



# TRACK & FIELD 2007

## Presidents' Athletic Conference

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### RECENT RESULTS

Saturday, March 24

#### **California Early Bird Invitational - California, Pa. (unscored)**

Grove City, Saint Vincent, Waynesburg

#### **Emory Invitational - Atlanta, Ga.**

Thiel - (Men - 7th of 23); (Women - 5th of 19)

Washington & Jefferson (Men - 13th of 23); (Women - 6th of 19)

#### **Muskingum Invitational - New Concord, Ohio**

Bethany (Men - 8th of 14; Women - 11th of 12)

Westminster (Men - 14th of 14; Women - 7th of 12)

### NEXT WEEK'S SCHEDULE

Saturday, March 31

#### **Western PA Championships - Indiana Univ. - Indiana, Pa. - 10 a.m.**

Saint Vincent, Washington & Jefferson, Waynesburg

#### **Wheeling Jesuit Invitational - Wheeling, W.Va.**

Grove City, Westminster

#### **College of Wooster Invitational - Wooster, Ohio - 11 a.m.**

Thiel

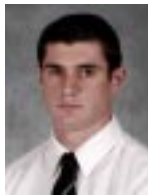
Bethany - off

### **PAC MEN'S TRACK ATHLETE OF THE WEEK**

#### **VIRGIL MARSHALL**

##### **Washington & Jefferson College**

Junior - sprints/jumps  
Hopewell, Pa./Hopewell H.S.



Marshall led W&J at the Emory Invitational in Atlanta by capturing the long jump in an ECAC-qualifying mark of 7.02 meters. He also places sixth in the 100 and eighth in the 200, while helping the President 4x100 relay team to a fourth-place finish with an ECAC-qualifying time of 44.18.

Also nominated was **Matt Cruse** of Bethany, **Scott Fichter** of Grove City, **Will Mills** of Thiel, **Brian Lucarelli** of Waynesburg, and **Scott Seserko** of Westminster.

### **PAC WOMEN'S TRACK ATHLETE OF THE WEEK**

#### **KRISTEN CARTER**

##### **Grove City College**

Sophomore - distance  
Bellingham, Wash./Bellingham H.S.



Carter placed second in the 1,500 meter run (4:49.10) and third in the 800 meter run (2:24.14) at the California (Pa.) Invitational Saturday. She was the top Division III finisher in each event, while her 1,500 time surpassed the ECAC qualifying standard.

Also nominated was **Chantal Stettinius** of Bethany, **Chavonne Green** of Thiel, **Kelli Gee** of Washington & Jefferson, **Melissa Cox** of Waynesburg, and **Kristen Van Sickel** of Westminster.

### **PAC MEN'S FIELD ATHLETE OF THE WEEK**

#### **BOB PERRI**

##### **Grove City College**

Senior - throws  
Washington, Pa./Trinity H.S.



Perri captured the shot put title for the Wolverines at the California (Pa.) Invitational Saturday with a career-best throw of 48-9 1/2, which qualified him for the ECAC championships.

Also nominated was **Danny Orwa** of Bethany, **Shaun Jenkins** of Thiel, **Willy Herrington** of Waynesburg, and **Jonathan Morrow** of Westminster.

### **PAC WOMEN'S FIELD ATHLETE OF THE WEEK**

#### **LAUREN SPEGAL**

##### **Bethany College**

Junior - throws  
Bethel Park, Pa./Bethel Park H.S.



Spegal shattered her own school record by 15 inches in the shot put with a toss of 37-8, good for second place (first among D-III competitors) at the Muskingum Invitational Saturday. She also finished 10th of 30 competitors in the discus (106-2).

Also nominated was **Ashley Metcalfe** of Grove City, **Liz Sitko** of Thiel, **Stephanie Yeager** of Washington & Jefferson, **Ashley Dodd** of Waynesburg, and **Lynn Riley** of Westminster.

# PAC TRACK & FIELD NOTES



## Bethany Bison

Bethany had a strong start to their season, as three school records fell and one runner qualified for ECACs during the Muskingum Invitational ... The qualifying runner was freshman **Matt Cruse** in the 110 hurdles, as he finished second in 15.70 seconds to surpass the ECAC standard of 15.84 ... Senior **Danny Orwa** established a new mark in the 3,000 steeplechase (11:02.49) ... Orwa also took second in the long jump (20-7.25) ... Junior **Lauren Spegal** shattered her own mark in the shot put (37-8), which placed her second and shattered her own mark by 15 inches ... In the 3,000 steeplechase, junior **Chantal Stettinius** took sixth place with a time of 13:27.31 to shave 32 seconds off the previous mark, set by **Sarah Goho** in 2005.

