

# 2009 PAC Track & Field Release Week 4 - April 13



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

Friday-Saturday, April 10-11, 2009

Saint Vincent at **Bucknell Open - Lewisburg, Pa.** - unscored

Saturday, April 11, 2009

**Robert Morris Bennie Benson Memorial - Moon Township, Pa.**  
*Men (eight teams)*

4. Washington & Jefferson - 90

5. Thiel - 77

7. Geneva - 26

*Women (10 teams)*

3. Thiel - 113

5. Washington & Jefferson - 47

9t. Geneva - 20

Bethany, Grove City, Waynesburg, Westminster at **Slippery Rock Invitational - Slippery Rock, Pa.** - unscored

## THIS WEEK

Wednesday, April 15, 2009

Bethany, Washington & Jefferson, Waynesburg at PAC South Quad (Geneva) - Beaver Falls, Pa. - 2:30 p.m.

Grove City, Thiel, Saint Vincent at PAC North Quad (Westminster) - New Wilmington, Pa. - 4 p.m.

Saturday, April 18, 2009

Geneva at Westminster Invitational - New Wilmington, Pa. - 10 a.m.

Bethany, Grove City, Saint Vincent, Washington & Jefferson, Waynesburg at IUP Invitational - Indiana, Pa. - 10 a.m.

Thiel at Baldwin-Wallace Adams Invitational - Berea, Ohio - 10 a.m.

## PAC MEN'S TRACK ATHLETE OF THE WEEK

### ALEX EATON

**Thiel College**

Junior - mid-distance  
Erie, Pa./Cathedral Prep H.S.



Eaton captured first place in the 400 meter dash (49.33) and also ran on the Tomcats' winning 4x400 meter relay team (3:20.29) at the Robert Morris Bennie Benson Memorial in Moon Township, Pa.

*Also nominated was junior **Derek Kruse** of Grove City, senior **Jeff Smith** of Washington & Jefferson, and junior **Brad Adams** of Westminster.*

## PAC WOMEN'S TRACK ATHLETE OF THE WEEK

### CARA RIFFE

**Thiel College**

Junior - sprints/mid-distance  
Greenville, Pa./Reynolds H.S.



Riffe led the Tomcat women at the Bennie Benson Memorial at Robert Morris University by placing first in both the 200 (25.88) and 400 meter (59.71) dash events.

*Also nominated was junior **Jodi Bodo** of Bethany, sophomore **Michelle Wuenstel** of Washington & Jefferson, senior **Megan Grover** of Waynesburg, and senior **Megan Harding** of Westminster.*

## PAC MEN'S FIELD ATHLETE OF THE WEEK

### JUSTIN NOCK

**Washington & Jefferson College**

Senior - throws/jumps  
Cranberry Twp., Pa./Seneca Valley H.S.



Nock captured the high jump at the Robert Morris Bennie Benson Memorial after clearing 6-0 3/4.

*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

### LATOYA LOCKE

**Thiel College**

Junior - jumps  
Farrell, Pa./Farrell H.S.



Competing at the Bennie Benson Memorial at Robert Morris University in Moon Township, Pa., Locke finished second in the triple jump with a mark of 37-6, good enough to provisionally qualify for the NCAA Division III Championships. It was the fourth-longest jump in the nation by a Division III athlete this season.

*Also nominated was freshman **Cassandra Allen** of Bethany, sophomore **Katelynd McElhany** of Washington & Jefferson, senior **Ashley Dodd** of Waynesburg, and sophomore **Jillian Babish** of Westminster.*

# PAC TRACK & FIELD NOTES

## Bethany Bison



Despite windy conditions hampering their efforts, the Bison turned in solid performances at the unscored Slippery Rock Invitational ... After winning two events last week, **Jodi Bodo** was a double-winner again, taking first in the 400 (1:00.30) and teaming with **Stacy** and **Kelly Goode** and **Kaitlyn Black** to win the 4x400 relay (4:10.64) ... Bodo also helped the 4x100 place fourth (51.43) and earned sixth in the 200 with a season-best time of 26.54 ... The Goode sisters also registered their fastest times of the season in the 800, with Stacy (2:23.63) taking third and Kelly (2:23.75) finishing fifth, while **Maggie McCort** was third in the 5,000 (19:43.39) ... In the field events, **Cassandra Allen** placed in all the jumps, including third in the high and fifth in the long and triple ... The men were led by **Clint Wilson** in third place in the high jump (6-2).

## Geneva Golden Tornadoes



The men's 4 x 100 relay team of **Bobby Rex**, **Cory Fraction**, **Stephen Polite** and **Matt Susa** took first place at the Robert Morris University Invitational with a time of 44.41 ... Rex also picked up a pair of top three finishes in the 100 and 200 meter events ... Geneva's women were led by **Tiffany Bear** who finished second in the javelin (38.96 meters) and fourth in the shot put (10.92 meters)

## Grove City Wolverines



Several Grove City men's track and field athletes competed in the Slippery Rock University Open Saturday at N. Kerr Thompson Stadium ... Junior **Derek Kruse** led Grove City by winning the 1500 in 4:09.86 ... He also took third in the 800 ... Senior **Tim Su** took third in the 10,000 ... Senior **Darin Miller** posted fourth-place finishes in the 400 and 800 ... **Chris Huber** (shot), **Matt Six** (disc) and **Pete Polesnak** (javelin) all placed fifth in their respective throwing events at Slippery Rock Saturday ... This week, the Grove City men's and women's teams will compete in a pair of meets ... Wednesday, Grove City will compete in the PAC North Quad at Westminster ... Three days later, Grove City will compete in the Indiana (Pa.) Invitational.

## Saint Vincent Bearcats



The Bearcats faced a tough field at the 2009 Bucknell Bison Outdoor Classic over the weekend, which included over 30 schools, including 25 NCAA Division-I institutions ... As has been the case throughout the year, senior **Adam Smith** turned in yet another stellar performance in the 5,000 meter to lead the Bearcats, as he finished second overall, in a field of 95 runners, with a time of 14:52 ... Teammate **Ryan Barlow** also had a strong showing in the 5K, finishing in the middle of the pack with a time of 15:44 ... In the 800, **Shane Anderton** finished 27th in a field of 90 runners with a time of 1:56.51, while his brother **Craig Anderton** followed closely behind, with a time of 1:58.17 ... **Kevin Wanichko's** time of 4:13.08 led the Bearcats in the 1,500 meter run.

## Thiel Tomcats



The men's and women's track and field teams of Thiel College left the Robert Morris University Meet with six first place finishers and seven other athletes placing in the top three ... On the men's side, junior **Alex Eaton** ended the meet with a first place finish in the 400-meter dash (49.33) and was part of the Tomcat relay team that placed first in the 4x400-meter relay (3:20.29) ... Highlighting the women's performances were **Cara Riffe** and **Latoya Locke** ... Riffe, a junior, earned first place finishes in both the 200- (25.88) and 400-meter dash (59.71) ... Locke's second-place jump of 37'6 was good enough to qualify provisionally for nationals and was the fourth longest mark of the season by any Division III athlete ... Thiel's next meet is the PAC North Quad Meet at Westminster College on Wednesday.



## Washington & Jefferson Presidents



W&J placed fourth and fifth, respectively, Saturday at the Robert Morris Bennie Benson Invitational ... Sophomore **Michelle Wuenstel** competed in the 800 meters for the second time in her career and won the event with a time of 2:25.91 ... She also helped the 4x100 and 4x400 relay teams to third-place finishes ... Freshman **Tierney Risley** placed second in the 400-meter hurdles (1:10.88), while sophomore **Katelynd McElhane**y claimed third place in the 100-meter hurdles (15.82) ... Senior **Justin Nock** won the high jump event (6'0 3/4"), while senior **Curt Jones** won the javelin (189'10") ... Jones also claimed third place in the discus (136'3") ... Senior **Jeff Smith** had top-five showings in the 400 hurdles (58.01), 110 hurdles (16.05) and 4x100 (44.85) relay ... Freshman **Josh Buckley** was second in the long jump (21'1 1/4") and triple jump (43'4 1/2").

## Waynesburg Yellow Jackets



The Waynesburg track and field teams traveled to Slippery Rock for their invitational this past Saturday ... A trio of Jacket women won individual events at SRU ... Senior **Ashley Dodd** took first in the pole vault, senior distance runner **Megan Grover** won the 3,000-meter run and sophomore **Elisha Jones** was tops in the javelin with a throw of 39.41 meters ... Led by Jones, the Jacket women swept the top three spots in the javelin ... Freshman **Marybeth Rocco** and senior **Amanda Staudt** placed second and third, respectively, in the event ... The Waynesburg men were led by sophomore throwers **Jeremy Faidley** and freshman **Sam Byrne** ... Faidley took fourth in the shot put and Byrne did the same in the discus.

## Westminster Titans



Westminster athletes won two events and set one new school record as the Titan men's and women's track and field teams competed at the Slippery Rock University Invitational on Saturday ... Westminster competed as individuals only at the event with limited members of each team attending the meet ... Senior **Megan Harding** won the 200 meters with a school-record time of 25.39 ... Harding also placed second in the 100 at 12.43 ... Senior **Rebecca Shiner** won the 800 meters with a time of 2:22.12 ... On the men's side, junior **Brad Adams** took sixth (54.01) in the 400 and 16th in the 100 (13.70) ... Other top finishes saw junior **Jonathan Morrow** grabbing seventh in the javelin (49.52), freshman **Caleb Smathers** taking eighth in the pole vault (3.8) and freshman **Drew Myers** capturing eighth in the shot put (13.06).

# 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. NTS  
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.)

## 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. 7th/8 (m)  
T-9th/10 (w)  
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.)

### 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. NTS  
15 at PAC North Quad 4 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.)

## 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 NTS  
11  
15 at PAC North Quad 4 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.)



## 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. 5th/8 (m)  
3rd/10 (w)  
15 at PAC North Quad 4 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)  
11 at Robert Morris Invit. 4th/8 (m)  
5th/10 (w)  
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. NTS  
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. NTS  
15 PAC NORTH QUAD 4 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