

2008 PAC Swimming & Diving Release

Week 7 - December 8



Presidents' Athletic Conference
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2008 PAC MEN'S STANDINGS (through Dec. 7)

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	4	.000
Saint Vincent*				3	2	.600

2008 PAC WOMEN'S STANDINGS (through Dec. 7)

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	4	.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

Thursday-Saturday, December 4-6, 2008

College of Wooster Invitational

Overall (11 teams)

- Westminster - 2,176
- Saint Vincent - 497

Men (11 teams)

- Westminster - 1,244
- Saint Vincent - 276

Women (11 teams)

- Westminster - 932
- Saint Vincent - 221

Friday-Saturday, December 5-6, 2008

GCC James Longnecker Invitational

Men (seven teams)

- Grove City - 1,601
- Washington & Jefferson - 1,032

Women (eight teams)

- Grove City - 1,102.5
- Washington & Jefferson - 1,095

Saturday, December 6, 2008

Penn St.-Altoona 144, BETHANY 21 (M)

Penn St.-Altoona 122, BETHANY 97 (W)

UPCOMING EVENTS

Wednesday, December 10, 2008

Grove City at Bethany* - 6 p.m.

Wednesday, January 7, 2009

Westminster at Rollins (Fla.) with Gordon (Mass.) - 3 p.m.

Friday, January 9, 2009

Chatham at Agnes Scott for Smart Women Sweat Invite - 9 a.m.

Men's Swimmer/Diver of the Week

CALEB COURAGE

Grove City

Senior

Shippensburg, Pa.

Shippensburg H.S.



Courage led the Wolverines to the Longnecker Invitational team title by capturing the 50 free (20.34) 100 free (45.32) and 200 free (1:43.72) while also swimming legs on the victorious 800 free (6:57.86) and 200 free (1:21.98) relay teams. His 50 free time surpassed the NCAA D-III "A" cut standard, while the 200 free relay team set a new school record. It is Courage's third PAC Swimmer of the Week honor this season.

Also nominated was junior **Richard Sawyer** of Bethany, freshman **Michael Boutwell** of Washington & Jefferson, and sophomore **Aaron Whisman** of Westminster.

Women's Swimmer/Diver of the Week

SARAH PAGE

Grove City

Sophomore

Colorado Springs, CO

Pine Creek H.S.



Page recorded seven wins (three individual, four relay) for the Wolverines this weekend at the Longnecker Invitational, including clinching the team title by just 7.5 points after swimming the final leg of the meet-ending 400 free relay. She won the 50 (24.44) and 100 free (53.33) and 100 butterfly (59.99), while also swimming legs for the victorious 200 & 800 free and 400 medley relays. The Grove City 400 (3:38.62) & 800 free (8:00.01) relay squads each set new meet records.

Also nominated was sophomore **Suzanne Stettinius** of Bethany, freshman **Bethany Haver** of Washington & Jefferson, and freshman **Caitlyn Lehberger** of Westminster.

PAC Swimming & Diving 2008-09 - Week 7 Conference Notes

INVITATIONAL TIME: Four PAC swimming & diving teams were in action in multi-day invitational events last week ... Grove City swept its annual Longnecker Invitational, with Washington & Jefferson finishing second behind the Wolverines in both men's & women's competition ... Westminster claimed second place in the overall standings at the College of Wooster Invitational, while Saint Vincent finished in 10th place overall.

WHO'S HOT: Sarah Page paced the Grove City women, capturing the 50 free (24.44), 100 fly (59.99) and 100 free (53.33) along with two relays ... Westminster senior Megan Mier posted three wins for the Titan women at Wooster, capturing the 100 (1:00.36) and 200 backstroke (2:10.23) while swimming a leg on the 400 medley relay ... Michael Boutwell and Bethany Haver each captured a pair of events for W&J at the Longnecker Invitational

AROUND THE LEAGUE: Saint Vincent set four school records at Wooster: Zack Krejdivsky in the 500 free (5:01.11), Jess Kennedy in the 50 free (25.13), Mandie West in the 500 free (5:27.41) and the 200 free relay (1:44.34) ... Bethany dropped a non-league dual meet against PS-Altoona Saturday ... The Bison were paced by sophomore Suzanne Stettinius, who captured three events: the 50 free (27.15), 100 free (59.52) and 400 free relay (4:17.00)

Bethany Bison
(M: 0-4, 0-1 PAC; W: 0-4, 0-1 PAC)



The Bison came back from the Thanksgiving break with a solid showing against Penn State-Altoona, as the women recorded 6 first place finishes ...

