

2011 PAC Track & Field Release Week 4 - April 18



Presidents' Athletic Conference
8500 Brooktree Road, Suite 130
Wexford, PA 15090
Web: www.pacathletics.org

Contact: Joe Onderko
(724) 933-4630
onderko@pacathletics.org

LAST WEEK

Wednesday, April 13, 2011

PAC North Quad - New Wilmington, Pa.

Men	Women
1. Westminster - 77.5	1. Westminster - 92
2. Geneva - 53.5	2. Grove City - 51
3. Grove City - 48	3. Geneva - 44
4. Thiel - 16	4. Thiel - 4

Saturday, April 16, 2011

Westminster Invitational

Men (11 schools)	Women (13 schools)
2. Grove City - 110	1. Westminster - 132
3. Westminster - 107.5	2t. Waynesburg - 94
5. Waynesburg - 55.5	4. Wash. & Jeff. - 76
6. Geneva - 48.5	7. Grove City - 52
7. Bethany - 46	8. Geneva - 40
8. Wash. & Jeff. - 38	9. Bethany - 25
9. Thiel - 25	12. Thiel - 2

Friday-Saturday, April 15-16, 2011

Saint Vincent/Washington & Jefferson at **Bucknell Bison Outdoor Open** - unscored

THIS WEEK

Wednesday, April 20, 2011

Bethany/Saint Vincent/Washington & Jefferson/Waynesburg at **PAC South Quad** - Bison Stadium - Bethany, W.Va. - 2:30 p.m.

Thursday, April 21, 2011

Geneva/Westminster at **Westminster Mini-Invitational** - Harold Burry Stadium - New Wilmington, Pa. - 4 p.m.

Saturday, April 23, 2011

Bethany/Thiel at **Baldwin-Wallace Sparky Adams Invitational** - Berea, Ohio - 11 a.m.

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

Grove City - idle

PAC MEN'S TRACK ATHLETE OF THE WEEK

JOHN GREEN

Grove City College

Freshman - hurdles/mid-distance
Ligonier, Pa./Ligonier Valley H.S.

Green won the 400 hurdles (57.82) at the PAC North Quad Wednesday, while also anchoring the winning GCC 4x400 relay (3:28.86). Saturday at the Westminster Invitational, he anchored the winning 4x400 relay (3:24.44) while placing third in the 400 hurdles (58.81, first in PAC) and 4x100 relay (45.78).

Also nominated was freshman **Greg Williams** of Bethany, senior **Ethan Rowe** of Thiel, sophomore **Benjamin Kopchick** of W&J, junior **Jordan Wrask** of Waynesburg, and junior **J.J. Faltot** of Westminster.

PAC WOMEN'S TRACK ATHLETE OF THE WEEK

MALLORY MACK

Westminster College

Junior - sprints
Carnegie, Pa./Chartiers Valley H.S.

Mack was a triple winner at the PAC North Quad in the 100 (12.79), 200 (26.53) and 4x100 relay (50.47). Saturday at the Westminster Invitational, she ran a leg for the winning 4x100 (50.16) and 4x400 (4:14.87) relays while placing second in the 100 (13.19) for the team champion Titans.

Also nominated was senior **Desiree Finley** of Bethany, sophomore **Sara Fisher** of Grove City, senior **Michelle Wuenstel** of W&J, and senior **Maria Shepas** of Waynesburg.



PAC MEN'S FIELD ATHLETE OF THE WEEK

ANTHONY THOMAS

Westminster College

Freshman - long jump
New Castle, Pa./Union H.S.



Thomas captured the long jump title in a 10-competitor field in two separate events last week, winning at both the PAC North Quad (6.57 meters) on Wednesday and the Westminster Invitational (6.6 meters) on Saturday.

Also nominated was freshman **Ben Gregg** of Bethany, junior **David Ferreira** of Grove City, freshman **Sam Comly** of Washington & Jefferson, and sophomore **Kurt Bonnet** of Waynesburg.

PAC WOMEN'S FIELD ATHLETE OF THE WEEK

JAIMEE POST

Waynesburg University

Sophomore - jumps
Cuyahoga Falls, Ohio/Cuyahoga Falls H.S.



Post had her best performance of the outdoor season and she captured the triple jump with an ECAC-qualifying mark of 11.11 meters (36-5 1/2) Saturday at the Westminster Invitational. She also added a fourth-place finish in the long jump, posting 4.56 meters (14-11 1/2).

