

2009 PAC Track & Field Release Week 2 - March 30



Presidents' Athletic Conference
8500 Brooktree Road, Suite 130
Wexford, PA 15090
Web: www.pacathletics.org

Contact: Joe Onderko
(724) 933-4630
onderko@pacathletics.org

LAST WEEK

Tuesday, March 24, 2009

Geneva at **Grove City Quadrangular** - unscored

Friday-Saturday, March 27-28, 2009

Mary Washington Battleground Relays - Fredericksburg, Va.

Thiel - unscored

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

Men (13 teams)

7. Waynesburg - 42
10. Bethany - 13

Women (13 teams)

5. Waynesburg - 58
7. Bethany - 48
12. Geneva - 9

Saturday, March 28, 2009

Western Pennsylvania Championships - California, Pa.

Division III Men (seven teams)

1. Grove City - 189
2. Washington & Jefferson - 149
4. Saint Vincent - 78
5. Westminster - 73

PAC MEN'S TRACK ATHLETE OF THE WEEK

DEREK KRUSE

Grove City College

Junior - mid-distance

Middlefield, Ohio/Cardinal H.S.



Kruse picked up two wins in the 1,500 meter run for the Wolverines last week. He captured the event at the Grove City Quadrangular on Tuesday in 4:12.53. Saturday at the Western Pa. Championships, he finished first in 4:06.40. He also took second in the 800 Tuesday and second in the high jump (6-1 1/2) Saturday.

Also nominated was freshman **Bryant Wang** of Washington & Jefferson, sophomore **Trale Merz** of Waynesburg, and freshman **Robert Rhodes** of Westminster.

Division III women (seven teams)

1. Westminster - 200
3. Grove City - 124
4. Washington & Jefferson - 114

THIS WEEK

Saturday, April 4, 2009

Bethany, Geneva, Saint Vincent, Waynesburg at Washington & Jefferson College Invitational - Washington, Pa. - 10 a.m.

Thiel at Ohio Wesleyan Marv Frye Invitational - Delaware, Ohio - 10 a.m.

Grove City, Waynesburg at Marietta College Don Frail Invitational - Marietta, Ohio - 10 a.m.

Westminster at Malone Invitational - Canton, Ohio

PAC WOMEN'S TRACK Co-ATHLETES OF THE WEEK

KRISTEN CARTER

Grove City College

Senior - distance

Bellingham, Wash./Bellingham H.S.



MEGAN HARDING

Westminster College

Senior - sprints

Pittsburgh, Pa./North Hills H.S.



Carter posted three wins for the Wolverines last week, as she captured the 800 (2:25.58) and 1,500 (4:59.84) at the Grove City Quad Tuesday, then won the 10K run at the Western Pa. Championships in an NCAA provisional qualifying time of 36:36.63.

Harding was also a triple-winner at the Western Pa. Championships, as her winning times in the 100 (12.70) and (25.94) surpassed all Division I and II runners at the meet. She also anchored the Titans' winning 4x100 relay team (49.47).

Also nominated was junior **Jodi Bodo** of Bethany, senior **Chavonne Green** of Thiel, sophomore **Michelle Wuenstel** of W&J, and senior **Megan Grover** of Waynesburg.

PAC MEN'S FIELD ATHLETE OF THE WEEK

JOSH BUCKLEY

Washington & Jefferson College

Freshman - jumps

McKees Rocks, Pa./Sto-Rox H.S.



In his first collegiate meet as a President, Buckley captured second place in the triple jump (43-3 1/4) and fourth place in the long jump (20-11 3/4) at the Western Pa. Championships at California University of Pa.

Also nominated was junior **Grant Walters** of Bethany, senior **Matt Six** of Grove City, senior **Willy Herrington** of Waynesburg, and freshman **Jack Taylor** of Westminster.

PAC WOMEN'S FIELD ATHLETE OF THE WEEK

KIM STITT

Thiel College

Sophomore - jumps/throws

Hermitage, Pa./Hickory H.S.



Stitt finished in first place in both the triple jump (10.92 meters) and the shot put (11.82 meters), while adding a second-place finish as a member of the Thiel 4x400 relay team, at the Battleground Relays hosted by Mary Washington in Fredericksburg, Va.

Also nominated was freshman **Connie Woods** of Bethany, senior **Summer Baumgard** of Washington & Jefferson, freshman **Marybeth Rocco** of Waynesburg, and freshman **Merrissa Malcolm** of Westminster.

PAC TRACK & FIELD NOTES

Bethany Bison



The Bison turned in several good efforts at their first full outdoor meet Saturday at Wheeling Jesuit, where the women placed 7th out of 14 teams and the men were 10th out of 13 ... Freshman **Connie Woods** took first in the triple jump with an effort of 35-1.5, shattering the school record which has stood since 1990 by more than two feet ... She also placed fourth in the long jump and sixth in the 200 ... Junior **Jodi Bodo** was the top D-III runner and third overall in the 200 (27.12) and 400 ... Her time of 59.43 in the 400 bettered her ECAC-qualifying time from last week by a half-second ... Bodo also led off for the 400 relay team that placed sixth (52.43) and anchored the 1600 team which took fourth (4:19.65) ... For the men, **Grant Walters** placed fifth in the triple jump and eighth in the long jump ... **Seth Myers** took sixth in the discus.

Geneva Golden Tornadoes



Geneva made a mid-week trip to Grove City and came away with impressive performances ... **Kelsey Anderson** opened her outdoor season with a first-place finish in the 100 meter hurdles and the top spot in the javelin to lead the women ... **Rebecca VanRegenmorter** placed third in the 800 and was second in the 1500 ... The men's team was even more impressive with freshman **Bobby Rex** taking home three first-place finishes ... Rex won the 100 (11.64) and then captured first in the 200 (23.52) ... Rex needed some help from his friends for a first place finish in the 4x100 relay ... **Corey Fraction**, **Stephen Polite** and **Matt Susa** won the event ... Polite also took home first in the long jump and triple jump ... Over the weekend, Geneva's women competed in the heptathlon at Wheeling Jesuit with **Tiffany Bear** placing fourth.

Grove City Wolverines



Grove City opened the 2009 season with a pair of meets last week ... Tuesday, Grove City hosted an unscored quad meet at Thorn Field ... On the women's side, senior **Kristen Carter** won both the 800 and 1500 to emerge as the Wolverines' lone double-winner ... Saturday at California (Pa.), Carter provisionally qualified for the NCAA Championships in the 10,000 with a victorious time of 36:36.63 ... Freshman **Emily Pietrucha** won the 800 while freshman **Morgan Osterhouse** set a new school record in the steeplechase (12:10.69) ... Three men's runners earned titles at CUP Saturday, helping the Wolverines to the D-III title at the meet ... **Dan Spaulding** won the 10,000 while **Derek Kruse** took the 1500 ... **Frankie Hourigan** won the steeplechase ... Kruse also took second in the high jump ... Grove City will compete in the Marietta Invitational Saturday.

Saint Vincent Bearcats



The Bearcats opened up the 2008 campaign with a fourth-place showing at the Western Pennsylvania Championships on Saturday at California Univ. (PA) ... **Adam Smith** captured gold in the 5k, breaking his own school mark with a time of 15:08, while **Ryan Barlow** took second and **Matt Hagg** sixth ... The brother tandem of **Craig** and **Shane Anderton** turned in strong performances in the 800m, finishing third and fourth, respectively ... **Kevin Wanichko's** time of 4:08.57 in the 1,500 meter was good for fifth, while the 4x400 relay squad of **Craig** and **Shea Anderton**, **Tommy McLaughlin**, and **Wanichko** took fifth with a time of 3:29.94.



Thiel Tomcats



The Thiel College track and field teams put on a show at the University of Mary Washington Battleground Relays this weekend ... The Tomcats had a total of six athletes take first place and a total of 22 competitors place in the top three ... Senior **Chavonne Green** led the Thiel 4x100 and 4x200 meter reelay teams to wins, while also placing second in the 100 and second in the triple jump ... Sophomore **Kim Stitt** won both the triple jump (10.92m) and the shot put (11.82m) for the Tomcats ... Thiel will compete at the Marv Frye Invitational at Ohio Wesleyan Saturday.

Washington & Jefferson Presidents



W&J placed second and fourth, respectively, on Saturday at the Western Pennsylvania Championships hosted by California (Pa.) ... Senior **Summer Baumgard** was the Presidents' only first-place finisher after winning the high jump event with a leap of 5'3 3/4" ... Sophomore **Michelle Wuenstel** placed in four different events, including a third-place showing in the 400 meters (59.13) which qualified her for the ECAC D-III Championships ... She also took sixth in the 200 meters (27.52) and led the 4x100 and 4x400 relay squads to a pair of top-seven finishes ... The men's squad was paced by freshman **Bryant Wang**, who took second in the 110-meter hurdles (15.85) and fifth in the 400-meter hurdles (57.27) ... Freshman **Josh Buckley** performed well as he grabbed second in the triple jump (43'3 3/4") and fourth in the long jump (20'11 3/4").

Waynesburg Yellow Jackets



Both the Waynesburg men and women enjoyed solid performances at the Bill Van Horne Invitational, which was held at Wheeling Jesuit University ... On the women's side, sophomore **Elisha Jones** and freshman **Marybeth Rocco** both qualified provisionally for the NCAA Division III Outdoor National Championships in the javelin ... Senior **Megan Grover** picked up a pair of top-seven finishes in the 1,500 and 5,000-meter runs ... Senior **Ashley Dodd** cleared 3.35 meters in the pole vault, which tied for the top height cleared at the event ... The Jackets' **Willy Herrington** also had a big day as he finished third in both the shot put and the discus.

Westminster Titans



Westminster competed at the Western Pa. Championships Saturday at California (Pa.) ... The Titan women won the Division III team standings by placing first out of seven teams with 200 points ... The Titan men took fifth out of seven teams with 73 points ... Senior **Megan Harding** ran faster than any athlete at the meet - Division I, II or III - as she won the 100 (12.70) and the 200 (25.94) ... Harding also joined juniors **Abbey Basta** and **Jill Diamond** and freshman **Alisha Slater** on Westminster's first-place 4x100 relay team (49.47) ... WC school records set at the meet included freshman **Merrissa Malcolm** placing third in the pole vault (3.27), junior **Amber Dillaman** taking seventh in the javelin (34.25), and junior **Emily Paul** running ninth in the 10,000 meters (43:50.37) ... On the men's side, freshman **Morgan Hanes** captured second in the 3,000-steeplechase (10:31.00).

PAC TRACK & FIELD SCHEDULES/RESULTS

Bethany Bison

March

21 at Muskingum Invit. 6th/8
28 at Wheeling Jesuit Inv. 10th/13 (m)
7th/14 (w)

April

4 at W&J Invitational 10 a.m.
11 at Slippery Rock Invit. 10 a.m.
15 at PAC South Quad 2:30 p.m.
(at Geneva)
18 at IUP Open 10 a.m.
25 at PAC Championships 10 a.m.
(New Wilmington, Pa.)

May

8 at Allegheny Invitational 10 a.m.
9 at Wheeling Jesuit Invit. 3:30 p.m.
14- at ECAC Championships
15 (Springfield, Mass.)

Geneva Golden Tornadoes

March

21 GOETZISWESTMULTI-EVENT NTS
24 at Grove City Quad NYS
28 at Wheeling Jesuit 12th/13 (w)

April

4 at W&J Invitational 10 a.m.
11 at Robert Morris Invit. 9 a.m.
15 PAC QUAD SOUTH 2:30 p.m.
18 at Westminster Invit. 9:45 a.m.
25 at PAC Championships 10 a.m.
(New Wilmington, Pa.)
30 at NCCAA Championships
(at Indiana Wesleyan)

May

1-2 at NCCAA Championships
(at Indiana Wesleyan)

Grove City Wolverines

March

24 GROVE CITY QUAD NTS
28 at Wheeling Jesuit Invit. 1st/7 (m)
3rd/7 (w)

April

4 at Marietta Invitational 10 a.m.
11 at Slippery Rock Invit. 10 a.m.
15 at PAC North Quad 5 p.m.
(at Westminster)
18 at IUP Open 10 a.m.
25 at PAC Championships 10 a.m.
(New Wilmington, Pa.)

May

14- at ECAC Championships
15 (Springfield, Mass.)

Saint Vincent Bearcats

March

28 at Western Pa. Championships
(at California, Pa.) 4th/7 (m)

April

4 at W&J Invitational 10 a.m.
10- at Bucknell Invitational
11
15 at PAC North Quad 5 p.m.
(at Westminster)
18 at IUP Open 10 a.m.
25 at PAC Championships 10 a.m.
(New Wilmington, Pa.)

May

8 at Allegheny Invitational 10 a.m.
14- at ECAC Championships
15 (Springfield, Mass.)



Thiel Tomcats

March

21 at Lynchburg Invitational NTS
28 at Mary Washington Relays NTS

April

4 at OWU Frye Invitational 10 a.m.
11 at Robert Morris Invit. 8 a.m.
15 at PAC North Quad 5 p.m.
(at Westminster)
18 at B-W Adams Invit. 10 a.m.
25 at PAC Championships 10 a.m.
(New Wilmington, Pa.)

May

1 at Toledo Invitational 10 a.m.
8 at Allegheny Invitational 10 a.m.

Wash. & Jeff. Presidents

March

21 at Muskingum Invit. 6th/7 (m)
28 at Western Pa. Champ. 2nd/7 (m)
(at California, Pa.) 4th/7 (w)

April

4 W&J INVITATIONAL 10 a.m.
10 at Bucknell Invitational 5 p.m.
11 at Robert Morris Invit. 11 a.m.
15 at PAC South Quad 2:30 p.m.
(at Geneva)
18 at IUP Open 10 a.m.
25 at PAC Championships 10 a.m.
(New Wilmington, Pa.)

May

8 at Allegheny Invitational 10 a.m.
9 at Wheeling Jesuit Invit. 3:30 p.m.
14- at ECAC Championships
15 (Springfield, Mass.)

Waynesburg Yellow Jackets

March

21 at Muskingum 4th/7 (m); 4th/8 (w)
28 at Wheeling Jesuit Inv. 7th/13 (m)
5th/13 (w)

April

4 at W&J Invitational 10 a.m.
4 at Marietta Invitational 2 p.m.
11 at Slippery Rock Invit. 10 a.m.
15 at PAC South Quad 2:30 p.m.
(at Geneva)
18 at IUP Open 10 a.m.
25 at PAC Championships 10 a.m.
(New Wilmington, Pa.)

May

8 at Allegheny Invitational 10 a.m.
14- at ECAC Championships
15 (Springfield, Mass.)

Westminster Titans

March

14 at Coastal Carolina Asics NTS
21 at Coastal Carolina Shamrock NTS
28 at W. Pa. Championships 5th/7 (m)
(at California, Pa.) 1st/7 (w)

April

4 at Malone Invitational 10 a.m.
11 at Slippery Rock Invit. 10 a.m.
15 PAC NORTH QUAD 5 p.m.
18 WESTMINSTER INV. 10 a.m.
25 PAC CHAMPIONSHIPS 10 a.m.

May

1 at Toledo Invitational
15 at North Central Last Chance Meet