

# 2009 PAC Track & Field Release

## Week 5 - April 20



**Presidents' Athletic Conference**  
8500 Brooktree Road, Suite 130  
Wexford, PA 15090  
Web: [www.pacathletics.org](http://www.pacathletics.org)

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

### LAST WEEK

Wednesday, April 15, 2009

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

- | Men                            | Women                 |
|--------------------------------|-----------------------|
| 1. Washington & Jefferson -163 | 1. Waynesburg -177    |
| 2. Bethany - 139               | 2. Bethany - 168      |
| 3. Waynesburg - 93             | 3. Geneva - 107       |
| 4. Geneva -80                  | 4. Wash. & Jeff. - 61 |

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

- | Men                   | 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)                | Women (13 teams)               |
|-------------------------------|--------------------------------|
| 3. Grove City - 102           | t-5. Waynesburg - 66           |
| 4. Washington & Jefferson -71 | 7. Bethany - 63                |
| 8. Saint Vincent - 42         | 8. Washington & Jefferson - 54 |
| 9. Waynesburg - 32            | 11. Grove City -27             |
| t-10. Bethany -15             |                                |

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 by 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.

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

#### MERRISSA MALCOLM

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.

# PAC TRACK & FIELD NOTES

## Bethany Bison



BC took advantage of good weather at the IUP Invitational by breaking two school records and qualifying three individuals 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 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 3<sup>rd</sup> at Indiana, Pa. Saturday ... The women recorded a third-place finish at Westminster Wednesday before finishing 11<sup>th</sup> 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 and the Glenn Fry Invitational at IUP on Saturday...On Wednesday, the brother tandem of **Craig** and **Shane Anderton** each set school records in the 400 meter, with **Craig** taking first place with a time of 50.69 seconds and **Shane** finishing second in 51.25. The brothers joined with **Kevin Wanichko** and **Shane Sweeney** to take first in the 4x400 relay, timed in 3:26.02. **Josh Hooke** finished second in the 3-Kilometer, with a time of 9:40.23, while **Adam Tucek** took second in the 800. On Saturday at IUP, **Wanichko** took first in the 1,500 with a time of 4:02.20, while **Ryan Barlow's** time of 16:02.41 was good for second in the 5K. The Bearcat 4x400 relay squad also qualified for ECACs, finishing first with a time of 3:25.04.



## 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 finishes... **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 400-meter dash with a provisional qualifying time of 47.99.

## Washington & Jefferson Presidents



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 110-meter 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, as the Yellow Jacket women won the first meet title, men or women, since the program's rebirth in 2005. The Waynesburg women edged out Bethany 177-168 to take the crown. They were led by their throwers, which claimed 19 of the 30 combined top-10 spots in the discus, shot put and javelin. The women won a total of six events on their way to victory. The Jacket men, who finished third out of four squads, got a total of four wins from sophomore distance runner **Bill Moder** and senior thrower **Willy Herrington**. The Jacket women followed their win with a solid fifth-place showing at the 13-team Don Fry Invitational held at IUP. The Waynesburg men finished ninth out of 12 schools.

## 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.

# PAC TRACK & FIELD SCHEDULES/RESULTS

## Bethany Bison

### 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)  
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  
(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  
15 (Springfield, Mass.)

## Wash. & Jeff. Presidents

### March

21 at Muskingum Invit. 6th/7 (m)  
28 at Western Pa. Champ. 2nd/7 (m)  
(at California, Pa.) 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 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.)

## Geneva Golden Tornadoes

### 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)  
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 10 a.m.  
(New Wilmington, Pa.)

### May

1-2 at NCCAA Championships  
(at Indiana Wesleyan)



## Waynesburg Yellow Jackets

### 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.  
14- at ECAC Championships  
15 (Springfield, Mass.)

## Grove City Wolverines

### March

24 GROVE CITY QUAD NTS  
28 at Wheeling Jesuit Invit. 1st/7 (m)  
3rd/7 (w)

### April

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  
28 at Mary Washington Relays NTS

### 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.

## Westminster Titans

### March

14 at Coastal Carolina Asics NTS  
21 at Coastal Carolina Shamrock NTS  
28 at W. Pa. Championships 5th/7 (m)  
(at California, Pa.) 1st/7 (w)

### April

4 at Malone Invitational 6th/12 (m)  
6th/11 (w)  
11 at Slippery Rock Invit. NTS  
15 PAC NORTH QUAD 2nd/4 (m)  
1st/3 (w)  
18 WESTMINSTER INV. 3rd/7 (m)  
1st/7 (w)  
25 PAC CHAMPIONSHIPS 10 a.m.

### May

1 at Toledo Invitational  
15 at North Central Last Chance Meet