

# 2012 PAC Track & Field Release

## Week 3 - April 10



Presidents' Athletic Conference

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### LAST WEEK

Thursday, April 5, 2012

Thiel at **Slippery Rock Open** - unscored

Friday, April 6, 2012

Geneva at **Mount Union Invitational** - unscored

Saturday, April 7, 2012

### Carnegie Mellon Quadrangular

Men (four teams)

Women (four teams)

2. Westminster - 166

1. Westminster - 176

4. Wash. & Jeff. - 137.5

3. Wash. & Jeff. - 139.5

### Marietta Don Frail Invitational -

Men (eight teams)

Women (eight teams)

3. Waynesburg - 96

3. Waynesburg - 118.5

5. Bethany - 52.5

7. Bethany - 24

### DePauw University Invitational

Men (nine teams)

Women (eight teams)

5. Thomas More - 49

5. Thomas More - 55.3

Grove City/Saint Vincent - idle

### THIS WEEK

Saturday, April 14, 2012

Bethany/Geneva/Grove City/Saint Vincent/Thiel/Washington & Jefferson/Waynesburg/Westminster at **Westminster Invitational** - Harold Burry Stadium - New Wilmington, Pa. - 10 a.m.

Thomas More - idle

## PAC MEN'S TRACK ATHLETE OF THE WEEK

### ARKANGELO JAMES

**Bethany College**

Sophomore - mid-distance  
Pittsburgh, Pa./Baldwin H.S.



James captured the 400 meter dash for the second straight week, touching first in .49.40 at the Marietta Don Frail Invitational Saturday. He also ran a leg for the second-place Bison 4x400 relay team (3:24.71) and finished eighth in the 200 meter dash (23.23).

Also nominated was senior **Richard Peterson** of Thiel, senior **Greg French** of Washington & Jefferson, freshman **Byrum Louco** of Waynesburg, and senior **J.J. Faltot** of Westminster.

## PAC WOMEN'S TRACK ATHLETE OF THE WEEK

### ALISHA SLATER

**Westminster College**

Senior - sprints/jumps  
Wooster, Ohio/Norwayne H.S.



Slater was a triple-winner for the Titans Saturday at the Carnegie Mellon Quad meet in Pittsburgh. She captured the 100 meter dash (13.03) and ran a leg for the victorious 4x100 Westminster relay team (49.32) on the track, while adding the long jump title (5.32M) in the field.

Also nominated was senior **Kaitlyn Black** of Bethany, sophomore **Valerie White** of Thiel, sophomore **Cheyenne Mangold** of Washington & Jefferson, and junior **Megan Donovan** of Waynesburg.

## PAC MEN'S FIELD ATHLETE OF THE WEEK

### PHIL FEINBERG

**Thomas More College**

Junior - jumps  
Tempe, Ariz./Corona Del Sol H.S.



Feinberg captured both the long jump (22-5 3/4) and high jump (6-8 3/4) titles at the DePauw Invitational in Crawfordsville, Ind., to become the first-ever Thomas More T&F athlete to earn PAC weekly honors. His high jump mark is tied for 14th in the nation in NCAA Division III this season.

Also nominated was freshman **Brandon Martell** of Bethany, freshman **Nic Jones** of Thiel, senior **Taylor Hockman** of Washington & Jefferson, junior **Doogie Sanner** of Waynesburg, and senior **Ryan Bell** of Westminster.

## PAC WOMEN'S FIELD ATHLETE OF THE WEEK

### C.J. CORCORAN

**Washington & Jefferson College**

Senior - javelin/jumps  
Harleysville, Pa./Souderton H.S.



Corcoran led the Presidents at the Carnegie Mellon Quad meet in Pittsburgh Saturday by placing first in the javelin (39.70m) while also tying for first place in the high jump (5-0 1/4) before being placed second by judge's decision.

Also nominated was senior **Cassie Allen** of Bethany, sophomore **Kaylin Veeneman** of Thomas More, sophomore **Megan Sowers** of Waynesburg, and senior **Emily Dolsak** of Westminster.

# PAC T&F NOTES

## Bethany Bison



The Bison swept the 400 on both the men's and women's side as part of a good day at the Marietta Invitational Saturday ... **Arkangelo James** won his second straight 400, as he posted a winning time of 49.40 seconds ... For the women, **Kaitlyn Black** took first place by breaking the tape in 1:00.29, while also helping the 4x400 relay take fourth (4:32.72) and the 4x100 take seventh in a season-best 52.10 ... Also scoring for the women was **Jess Olson**, who was fourth in the 5K (20:40.87) ... For the men, James, who also claimed eighth in the 200, was joined by **Derrick Tolliver**, **Joe Douglas** and **Lamine Balde** to take second place in the 4x400 relay (3:24.71) ... **Anthony Thompson** has a nice day for BC, taking fifth in the 200 (22.80), sixth in the 100 (11.17) and helping the 4x100 relay place third (43.82).

## Geneva Golden Tornadoes



When it comes to athletic footwear, student-athletes can be pretty particular, especially in track and field, ... Friday, however, one of Geneva's distance runners proved that footwear isn't really a necessity at all ... **Emily Hoobler**, competing in the 1,500 meter race at Mt. Union on Friday, had one of her shoes stepped on and ultimately knocked off early in the race ... After running with just one shoe for awhile, she realized her stride was not what it should be so she intentionally kicked the other shoe to the side ... Running barefoot for the majority of the race, Hoobler posted a time of 19:08, which was just six seconds off of her personal best ... **Liz Michalak** decided to wear both shoes throughout her busy day as she posted three top five performances in the high jump, long jump and javelin.