Also nominated was freshman **Shannon Bishop** of Grove City, freshman **Lindsey Coffey** of W&J and junior **Merrissa Malcolm** of Westminster.

PAC T&F NOTES

Bethany Bison

The Bison track teams persevered through rainy conditions at Westminster Saturday to turn in solid efforts ... The men's team placed ninth out of 13 and did most of its damage in the sprints ... **Greg Williams** earned second in the 100 (11.84), just beating out **Raymeare Pinchom**, who was third (11.87) and **Marcus Johnson**, who earned sixth ... **Arkangelo James** ran to a third place finish in the 400 (51.54) and Pinchom snapped up sixth in the 200 (23.84), while the 4x100 relay team claimed second (44.98) ... In the field, **Ben Gregg** ran his streak of top-three placements to four consecutive meets by taking second in the javelin (154-0) and senior Ken Barrows took third in the high jump ... The women finished seventh out of 11 and their top showing was from **Desiree Finley** with a second in the 100 hurdles (17.47), while **Kelli McAhier** took sixth ... In the 100, **Paige Prato** crossed in fifth place (13.72) and **Kaitlyn Black** also earned fifth in the 400 with a season-best time of 1:02.64.



Geneva Golden Tornadoes

Geneva track & field had a busy week with a pair of meets at Westminster ... **Julia Urbanski** on the women's side and **Dan Dillman** for the men got top billing ... Urbanski won the 1500 meter event at both meets and finished second in the 800 meter event on both days ... Dillman, meanwhile, took home three first place honors by sweeping the shot put events and also winning the discus event last Wednesday in New Wilmington ... Geneva's distance runners continued to shine with **Sarah Davis** winning the top spot in the 10000 meter event on Saturday and **Nick Edinger** taking home the top prize in the men's 5000 meter race ... Other winners in Wednesday's meet included **Shannon Rech** (3000 meter steeplechase), **Emily Crain** (long jump) and **Kathryn Regalado** (shot put) for the women ... On the men's side, **Ryan White** won the 200 meter race and then teamed up with **John-Henry Jarwood**, **Wes Marquis** and **Aaron Marga** to win the men's 4x100 meter relay.



Grove City Wolverines

Grove City made a pair of trips to Westminster's Memorial Field last week ... Wednesday, the teams competed in the PAC North Quad, with the women taking second and the men placing third ... Three members of the women's team earned wins: **Hannah Tubb** (800), **Sara Fisher** (5000) and **Shannon Bishop** (triple jump) ... **John Fite** (400), **Josiah Tobin** (1500), **John Green** (400 hurdles) and **David Ferreira** (triple jump) all posted victories at the Quad ... Fite, Green, **Nick Philpot** and **Patrik Miller** won the 4x400 relay ... Saturday, the men's team earned second out of 11 teams at the Westminster Invitational ... The 1600 relay quartet closed the meet by winning in 3:24.44 ... **Mark Talbot** won the 10K for Grove City ... Fisher won the 5K Saturday in New Wilmington, helping the Wolverines to seventh place in the team standings ... Senior **Emily Pierce** earned second in the 5000 ... The Wolverine thinclads are idle this week for Easter Break ... Grove City returns to action April 29-30 for the PAC Championships at Bethany.



Saint Vincent Bearcats

Six members of the Saint Vincent track team earned their way into the Bucknell Bison Open, and a pair of Bearcats won heat races in their respective events ... **Luke D'Amico** won his heat of the 400 meters in a time of 51.04, while **Chansler Poole** captured his 1500 meter heat in 4:06.42 ... **Kevin Wanichko** also competed in the 1500, timed in 4:06.36, which was 13th in his heat ... Three Bearcats competed in the 5000 meters, led by **Ryan Barlow**, who set a personal-best by running in 15:35.99, finishing seventh in his heat ... **Andrew Razanauskas** was 12th in his split, timed in a personal best 15:41.08, while **Matt Hagg** was 22nd in his heat in 15:53.21.



Thiel Tomcats

Ethan Rowe topped a 21-runner field to win the 400-meter dash at the Westminster Invitational on Saturday ... He won the event with a time of 51.43 despite running from the second heat ... **Regis Wagner** and **Brendan DuLaney** both posted personal-best times in their events ... Wagner was third in the 1,500-meter run with a time of 4:09.50, while DuLaney took fourth in the 5,000-meter run with a time of 15:53.17 ... **Scott Stano** finished fifth in the javelin ... Three Thiel women placed in the top ten at Westminster ... **Cassidy Kravec** took third in the javelin with her throw of 100-3 ... **Joy Metzler** (shot put) and **Moriah Monroe** (400-meter hurdles) each took 10th ... **Valerie White** had a personal-best time of 19:44.17 in the 5,000-meter run and finished 11th.



Washington & Jefferson Presidents

W&J sophomore **Scott Ryan** placed 48th out of 130 competitors in the 5,000 meters (15:12.85) at Bucknell, setting a school record and qualifying for the ECAC Championships ... Pacing the W&J women Saturday at the Westminster Invitational were seniors **Katelynd McElhany** and **Michelle Wuenstel**, who each took home two victories ... McElhany won the 100 (16.04) and 400 (1:08.11) meter hurdle events, while Wuenstel took first in the 200 (26.55) and 400 (58.67) meters ... The women's 4x100 meter relay of McElhany, Wuenstel and freshmen **Laura Lee** and **Cheyenne Mangold** led the 4x100 meter relay team to a second-place finish (50.36) ... Sophomore **Benjamin Kopchick** led the men's squad with a win in the 3,000-meter steeplechase (9:57.75) ... Junior **Greg French** took second in the 110-meter hurdles (17.99) ... Freshman **Sam Comly** also placed second in the high jump (1.80 meters) ... Junior **Taylor Hockman** earned third place in the triple jump (12.70m).



Waynesburg Yellow Jackets

The Yellow Jacket women placed in a tie for second place with Clarion in the field of 13 teams, while the Yellow Jacket men finished fifth in the field of eleven teams at Westminster ... Both the Jacket men and women finished ahead of PAC foes Geneva, Thiel, Bethany, and Washington & Jefferson ... The Jacket women were led on the track by senior **Maria Shepas**, who won the women's 3000 meter steeplechase (11:47.46) to qualify for the ECAC Championships ... Sophomore **Jaimee Post** will join Shepas at ECACs, as she qualified in the triple jump by taking first in the event, clearing 11.11 meters (36' 5.5") ... She added a fourth place finish in the long jump (14' 11.5") ... The WU men were led on the track by junior **Jordan Wrask**, as he bested a field of 28 runners to take first in the 100 meter dash (11.53) ... The Jacket men were led in the field events once again by sophomore thrower **Kurt Bonnet**, who hurled the discus 44.22 meters (145' 1") to finish first in a field of 22 throwers.



Westminster Titans

The Westminster women have now won three straight meets after winning two home meets last week including the four-team PAC North Quad meet Wednesday at the 13-team Westminster Invitational Saturday ... The Titan men won the PAC North Quad Wednesday and placed third out of 11 teams Saturday ... Junior **Alisha Slater** accounted for three event wins Saturday as she won the 100-meter dash (13.17), the long jump (4.94) and anchored the winning 4x100 relay team (50.16) ... Junior **Merrissa Malcolm** won the pole vault in both meets (3.25) ... Junior **Mallory Mack** won three events Wednesday, including the 100 (12.79), the 200 (26.53) and the 4x100 (50.47) ... On the men's side, sophomore **Mark Saylor** won the pole vault in both meets (4.45 and 4.6) and freshman **Anthony Thomas** won the long jump (6.57 and 6.6) in both meets.



PAC T&F SCHEDULES/RESULTS

Bethany Bison

		<u>Men</u>	<u>Women</u>
March 26	at Wheeling Jesuit Invitational	14th/23 (26.5)	18th/23 (7)
April 2	at W&J Invitational	11th/23 (25)	15th/17 (13)
April 9	at Mount Union Invitational	Unscored	Unscored
April 16	at Westminster Invitational	7th/11 (46)	9th/13 (25)
April 20	PAC SOUTH QUAD MEET		
April 23	at B-W Sparky Adams Invitational		
April 29-30	PAC CHAMPIONSHIPS		
May 13	at Allegheny Invitational		
May 19-20	at ECAC Championships (Moravian)		

Geneva Golden Tornadoes

		<u>Men</u>	<u>Women</u>
March 19	at Muskingum Duals	2-2 dual	1-3 dual
March 26	at Wheeling Jesuit Invitational	19th/23 (7.5)	12th/23 (14)
April 2	at W&J Invitational	13th/18 (22)	13th/17 (24)
April 9	at Robert Morris Invitational	Unscored	Unscored
April 13	at PAC North Quad (WES)	2nd/4 (53.3)	3rd/4 (44)
April 16	at Westminster Invitational	6th/11 (48.5)	8th/13 (40)
April 21	at Westminster Mini-Invitational		
April 29-30	at PAC Championships (Bethany)		
May 5-7	at NCCAA Championships (Judson)		

Grove City Wolverines

		<u>Men</u>	<u>Women</u>
March 22	GROVE CITY MINI INVITATIONAL	Unscored	Unscored
March 26	at Wheeling Jesuit Invitational	13th/23 (27)	8th/23 (37)
April 2	at W&J Invitational	13th/18 (22)	8th/17 (46)
April 9	at Slippery Rock Invitational	Unscored	Unscored
April 13	at PAC North Quad (Westminster)	3rd/4 (48)	2nd/4 (51)
April 16	at Westminster Invitational	2nd/11 (110)	7th/13 (52)
April 29-30	at PAC Championships (Bethany)		

Saint Vincent Bearcats

		<u>Men</u>
March 26	at Wheeling Jesuit Invitational	11th/23 (34)
April 2	at W&J Invitational	9th/19 (29)
April 9	at Slippery Rock Invitational	Unscored
April 9	at Mount Union Open	Unscored
April 15-16	at Bucknell Bison Open	Unscored
April 20	at PAC South Quad (Bethany)	
April 23	at IUP Invitational	
April 29-30	at PAC Championships (Bethany)	
May 19-20	at ECAC Championships (Moravian)	

Thiel Tomcats

		<u>Men</u>	<u>Women</u>
March 19	at Muskingum Duals	1-3 dual	0-4 dual
March 26	at Wheeling Jesuit Invitational	16th/23 (18)	22th/23 (1)
April 1	at Slippery Rock University	Unscored	Unscored
April 9	at Slippery Rock Open	Unscored	Unscored
April 13	at PAC North Quad (Westminster)	4th/4 (16)	4th/4 (4)
April 23	at B-W Sparky Adams Invitational		
April 29-30	at PAC Championships (Bethany)		
May 13	at Allegheny Invitational		

Washington & Jefferson Presidents

		<u>Men</u>	<u>Women</u>
March 12	at York Spring Opener	Unscored	Unscored
March 19	at Lynchburg Invitational	Unscored	Unscored
April 2	W&J INVITATIONAL	6th/18 (66.5)	6th/17 (54.5)
April 9	at Carnegie Mellon Invitational	4th/4 (107)	4th/4 (137)
April 16	at Westminster Invitational	8th/11 (38)	4th/13 (76)
April 20	at PAC South Quad (Bethany)		
April 29-30	at PAC Championships (Bethany)		
May 13	at Allegheny Invitational		

Waynesburg Yellow Jackets

		<u>Men</u>	<u>Women</u>
March 26	at Wheeling Jesuit Invitational	18th/23 (12)	12th/23 (14)
April 2	at W&J Invitational	8th/19 (30)	4th/17 (59)
April 9	at Slippery Rock Invitational	Unscored	Unscored
April 9	at Ohio Wesleyan Invitational	15th/15 (3)	14th/15 (16)
April 16	at Westminster Invitational	5th/11 (55.5)	T2nd/13 (94)
April 20	at PAC South Quad (Bethany)		
April 29-30	at PAC Championships (Bethany)		
May 13	at Allegheny Invitational		
May 19-20	at ECAC Championships (Moravian)		

Westminster Titans

		<u>Men</u>	<u>Women</u>
March 22	at Grove City Mini Invitational	Unscored	Unscored
March 26	at Muskingum Invitational	3rd/4 (126)	2nd/4 (180.5)
April 1	at Wooster Invitational	1st/6 (182)	3rd/6 (132)
April 9	at Carnegie Mellon Invitational	3rd/4 (132)	1st/4 (175)
April 13	PAC NORTH QUAD MEET	1st/4 (77.5)	1st/4 (92)
April 16	WESTMINSTER INVIT.	3rd/11 (107.5)	1st/13 (132)
April 21	WESTMINSTER MINI-INVIT.		
April 29-30	at PAC Championships (Bethany)		
May 6	TBA		
May 20	at Gregory Invitational (North Central)		