

2010 PAC Track & Field Release

Week 4 - April 12



Presidents' Athletic Conference
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LAST WEEK

Friday-Saturday, April 9-10, 2010

Saint Vincent at **Bucknell Bison Open** - unscored

Saturday, April 10, 2010

Marietta Invitational

Men (six teams)

Women (seven teams)

5. Bethany - 51

4. Bethany - 76

Geneva at **Robert Morris Invitational** - unscored

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

Mount Union Open

Men (10 teams)

Women (11 teams)

9. Thiel - 12

10. Thiel - 28

Carnegie Mellon Invitational

Men (four teams)

Women (four teams)

3. Wash. & Jeff. - 119

2. Westminster - 169

4. Westminster - 116.5

4. Wash. & Jeff. - 83

THIS WEEK

Wednesday, April 14, 2010

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

Saturday, April 17, 2010

Geneva/Westminster at **Westminster Titan Invitational** - New Wilmington, Pa. - 9:45 a.m.

Bethany/Grove City/Saint Vincent/Thiel/Wash. & Jeff./Waynesburg at **IUP Ed Fry Invitational** - Indiana, Pa. - 10 a.m.

PAC MEN'S TRACK ATHLETE OF THE WEEK

BOB FAZZOLARE

Westminster College

Freshman - sprints

Polk, Pa./Franklin H.S.



Fazzolare led Westminster with three first place finishes at the Carnegie Mellon Quad in Pittsburgh Saturday. He captured the 400 meter dash (51.24) while running legs for the winning Titan 4x100 (44.10) and 4x400 (3:28.48) relay teams.

Also nominated was senior **Taylor McNeil** of Bethany, senior **Frankie Hourigan** of Grove City, sophomore **Bryant Wang** of Washington & Jefferson, and junior **Trale Merz** of Waynesburg.

PAC MEN'S FIELD ATHLETE OF THE WEEK

NATHANIAL HENSH

Bethany College

Freshman - pole vault

Uniontown, Pa./Laurel Highlands H.S.



Hensch captured the pole vault title at the Marietta Invitational on Saturday with a winning mark of 13-10, nearly a foot higher than the rest of the field.

Also nominated was senior **Matt Ridge** of Grove City, sophomore **Josh Buckley** of Washington & Jefferson, freshman **Travis Schubert** of Waynesburg, and senior **Jonathan Morrow** of Westminster.

PAC WOMEN'S TRACK ATHLETE OF THE WEEK

JODI BODO

Bethany College

Senior - mid-distance

Steubenville, Ohio/Steubenville CC H.S.



Bodo paced the Bison effort at the Marietta Invitational. She won the 800 in 2:20.31, nearly eight seconds ahead of the runner-up, and ran a leg for the winning 4x400 relay (4:10.96) that won by nearly 12 seconds. Bodo also placed third in the 4x100 relay and fourth in the long jump (15-4).

Also nominated was junior **Kate McRoberts** of Grove City, junior **Katelynd McElhany** of W&J, junior **Maria Shepas** of Waynesburg, and senior **Abbey Basta** of Westminster.

PAC WOMEN'S FIELD ATHLETE OF THE WEEK

MARYBETH ROCCO

Waynesburg University

Sophomore - throws

Northern Cambria, Pa./No. Cambria H.S.



Rocco broke WU school records while winning the javelin (42.39m/139-1) and placing fourth overall (first among D-III athletes) in the discus (37.02m/121-5) at the Slippery Rock Invitational on Saturday. She qualified provisionally for NCAAs in the javelin and for ECACs in the discus.

Also nominated was senior **Desiree Finley** of Bethany, sophomore **C.J. Corcoran** of Washington & Jefferson, and senior **Amber Dillaman** of Waynesburg.

PAC T&F NOTES

Bethany Bison

Bethany posted more outstanding performance at Saturday's Marietta Invitational ... Leading the way for the women were seniors **Jodi Bodo** and **Desiree Finley**, who both won individual events and ran on the first place 4x400 relay with **Kaitlyn Black** and **Emily Andrews** that finished in 4:10.96 ... Bodo cruised to a 1st place finish in the 800 in 2:20.31, more than 8 ½ seconds ahead of the runner-up and she also took 4th in the long jump ... Finley won the 400 hurdles in 1:08.74 and placed second in the pole vault ... Third place finishers included Black in the 400, **Alissa Moss** in 3,000 Steeplechase, **Tara Harris** in discus and 4x100 relay of Black, Bodo, **Rachael Katsur** and **Kelli McAbier** ... For the men, **Nathaniel Hensch** won the pole vault in convincing fashion, clearing 13-10 ... The top effort on the track was the 4x100 relay of **Danny Farray**, **Marcus Johnson**, **Ed Holmes** and **Taylor McNeil** taking second (43.67) ... Third place finishes were posted by McNeil in the 200 and **Michael Newman** in the discus.



Geneva Golden Tornadoes

Geneva's track and field team tossed its hat into the Division I ring last Saturday at Robert Morris University ... Several athletes turned in solid performances highlighted by **Dan Dillman**'s season best effort 43-11.75 ... Dillman finished fourth overall at the meet ... **Monas Cunningham** continued his good work with a third place finish in the 110 meter hurdles while **Nick Edinger** was fifth in the 5K with a season best time of 16:17 ... Highlighting the women's action was **Julie Urbanski**'s NCCAA national qualifying time of 4:59.13 in the 1500 meter race ... Urbanski finished second overall in the 1500 and also posted a 4th place finish in the 800 meter event ... **Aisha Moore** finished sixth overall in the triple jump while **Shannon Rech** turned in a season-best performance of 19:52.88 with a fifth place finish in the 5000 meter race.



Grove City Wolverines

The Grove City College track & field teams returned to action Saturday at the highly-competitive Slippery Rock University Invitational ... Two women picked up victories for Grove City ... Junior **Kate McRoberts** won the 3000 and freshman **Ella Smith** won the 5000 ... **Kate Balmer** took second in the 100 with a time of 12.54 seconds, just .03 off her school record ... **Emily Pierce** placed third in the 5000 ... On the men's side, **Frankie Hourigan** captured the 3000 steeplechase for Grove City ... **Derek Kruse** took second in the high jump while **Matt Ridge** earned runner-up in the shot put ... **Matt Six** claimed third in both the shot and discus ... Grove City will compete in the PAC North Quad at Westminster's Memorial Field Wednesday ... Saturday, the Wolverines trek to Indiana, Pa. for the Indiana University of Pennsylvania Invitational.



Saint Vincent Bearcats

The Bearcats had runners compete in two different events this past weekend ... Friday, three runners took part in the Bucknell Bison Open, while the remainder of the team competed at the Slippery Rock Invitational Saturday ... At Bucknell, the Bearcat trio of **Jeff Hite**, **Ryan Barlow**, and **Tyler Blair** took part in the 5K ... Hite led the way in the first heat, taking 22nd out of 40 with a time of 15:55.25 ... In the second heat, Blair took 27th (16:04.74) while Barlow finished right behind, timed in 16:06.82 ... At Slippery Rock, **Cam Stumme** led the way for the Bearcats in the 3000 steeplechase, finishing second with a season-best time of 10:26.52 ... In the 200 meter dash, **Shane Sweeney** set a school record with a time of 23.73, good for ninth place ... **Jared Ryan** took fifth in a field of 21 runners in the 800 (2:01.08), while **Lucas Briola** topped the Bearcats in the 5K, with a career-best time of 16:55.00 ... **Kevin Wanichko** finished seventh in the 1500, timed in 4:25.31.



Thiel Tomcats

The Thiel College men's and women's track and field teams competed at the Mount Union Open on Saturday, earning two top three finishes ... Senior athlete **Latoya Locke** led the women with a third place finish in the 100-meter hurdles racing to a time of 15.74, while freshmen **Brittany Brown** finished fourth in the women's high jump ... On the men's side, **Scott Stano** earned third place in the javelin with a toss of 48.36-meters ... Tomcat track and field returns to action on Wednesday, April 14 to compete at the PAC Quad North meet in New Wilmington, Pa.



Washington & Jefferson Presidents

W&J picked up a third-place men's finish and fourth-place women's showing Saturday at Carnegie Mellon's Quad Meet at Gesling Stadium ... The men were paced by sophomores **Bryant Wang** and **Josh Buckley** ... Wang won the 400-meter hurdles (56.68) and placed third in the 110-meter hurdles (15.71), while Buckley earned a trio of top-three placements, finishing second in the long jump (21'8") and high jump (6' 3/4"), while placing third in the triple jump (42' 8 1/4") ... The women were led by a trio of athletes, including juniors **Katelynd McElhany** and **Michelle Wuenstel** along with sophomore **C.J. Corcoran** ... McElhany won the 100 hurdles (15.65) and claimed second in the 400 hurdles (1:07.22), while teaming with Wuenstel to lead the 4x100 meter relay to a second-place finish (51.91) ... Wuenstel was a double winner after claiming the 100 (13.38) and 200 (26.81) meter dashes, while Corcoran took top honors in the high jump (4'11") and javelin (117'1"), while also claiming sixth in the discus (96'4").



Waynesburg Yellow Jackets

The Yellow Jacket women were led at Slippery Rock by sophomore thrower **Marybeth Rocco**, who had a huge day in both the javelin and discus ... She broke the school outdoor javelin record with a first-place throw of 42.39 meters (139' 1") that was good enough to qualify her provisionally for nationals for a second time this year ... She also qualified for the ECAC Championships in the discus with a toss of 37.02 meters (121' 5"), which broke the Waynesburg record in the event ... The Jackets got a second ECAC qualifying effort from junior runner **Maria Shepas**, who won the 3,000-meter women's steeplechase in 11:47.84, more than six seconds ahead of the second-place finisher and which shattered her previous school record by more than 38 seconds ... The Jackets also received second-place finishes from sophomore **Krystal Baker** in the high jump and triple jump, along with a runner-up performance from freshman **Jaimee Post** in the long jump.



Westminster Titans

Westminster compiled seven first-place finishes and set one school record at a quad meet hosted by Carnegie Mellon on Saturday ... The Titan women placed second with 169 points, narrowly edged by host CMU with 170 points ... The Titan men placed fourth with 116.5 points ... Senior **Amber Dillaman** took second in the javelin and broke her own school record in the event with a throw of 35.09 meters ... The first-place individual finishers for the Titan women included sophomore **Emily Dolsak** in the discus (37.72), senior **Abbey Basta** in the 400-meter hurdles (1:05.82), and senior **Rachel Hudson** in the 5,000 (19:12.45) ... Basta ran on Westminster's first-place 4x100 relay team (50.03) ... Freshman **Bob Fazzolare** led the Titans with three first-place finishes including two relays ... Fazzolare captured the 400 dash (51.24) while running legs of the winning 4x100 (44.10) and 4x400 (3:28.48) relay teams.



PAC T&F SCHEDULES/RESULTS

Bethany Bison

		<u>Men</u>	<u>Women</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored	Unscored
March 27	at Wheeling Jesuit Invitational	12th/14 (10)	12th/17 (16)
April 3	at W&J Invitational	7th/14 (57)	5th/14 (72)
April 10	at Marietta Invitational	5th/6 (51)	4th/7 (76)
April 17	at IUP Ed Fry Invitational		
April 21	PAC SOUTH QUAD MEET		
April 24	at Robert Morris Invitational		
May 1	at PAC Championships (Grove City)		
May 7	at Slippery Rock Last Chance Meet		
May 13-14	at ECAC Championships (Springfield)		
May 14	at Allegheny Invitational		

Geneva Golden Tornadoes

		<u>Men</u>	<u>Women</u>
March 23	at Grove City Mini Invitational	Unscored	Unscored
March 27	at Muskingum Invitational	L 62-113	W 66-64
April 3	at W&J Invitational	8th/14 (43)	12th/14 (17)
April 10	at Robert Morris Invitational	Unscored	Unscored
April 17	at Westminster Invitational		
April 21	at PAC South Quad (Bethany)		
April 24	at B-W Sparky Adams Invitational		
May 1	at PAC Championships (Grove City)		
May 6-8	at NCCAA Championships (TBA)		

Grove City Wolverines

		<u>Men</u>	<u>Women</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored	Unscored
March 23	GROVE CITY MINI INVITATIONAL	Unscored	Unscored
March 27	at Wheeling Jesuit Invitational	Unscored	Unscored
April 3	at W&J Invitational	13th/14 (15)	14th/14 (2)
April 10	at Slippery Rock Invitational	Unscored	Unscored
April 14	at PAC North Quad (Westminster)		
April 17	at IUP Ed Fry Invitational		
April 24	TBA		
May 1	PAC CHAMPIONSHIPS		

Saint Vincent Bearcats

		<u>Men</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored
March 27	at Western Pa. Championships (Cal)	3rd/3 (77)
April 3	at W&J Invitational	9th/14 (22)
April 9-10	at Bucknell Bison Open	Unscored
April 10	at Slippery Rock Invitational	Unscored
April 14	at PAC North Quad (Westminster)	
April 17	at IUP Ed Fry Invitational	
April 24	at Saint Francis (Pa.) Invitational	
May 1	at PAC Championships (Grove City)	
May 13-14	at ECAC Championships (Springfield)	

Thiel Tomcats

		<u>Men</u>	<u>Women</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored	Unscored
March 27	at Washington & Lee Invitational	Unscored	Unscored
April 3	at Jack Hazen Open	Unscored	Unscored
April 10	at Mount Union Open	9th/10 (12)	10th/11 (28)
April 17	at IUP Ed Fry Invitational		
May 1	at PAC Championships (Grove City)		
May 14	at Allegheny Invitational		

Washington & Jefferson Presidents

		<u>Men</u>	<u>Women</u>
March 13	at York Spring Opener	Unscored	Unscored
March 20	at Lynchburg Invitational	Unscored	Unscored
March 27	at Washington & Lee Invitational	Unscored	Unscored
April 3	W&J INVITATIONAL	2nd/14 (115)	7th/14 (54)
April 10	at Carnegie Mellon Invitational	3rd/4 (119)	4th/4 (83)
April 17	at IUP Ed Fry Invitational		
April 21	at PAC South Quad (Bethany)		
May 1	at PAC Championships (Grove City)		
May 14	at Allegheny Invitational		

Waynesburg Yellow Jackets

		<u>Men</u>	<u>Women</u>
March 27	at Wheeling Jesuit Invitational	11th/14 (15)	7th/17 (61.5)
April 3	at W&J Invitational	6th/14 (63)	T-1st/14 (112)
April 10	at Slippery Rock Invitational	Unscored	Unscored
April 16-17	at IUP Ed Fry Invitational		
April 21	at PAC South Quad Meet (Bethany)		
April 24	at B-W Sparky Adams Invitational		
May 1	at PAC Championships (Grove City)		
May 7	at Slippery Rock Last Chance Meet		
May 13-14	at ECAC Championships (Springfield)		
May 14	at Allegheny Invitational		

Westminster Titans

		<u>Men</u>	<u>Women</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored	Unscored
March 23	at Grove City Mini Invitational	Unscored	Unscored
March 27	at W. Pa. Championships	2nd/3 (218)	1st/2 (285)
April 10	at Carnegie Mellon Invitational	4th/4 (116.5)	2nd/4 (169)
April 14	PAC NORTH QUAD MEET		
April 17	WESTMINSTER INVITATIONAL		
April 24	at B-W Sparky Adams Invitational		
May 1	at PAC Championships (Grove City)		
May 7	at Slippery Rock Last Chance Meet		
May 21	at Gregory Invitational (North Central)		