

2011 PAC Track & Field Release Week 2 - April 4



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LAST WEEK

Friday, April 1, 2011

Thiel at **Slippery Rock Invitational** - unscored

Wooster Invitational

Men (six teams)

1. Westminster - 182

Women (six teams)

3. Westminster - 132

Saturday, April 2, 2011

Washington & Jefferson Invitational

Men (18 teams)

6. Wash. & Jeff. - 66.5

8. Waynesburg - 30

9t. Saint Vincent - 29

11t. Bethany - 25

13. Grove City - 22

14. Geneva - 21

Women (17 teams)

4. Waynesburg - 59

6. Wash. & Jeff. - 54.5

8. Grove City - 46

13. Geneva - 24

15. Bethany - 13

THIS WEEK

Saturday, April 9, 2011

Grove City/Saint Vincent/Thiel/Waynesburg at **Slippery Rock Invitational** - Slippery Rock, Pa. - 10 a.m.

Bethany/Saint Vincent at **Mount Union John Homon Open** - Alliance, Ohio - 11 a.m.

Geneva at **Robert Morris Bennie Benson Memorial Invitational** - Moon Township, Pa. - 11 a.m.

Washington & Jefferson/Westminster at **Carnegie Mellon Quadrangular** - Pittsburgh, Pa. - 11 a.m.

Waynesburg at **Ohio Wesleyan Marv Frye Invitational** - Delaware, Ohio - 1 p.m.

PAC MEN'S TRACK ATHLETE OF THE WEEK

KEVIN WANICHKO

Saint Vincent College

Junior - mid-distance

Latrobe, Pa./Southern Nash (N.C.) H.S.

Wanichko finished first in a 65-runner field in the 1,500 meter run at the W&J Invitational in Washington, Pa., Saturday. His time of 3:58.29 was the fastest in the PAC this season and shaved two seconds off his SVC school record. He also anchored the third-place Bearcat 4x400 relay team (3:39.96).

Also nominated was freshman **Arkangelo James** of Bethany, freshman **John Green** of Grove City, senior **Ethan Rowe** of Thiel, junior **Bryant Wang** of W&J, freshman **Justin Angotti** of Waynesburg, and junior **J.J. Faltot** of Westminster.



PAC WOMEN'S TRACK ATHLETE OF THE WEEK

SARA FISHER

Grove City College

Sophomore - distance

Brunswick, Md./Jefferson H.S.

Fisher captured the 10,000 meter run Saturday at the W&J Invitational in Washington, Pa. Her time of 38:01.71 was 1 1/2 minutes ahead of the second-place finisher, GCC teammate **Ella Smith**.

Also nominated was senior **Desiree Finley** of Bethany, senior **Katelynd McElhany** of W&J, senior **Maria Shepas** of Waynesburg and junior **Mallory Mack** of Westminster.



PAC MEN'S FIELD ATHLETE OF THE WEEK

TAYLOR HOCKMAN

Washington & Jefferson College

Junior - jumps

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

Hockman won the long jump (23' 1 1/4") and placed second in the triple jump (43' 11 1/4") for the Presidents at the W&J Invitational in Washington, Pa., Saturday. On the track, he added a fifth place finish in the 100 (11.44) and ran a leg for the third-place W&J 4x100 relay (43.39).

Also nominated was freshman **Ben Gregg** of Bethany, junior **David Ferreira** of Grove City, sophomore **Kurt Bonnet** of Waynesburg and junior **Ryan Bell** of Westminster.



PAC WOMEN'S FIELD ATHLETE OF THE WEEK

EMILY DOLSAK

Westminster College

Junior - throws

McDonald, Ohio/McDonald H.S.

Dolsak captured the discus with a toss of 117' 0" and placed seventh in the shot put with a mark of 30' 7 3/4" to help lead the Titans to a third-place team finish at the Wooster Invitational in Wooster, Ohio.

Also nominated was senior **Tara Harris** of Bethany, freshman **Lindsey Coffey** of W&J and junior **Krystal Baker** of Waynesburg.



PAC T&F NOTES

Bethany Bison

The Bison battled through harsh elements at Saturday's W&J Invitational to post several strong performances ... The top effort came from freshman **Arkangelo James** in the 800, where he placed second with a time of 1:57.51, just over a second away from the school record ... Also posting Top 5 finishes on the men's side was freshman **Ben Gregg**, who was 3rd in the javelin (159-0), and freshman Gregg Williams, who took 4th in the long jump (21-2.75) ... Both the 4x100 (44.56) and 4x400 (3:33.99) relays earned 6th place showings as well ... The women's team was led by senior **Desiree Finley**, who had a hand in all of the team's points ... She raced to a 3rd place finish in the 400 hurdles (1:09.59), claimed 6th place overall in the 100 hurdles (16.41) and teamed with **Hayley Acree**, **Kaitlyn Black** and **Paige Prato** to take fifth place in the 4x100 relay (52.51).



Geneva Golden Tornadoes

Geneva joined several PAC schools at the Washington & Jefferson Invitational Saturday ... Geneva's women finished 13th and the men came in 14th, but the individual performances stole the show ... In women's action, **Sarah Davis** joined the ever-growing number of NCCAA national qualifiers with a fifth place performance in the 10K race ... Other Top 10 women's performances included **Mary Keen** (2nd – Discus), **Kayla Jackson** (8th – Shot put), **Julia Urbanski** (2nd – 1500 meter; 7th – 800 meter) and **Alayna Merkle** (8th – 5K) ... Geneva's men were equally impressive in the throwing and distance competitions with five Top 10 finishes ... **Nate Mansor** trimmed 24 seconds off his personal best time while finishing 8th in the steeplechase ... **Chuck Walters** came in 6th in the 10K event ... **Dan Dillman** turned in a pair of top tens in the discus and shot put while **Nick Edinger** again made a major splash by winning the 10K race and setting a new meet record with a time of 33:10.08.



Grove City Wolverines

The Grove City College track and field teams competed in the W&J Invitational Saturday at Cameron Stadium ... The women took eighth in the team standings and the men captured 13th ... On the women's side, sophomores **Sara Fisher** and **Ella Smith** finished 1-2 in the 10,000-meter run ... **Hannah Tubb** took second in the 800 while **Brigitte Fryan** (5,000) and **Emily Pierce** (1,500) both recorded fourth-place finishes ... Tubb, **Cayla Clawson**, **Grace Postma** and **Austin Powell** finished fourth in the 1,600 relay ... **John Green**, **Patrik Miller**, **Nick Philpot** and **Lester Bragg** comprised the fourth-place 1,600 relay on the men's side ... Green also took fifth in the 400 hurdles ... **Garrett Cichowitz** took fifth in the 5,000 and Francis Ridge took fifth in the 10,000 ... The Wolverines will compete in the Slippery Rock University Invitational Saturday.



Saint Vincent Bearcats

The Bearcats took ninth out of 19 teams at the frigid Washington & Jefferson Invitational ... Fifteen different runners tallied personal-best times for the Bearcats, while **Tyler Vivio** and **Shane Sweeney** each set new school marks, with the former posting a time of 23.26 seconds in the 200, and the latter 58.42 seconds in the 400 Intermediate Hurdles ... **Kevin Wanichko** had a big day, winning the 1500 with a time of 3:58.29, the fastest time recorded this spring by a PAC runner ... Wanichko also teamed up with Sweeney, **Chansler Poole**, and **John Joseph** to take third in the 4x400 relay, with a time of 3:29.96 ... **Cam Stumme** set a personal best in the 3000 Steeplechase, taking fourth with a time of 9:56.07, while Poole took fifth in the 1500 (4:03.87), and **Lucas Briola** ninth in the 10,000 (35:12.45).



Thiel Tomcats

Thiel competed in a tri-meet at Slippery Rock University against a pair of Division II teams in Slippery Rock and California (Pa.) ... **Ethan Rowe** was the lone winner for the Tomcats, taking first in the 400-meter dash with a time of 51.30 ... Posting runner-up performances for Thiel were **Richard Peterson** (1,500), **Regis Wagner** (3,000-meter steeplechase), **Cassidy Kravec** (javelin) and **Emily Petrak** (800) ... The Tomcats also had three athletes take third, including **Moriah Monroe** (200), **Cyrril Parham** (shot put) and **Justin Starks** (100).



Washington & Jefferson Presidents

The W&J track & field teams both placed sixth at the Sixth Annual W&J Invitational Saturday at Cameron Stadium ... The women scored 54.5 points, while the men accumulated 66.5 ... Junior **Taylor Hockman** paced the men by winning the long jump (23'1 1/4") ... The junior also took second in the triple jump (43'11 1/4"), fifth in the 100 meters (11.44) and helped the 4x100 relay team take third (43.39) ... Senior **Katelynd McElhany** was second in the 100 (15.05) and 400 (1:08.71) hurdles ... She was also the lead on the 4x400 (4:16.79, 3rd place) and 4x100 (50.84, 4th place) relays ... Freshman **Cheyenne Mangold** ran a leg on both relays and also placed fifth in the 800 (2:22.39) ... Freshman **Lindsey Coffey** was fourth in the high jump (4'11 1/2") ... Junior **C.J. Corcoran** took fifth in the high jump (4'9 1/2") and sixth in the javelin (106'5") ... Sophomore **Scott Ryan** placed fourth in the 800 (1:59.30) and 1,500 meter (4:02.48) events.



Waynesburg Yellow Jackets

Despite battling a large, talented field and cold, rainy conditions, Waynesburg had a successful Saturday at the W&J Invitational ... The Yellow Jacket men placed eighth in the 19-team field and were led for a second-straight week by sophomore thrower **Kurt Bonnet**, who placed second in the 42-man field in the discus ... Bonnet's top throw measured 44.46 meters (145' 10") and placed him first amongst all D-III competitors ... Freshman **Justin Angotti** added a sixth-place effort in the 800-meter run with a time of 1:59.96 ... The Waynesburg women were paced by senior standout **Elisha Jones**, who won the javelin for the second time in as many weeks ... Her top throw sailed 36.76 meters (120' 7") and bested the second-place finisher by more than 1.5 meters ... Junior **Krystal Baker** and freshman **Bre Paul** placed third and fourth, respectively, in the pole vault with jumps of 2.8 meters (9' 2.25") ... Baker also placed sixth in the high jump after clearing 1.46 meters (4' 9.5").



Westminster Titans

The Westminster men won the Wooster Invitational Friday at the College of Wooster ... The Titan women placed third at the meet ... The Titan men won a meet for the first time since they won the 1995 KECC Championships ... Six men's and women's teams competed in the event ... Westminster captured a combined nine events (eight field events) ... The Titans won both the men's and women's pole vault at events as sophomore **Mark Saylor** and junior **Merrissa Malcolm** each prevailed with vaults of 4.57 and 3.2 meters, respectively ... WC also swept the men's and women's discus and javelin ... Junior **Emily Dolsak** won the women's discus at 35.67 and sophomore **Chris Weeda** took the men's at 34.29 ... Junior **Bridget McCray** won the women's javelin at 35.84 and junior **Ryan Bell** captured the men's at 56.29 ... Sophomore **John Proano** took the triple jump (11.79) and freshman **Anthony Thomas** won the long jump (6.61) ... Junior **Mallory Mack** won the 100 dash (12.91).



PAC T&F SCHEDULES/RESULTS

Bethany Bison

		<u>Men</u>	<u>Women</u>
March 26	at Wheeling Jesuit Invitational	14th/23 (26.5)	18th/23 (7)
April 2	at W&J Invitational	11th/23 (25)	15th/17 (13)
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	19th/23 (7.5)	12th/23 (14)
April 2	at W&J Invitational	13th/18 (22)	13th/17 (24)
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	13th/23 (27)	8th/23 (37)
April 2	at W&J Invitational	13th/18 (22)	8th/17 (46)
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	11th/23 (34)
April 2	at W&J Invitational	9th/19 (29)
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	16th/23 (18)	22th/23 (1)
April 1	at Slippery Rock University	Unscored	Unscored
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	6th/18 (66.5)	6th/17 (54.5)
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	18th/23 (12)	12th/23 (14)
April 2	at W&J Invitational	8th/19 (30)	4th/17 (59)
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	1st/6 (182)	3rd/6 (132)
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)		