

2011 PAC Track & Field Release

Week 1 - March 28



Presidents' Athletic Conference

8500 Brooktree Road, Suite 130

Wexford, PA 15090

Web: www.pacathletics.org

Contact: Joe Onderko

(724) 933-4630

onderko@pacathletics.org

RECENT RESULTS

Saturday, March 12, 2011

Washington & Jefferson at **York Spring Opener** - unscored

Saturday, March 19, 2011

Muskingum Duals

Men

Geneva 99, Thiel 47
 Geneva 101, Capital 47
 Thiel 65, Capital 54
 Muskingum 128, Geneva 59
 Muskingum 125, Thiel 42
 OWU 97.5, Geneva 73.5
 Ohio Wesleyan 105, Thiel 40

Women

Geneva 61, Thiel 49
 Capital 63, Geneva 58
 Capital 65, Thiel 56
 Muskingum 109, Geneva 46
 Muskingum 108, Thiel 41
 OWU 109, Geneva 44
 Ohio Wesleyan 113, Thiel 36

W&J at **Lynchburg Invitational** - unscored

Tuesday, March 22, 2011

Westminster at **Grove City Mini-Invitational** - unscored

Saturday, March 26, 2011

Muskingum Amy Adams Memorial Invitational

Men (four teams)

3. Westminster (126)

Women (four teams)

2. Westminster (180.5)

Wheeling Jesuit Bill Van Horne Invitational

Men (23 teams)

11. Saint Vincent - 34
 13. Grove City - 27
 14. Bethany - 26.5
 16t. Thiel - 18
 16t. Westminster - 18
 18. Waynesburg - 12
 19. Geneva - 7.5

Women (23 teams)

8. Grove City - 37
 12t. Geneva - 14
 12t. Waynesburg - 14
 18t. Bethany - 7
 22t. Thiel - 1

THIS WEEK

Friday, April 1, 2011

Thiel at **Slippery Rock Invitational** - Slippery Rock, Pa.

Westminster at **Wooster Invitational** - Wooster, Ohio

Saturday, April 2, 2011

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

PAC MEN'S TRACK ATHLETE OF THE WEEK

GARRETT CICHOWITZ

Grove City College

Senior - distance

Colorado Springs, Colo./Palmer H.S.



After capturing the 5,000 meter run in 15:48.24 Tuesday at the Grove City Mini-Invitational, Cichowitz again captured the event by topping a 56-runner field at the Bill Van Horne Invitational at Wheeling Jesuit University in Wheeling, W.Va. Saturday, placing first in 15:25.90.

Also nominated was freshman **Cory Yarrington** of Bethany, sophomore **Cam Stumme** of Saint Vincent, junior **Richard Peterson** of Thiel, junior **Taylor Hockman** of W&J, freshman **Justin Angotti** of Waynesburg, and sophomore **Adam Carswell** of Westminster.

PAC WOMEN'S TRACK ATHLETE OF THE WEEK

MICHELLE WUENSTEL

Washington & Jefferson College

Senior - sprints

Pittsburgh, Pa./Keystone Oaks H.S.



Wuenstel posted ECAC-qualifying times of 58.30 in the 400 and 50.62 as a member of the 4x100 relay at the York Invitational, then recorded wins in ECAC-qualifying times at the Lynchburg Invitational in the 200 (25.73) and running a leg on the school-record 4x400 relay (3:58.04).

Also nominated was senior **Desiree Finley** of Bethany, sophomore **Sara Fisher** of Grove City, freshman **Valerie White** of Thiel, freshman **Kayla Shacklock** of Waynesburg and junior **Mallory Mack** of Westminster.

PAC MEN'S FIELD ATHLETE OF THE WEEK

GREGG WILLIAMS

Bethany College

Freshman - long jump

Washington, D.C./Shippensburg H.S.



Williams captured the long jump title for the Bison at the Bill Van Horne Invitational at Wheeling Jesuit University in Wheeling, W.Va. His mark of 21' 9" topped a field of 33 competitors and was seven inches longer than the second place jump.

Also nominated was junior **David Ferreira** of Bethany, senior **Scott Stano** of Thiel, freshman **Tad Piscatelli** of W&J, sophomore **Kurt Bonnet** of Waynesburg and sophomore **Adam Carswell** of Westminster.

