



SWIMMING & DIVING 2003-04

Presidents' Athletic Conference
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CURRENT MEN'S STANDINGS (through November 23, 2003)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Westminster College	1	0	1.00	3	0	1.00
Washington & Jefferson College	0	0	.000	4	2	.667
Bethany College	0	0	.000	0	0	.000
Grove City College	0	1	.000	2	2	.500

CURRENT WOMEN'S STANDINGS (through November 23, 2003)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Westminster College	1	0	1.00	2	1	.667
Washington & Jefferson College	0	0	.000	6	0	1.00
Bethany College	0	0	.000	0	0	.000
Grove City College	0	1	.000	2	2	.500

RECENT RESULTS (dual meets only)

Saturday, October 25
Carnegie Mellon 150, GROVE CITY 89 (W)

Saturday, November 8
Wash. & Jeff. 120.5, FROSTBURG ST. 113.5 (M)
Wash. & Jeff. 134, FROSTBURG ST. 93 (W)
Westminster 103, ASHLAND 100 (M)
Westminster 113, ASHLAND 86 (W)

Wednesday, November 12
Wash. & Jeff. 118, MOUNT UNION 74 (M)
Wash. & Jeff. 112, MOUNT UNION 94 (W)

Friday, November 14
Carnegie Mellon 126, GROVE CITY 84 (M)

Saturday, November 15
Grove City 131, FROSTBURG STATE 94 (M)
Grove City 128, FROSTBURG STATE 98 (W)

Grove City 128, W.V. Wesleyan 94 (at FSU) (M)
Grove City 118, W.V. Wesleyan 109 (at FSU) (W)
Wash. & Jeff. 53, ELIZABETHTOWN 28 (M)
Lycoming 48, Wash. & Jeff. 47 (at E-town) (M)
Wash. & Jeff. 53, ELIZABETHTOWN 39 (W)
Wash. & Jeff. 69, Lycoming 26 (at E-town) (W)

Wednesday, November 19
Gannon 131, WASH. & JEFF. 106 (M)
WASH. & JEFF. 110, Gannon 108 (W)
WESTMINSTER 123, Grove City 82* (M)
WESTMINSTER 121, Grove City 84* (W)

Saturday, February 22
WASH. & JEFF. 76, Penn St.-Altoona 60 (M)
WASH. & JEFF. 77, Penn St.-Altoona 67 (W)
WESTMINSTER 121, Wooster 78 (M)
Wooster 126, WESTMINSTER 79 (W)

UPCOMING SCHEDULE

Thursday-Saturday, December 4-6
Westminster at Wooster Invitational

Friday-Saturday, December 5-6
Washington & Jefferson at Grove City James E. Longnecker Invitational

Saturday, December 6
Ohio Northern at Bethany - 1 p.m.

PAC Men's Swimmer/Diver of the Week

JOSH HENSLER

Westminster College

Sophomore - freestyle/breaststroke/IM

South Park, Pa./South Park H.S.

Hensler was a double-winner in all three Westminster dual meets, including three wins in a PAC-opening victory over Grove City. He won the 100 breast and 200 medley relay against Ashland, the 200 IM and 200 breast as well as the 400 medley against GCC, and the 400 IM and 200 fly vs. Wooster.

Also nominated was senior Drew McKelvy of Grove City, and junior Andrew Pratt of Washington & Jefferson.

PAC Women's Swimmer/Diver of the Week

AMY PLOTKIN

Washington & Jefferson College

Freshman - freestyle

Melbourne, Fla./Satellite

Plotkin has led Washington & Jefferson to a perfect 6-0 dual meet start, posting double wins in five of the six team victories. She has captured both the 500 and 100 freestyle races four times to date in 2003.

Also nominated was senior Peggy Whitbeck of Grove City and freshman Sara Bonchosky of Westminster.

PAC SWIMMING NOTES

Bethany Bison

Bethany opens the 2003-04 season at home against Ohio Northern on Saturday, Dec. 6 at 1 p.m.

Washington & Jefferson Presidents

The W&J women are off to a 6-0 start to the 2003-2004 campaign ... Freshman Amy Plotkin has led the women's team with two wins in five of the six meets, while classmate Brandi Shoupe has notched two wins in three of the six meets ... Junior Erin Boyle has also totaled seven first-place finishes, while junior Abby Leslie has captured three 1-meter diving wins ... Junior Andrew Pratt has led the W&J men as he has been a double winner in all six meets ... Freshman Brian Train and sophomore Matt Socha has gathered five victories each, while senior Chris Shively has posted two wins in each of the last two meets ... Freshmen Justin McMichael and Erik Schlegel also helped W&J to a win over Penn State-Altoona on Saturday with one win a piece.

Past PAC Men's Swimmers/Divers of the Week

November 23: Josh Hensler, Westminster

December 8:

January 12:

January 19:

January 26:

February 2:

February 9:

Grove City Wolverines

Both Grove City squads are off to 2-2 starts in the dual-meet schedule ... Grove City's women knocked off Frostburg State and West Virginia Wesleyan Nov. 15 as Ellen Magee and Peggy Whitbeck each won two swim events while Alexis Zanas won the diving events ... Whitbeck has six dual-meet wins this year in three dates of competition and also made the "B" provisional in the 200 butterfly against Westminster ... Christine Bare won both the 500 and 1000 at Westminster ... On the men's side, senior Drew McKelvy earned a pair of wins at Westminster as well as at Frostburg State ... The Wolverine men are chasing their 53rd consecutive winning season.

Westminster Titans

The Westminster swim teams have already competed in three dual meets and two invitationals ... The Titan men have swept Ashland (103-100), Grove City (123-82) and Wooster (121-78), while the Lady Titans topped Ashland (113-86) and Grove City (121-84) before falling to Wooster (126-79) ... In the PAC win over GCC, sophomore Josh Hensler captured both the 200 IM (2:02.49) and 200 breaststroke (2:18.19) while swimming a leg on the winning 400 medley relay team (3:49.19), while frosh Pat Smith added wins in the 200 backstroke (2:04.32) and 1000 freestyle (10:28.16) as well as swimming a leg on the winning 400 freestyle relay team (3:24.81) ... For the Lady Titans, four swimmers were double winners ... Senior Brittany Jardine and freshmen Sara Bonchosky and Megan McLaughlin all swam on the victorious 400 freestyle relay team (3:47.40) while adding individual wins - Jardine in the 50 freestyle (25.83), Bonchosky in the 100 freestyle (55.58) and McLaughlin in the 200 backstroke (2:15.74) ... Also, frosh Emily Staniszewski added wins in the 200 breaststroke (2:40.06) and as a member of the winning 400 medley relay squad (4:17.53).

Past PAC Women's Swimmers/Divers of the Week

November 23: Amy Plotkin, Wash. & Jeff.

December 8:

January 12:

January 19:

January 26:

February 2:

February 9: