

# 2011 PAC Track & Field Release

## Week 3 - April 11



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

Saturday, April 9, 2011

Grove City/Saint Vincent/Thiel/Waynesburg at **Slippery Rock Invitational** - unscored

Bethany/Geneva/Saint Vincent at **Mount Union John Homon Open** - unscored

### Carnegie Mellon Quadrangular

<i>Men (four teams)</i>	<i>Women (four teams)</i>
3. Westminster - 132	1. Westminster - 175
4. Wash. & Jeff. - 107	4. Wash. & Jeff. - 137

### Ohio Wesleyan Marv Frye Invitational

<i>Men (15 teams)</i>	<i>Women (15 teams)</i>
15. Waynesburg (3)	14. Waynesburg (16)

### THIS WEEK

Wednesday, April 13, 2011

Geneva/Grove City/Thiel/Westminster at **PAC North Quad** - New Wilmington, Pa. - 4 p.m.

Friday-Saturday, April 15-16, 2011

Saint Vincent at **Bucknell Bison Outdoor Open** - Lewisburg, Pa.

Saturday, April 16, 2011

Bethany/Geneva/Grove City/Washington & Jefferson/Waynesburg/Westminster at **Westminster Invitational** - New Wilmington, Pa. - 11 a.m.

## PAC MEN'S TRACK ATHLETE OF THE WEEK

### RICHARD PETERSON

#### Thiel College

Senior - distance  
Meadville, Pa./Meadville H.S.



Peterson captured the 10,000 meter run at the Slippery Rock Invitational, besting a 13-runner field with a time of 32:19.12 to break a 15-year-old Thiel school record in the event. He edged PAC rival **Garrett Cichowitz** (32.19.13) of Grove City for first place in the event by 1/100th of a second.

*Also nominated was freshman **Arkangelo James** of Bethany, freshman **Alec Schultz** of Grove City, sophomore **Scott Ryan** of W&J, junior **Jordan Wrask** of Waynesburg, and junior **J.J. Faltot** of Westminster.*

## PAC WOMEN'S TRACK ATHLETE OF THE WEEK

### KATELYND MCELHANY

#### Washington & Jefferson College

Senior - hurdles  
Canonsburg, Pa./Canon-McMillan H.S.



McElhany posted an NCAA-qualifying time of 14.81 while placing second in the 100 hurdles at the Carnegie Mellon Quadrangular in Pittsburgh, while adding another second in the 400 hurdles (1:06.27). Her time in the 100 was the eighth fastest in the nation by a D-III runner this season.

*Also nominated was senior **Desiree Finley** of Bethany, sophomore **Sara Fisher** of Grove City, senior **Mikey Macosko** of Waynesburg and junior **Mallory Mack** of Westminster.*

## PAC MEN'S FIELD ATHLETE OF THE WEEK

### RYAN BELL

#### Westminster College

Junior - javelin  
New Wilmington, Pa./Wilmington H.S.



Bell posted a winning mark of 56.57 meters (185' 7") in the javelin to top a 17-athlete field Saturday at the Carnegie Mellon Quadrangular in Pittsburgh, Pa.

*Also nominated was freshman **Ben Gregg** of Bethany, sophomore **Andrew Munro** of Grove City, junior **Taylor Hockman** of Washington & Jefferson, and sophomore **Kurt Bonnet** of Waynesburg.*

## PAC WOMEN'S FIELD ATHLETE OF THE WEEK

### ELISHA JONES

#### Waynesburg University

Senior - javelin  
Russell, Pa./Eisenhower H.S.



Jones has earned her second PAC honor this season after winning an invitational javelin title for the third straight week at the Ohio Wesleyan Marv Frye Invitational in Delaware, Ohio, on Saturday. She posted an NCAA-qualifying mark of 40.63 meters (133' 4") with the winning toss.

*Also nominated was freshman **Shannon Bishop** of Grove City, freshman **Lindsey Coffey** of W&J and junior **Bridget McCray** of Westminster.*

# PAC T&F NOTES

## Bethany Bison

Bethany continued to post outstanding performances Saturday at the unscored Mount Union Invitational ... The men had one first place picked up by **Ben Gregg**, who won the javelin with a throw of 167-10 ... **Arkangelo James** had two near-misses in the same event, finishing second in the 800 by .61 seconds, while his time of 1:56.37 was just .09 away from breaking the school record in the event ... One Bethany mark was rewritten, as **Cory Yarrington** set a new standard in the 3000 steeplechase for the second time in three weeks by finishing fifth Saturday (10:14.32) ... **Gregg Williams** was fourth in the long jump (21-5.5), seventh in the 100 (11.45) and ran on the 4x100 relay that placed fifth (44.98) ... The women continue to be led by **Desiree Finley**, who placed in four events Saturday ... Her top showing was third in the 400 hurdles (1:08.04) ... In addition, Finley placed fifth in the 100 hurdles (16.74), helped the 4x400 relay take fourth (4:13.96) and the 4x100 relay claim fifth (52.36).



## Geneva Golden Tornadoes

Despite several aches and pains that kept some of Geneva's key athletes from competing this weekend, the track and field team had some very positive results at the John Homon Open at the University of Mt. Union ... Three athletes added their names to the NCCAA national qualifying list ... Freshman **Mark Flitz** qualified in the triple jump and has incredibly increased his personal best by three feet since the beginning of the indoor season ... **Katherine Michalak** and **Kathryn Regalado** each qualified in the women's shot put event ... Other highlights included **Julia Urbanski's** top ten finishes in the 1500 meter (second place) and 800 meter (seventh place) with personal-best times in each event ... Meanwhile, the men's top finisher of the day went to **Dan Dillman** with a personal-best and a sixth place finish in the shot put and seventh in the discus.



## Grove City Wolverines

The Grove City College track and field teams competed in the Slippery Rock University Invitational Saturday at N. Kerr Thompson Stadium ... **Alec Schultz** led the men's team by winning the 5000 while **Garrett Cichowitz** (10,000) and **Josiah Tobin** (steeplechase) posted runner-up finishes ... Grove City's 4x400 relay team of **Nick Philpot**, **Patrik Miller**, **John Fite** and **John Green** also captured second place ... The women's team crowned a pair of winners in **Sara Fisher** (5000) and **Laurel Skorup** (steeplechase) ... **Ella Smith** (5000) and **Katrina Holvik** (steeplechase) earned runner-up placement ... **Shannon Bishop** finished fourth in the triple jump (33-7) and ranked first among Division III athletes in that event ... Grove City will visit local rival Westminster twice this week ... Wednesday, the Wolverines will compete in the PAC North Quad ... Saturday, the Wolverines will participate in the Westminster Invitational at Memorial Field.



## Saint Vincent Bearcats

The Bearcats competed in invitationals hosted by Slippery Rock and Mt. Union on Saturday, seeing three school records broken and 11 personal bests established ... At Slippery Rock, **Luke D'Amico** took second in the 400, with a school-record time of 50.45, while **Shane Sweeney** entered the school record books in the 100 (11.72) and 400 Hurdles (57.23) ... **Chansler Poole** took second in the 800, timed in 2:00.37, and eighth in the 1500, with a time of 4:14.78 ... **Tyler Vivio** and **Jeff Hite** each turned in third place performances, with the former timed in 23.47 in the 200 and the latter 33.29.85 in the 10K ... The Bearcat 5,000 meter runners competed at Mt. Union, and were led by **Kevin Wanichko**, who turned in a personal-best time of 15.10.06, good for seventh in a field of 33 ... He was one of three SVC runners to finish in the top 15, joining **Ryan Barlow** (13<sup>th</sup>, 15:54.97) and **Luke Briola** (15<sup>th</sup>, 16:10.82).



## Thiel Tomcats

Richard Peterson led a quality showing by Thiel at the Slippery Rock Invitational, winning the 10,000-meter run and smashing a school record that stood for 15 years in the process ... His time of 32:19.12 easily bested the old record of 33:59.20 set in 1996 ... **Derek Workman** (800-meter run) and **Regis Wagner** (3,000-meter steeplechase) each finished third ... **Bobby Hritz** was fourth in the high jump and **Brendan DuLaney** (1,500) and **Scott Stano** (javelin) both took sixth ... The Thiel women were led by **Joy Metzler's** fourth-place finish in the hammer toss ... **Cassidy Kravec** took fifth in the javelin, but was the top Division III performer.



## Washington & Jefferson Presidents

Senior **Katelynd McElhany** posted an NCAA-qualifying time of 14.81 in the women's 100-meter hurdles to highlight W&J at CMU ... McElhany added a second place finish in the 400 meter hurdles (1:06.27) ... Her 100 hurdle time is the eighth-fastest time in NCAA Division III so far this season and set a W&J school record ... Senior **Michelle Wuenstel** claimed first and set CMU Invitational records in the 200 (25.87) and 400 meters (58.07) ... Wuenstel and McElhany teamed up with freshmen **Laura Lee** and **Cheyenne Mangold** to win the 4x100 relay with a CMU Invite record time of 49.19 ... Wuenstel, McElhany, Mangold and freshman Meghan Poinsett set another CMU invite record by winning the 4x400 relay event in 3:58.79 ... Sophomore **Scott Ryan** (3:59.47) and junior **Greg French** (15.64) each posted ECAC-qualifying times in the men's 1500 meter and 110 meter hurdles, respectively ... Ryan also placed second in the 800 meters (1:57.94).



## Waynesburg Yellow Jackets

Waynesburg split up to compete at two different events Saturday ... One group of Yellow Jackets competed at the Slippery Rock Invitational, while the rest of the team traveled to the Mary Frye Invitational, hosted by Ohio Wesleyan ... The WU women were represented at OWU by senior **Elisha Jones**, who won her third-straight individual title in the javelin with an NCAA provisional-qualifying distance of 40.63 meters (133' 4") ... Freshman **Megan Sowers** qualified for the ECAC Championships with a third-place throw in the javelin of 37.32 meters (122' 5") ... Sophomore **Kurt Bonnet** was Waynesburg's lone men's representative, finishing sixth in the discus at 43.74 meters (143' 6") ... Meanwhile, a larger group was in competition at Slippery Rock ... Senior **Mikey Macosko** placed sixth in the 100-meter hurdles with a Division III-best time of 16.70 seconds ... On the men's side, junior sprinter **Jordan Wrask** just missed out on the 100-meter title after crossing the finish line in 11.27 seconds.



## Westminster Titans

The Westminster women's track and field team set three new school records and won six events as the Titans won the four-team Carnegie Mellon Invitational Saturday ... The Titan men placed third out of four teams with one event win ... Junior **Alisha Slater** won the long jump by breaking her own school record with a leap of 5.27 meters ... Junior **Bridget McCray** also eclipsed her own school record by winning the javelin at 38.21 meters ... The other school record was junior **Jennifer Kruege** placing second in the 3,000-meter steeplechase at 12:00.04 ... The other event wins for the Titan women were freshman **Allison Rice** in shot put (11.14), junior **Merrissa Malcolm** in the pole vault (3.25), junior **Emily Dolsak** in the discus (39.17) and junior **Mallory Mack** leading three Westminster finishes in the 100 dash (12.85) ... Junior **Ryan Bell** claimed the lone event win for the Titan men in the javelin (56.57).



# 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	Unscored	Unscored
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	Unscored	Unscored
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	Unscored	Unscored
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	Unscored
April 9	at Mount Union Open	Unscored
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	Unscored	Unscored
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	4th/4 (107)	4th/4 (137)
April 16	at Westminster 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	Unscored	Unscored
April 9	at Ohio Wesleyan Invitational	15th/15 (3)	14th/15 (16)
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	3rd/4 (132)	1st/4 (175)
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)		