

2010 PAC Track & Field Release Week 1 - March 22



Presidents' Athletic Conference
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RECENT RESULTS

Saturday, March 13, 2010

Coastal Carolina Invitational - Myrtle Beach, S.C.
Westminster - unscored

York Spring Opener - York, Pa.
Washington & Jefferson - unscored

Saturday, March 20, 2010

California (Pa.) Early Bird Invitational - California, Pa.
Bethany/Grove City/Saint Vincent/Thiel - unscored

Lynchburg Invitational - Lynchburg, Va.
Washington & Jefferson - unscored

THIS WEEK'S SCHEDULE

Tuesday, March 23, 2010

Geneva/Grove City/Westminster at **Grove City Mini-Invitational** - Grove City, Pa. - 3 p.m.

Saturday, March 27, 2010

Bethany/Grove City/Washington & Jefferson/Waynesburg at **Wheeling Jesuit Invitational** - Wheeling, W.Va. - 9 a.m.

Thiel/Washington & Jefferson at **Washington & Lee Carnival** - Lexington, Va. - 9 a.m.

Geneva at **Muskingum Invitational** - New Concord, Ohio - 10 a.m.

Saint Vincent/Westminster at **Western Pa. Championships** - California University of Pa. - California, Pa. - 10 a.m.

PAC MEN'S TRACK ATHLETE OF THE WEEK

GREG FRENCH

Washington & Jefferson College

Sophomore - hurdles
East Amherst, N.Y./Williamsville East



French posted three Top 8 finishes for the Presidents at the Lynchburg Invitational in Lynchburg, Va., on Saturday. He finished fifth in the 110 meter high hurdles (15.94), seventh in the 400 meter hurdles (58.63) and eighth in the triple jump (12.91 m).

Also nominated was sophomore **Richard Peterson** of Thiel, and sophomore **Morgan Hanes** of Westminster.

PAC WOMEN'S TRACK ATHLETE OF THE WEEK

ELLA SMITH

Grove City College

Freshman - distance
Becker, Minn/Becker H.S.



Smith captured the 5,000 meter run in 19:08.07 competing against D-II competition Saturday at the California (Pa.) Early Bird Invitational. She also finished second in the 1,500 meter run in 4:55.87.

Also nominated was senior **Jodi Bodo** of Bethany, junior **Michelle Wuenstel** of Washington & Jefferson, and freshman **Sydney Spain** of Westminster.

PAC MEN'S FIELD ATHLETE OF THE WEEK

MATT SIX

Grove City College

Senior - throws
Akron, Ohio/Manchester H.S.



Six picked up a pair of victories competing against D-II scholarship programs on Saturday at the California (Pa.) Early Bird Invitational. He placed first in both the shot put (45-4 1/4) and the discus (139-4) for the Wolverines.

Also nominated was freshman **Nathaniel Hensch** of Bethany, senior **Bryan Consider** of Washington & Jefferson, and senior **Jonathan Morrow** of Westminster.

PAC WOMEN'S FIELD ATHLETE OF THE WEEK

CASSIDY KRAVEC

Thiel College

Freshman - throws
North Huntingdon, Pa./Norwin H.S.



Competing against D-II coimpetition, Kravec placed first in the discus (31.94 m) and fourth in the javelin (30.64 m) at the California (Pa.) Early Bird Invitational on Saturday.

Also nominated was sophomore **C.J. Corcoran** of Washington & Jefferson, and sophomore **Merrissa Malcolm** of Westminster.

Bethany Bison

Although Bethany was on spring break last week, three Bison athletes traveled to the California (Pa.) University Early Bird Invitational and posted strong results ... Senior **Jodi Bodo** took first place in the 800 with a time of 2:20.23, which was nearly two full seconds ahead of the second place runner and just .04 off her own school record set in 2007 ... Also competing for the women was sophomore **Kaitlyn Black**, who placed sixth out of 18 in the 200 (27.72) and seventh out of 14 in the 400 (1:02.49) ... For the men, freshman **Nathaniel Hensh** tied one of the oldest remaining Bethany records and was the top collegiate finisher in the pole vault by placing second after clearing 14-0 ... Hensh equaled the 1985 Bethany record that was set by **Dave Douglas**.



Geneva Golden Tornadoes

The 2010 outdoor track and field season is set to begin this week with a pair of meets ... First year head coach **Brian Yowler** will lead the Golden Tornadoes into Grove City and Muskingum to open the new campaign.



