

2010 PAC Track & Field Release

Week 2 - March 29



Presidents' Athletic Conference
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LAST WEEK

Tuesday, March 23, 2010

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

Saturday, March 27, 2010

Wheeling Jesuit Invitational - Wheeling, W.Va.

Men (14 teams)

7. Grove City - 46 9. Wash. & Jeff. - 20
11. Waynesburg - 15 12. Bethany - 10

Women (17 teams)

7. Waynesburg - 61.5 10. Grove City - 38.7
11. Wash. & Jeff. - 17 12. Bethany - 16

Thiel/Washington & Jefferson at **Washington & Lee Carnival** - Lexington, Va. - unscored

Muskingum Invitational - New Concord, Ohio

Men - Muskingum 113, Geneva 62

Women - Geneva 66, Muskingum 64

Western Pa. Championships - California, Pa.

Men (three teams)

Women (two teams)

2. Westminster - 218

1. Westminster - 285

3. Saint Vincent - 77

THIS WEEK

Saturday, April 3, 2010

Bethany/Grove City/Geneva/Saint Vincent/Washington & Jefferson/Waynesburg at **Washington & Jefferson Invitational** - Washington, Pa. - 10:30 a.m.

Thiel at **Jack Hazen Open** - Canton, Ohio

Westminster - idle

PAC MEN'S TRACK ATHLETE OF THE WEEK

FRANKIE HOURIGAN

Grove City College

Senior - distance

Ijamsville, Md./Urbana H.S.



Hourigan recorded a pair of wins last week for the Wolverines, as he captured the 5,000 meter run at Tuesday's Grove City Mini-Invitational in 16:45.78. Saturday at the Wheeling Jesuit Bill Van Horne Invitational, he captured the 3,000-meter steeplechase in 10:00.31.

Also nominated was senior **Alex Eaton** of Thiel, sophomore **Greg French** of W&J, sophomore **Jordan Wrask** of Waynesburg, and freshman **Bob Fazzolare** of Westminster.

PAC WOMEN'S TRACK ATHLETE OF THE WEEK

ABBEY BASTA

Westminster College

Senior - hurdles

Slippery Rock, Pa./Slippery Rock H.S.



Basta won the 400 hurdles (1:07.19) and placed third in the 100 hurdles (16.48) at the Grove City Mini-Invitational Tuesday, then won the 100 hurdles (16.14) while placing second in the 400 hurdles (1:11.56) at the Western Pa. Championships at California University of Pa. Saturday.

Also nominated was senior **Jodi Bodo** of Bethany, junior **Kate Balmer** of Grove City, freshman **Brittany Brown** of Thiel, junior **Katelynd McElhany** of W&J, and junior **Mikey Macosko** of Waynesburg.

PAC MEN'S FIELD ATHLETE OF THE WEEK

PETE POLESNAK

Grove City College

Junior - throws

Hermitage, Pa./Kennedy Catholic H.S.



Polesnak captured the javelin at the Grove City Mini-Invitational Tuesday with a toss of 170-9, then placed second in the javelin at the Wheeling Jesuit Bill Van Horne Invitational with a mark of 165-7.

Also nominated was freshman **Nathanial Hensch** of Bethany, sophomore **Taylor Hockman** of Washington & Jefferson, freshman **Kurt Bonnet** of Waynesburg, and freshman **Adam Carswell** of Westminster.

PAC WOMEN'S FIELD ATHLETE OF THE WEEK

KRYSTAL BAKER

Waynesburg University

Sophomore - jumps/pole vault

East Berlin, Pa./Bermudian Springs H.S.



Baker posted three Top Three finishes at the Wheeling Jesuit Bill Van Horne Invitational Saturday. Her winning 5-3 high jump set a new school record and qualified her for ECACs, while she also was second in the triple jump (35-4) and tied for third in the pole vault (9-6 1/4).

Also nominated was senior **Desiree Finley** of Bethany, sophomore **C.J. Corcoran** of Washington & Jefferson, and sophomore **Emily Dolsak** of Westminster.

PAC T&F NOTES

Bethany Bison

Bethany's first full team outing was Saturday at Wheeling Jesuit, where the women finished 12th out of 17 teams and the men were 12th out of 14 ... Senior **Jodi Bodo** was the top scorer on the day by placing fourth overall and first among Division III runner in the 400 (1:00.01) and sixth in the 200 (26.88) ... Also on the women's side, junior **Desiree Finley** (pole vault – 9-0) and senior **Alissa Moss** (3,000-12:45.17) placed sixth in their respective events and sophomore **Cassie Allen** took seventh in the high jump (4-7.5) ... For the men, BC's top efforts came in the field, where freshman **Nathaniel Hensch** was fourth in the pole vault (13-5) and junior **Kenny Barrows** cleared 5-7 in the high jump to take sixth ... The 4x400 relay team of **Raymear Pinchom**, **Matt Schrupf**, **Ed Holmes** and **Joe Douglas** earned seventh place with a time of 3:33.94.