PAC WOMEN'S FIELD ATHLETE OF THE WEEK

ELISHA JONES

Waynesburg University

Senior - javelin

Russell, Pa./Eisenhower H.S.



Jones captured the javelin title over a field of 42 competitors at the Bill Van Horne Invitational at Wheeling Jesuit University in Wheeling, W.Va. Saturday. She posted an ECAC-qualifying throw of 37.17 meters (121' 11") to earn the victory.

Also nominated was junior **Cassie Allen** of Bethany, freshman **Shannon Bishop** of Grove City, sophomore **Cassidy Kravec** of Thiel, junior **CJ Corcoran** of W&J and junior **Bridget McCray** of Westminster.

PAC T&F NOTES

Bethany Bison

Despite cold temperatures, the Bison enjoyed a strong start to the outdoor season, with five Top 5 placements and one school record going down at the Wheeling Jesuit Invitational ... One first place was earned by freshman **Gregg Williams**, who measured out at 21-9 to win the long jump by more than seven inches ... A new Bethany record was set by freshman **Cory Yarrington** in the 3,000 steeplechase, as his time of 10:27.84 placed him third overall and shattered the previous mark by more than 34 seconds ... Other Top 5 finishes came from freshman **Ben Gregg**, who was third in the javelin (159-7) and junior **Seth Meyers**, who tied for fifth in the shot put (41-8) ... The women's team was led by senior **Desiree Finley**, who raced to a fourth place finish in the 400 hurdles with a time of 1:08.61 ... The 4x100 relay team of Finley, junior **Kaitlyn Black** and freshmen **Hayley Acree** and **Paige Prato** placed seventh with a time of 52.86.



Geneva Golden Tornadoes

Three more student-athletes qualified for the NCCAA track & field meet Saturday as the Golden Tornadoes competed at Wheeling Jesuit against mainly Division I and II athletes ... **Julia Urbanski** (800 & 1500 meter run) qualified in a pair of events with a pair of Top 10 finishes ... **Kayla Jackson** qualified in the javelin with a throw of 29.12 meters ... On the men's side, **Nick Edinger** finished 10th in the 5K race with a time of 15:48.61, which was good enough to send him to his second consecutive NCCAA national meet ... **Mary Keen** posted Geneva's top finish of the day with a fourth place effort in the discus ... Keen finished behind three Division I athletes with a throw of 38.11 meters ... In the men's shot put, **Dan Dillman** was fourth with a toss of 13.04 meters ... Other top finishers on the day included **Shannon Rech** (seventh in the 3K), **Aisha Moore** (sixth in the triple jump) and **Shaka Sydnor** (eighth in the triple jump) ... Geneva's 4x100 men's relay team posted a sixth place finish.



Grove City Wolverines

The Grove City thinclads opened the 2011 season with a pair of meets last week ... GCC hosted Westminster and Clarion Tuesday in an unscored meet Tuesday at Thorn Field ... On the women's side, **Sara Fisher** won the 1500 and the 5000 for the Wolverines ... **Christen Vallimont** won the 400 hurdles and **Shannon Bishop** took the triple jump ... **Arleigh McRae** paced the men by winning the 800 and 1500 ... **Garrett Cichowitz** won the 5000 and **Josiah Tobin** won the steeplechase ... **John Green** (400 hurdles), **Patrik Miller** (triple jump) and **Phil Venanzi** (discus) also posted wins ... Saturday at Wheeling Jesuit, the men took 13th out of 23 teams and second among D-III programs ... Cichowitz won the 1500 and Tobin took second in the steeplechase ... The women finished as the top D-III squad at Wheeling Jesuit, taking eighth overall out of 23 squadrons ... Fisher won the 5000 while **Hannah Tubb** took third in the 800 with a school-record time of 2:19.87 ... Tubb finished as the top D-III entry in the 800.



Saint Vincent Bearcats

The Bearcats opened the 2011 season with an 11th place finish, out of 23 teams, at the Wheeling Jesuit/Van Horne Invitational ... Despite the frigid conditions, the Bearcats saw two team records shattered, while 10 runners turned in personal best times ... **Cam Stumme** led the charge individually, capturing first in the 3000 steeplechase with a time of 10:00.86, a personal best and the second fastest time ever recorded in the event in program history ... Two other Bearcats established school records, including **Shane Sweeney** in the 400 intermediate hurdles (1:00.14), and **Tyler Vivio** in the 200 (23.53) ... In the 5K, SVC placed three runners in the top 10, led by fourth-place finisher **Matt Hagg** (15:34.93) and fifth-place finisher **Ryan Barlow** (15:36.87), while **Kevin Wanichko** took fifth in the 1500 (4:09.09) and **Luke D'Amico** fourth in the 800 (1:59.63).



Thiel Tomcats

The Tomcat men's and women's track and field squads competed at WJU's Bill Van Horne Invitational Saturday ... On the men's side, a trio of Tomcats topped the existing school mark in the 3,000-meter run ... **Richard Peterson** finished third (8:54.34), **Regis Wagner** fourth (8:57.08), and **Brendan DuLaney** rounded out the threesome's performance as he finished seventh with a time of 9:29.94 ... **Scott Stano** registered a fourth-place finish in the javelin with a throw of 157-10.5 ... On the women's side, **Valerie White** claimed an eighth-place finish in the 3,000-meter run, finishing with a time of 11:30.85 ... **Cassidy Kravec** earned a 12th-place finish in the javelin with her throw of 106-6.3.



Washington & Jefferson Presidents

W&J women's track & field earned three ECAC Championship qualifying times at the York Spring Opener two weeks ago ... Senior **Michelle Wuenstel** posted an ECAC time (58.30) in the women's 400 ... Classmate **Katelynd McElhany** earned an ECAC time by winning the 110-meter hurdles in 15.85 ... Wuenstel and McElhany teamed with freshmen **Laura Lee** and **Cheyenne Mangold** posted the third ECAC qualifier on the women's 4x100 relay team (50.62) ... Junior **Taylor Hockman** placed first in three individual events on the men's side, including the 100-meter dash (11.60), long jump (6.47 meters) and triple jump (13.39 meters) ... Hockman, seniors **Joe Combine** and **Sal Ruggeri** and junior **Greg French** took first in the men's 4x100 relay (44.09) ... Hockman earned ECAC qualifying marks by winning the long jump (22'9 3/4") and placing third in the triple jump (42'9 1/2") at the Lynchburg Invitational nearly 10 days ago.



Waynesburg Yellow Jackets

Waynesburg track & field opened the outdoor portion of its schedule at the Bill Van Horne Invitational, which was hosted by Wheeling Jesuit University ... The Yellow Jacket men were led by sophomore discus thrower **Kurt Bonnet**, who not only won the event with a throw of 44.92 meters (147' 4"), but also qualified for the ECAC Championships ... Freshman **Justin Angotti** finished seventh in the 58-man 800-meter field (2:01.50) ... Waynesburg's 4x400 team of **Casey Kaiser**, **Ethan Smith**, **Alan Jaeger** and **Trale Merz** added a respectable 10th-place performance (3:37.23) ... The Yellow Jacket women were led by two-time All-American **Elisha Jones**, who won the 42-woman javelin competition with an ECAC-qualifying throw of 37.17 meters (121' 11") ... Freshman **Kayla Shacklock** led WU in the track events with an eighth-place performance in the 400-meter hurdles (1:11.02) ... She was followed closely by senior **Mikey Macosko**, who placed tenth (1:11.24).



Westminster Titans

The Westminster men's and women's track and field teams competed at the Amy Adams Memorial Invitational hosted by Muskingum College on Saturday ... The Titan women placed second out of four teams and the Titan men placed third out of four teams ... The Titan women won seven events and the Titan men captured two ... Junior **Mallory Mack** won three events, including the 100- (12.87) and 200-meter (27.84) dashes as well as leading off the winning 4x100 relay team (50.32) ... Freshman **Kristen Basista** and junior **Alisha Slater** also won events while also running legs of the 4x100 relay ... Basista won the 100 hurdles (16.38) and Slater captured the long jump (4.93) ... Other winners for the Titan women were junior **Tyler Dever** in the 800 (2:27.93), junior **Emily Dolsak** in the discus (38.05), and junior **Bridget McCray** in the javelin (35.29) ... On the men's side, sophomore **Adam Carswell** won the long jump (6.31) while senior **Nathan Donolo** won the javelin (45.46).



PAC T&F SCHEDULES/RESULTS

Bethany Bison

		<u>Men</u>	<u>Women</u>
March 26	at Wheeling Jesuit Invitational	14/23 (26.5)	18/23 (7)
April 2	at W&J Invitational		
April 9	at Mount Union Invitational		
April 16	at Westminster Invitational		
April 20	PAC SOUTH QUAD MEET		
April 23	at B-W Sparky Adams Invitational		
April 29-30	PAC CHAMPIONSHIPS		
May 13	at Allegheny Invitational		
May 19-20	at ECAC Championships (Moravian)		

Geneva Golden Tornadoes

		<u>Men</u>	<u>Women</u>
March 19	at Muskingum Duals	2-2 dual	1-3 dual
March 26	at Wheeling Jesuit Invitational	19/23 (7.5)	12/23 (14)
April 2	at W&J Invitational		
April 9	at Robert Morris Invitational		
April 13	at PAC North Quad (Westminster)		
April 16	at Westminster Invitational		
April 21	at Westminster Mini-Invitational		
April 29-30	at PAC Championships (Bethany)		
May 5-7	at NCCAA Championships (Judson)		

Grove City Wolverines

		<u>Men</u>	<u>Women</u>
March 22	GROVE CITY MINI INVITATIONAL	Unscored	Unscored
March 26	at Wheeling Jesuit Invitational	13/23 (27)	8/23 (37)
April 2	at W&J Invitational		
April 9	at Slippery Rock Invitational		
April 13	at PAC North Quad (Westminster)		
April 16	at Westminster Invitational		
April 23	at Robert Morris Invitational		
April 29-30	at PAC Championships (Bethany)		

Saint Vincent Bearcats

		<u>Men</u>
March 26	at Wheeling Jesuit Invitational	11/23 (34)
April 2	at W&J Invitational	
April 9	at Slippery Rock Invitational	
April 9	at Mount Union Open	
April 15-16	at Bucknell Bison Open	
April 16	at Westminster Invitational	
April 20	at PAC South Quad (Bethany)	
April 23	at IUP Invitational	
April 29-30	at PAC Championships (Bethany)	
May 19-20	at ECAC Championships (Moravian)	

Thiel Tomcats

		<u>Men</u>	<u>Women</u>
March 19	at Muskingum Duals	1-3 dual	0-4 dual
March 26	at Wheeling Jesuit Invitational	16/23 (18)	22/23 (1)
April 1	at Slippery Rock University		
April 9	at Slippery Rock Open		
April 13	at PAC North Quad (Westminster)		
April 23	at B-W Sparky Adams Invitational		
April 29-30	at PAC Championships (Bethany)		
May 13	at Allegheny Invitational		

Washington & Jefferson Presidents

		<u>Men</u>	<u>Women</u>
March 12	at York Spring Opener	Unscored	Unscored
March 19	at Lynchburg Invitational	Unscored	Unscored
April 2	W&J INVITATIONAL		
April 9	at Carnegie Mellon Invitational		
April 16	at IUP Ed Fry Invitational		
April 20	at PAC South Quad (Bethany)		
April 29-30	at PAC Championships (Bethany)		
May 13	at Allegheny Invitational		

Waynesburg Yellow Jackets

		<u>Men</u>	<u>Women</u>
March 26	at Wheeling Jesuit Invitational	18/23 (12)	12/23 (14)
April 2	at W&J Invitational		
April 9	at Slippery Rock Invitational		
April 9	at Ohio Wesleyan Invitational		
April 16	at Westminster Invitational		
April 20	at PAC South Quad (Bethany)		
April 29-30	at PAC Championships (Bethany)		
May 13	at Allegheny Invitational		
May 19-20	at ECAC Championships (Moravian)		

Westminster Titans

		<u>Men</u>	<u>Women</u>
March 22	at Grove City Mini Invitational	Unscored	Unscored
March 26	at Muskingum Invitational	3rd/4 (126)	2nd/4 (180.5)
April 1	at Wooster Invitational		
April 9	at Carnegie Mellon Invitational		
April 13	PAC NORTH QUAD MEET		
April 16	WESTMINSTER INVITATIONAL		
April 21	WESTMINSTER MINI-INVITATIONAL		
April 29-30	at PAC Championships (Bethany)		
May 6	TBA		
May 20	at Gregory Invitational (North Central)		