

2008 PAC Swimming & Diving Release

Week 6 - December 1



Presidents' Athletic Conference
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2008 PAC MEN'S STANDINGS (through Nov. 30)

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	6	1	.857
Bethany	0	1	.000	0	3	.000
Saint Vincent*				3	2	.600

2008 PAC WOMEN'S STANDINGS (through Nov. 30)

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	6	2	.750
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

Tuesday, November 25, 2008

GROVE CITY 152, Allegheny 127 (M)
GROVE CITY 159, Allegheny 139 (W)

THIS WEEK

Thursday-Saturday, December 4-6, 2008

Saint Vincent, Westminster at Wooster Invitational - Wooster, Ohio

Friday-Saturday, December 5-6, 2008

Washington & Jefferson at Grove City James Longnecker Invitational

Saturday, December 6, 2008

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

Men's Swimmer/Diver of the Week

CAM COPPELLI Grove City

Sophomore
Guys Mills, Pa.
Saegertown H.S.



Cappelli earned three wins overall, including a pair of individual victories, for the Wolverines in a 152-127 non-conference dual decision over Allegheny on Tuesday. He captured both the 100 backstroke (54.31) and 200 backstroke (1:58.42), while also leading off the Wolverines' victorious 200 medley relay team (1:38.50).

Women's Swimmer/Diver of the Week

AMANDA THOMPSON Grove City

Junior
Erie, Pa.
McDowell H.S.



Thompson recorded three wins, including a pair of individual victories, for the Wolverines in a 159-139 non-conference dual decision over Grove City on Tuesday. She captured both the 100 backstroke (1:02.36) and the 200 backstroke (2:14.43) while also swimming a leg for the victorious GCC 800 freestyle relay team (8:04.96). Thompson added a second place finish in the 200 individual medley (2:16.85).

PAC Swimming & Diving 2008-09 - Week 6 Conference Notes

ON DECK: After a very light Thanksgiving week, the conference swimming & diving schedule gets back in full swing this week with a pair of multi-day invitationals ... Washington & Jefferson will compete at the annual James E. Longnecker Invitational at Grove City College on Friday-Saturday, while Westminster and Saint Vincent each travel to Ohio to compete in the three-day Wooster Invitational starting on Thursday.

WHO'S HOT: Grove City swept Allegheny at home Tuesday, with the men winning 152-127 and the women prevailing 159-139 ... GCC finished 1-2 in every men's race ... **Caleb Courage** captured a pair of individual wins for the Wolverines ... On the women's side, three Wolverines were double winners against the Gators, including **Jenna Richert** (500 & 1000 freestyle) and freshman **Bethany Johnson** (1-meter and 3-meter diving).

AROUND THE LEAGUE: The Grove City College men's swimming & diving team is ranked ninth in NCAA Division III in the first CollegeSwimming.com poll for the 2008-09 season ... Saint Vincent and Westminster were each off last week ... Bethany is off until this Saturday, Dec. 6, when the Bison host Penn State-Altoona at 1 p.m. ... 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 last week for the Thanksgiving holiday ... The Bison return to action this week with a home meet against Penn State-Altoona Saturday 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: 6-1, 0-0 PAC; W: 6-2, 1-0 PAC)

Both Grove City teams entered Thanksgiving break with victories Tuesday night ... The men's team humbled visiting Allegheny, 152-127, while the women's team chalked up a 159-139 win over Allegheny ... On the men's side, Grove City finished 1-2 in every race ... **Cam Coppelli** and **Caleb Courage** both earned two individual wins for the Wolverines ... Coppelli also led off Grove City's 200 medley relay team, which opened the meet with a win ... **Bennett Keefer**, **Kirk Gagliardo** and **Peter Larsen** joined Coppelli on the relay squad ... Three Grove City women's performers earned two wins each against Allegheny ... **Amanda Thompson** swept the backstroke while **Jenna Richert** won the 500 and 1000 ... Freshman **Bethany Johnson** swept diving ... Richert, Thompson, **Sarah Page** and **Kate Wilt** sewed up the win by winning the 800 free relay ... Grove City will host the annual James Longnecker Invitational Friday and Saturday ... The Wolverines return to dual-meet action December 10 at Bethany.



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

Both Bearcat swimming teams were off on the week, and return to action this weekend, taking part in the College of Wooster Invitational this Thursday through Sunday.



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 will be competing in this weekend's Longnecker Invitational on the campus of Grove City College ... The W&J men placed second out of eight teams in the event last season, while the women claimed the first place trophy, placing first out of nine teams.



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

Westminster's men's and women's swim teams were off last week after the men won and the women lost a dual meet at Wooster on Nov. 22 ... The Titans return to Wooster for the Wooster Invitational this week.



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: 6-1, 0-0 PAC
W: 6-2, 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	W 152-127
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.
	w/PS-Behrend	
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	W 159-139
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.
	w/PS-Behrend	
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)	