



# SWIMMING & DIVING 2004-05

**Presidents' Athletic Conference**  
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## CURRENT 2004-05 REGULAR SEASON MEN'S STANDINGS (through Dec. 5, 2004)

School	PAC Meets			All Meets		
	W	L	Pct.	W	L	Pct.
Westminster College	1	0	1.00	4	0	1.00
Bethany College	0	0	.000	1	0	1.00
Grove City College	0	0	.000	1	1	.500
Washington & Jefferson College	0	1	.000	5	1	.833

## CURRENT 2004-05 REGULAR SEASON MEN'S STANDINGS (through Dec. 5, 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	1	.000
Westminster College	0	1	.000	2	2	.500

### RECENT RESULTS

#### Thursday-Saturday, December 2-4

Wooster Invitational - Wooster, Ohio  
 Westminster (M) - 1st of 11 teams (1,615 points)  
 Westminster (W) - 2nd of 11 teams (1,387 points)

#### Friday-Saturday, December 3-4

Grove City Longnecker Invitational - Grove City, Pa.  
 Grove City (M) - 2nd of 9 teams  
 Washington & Jefferson (M) - 6th of 9 teams  
 Washington & Jefferson (W) - 4th of 10 teams  
 Grove City (W) - 5th of 10 teams

#### Saturday, December 4

Bethany 117, OHIO NORTHERN 92 (M)  
 OHIO NORTHERN 142, Bethany 87 (W)

### UPCOMING SCHEDULE

#### Tuesday, December 7

Grove City at Bethany\* - 6 p.m.

#### Friday, December 10

Bethany at Westminster\* - 6 p.m.

#### Saturday, December 11

Hiram at Grove City - 1 p.m.  
 Slippery Rock at Westminster - 1 p.m.

### PAC Men's Swimmer/Diver of the Week

#### CALEB COURAGE

Grove City College

Freshman - sprint freestyle

Shippensburg, Pa./Shippensburg H.S.

Courage earned PAC Swimmer of the Week honors for the second time this season after sweeping the 50, 100 & 200 freestyle events at the GCC Longnecker Invitational, setting a new school record (21.22) in the 50 free. He also swam on the second-place 200 free relay and third-place 400 medley relays teams, leading the Wolverines to a second-place finish in a nine-team field.

Also nominated was sophomore **Stephen Zinz** of Bethany, sophomore **Brian Train** Of Washington & Jefferson, and sophomore **Ryan Trunk** of Westminster.

### PAC Women's Swimmer/Diver of the Week

#### BECKY GILES

Westminster College

Freshman - backstroke/butterfly/IM

Johnstown, Pa./Westmont Hilltop H.S.

Giles broke a pair of school records while leading the Lady Titans to a second-place finish at the 11-team Wooster Invitational. She captured the 200 backstroke in 2:10.53, breaking the mark of 2:11.99 set by **Tara Crawford** in 2001. She also placed third in the 400 IM in 4:39.32, topping the program record of 4:42.66 set by **Brittany Jardine** last season.

Also nominated was junior **Dana Culbert** of Bethany, senior **Christine Bare** of Grove City, and freshman **Kristen Mastropietro** of Washington & Jefferson.

# PAC SWIMMING NOTES

## *Bethany Bison*

The Bison men started the season with a 117-92 victory over Ohio Northern on Saturday ... **Stephen Zinz** and **Joe Kennedy** each won three events to lead the team ... Zinz finished first in the 200-yard IM in a time of 2:09.15, edging **Nathan Seidner** of Ohio Northern (2:10.49) ... He was also victorious in the 100-yard butterfly in a time of 56.40 and the 500-yard freestyle, which he won by almost 40 seconds in 5:32.01 ... Kennedy won the 1-meter dive (204.04) and the 3-meter dive (216.05) and was a part of the winning 200-yard freestyle relay team (1:49.97) ... The other members of the squad were **Alexei Palatiello**, **Michael Giovanetti** and **Brandon Lettiere** ... **Dana Culbert** won three events for the women, who fell by a score of 142-87 ... She was victorious in the 50-yard freestyle (26.09), the 100-yard freestyle (59.01) and the 500-yard freestyle (6:27.36) ... The other winner for Bethany was **Amanda Kurta** in the 100-yard butterfly in a time of 1:16.45.

## *Washington & Jefferson Presidents*

The W&J women's swimming and diving team placed fourth out of 10 teams, while the Presidents' men finished sixth out of nine squads this past weekend at the 8th Annual James E. Longnecker Invitational hosted by Grove City College ... Freshman **Kristen Mastropietro** highlighted the weekend for the Presidents as she set a new school record and earned first place in the 100 breaststroke (1:08.19) ... Mastropietro also recorded a third-place showing in the 200 breaststroke (2:32.98) ... In addition, Mastropietro teamed with seniors **Erin Boyle** and **Kristina Springborn** and sophomore **Brandi Shoupe** to place second in the 200 medley relay (1:52.32) ... Shoupe and Boyle joined freshmen **Courtney Sheppard** and **Jessica Wightman** for a second-place finish in the 200 freestyle (1:42.57) ... Sophomore **Brian Train** was the top finisher for the W&J men as he notched a third-place finish in the 200 butterfly (2:04.34) ... He also placed seventh in the 200 IM (2:03.92) ... Junior **Matt Socha** posted a sixth-place finish in the 100 butterfly (55.73).

## *Grove City Wolverines*

Grove City hosted the 8<sup>th</sup> Annual James E. Longnecker Invitational Friday and Saturday ... The men's team took second of nine teams while the women's team earned fifth place in the 10-team meet ... On the men's side, freshman **Caleb Courage** helped lead Grove City by earning wins in the 50, 100 and 200 free races ... His time of 21.22 in the 50 free set a new school record ... Grove City's 200 free relay team of **Courage**, **Ben Haring**, **Andrew Gilbert** and **Matt Ziders** earned runner-up honors Saturday ... Senior **Christine Bare** won the 500 and 1650 Saturday and added a third-place finish in the 200 free ... Bare also joined **Jaclyn Bellissimo**, **Christie Hebda** and **Ellen Magee** on Grove City's victorious 800 free relay Friday night ... Magee also took third in the 50 and 100 free Saturday ... Grove City will close 2004 Saturday with a dual meet against Hiram.

## *Westminster Titans*

Westminster competed at the three-day Wooster Invitational this weekend ... The Titan men finished first in an 11-team field with 1,615 points, easily outdistancing Case Western Reserve (1,219), while the Lady Titans finished second with 1,387 points, trailing the host Scots (1,525) ... For the men, sophomore **Ryan Trunk** led the way with three first place finishes ... Trunk touched first in the 100 (46.49) and 200 freestyle (1:44.15) while also leading off for the winning Titan 400 freestyle relay team (3:11.80) ... Other Westminster men posting wins included junior **Josh Hensler** in the 400 IM (4:17.78) and sophomore **Pat Smith** in the 100 backstroke (54.91) ... The women were led by freshman **Becky Giles**, who broke a pair of school records ... Giles captured the 200 backstroke in 2:10.53, breaking the mark of 2:11.99 set by **Tara Crawford** in 2001 ... She also placed third in the 400 IM in 4:39.32, topping the record of 4:42.66 set by **Brittany Jardine** last season ... Freshman **Stephanie Peters** was also victorious in the 100 freestyle (54.64).

### **Past PAC Men's Swimmers/Divers of the Week**

November 14: Caleb Courage, Grove City

November 21: Ryan Trunk, Westminster

December 5: Caleb Courage, Grove City

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: Becky Giles, Westminster

December 12:

January 9:

January 16:

January 23:

January 30: