

2012 PAC Track & Field Release

Week 4 - April 16



Presidents' Athletic Conference

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LAST WEEK

Saturday, April 14, 2012

Westminster Invitational - New Wilmington, Pa.

Men (13 teams)

2. Westminster - 126

3. Grove City - 93.5

4. Waynesburg - 83

6. Bethany - 44

7. Wash. & Jeff. - 40

8. Geneva - 38

11. Saint Vincent - 11

12. Thiel - 10

Women (12 teams)

1. Westminster - 139.5

2. Waynesburg - 126

5. Grove City - 63

7. Wash. & Jeff. - 42

8. Bethany - 40.5

9. Geneva - 32

12. Thiel - 8

Saturday-Sunday, April 14-15, 2012

Saint Vincent/Thiel at **Bucknell Bison Outdoor Classic** - Lewisburg, Pa. - unscored

Thomas More - idle

THIS WEEK

Tuesday, April 17, 2012

Geneva/Grove City/Thiel/Westminster at **PAC North Quad Meet** - Beaver Falls, Pa. - 4 p.m.

Wednesday, April 18, 2012

Bethany/Saint Vincent/Washington & Jefferson/Waynesburg at **PAC Quad South Meet** - Bethany, W.Va. - 2 p.m.

Saturday, April 21, 2012

Bethany/Thiel/Westminster at **Baldwin-Wallace Sparky Adams Invitational** - Berea, Ohio - 10 a.m.

Grove City/Saint Vincent/Waynesburg at **IUP Ed Fry Invitational** - Indiana, Pa. - 11 a.m.

Thomas More at **Wilmington College Invitational** - Wilmington, Ohio - noon

PAC MEN'S TRACK ATHLETE OF THE WEEK

BYRUM LOUCO

Waynesburg University

Freshman - sprints

Wexford, Pa./North Allegheny H.S.



Louco earned his second PAC weekly honor of the season after placing first in the 400 hurdles (55.33) and second in the 100 meter dash (11.42) while also running a leg for the victorious WU 4x400 relay team (3:24.03) at the Westminster Invitational in New Wilmington.

Also nominated was sophomore **Arkangelo James** of Bethany, sophomore **Alec Schultz** of Grove City, senior **Kevin Wanichko** of Saint Vincent, senior **Richard Peterson** of Thiel, junior **Benjamin Kopchick** of Washington & Jefferson, and junior **Adam Carswell** of Westminster.

PAC WOMEN'S TRACK ATHLETE OF THE WEEK

RHEA HUWE

Waynesburg University

Junior - sprints

Allison Park, Pa./Shaler H.S.



Huwe posted four top three finishes at the Westminster Invitational in New Wilmington, Pa. She captured the 200 meter dash (27.10) and ran a leg on the winning WU 4x400 relay team (school-record 4:11.33), while placing second in the 100 meter dash by .01 (12.96) and finishing third in the 4x100 relay (ECAC-qualifying 50.62).

Also nominated was senior **Kaitlyn Black** of Bethany, junior **Mary Kate Breese** of Grove City, sophomore **Valerie White** of Thiel, senior **Tierney Risley** of Washington & Jefferson, and senior **Alisha Slater** of Westminster.

PAC MEN'S FIELD ATHLETE OF THE WEEK

RYAN BELL

Westminster College

Senior - javelin

New Wilmington, Pa./Wilmington H.S.



Bell placed first in the javelin throw with a toss of 63.93 meters at the Westminster Invitational in New Wilmington, Pa., over six meters farther than the second-place finisher.

Also nominated was junior **Michael Newman** of Bethany, junior **Tyler French** of Geneva, senior **David Ferreira** of Grove City, freshman **Nic Jones** of Thiel, junior **Gavin Donathan** of Washington & Jefferson, and sophomore **David Cobb** of Waynesburg.

PAC WOMEN'S FIELD ATHLETE OF THE WEEK

KRYSTAL BAKER

Waynesburg University

Senior - jumps

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



In her first competition of the year, Baker captured the triple jump (ECAC-qualifying 10.89 meters) and placed fourth overall (first among Division III competitors) in the high jump with a mark of 1.53 meters at the Westminster Invitational in New Wilmington, Pa.

Also nominated was senior **Cassie Allen** of Bethany, junior **Cassidy Kravec** of Thiel, senior **C.J. Corcoran** of Washington & Jefferson, and senior **Emily Dolsak** of Westminster.

PAC T&F NOTES

Bethany Bison



Bethany's sprinters had a big day at Saturday's Westminster Invitational, gathering in 10 of the team's 15 top six placements ... **Arkangelo James** won an event for the third straight week, coming in first in the 800 (1:55.47) ... He also ran on the 4x400 relay with **Derrick Tolliver**, **Joe Douglas** and **Lamine Balde** to take second (3:25.58) ... The men's 4x100 relay of Balde, Tolliver, **Raymeor Pinchom** and **Anthony Thompson** finished third and qualified for ECACs in 43.66 ... For the women, **Kaitlyn Black** had the top day, placing second in the 400 (1:00.19) and fourth in the 200 (27.63) ... **Paige Prato** was right behind Black in the 200, earning fifth (27.79) and also raced to third in the 100 (13.27) ... The 4x100 relay of **Megan Butler**, Black, **Hayley Acree** and Prato had a season-best time of 51.53 to take fourth.

Geneva Golden Tornadoes



Tyler French was Geneva's only first place finisher at the Westminster Invitational Saturday ... Finishing with a winning distance of 14.02 meters, French cruised past the competition on his way to a first place finish ... **Jordan Rupert** also had a solid showing for the Golden Tornadoes in the javelin ... The freshman finished sixth overall in the event with a throw of 49.12 meters ... Other highlights on the men's side included a fourth place finish in the triple jump from **Mark Filtz** ... **Kathryn Regalado** and **Katherine Michalak** finished third and fourth, respectively, in the shot put ... Regalado edged out her teammate by less than half a meter ... In the women's distance events, **Emily Hoobler** had a busy day, finishing third in the 1,500 meter race with a time of 5:06.24 before posting a ninth place finish in the 800.

Grove City Wolverines



Grove City competed in the Westminster Invitational Saturday at Memorial Field in New Wilmington ... The men finished third and the women took fifth ... Sophomore **Alec Schultz** led the men's effort by winning the 10,000 ... **John Green** took second in the 400 hurdles, **Francis Ridge** earned runner-up in the 10,000 and **Arleigh McRae** finished second in the 1500 ... **David Ferreira** earned second in the triple jump ... On the women's side, **Mary Kate Breese** (10,000) and **Ella Smith** (5000) both earned victories ... **Mara Womer** took second in the 400 hurdles ... **Anna Dunsworth** captured third in the 10,000 ... Grove City will compete in the conference's North Quad Tuesday in Beaver Falls ... Saturday, the Wolverines make their final preparations for the league championships by competing in the Indiana (Pa.) Invitational.

Saint Vincent Bearcats



The Bearcats' track team was split between two venues this weekend, the Westminster Invitational and the Bucknell Bison Open ... At Bucknell, senior **Kevin Wanichko** broke a three-year school record in the 5,000-meters with a time of 14:51.91, good enough to qualify him for next month's ECAC meet ... Also at Bucknell, sophomore **Chansler Poole** won his heat of the 1,500-meters with a time of 3:59.06, which was a personal and season best, and also qualified him for the ECAC meet ... At Westminster, **Chris Hameed** finished fourth in the 800-meters with a season- and personal-best time of 2:01.18 ... On the second day at Bucknell, the Bearcat 4x800 team of Poole, **Cam Stumme**, Wanichko and **John Joseph** posted an ECAC-qualifying time of 7:53.49, less than one second off the school record.

Thiel Tomcats



The Tomcat men's and women's T&F squads split up Saturday, traveling to New Wilmington to compete at the Westminster Invitational and to Lewisburg to run in the Bucknell Bison Outdoor Classic ... A host of distance runners made the trip to the Bison Outdoor Classic, with all three runners setting lifetime bests in their respective events ... **Richard Peterson** posted a 31:11.99 in the 10K run, while **Steve Morgan**, running the 10K for the first time in his career, finished in 34:25.58 ... **Regis Wagner** competed in the 5K in 15:25.72 ... At Westminster, **Nic Jones** continued his fine freshman campaign with a second-place finish in the high jump (6-2) ... For the women, **Valerie White** (10K) and **Cassidy Kravec** (javelin) each posted sixth-place finishes in their respective events.

Thomas More Saints



The Thomas More track and field teams were idle last week ... The Saints return to action this Saturday as they compete in the Wilmington College Invitational for their final tune-up for the Presidents' Athletic Conference Championship meet.

Washington & Jefferson Presidents



The Washington & Jefferson College track & field teams competed at the Westminster Invitational Saturday ... Junior **Benjamin Kopchick** led the men's side with a victory in the steeple chase (10:14.71) ... Junior **Jared Jones** placed third in the 400 meters (51.18) and fourth in the 200 meters (23.41) ... Classmate **Gavin Donathan** collected third place in the shot put (13.56 meters) and fourth in the discus (42.27 meters) ... Senior **C.J. Corcoran** claimed first place in the javelin with a top throw of 38.92 meters to pace the W&J women ... Classmate **Taylor Thompson** took second place in the triple jump (10.14 meters), while fellow senior **Tierney Risley** was fourth in the 400 meters (1:12.20) and fifth in the 100 meters (17.28) ... Sophomore **Erin Oberg** took fourth place in the triple jump (9.99 meters) and sixth in the high jump (1.48 meters).

Waynesburg Yellow Jackets



Waynesburg enjoyed a solid day at the Westminster Invitational ... A pair of school records highlighted several strong performances from the Jacket men ... Freshman **Jon Allison** and sophomore **Justin Angotti** set new top program marks in the 5,000 and 800 meters, respectively ... Allison placed seventh in the 5K (16:20.46), while Angotti crossed the 800 finish line in 1:56.60 ... Angotti was also part of the Jackets' victorious 4x400 relay team, joining sophomore **David Cobb** and freshmen **Lorenzo Mikulin** and **Byrum Louco** in victory in 3:24.03 ... Louco won the 400-meter hurdles (55.33) and was second in the 100 meter dash (11.42) ... The Jacket women were led on the track by junior **Megan Donovan**, who set a school record in the 3,000-meter steeplechase with a second-place (tops among D-III performers) time of 11:16.07 and ranks 13th in the nation.

Westminster Titans



In a home meet held in rainy conditions, the Titan women's team won the Westminster Invitational Saturday with 139.5 points, while the Titan men placed second with 126 points ... The WC women won seven events and the men won four ... PAC Women's Track Athlete of the Week senior **Alisha Slater** accounted for three event wins for the Titan women as she won the 100-meter dash (12.95), the long jump (5.24 m) and was the second leg in the winning 4x100 relay team (49.22) ... Slater also took second in the 200-meter dash (27.25) ... On the men's side, sophomore **Anthony Thomas** was first in the long jump (6.49 meters) ... Senior **Ryan Bell** placed first in the javelin (63.93 meters) ... Sophomore **Aaron Sutton** earned first in the 1500 (4:05.65) ... Rounding out the first-place finishes for the men was senior **JJ Faltot** (23.10), who placed first in the 200-meter dash.

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	6th/13	8th/12
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 Westminster Invitational	9th/13	8th/12
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	3rd/13	5th/12
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		11th/13
April 14-15	at Bucknell Invitational		NTS
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	12th/13	12th/12
April 14	at Bucknell Bison Outdoor Classic	NTS	---
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	7th/13	7th/12
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	4th/13	2nd/12
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	2nd/13	1st/12
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		

