2009 PAC Track & Field Release Week 5 - April 20



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LAST WEEK

Wednesday, April 15, 2009

PAC South Quad (Geneva) - Beaver Falls, Pa.

1. Washington & Jefferson -163 1. Waynesburg -177 2. Bethany - 139

2. Bethany - 168 3. Geneva - 107

3. Waynesburg - 93

4. Wash. & Jeff. - 61

4. Geneva -80

PAC North Quad (Westminster) - New Wilmington, Pa.

Women

1. Grove City - 85

1. Westminster - 107

3. Saint Vincent - 25

2. Thiel - 47

2. Westminster - 46

3. Grove City -28

4. Thiel -24

Saturday, April 18, 2009

Westminster Invitational - New Wilmington, Pa

Men (7 teams)

Women (7 teams)

3. Westminster -121

1. Westminster -248

4. Geneva - 39

4. Geneva -36

IUP Invitational - Indiana, Pa

Men (12 teams)

3. Grove City - 102

Women (13 teams) t-5. Waynesburg - 66

7. Bethany - 63

4. Washington & Jefferson -71 8. Saint Vincent - 42

9. Waynesburg - 32

8. Washington & Jefferson - 54

t-10. Bethany -15

11. Grove City -27

Thiel at Baldwin-Wallace Adams Invitational - unscored

THIS WEEK

Saturday, April 25, 2009

2009 PAC Men's and Women's Track & Field Championships -Westminster College- New Wilmington, Pa - 10 a.m.

PAC MEN'S TRACK ATHLETE OF THE WEEK

GREG FRENCH

Washington & Jefferson College

Freshman - sprints/jumps

East Amherst, N.Y./Williamsville East H.S.

French notched three individual victories and one relay event at the PAC South Quad which for the first place Presidents. He won the 110-meter high

hurdles (16.52), long jump (19'10 3/4") and triple jump (41'5") and led the 4x100 relay team to a win in a time of 44.57.

Also nominated was senior Dan Spaulding of Grove City, junior Alex Eaton of Thiel, sophomore Bill Moder of Waynesburg, and freshman Morgan Hanes of Westminster.

PAC WOMEN'S TRACK ATHLETE OF THE WEEK

KATELYN KUSHNER

Westminster College

Senior - hurdles

Pittsburgh, Pa./Brentwood H.S.

Kushner won the 100 (16.02) and 400 hurdles (1:06.84) in the PAC North Quad Meet on Wednesday and repeated the feat on Saturday

at the Westminster Invitational with times of 15.77 and 1:05.25

Also nominated was junior Jodi Bodo of Bethany, freshman Emily Pietrucha of Grove City, sophomore Michelle Wuenstel of Washington & Jefferson, sophomore Mikey Macosko of Waynesburg.

PAC MEN'S FIELD ATHLETE OF THE WEEK

CLINT WILSON

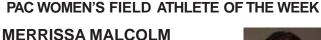
Bethany College

Sophomore - high jump Moundsville, W.Va./Bishop Donahue H.S.

Wilson qualified for the ECAC Championships in the high jump Saturday at the IUP Invitational. He finished in third place overall, but was the top

Division III competitor b clearing 6-6, just one inch off the school record.

Also nominated was junior Matt Ridge of Grove City, senior Curt Jones of Washington & Jefferson, senior Willy Herrington of Waynesburg, and junior Jonathan Morrow of Westminster.



Westminster College

Freshman - pole vault Freeport, Pa./Freeport H.S.

Malcolm set the school record for the pole vault

twice last week including a first-place distance of 3.3 meters in the PAC North Quad Meet on

Wednesday before posting a provisional qualifying distance for the NCAA Division III Championships with a first-place distance of 3.5 meters in the Westminster Invitational on Saturday.

Also nominated was freshman Connie Woods of Bethany, sophomore Kim Stitt of Thiel, senior Summer Baumgard of Washington & Jefferson, and freshman Krystal Baker of Waynesburg.



PACTRACK & FIELD NOTES

Bethany Bison

BC took advantage of good weather at the IUP Invitational by breaking two school records and qualifying three individu-



als for ECAC Championships ... Jodi Bodo, who has already qualified for ECACs in the 400 and 4x400 relay, added the 200 by winning the race at IUP in 26.10 seconds, which set a new Bethany record ... Connie Woods crushed her own BC record in the triple jump and also earned a spot at ECACs with a measurement of 36-1.25 ... The third ECAC qualifier was Clint Wilson, who cleared 6-6 in the high jump to place third, but first among DIII jumpers ... Other two three finishers Saturday included Bodo in the 400 (58.35) and Alissa Moss in the 3,000 Steeplechase (13:21.20) ... Desiree Finley had a full day as well, scoring in the pole vault (fifth), 400 hurdles (sixth), 4x400 relay (sixth) and 100 hurdles (seventh).

Geneva Golden Tornadoes

Geneva's track and field team competed twice this past week. On Wednesday, Geneva GOLDEN TORNADOES hosted the PAC quad



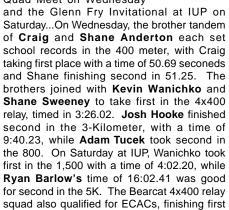
meet. Tiffany Bear won the 100 meter event on the women's side and Bobby Rex took first in the 100 and 200 meter events. The women's 4 x 400 relay team of Aisha Moore, Sarah Wilson, Tiffany Bear and Jamie Williams took second place. In distance action, Rebecca VanRegenmorter won the 1500 meter race and place second in the 800 meter event. Bear came off the track to win both the long jump and the javelin while Jamie Williams took first place in the high jump. On Saturday, it was all about the effort of Dan Dillman in the field events. After taking first place in the shot put and took second in the discus at the Westminster Invitational. Rex finished second in the 200 meters.

Grove City Wolverines

The Grove City College men's and women's track and field teams competed in two meets last week with the men's team posting a pair of strong finishes ... Grove City's men won the PAC North Quad at Westminster Wednesday, then took 3rd at Indiana, Pa. Saturday ... The women recorded a third-place finish at Westminster Wednesday before finishing 11th at IUP ... On the men's side, seven Grove City men earned wins at Westminster ... David Ferreira won the long and triple jumps ... Saturday at Indiana, Dan Spaulding (5000) and Frankie Hourigan (steeplechase) both picked up wins ... Matt Ridge won the shot put in both meets ... On the women's side, Emily Pietrucha (800) and Brigitte Fryan (1500) each had wins at Westminster ... Morgan Osterhouse won the steeplechase at IUP Saturday.

Saint Vincent Bearcats

The Bearcats took part in a pair of meets on the week. participating in the PAC North Quad Meet on Wednesday





Thiel **Tomcats**

The Tomcats competed at the PAC Quad North Meet on Wednesday ...Thiel placed in the top three 16

times, nine of which were first place fininshes... Kim Stitt was a revelation for the Tomcats, placing first in the long jump (4.75m), triple jump (10.80m), and shot put (11.66)...Brendan DuLaney finished his day with a first place finish in the 3000-meter run with a Tomcat record breaking time of 9:35.36...The Thiel College men's and women's track and field teams put on a show at the Paul "Sparky" Anderson Invitational at Baldwin Wallace College on Saturday...Four Thiel College athletes reached qualifying standards, while a relay team was a mere tenth of a second away from hitting a national time ...Leading this pack was Alex Eaton, who placed first in the 400meter dash with a provisional qualifying time of 47.99.

Washington & Jefferson **Presidents**

with a time of 3:25.04.

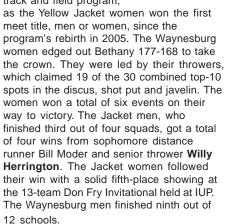
W&J men's track and field team won the four-team PAC South Quad Meet on Saturday at Geneva College ... The W&J women placed fourth overall



... Those performances were followed up on Saturday at IUP with a fourth-place showing for the men and an eighth-place finish for the women ... The Presidents' men were led at Geneva by freshman Greg French, who notched three victories ... He won the 110meter high hurdles (16.52), long jump (19'10 3/ 4") and triple jump (41'5") ... French also helped the 4x100 rekat team to a victory in a time of 44.57 ... **Jeff Smith** claimed the high jump with a leap of 5'8" ... Senior Travis Reline won the 400-meter hurdles (1:00.59), while junior Daniel Barringer placed first in the javelin (156'9") ... Freshman Michael Shea claimed the 3,000-meter steeplechase (11:03.15).

Waynesburg Yellow Jackets

It was a busy, but historic week for the Waynesburg University track and field program,



Westminster **Titans**

The Westminster men's and women's track team competed in two meets



last week, the PAC North Quad Meet and the Westminster Invitational. The men took second and third respectively in the events while the women placed first in both events. Freshman Merrissa Malcolm set the school record for the pole vault twice last week including a first-place distance of 3.5 meters in the Westminster Invitational on Saturday that met a provisional qualifying standard for the NCAA Division III Championships. The other school record set during Saturday's meet was freshman Emily Dolsak whirling a first-place distance of 39.63 in the discus.Katelyn Kushner won the 100 (16.02) and 400 hurdles (1:06.84) in the PAC North Quad Meet on Wednesday and repeated the feat on at the Westminster Invitational.



PACTRACK & FIELD SCHEDULES/RESULTS

Bethany Bison	Geneva Golden Tornadoes	Grove City Wolverines
March 21 at Muskingum Invit. 6th/8 28 at Wheeling Jesuit Inv. 10th/13 (m) 7th/14 (w) April 4 at W&J Invitational 13th/13 (m)	March 21 GOETZISWESTMULTI-EVENT NTS 24 at Grove City Quad NYS 28 at Wheeling Jesuit 12th/13 (w) April 4 at W&J Invitational 8th/12 (m)	March 24 GROVE CITY QUAD NTS 28 at Wheeling Jesuit Invit. 1st/7 (m) 3rd/7 (w) April
5th/13 (w) 11 at Slippery Rock Invit. NTS 15 at PAC South Quad 2nd/4 (m) (at Geneva) 2nd/4 (w) 18 at IUP Open t-10th/12 (m) 7th/13 (w) 25 at PAC Championships 10 a.m. (New Wilmington, Pa.) May 8 at Allegheny Invitational 10 a.m. 9 at Wheeling Jesuit Invit. 3:30 p.m. 14- at ECAC Championships 15 (Springfield, Mass.) Saint Vincent Bearcats March 28 at Western Pa. Championships	4 at W&J Invitational 8th/12 (m) 12th/13 (w) 11 at Robert Morris Invit. 7th/8 (m) T-9th/10 (w) 15 PAC QUAD SOUTH 4th/4 (m) 3rd/4 (w) 18 at Westminster Invit. 4th/7 (m) 6th/7 (w) 25 at PAC Championships (New Wilmington, Pa.) May 1-2 at NCCAA Championships (at Indiana Wesleyan)	4 at Marietta Invitational 5th/15 (m) 6th/15 (w) 11 at Slippery Rock Invit. NTS 15 at PAC North Quad 1st/4 (m) 3rd/3 (w) 18 at IUP Open 3rd/12 (m) 11th/13 (w) 25 at PAC Championships 10 a.m. (New Wilmington, Pa.) May 14- at ECAC Championships 15 (Springfield, Mass.) Thiel Tomcats March 21 at Lynchburg Invitational NTS
(at California, Pa.) 4th/7 (m) April 4 at W&J Invitational 6th/13 (m) 10- at Bucknell Invitational NTS 11 15 at PAC North Quad 3rd/4 (m) (at Westminster) 18 at IUP Open 8th/12 (m) 25 at PAC Championships 10 a.m. (New Wilmington, Pa.) May 8 at Allegheny Invitational 10 a.m. 14- at ECAC Championships	PAG	April 4 at OWU Frye Invitational 6th/8th 11 at Robert Morris Invit. 5th/8 (m) 3rd/10 (w) 15 at PAC North Quad 4th/4 (m) (at Westminster) 2nd/3 (w) 18 at B-W Adams Invit. NTS 25 at PAC Championships 10 a.m. (New Wilmington, Pa.) May 1 at Toledo Invitational 10 a.m. 8 at Allegheny Invitational 10 a.m.
15 (Springfield, Mass.) Wash. & Jeff. Presidents	Waynesburg Yellow Jackets	Westminster Titans
March 21 at Muskingum Invit. 2nd/7 (m) 28 at Western Pa. Champ. (at California, Pa.) 2nd/7 (m) 4th/7 (w) April 4 W&J INVITATIONAL 3rd/13 (m) 6th/13 (w) 11 at Robert Morris Invit. 4th/8 (m) 5th/10 (w) 15 at PAC South Quad 1st/4 (m) (at Geneva) 4th/4 (w) 18 at IUP Open 4th/12 (m) 8th/13 (w) 25 at PAC Championships (New Wilmington, Pa.) May 8 at Allegheny Invitational 10 a.m.	March 21 at Muskingum 4th/7 (m); 4th/8 (w) 28 at Wheeling Jesuit Inv. 7th/13 (m) 5th/13 (w) April 4 at W&J Invitational 10th/8th 4 at Marietta Invitational 10th/15 (w) 11 at Slippery Rock Invit. NTS 15 at PAC South Quad 3rd/4 (m) (at Geneva) 1st/4 (w) 18 at IUP Open 9/12 (m) t-5th/13 (w) 25 at PAC Championships 10 a.m. (New Wilmington, Pa.) May 8 at Allegheny Invitational 10 a.m.	March 14 at Coastal Carolina Asics NTS 21 at Coastal Carolina Shamrock NTS 28 at W. Pa. Championships 5th/7 (m)
9 at Wheeling Jesuit Invit. 3:30 p.m. 14- at ECAC Championships 15 (Springfield, Mass.)	14- at ECAC Championships15 (Springfield, Mass.)	1 at Toledo Invitational15 at North Central Last Chance Meet