

# 2009 PAC Track & Field Release Week 3 - April 6



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

Saturday, April 4, 2009

### Washington & Jefferson College Invitational - Washington, Pa.

Men (13 teams)

- 3. Washington & Jefferson - 106.5
- 6. Saint Vincent - 53
- 8. Geneva - 20
- 10t. Waynesburg - 16
- 13. Bethany - 11

Women (12 teams)

- 5. Bethany - 79.5
- 6. Washington & Jefferson - 78.5
- 8. Waynesburg - 58
- 12. Geneva - 13

### Marietta College Don Frail Invitational - Marietta, Ohio

Men (15 teams)

- 5. Grove City - 57

Women (16 teams)

- 6. Grove City - 51
- 10. Waynesburg - 32

### Ohio Wesleyan Marv Frye Invitational - Delaware, Ohio

Men

- 8. Thiel

Women

- 6. Thiel

### Malone Jack Hazen Open - Canton, Ohio

Men (12 teams)

- 6. Westminster - 51

Women (11 teams)

- 6. Westminster - 66.5

## THIS WEEK

Friday-Saturday, April 10-11, 2009

Saint Vincent, Washington & Jefferson at Bucknell Open - Lewisburg, Pa.

Saturday, April 11, 2009

Geneva, Thiel, Washington & Jefferson at Robert Morris Benson Memorial - Moon Township, Pa. - 9 a.m.

Bethany, Grove City, Waynesburg, Westminster at Slippery Rock Invitational - Slippery Rock, Pa. - 10 a.m.

## PAC MEN'S TRACK ATHLETE OF THE WEEK

### DORRAN COLEY

Thiel College

Senior - hurdles/sprints

Kingston, Jamaica/Kingston College



Coley captured first place in the 110 meter high hurdles at the Ohio Wesleyan Marv Frye Invitational with an NCAA provisional qualifying time of 14.81. He was also a member of Thiel's first-place 4x400 relay team (3:18.72).

Also nominated was senior **Chris Allebach** of Grove City, freshman **Bryant Wang** of Washington & Jefferson, sophomore **Trale Merz** of Waynesburg, and freshman **Morgan Hanes** of Westminster.

## PAC WOMEN'S TRACK ATHLETE OF THE WEEK

### JODI BODO

Bethany College

Junior - sprints

Steubenville, Ohio/

Steubenville Central Catholic H.S.



At the W&J Invitational Saturday, Bodo broke her own BC record by winning the 200 in 26.56, then ran on the victorious 4x400 relay team (4:07.25) which broke the BC mark by over four seconds and also qualified for ECACs. She also took second in the 400 (59.49) and fifth in the 4x100 relay (52.32).

Also nominated was freshman **Morgan Osterhouse** of Grove City, junior **Cara Riffe** of Thiel, sophomore **Katelynd McElhane**y of Washington & Jefferson, senior **Megan Grover** of Waynesburg, and freshman **Mallory Mack** of Westminster.

## PAC MEN'S FIELD ATHLETE OF THE WEEK

### CURT JONES

Washington & Jefferson College

Senior - throws/jumps

Falconer, N.Y./Falconer H.S.



Jones captured the javelin title at the Washington & Jefferson Invitational with a meet-record mark of 55.46 meters. He also placed sixth in the discus (41.32 meters).

Also nominated was sophomore **Clint Wilson** of Bethany, freshman **Zach Gross** of Grove City, senior **Willy Herrington** of Waynesburg, and junior **Jonathan Morrow** of Westminster.

## PAC WOMEN'S FIELD ATHLETE OF THE WEEK

### KRYSTAL BAKER

Waynesburg University

Freshman - jumps/pole vault

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



Baker led Waynesburg at the Washington & Jefferson Invitational by capturing the triple jump in a school-record and ECAC-qualifying mark of 11.09 meters (36-4 3/4). She also placed third in both the pole vault and the high jump at the meet.

Also nominated was freshman **Connie Woods** of Bethany, sophomore **Kim Stitt** of Thiel, sophomore **Katelynd McElhane**y of Washington & Jefferson, and sophomore **Kelsie Crowder** of Westminster.

# PAC TRACK & FIELD NOTES

## Bethany Bison



Bethany's women broke two school records and equaled another in a strong performance at W&J Saturday ... **Jodi Bodo** had a hand in both records on the track, as she reset her own mark in the 200 by taking 1st place with a time of 26.56, clipping .24 off the standard she set last year ... Bodo also teamed with freshman **Kaitlyn Black** and sophomores **Kelly** and **Stacy Goode** to win the 4x400 relay in 4:07.25, which shattered the BC record by more than 4 seconds and also qualified the relay for ECAC Championships ... Bodo's day included finishing second in the 400 (59.49) and taking fifth in the 4x100 relay along with Black, **Emily Bota** and **Rachael Katsur** ... **Connie Woods** matched her own record from the previous week in the triple jump with an effort of 35-1.75, tying her for third place.

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## Geneva Golden Tornadoes



Freshman sprinter **Bobby Rex** continues to impress in only his second collegiate meet ... Rex won the 200 meter event for the second straight week with a time of 22.78 ... Rex also finished third in the 100 meter race ... Teammate **Stephen Polite** took fifth place in the men's triple jump ... In women's action, **Rebecca VanRegenmorter** was third in the 1500 meter race and **Jamie Williams** took fifth place in the high jump ... Finally, **Tiffany Bear** posted a time of 27.44 to finish sixth in the women's 200 meter race.

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## Grove City Wolverines



The Grove City men's and women's track and field teams both fared well at Marietta College's Don Frail Invitational Saturday ... The men took fifth out of 15 teams while the women placed sixth ... On the men's side, freshman **Zach Gross** won the javelin with a throw of 163-9 ... Freshman **George Matthews V** took second in the javelin ... Senior **Chris Allebach** led Grove City in the track events by finishing second in the 400 hurdles with a time of 56.97 ... **Tim Su** claimed third in the 5000, while **Frankie Hourigan** took third in the steeplechase ... Two women's runners won titles Saturday ... Freshman **Morgan Osterhouse** won the steeplechase in a school-record time of 11:58.80 ... Senior **Kristen Carter** won the 5000 in 18:11.99 ... Freshman **Emily Pietrucha** took second in the 1500 and third in the 800 ... Grove City will compete in the Slippery Rock Open this Saturday.

## Saint Vincent Bearcats



The Bearcats turned in a solid showing at the W&J Invitational Saturday, taking sixth place with a team score of 53 points ... The SVC 4x400 relay squad of **Craig Anderton**, **Shane Sweeney**, **Kevin Wanichko**, and **Shane Anderton** turned in the Bearcats' top performance of the day, taking first place out of 13 teams with a time of 3:26.25, to win by nearly three seconds ... In the 5K, four Bearcats finished in the top 12, paced by **Adam Smith's** second-place time of 15:48.32 ... **Ryan Barlow** finished third, **Mike Hannon** ninth, and **Josh Hooke** 12<sup>th</sup> ... In the 800, the Bearcats had three runners place in the top 10, led by **Shane Anderton's** second place time of 1:56.52 ... **Craig Anderton** followed closely behind, taking third in 1:56.93, while **Adam Tucek** took seventh with a time of 2:02.17 ... **Kevin Wanichko's** personal-best time of 4:04.84 in the 1500 meter was good for second.

## Washington & Jefferson Presidents



W&J placed third and sixth, respectively, Saturday at the fourth annual W&J Track & Field Invitational at Cameron Stadium ... Senior thrower **Curt Jones** paced the men as he won the javelin with a new meet record of 55.46 meters, while freshman **Bryant Wang** brought home first in the 110-meter hurdles (15.46) ... The President women also had two student-athletes earn titles ... Sophomore **Katelynd McElhany** won two events, while senior **Summer Baumgard** placed first in the high jump (1.57 meters) ... **McElhany** crossed the finish line first in the 100-meter hurdles (15.65) and also won the long jump (5.42 meters) ... Sophomore **Michelle Wuenstel** won the 400-meter dash in 58.89 and just missed breaking her meet record from a year ago ... Both the W&J men and women travel to Bucknell Friday, before competing at Robert Morris Saturday.

## Waynesburg Yellow Jackets



Waynesburg split up and went to two different events Saturday ... The Yellow Jackets were represented at both the W&J Invitational and the Don Frail Invitational at Marietta College ... The group at Marietta was led by All-Americans **Ashley Dodd** and **Elisha Jones** ... **Dodd** set a new meet record in the pole vault when she cleared the bar set at 3.41 meters (11-2 1/4) ... **Jones** was victorious in the javelin after a toss of 39.21 meters (128-8) ... The Jacket women also enjoyed a good day at W&J as senior **Megan Grover** and freshman **Krystal Baker** both qualified for the ECAC Championships ... **Grover** qualified in the 10,000-meter run after shattering the school record with a time of 37:56.70 ... **Baker** won the triple jump with a school record 11.09 meters (36-4 3/4) ... For the men, sophomore **Trale Merz** set new school records in both the 110 and 400-meter hurdles.

## Westminster Titans



The Westminster men's and women's track and field teams each placed sixth at the Jack Hazen Open, hosted by Malone University Saturday ... The Titan men placed sixth out of 12 teams with 51 points, while the Titan women placed sixth out of 11 teams with 66.5 points ... The Westminster women's 4x100 relay team was the lone event winner ... Junior **Jill Diamond**, senior **Megan Harding** and freshmen **Mallory Mack** and **Alisha Slate** crossed first at 49.92 ... **Mack** also placed second in the 200 (28.54) and fourth in the 100 (14.07) ... Senior **Katelyn Kushner** crossed second in the 400 hurdles (1:09.30) and sophomore **Kelsie Crowder** posted the third-best high jump at 1.52 ... For the men, freshman **Morgan Hanes** captured second in the 3,000 steeplechase (10:49.84), while junior **Jonathan Morrow** took second in the javelin (49.36).



# 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 13th/13 (m)  
5th/13 (w)  
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.)

## Saint Vincent Bearcats

### March

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

### April

4 at W&J Invitational 6th/13 (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.)

## 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 8th/12 (m)  
12th/13 (w)  
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 5th/15 (m)  
6th/15 (w)  
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.)

## Thiel Tomcats

### March

21 at Lynchburg Invitational NTS  
28 at Mary Washington Relays NTS

### April

4 at OWU Frye Invitational 6th/8th  
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 3rd/13 (m)  
6th/13 (w)  
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 10th/8th  
4 at Marietta Invitational 10th/15 (w)  
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 6th/12 (m)  
6th/11 (w)  
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