Grove City Wolverines

The Grove City thinclads opened the 2010 season by competing in California University of Pennsylvania's Early Bird Invitational ... On the men's side, senior **Matt Six** picked up the Wolverines' two victories by winning the shot put and the discus ... Senior **Matt Ridge** took second in the shot and third in the discus ... Freshman **Andrew Munro** placed second in the javelin, one spot ahead of **Pete Polesnak** ... Two women picked up victories in distance events ... Freshman **Ella Smith** won the 5000 while **Sara Fisher** won the 10,000 ... Smith also took second in the 1500 ... Junior **Emily Pierce** took second in the 5000 and third in the 1500 ... Grove City will host a meet at Robert E. Thorn Field Tuesday at 3 p.m. ... The Wolverines will then compete in the Wheeling Jesuit Invitational Saturday afternoon.



Saint Vincent Bearcats

The Bearcats opened up the 2010 season this past weekend taking part in the Early Bird Special hosted by California (PA) ... The team received a number of strong performances, including a trio of first place finishes ... **Kevin Wanichko** finished first overall in the 1500m, winning by nearly seven seconds with a time of 4:13.79 ... In the 5K, four of the top six spots went to SVC, led by **Tyler Blair's** first place finish in 15:42 ... **Ryan Barlow** was third, while **Matt Hagg** was fifth and **Cam Stumme** sixth ... **Jeff Hite** and **Mike Hannon** finished first and second, respectively, in the 10K, with Hite crossing the finish line in 34:24.94 ... In the 4x400 relay, **Shane Sweeney**, **Wanichko**, **Jared Ryan**, and **Mike Stevens** took third, with a time of 3:33.64, while Ryan was fifth in the 800, with a time of 2:03.04.



Thiel Tomcats

The Thiel men's and women's track & field teams had five competitors place in the top three at the Cal Early Bird Invitational on Saturday ... The women were led by senior **Latoya Locke**, who picked up where she left off during the indoor season, snatching first place in the triple jump with a leap of 11.50 meters ... Freshmen thrower Cassidy Kravec earned the only other first place prize of the day, with a throw of 31.94-meters in the discus ... Kravec also finished fourth in the javelin, while junior runner **Moriah Monroe** ended her day at fourth place in the 400-meter hurdles ... On the men's side, sophomore distance runner **Richard Peterson** placed second in the 5000-meters, while **Ethan Rowe** and **Nick Youngblood** placed third in the 400- and 100-meter dash, respectively ... **Kyfer Rumburd** ended his day fourth in the discus with a heave of 38.57-meters ... The Track 'Cats return to action Saturday, March 27, when they head to Lexington, Va. to compete at the Washington and Lee Carnival.



Washington & Jefferson Presidents

W&J continued its spring schedule Saturday at the Lynchburg Invitational in Virginia ... Senior **Bryan Consider** bested the 35-man field in the shot put for W&J's lone victory ... Consider posted a best throw of 14.89 meters to win the title and qualify for the ECAC D-III Championships ... Sophomore **Greg French** had three top-eight finishes for the men: fifth in the 110-meter hurdles (15.94), seventh in the 400-meter hurdles (58.63) and eighth in the triple jump (12.91 m) ... Freshman **Scott Ryan** grabbed fifth place in the 5,000 meters (16:01.98), while classmate **Benjamin Kopchick** earned sixth in the 10,000 meters (33:19.60) ... The Presidents' women were led by junior **Michelle Wuenstel** and sophomore **C.J. Corcoran** ... Wuenstel claimed third place in the 400 meters (57.66) and fourth in the 200 meters (26.03), both of which qualify her for ECACs ... Corcoran placed third in the javelin (37.22 m) and also qualified for the ECAC event ... The W&J women also placed second in the 4x400 meter relay (4:22.40).



Waynesburg Yellow Jackets

The Waynesburg University men's and women's track teams will begin their outdoor schedules this weekend at Wheeling Jesuit ... The Yellow Jackets are coming off of a fruitful indoor schedule that saw several new faces step up and perform well ... A slew of team records were also set during the winter ... Two-time javelin national qualifier **Elisha Jones** is back for her junior season to lead the squad.



Westminster Titans

After spending an entire week training in Myrtle Beach, S.C., the Westminster men's and women's track & field teams opened up their 2010 outdoor seasons on March 13 at the Coastal Carolina Invitational ... The unscored meet featured over 1,400 athletes from 37 schools, many of which were Division I teams ... Six Titan athletes posted Top 16 finishes in individual events ... Freshman **Sydney Spain** broke the school record in the 3,000-meter steeplechase with a 16th-place time of 12:44.80 ... Spain broke the previous mark set in 2007 by 16 seconds ... Sophomore **Merrissa Malcolm** posted Westminster's highest finish by tying for eighth in the pole vault (3.05 meters) ... Senior hurdler **Abbey Basta** placed 13th in the 400-meter hurdles (1:08.14) and 21st in the 100 hurdles (16.00) ... The top men's finishers were senior **Jonathan Morrow** and freshman **Derrick Orloski** placing 12th and 14th with javelin throws of 51.86 and 51.31, respectively.