## Grove City Wolverines



After a week off for Easter Break, the Grove City thinclads return to action Saturday at Westminster ... Grove City athletes pepper the Presidents' Athletic Conference's performance list through the early portion of the season ... Sophomore **John Green** owns the top time in the 400 hurdles (55.77) while sophomore **Mark Talbot** is second in the 10,000 metres (34:15.27) ... Sophomore **Arleigh McRae** is ranked second in the 1500 (4:06.82) ... On the women's side, sophomore **Sarah Cessar** sits second in the steeplechase (11:38.15), freshman **Mara Womer** is second in the 400 hurdles (1:08.97) and junior **Mary Kate Breese** is second in the 5000 (18:29.74).

## Saint Vincent Bearcats



The Bearcats return to the track this week, participating at the Westminster Invitational on Saturday, while a few student-athletes will be taking part in the Bison Outdoor Classic at Bucknell on Saturday and Sunday.

## Thiel Tomcats



The Tomcat men's and women's T&F squads participated in the SRU Open on April 5 ... The men saw three season and a pair of lifetime bests set while the women secured a pair of season bests at the event ... **Nic Jones** posted a pair of first-place finishes, winning the high jump with a lifetime-best jump of 6-4 as well as the long jump with a season-best mark of 21-8 ... **Richard Peterson** posted a third-place finish in the 1,500-meter run with a career-best time of 4:05.97 ... **Kendall DeLashment** ran a season-best 11.65 in the 100-meter dash, finishing sixth ... Pacing the women was **Valerie White** as she finished fourth and achieved a new season best in the 3,000-meter run with a time of 11:31.75 ... **Jaimee Anderson** set a new season best and finished fifth with her time of 1:06.20 in the 400-meter dash.

## Thomas More Saints



Thomas More competed at the DePauw University Invitational last week as both the men and women both placed fifth ... On the women's side, the Saints had seven first top-five finishes ... Finishing second was freshman **Kaylin Veeneman** in the high jump (4'11"), sophomore **Andrea Robben** in the pole vault (10'4") and the 4x100 relay team (51.99) ... Thomas More had three fourth place finishes: senior **Alexa Hlebiczki** in the 400-hurdles (1:13.30), junior **Celia Arlinghaus** in the 5,000 (19:53.83) and Robben in the javelin (93'9") ... Hlebiczki also finished fifth in the long jump (16'3.25") ... On the men's side, junior **Phil Feinberg** had two first place finishes as he won the long jump (22'5.75") and the high jump (6'8.75") ... The Saints had four other top-five finishes, including the 4x100 relay team finishing second (44.54).

## Washington & Jefferson Presidents



The W&J track & field teams competed at the Carnegie Mellon Quad Meet Saturday ... The W&J men finished third, while the women placed fourth ... Senior **Taylor Hockman** led the men's squad by winning the long jump (22'5 1/4") and placing second in the triple jump (44' 5 1/4") ... Hockman tied for the win in the triple jump, but was awarded second on a judge's decision ... Junior **Scott Ryan** won the 1,500 meters (4:04.43) ... Senior **Greg French** claimed the 400-meter hurdles (56.73), took second in the 110-meter hurdles (16.24) and third in the triple jump (40'8 1/4") ... The women's squad had three athletes tie for the high jump title at 5'0 1/4" ... Senior **C.J. Corcoran**, sophomore **Erin Oberg** and freshman **Mara Spina** all posted the winning height ... Corcoran also placed first in the javelin throw (39.70).

## Waynesburg Yellow Jackets



The Waynesburg track & field teams both placed third at Saturday's Don Frail Invitational, hosted by Marietta College ... The Yellow Jackets' top performer of the day was freshman **Byrum Louco**, who qualified for the 2012 ECAC Championships in both the 400-meter hurdles and the 4x400-meter relay ... Louco won the 400 hurdles in 55.36 and teamed up with freshman **Lorenzo Mikulin**, sophomore **David Cobb** and sophomore **Justin Angotti** to take first in the 4x400 in 3:22.98 ... Junior **Doogie Sanner** was the top Division III performer in both the triple jump and javelin, placing third and fourth, respectively, in the two events ... On the women's side, the 4x400 relay team set a new school record ... The quartet of junior **Megan Donovan** and freshmen **Hannah Derbis**, **Ashley Cole** and **Kristen Sanders** won in 4:13.52 ... Sophomore **Bre Paul** won the 1,500 (4:55.77).

## Westminster Titans



Westminster track and field competed at the Carnegie Mellon University Quad meet Saturday ... CMU, Penn State-Behrend, and PAC rival Washington and Jefferson also participated ... The women finished first with 176 points, while the men placed second with 166 ... For the men, senior **Ryan Bell** won the javelin throw with a 64.51 meter throw ... Junior **Mark Saylor** won the pole vault with a 4.48 meter jump ... Sophomore **Anthony Thomas** won the triple jump with a leap of 13.54 meters ... Thomas also placed third in the long jump with a leap of 6.53 meters ... Junior **Adam Carswell** won the 400 meter run with a time of 50.09 ... In the 100 meter dash, senior **J.J. Faltot** won the event with a time of 11.46 ... On the women's side, senior **Emily Dolsak** won the discus with a throw of 44.38 meters, breaking her previous school record of 43.64 from last season.

# 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	5th/8	7th/8
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	NTS	NTS
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>	<u>Women</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	NTS	NTS
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	5th/9	5th/8
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	4th/4	3rd/4
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	3rd/8	3rd/8
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	2nd/4	1st/4
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		

