



TRACK & FIELD 2005

Presidents' Athletic Conference

Joe Onderko, Information Director

Phone - (724) 946-6357

Fax - (724) 946-7187

E-Mail: onderkjm@westminster.edu

Web: www.westminster.edu/pac

RECENT RESULTS

Saturday, March 26

Bethany, Westminster at Clarion Early Bird Invitational - Clarion, Pa. - No team score kept

Muskingum Invitational - New Concord, Ohio

Men (nine teams)

4. Thiel (78)

8. Washington & Jefferson (36)

Women (nine teams)

4. Washington & Jefferson (82)

8. Thiel (35)

Grove City, Waynesburg - off

NEXT WEEK'S SCHEDULE

Saturday, April 2

Grove City, Thiel, Washington & Jefferson at Carnegie Mellon West Penn Championships - Pittsburgh, Pa. - 10 a.m.

Bethany, Waynesburg at Westminster Invitational - New Wilmington, Pa. - 11 a.m.

PAC MEN'S TRACK & FIELD ATHLETE OF THE WEEK

ADAM HADBAVNY

Westminster College

Junior - throwing events

Westmoreland City, Pa./Norwin H.S.

Hadbavny captured the individual title in the discus (153-10), and placed third in the shot put (48-0) and fourth in the javelin (164-10 3/4) at the Clarion Early Bird Invitational this weekend. He qualified for the ECAC D-III Championships in both the discus and the shot put.

Also nominated was sophomore **Chris Gardner** of Bethany, junior **Shaun Jackson** of Thiel, and freshman **Tony Lewis** of Washington & Jefferson.

PAC WOMEN'S TRACK & FIELD ATHLETE OF THE WEEK

KELLI GEE

Washington & Jefferson College

Freshman - triple jump/long jump

Washington, Pa./Washington H.S.

Gee led W&J to a fourth-place team finish at the Muskingum Invitational by placing first in the triple jump (33-8), while also qualifying for the ECAC D-III Championships with a second place finish in the long jump (16-7).

Also nominated was freshman **Lauren Spegal** of Bethany, junior **Kandiace Gibson** of Thiel, and freshman **Jessica Cooper** of Westminster.

PAC TRACK & FIELD NOTES

Bethany Bison

Chris Gardner and **Lauren Spegal** are becoming the unquestioned leaders for the Bethany track & field ... Gardner helped his men place in the top six of four different events while Spegal bested numerous Division II throwers to pace the Bison in a heavily-favored D-II meet ... Other top performances for the men include **Daniel Orwa** and **Kenneth Hopper's** finishes in the 800-meter run to earn 8th and 10th places, respectively ... **Adam Llanos** finished eighth in the javelin, earning his position with a toss of 142.58 feet ... **Mallory Roadman** provided the only other bright spot for the women's limited squad as the junior added a fifth-place finish in the 5000-meter run with a time of 21:09.82.

Wash. & Jeff. Presidents

W&J track and field opened at the Muskingum College Invitational Saturday ... On the women's side, freshman **Kelli Gee** won the triple jump (33'8") and placed second in the long jump (16'7") ... Her second-place finish in the long jump qualified her for the ECAC Division III Championships ... Freshman **Elizabeth Mulholland** also won the javelin event and qualified for the ECAC Championships with a long throw of 118'10" ... Freshman **Lauren Weinheimer** became the third President to qualify for the ECAC Championships after taking second in the 400 meters (59.25) ... Freshman **Tony Lewis** led the men's team with a first-place finish in the long jump (21'9 1/2") ... Lewis qualified for the ECAC Championships with the first-place showing.

Grove City Wolverines

Grove City will open the season Saturday at Carnegie Mellon University ... The Wolverines' home meet scheduled for March 19 was cancelled due to imposing weather conditions ... The Wolverines will also compete in the Geneva Invitational April 8

Waynesburg Yellow Jackets

The Jackets will open the 2005 season at the Westminster Invitational on April 2.

Thiel Tomcats

Thiel competed at Saturday's Muskingum Invitational ... Junior **Shaun Jackson**, sophomore **Zjaque Douglas** and freshman **Anthony McCorvey** each won individual titles, leading the men's team to a fourth-place finish ... Jackson won the 400 meter dash (49.98) ... Douglas ran first in the 100 meter dash (11.09), while McCorvey's jump of 42-11.75 in the triple jump was good for first ... The 4x100 meter relay team finished second in 43.03 ... Junior **Kandiace Gibson** claimed individual titles in both the 200 meter and 400 meter dashes with times of 26.30 in the 200 and 59.20 in the 400 ... Freshman **Anoia Rhodes** finished third in the javelin with a toss of 106-03.

Westminster Titans

Westminster opened its 2005 season at the Clarion Early Bird Invitational last weekend ... On the men's side, leading the way was junior **Adam Hadbavny** who captured the discus (153-10), placed third in the shot put (48-0) and fourth in the javelin (164-10 3/4), qualifying for the ECAC Championships in the first two events ... Also qualifying for ECACs was senior **Phil Frye** with a fourth-place finish in the shot put (45-8) ... For the Lady Titans, freshman **Jessica Cooper** captured the high jump with an ECAC-qualifying mark of 5-3 ... Cooper also placed fourth in both the 400 meter dash (1:06.20) and the triple jump (33-6), and seventh in the long jump (14-4 1/2).

Past PAC Men's Track Athletes of the Week

March 20: **Zjaque Douglas**, Thiel

March 27: **Adam Hadbavny**, Westminster

April 3:

April 10:

April 17:

April 24:

Past PAC Women's Track Athletes of the Week

March 20: **Kandiace Gibson**, Thiel

March 27: **Kelli Gee**, Wash. & Jeff.

April 3:

April 10:

April 17:

April 24: