

# 2012 PAC Track & Field Release Week 2 - April 2



**Presidents' Athletic Conference**  
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## LAST WEEK

Friday, March 30, 2012

**Wooster Invitational** - Wooster, Ohio

Men (seven teams)      Women (seven teams)

1. Westminster - 162      2. Westminster - 139.5

Saturday, March 31, 2012

Bethany/Geneva/Grove City/Saint Vincent/Thiel/W&J/  
Waynesburg at **Washington & Jefferson Invitational** - Wash-  
ington, Pa. - unscored

**Anderson University Invitational** - Anderson, Ind.

Men (three teams)      Women (three teams)

3. Thomas More      2. Thomas More

## THIS WEEK

Thursday, April 5, 2012

Thiel at **Slippery Rock Open** - Slippery Rock, Pa. - 10 a.m.

Friday, April 6, 2012

Geneva at **Mount Union Invitational** - Alliance, Ohio - 10 a.m.

Saturday, April 7, 2012

Washington & Jefferson/Westminster at **Carnegie Mellon  
Quadrangular** - Pittsburgh, Pa. - 10 a.m.

Bethany/Waynesburg at **Marietta Don Frail Invitational** -  
Marietta, Ohio - 11 a.m.

Thomas More at **DePauw University Invitational** - Greencastle,  
Ind. - noon

Grove City/Saint Vincent - idle

## PAC MEN'S TRACK ATHLETE OF THE WEEK

### ADAM CARSWELL

**Westminster College**

Junior - mid-distance

Painesville, Ohio/Notre Dame Cath. Latin H.S.

Carswell captured the 400 meter dash at the Wooster Invitational, breaking a 50-year-old school record with a time of 49.51. He also placed second in the 200 meter dash in 22.74, being edged by teammate JJ Faltot by .01.



Also nominated was sophomore **Arkangelo James** of Bethany, junior **Nick Edinger** of Geneva, sophomore **John Green** of Grove City, senior **Kevin Wanichko** of Saint Vincent, senior **Richard Peterson** of Thiel, freshman **Lucas Nare** of Thomas More, senior **Greg French** of Washington & Jefferson, and freshman **Byrum Louco** of Waynesburg.

## PAC WOMEN'S TRACK ATHLETE OF THE WEEK

### KRISTEN GALLIGAN

**Washington & Jefferson College**

Freshman - distance

Frederick, Md./Gvr. Thomas Johnson H.S.

Galligan set a new meet record while capturing the 5,000 meter run (18:16.83) after also placing first in the 1,500 meter run (4:55.48) at the W&J Invitational Saturday. Both times were school records, breaking the old mark by nine seconds in the 1,500 and nearly 40 seconds in the 5K.



Also nominated was sophomore **Paige Prato** of Bethany, sophomore **Alayna Merkle** of Geneva, freshman **Mara Womer** of Grove City, junior **Cassidy Kravec** of Thiel, freshman **Demi Welte** of Thomas More, junior **Megan Donovan** of Waynesburg, and sophomore **Haley Gabor** of Westminster.

## PAC MEN'S FIELD ATHLETE OF THE WEEK

### TAYLOR HOCKMAN

**Washington & Jefferson College**

Senior - jumps

Martinsville, W.Va./Hedgesville H.S.

Hockman placed first and set new meet records Saturday in both the long jump (23-0) and triple jump (45-0 1/4) at the 18-team Washington & Jefferson Invitational, while adding a second-place finish in the 100 meter dash (11.38).



Also nominated was sophomore **Ben Gregg** of Bethany, freshman **Nic Jones** of Thiel, junior **Phil Feinberg** of Thomas More, junior **Christian Jackson** of Waynesburg, and sophomore **Anthony Thomas** of Westminster.

## PAC WOMEN'S FIELD ATHLETE OF THE WEEK

### KATHERINE MICHALAK

**Geneva College**

Sophomore - shot put

Ashville, N.Y./Chataqua H.S.

One week after her older sister Liz won the same award, Katherine Michalak won PAC weekly honors after capturing the shot put at the W&J Invitational Saturday with a throw of 40-0 1/2, breaking the Geneva school record by over a foot and ranking 21st in NCAA Division III in 2012.



Also nominated was senior **Cassie Allen** of Bethany, sophomore **Emily Petrak** of Thiel, sophomore **Kaylin Veeneman** of Thomas More, sophomore **Erin Oberg** of W&J, sophomore **Megan Sowers** of Waynesburg, and senior **Emily Dolsak** of Westminster.

# PAC T&F NOTES

## Bethany Bison



Bethany's strong beginning to the outdoor track season continued Saturday at the W&J Invitational ... The men had one individual win an event and another take second place ... **Arkangelo James** captured first place in the 400, breaking the tape in 50.44 ... Earning second place was **Ben Gregg** in the javelin with a throw of 165-1 ... Both men's relays grabbed fourth place finishes, finishing in 43.85 seconds in the 4x100 and earning a time of 3:29.72 in the 4x400 ... The women's team was led by senior **Cassie Allen** and sophomore **Paige Prato** ... In the 100, Prato took third with a time of 13.23 and later claimed sixth in the 200 in 27.79 ... She also anchored the 4x100 relay, to a season-best time of 52.16 to earn fourth place ... Allen had a nice day in the high jump, tying for third place by clearing 5-0.25.

## Geneva Golden Tornadoes



It seems as though nothing is going to stop the pursuit of Nick Edinger to break every Geneva record in sight ... The junior distance runner shattered the school's all-time record in the 5,000 meter event by 20 seconds ... Finishing fifth overall at Washington & Jefferson Saturday, Edinger posted a time of 15:00.91, breaking the previous record of 15:20 ... Edinger's time has him ranked 11th in NCAA Division III ... **Katherine Michalak** highlighted the women's meet with a first place finish in the shot put while also breaking the school record ... Michalak threw just over 40 feet breaking the previous record by over a foot ... The previous women's shot put record has stood since 1992 ... Michalak currently ranks 21<sup>st</sup> in the nation ... Other highlights included **Alayna Merkle's** second place finish in the 1500.

## Grove City Wolverines



Grove City track and field competed in the Washington & Jefferson Invitational Saturday ... On the men's side, **John Green** paced the Wolverines by winning the 400 hurdles in 55.77 ... That time qualified Green for the ECAC Championships ... **Mark Talbott** took sixth in the 10,000 (34:15.27) and **Andrew Munro** (158-7) finished sixth in the javelin ... On the women's side, sophomore **Sarah Cessar** smashed the school record in the steeplechase Saturday with a second-place time of 11:38.15 ... That broke the record set by teammate **Lau-rel Skorup** (11:52.28) one week earlier ... **Mara Womer** took second in the 400 hurdles (1:10.54) and **Mary Kate Breese** (18:29.74) earned second in the 5000 (18:29.74) ... Womer also took fifth in the high hurdles (17.55) ... GCC is off this week before returning at the Westminster Invitational April 14.

## Saint Vincent Bearcats



Senior Kevin Wanichko recorded the second fastest time in school history in the 5000-meters finishing third overall at the W&J Invitational with a time of 14:54.35 ... He qualified for the ECAC Championships in the event and also the Bucknell Bison Outdoor Classic ... Senior **Ryan Barlow** also qualified for Bucknell with his season-best time of 15:45.96 in the event ... Sophomore **Chansler Poole** was fourth in the 1500 (4:03.41, also a Bucknell qualifier) and junior **Cam Stumme** was second in the 3000 Steeplechase with a season-best time of 9:52.19.

## Thiel Tomcats



The Tomcat men's and women's T&F squads participated in Saturday's W&J Invitational ... **Nic Jones** highlighted the men's individual efforts, finishing third in the high jump with a season-best jump of 6-02.75 ... **Richard Peterson** finished 10th in the 1,500-meter run with a time of 4:11.06 ... A number of Tomcats took part in their initial meet of the season Saturday ... **Charlie Thomas** posted an eight-place finish in the triple jump with a mark of 40-00.50, while **Matt May** was 10th in the javelin with a throw of 155-06 ... On the women's side, **Cassidy Kravec** was fifth in the javelin with a throw of 107-05 while **Shay Kashey** was 12th in the event with a throw of 85-08 ... Kravec also finished 23rd in the discus throw with a mark of 92-04 ... **Emily Petrak** posted an eighth-place finish in the 400-meter dash (1:05.03).

## Thomas More Saints



The Thomas More track and field teams competed at the Anderson University Invitational last week as the women finished second and the men finished third ... On the women's side, the Saints had four first place finishes ... Placing first was sophomore **Andrea Robben** with the pole vault with a mark of 10'2.00", freshman **Kaylin Veeneman** in the long jump with a jump of 16'2.25", senior **Alexa Hlebiczki** in the triple jump with a mark of 32'9.50" and freshman **Demi Welte** in the 100-meter dash with a time of 13.23-seconds ... On the men's side, Thomas More had three fire place finishes ... Placing first was junior **Phil Feinberg** in the long jump with a mark of 22'11.25" and in the high jump with a jump of 6'4.75" and freshman **Galen Curry** in the triple jump with a mark of 39'4.50"

## Washington & Jefferson Presidents



The Presidents hosted the W&J Track & Field Invitational Saturday ... Senior **Taylor Hockman** was victorious and set meet records in the long jump (23'0") and triple jump (45'0 1/4") events, while also earning runner-up laurels in the 100 meter dash (11.38) ... Freshman **Kristen Galligan** established a meet record during her win in the 5,000 meters (18:16.83) and also won the 1,500 meters (4:55.48) ... Both times also set new school records ... Sophomore **Cheyenne Mangold** was victorious in the 400 meters (1:00.94) ... Classmate **Meghan Poinsett** claimed the 400-meter hurdles (1:06.50) ... Mangold, Poinsett, senior **C.J. Corcoran** and sophomore **Laura Lee** combined to tie for second place in the 4x400 relay (4:13.75) ... Corcoran also was the runner-up in the javelin (114'0") and fourth in the 200 meters (27.61).

## Waynesburg Yellow Jackets



Waynesburg traveled north on I-79 to take part in the very competitive W&J Invitational Saturday and came away with several strong showings ... Freshman **Byrum Louco** took second in the 400-meter dash and fifth in the 400-meter hurdles, while also making up one fourth of the Yellow Jackets' 4x400-meter relay team that turned in a third-place showing ... Sophomore **Justin Angotti** placed third in the 400 and joined Louco on the team's top 4x400 squad ... Junior discus thrower **Kurt Bonnet** led all D-III performers with a top toss of 42.02 meters (137-10) ... Turning to the WU women, junior **Megan Donovan** qualified for the ECAC Championships in the 3,000-meter steeplechase by winning the event in 11:29.34, which was almost nine seconds faster than the second-place finisher ... Junior **Rhea Huwe** notched the 100-meter title (13.11 seconds).

## Westminster Titans



The Titans competed against seven other schools that included host Wooster, Edinboro, Denison, Kenyon, Ashland, Bowling Green State Track Club, and Walsh ... The men finished in first-place with 162 points, while the women finished in second with 139.50 points ... The men finished with six first-place finishes, while the women had four ... Junior **Adam Carswell** made history in the 400 meter dash, breaking a 50-year old school record with a first-place time of 49.51 ... PAC Field Athlete of the Week sophomore **Anthony Thomas** also etched his name in the record books as he broke a 38-year old school record in the triple jump with a first-place leap of 14.06 meters (46'1.50") ... For the women, sophomore **Haley Gabor** finished first in the 400 meter dash in 58.54 and in the 200 in 25.95 ... Gabor was also second in the pole vault ( 9'6.25").

# 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	NTS	NTS
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 Mini-Meet	NTS	NTS
March 24	at Wheeling Jesuit Invitational	10th/16	11th/19
March 31	at W&J Invitational	NTS	NTS
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	NTS	NTS
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>
March 20	at Grove City Mini Invitational	NTS
March 24	at California (Pa.) Invitational	NTS
March 31	at W&J Invitational	NTS
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	NTS	NTS
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	3rd/3	2nd/3
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	NTS	NTS
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	NTS	NTS
April 7	at Marietta 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	1st/7	2nd/7
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 Slippery Rock Qualifier		
May 11	at Allegheny Invitational		
May 17-18	at North Central Invitational		

