



TRACK & FIELD 2005

Presidents' Athletic Conference

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RECENT RESULTS

Wednesday, April 13

Carnegie Mellon Invitational - Pittsburgh, Pa.

Men

2. Waynesburg

Women

3. Waynesburg

Saturday, April 16

Gettysburg Mason-Dixon Invitational - Gettysburg, Pa.

Men (11 teams)

5. Washington & Jefferson (80)

Women (10 teams)

6. Washington & Jefferson (56)

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

NEXT WEEK'S SCHEDULE

Saturday, April 23

Bethany, Thiel, Waynesburg at Westminster Invitational - New Wilmington, Pa. - 11 a.m.

Grove City, Washington & Jefferson at IUP Invitational - Indiana, Pa.

PAC MEN'S TRACK & FIELD ATHLETE OF THE WEEK

VIRGIL MARSHALL

Washington & Jefferson College

Freshman - jumps/sprints

Hopewell, Pa./Hopewell H.S.

Marshall posted top three finishes in five different events for the Presidents at the Mason-Dixon Invitational, hosted by Gettysburg College on Saturday. He placed second in the 200 (22.78) and high jump (5-9 3/4), while finishing third in the 400 (51.61), triple jump (41-4 1/4) and long jump (20-5).

Also nominated was sophomore **Mark Murchie** of Grove City, junior **Shaun Jackson** of Thiel, sophomore **Heath Piper** of Waynesburg, and junior **Adam Hadbavny** of Westminster.

PAC WOMEN'S TRACK & FIELD ATHLETE OF THE WEEK

MICHELLE PROPST

Waynesburg College

Freshman - mid-distance

Brighton, Col./Faith Christian H.S.

Propst won the 1,500 meter run at the Carnegie Mellon Invitational in 5:10.64, winning by over 18 seconds. She then finished third out of 27 runners at the Slippery Rock Invitational in the 1,500 with a time of 5:01.91.

Also nominated was **Lauren Spegal** of Bethany, senior **Erin Claxton** of Grove City, junior **Kandice Gibson** of Thiel, freshman **Stephanie Yeager** of Washington & Jefferson, and freshman **Jessica Cooper** of Westminster.

PAC TRACK & FIELD NOTES

Bethany Bison

Bethany showed strong improvement and placed well in the unscored Slippery Rock Invitational Saturday ... For the women, **Lauren Spegal** finished eighth in the discus by setting a new school record (115-6), besting the previous mark of 115-4) ... The mark narrowly missed qualifying her for ECAC competition ... **Chris Gardner** won the men's high jump (6-6) ... Gardner has won this event for the past four weeks ... **Aston Duporte** shaved 0.3 of a second off his previous personal best to finish 21st in the 100-meter dash (11.71) ... He also legged a portion of the 4 x 100-meter relay in the absence of an injured **Lavel Williams** ... **Jesse Saffran** ran his best times of the year in the 110- and 400-meter hurdles.

Wash. & Jeff. Presidents

The W&J men placed fifth out of 11 teams, while the women squad notched sixth out of 10 squads at the 2005 Mason-Dixon Invitational hosted by Gettysburg College Saturday ... Freshman **Kelli Gee** paced the women's squad as she won the long jump (17'2") and earned runner-up laurels in the triple jump (33'10") ... Freshman **Stephanie Yeager** placed second in the discus with a toss of 120'4" ... Her mark qualified her for the ECAC Division III Championships ... Senior **Chad Edwards** and freshman **Matt Rudzki** both won individual titles ... Edwards captured the shot put title (47'10 1/2"), while Rudzki won the 10,000 meters (season-best time of 33:40.84) ... Freshman **Virgil Marshall** placed among the top three in five different events.

Grove City Wolverines

Grove City competed in the Slippery Rock Invitational Saturday, which featured numerous scholarship programs ... Senior **Erin Claxton** broke her own College record in the 10,000 Saturday, posting a victorious time of 38:00 ... Freshman **Brittany Moore** took sixth in the 400 while classmate **Amanda Hewitt** placed seventh in the 1500 ... Sophomore **Sarah Bray** took seventh in the javelin ... Five GCC men posted top-3 finishes, led by **Mark Murchie's** runner-up effort in the 400 ... Senior **Philip Hart** took third in the 100 dash while junior **Dan Chittick** placed third in the 1500 ... Freshman **Chris Andrew** took third in the steeplechase while classmate **Jeremy Hurt** took third in the high jump.

Waynesburg Yellow Jackets

Waynesburg competed in a pair of invites this week, at Carnegie Mellon Wednesday and Slippery Rock Saturday ... Freshman **Michelle Propst** won her second 1500-meter race of the season at CMU (5:10.64) to win by almost 18 seconds ... On the men's side, freshman **Brian Lucarelli** ran 56.89 in the 400 to win his first collegiate event ... His time was fewer than two seconds better than classmate and second-place finisher **Jeremy Franks** ... Junior **Jerry Powell** posted a season-best throw of 40.8 m to win the discus at CMU ... At the SRU invite, Propst posted multiple top-15 finishes for the Yellow Jackets, including third in the 27-member field of the 1500 (5:01.91) ... Sophomore **Heath Piper** finished in the top 15 in the 5,000 and 10,000.

Thiel Tomcats

The Tomcats participated in the Slippery Rock Invitational Saturday ... The teams broke three school records at the unscored event ... On the men's side Thiel claimed three of the top four places in the 400, led by junior **Shaun Jackson**, who finished first in 49.71 ... Senior **Daryl Moore** was third (50.52) and freshman **Will Mills** finished fourth (51.16) ... Freshman Anthony McCorvey finished second in the triple jump (44-2.75) and tied for sixth in the high jump (6-0) ... For the women, junior **Kandiance Gibson** ran to a third-place finish in the 100 in 12.36, setting a new school record ... Her time was just two one-hundredths off of qualifying for the NCAA Division III Outdoor Track & Field Championships.

Westminster Titans

The Westminster men's & women's outdoor track & field teams competed Saturday at the Slippery Rock Invitational ... No team score was kept at the event ... The Westminster men were paced by junior **Adam Hadbavny**, who posted the team's only win in the discus with a toss of 154-3 ... Senior **Phil Frye** placed third in the discus with a mark of 148-0 ... The top finisher for the Lady Titans was freshman **Jessica Cooper**, who finished in a tie for seventh in the high jump with a mark of 5-0 ... Westminster returns home to Harold Burry Stadium this Saturday (April 23) to host the Titan Invitational.

Past PAC Men's Track Athletes of the Week

March 20: **Zjaque Douglas**, Thiel

March 27: **Adam Hadbavny**, Westminster

April 3: **Chris Gardner**, Bethany

April 10: **Chris Gardner**, Bethany

April 17: **Virgil Marshall**, Wash. & Jeff.

April 24:

Past PAC Women's Track Athletes of the Week

March 20: **Kandiance Gibson**, Thiel

March 27: **Kelli Gee**, Wash. & Jeff.

April 3: **Erin Claxton**, Grove City

April 10: **Kelli Gee**, Wash. & Jeff.

April 17: **Michelle Propst**, Waynesburg

April 24: