

# 2010-11 PAC Swimming & Diving Release

## Week 7 - December 13



Presidents' Athletic Conference  
8500 Brooktree Road, Suite 130  
Wexford, PA 15090  
Web: [www.pacathletics.org](http://www.pacathletics.org)

Contact: Joe Onderko  
(724) 933-4630  
[onderko@pacathletics.org](mailto:onderko@pacathletics.org)

### 2010-11 PAC MEN'S STANDINGS (through December 12)

School	PAC Contests			All Contests			
	W	L	Pct.	W	L	T	Pct.
Westminster	2	0	1.00	4	1	0	.800
Grove City	1	0	1.00	5	1	0	.833
Washington & Jefferson	0	1	.000	4	1	1	.750
Bethany	0	1	.000	1	3	0	.250
Saint Vincent	0	1	.000	1	3	0	.250

### 2010-11 PAC WOMEN'S STANDINGS (through December 12)

School	PAC Contests			All Contests			
	W	L	Pct.	W	L	T	Pct.
Washington & Jefferson	2	0	1.00	7	0	0	1.00
Grove City	2	0	1.00	6	1	0	.857
Westminster	2	1	.667	4	2	0	.667
Saint Vincent	0	1	.000	2	2	0	.500
Bethany	0	1	.000	1	3	1	.300
Chatham	0	3	.000	4	4	0	.500

#### LAST WEEK

Saturday, December 11, 2010

#### Men

GROVE CITY 151, Hiram 111  
Mount Union 141, SAINT VINCENT 120  
WESTMINSTER 163, P.S.-Behrend 125

#### Women

GROVE CITY 163, Chatham 122\*  
GROVE CITY 183, Hiram 89  
Chatham 207, Hiram 85  
Mount Union 133, SAINT VINCENT 105  
WESTMINSTER 149, P.S.-Behrend 100

#### UPCOMING EVENTS

Saturday, January 8, 2011

Wash. & Jeff. at Saint Vincent\* - 1 p.m.

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

##### MIKE BARRINGER

Westminster

Junior - freestyle/butterfly  
Boardman, Ohio  
Boardman H.S.



Barringer posted four wins for the Titans in a 163-125 non-league dual victory over Penn State-Behrend Saturday. He touched first in the 50 (22.03) and 100 freestyle (48.21) events as well as the 100 butterfly (51.85), while also anchoring the winning 400 medley relay team (3:35.23).

Also nominated were **Clay Beckner** of Grove City, and **Dan Kostovny** of Saint Vincent.

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

##### SIERRA BEECHER

Westminster

Junior - backstroke/IM  
Newville, Pa.  
Big Spring H.S.



Beecher touched first in four events for the Titans in a 149-100 non-conference victory over Penn State-Behrend Saturday, including setting a new WC pool record as a member of the winning 400 medley relay (4:04.95) team. She also captured the 100 (1:03.26) and 200 (2:17.16) backstroke events, while posting the top time (2:16.50) while swimming exhibition in the 200 IM.

Also nominated was **Jenna Richert** of Grove City, and **Mary Kate Kenna** of Saint Vincent.



#### 2010-11 PAC SWIMMERS/DIVERS OF THE WEEK

##### Men

October 25: **Josh Kim**, GRO  
November 1: **Ben Bowser**, GRO  
November 8: **Jonathan Weeks**, W&J  
November 15: **Alan Nedley**, WES  
November 22: **Ben Bowser**, GRO  
December 6: **Justin Weifenbach**, W&J  
December 13: **Mike Barringer**, WES  
January 10:  
January 17:  
January 24:  
January 31:  
February 7:

##### Women

**Kaitlin Riesmeyer**, GRO  
**Erin Erdley**, WES  
**Jenny Ryan**, GRO  
**Brittany Vogel**, W&J  
**Bethany Haver**, W&J  
**Courtney Herdt**, WES  
**Sierra Beecher**, WES

### Bethany Bison

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

Bethany completed their first semester schedule on Dec. 4 with the men defeating Penn State-Altoona and the women beating Ursuline and tying Altoona ... The teams will return to competition Jan. 12 when they host Washington & Jefferson in a PAC dual meet.



