

2009 PAC Track & Field Release Week 1 - March 23



Presidents' Athletic Conference
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RECENT RESULTS

Saturday, March 14, 2009

Westminster at **Coastal Carolina Asics Invitational** - Myrtle Beach, S.C. (unscored)

Saturday, March 21, 2009

Muskingum Invitational - New Concord, Ohio

Men (seven teams)

4. Waynesburg (74)

6. Washington & Jefferson (33)

Women (eight teams)

4. Waynesburg (61.5)

6. Bethany (20)

Geneva Goetzis West Multi-Event (unscored)

Thiel at **Lynchburg Invitational** - Lynchburg, Va. (unscored)

Westminster at **Coastal Carolina Shamrock Invitational** - Myrtle Beach, S.C. (unscored)

THIS WEEK

Tuesday, March 24, 2009

Grove City Quadrangular - 2 p.m.

Friday, March 27, 2009

Thiel at Mary Washington Battleground Relays - Fredericksburg, Va. - 1 p.m.

Saturday, March 28, 2009

Bethany, Geneva, Grove City, Waynesburg at Wheeling Jesuit Bill Horne Invitational - Wheeling, W.Va. - 10 a.m.

Saint Vincent (M), Washington & Jefferson, Westminster at Western Pennsylvania Championships - California, Pa. - 10 a.m.

Thiel at Mary Washington Battleground Relays - Fredericksburg, Va. - 1 p.m.

PAC MEN'S TRACK ATHLETE OF THE WEEK

BILL MODER

Waynesburg University

Sophomore - mid-distance
Hermitage, Pa./Hickory H.S.



Moder led Waynesburg at the Muskingum Spring Invitational in New Concord, Ohio by finishing third in the 1,500 meter run (4:30.20) and fourth in the 800 meter run (2:05.1), while also running a leg on the Yellow Jackets' 4x400 relay team.

*Also nominated was freshman **Robert Rhodes** of Westminster.*

PAC WOMEN'S TRACK ATHLETE OF THE WEEK

JODI BODO

Bethany College

Junior - sprints
Steubenville, Ohio/Steubenville Central Catholic H.S.



Bodo captured both the 200 (27.06) and the 400 (59.97) meter dash events at the Muskingum Spring Invitational in New Concord, Ohio. Her 200 time won by nearly a full second, while her 400 time was first by over 1.5 seconds. She garnered 20 team points for the Bison at the event.

*Also nominated was senior **Megan Grover** of Waynesburg, and senior **Megan Harding** of Westminster.*

PAC MEN'S FIELD ATHLETE OF THE WEEK

CURT JONES

Washington & Jefferson College

Senior - throws/jumps
Falconer, N.Y./Falconer H.S.



Jones captured the javelin title at the Muskingum Spring Invitational with an NCAA provisional qualifying mark of 59.93 meters, while also placing second in the triple jump (12.16m) and third in the discus (43.73m).

*Also nominated was senior **Willy Herrington** of Waynesburg, and junior **Jonathan Morrow** of Westminster.*

PAC WOMEN'S FIELD ATHLETE OF THE WEEK

MARYBETH ROCCO

Waynesburg University

Freshman - throws
No. Cambria, Pa./No. Cambria H.S.



Rocco posted a pair of top six finishes, both with ECAC-qualifying marks, to lead the Yellow Jackets at the Muskingum Spring Invitational in New Concord, Ohio. She placed third in the javelin (37.52m) and sixth in the discus (35.55m).

*Also nominated was sophomore **Jillian Babish** of Westminster*

PAC TRACK & FIELD NOTES

Bethany Bison



Bethany's **Jodi Bodo** was the lone Bison representative at the Muskingum Invitational Saturday, but she fared very well for the first outdoor meet of the season ... She took first place in the both the 400 and 200 by comfortable margins ... In the 400, Bodo crossed in a time of 59.97 to win the event by more than a second and a half ... She repeated her success in the 200, beating 18 other competitors with a time of 27.06, which was .93 faster than the second place runner ... Although she was the only Bison runner competing, she scored 20 team points to place Bethany sixth out of eight teams, ahead of Division II programs West Liberty State and Alderson-Broaddus ... Now back from spring break, the rest of the Bison track & field teams will be in action this Saturday at the Wheeling Jesuit Invitational.

Geneva Golden Tornadoes



Tiffany Bear took first place at the Geneva College Goetzis West Multi-Event ... Bear won four of the seven events including the 200 meter dash, javelin, long jump and shot put ... She posted a total of 3,474 points, which was 330 points better than the next closest competitor ... Other top finishers for Geneva included **Jamie Williams** (third) and **Aisha Moore** (fifth) ... Bear's winning numbers were a 4.75 in the long jump, 10.64 in the

Grove City Wolverines



The Grove City College men's and women's track and field teams open the 2009 season March 24 when the Wolverines host a quad meet at Robert E. Thorn Field ... Grove City's men's team has won eight Presidents' Athletic Conference titles this decade, including the last four ... The women's team has six PAC titles this decade ... Grove City's women last won the conference in 2005, however ... The quad meet at Thorn Field is the lone home event for Grove City this season.

Saint Vincent Bearcats



Saint Vincent men's track & field will open the 2009 season at the Western Pennsylvania Championships, hosted by California University of Pa., on Saturday, March 28.

Thiel Tomcats



Thiel competed at the Lynchburg College meet in Lynchburg, Va., on Saturday ... The 'Cats were lead by sophomore **Kim Stitt's** third-place heave in the shot put (11.88m) and eighth-place finish in the triple jump (10.91m)...The women's 4x100-meter relay team comprised of **Chavonne Green, Kate DeGeorge, Jaquala Riggins** and **Latoya Locke** had an admirable showing with a fifth-place finish (50.27) ... Green finished the day with a sixth-place finish in the 100-meter dash (12.97) and placed seventh in the long jump (5.12m), while DeGeorge ended her day with fifth in the 400-meter dash (1:00.08) ... On the men's side, **Steve Backmon** took fifth in the triple jump with a leap of 13.04 meter.



Washington & Jefferson Presidents



The Washington & Jefferson track & field team sent three athletes to the Muskingum Invitational on March 21st and finished sixth out of seven teams ... The Presidents were led by senior **Curt Jones**, who provisionally-qualified for the NCAA Championships during his win in the javelin ... He posted a throw of 59.93 meters (196'7") ... Junior **Bryan Consider** placed fourth in the shot put (13.63 meters, 44'8 3/4"), while classmate **Daniel Barringer** placed fifth in the shot put (47.82 meters, 156'11") ... Both W&J squads will be in action next Saturday at the Western Pennsylvania Championships hosted by California Univ. of Pa.

Waynesburg Yellow Jackets



The Yellow Jackets opened their outdoor track and field season at the Muskingum Invitational Saturday and had a productive day ... Five athletes were able to qualify for the ECAC Championships in May thanks to their performances ... On the women's side, freshman **Marybeth Rocco** stamped her ticket in the javelin and discus ... Sophomore **Elisha Jones** and senior **Amanda Staudt** also qualified in the javelin ... Senior distance runner **Megan Grover** won the 5,000-meter run by more than 11 seconds to qualify for ECAC's ... On the men's side, senior thrower **Willy Herrington** qualified in the discus ... Freshman **Krystal Baker** set a new school record in the triple jump (10.48 meters), as did senior thrower **Tonya Lewis**, who heaved the shot put 10.41 meters ... Rocco's throw of 35.55 meters also set a new school mark in the discus.

Westminster Titans



Westminster competed in its first two outdoor meets of the season in two meets hosted by Coastal Carolina University, the Asics Invitational on March 14 and the Shamrock Invitational March 20-21 ... Both unscored meets featured many Division I athletes ... Sophomore thrower **Jillian Babish** broke the school discus record in the Asics Invitational with a 14th-place distance of 34.45 meters ... Babish also placed 14th in the discus in the Shamrock (31.98) ... Babish placed 17th and 20th in the shot put in the two meets ... Senior **Megan Harding** took 10th (12.69) in the 100 dash in the Asics and 14th in the Shamrock (12.49) ... Senior **Amanda Smallhoover** was the highest finisher for the Titan women in the Shamrock with an 11th place finish in the high jump (1.5), after she also took 11th in the Asics (1.45).

PAC TRACK & FIELD SCHEDULES/RESULTS

Bethany Bison

March

21 at Muskingum Invitational 6th/8
28 at Wheeling Jesuit Invit. 10 a.m.

April

4 at W&J Invitational 10 a.m.
11 at Slippery Rock Invit. 10 a.m.
15 at PAC South Quad 2:30 p.m.
(at Geneva)
18 at IUP Open 10 a.m.
25 at PAC Championships 10 a.m.
(New Wilmington, Pa.)

May

8 at Allegheny Invitational 10 a.m.
9 at Wheeling Jesuit Invit. 3:30 p.m.
14- at ECAC Championships
15 (Springfield, Mass.)

Geneva Golden Tornadoes

March

21 GOETZISWESTMULTI-EVENT NTS
28 at Wheeling Jesuit Invit 10 a.m.

April

4 at W&J Invitational 10 a.m.
11 at Robert Morris Invit. 9 a.m.
15 PAC QUAD SOUTH 2:30 p.m.
18 at Westminster Invit. 9:45 a.m.
25 at PAC Championships 10 a.m.
(New Wilmington, Pa.)
30 at NCCAA Championships
(at Indiana Wesleyan)

May

1-2 at NCCAA Championships
(at Indiana Wesleyan)

Grove City Wolverines

March

24 GROVE CITY QUAD 2 p.m.
28 at Wheeling Jesuit Invit. 10 a.m.

April

4 at Marietta Invitational 10 a.m.
11 at Slippery Rock Invit. 10 a.m.
15 at PAC North Quad 5 p.m.
(at Westminster)
18 at IUP Open 10 a.m.
25 at PAC Championships 10 a.m.
(New Wilmington, Pa.)

May

14- at ECAC Championships
15 (Springfield, Mass.)

Saint Vincent Bearcats

March

28 at Western Pa. Championships
(at California, Pa.)

April

4 at W&J Invitational 10 a.m.
10- at Bucknell Invitational
11
15 at PAC North Quad 5 p.m.
(at Westminster)
18 at IUP Open 10 a.m.
25 at PAC Championships 10 a.m.
(New Wilmington, Pa.)

May

8 at Allegheny Invitational 10 a.m.
14- at ECAC Championships
15 (Springfield, Mass.)



Thiel Tomcats

March

21 at Lynchburg Invitational NTS
28 at Mary Washington Relays 1 p.m.

April

4 at OWU Frye Invitational 10 a.m.
11 at Robert Morris Invit. 8 a.m.
15 at PAC North Quad 5 p.m.
(at Westminster)
18 at B-W Adams Invit. 10 a.m.
25 at PAC Championships 10 a.m.
(New Wilmington, Pa.)

May

1 at Toledo Invitational 10 a.m.
8 at Allegheny Invitational 10 a.m.

Wash. & Jeff. Presidents

March

21 at Muskingum Invit. 6th/7 (m)
28 at Western Pa. Championships
(at California, Pa.)

April

4 W&J INVITATIONAL 10 a.m.
10 at Bucknell Invitational 5 p.m.
11 at Robert Morris Invit. 11 a.m.
15 at PAC South Quad 2:30 p.m.
(at Geneva)
18 at IUP Open 10 a.m.
25 at PAC Championships 10 a.m.
(New Wilmington, Pa.)

May

8 at Allegheny Invitational 10 a.m.
9 at Wheeling Jesuit Invit. 3:30 p.m.
14- at ECAC Championships
15 (Springfield, Mass.)

Waynesburg Yellow Jackets

March

21 at Muskingum 4th/7 (m); 4th/8 (w)
28 at Wheeling Jesuit Invit. 10 a.m.

April

4 at W&J Invitational 10 a.m.
4 at Marietta Invitational 2 p.m.
11 at Slippery Rock Invit. 10 a.m.
15 at PAC South Quad 2:30 p.m.
(at Geneva)
18 at IUP Open 10 a.m.
25 at PAC Championships 10 a.m.
(New Wilmington, Pa.)

May

8 at Allegheny Invitational 10 a.m.
14- at ECAC Championships
15 (Springfield, Mass.)

Westminster Titans

March

14 at Coastal Carolina Asics NTS
21 at Coastal Carolina Shamrock NTS
28 at Western Pa. Championships
(at California, Pa.)

April

4 at Mount Union Invitational 10 a.m.
11 at Slippery Rock Invit. 10 a.m.
15 PAC NORTH QUAD 5 p.m.
18 WESTMINSTER INV. 10 a.m.
25 PAC CHAMPIONSHIPS 10 a.m.

May

1 at Toledo Invitational
15 at North Central Last Chance Meet