Geneva Golden Tornadoes

It was a busy first week for the Geneva track and field team with a pair of meets ... **Stephen Polite** highlighted the men's action at Grove City last Tuesday with five top three performances ... **Aisha Moore** won the 200 meter event for the women as one of five Geneva athletes to take a first place ... Saturday, **Tyler French** and **Dan Dillman** each qualified for the NCCAA nationals in the shot put and discus. French won the shot put with Dillman taking first in the discus. **Aisha Moore** scored in six different events with **Liz Michalak** scoring in four. **Julia Urbanski** won both the 1500 meter and 800 meter events with **Mallory Hunsinger** taking first in the 400 meter hurdles.



Grove City Wolverines

The Grove City men's and women's track and field teams competed at Wheeling Jesuit Saturday ... The men's team garnered seventh place while the women took 10th ... For the men Saturday, **Frankie Hourigan** won the steeplechase while **Pete Polesnak** took second in the javelin ... On the women's side, three Grove City athletes earned runner-up finishes - **Kate Balmer** (100 dash), **Kate McRoberts** (3000) and **Sara Fisher** (5000) ... All three finished as the top D-III placewinner in their respective race ... Hourigan also won the 5000 at the Grove City Mini-Meet Tuesday at rain-soaked Robert E. Thorn Field ... Polesnak won the javelin Tuesday ... Although Grove City is on Easter Break, several Wolverine athletes will compete in the Washington & Jefferson Invitational Saturday at Cameron Stadium.



Saint Vincent Bearcats

The Bearcats took part in the Western PA Championships on Saturday at California (Pa.), and despite participating in just six of 22 events, turned in a team score of 77 in a field of teams from all three NCAA divisions ... **Tyler Blair** finished first, among the entire field, in the 5K, with a time of 15:39, while teammates **Ryan Barlow** took second and **Jeff Hite** third ... **Jared Ryan** took first in the D-III field in the 800 with a time of 2:00.48, while **Cam Stumme** topped all D-III runners in the 3000 meter steeplechase, timed in 10:37.88 ... **Mike Stevens** finished third in the 1500 with a time of 4:30.88, while **Shane Sweeney** took third in the 400 with a time of 53.84 ... In relay action, the team of Sweeney, Ryan, Stumme, and Stevens finished fourth in the 4x400 with a time of 3:38.51.



Thiel Tomcats

Alex Eaton took first place in the 400 at the Washington & Lee carnival with a time of 48.83, a mere .33 off of qualifying provisionally for outdoor nationals ... Eaton, along **Derek Workman**, **Ethan Rowe**, and **Nick Youngblood**, also earned a third place finish in the 4x400-meter relay ... On the women's side, **Brittany Brown** and **Latoya Locke** placed second and third, respectively, in the 100-meter hurdles.



Washington & Jefferson Presidents

Washington & Jefferson competed with a shortened squad on Saturday in Wheeling, but still managed to produce four place winners ... Sophomore **Greg French** continued his strong start to the outdoor season with third-place finishes in the 110-meter hurdles (15.88) and the 400-meter hurdles (56.96) ... He also notched fifth place in the triple jump (12.66 meters) ... The women's squad was led by junior **Katelynd McElhany**, who placed third in the 100-meter hurdles (15.96) and seventh in the 400-meter hurdles (1:11.56) ... Sophomore **C.J. Corcoran** also claimed fourth in the high jump (1.50 meters) and fifth in the javelin (35.82 meters) ... Sophomore **Taylor Hockman** rounded out the W&J place winners with a fifth-place showing in the long jump (6.29 meters) ... W&J hosts its annual invitational on Saturday at Cameron Stadium ... The 15-team meet is scheduled to begin field events at 10:30 am.



Waynesburg Yellow Jackets

The Waynesburg men's and women's track teams began the outdoor portion of their schedules at Wheeling Jesuit by competing in the Bill Van Horne Invitational this past Saturday ... As expected, the Yellow Jacket women excelled in the field events, and were led by the sophomore-junior combination of **Marybeth Rocco** and **Elisha Jones** in the javelin ... Rocco won the event and Jones finished right behind her in second place ... Both women qualified for the ECAC Championships in the event and qualified provisionally for the national championships ... Sophomore **Krystal Baker** also had a big day ... She set a new school record, while winning the high jump and qualifying for the ECAC Championships in the event ... She also tied for third in the pole vault and placed second in the triple jump ... On the men's side, first-year competitors **Jordan Wrask** and **Kurt Bonnett** placed in the top 10 of the 100-meter dash and the discus, respectively.



Westminster Titans

Westminster competed in two meets last week, an unscored meet at Grove City on Tuesday and the Western Pa. Championships Saturday at California (Pa.) ... The Titans won a combined 14 events at Grove City and 12 Top 5 finishes, including two event wins, at the Western Pa. Championships ... The Titan men finished second out of three D-III teams Saturday, while the Titan women beat out Juniata as the top Division III team ... Saturday, senior **Rachel Hudson** of the Titan women won the 10,000 meter run with a school-record time of 40:07.73, beating the previous top time in school history by nearly four minutes ... Senior **Abbey Basta** captured the 400 hurdles (1:07.19) and placed third in the 100 hurdles (16.48) ... Multiple winners at Grove City included freshman sprinter **Bob Fazzolare** of the Titan men winning the 200- (23.70) and 400-meter (52.07) dashes ... Basta won the 100 hurdles (16.14) and finished second in the 400 hurdles (1:11.56).



PAC T&F SCHEDULES/RESULTS

Bethany Bison

		<u>Men</u>	<u>Women</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored	Unscored
March 27	at Wheeling Jesuit Invitational	12th/14 (10)	12th/17 (16)
April 3	at W&J Invitational		
April 10	at Marietta Invitational		
April 17	at IUP Ed Fry Invitational		
April 21	PAC SOUTH QUAD MEET		
April 24	at Robert Morris Invitational		
May 1	at PAC Championships (Grove City)		
May 7	at Slippery Rock Last Chance Meet		
May 13-14	at ECAC Championships (Springfield)		
May 14	at Allegheny Invitational		

Geneva Golden Tornadoes

		<u>Men</u>	<u>Women</u>
March 23	at Grove City Mini Invitational	Unscored	Unscored
March 27	at Muskingum Invitational	L 62-113	W 66-64
April 3	at W&J Invitational		
April 10	at Robert Morris Invitational		
April 17	at Westminster Invitational		
April 21	at PAC South Quad (Bethany)		
April 24	at B-W Sparky Adams Invitational		
May 1	at PAC Championships (Grove City)		
May 6-8	at NCCAA Championships (TBA)		

Grove City Wolverines

		<u>Men</u>	<u>Women</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored	Unscored
March 23	GROVE CITY MINI INVITATIONAL	Unscored	Unscored
March 27	at Wheeling Jesuit Invitational		
April 3	at W&J Invitational		
April 10	at Slippery Rock Invitational		
April 14	at PAC North Quad (Westminster)		
April 17	at IUP Ed Fry Invitational		
April 24	TBA		
May 1	PAC CHAMPIONSHIPS		

Saint Vincent Bearcats

		<u>Men</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored
March 27	at Western Pa. Championships (Cal)	3rd/3 (77)
April 3	at W&J Invitational	
April 9-10	at Bucknell Bison Open	
April 10	at Slippery Rock Invitational	
April 14	at PAC North Quad (Westminster)	
April 17	at IUP Ed Fry Invitational	
April 24	at Saint Francis (Pa.) Invitational	
May 1	at PAC Championships (Grove City)	
May 13-14	at ECAC Championships (Springfield)	

Thiel Tomcats

		<u>Men</u>	<u>Women</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored	Unscored
March 27	at Washington & Lee Invitational	Unscored	Unscored
April 3	at Jack Hazen Open (Canton, OH)		
April 10	at Mount Union Open		
April 17	at IUP Ed Fry Invitational		
May 1	at PAC Championships (Grove City)		
May 14	at Allegheny Invitational		

Washington & Jefferson Presidents

		<u>Men</u>	<u>Women</u>
March 13	at York Spring Opener	Unscored	Unscored
March 20	at Lynchburg Invitational	Unscored	Unscored
March 27	at Washington & Lee Invitational	Unscored	Unscored
April 3	W&J INVITATIONAL		
April 10	at Carnegie Mellon Invitational		
April 17	at IUP Ed Fry Invitational		
April 21	at PAC South Quad (Bethany)		
May 1	at PAC Championships (Grove City)		
May 14	at Allegheny Invitational		

Waynesburg Yellow Jackets

		<u>Men</u>	<u>Women</u>
March 27	at Wheeling Jesuit Invitational	11th/14 (15)	7th/17 (61.5)
April 3	at W&J Invitational		
April 10	at Slippery Rock Invitational		
April 16-17	at IUP Ed Fry Invitational		
April 21	at PAC South Quad Meet (Bethany)		
April 24	at B-W Sparky Adams Invitational		
May 1	at PAC Championships (Grove City)		
May 7	at Slippery Rock Last Chance Meet		
May 13-14	at ECAC Championships (Springfield)		
May 14	at Allegheny Invitational		

Westminster Titans

		<u>Men</u>	<u>Women</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored	Unscored
March 23	at Grove City Mini Invitational	Unscored	Unscored
March 27	at W. Pa. Championships	2nd/3 (218)	1st/2 (285)
April 10	at Carnegie Mellon Invitational		
April 14	PAC NORTH QUAD MEET		
April 17	WESTMINSTER INVITATIONAL		
April 24	at B-W Sparky Adams Invitational		
May 1	at PAC Championships (Grove City)		
May 7	at Slippery Rock Last Chance Meet		
May 21	at Gregory Invitational (North Central)		