

2008 PAC Swimming & Diving Release

Week 5 - November 24



Presidents' Athletic Conference
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2008 PAC MEN'S STANDINGS (through Nov. 23)

School	PAC Contests			All Contests		
	W	L	Pct.	W	L	Pct.
Washington & Jefferson	1	0	1.00	4	2	.667
Westminster	1	1	.500	3	1	.750
Grove City	0	0	.000	5	1	.833
Bethany	0	1	.000	0	3	.000
Saint Vincent*				3	2	.600

2008 PAC WOMEN'S STANDINGS (through Nov. 23)

School	PAC Contests			All Contests		
	W	L	Pct.	W	L	Pct.
Washington & Jefferson	2	0	1.00	9	0	1.00
Grove City	1	0	1.00	5	2	.714
Westminster	2	1	.667	2	3	.400
Bethany	0	1	.000	0	3	.000
Chatham	0	3	.000	6	3	.667
Saint Vincent*				3	3	.500

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

LAST WEEK

Wednesday, November 19, 2008

WASH. & JEFF. 154, Westminster 140* (M)
WASH. & JEFF. 154, Westminster 140* (W)

Friday, November 21, 2008

GROVE CITY 160, Saint Vincent 108* (M)
GROVE CITY 153, Saint Vincent 75* (W)

Saturday, November 22, 2008

Case Western Reserve Quadrangular
Grove City 173, CASE W. RESERVE 121 (M)
Grove City 216.5, Kenyon 62.5 (M)
Grove City 206, Wash. & Jeff. 92 (M)
Wash. & Jeff. 151, Kenyon 138 (M)
CASE W. RESERVE 183, Wash. & Jeff. 116 (M)
Grove City 183, CASE W. RESERVE 116 (W)
Grove City 148, Kenyon 141 (W)
Wash. & Jeff. 162, Grove City 137 (W)
Wash. & Jeff. 151, Kenyon 138 (W)
Wash. & Jeff. 185, CASE W. RESERVE 114 (W)

Westminster 152, WOOSTER 132 (M)
WOOSTER 139, Westminster 123 (W)

THIS WEEK

Tuesday, November 25, 2008

Allegheny at Grove City - 5 p.m.

Men's Swimmer/Diver of the Week

CALEB COURAGE

Grove City
Senior
Shippensburg, Pa.
Shippensburg H.S.



Courage was a triple winner for the Wolverines at the Case Western Reserve Quad on Saturday, as he led the Wolverines to a 3-0 dual record with wins in the 100 free (45.36), 200 free (1:41.97) and 200 IM (school-record 1:53.73). He also swam on the winning 200 free relay team (1:24.55). Friday night, in a 160-108 dual win over PAC foe Saint Vincent, Courage swam a leg for the winning 200 medley relay (1:37.12).

Also nominated was freshman **Michael Boutwell** of Washington & Jefferson, and senior **Chris Lehberger** of Westminster.

Women's Swimmer/Diver of the Week

BETHANY HAVER

Wash. & Jeff.
Freshman
Akron, Ohio
Firestone H.S.



Haver swept both the 1-meter and 3-meter diving events as W&J went 4-0 last week, topping PAC rival Westminster (154-140) and going 3-0 at the CWRU Quad. She posted a score of 201.3 on the 1-meter board and adding 224.3 points on the 3-meter platform Wednesday, then led the way at Case Western Reserve. She won the 3-meter event with 269.10 points (improving her NCAA Division III Championship qualifying mark) and the 1-meter event (243.65).

Also nominated was sophomore **Sarah Page** of Grove City, and freshman **Caitlin Lehberger** of Westminster.

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

GCC, W&J SHINE AT CWRU QUAD: Grove City and Washington & Jefferson both posted strong finishes at the Case Western Reserve Quad in Cleveland Saturday ... GCC went 5-1 (3-0 men, 2-1 women) while W&J was 4-2 (3-0 women, 1-2 men) at the four-team event ... Washington & Jefferson head coach **Mike Orstein** earned his 399th and 400th career victories in the Presidents' sweep of PAC foe Westminster on Wednesday.

WHO'S HOT: Freshman **Amy Fleming** swept the 100 & 200 breaststroke and 1000 freestyle for Grove City in a 153-75 win over PAC rival Saint Vincent Friday ... The Westminster brother-sister duo of **Chris & Caitlyn Lehberger** combined to win 11 events (five for Chris, six for Caitlyn) last week in Westminster matches against W&J and Wooster ... W&J freshman **Michael Boutwell** set a new school and pool record in the 1000 free (10:04.51) at CWRU.

AROUND THE LEAGUE: **Dan Brett** won the 1000 freestyle (10:55.31) for Saint Vincent against Grove City Friday, while three Bearcat women (**Amanda Haile, Jess Kennedy and Amanda West**) earned individual victories for SVC against the Wolverines ... Bethany is off until Dec. 6, when the Bison host Penn State-Altoona ... Chatham is off for winter break and will return to action on January 9 at the Agnes Scott Invitational.

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

Bethany was off from competition last week ... The Bison return to the pool Dec. 6 with a home meet against Penn State-Altoona at 1 p.m.



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

Chatham is off for winter break and will return to action on January 9 at Agnes Scott.



Grove City Wolverines
(M: 5-1, 0-0 PAC; W: 5-2, 1-0 PAC)

Both Grove City teams turned in strong efforts over the weekend ... Friday night, freshman **Amy Fleming** helped the women's team to a win over Saint Vincent as she won the 1000 and both breaststroke races ... Saturday, at the Case Western Quad, sophomore **Sarah Page** won both the 50 and 100 free ... Page also helped the Wolverines' 200 medley relay take second ... Freshman **Bethany Johnson** took second in both diving events ... On the men's side, **Lincoln Larsen** and **Jared Bailey** both won a pair of events Friday night in Grove City's victory over Saint Vincent ... Larsen won the 100 breaststroke and the 500 while Bailey took the 100 and 200 free races ... Saturday at Case Western, **Caleb Courage** won the 100 free, 200 free and 200 IM ... He set a new school record in the 200 IM with a time of 1:53.73 ... **Kyle Grubbs** won 3-meter diving ... The Wolverines will host Allegheny Tuesday night in non-conference action.



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

The Bearcat swimming teams were swept at Grove City on Friday night, with the Bearcat men falling 160-108 and the Lady Bearcats dropping a 153-75 decision ... **Dan Brett** earned the Bearcat men's lone individual win of the night, capturing the 1000 freestyle in 10:55.31 ... **Matt Snelick** earned a pair of second place finishes, in the 100 and 200 breaststroke, while **Jon Okonak** and **Eric Linebaugh** touching second in the 50 free and 100 free, respectively ... On the women's side, SVC's **Amanda Haile** touched first in the 500 freestyle, with a time of 5:53.20, while teammate **Jess Kennedy** earned a first place finish in the 100 butterfly (1:08.45) ... **Mandie West** took first in the 400 IM, with a time of 5:05.18, while the Lady Bearcat 400 free relay squad of Haile, **Maggie Dempsey**, **Molly Michael**, and **Sarah Denning** won in 3:51.89.



Washington & Jefferson Presidents
(M: 4-2, 1-0 PAC; W: 9-0, 2-0 PAC)

The Washington & Jefferson men's and women's swimming programs sweep over Westminster produced the 399th and 400th career victories for W&J head coach **Mike Orstein** ... Orstein now has an overall collegiate coaching record of 404-164, including a 344-139 mark at Washington & Jefferson ... A pair of freshman led the way for the Presidents this past week, as **Michael Boutwell** broke his own school record in the 1000 freestyle with a time of 10:04:51, while diver Bethany Haver improved her NCAA Division III Championship qualifying mark on the 3-meter board with 269.10 points ... The Presidents will have two weeks off before returning to action at the James E. Longnecker Invitational hosted by Grove City College.



Westminster Titans
(M: 3-1, 1-1 PAC; W: 2-3, 2-1 PAC)

The Westminster College men's swimming team went 1-1 last week while the women went 0-2. The Titan men and women lost to Washington & Jefferson on Wednesday with both teams losing by identical scores of 154-140 in a PAC dual meet ... The Titan men picked up a win against Wooster Saturday winning, 152-132, while the Titan women lost 139-123 ... For the women, freshman **Caitlin Lehberger** touched first in the 100 (1:06.98) and 200 (2:28.11) breaststroke events as well as the 200 IM (2:12.53) against Washington & Jefferson ... Lehberger's time in the 100 breaststroke is an NCAA provisional "B" cut qualifying time ... Junior **Emily Dressler** won the 200 (1:57.95), 500 (5:19.07), and 1,000-yard (11:00.57) freestyle races to lead the Westminster women ... On the men's side, junior **Brett Gerthoffer** won three events, including the 100 (48.73) and 200 (1:46.68) freestyles and helped the 400 freestyle relay team win (3:16.50) ... Saturday, there were three Westminster swimmers who posted three wins apiece ... They include senior **Chris Lehberger** on the men's side and his sister, freshman Caitlin, and Dressler on the women's side.



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: 5-1, 0-0 PAC
W: 5-2, 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* W 160-108
 Nov. 22 at CWRU Quad 3-0
 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.
 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* W 153-75
 Nov. 22 at CWRU Quad 2-1
 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.
 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* L 108-160
 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* L 75-153
 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: 4-2, 1-0 PAC
W: 9-0, 2-0 PAC

MEN

Nov. 5 FROSTBURG ST. W 136-85
 Nov. 15 BALDWIN-WALLACE W 160-131
 Nov. 19 WESTMINSTER* W 154-140
 Nov. 22 at CWRU Quad 1-2
 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* W 154-140
 Nov. 22 at CWRU Quad 3-0
 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: 3-1, 1-1 PAC
W: 2-3, 2-1 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.* L 140-154
 Nov. 22 at Wooster W 152-132
 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.* L 140-154
 Nov. 22 at Wooster L 123-139
 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)