



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. 20, 2005)

School	PAC Meets			All Meets			
	W	L	Pct.	W	L	T	Pct.
Westminster College	1	0	1.00	3	0	1	.875
Grove City College	0	0	.000	2	3	0	.400
Bethany College	0	0	.000	0	0	0	.000
Washington & Jefferson College	0	1	.000	5	1	0	.833

CURRENT 2005-06 REGULAR SEASON WOMEN'S STANDINGS (through Nov. 20, 2005)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Westminster College	1	0	1.00	3	1	.750
Grove City College	0	0	.000	1	1	.500
Bethany College	0	0	.000	0	0	.000
Washington & Jefferson College	0	1	.000	5	1	.833

RECENT RESULTS

Wednesday, November 16

WESTMINSTER 110, Washington & Jefferson 95 (M)*
WESTMINSTER 103, Washington & Jefferson 102 (W)*

Friday, November 18

Grove City 115, FROSTBURG STATE 84 (M)
Grove City 121, FROSTBURG STATE 85 (W)

Saturday, November 19

CASE WESTERN RESERVE 162, Grove City 130 (M)
Kenyon 152, Grove City 134 (at CWRU) (M)
Washington & Jefferson 128, JOHN CARROLL 101 (M)
Washington & Jefferson 123, JOHN CARROLL 102 (W)
WESTMINSTER 117.5, Wooster 81.5 (M)
WESTMINSTER 118, Wooster 85 (W)

UPCOMING SCHEDULE

Tuesday, November 22

Slippery Rock at Grove City (men only) - 6 p.m.

Thursday-Saturday, December 1-3

Westminster at Wooster Invitational

Friday-Saturday, December 2-3

Washington & Jefferson at Grove City Longnecker Invitational

Saturday, December 3

Penn State-Altoona at Bethany - 1 p.m.

PAC Men's Swimmer/Diver of the Week

RYAN TRUNK

Westminster College

Sophomore - freestyle

Brookline, Mass./Cheshire Academy H.S.

Trunk won all six of his events last week for the Titans, who posted wins over PAC foe W&J (110-95) and Wooster (117.5-81.5). He won both the 100 (47.87) and 200 freestyle (1:47.97) while anchoring the 400 medley relay team (3:40.89) against the Presidents. Versus Wooster, he captured both the 50 (21.71) and 100 freestyle (48.28) while anchoring the winning 200 medley relay (1:39.43).

Also nominated was sophomore **Joe Riddell** of Grove City and senior **Matt Socha** of Washington & Jefferson.

PAC Women's Swimmer/Diver of the Week

MEGAN MCLAUGHLIN

Westminster College

Junior - freestyle/backstroke

Wooster, Ohio/Wooster H.S.

McLaughlin touched first in five events last week as Westminster topped conference rival W&J by one point (103-102) and defeated Wooster (118-85) for the first time ever. She had three wins against the Presidents in the 200 (1:59.38) and 500 freestyle (5:26.96) before swimming the anchor leg and touching for the .01 win in the 400 freestyle relay (3:45.93). She then won the 50 free (25.99) and swam a leg on the winning 200 medley relay (1:56.00) against the Scots.

Also nominated was senior **Jaclyn Bellissimo** of Grove City and sophomore **Kristen Mastropietro** 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



Washington & Jefferson College split a pair of dual meets this week as Westminster squeaked out a pair of wins on Wednesday before the Presidents topped John Carroll on Saturday ... The women's meet at Westminster came down to the final race as the Titans earned first place by 0.01 seconds to capture the win ... Sophomore **Kaitlyn Orstein** led the W&J women after winning and setting new school records in the 200 butterfly (2:11.56) and 200 backstroke (2:12.64), while also claiming the 200 IM in a NCAA "B" Cut qualifying time of 2:08.98 ... Sophomore **Kristen Mastropietro** and freshman **Susanne Seward** posted two wins each ... Freshmen **Daniel Mancuso** was the only double winner for the President men ... He placed first in the 200 butterfly (2:04.28) and 500 freestyle (5:03.07) ... Senior **Matt Socha** led the W&J victory at JCU on Saturday with wins in the 200 (1:51.94) and 500 freestyle (5:11.70) ... Freshmen **Eddie Werner**, **Zach Nigrelli** and **Matt Couillard** also had two victories ... Orstein set a new school record during her win in the 1000 freestyle (10:50.40) and then also took first in the 200 butterfly (2:14.95) ... Freshman **Alicia Sutton** earned first place in the 200 (2:00.98) and 500 (5:30.78) freestyles, while Mastropietro won the 200 IM (2:19.45) and 200 breaststroke (2:33.48).

Grove City Wolverines



Both Grove City teams earned non-league wins at Frostburg State Friday night ... The women's team produced a pair of double-winners in freshman **Whitney Fairchild** (100, 200 free) and senior **Jaclyn Bellissimo** (400 free, 200 IM) ... **Ellen Magee** won the 50 free while **Kiersten Bower** won the 100 fly ... Alyse Brannon captured the 100 back ... Against Frostburg, the men also had two double-winners ... Sophomore **Emmanuel Butmankiewicz** won the 200 IM and 100 fly while classmate **Caleb Courage** won the 50 and 100 free races ... Joe Riddell won 1-meter diving while **Mark Barron** took the 200 free ... Senior **Ben Haring** won the 50 and 100 free in a tri-meet against national powers Case Western and Kenyon Saturday ... Courage won the 200 free while Riddell swept the diving events ... The Wolverines will host Slippery Rock Tuesday night in a men's dual meet at Grove City College Pool.

Westminster Titans



Westminster swimming continued to roll last week with sweeps over PAC rival W&J and Wooster ... The women's finish against the Presidents was one for the ages, as the Lady Titans trailed by eight points and needed a first and third place finish in the final event (400 freestyle relay) to win the dual meet ... Westminster (2-1, 1-0 PAC) got the victory when the Lady Titans edged W&J by .01 (3:45.93 to 3:45.94) for the top spot, followed by a third-place WC finish to clinch the 103-102 win ... On the men's side, the Titans remained unbeaten with a 110-95 decision ... The Lady Titans were paced by junior **Megan McLaughlin**, who captured both the 200 (1:59.38) and 500 freestyle (5:26.96) before swimming the anchor leg and touching for the .01 win in the 400 freestyle relay ... Junior **Ryan Trunk** and freshman **Chris Lehberger** were both double winners for the men vs. W&J ... The Titan men remained unbeaten with a 117.5-81.5 win over the Scots Saturday, while the Lady Titans defeated Wooster for the first time in the program's history (118-85) ... Trunk captured both the 50 (21.71) and 100 freestyle (48.28) while anchoring the winning 200 medley relay (1:39.43), while freshman **Conor Simpson** added wins in both the 100 butterfly (55.80) and 200 freestyle (1:49.84) while leading off the victorious 200 freestyle relay team (1:30.66).

Past PAC Men's Swimmers/Divers of the Week

November 6: **Caleb Courage**, Grove City
November 13: **Eddie Werner**, Wash. & Jeff.
November 20: **Ryan Trunk**, Westminster
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: **Megan McLaughlin**, Westminster
December 4:
December 11:
January 15:
January 22:
January 29: