), 200 breaststroke (2:22.27, B-cut) and 400 medley relay (4:07.40, PR) in a PAC win over Westminster Wednesday, then swept the 100 breast (1:03.76, PR), 200 breast (2:20.4, PR), and 400 IM (4:27.61) in a Saturday quad meet at national power Kenyon.

Also nominated was junior **Erin Staniech** of Bethany, freshman **Jane Wilson** of Grove City, and sophomore **Megan Mier** 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 open PAC competition with a home meet against Grove City Dec. 6.

Grove City Wolverines



Grove City's men's swimming and diving team earned five wins over the weekend, including a win over defending NCAA Division III champion Kenyon Saturday ... Friday, Grove City swept Frostburg State and Saint Vincent in a double dual ... Freshman **Brian Schultz** won the 100 free and 200 back ... Saturday, Grove City earned three wins at Kenyon ... Freshman **Chip Cressman** helped lead Grove City by winning the 400 IM, 500 and 1000 while **Caleb Courage** won the 100 and 200 free ... Courage also helped Grove City win the 200 medley and 200 free relays ... **Kyle Grubbs** (1-meter) and **Joe Riddell** (3-meter) swept the diving competition ... Grove City's women are 3-4 overall after winning a pair of meets ... Friday night, Grove City swept Frostburg State and Saint Vincent ... Freshman **Jane Wilson** registered wins in the 100 free and 100 fly while junior **Ellen Keefer** won the 200 free ... Sophomores **Whitney Baur** (200 breaststroke) and **Kiersten Bower** (200 fly) also earned wins ... Saturday, Wilson won the 100 free and added a second-place finish in the 50.

Wash. & Jeff. Presidents



W&J opened the week with a split with Westminster after the women posted a 125-100 victory ... The W&J women began the evening with a pool record time of 4:07.40 during their win in the 400 medley relay by the team of senior **Brandi Shoupe**, juniors **Jessica Wightman** and **Kaitlyn Orstein** and sophomore **Brittany Bertoli** ... Orstein notched a pair of individual victories in pool-record fashion ... She improved her NCAA "A" cut time in the 200 IM (2:05.37) and also recorded a NCAA "B" cut time in the 200 breaststroke (2:22.27) ... Freshman **Alexis England** also racked up a pair of individual victories after claiming the 500 (5:26.76) and 1,000 (11:11.08) freestyle events ... On Saturday, Orstein won three individual events and notched three NCAA "A" cut times ... She set school records during the 100 breaststroke (1:03.76) and 400 IM (4:27.61) and recorded Kenyon pool records in the 100 breaststroke and 200 breaststroke (2:20.40) ... Bertoli claimed the 100 (1:01.90) and 200 (2:17.29) butterfly events ... Sophomore **Zach Nigrelli** notched third place in the 100 free (49.58), while classmate **Dan Mancuso** took fourth in the 200 free (1:50.90).

Westminster Titans



Westminster competed in two meets last week against four opponents ... The Titan men compiled a 3-1 record, including a 132-94 PAC win at W&J Wednesday, while the Titan women went 0-4 including a 125-100 PAC loss at W&J ... The Titan men and women went 2-1 and 0-3, respectively, in a quad meet at Canton, Ohio, vs. Denison, Calvin, and Wooster Saturday ... Senior **Ryan Trunk** collected the most event wins for the week as he won three races at W&J ... Trunk swam a leg of the winning 400 medley relay team that posted a time of 3:37.61, and also the 200 freestyle (1:47.04) and the 100 freestyle (47.89) ... Other multiple winners at W&J included senior **Pat Smith** (400 medley relay, 200 back), sophomore **Conor Simpson** (400 medley relay, 200 fly), and **Zac Gebhardt** (1,000 and 500 free) ... The Titan women had three winners at W&J: freshman **Emily Dressler** (100 freestyle), sophomore **Megan Mier** (200 back) and senior **Megan McLaughlin** (50 free) ... Westminster had 11 top-three times in the quad meet, including a first-place tie by sophomores **A.J. Yarzebinski** and **Chris Lehberger** in the 100 breaststroke

Saint Vincent Bearcats



Kristy Hartbauer earned three first place finishes against Mount Union, winning the 100 BR, 200 BR and 400 IM, and was part of the winning 200 medley relay ... **Eric Clouse**, **Jon Shrum** each recorded a pair of firsts in the Grove City/Frostburg tri-meet.

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 - **Chip Cressman**, GRO
 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 - **Kaitlyn Orstein**, W&J
 12/3
 12/10
 1/7
 1/14
 1/21
 1/28
 2/4