



SWIMMING & DIVING 2004-05

Presidents' Athletic Conference
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CURRENT 2004-05 REGULAR SEASON MEN'S STANDINGS (through Nov. 21, 2004)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Westminster College	1	0	1.00	4	0	1.00
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

CURRENT 2004-05 REGULAR SEASON MEN'S STANDINGS (through Nov. 21, 2004)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Washington & Jefferson College	1	0	1.00	6	0	1.00
Grove City College	0	0	.000	1	1	.500
Bethany College	0	0	.000	0	0	.000
Westminster College	0	1	.000	2	2	.500

RECENT RESULTS

Wednesday, November 17

Westminster 111, WASHINGTON & JEFFERSON 88* (M)
 WASHINGTON & JEFFERSON 131, Westminster 87* (W)

Friday, November 19

GROVE CITY 136, Frostburg State 88 (M)
 GROVE CITY 141, Frostburg State 80 (W)

Saturday, November 20

Washington & Jefferson 87, PENN STATE-ALTOONA 65 (M)
 Washington & Jefferson 62, PENN STATE-ALTOONA 41 (W)
 Westminster 127, WOOSTER 104 (M)
 WOOSTER 122, Westminster 101 (W)

UPCOMING SCHEDULE

Thursday-Saturday, December 2-4

Westminster at Wooster Invitational

Friday-Saturday, December 3-4

Washington & Jefferson at Grove City Longnecker Invitational

Saturday, December 4

Bethany at Ohio Northern - 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 the 200 freestyle (1:47.86) while swimming the anchor leg for the victorious 400 medley relay team (3:44.67) in a 111-88 PAC win at W&J. He was then a triple-winner in a 127-104 win at Wooster Saturday, winning both the 50 (22.24) and 500 freestyle (4:59.68) while swimming for the 200 free relay team (1:28.83).

Also nominated was freshman **Caleb Courage** of Grove City and senior **Sebastian Hesse** of Washington & Jefferson.

PAC Women's Swimmer/Diver of the Week

COURTNEY SHEPPARD

Washington & Jefferson College

Freshman - freestyle

Richboro, Pa./Council Rock South H.S.

Sheppard led the Presidents to a 131-87 PAC win over Westminster by capturing both the 100 (55.57) and 200 freestyle (2:00.15), then won the 200 IM (2:22.19) in a non-league 62-41 win over Penn State-Altoona which lifted the W&J women to a perfect 6-0 on the season.

Also nominated was junior **Ellen Magee** of Grove City and freshman **Becky Giles** 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 women's swimming and diving breezed past Westminster, 131-87, Wednesday but the Titan men forced a split with a 111-88 victory in a PAC dual meet ... The W&J women were led by freshman **Courtney Sheppard** who won the 100 (55.57) and 200 (2:00.15) free ... Freshman **Kristina McClelland** touched first in the 500 free (5:31.18), while classmate **Kristen Mastropietro** earned a first-place showing in the 200 breast (2:34.13) ... Sophomore **Amy Plotkin** claimed the 1000 free in (11:24.31), while sophomore Brandi Shoupe placed first in the 200 fly (2:17.85) ... Sophomore **Brian Train** paced the W&J men (4-1) with wins in the 200 IM (2:02.38) and 200 fly (2:09.66) ... Senior **Sebastian Hesse**, junior **Matt Socha**, and freshman **Brent Johnson** all recorded two victories to lead the men's team vs. Altoona ... Hesse touched first in the 500 (5:29.31) and 1000 (11:22.26) free, while Socha claimed the 100 back (59.68) and the 200 IM (2:10.61) ... Johnson also won the 50 freestyle (22.81) and the 100 butterfly (58.43) ... Sheppard paced the women's squad with a win in the 200 IM (2:22.19).

Grove City Wolverines

Both Grove City teams earned their first dual-meet wins of the season Friday night against visiting Frostburg State ... Senior **Christine Bare** and junior **Ellen Magee** each picked up two individual victories ... Bare won the 200 free and 500 free while Magee won the 50 and 100 free races ... Senior **Emily Bolek** won the 100 back while classmate **Jacquie Adlam** took the 100 breaststroke ... Sophomore **Emily Hays** swept the diving events ... It was the first dual-meet win for head coach **John Richards** ... The men's team did not lose a race against the Bobcats ... Frosh **Caleb Courage** won the 50 and 100 free ... His time of 21.40 seconds in the 50 is the second-fastest in College history ... **Albert Cheung** (200 IM), **Luke Wiedeman** (200 free), **Joel Boerckel** (100 back), **Jeremiah Roberts** (100 fly) and **Jeremy Harbaugh** (1000) all posted wins ... **Joe Riddell** won the 1-meter diving ... Grove City will host the 8th Annual James E. Longnecker Invitational Dec. 3-4.

Westminster Titans

Westminster split dual meets with PAC foe W&J and Wooster, with the men winning both and the women dropping both ... Three Titan men were double winners against the Presidents: Senior **Kevin Gesacion** and freshman **Tom Benoit** each swam on the winning 400 free relay team (3:2.2.97) ... Gesacion also captured the 50 free (22.26) while Benoit won the 500 free (5:01.73) .. They were joined by sophomore **Ryan Trunk**, who won the 200 free (1:47.86) while swimming the anchor leg for the 400 medley relay team (3:44.67) ... A pair of Lady Titans captured individual events at W&J, as sophomore **Megan McLaughlin** won the 50 free (25.64) and freshman **Becky Giles** touched first in the 200 IM (2:15.91) ... At Wooster, Trunk was a triple-winner, capturing the 50 (22.24) and 500 free (4:59.68) while swimming for the 200 free relay (1:28.83) ... Junior **Josh Hensler** won both the 200 freestyle (1:51.79) and the 200 breast (2:19.72) ... The WC women were led by freshman **Stephanie Peters**, who captured the 100 free (55.73) while swimming the anchor leg for the 200 free relay (1:44.61).

Past PAC Men's Swimmers/Divers of the Week

November 14: Caleb Courage, Grove City

November 21: Ryan Trunk, Westminster

December 5:

December 12:

January 9:

January 16:

January 23:

January 30:

Past PAC Women's Swimmers/Divers of the Week

November 14: Brandi Shoupe, Wash. & Jeff.

November 21: Courtney Sheppard, Wash. & Jeff.

December 5:

December 12:

January 9:

January 16:

January 23:

January 30: