

# 2012 PAC Track & Field Release Week 1 - March 26



**Presidents' Athletic Conference**  
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## RECENT RESULTS

*Saturday, March 17, 2012*

Washington & Jefferson at **Wake Forest Invitational** - unscored

**University of Cincinnati Relays** - Cincinnati, Ohio

<u>Men</u>	<u>Women</u>
6. Thomas More	9. Thomas More

Geneva/Waynesburg at **Muskingum Invitational** - unscored

*Tuesday, March 20, 2012*

Geneva/Saint Vincent/Westminster at **Grove City Mini-Invitational** - Grove City, Pa. - unscored

*Friday, March 23, 2012*

**Mount St. Joseph Invitational** - Cincinnati, Ohio

<u>Men</u>	<u>Women</u>
5. Thomas More	6. Thomas More

*Saturday, March 24, 2012*

Saint Vincent/Thiel at **California Early Bird Invitational** - California, Pa. - unscored

**Muskingum Amy Adams Invitational** - New Concord, Ohio

<u>Men (six teams)</u>	<u>Women (six teams)</u>
2. Westminster - 103.5	2. Westminster - 172

**Wheeling Jesuit Bill Van Horne Invitational** - Wheeling, W.Va.

<u>Men (16 teams)</u>	<u>Women (19 teams)</u>
6t. Grove City - 45	10. Waynesburg - 37
8. Bethany - 33.5	11. Geneva - 33
10t. Geneva - 24	12. Grove City - 30
14. Waynesburg - 20	14. Bethany - 15
	16t. Wash. & Jeff. - 8.25

## THIS WEEK

*Friday, March 30, 2012*

Westminster at **Wooster Invitational** - Wooster, Ohio - 3 p.m.

*Saturday, March 31, 2012*

Bethany/Geneva/Grove City/Saint Vincent/Thiel/Waynesburg at **Washington & Jefferson Invitational** - Cameron Stadium - Washington, Pa. - 10 a.m.

Thomas More at **Anderson University Invitational** - Anderson, Ind. - 11 a.m.

## PAC MEN'S TRACK ATHLETE OF THE WEEK

### BYRUM LOUCO

**Waynesburg University**

Freshman - sprints  
Wexford, Pa./North Allegheny H.S.



Louco posted wins in the 400 hurdles and the 4x800 meter relay while placing second in the 100 meter dash at the Muskingum Duals, then finished first in the 400 hurdles (57.16) and was eighth in the 100 meter dash (tops among D-III runners) in 11.51 at Wheeling Jesuit.

Also nominated was sophomore **Arkangelo James** of Bethany, junior **Nick Edinger** of Geneva, freshman **Ethan Witmer** of Grove City, senior **Kevin Wanichko** of Saint Vincent, senior **Richard Peterson** of Thiel, sophomore **Matt Wurtzler** of Thomas More, and senior **J.J. Faltot** of Westminster.

## PAC WOMEN'S TRACK ATHLETE OF THE WEEK

### LAUREL SKORUP

**Grove City College**

Sophomore - steeplechase  
Sandwich, Ill./Sandwich H.S.



Skorup captured the 3,000 steeplechase title Tuesday at the Grove City Invitational in 12:38.94, then finished second (first among D-III runners) in the event Saturday at the Wheeling Jesuit Bill Van Horne Invitational with an ECAC-qualifying time of 11:52.28.

Also nominated was sophomore **Paige Prato** of Bethany, sophomore **Alayna Merkle** of Geneva, sophomore **Moriah Corey** of Thomas More, freshman **Ashley Cole** of Waynesburg, and sophomore **Haley Gabor** of Westminster.

## PAC MEN'S FIELD ATHLETE OF THE WEEK

### ANTHONY THOMAS

**Westminster College**

Sophomore - jumps  
New Castle, Pa./Union H.S.



Thomas posted four event victories in two different invitationals for the Titans last week. At the Grove City Invitational, he captured all three jumping events (HJ-1.78m; LJ-6.68m; TJ-12.93m), then Thomas added the long jump title (6.54m) Saturday at the Muskingum Amy Allen Invitational.

Also nominated was sophomore **Ben Gregg** of Bethany, senior **David Ferreira** of Grove City, junior **Phil Feinberg** of Thomas More, and sophomore **Kurt Bonnet** of Waynesburg.

## PAC WOMEN'S FIELD ATHLETE OF THE WEEK

### LIZ MICHALAK

**Geneva College**

Senior - multi-event  
Ashville, N.Y./Chataqua H.S.



After qualifying for the NCCAA national meet with a second-place finish in the long jump at Grove City Tuesday, Michalak captured the heptathlon at the WJU Bill Van Horne Invitational with 3,726 points (over 100 ahead of second place), as she was a top five finisher in all seven events.

Also nominated was senior **Cassie Allen** of Bethany, sophomore **Andrea Robben** of Thomas More, sophomore **Megan Sowers** of Waynesburg, and senior **Emily Dolsak** of Westminster..

# PAC T&F NOTES

## Bethany Bison



The Bison enjoyed a stellar beginning to the outdoor season Saturday at the Wheeling Jesuit Invitational ... Highlighting the day was sophomore **Ben Gregg**, who won the javelin with an ECAC-qualifying mark of 184-10 ... Fellow sophomore **Arkangelo James** also qualified for ECACs, as he finished second in the 800 in 1:53.59 ... With their performances, James is ranked fifth in the country in the 800 and Gregg is 18<sup>th</sup> nationally in the javelin ... Both Bison relays placed, as **Lamine Balde**, James, **Joe Douglas** and **Derrick Tolliver** took third (3:35.28) in the 4x400, and the 4x100 relay of Balde, Tolliver, **Raymeor Pinchom** and **Anthony Thompson** was fourth (43.98) ... For the women, **Paige Prato** finished 5<sup>th</sup> out of 48 runners in the 200 with a time of 27.19 ... She also anchored the fifth-place 4x100 relay team.

## Geneva Golden Tornadoes



In the outdoor track and field opener at Muskingum, the Geneva throwers stole the show ... A total of six throwers qualified for the NCCAA national meet in the first meet of the season ... On the women's side, **Liz Michalak** (javelin), **Katherine Michalak** (shot put), **Kathryn Regalado** (shot put) and **Mary Keen** (Discus) all qualified nationally ... For the men, **Jordan Rupert** (javelin) and **Tyler French** (shot put) each managed to qualify ... Liz Michalak won the heptathlon event at Wheeling Jesuit by finishing in the top five in each of the seven events ... Geneva's sprinters gave a tremendous performance at Grove City last Tuesday ... The men's highlight came in the 4 x 100 relay where Geneva finished first with a time of 43.37, which was only .02 behind the all-time record.

## Grove City Wolverines



The Grove City track and field teams opened the 2012 season with a pair of meets last week ... Tuesday, Grove City hosted an invitational at Thorn Field ... On the men's side, freshman **Ethan Witmer** swept the hurdles to pace the Wolverines ... The women's team won six events as **Austin Powell** (800), **Anna Dunsworth** (1500), **Mary Kate Breese** (3000), **Laurel Skorup** (steeplechase) and **Mara Womer** (400 hurdles) took individual events ... Grove City also won the 4x800 meter relay ... Saturday at Wheeling Jesuit, the men took sixth in a 16-team field and the women finished 12<sup>th</sup> out of 19 squads ... **David Ferreira** led the men by taking second in the triple jump (41-9) ... **John Green** took third in the 400 hurdles ... Skorup set a new school record in the steeplechase (11:52.28) while taking second (first among D-III runners).

## Saint Vincent Bearcats



The Bearcats opened the 2012 track season by competing at the Grove City Mini Invite, taking place in four events and winning two ... Senior **Kevin Wanichko** won the 3,000 meters with a school-record time of 8:57.70, nearly 13 seconds ahead of his nearest competitor ... The Bearcats also won the 4x800 relay at Grove City as sophomores **John Joseph**, **Justin Petrovich** and **Chansler Poole** teamed with Wanichko to post a time of 8:02.99, seven seconds ahead of second-place Grove City and good enough to qualify for the ECAC Spring Championships ... At the Cal U Early Bird Invite, Poole won the 1500 event by more than three seconds with a time of 4:06.41 ... **Cameron Stumme** finished second in the 3000 steeplechase.

## Thiel Tomcats



Leading Thiel's female competitors was **Cassidy Kravec**, earning a fifth-place finish in the javelin with a throw of 116-04 and a 12<sup>th</sup> place finish in the discus with a mark of 95-10 ... **Riian McCray** notched a sixth-place finish in the high jump, finishing with a jump of 4-11.00 ... **Valerie White** placed ninth in the 3,000 meter run with a time of 13:50.67 ... For the men, **Richard Peterson** opened the 2012 outdoor track and field season in style, winning the 5,000 meter run with a time of 15:20.42, just 4.33 seconds off his school record time of 15:15.69 set a year ago ... He paced three Tomcats within the top six of the event as **Steve Morgan** and **Regis Wagner** finished fourth and sixth, respectively ... Morgan crossed with a time of 15:53.99, while Wagner finished in 15:57.01 ... **Nic Jones** finishing second in the high jump (6-00.75).

## Thomas More Saints



The Thomas More track and field teams have competed in two outdoor events so far this Spring as the men finished sixth at the UC Relays and fifth at the Mount St. Joseph Invitational and the women finished ninth UC and sixth at MSJ ... On the men's side at MSJ, the Saints were led by junior **Phil Feinberg**, who finished second in the long jump with a mark of 6.22-meters and sophomore **Matt Wurtzler**, who placed third in the 1,500-meter run with a time of 4:23.74 and fifth in the 800-meter run with a time of 2:14.56 ... On the women's side, sophomore **Moriah Corey** won the 100-meter dash with a time of 13.24-seconds and sophomore **Andrea Robben** finished third in the javelin with a throw of 33.21-meters.

## Washington & Jefferson Presidents



Washington & Jefferson College competed at the Wake Forest Open in Winston-Salem, N.C., two weeks ago, a meet primarily filled by NCAA Division I programs ... The Presidents' women were led by freshman **Kristen Galligan's** 15<sup>th</sup> place finish out of 46 runners in the 5000 meters (18:37.69) ... Her time smashed the school record by just over 18 seconds ... Sophomore **Meghan Poinsett** placed 22<sup>nd</sup> of 44 in the 400 hurdles with a time of 1:06.31 ... Senior **Taylor Hockman**, who recently took 11<sup>th</sup> in the long jump at the NCAA Indoor Championships, placed 13<sup>th</sup> of 27 competitors in the triple jump (44'11") ... He also took 20<sup>th</sup> of 46 in the long jump (21'3 1/4") and 36<sup>th</sup> of 60 in the 100 meters (11.43) ... Junior **Benjamin Kopchick** was the 12<sup>th</sup> place finisher in the 3,000-meter steeplechase (9:59.53).

## Waynesburg Yellow Jackets



The Yellow Jackets got the outdoor portion of their schedule off to a solid start on March 17 at the Muskie Duals, hosted by Muskingum ... The Waynesburg men were led by junior **Kurt Bonnet**, who qualified for the ECAC Championships in the discus with a top toss of 44.65 meters (146-6) ... That heave was also good enough to win the event and set a new meet record ... On the women's side, sophomore **Megan Sowers** scored a victory in the javelin with a top throw of 34.34 meters (112-8) that shattered the meet record ... The Jackets returned to competition on March 24, with another strong showing at WJU ... Bonnet and junior **Doogie Sanner** placed fourth in the discus and javelin, respectively ... On the women's side, Sowers qualified for ECACs in the javelin, while freshman Ashley Cole finished third in the 100-meter hurdles in 16.79, tops amongst D-III athletes.

## Westminster Titans



The Westminster College outdoor track and field team's both placed second at the Amy Adams Memorial Invitational at Muskingum College ... The women had 172 points and the men finished with 103.50 points, five others schools participated ... For the women's team, sophomore **Haley Gabor** won the 200-meter and the 400-meter dash with times of 26.44 and 58.94, respectively ... Senior **Mallory Mack** won the 100-meter dash with a time of 13.10 ... On the men's side, sophomore **Aaron Sutton** placed third with a time of 16:03.77 ... In the pole vault, junior **Mark Saylor** placed second with a mark of 4.42 meters.

# PAC T&F SCHEDULES/RESULTS

## Bethany Bison

		<u>Men</u>	<u>Women</u>
March 24	at Wheeling Jesuit Invitational	8th/16	14th/19
March 31	at W&J Invitational		
April 7	at Marietta Invitational		
April 14	at Westminster Invitational		
April 18	PAC SOUTH QUAD MEET		
April 21	at Baldwin-Wallace		
April 27-28	PAC Championships (at Geneva)		
May 4	at Slippery Rock Qualifier		
May 11	at Allegheny Invitational		
May 17-18	at ECAC Championships (at RPI)		

## Geneva Golden Tornadoes

		<u>Men</u>	<u>Women</u>
March 17	at Muskingum Duals	NTS	NTS
March 20	at Grove City Mlni-Meet	NTS	NTS
March 24	at Wheeling Jesuit Invitational	10th/16	11th/19
March 31	at W&J Invitational		
April 7	at Mount Union Invitational		
April 14	at Robert Morris Invitational		
April 13	at Westminster Invitational		
April 17	at PAC NORTH QUAD MEET		
April 27-28	PAC CHAMPIONSHIPS		
May 3-5	at NCCAA Championships (at Judson)		

## Grove City Wolverines

		<u>Men</u>	<u>Women</u>
March 20	GROVE CITY MINI INVITATIONAL	NTS	NTS
March 24	at Wheeling Jesuit Invitational	6th/16	12th/19
March 31	at W&J Invitational		
April 14	at Westminster Invitational		
April 17	at PAC North Quad Meet (at Geneva)		
April 21	at Indiana (Pa.) Invitational		
April 27-28	at PAC Championships (at Geneva)		
May 17-18	at ECAC Championships (at RPI)		

## Saint Vincent Bearcats

		<u>Men</u>	<u>Women</u>
March 20	at Grove City Mini Invitational	NTS	NTS
March 24	at California (Pa.) Invitational		
March 31	at W&J Invitational		
April 14	at Westminster Invitational		
April 14-15	at Bucknell Invitational		
April 18	at PAC South Quad (at Bethany)		
April 21	at Indiana (Pa.) Invitational		
April 27-28	at PAC Championships (at Geneva)		
May 11	at Allegheny Invitational		
May 17-18	at ECAC Championships (at RPI)		

## Thiel Tomcats

		<u>Men</u>	<u>Women</u>
March 24	at California (Pa.) Invitational	NTS	NTS
March 31	at W&J Invitational		
April 5	at Slippery Rock Invitational		
April 14	at Westminster Invitational		
April 17	at PAC North Quad Meet (at Geneva)		
April 21	at Baldwin-Wallace Invitational		
April 27-28	at PAC Championships (at Geneva)		
May 11	at Allegheny Invitational		

## Thomas More Saints

		<u>Men</u>	<u>Women</u>
March 17	at UC Invitational	6th	9th
March 23	at Mount St. Joseph Invitational	5th	6th
March 31	at Anderson Invitational		
April 7	at DePauw Invitational		
April 21	at Wilmington Invitational		
April 27-28	at PAC Championships (at Geneva)		
May 4	at Bloomington Invitational		
May 17-18	at North Central Invitational		

## Washington & Jefferson Presidents

		<u>Men</u>	<u>Women</u>
March 16-17	at Wake Forest Open	NTS	NTS
March 31	W&J INVITATIONAL		
April 7	at Carnegie Mellon Invitational		
April 14	at Westminster Invitational		
April 18	at PAC South Quad (at Bethany)		
April 27-28	at PAC Championships (at Geneva)		
May 11	at Allegheny Invitational		
May 17-18	at ECAC Championships (at RPI)		

## Waynesburg Yellow Jackets

		<u>Men</u>	<u>Women</u>
March 17	at Muskingum Invitational	NTS	NTS
March 24	at Wheeling Jesuit Invitational	14th/16	10th/19
March 31	at W&J Invitational		
April 5	at Slippery Rock Invitational		
April 14	at Westminster Invitational		
April 18	at PAC South Quad (at Bethany)		
April 21	at Indiana (Pa.) Invitational		
April 27-28	at PAC Championships (at Geneva)		
May 4	at Slippery Rock Qualifier		
May 11	at Allegheny Invitational		
May 18-19	at ECAC Championships (at RPI)		

## Westminster Titans

		<u>Men</u>	<u>Women</u>
March 20	at Grove City Mini Invitational	NTS	NTS
March 24	at Muskingum Invitational	2nd/6	2nd/6
March 30	at Wooster Invitational		
April 7	at Carnegie Mellon Invitational		
April 14	WESTMINSTER INVITATIONAL		
April 17	at PAC North Quad Meet (at Geneva)		
April 21	at Baldwin-Wallace Invitational		
April 27-28	at PAC Championships (at Geneva)		
May 4	at Slipery Rock Qualifier		
May 11	at Allegheny Invitational		
May 17-18	at North Central Invitational		