### Chatham Cougars

(W: 4-4, 0-3 PAC)

The Chatham University women's swimming and diving team traveled to Grove City College this weekend for a tri-meet against the defending Presidents' Athletic Conference (PAC) champion Wolverines and visiting Hiram College ... The Cougars split this weekend, defeating Hiram 207-85 but falling to Grove City 163-122 ... Chatham had two swimmers and a diver earn victories in the meet ... Senior **Chelsea Mummert** finished first in the 100 backstroke race, FY **Christina Hambrahimshon** added a first place finish in the 50 fly competition, and diver **Kaitlyn Lucas** broke her own school record in the three-meter diving competition with a score of 184.55 ... The Cougars also saw impressive swims from FY **Lauren Borrows**, who finished second overall with a time of 11:48.52 in the 100 free race, senior **Sarah Sindler** in the 200 free with a time of 2:08.33, and a near personal best by junior **Selina Breiner** in the 200 IM race with a time of 2:21.79, right behind Mummert's 2:19.9.



### Grove City Wolverines

(M: 5-1, 1-0 PAC; W: 6-1, 2-0 PAC)

The Grove City College swimming and diving teams wrapped up 2010 Saturday with home wins ... The men downed Hiram 151-111 and the women took a tri-meet with Hiram (183-89) and Chatham (163-122) ... **Clay Beckner** won the 50 breaststroke and 100 free to help pace the men's squad, which produced eight individual winners ... **Cam Coppelli**, **Bennett Keefer**, **Ben Bowser** and **Eric Fairchild** won the 200 medley relay ... Grove City now leads the all-time series with Hiram 29-0 ... On the women's side, **Jenna Richert** and **Kait Riesmeyer** both recorded two wins ... Richert bookended the freestyle events by winning the 50 and 1000 ... Riesmeyer won the 100 free and 100 butterfly ... **Natalie Keibler**, **Kate Wilt**, **Janele Baglia** and **Tiffani Douglas** opened the meet by winning the 200 medley relay ... The Wolverine tankers return to action January 15 at conference foe W&J.



### Saint Vincent Bearcats

(M: 1-3, 0-1 PAC; W: 2-2, 0-1 PAC)

The Bearcat swimmers hosted Mount Union in non-conference action Saturday, with the SVC men falling 141-120 and the women losing 133-105 ... In the men's meet, the Bearcats trailed by just two points heading into the next-to-last event of the day, but saw Mt. Union capture 27 points in the final two events for the win ... **Casey Whittaker** and **Dan Kostovny** led the way individually for SVC, each picking up a pair of victories ... Whittaker took first in both the 100 Fly (55.46) and 200 Fly (2:07.15), while Kostovny captured wins in the 100 Breast (1:05.31) and 200 Breast (2:22.08) ... Whittaker also added a second place in the 100 Free, while he and Kostovny teamed with **Matt Linebaugh** and **Tom Nielsen** to finish second in the 200 Medley Relay ... The SVC women were led by the sophomore duo of **Mary Kate Kenna** and **Katie Custer** ... Kenna earned an individual victory in the 200 Breast (2:38.02), while taking second in the 100 Breast and third in the 200 IM ... Custer won the 50 Free (25.34), and took second in the 100 Free and third in the 100 Fly ... **Christine Dunleavy** added SVC's third first-place finish of the day, capturing the 100 Breast with a time of 1:12.76 ... **Carolyn Claybrooks** turned in a pair of second place finishes, in the 500 Free and 1000 Free, while the 200 Free Relay foursome of Custer, **Amanda Haile**, **Maggie Dempsey**, and **Jess Kennedy** also earned second.



### Washington & Jefferson Presidents

(M: 4-1-1, 0-1 PAC; W: 7-0, 2-0 PAC)

The Presidents have their annual training trip to Florida over the holiday break and return to action in western Pennsylvania on Jan. 8<sup>th</sup> at Saint Vincent.



### Westminster Titans

(M: 4-1, 2-0 PAC; W: 4-2, 2-1 PAC)

The Westminster men and women each posted nonconference dual meet wins over visiting Penn State Behrend Saturday ... The Titan men won 163-125 and the Titan women won 149-100 ... The Titan women's team set a new Westminster Natatorium record in the 400-yard medley relay as junior **Sierra Beecher**, senior **Courtney Herdt**, junior **Caitlin Lehberger** and freshman **Carrie Whisel** combined for a first-place time of 4:04.95 ... The Titan women won nine additional events before they swam exhibition times in the final five events once the victory was secured ... The Titan men had to count all of their events as Westminster won 10 events ... Multiple event winners for the Titans included Beecher capturing the 100 (1:03.26) and 200 (2:17.16) backstrokes and her exhibition time in the 200 IM (2:16.50) was faster than Behrend's first-place finisher ... Whisel won the 50 (25.70) and 100 (57.47) freestyles ... On the men's side, senior **Mike Barringer** won the 50 (22.03) and 100 (48.21) freestyles as well as the 100 butterfly (51.85) ... Junior **Mark Brooks** touched first in the 100 (54.00) and 200 (1:59.84) backstroke events.



