



TRACK & FIELD 2006

Presidents' Athletic Conference

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RECENT RESULTS

Saturday, April 22

Titan Invitational - New Wilmington, Pa.

Waynesburg, Westminster - unscored

IUP Invitational - Indiana, Pa.

Bethany, Grove City, Thiel, Wash. & Jeff. - unscored

NEXT WEEK'S SCHEDULE

Saturday, April 29

2006 PAC Track & Field Championships

Westminster College - New Wilmington, Pa.

Harold Burry Stadium - 10 a.m.

PAC MEN'S TRACK & FIELD ATHLETE OF THE WEEK

IVAN HAWKINS

Waynesburg College

Senior - sprints/jumps

Parkersburg, W.Va./Parkersburg South H.S.

Hawkins led the Yellow Jackets at the Westminster Titan Invitational with a pair of second place finishes in the 200 meterdash (22.38) and the long jump (6.49 meters).

Also nominated was senior **Daniel Orwa** of Bethany, junior **Sam Dippold** of Grove City, sophomore **Virgil Marshall** of Washington & Jefferson, and senior **Adam Hadbavny** of Westminster.

PAC WOMEN'S TRACK & FIELD ATHLETE OF THE WEEK

JESSICA COOPER

Westminster College

Sophomore - jumps/mid-distance

New Castle, Pa./Laurel H.S.

Cooper broke two Westminster school records as she posted four Top Three finishes at the Titan Invitational Saturday. She captured the high jump (1.59 meters), placed second in the triple jump (10.84 meters) and third in the long jump (schol-record 4.92 meters). She also ran a leg on the 4x100 meter relay team which finished second in a school-record 50.92.

Also nominated was sophomore **Lauren Spegal** of Bethany, freshman **Julia Seward** of Grove City, senior **Kandiace Gibson** of Thiel, sophomore **Kelli Gee** of Washington & Jefferson, and sophomore **Michelle Propst** of Waynesburg.

PAC TRACK & FIELD NOTES



Bethany Bison

Many of Bethany's competitors were held out of events or didn't compete at all at the rain-soaked IUP Invitational ... The best effort on the women's side came from senior **Mallory Roadman**, who placed third in the 5K with her second fastest time of the season (19:30.10) ... Sophomore **Lauren Spegal** placed 10th overall but was the top D-III competitor in the shot put (34-5.25), then took 11th (fifth among D-III) in the discus ... Freshman **Jennifer Smith** tied for fourth in the high jump (5-1) ... For the men, **Daniel Orwa** tied for fifth in the long jump (20-4) and took ninth overall but fourth among non-scholarship runners in the 400 (52.4) ... In the 100, sophomore **Marcus Adams** and freshman **Taylor McNeil** tied for ninth (11.70).



Thiel Tomcats

The Tomcat men's & women's outdoor track and field teams competed at the unscored Elete IUP Open Saturday ... Senior **Kandiance Gibson** won the women's 200-meter dash (26.10) ... The women's 4x400-meter relay team set a new school record after finishing second (4:03.60) ... Members of the squad were Gibson and freshmen **Kate DeGeorge**, **Diana Schell** and **Ashley Williams** ... Freshman **Chavonne Greene** finished tied for second in the 100 (12.80) and tied for sixth in the 200 (27.60) ... Senior **Libby Purdy** finished fourth in the javelin (122-8) ... Williams finished second in the 400 (1:00.70) and was fourth in the 200 (27.20) ... On the men's side, the 4x400 relay team posted a school record time of 3:18.50, finishing second ... Members of the team were senior **Shaun Jackson**, sophomore **Will Mills** and freshmen **Gary Peays** and **Dorran Coley**.