Suzanne Stettinius had a hand in three of those, as she won the 50 Free (27.15) and 100 Free (59.52) before leading off the victorious 400 free relay team (4:17.00) ... Others on the relay included **Cynthia Richardson, Sara Reass** and **Kristen Zukoff** ... Reass also pulled in a first place, winning the 1000 free (12:39.54) ... The last two first places were in diving, as **Sara Patnesky** posted a score of 172.45 to win the one-meter event and 167.65 to capture the three-meter event ... **Richard Sawyer** paced the Bethany men's efforts with second place finishes in the 200 free (2:18.18) and 100 fly (1:06.94) ... **Patrick McCarthy** took third in the 100 free and 100 breast and **Michael Bonaventura** earned third in the 50 free.

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 won their respective competition at the 12th annual Longnecker Invitational Friday and Saturday, hosted by Grove City ... The men amassed 1,601 points in cruising to the team title while the women edged W&J, 1,102.5-1,095 for the crown ... **Caleb Courage** won the 50, 100 and 200 free and also contributed to two winning relay efforts ... Courage posted a time of 20.34 in winning the 50 ... Grove City swept all five men's relays in the two-day event ... On the women's side, **Kate Wilt, Emily Kramer, Jenna Richert** and **Sarah Page** clinched the title by winning the meet-ending 400 free relay ... Page won the 50 free, 100 free and 100 fly while Richert won the 500 and 1650 ... Wilt won the 200 free and 200 breaststroke ... Grove City won four of five relays ... The Wolverines will return to dual-meet competition Wednesday night when they visit Bethany in Presidents' Athletic Conference action ... The men have won six straight dual meets while the women are on a three-meet win streak.

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



Both SVC swimming teams took part in the three-day College of Wooster Invitational over the weekend, and each finished in 11th place against a tough field ... The Lady Bearcats received a number of strong performances, led by **Mandie West**, who shattered school records in the 500 free (5:27.41) and as part of the 200 free relay, along with **Maggie Dempsey, Amanda Haile, and Jess Kennedy**, which was clocked in 1:44.34 ... Kennedy also set a team record in the 50 free with a time of 25.13 seconds ... Kennedy also finished 12th in both the 200 butterfly and 100 free, and West earned a 13th-place finish in the 1650 free ... On the men's side, SVC's 200 free relay "A" squad of **Andre Maldonado, Kyle Kuklewski, Troy Linebaugh, and Jon Okonak** earned a fifth-place finish with a time of 1:31.26, while the Bearcats' second team in the event, **Adam Thomas, Greg Jackson, Eric Clouse, and Kirk Selembo** finished two places behind with a time of 1:33.59 ... Clouse earned a pair of 13th place finishes individually, in both the 100 and 200 butterfly ... **Zack Krejdovsky** finished 13th in both the 400 IM and 1650 free before entering the school record books with a time of 5:01.11 in the 500 free.

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 both claimed the runner-up trophy at last weekend's Longnecker Invitational hosted by Grove City College ... The women finished second out of eight teams, while the men placed second out of seven ... Freshman **Bethany Haver** claimed first place in both diving events to lead the W&J women, while classmate **Justin Weifenbach** turned in the same performance for the Presidents' men with a pair of victories ... Freshman **Brittany Vogel** won the 200 and 400 IM events, while first-year performer **C.J. Corcoran** earned a first-place finish in the 100 breaststroke, while claiming second in the 200 IM ... Freshman **Michael Boutwell** touched first in the 500 and 1650 freestyle events and set a school record during the 1650 with a time of 17:07.33.

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



The Titan women placed fifth out of 11 teams with 932 points and the Titan men placed third out of 11 teams with 1,244 points at the Wooster Invitational over the weekend ... In the combined team standings, Westminster placed second out of 11 schools with 2,176 points ... Freshman **Caitlin Lehberger** broke a school record and won three events ... Lehberger won the 100-yard breaststroke on Friday with a school-record time of 1:06.50, breaking **Stefanie King's** mark of 1:06.88 at the 2000 NCAA Division II Championships ... Lehberger's time in the 100 breaststroke is also an NCAA Division III "B cut" provisional qualifying time ... Lehberger took two other events including the 200 IM (2:09.66) and the 400 medley relay (4:03.29) on Thursday and also placed second in the 200 breaststroke ... Senior **Megan Mier** also won three events as she swam a leg of the 400 medley relay before winning the 100 backstroke (1:00.36) on Friday and the 200 backstroke (2:10.23) on Saturday ... The Titan men captured the 400 freestyle relay (3:09.53) for their lone win of the meet.

Bethany Bison
M: 0-4, 0-1 PAC
W: 0-4, 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	L 21-144
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	L 97-122
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.	1st/7
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.	1st/8
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	10th/11
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	10th/11
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.	2nd/7
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.	2nd/8
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	3rd/11
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	5th/11
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)	