## Grove City Wolverines



Grove City's track and field teams competed in the California Early Bird Invitational Saturday ... Two GCC field men posted wins as senior **Bob Perri** won the shot put and junior **Matt Kulinski** took the pole vault ... Perri won the shot with an ECAC qualifying mark of 48-9½, while Kulinski cleared 14-7 to win the pole vault ... **Dan Spaulding** took second in the 10K, while **Dave Hodge** finished second in the triple jump (43-6) and also qualified for the ECAC meet ... **Justin Fowler** threw the discus 141 feet, earning third and a trip to ECACs ... Sophomore **Kristen Carter** helped the women by placing second in the 1500 and third in the 800 ... Sophomore **Julia Seward** placed second in the 5000 while junior **Mary Majchrowicz** took third in the 400.



## Thiel Tomcats

Thiel competed at the Emory Invitational Saturday ... Sophomore **Chavonne Green** paced Thiel with a second-place finish in the triple jump (34-11), a sixth-place finish in the 100-meter dash (12.99) and a seventh-place finish in the 200-meter dash (26.48) ... Green was also a member of the second-place 4x100-meter relay squad (50.36) ... Freshman **Liz Sitko** finished third in the discus (114-11) while sophomore **Ashley Williams** finished fourth in the 200-meter dash (26.35) and fifth in the 400-meter dash (58.95) ... On the men's side the 4x400-meter relay squad ran to a second-place finish ( 3:20.95) ... Members were junior **Will Mills**, sophomores **Deighton Williams** and **David Durran** and freshman **Alex Eaton**.



## Washington & Jefferson Presidents

The Presidents began their outdoor season Saturday at the Emory Classic ... Junior **Virgil Marshall** won the long jump with an ECAC-qualifying leap of 7.02 meters ... Marshall also placed sixth in the 100 meters (11.32) and eighth in the 200 meters (22.75) ... He led the 4x100 relay team to a fourth-place showing in an ECAC-qualifying time of 44.18 ... Sophomores **Travis Bui**, **Travis Reline** and **Jeff Smith** joined Marshall on the relay ... Junior **Matt Rudzki** rounded out W&J's top finishers in third place in the 10,000 meters (33:08.29) ... Junior **Kelli Gee** posted the women's top finish after claiming second in the long jump with an ECAC-qualifying leap of 5.36 meters ... Gee was also fourth in the triple jump (10.58 meters).



## Waynesburg Yellow Jackets

The Yellow Jackets opened at the California (Pa.) Early Bird Invitational ... Sophomore **Ashley Dodd** qualified for the ECAC Championship in the pole vault, as she cleared 3.35 meters to finish second in the 18-member field and was the top finisher among non-scholarship athletes ... Sophomore **Janet Carson** posted a pair of top fishes in two distance events, finishing third in the 3000-meters and fifth in the 5000-meters ... Freshman **Melissa Cox** finished fifth overall (second among D-III competitors) in the 800 meter dash (2:29.60) ... On the men's side, sophomore **Willy Herrington** finished in the top 10 in both the discus and shot, finishing just 0.04 meters shy in the discus to qualify for ECACs ... Freshman **Jake Raddish** finished third overall (tops among DIII athletes) in the high jump (1.82 meters).



## Westminster Titans

Westminster competed at the Muskingum Invitational Saturday ... The Westminster women had 17 medals in 12 events, while the men had three in two events ... Freshman **Elizabeth Beardsley** broke the school record in the 3,000-meter steeplechase with a fifth-place time of 13:22.15 in her first collegiate competition ... The Titan women had two times that qualified for the ECAC Championships: the 4x100 relay team with a second-place time of 50.87, and sophomore **Kristen Van Sickle** with a third-place time of 59.81 in the 400 ... Freshman **Lynn Riley** medaled in three events, capturing fourth in the triple jump (10.0), sixth in the long jump (4.68) and eighth in the pole vault (2.43).



## Saint Vincent Bearcats

The Bearcats opened the 2007 outdoor track & field season at the California Early Bird Invitational in California, Pa., last Saturday, after the meet was moved from its original site at Clarion ... **Nate Sylvester** won the 3000 steeplechase in a time of 10:12.20 ... **Thad Pajak** finished third in the event ... **Adam Smith** was 7<sup>th</sup> in the 1500 meters, timed in 4:10.65.

## 2007 PAC Track & Field Athletes of the Week

	<u>Men</u>	<u>Women</u>
March 18:	<b>Alex Eaton</b> , THI (T) <b>Matt Kulinski</b> , GRO (F)	<b>Chavonne Green</b> , THI (T) <b>Amanda Bruce</b> , THI (F)
March 25:	<b>Virgil Marshall</b> , W&J (T) <b>Bob Perri</b> , GRO (F)	<b>Kristen Carter</b> , GRO (T) <b>Lauren Spegal</b> , BET (F)
April 1:		
April 8:		
April 15:		
April 22:		