**Bethany Bison**  
**M: 1-3, 0-1 PAC**  
**W: 1-3-1, 0-1 PAC**

MEN

Oct. 23	at Pitt-Bradford Relays	6th/6
Oct. 30	PENN ST.-BEHREND	L 104-116
Nov. 6	at Hiram	L 112-148
Nov. 13	at Westminster*	L 72-106
Dec. 4	PENN ST.-ALTOONA	W 111-101
Jan. 12	WASH. & JEFF.*	6 p.m.
Jan. 19	at Frostburg State	6 p.m.
Jan. 22	vs. Saint Vincent*	1 p.m.
	w/P.S. Altoona (at CHA)	
Jan. 29	URBANA	2 p.m.
	w/Davis & Elkins	
Feb. 5	at Grove City*	1 p.m.

WOMEN

Oct. 23	at Pitt-Bradford Relays	6 <sup>th</sup> /6
Oct. 30	PENN ST.-BEHREND	L 86-120
Nov. 6	at Hiram	L 104-147
Nov. 13	at Westminster*	L 86-117
Dec. 4	PENN ST.-ALTOONA	T 54-54
	w/Ursuline	W 70-19
Jan. 12	WASH. & JEFF.*	6 p.m.
Jan. 19	at Frostburg State	6 p.m.
Jan. 22	at Chatham*	1 p.m.
	w/Saint Vincent* and P.S.Altoona	
Jan. 29	URBANA	2 p.m.
	W/ Davis & Elkins	
Feb. 5	at Grove City*	1 p.m.

**Chatham Cougars**  
**W: 4-4, 0-3 PAC**

WOMEN

Oct. 29	at Westminster Relays	4th/6
Oct. 30	WESTMINSTER	L 129-149
Nov. 6	CHATHAM INVITE	
	vs. Juniata	W 210-53
	vs. Millersville	L 113-163
	vs. Salem International	W 239-7
Nov. 10	WASH. & JEFF.*	L 95-116
Nov. 13	at P.S. Behrend	W 80-30
	w/Allegheny	L 28-85
Dec. 11	at Grove City*	L 122-163
	w/Hiram	W 207-85
Jan. 22	BETHANY*	1 p.m.
	w/St. Vincent* and P.S. Altoona	
Feb. 5	at Millersville	1 p.m.

**Grove City Wolverines**  
**M: 5-1, 1-0 PAC**  
**W: 6-1, 2-0 PAC**

MEN

Oct. 23	at Clarion Fall Classic	1st/2
Oct. 30	ALLEGHENY	W 180.5-103.5
Nov. 6	SAINT VINCENT*	W 163-93
Nov. 13	at Carnegie Mellon	L 158-214
Nov. 20	KENYON	W 178-99
	CASE	W 192-95
Dec. 2-4	at Kenyon Invitational	6th/7
Dec. 3-4	GROVE CITY INVIT.	6th/8
Dec. 11	HIRAM	W 151-111
Jan. 15	at Wash. & Jeff.*	1 p.m.
Jan. 22	DENSION	1 p.m.
Jan. 29	at Wooster	1 p.m.
Feb. 2	WESTMINSTER*	6 p.m.
Feb. 5	at Pitt Quad	1 p.m.
Feb. 5	BETHANY	1 p.m.

WOMEN

Oct. 23	at Clarion Classic	2nd/2
Oct. 30	ALLEGHENY	W 160-136
Nov. 6	SAINT VINCENT*	W 156-111
Nov. 13	at Carnegie Mellon	L 160-217
Nov. 20	KENYON w/ CASE	W 164-128
	CASE	W 196-97
Dec. 2-4	at Kenyon Invitational	7th/7
Dec. 3-4	GROVE CITY INVIT.	1st/6
Dec. 11	CHATHAM*	W 163-122
	HIRAM	W 183-89
Jan. 15	at Wash. & Jeff.*	1 p.m.
Jan. 22	DENISON	1 p.m.
Jan. 29	at Wooster	1 p.m.
Feb. 2	WESTMINSTER*	6 p.m.
Feb. 5	at Pitt Quad	1 p.m.
Feb. 5	BETHANY*	1 p.m.

**Saint Vincent Bearcats**  
**M: 1-3, 0-1 PAC**  
**W: 2-2, 0-1 PAC**

MEN

Oct. 29	at Westminster Relays	4th/5
Nov. 6	at Grove City	L 93-163
Nov. 13	at Pitt-Bradford	W 115-90
Nov. 20	P.S. BEHREND	L 128-143
Dec. 3-5	at Fredonia State	3rd/9
Dec. 11	MOUNT UNION	L 120-141
Jan. 8	WASH. & JEFF.*	1 p.m.
Jan. 15	at West Va. Wesleyan	1 p.m.
	w/Davis & Elkins	
Jan. 22	BETHANY*	1 p.m.
	w/Penn State-Altoona	
Jan. 28	WHEELING JESUIT	6 p.m.
Jan. 29	at Westminster*	1 p.m.
Feb. 5	FAIRMONT STATE	1 p.m.

WOMEN

Oct. 29	at Westminster Relays	5th/6
Nov. 6	at Grove City	L 111- 156
Nov. 13	at Pitt-Bradford	W 119-42
Nov. 20	P.S. BEHREND	W 147-101
Dec. 3-5	at Fredonia State	5th/9
Dec. 11	MOUNT UNION	L 105-133
Jan. 8	WASH. & JEFF.*	1 p.m.
Jan. 15	at West Va. Wesleyan	1 p.m.
	w/Davis & Elkins	
Jan. 22	BETHANY*	1 p.m.
	w/P.S. Altoona/Chatham*	
Jan. 28	WHEELING JESUIT	6 p.m.
Jan. 29	at Westminster*	1 p.m.
Feb. 5	FAIRMONT STATE	1 p.m.

**Wash. & Jeff. Presidents**  
**M: 4-1-1, 0-1 PAC**  
**W: 7-0, 2-0 PAC**

MEN

Nov. 6	at York	W 63-59
	w/ Marymount	W 71-48
Nov. 13	BALDWIN-WALLACE	W 138-99
Nov. 17	WESTMINSTER*	L 131-163
Nov. 19-20	at CMU Invitational	3 p.m.
Nov. 20	at Albright	T 61-61
	Messiah	W 100-22
Dec. 3-4	at Grove City Invitational	3rd/6
Jan. 8	at Saint Vincent*	1 p.m.
Jan. 12	at Bethany*	6 p.m.
Jan. 15	GROVE CITY*	1 p.m.
Jan. 22	at Penn State-Behrend	1 p.m.
Jan. 29	at Hiram	1 p.m.
Feb. 5	WHEELING JESUIT	1 p.m.

WOMEN

Nov. 6	at York	W 93-28
	w/ Marymount	W 87-35
Nov. 10	at Chatham*	W 116-95
Nov. 13	BALDWIN-WALLACE	W 115-84
Nov. 17	WESTMINSTER*	W 157-142
Nov. 19-20	at CMU Invitational	NTS
Nov. 20	at Albright	W 85-37
	Messiah	W 108-14
Dec. 3-4	at Grove City Invitational	2nd/8
Jan. 8	at Saint Vincent*	1 p.m.
Jan. 12	at Bethany*	6 p.m.
Jan. 15	GROVE CITY*	1 p.m.
Jan. 22	at Penn State-Behrend	1 p.m.
Jan. 29	at Hiram	1 p.m.
Feb. 5	WHEELING JESUIT	1 p.m.

**Westminster Titans**  
**M: 4-1, 2-0 PAC**  
**W: 4-2, 2-1 PAC**

MEN

Oct. 29	WESTMINSTER RELAYS	3rd/5
Nov. 6	at Allegheny	L 106-185
Nov. 13	BETHANY*	W 106-72
Nov. 17	at Wash. & Jeff.*	W 163-131
Nov. 20	WOOSTER	W 173-109
Dec. 2-4	at Wooster Invitational	5th/10
Dec. 11	PENN ST.-BEHREND	W 163-125
Jan. 11	at Occidental (Calif.)	noon
	w/Lewis & Clark	
Jan. 22	at Carnegie Mellon	1 p.m.
	w/SUNY Geneseo	
Jan. 29	SAINT VINCENT*	1 p.m.
Feb. 2	at Grove City*	6 p.m.
Feb. 5	MOUNT UNION	1 p.m.

WOMEN

Oct. 29	WESTMINSTER RELAYS	3rd/6
Oct. 30	at Chatham	W 149-129
Nov. 6	at Allegheny	L 115.5-177.5
Nov. 13	BETHANY*	W 117-86
Nov. 17	at Wash. & Jeff.*	L 142-157
Nov. 20	WOOSTER	W 161-132
Dec. 2-4	at Wooster Invitational	7th/10
Dec. 11	PENN ST.-BEHREND	W 149-100
Jan. 11	at Occidental (Calif.)	noon
	w/Lewis & Clark	
Jan. 22	at Carnegie Mellon	1 p.m.
	w/SUNY Geneseo	
Jan. 29	SAINT VINCENT*	1 p.m.
Feb. 2	at Grove City*	6 p.m.
Feb. 5	MOUNT UNION	1 p.m.