Bethany Bison

		<u>Men</u>	<u>Women</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored	Unscored
March 27	at Wheeling Jesuit Invitational		
April 3	at W&J Invitational		
April 10	at Marietta Invitational		
April 17	at IUP Ed Fry Invitational		
April 21	PAC SOUTH QUAD MEET		
April 24	at Robert Morris Invitational		
May 1	at PAC Championships (Grove City)		
May 7	at Slippery Rock Last Chance Meet		
May 13-14	at ECAC Championships (Springfield)		
May 14	at Allegheny Invitational		

Geneva Golden Tornadoes

		<u>Men</u>	<u>Women</u>
March 23	at Grove City Mini Invitational		
March 27	at Muskingum Invitational		
April 3	at W&J Invitational		
April 10	at Robert Morris Invitational		
April 17	at Westminster Invitational		
April 21	at PAC South Quad (Bethany)		
April 24	at B-W Sparky Adams Invitational		
May 1	at PAC Championships (Grove City)		
May 6-8	at NCCAA Championships (TBA)		

Grove City Wolverines

		<u>Men</u>	<u>Women</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored	Unscored
March 23	GROVE CITY MINI INVITATIONAL		
March 27	at Wheeling Jesuit Invitational		
April 3	at W&J Invitational		
April 10	at Slippery Rock Invitational		
April 14	at PAC North Quad (Westminster)		
April 17	at IUP Ed Fry Invitational		
April 24	TBA		
May 1	PAC CHAMPIONSHIPS		

Saint Vincent Bearcats

		<u>Men</u>	<u>Women</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored	Unscored
March 27	at Western Pa. Championships (Cal)		
April 3	at W&J Invitational		
April 9-10	at Bucknell Bison Open		
April 10	at Slippery Rock Invitational		
April 14	at PAC North Quad (Westminster)		
April 17	at IUP Ed Fry Invitational		
April 24	at Saint Francis (Pa.) Invitational		
May 1	at PAC Championships (Grove City)		
May 13-14	at ECAC Championships (Springfield)		

Thiel Tomcats

		<u>Men</u>	<u>Women</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored	Unscored
March 27	at Washington & Lee Invitational		
April 3	at Jack Hazen Open (Canton, OH)		
April 10	at Mount Union Open		
April 17	at IUP Ed Fry Invitational		
May 1	at PAC Championships (Grove City)		
May 14	at Allegheny Invitational		

Washington & Jefferson Presidents

		<u>Men</u>	<u>Women</u>
March 13	at York Spring Opener	Unscored	Unscored
March 20	at Lynchburg Invitational	Unscored	Unscored
March 27	at Washington & Lee Invitational		
April 3	W&J INVITATIONAL		
April 10	at Carnegie Mellon Invitational		
April 17	at IUP Ed Fry Invitational		
April 21	at PAC South Quad (Bethany)		
May 1	at PAC Championships (Grove City)		
May 14	at Allegheny Invitational		

Waynesburg Yellow Jackets

		<u>Men</u>	<u>Women</u>
March 27	at Wheeling Jesuit Invitational		
April 3	at W&J Invitational		
April 10	at Slippery Rock Invitational		
April 16-17	at IUP Ed Fry Invitational		
April 21	at PAC South Quad Meet (Bethany)		
April 24	at B-W Sparky Adams Invitational		
May 1	at PAC Championships (Grove City)		
May 7	at Slippery Rock Last Chance Meet		
May 13-14	at ECAC Championships (Springfield)		
May 14	at Allegheny Invitational		

Westminster Titans

		<u>Men</u>	<u>Women</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored	Unscored
March 23	at Grove City Mini Invitational		
March 27	at Western Pa. Championships (Cal)		
April 10	at Carnegie Mellon Invitational		
April 14	PAC NORTH QUAD MEET		
April 17	WESTMINSTER INVITATIONAL		
April 24	at B-W Sparky Adams Invitational		
May 1	at PAC Championships (Grove City)		
May 7	at Slippery Rock Last Chance Meet		
May 21	at Gregory Invitational (North Central)		