Waynesburg Yellow Jackets

Waynesburg competed at the Westminster Invitational Saturday ... A trio of women distance runners captured individual titles, while on the men's side the Yellow Jackets had four second-place finishers ... Sophomore **Michelle Propst** won the 1500 (4:55.01) and added a third-place finish in the 800 (2:24.26) ... Sophomore **Haley Hinds** claimed the 3000-meter steeplechase (12:35.78) and also posted a fourth-place finish in the 5000, which was won by freshman teammate **Megan Grover** (19:19.93) ... In the javelin, **Amie Loughan** took second (28.80 meters) ... On the men's side, senior **Ivan Hawkins** took second in the 200 meters (22.38) and the long jump (6.43 meters) ... Sophomore **Nick Staffieri** finished second in the high jump (1.85 meters), while junior **Heath Piper** finished second in the mixed 10000-meter run with a time of 35:31.56.



Grove City Wolverines

Grove City competed at the rain-soaked IUP Invitational Saturday ... On the women's side, freshman **Julia Seward** captured the 5000 in an ECAC-qualifying time of 18:59.71, her first title of the season ... Sophomore **Mary Majchrowicz** took third in the 400 and sixth in the 200 while freshman **Kristen Carter** placed sixth in the 1500 ... Frosh **Sarah Hirsh** took sixth in the steeplechase ... Junior **Sam Dippold** grabbed third in the 400 hurdles while sophomore **Bob Rummel** took third in the 110 high hurdles ... Freshman **Dan Spaulding** placed third in the 5000 ... Sophomore **Chris Andrew** took fourth in the steeplechase, one spot ahead of classmate **Greg Kroleski** ... Dippold and fellow juniors **Yu Kuwabara**, **Jesse Sunquist** and **Mark Murchie** finished fourth in the 1600 relay.



Washington & Jefferson Presidents

Sophomore **Kelli Gee** led the Presidents this past weekend at the 33rd Annual IUP Elete Open Invitational by winning the long jump title (16'6 1/2") ... Sophomore **Stephanie Yeager** finished second in the discus (119'11"), while freshman **Summer Baumgard** tied for fourth in the high jump (5'1") ... Sophomore **Lauren Weinheimer** took third in the 200 (27.10) ... Sophomore **Molly Sykes** notched fifth in the 400-meter hurdles (1:10.90) and sophomore **Liz Mulholland** grabbed fifth in the javelin (110" 1 1/2") ... Sophomore **Brian Skokowski** and freshman **Justin Nock** posted W&J's top men's finishes with third-place showings ... Skokowski took third in the shot put (46'8"), while Nock placed third in the high jump (6'0") ... Sophomore **Virgil Marshall** had three top-seven finishes: fourth in the long jump (20' 6"), fifth in the 200 (22.90) and sixth in triple jump (41'0").



Westminster Titans

Westminster hosted and competed in the Titan Invitational this weekend ... The Lady Titans posted a pair of wins and broke four school records ... Senior **Sonya Cole** captured the shot put (11.89 meters) and sophomore **Jessica Cooper** finished first in the high jump (1.59 meters) ... Cooper also set a new school record in the long jump with a mark of 4.92 meters (good for third place), while freshman **Kate Kushner** broke the school mark in the 400 meter hurdles with a second-place time of 1:06.76 ... The Westminster women's relay teams in the 4x100 (50.92) and 4x400 (4:12.81) also broke school marks ... Leading the Titan men was senior **Adam Hadvavny** with second-place finishes in both the discus and javelin ... The Westminster track & field teams will host the 2006 PAC Championships this Saturday (April 29) at Harold Burry Stadium in New Wilmington.

2006 PAC Track & Field Athletes of the Week

Men

3/19 **Dorran Coley**, Fr., Thiel
3/26 **Adam Hadvavny**, Sr., Westminster
4/2 **Ivan Hawkins**, Sr., Waynesburg
4/9 **Dorran Coley**, Fr., Thiel
4/16 **Adam Hadvavny**, Sr., Westminster
4/23 **Ivan Hawkins**, Sr., Waynesburg

Women

Kandiance Gibson, Sr., Thiel
Kristen Carter, Fr., Grove City
Veronica Geretz, Fr., Westminster
Lauren Weinheimer, So., Wash. & Jeff.
Michelle Propst, So., Waynesburg
Jessica Cooper, So., Westminster