

# 2010 PAC Track & Field Release

## Week 5 - April 19



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

Wednesday, April 14, 2010

**PAC North Quad meet** - New Wilmington, Pa.

- |                          |                          |
|--------------------------|--------------------------|
| <i>Men (three teams)</i> | <i>Women (two teams)</i> |
| 1. Westminster - 82      | 1. Westminster - 98      |
| 2. Grove City - 52       | 2. Grove City - 42       |
| 3. Saint Vincent - 10    |                          |

Saturday, April 17, 2010

**Westminster Titan Invitational** - New Wilmington, Pa.

- |                         |                            |
|-------------------------|----------------------------|
| <i>Men (five teams)</i> | <i>Women (eight teams)</i> |
| 3. Westminster - 112.5  | 1. Westminster - 221       |
| 4. Geneva - 87          | 5. Geneva - 66             |

Bethany/Grove City/Saint Vincent/Thiel/Wash. & Jeff./  
Waynesburg at **IUP Ed Fry Invitational** - unscored

### THIS WEEK

Wednesday, April 21, 2010

Bethany/Geneva/Wash. & Jeff./Waynesburg at **PAC South Quad meet** - Bethany, W. Va. - 2:30 p.m.

Saturday, April 24, 2010

Bethany/Geneva/Waynesburg/Westminster at **B-W Sparky Adams meet** - Berea, Ohio - 10 a.m.

Saint Vincent (M) at **St. Francis (Pa.) Invitational** - 8 a.m.

### PAC MEN'S TRACK ATHLETE OF THE WEEK

#### SCOTT RYAN

**Washington & Jefferson College**

Freshman - long distance  
Williamsville, N.Y./Williamsville East  
H.S.



For the second-straight week, Ryan captured first-place honors in the 1,500-meter run with a time of 4:08.10 at the IUP Ed Fry Invitational. He also topped the 1,500-meter field last Saturday at the CMU Quad.

Also nominated was senior **Taylor McNeil** of Bethany, senior **Frankie Hourigan** of Grove City, sophomore **Richard Peterson** of Thiel and freshman **Bob Fazzolare** of Westminster.

### PAC WOMEN'S TRACK ATHLETE OF THE WEEK

#### ABBEY BASTA

**Westminster College**

Senior - short distance  
Slippery Rock, Pa./Slippery Rock H.S.



In two home meets that the Westminster women won last week, Basta won the 400 hurdles in both meets and improved her time on Saturday with a 1:05.98. She also anchored the 4x400 relay that finished first in both meets including a 4:10.75 on Wednesday.

Also nominated was senior **Jodi Bodo** of Bethany, junior **Kate Balmer** of Grove City, junior **Katelynd McElhany** of Wash. & Jeff. and junior **Mikey Macosko** of Waynesburg.

### PAC MEN'S FIELD ATHLETE OF THE WEEK

#### SCOTT HARMAN

**Grove City College**

Sophomore - pole vault  
Freehold, N.J./Freehold H.S.



Harman won the pole vault at Indiana Saturday by clearing 13-0. He also took ninth in the javelin with a throw of 45.00 metres. He took second in the pole vault at the PAC North Quad.

Also nominated was freshman **Nathaniel Hensch** of Bethany, sophomore **Josh Buckley** of Wash. & Jeff., **Kurt Bonnet** of Waynesburg and senior **Jonathan Morrow** of Westminster.

### PAC WOMEN'S FIELD ATHLETE OF THE WEEK

#### KELSIE CROWDER

**Westminster College**

Sophomore - high jump  
Newton Falls, Ohio/Newton Falls H.S.



Crowder won the high jump in both home meets last week including a 1.53 on Wednesday and a 1.5 on Saturday.

Also nominated was sophomore **Rachel Weeber** of Grove City, freshman **Brittany Brown** of Thiel and junior **Elisha Jones** of Waynesburg.

# PAC T&F NOTES

## Bethany Bison

Cold weather hampered the Bison at the IUP Invitational, but BC still recorded solid performances ... **Nathaniel Hensch** tied for first in the pole vault (13-0) for this second straight invitational win in the event ... Other high placements for the men came from **Taylor McNeil**, who earned 7th overall and was the top Division III competitor in the 100 (11.24), **Danny Farray**, who placed 7th in the long jump (19-6) and **Seth Myers**, who was 8th in the shot put (41-8) and 7th in the discus (132-5) ... For the women, **Jodi Bodo** raced to a 2nd place finish in the 200 (26.40), while **Erin Reske** was 3rd in the 5,000 (20:13.71) and **Desiree Finley** placed 5th in the 400 hurdles (1:09.85) ... The women's 4x100 relay of **Kaitlyn Black**, **Kelli McAbier**, Bodo and **Rachael Katsur** also placed 6th ... This week will see Bethany host their first track meet since the 2001 PAC Championships when they welcome Geneva, W&J and Waynesburg to Bison Stadium for a PAC Quad Meet.



## Geneva Golden Tornadoes

It was another week to grow for the Geneva College track and field team. Geneva's women finished fifth overall at the Westminster Invitational with 66 points while the men's team finished the day in fourth place with 87 team points. Leading the way for Geneva's women was again sophomore **Aisha Moore**. Moore posted three top ten finishes including a second place overall spot in the triple jump which was good enough for her to qualify in her third event for the NCCAA national meet in May. The men's team was equally as impressive on Saturday. **Dan Dillman** was again the top thrower on the roster with a second place finish in the shot put and third in the discus. Geneva's lone first place finisher of the day came in the men's 10K race where **Nick Edinger** took the top spot with an NCCAA qualifying time of 34:04. **Wes Marquis** shined in a pair of sprinting events with two top five performances in the 100 and 200 meter events. Geneva's **Josh Tanis** also turned in a third place finish in the 400 meter hurdles.



## Grove City Wolverines

The Grove City College track and field teams competed in a pair of meets last week in preparation for the PAC Championships May 1 ... On the women's side, junior **Kate Balmer** picked up wins in the 200 and triple jump at the PAC North Quad Wednesday at Westminster ... **Emily Pierce** won the 1500 and **Rachel Weeber** won the shot put ... Saturday, at Indiana, Pa., Balmer earned third in the 200 ... **Ella Smith** paced Grove City's effort by finishing second in the steeplechase ... On the men's side, five Wolverines notched wins at Westminster ... **John Fite** (800), **Frankie Hourigan** (1500) and **Ben Lutz** (steeplechase) won on the track while **Matt Ridge** (shot) and **Matt Six** (disc) earned field wins ... **Scott Harman** cleared 13-0 Saturday at Indiana to win the pole vault ... Grove City's 1600 relay team of **Nick Philpot**, **Tim Palma**, **Lester Bragg** and **John Fite** closed the meet with a win ... Hourigan took second in the steeplechase ... Grove City will host the PAC Championships May 1 at Robert E. Thorn Field.



## Saint Vincent Bearcats

The Bearcats participated in a pair of events last week. On Tuesday at the PAC North Quad, hosted by Westminster, **Kevin Wanichko** led the way individually for SVC. Normally a distance specialist, Wanichko turned in a strong day in sprints, winning the 400 with a time of 51.30 seconds, before taking third in the 200 (24.25). **Cam Stumme** led a strong contingent in the 1500, taking second with a time of 4:19, just ahead of teammate **Matt Hagg**'s third-place time of 4:22. Hagg also led the Bearcats in the 800, taking sixth with a time of 2:08.55. On Saturday, the Bearcats took part in the Ed Fry Invitational, hosted by IUP. In dismal conditions, **Jeff Hite** posted the team's best individual finish on the day, taking third in the 10K with a personal-best time of 33:22.92. The foursome of **Shane Sweeney**, **Mike Stevens**, Stumme, and Wanichko took third in the 4x400 relay (3:35.75). Other personal-best times turned in by the Bearcats included **Lucas Briola** in the 5K (16:34.17) and **Ryan Barlow** in the 10K (34:03.49).



## Thiel Tomcats

Leading the way for the Thiel women at the IUP Ed Fry Invitational was freshman phenom, **Brittany Brown**, who tied for third in the women's high jump with a leap of 1.54-meters. The distance running combination of **Richard Peterson** and **Regis Wagner** led the way for the men, earning second and third place, respectively, in the 5000-meter run. **Ethan Rowe** also had a strong showing, finishing fourth in the 400-meter dash with a time of 51.29, while **Scott Stano** finished fifth in the javelin with a heave of 49.14-meters.



## Washington & Jefferson Presidents

The W&J men's and women's track and field teams participated in the IUP Fry Invitational on Saturday afternoon in Indiana, Pa. ... Freshman **Scott Ryan** picked up his second- consecutive victory in the 1,500-meter run with a time of 4:08.10 ... Sophomores **Bryant Wang** and **Josh Buckley** recorded a trio of top-seven finishes for the Presidents ... Buckley tied for second place in the high jump (1.85 meters) and placed third in the triple jump (13.27m) and long jump (6.35m), while Wang claimed fourth place in the 110-meter hurdles (15.69), fifth in the 400-meter hurdles (58.27) and seventh in the triple jump (11.97m) ... The W&J women were led by juniors **Katelynd McElhany** and **Michelle Wuenstel** ... McElhany placed fourth in the 100-meter hurdles (15.38), while Wuenstel took the same spot in the 400-meter run (59.56) ... Both squads will be back in action this Wednesday afternoon at the PAC South Quad meet hosted by Bethany College.



## Waynesburg Yellow Jackets

A group of Yellow Jacket athletes competed at the Ed Fry Invitational at Indiana University of Pa. this past Saturday ... The Yellow Jacket women got top-three performances from sophomore **Krystal Baker** and junior **Elisha Jones** ... Baker placed second in the triple jump, while Jones took third in the javelin, which provisionally qualified her for nationals ... Both efforts were the top distances put up by Division III athletes ... Sophomore **Carly Schubert** put forth an eighth-place effort in the shot put, which qualified her for the Eastern Collegiate Athletic Conference (ECAC) Championships ... The Jacket men were paced by freshman throwers **Kurt Bonnet** and **Travis Schubert** ... Bonnet was outstanding in the discus, placing second in the event with a school-record throw of 45.10 meters ... The toss also qualified him for ECACs ... Schubert placed fourth in the javelin ... Like their female counterparts, Bonnet and Shubert were the top Division III performers in their respective events.



## Westminster Titans

Westminster hosted two home meets last week, the PAC North Quad Meet Wednesday and the Westminster Invitational Saturday. The Titan women won both meets beating out Grove City Wednesday (98) before topping seven other teams Saturday (211). The Titan men defeated Grove City and Saint Vincent (82) on Wednesday and placed third out of six teams (112.5) on Saturday. **Abbey Basta** won the 400 hurdles in both meets and improved her time on Saturday with a 1.05.98. She also anchored the 4x400 relay that finished first in both meets including a 4:10.75 on Wednesday. **Kelsie Crowder** in the high jump and **Emily Dolsak** in the discus both won their events on Wednesday and Saturday. Crowder jumped 1.53 meters on Wednesday and Dolsak threw 40.15 also on Wednesday. Freshman **Bob Fazzolare** won the 400 (51.71) on Saturday, the 200 (23.19) on Wednesday and anchored the winning 4x400 relay on both days and the 4x100 on Wednesday.



# PAC T&F SCHEDULES/RESULTS

## Bethany Bison

		<u>Men</u>	<u>Women</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored	Unscored
March 27	at Wheeling Jesuit Invitational	12th/14 (10)	12th/17 (16)
April 3	at W&J Invitational	7th/14 (57)	5th/14 (72)
April 10	at Marietta Invitational	5th/6 (51)	4th/7 (76)
April 17	at IUP Ed Fry Invitational	Unscored	Unscored
April 21	PAC SOUTH QUAD MEET		
April 24	at Robert Morris Invitational		
May 1	at PAC Championships (Grove City)		
May 7	at Slippery Rock Last Chance Meet		
May 13-14	at ECAC Championships (Springfield)		
May 14	at Allegheny Invitational		

## Geneva Golden Tornadoes

		<u>Men</u>	<u>Women</u>
March 23	at Grove City Mini Invitational	Unscored	Unscored
March 27	at Muskingum Invitational	L 62-113	W 66-64
April 3	at W&J Invitational	8th/14 (43)	12th/14 (17)
April 10	at Robert Morris Invitational	Unscored	Unscored
April 17	at Westminster Invitational	4th/5 (87)	5th/8 (66)
April 21	at PAC South Quad (Bethany)		
April 24	at B-W Sparky Adams Invitational		
May 1	at PAC Championships (Grove City)		
May 6-8	at NCCAA Championships (TBA)		

## Grove City Wolverines

		<u>Men</u>	<u>Women</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored	Unscored
March 23	GROVE CITY MINI INVITATIONAL	Unscored	Unscored
March 27	at Wheeling Jesuit Invitational	Unscored	Unscored
April 3	at W&J Invitational	13th/14 (15)	14th/14 (2)
April 10	at Slippery Rock Invitational	Unscored	Unscored
April 14	at PAC North Quad	2nd/3 (52)	2nd/2 (42)
April 17	at IUP Ed Fry Invitational	Unscored	Unscored
May 1	PAC CHAMPIONSHIPS		

## Saint Vincent Bearcats

		<u>Men</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored
March 27	at Western Pa. Championships (Cal)	3rd/3 (77)
April 3	at W&J Invitational	9th/14 (22)
April 9-10	at Bucknell Bison Open	Unscored
April 10	at Slippery Rock Invitational	Unscored
April 14	at PAC North Quad (Westminster)	3rd/3 (10)
April 17	at IUP Ed Fry Invitational	Unscored
April 24	at Saint Francis (Pa.) Invitational	
May 1	at PAC Championships (Grove City)	
May 13-14	at ECAC Championships (Springfield)	

## Thiel Tomcats

		<u>Men</u>	<u>Women</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored	Unscored
March 27	at Washington & Lee Invitational	Unscored	Unscored
April 3	at Jack Hazen Open	Unscored	Unscored
April 10	at Mount Union Open	9th/10 (12)	10th/11 (28)
April 17	at IUP Ed Fry Invitational	Unscored	Unscored
May 1	at PAC Championships (Grove City)		
May 14	at Allegheny Invitational		

## Washington & Jefferson Presidents

		<u>Men</u>	<u>Women</u>
March 13	at York Spring Opener	Unscored	Unscored
March 20	at Lynchburg Invitational	Unscored	Unscored
March 27	at Washington & Lee Invitational	Unscored	Unscored
April 3	W&J INVITATIONAL	2nd/14 (115)	7th/14 (54)
April 10	at Carnegie Mellon Invitational	3rd/4 (119)	4th/4 (83)
April 17	at IUP Ed Fry Invitational	Unscored	Unscored
April 21	at PAC South Quad (Bethany)		
May 1	at PAC Championships (Grove City)		
May 14	at Allegheny Invitational		

## Waynesburg Yellow Jackets

		<u>Men</u>	<u>Women</u>
March 27	at Wheeling Jesuit Invitational	11th/14 (15)	7th/17 (61.5)
April 3	at W&J Invitational	6th/14 (63)	T-1st/14 (112)
April 10	at Slippery Rock Invitational	Unscored	Unscored
April 16-17	at IUP Ed Fry Invitational	Unscored	Unscored
April 21	at PAC South Quad Meet (Bethany)		
April 24	at B-W Sparky Adams Invitational		
May 1	at PAC Championships (Grove City)		
May 7	at Slippery Rock Last Chance Meet		
May 13-14	at ECAC Championships (Springfield)		
May 14	at Allegheny Invitational		

## Westminster Titans

		<u>Men</u>	<u>Women</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored	Unscored
March 23	at Grove City Mini Invitational	Unscored	Unscored
March 27	at W. Pa. Championships	2nd/3 (218)	1st/2 (285)
April 10	at Carnegie Mellon Invitational	4th/4 (116.5)	2nd/4 (169)
April 14	PAC NORTH QUAD MEET	1st/3 (82)	1st/2 (98)
April 17	WESTMINSTER INVITE	3rd/6 (112.5)	1st/8 (211)
April 24	at B-W Sparky Adams Invitational		
May 1	at PAC Championships (Grove City)		
May 7	at Slippery Rock Last Chance Meet		
May 21	at Gregory Invitational (North Central)		