



TRACK & FIELD 2004

Presidents' Athletic Conference

Joe Onderko, Information Director

Phone - (724) 946-6357

Fax - (724) 946-7187

E-Mail: onderkjm@westminster.edu

Web: www.westminster.edu/pac

RECENT RESULTS

Wednesday, April 14

Grove City Invitational - Grove City, Pa.

Men (five teams)

3. Grove City (114 points)

4. Westminster (50 points)

Women (five teams)

3. Grove City (107 points)

4. Westminster (53 points)

Saturday, April 17

Bethany, Grove City, Thiel, Washington & Jefferson, Westminster at Slippery Rock Invitational - Slippery Rock, Pa. (unscored)

NEXT WEEK'S SCHEDULE

Saturday, April 24

2004 PAC Outdoor Track & Field Championships

Grove City College - Grove City, Pa. - 10 a.m.

PAC MEN'S TRACK & FIELD ATHLETE OF THE WEEK

RORY PHILLIPS

Grove City College

Senior - Javelin

Kane, Pa./Kane H.S.

Phillips captured the javelin title at the Grove City Invitational with a toss of 192-9 to win by over 14 feet. He then placed fourth in the javelin at the Slippery Rock Invitational with a mark of 191-2.

Also nominated was sophomore **Lavel Williams** of Bethany, freshman **Lou Scudere** of Thiel, junior **Chad Edwards** of Washington & Jefferson, and junior **Phil Frye** of Westminster.

PAC WOMEN'S TRACK & FIELD ATHLETE OF THE WEEK

SALLY LEWIS

Grove City College

Senior - jumps

Rochester, Pa./Freedom H.S.

Lewis won both the long jump (16-6 3/4) and triple jump (34-1 1/2) at the Grove City Invitational on Wednesday, then captured the triple jump (37-2 3/4) while placing third (first among Division III competitors) in the long jump (17-8) at the Slippery Rock Invitational on Saturday.

Also nominated was sophomore **Kandice Gibson** of Thiel and sophomore **Sonya Cole** of Westminster.

PAC TRACK & FIELD NOTES

Bethany Bison

The Bison competed at the Slippery Rock University Invitational Saturday ... For the men, **Lavel Williams** finished 16th in the 100 meter dash with a season-best time of 11.66, the fastest time for any Bison runner this season ... Williams also placed 22nd in the 200 in 23.54 ... **Mike Frazier** (24.24) and **Aaron Weathers** (24.43) also competed ... Weathers added a 13th place finish in the 400 (52.87) ... The 4x100 meter relay team finished fifth in a time of 44.25. ... The team was composed of **Chris Gardner**, Frazier, Weathers and Williams ... For the women, **Mallory Roadman** was eighth in the 5000 meter run (20:39), while **Brooke Polega** was 23rd in the shot put (28-10.75) and 17th in the discus (99-00).

Wash. & Jeff. Presidents

The Washington & Jefferson College men's track and field team competed on an individual basis at the Slippery Rock Invitational on Saturday afternoon at N. Kerr Thompson Stadium ... Junior **Chad Edwards** posted the team's best performance after placing fourth in the shot put event following a throw of 46' 7 3/4" ... Senior **Mark Rudolph** also placed 33rd in the javelin after notching a throw of 122' 10".

Grove City Wolverines

Both Grove City teams competed in the Slippery Rock Open Saturday ... **Sally Lewis** helped lead the Grove City women by winning the triple jump and taking third in the long jump ... Lewis reached 37-2¾ in the triple jump while her mark of 17-8 ranked her first among Division III competitors ... Freshman **Cara Pierce** took third in the steeplechase, one place ahead of classmate **Michelle Mohr** ... **Christine Rummel** finished fourth in the triple jump ... On the men's side, seniors **Steve Brown** and **Rory Phillips** led Grove City, as Brown took fourth in the 10K while Phillips placed fourth in the javelin ... Freshman **Sam Dippold** placed sixth in the 400 hurdles while sophomore **Jon Essel** was eighth in the 10K.

Thiel Tomcats

The Thiel men's and women's track and field teams competed at the Slippery Rock University Invitational Saturday ... Sophomore **Kandiace Gibson** earned fourth-place finishes in both the 200-meter dash (25.90) and the 100-meter dash (12.82) ... Gibson also ran to a ninth-place finish in the 400-meter dash with a time of 1:02.55 ... Freshmen **Ebony King** and **Fontella Jones** each ran well in the 100, with Jones finishing seventh (13.56) and Jones eighth (13.57) ... Freshman **Lou Scudere** ran to a fourth-place finish in the 100 meters (11.38) while classmate **Zjaque Douglas** finished sixth in the 100 with a time of 11.43 ... Thiel claimed four of the top 10 finishes in the men's 400, led by freshman **Anthony Little's** 50.69

Westminster Titans

The Westminster men's and women's track & field teams each placed fourth at the five-team Grove City Invitational on Wednesday ... Junior **Phil Frye** was the men's team's lone winner, capturing the discus (130-2) ... For the Lady Titans, sophomore **Sonya Cole** led the squad by capturing the shot put with a mark of 36-8 ... On Saturday at the Slippery Rock Invitational, a pair of Titans posted third place finishes: sophomore **Adam Hadbavny** in the discus (137-11) and senior **Sean Gallagher** in the 10,000 meter run (34:39.24) ... In women's action, Cole placed second in the shot put (37-7), while junior **Felicie Reid** was third in the 10,000 meter run (41:23.50).

Past PAC Men's Track Athletes of the Week

March 21: Derek Pugh, Thiel

March 28: Lou Scudere, Thiel

April 4: Adam Hadbavny, Westminster

April 11: Lou Scudere, Thiel

April 18: Rory Phillips, Grove City

Past PAC Women's Track Athletes of the Week

March 21: Molly Darr, Thiel

March 28: Sally Lewis, Grove City

April 4: Kandiace Gibson, Thiel

April 11: Libby Hauser, Thiel

April 18: Sally Lewis, Grove City