

# 2012 PAC Track & Field Release

## Week 5 - April 23



Presidents' Athletic Conference

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### LAST WEEK

Tuesday, April 17, 2012

**PAC North Quad Meet - Beaver Falls, Pa.**

Men	Women
1. Westminster - 195	1. Westminster - 191
2. Grove City - 169	2. Grove City - 189
3. Geneva - 124	3. Geneva - 139
4. Thiel - 66	4. Thiel - 27

Wednesday, April 18, 2012

**PAC Quad South Meet - Bethany, W.Va.**

Men	Women
1. Wash. & Jeff. - 170	1. Waynesburg - 125
2. Bethany - 153	2. Wash. & Jeff. - 110
3. Waynesburg - 141	3. Bethany - 90
4. Saint Vincent - 47	

Saturday, April 21, 2012

Bethany/Thiel/Westminster at **Baldwin-Wallace Sparky Adams Invitational** - Berea, Ohio - unscored

Grove City/Saint Vincent/Waynesburg at **IUP Ed Fry Invitational** - Indiana, Pa. - unscored

Westminster at **Moravian Greyhound Invitational** - unscored

**Wilmington College Invitational** - Wilmington, Ohio

Men (seven teams)	Women (seven teams)
7. Thomas More - 27	4. Thomas More - 84

### THIS WEEK

Friday-Saturday, April 27-28, 2012

**2012 PAC Men's & Women's Track & Field Championships**

Geneva College - Beaver Falls, Pa.

Friday - 3 p.m.; Saturday - 11 a.m.

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

#### ARLEIGH MCRAE

**Grove City College**

Sophomore - distance

E. Brookfield, Mass./Whitinsville Christian H.S.

McRae won the 5,000 meter run by over eight seconds (15:27.86) Saturday at the IUP Ed Fry Invitational. Tuesday, McRae helped Grove City's 4x400 relay to a victory at the PAC North Quad (3:29.78) in his only action.



Also nominated was freshman **Anthony Thompson** of Bethany, junior **Nick Agostinelli** of Geneva, senior **Kevin Wanichko** of Saint Vincent, junior **Kendall DeLashment** of Thiel, freshman **Lucas Nare** of Thomas More, junior **Scott Ryan** of Washington & Jefferson, sophomore **David Cobb** of Waynesburg, and senior **J.J. Faltot** of Westminster.

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

#### PAIGE PRATO

**Bethany College**

Sophomore - sprints

Gibsonia, Pa./Deer Lakes H.S.

Prato set one school record and qualified for ECACs in two events at the PAC South Quad Meet at Bison Stadium. She won the 100 with a new school-record time of 12.80, which surpassed the previous mark by .12. Prato also anchored the BC 4x100 relay to a first place finish as the team qualified for ECAC Championships in 50.63.



Also nominated was junior **Ella Smith** of Grove City, sophomore **Valerie White** of Thiel, freshman **Demi Welte** of Thomas More, sophomore **Meghan Poinsett** of W&J, and senior **Alisha Slater** of Westminster.

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

#### RYAN BELL

**Westminster College**

Senior - javelin

New Wilmington, Pa./Wilmington H.S.

Bell earned PAC weekly honors for the second straight week after breaking the Geneva stadium record in the javelin toss with a first-place throw of 66.48 meters. It also shattered the meet record by over 11 meters and broke his own school record that he set a year ago.



Also nominated was sophomore **Nick Sainvilier** of Bethany, junior **Tyler French** of Geneva, senior **David Ferreira** of Grove City, freshman **Nic Jones** of Thiel, freshman **Zach Kurtz** of Thomas More, junior **Gavin Donathan** of Washington & Jefferson, and junior **Kurt Bonnet** of Waynesburg.

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

#### CASSIE ALLEN

**Bethany College**

Senior - jumps

Washington, Pa./Canon-McMillan H.S.

Allen won a pair of events to highlight the day for the Bison at the PAC South Quad Meet at Bethany last Wednesday. She claimed first place in the long jump by a half-inch with a measurement of 15-5.5, then captured the triple jump after jumping 33-8.75.



Also nominated was senior **Liz Michalak** of Geneva, sophomore **Shannon Bishop** of Grove City, junior **Cassidy Kravec** of Thiel, freshman **Felicity Britt** of Thomas More, senior **C.J. Corcoran** of Washington & Jefferson, sophomore **Angele Haly** of Waynesburg and senior **Alisha Slater** of Westminster.

# PAC T&F NOTES

## Bethany Bison



Bethany had a big day at the PAC South Quad Meet at Bison Stadium, as the men were 2<sup>nd</sup> of four teams and the women set two school records and had three individuals and one relay qualify for ECACs ... The records that fell came in the 100, where **Paige Prato** took first in 12.80 to surpass the old mark by .12, and the 5,000, where **Joanna Mongeluzzo** finished in 18:33.86 to shatter the BC mark by more than 53 seconds ... Both also qualified for ECACs with their performances ... Also qualifying for ECACs was **Kaitlyn Black**, who dominated the 400 to take first in 58.74; and the 4x100 relay was first in 50.63 ... Also, **Cassie Allen** won the long and triple jump ... BC men won three field events: **Ken Barrows** in the high jump (6-0), **Ben Gregg** in the javelin (162-4) and **Nick Sainvilier** in the triple jump (41-1.5).

## Geneva Golden Tornadoes



Next week, Geneva College and the Golden Tornadoes' track and field team will be hosting the Presidents' Athletic Conference track and field championships ... Tuesday, Geneva College hosted its first track meet in three years as it welcomed PAC foes Thiel, Westminster and Grove City in the PAC Quad North meet as a precursor to the championships ... Geneva's men and women finished third out of the four schools but posted some outstanding individual efforts ... **Nick Agostinelli** is one of the few Geneva track athletes that had competed at Merriman Athletic Complex in the last two years ... Agostinelli, a Beaver Falls High School product, competed for the Tigers on Geneva's campus ... Tuesday, Agostinelli looked right at home with a first place finish in the 100 meter race, posting a personal best time of 11.23.

## Grove City Wolverines



The Grove City College track and field teams competed in a pair of events last week ... Tuesday, both the men's and women's teams took second at the PAC North Quad in Beaver Falls ... On the men's side, **David Ferreira** swept the long and triple jumps ... **Ethan Witmer**, **John Green**, **Patrik Miller** and **Arleigh McRae** combined to win the 1600 relay ... Witmer (high hurdles) and Green (400) also notched victories, as did **Mark Talbott** (5000) and **Ben Lutz** (steeplechase) ... For the women, **Shannon Bishop** (triple jump), **Sarah Cessar** (800), **Mary Kate Breese** (5000), **Ella Smith** (1500) and **Mara Womer** (400 hurdles) earned wins at the Quad Meet ... Saturday at Indiana's Ed Fry Invitational, Smith took second in the 5000 and Breese took third in that event.

## Saint Vincent Bearcats



The Bearcats competed at the Ed Fry Invitational at Indiana University of Pennsylvania ... Saint Vincent senior **Kevin Wanichko** won the 1,500 meters with a time of 3:57.65, setting the fastest time in the PAC this season ... Sophomore **Chansler Poole** finished third out of 41 competitors in the 800 meters.

## Thiel Tomcats



In preparation for this weekend's 2012 PAC Track and Field Championships, the Tomcat men's and women's track and field squads participated in Tuesday's PAC North Quad, hosted by Geneva College, and Saturday's Paul "Sparky" Adams Invitational, hosted by Baldwin-College ... At Geneva, **Nic Jones** posted an individual win in the high jump (5-10.75), while **Kendall DeLashment** finished second in the 100-meter dash ... **Mike Finchio** secured a second-place finish in the javelin with a throw of 166-02 ... On the women's side, **Riian McCray** finished fourth in the high jump (4-07.00) and was seventh in the long jump (13-00.00) ... At the Sparky Adams Invite, Jones earned a tie for first in the high jump after tying his season-best mark (6-4) ... **Cassidy Kravec** posted a third-place finish in the javelin (111-10).

## Thomas More Saints



The Thomas More women finished fourth and the men seventh at the Wilmington College Quaker Invitational last week ... On the women's side, Thomas More had two first place finishes as senior **Alex Hlebeczki** won the long jump (15-10.50) and freshman **Felicity Britt** placed first in the shot put (38-8.25) ... The Saints had four second place finishes as Britt placed second in the discus with a mark of 112-6, freshman **Demi Welte** placed second in the 100-meter dash (13.27) and sophomore **Andrea Robben** finished second in the pole vault (10-6.0) and the javelin (87-9) ... On the men's side, Thomas More had five Top-five finishes ... Earning second place finishes were junior **Phil Feinberg** in the high jump (6-8) and freshman **Zach Kurtz** in the triple jump (40-9.50) ... TMC added two fourth place finishes and one fifth.

## Washington & Jefferson Presidents



The W&J men took first at the PAC South Quad Meet on Wednesday, while the women claimed second ... The Presidents had 12 different athletes claim individual titles, including seven men ... A trio of W&J men set meet records ... Senior **Greg French** claimed the 400 hurdles in a record 54.99 seconds ... Also turning in record setting marks were junior **Scott Ryan** who posted a time of 4:03.39 in the 1,500 meters and classmate **Benjamin Kopchick**, who won the 5,000 meters (15:55.51) ... The W&J women earned a pair of meet records, starting with freshman **Kristen Galligan's** time of **17:58.91** in the 5,000 meters ... Sophomore **Meghan Poinsett** also notched a record time of 1:06.88 seconds in the 400-meter hurdles ... Senior **C.J. Corcoran** was the javelin champion with a top throw of 38.53 meters.

## Waynesburg Yellow Jackets



The Waynesburg track & field teams went through their final tune-ups before this week's PAC Championships by competing at the PAC quad meet hosted by Bethany College ... The Jacket bested the 2011 PAC champions from W&J and the host Bison this past Saturday, while also seeing junior **Rhea Huwe** and the 4x800-meter relay team set new school records and qualify for the ECAC Championships ... Other victorious Waynesburg athletes included freshman **Joy Talbott** in the 800 and 1500 meters, senior **Krystal Baker** in the pole vault, sophomore **Rebecca Rapp** in discus and sophomore **Angele Hagy** in the shot put ... The Waynesburg men were led by sophomore **Justin Angotti**, who won the 800 meters in school-record time and qualified for ECACs ... The Jackets also qualified for ECAC's in the 4x100 relay ... **Kurt Bonnet** and **Andrew Juntunen** added wins in the discus and pole vault.

## Westminster Titans



Westminster's women's and men's track and field teams both finished first at the PAC Quad North meet at Geneva ... Highlighting the day were two record-breaking performances by seniors **Merrissa Malcolm** and PAC Men's Field Athlete of the Week senior **Ryan Bell** ... Malcolm broke the 12-year old pole vault stadium record as well as the meet record with a first-place mark of 3.5 meters ... This tied her own school record set as a freshman ... Bell led the men with breaking the stadium record in the javelin toss with a first-place throw of 66.48 meters ... It also shattered the meet record by over 11 meters and broke his own school record that he set a year ago ... The women had eight first-place finishers, while the men had seven ... Other PAC schools that competed were Grove City, Geneva, and Thiel.

# PAC T&F SCHEDULES/RESULTS

## Bethany Bison

		<u>Men</u>	<u>Women</u>
March 24	at Wheeling Jesuit Invitational	8th/16	14th/19
March 31	at W&J Invitational	NTS	NTS
April 7	at Marietta Invitational	5th/8	7th/8
April 14	at Westminster Invitational	6th/13	8th/12
April 18	PAC SOUTH QUAD MEET	2nd/4	3rd/3
April 21	at Baldwin-Wallace	NTS	NTS
April 27-28	PAC Championships (at Geneva)		
May 4	at Slippery Rock Qualifier		
May 11	at Allegheny Invitational		
May 17-18	at ECAC Championships (at RPI)		

## Geneva Golden Tornadoes

		<u>Men</u>	<u>Women</u>
March 17	at Muskingum Duals	NTS	NTS
March 20	at Grove City Mini-Meet	NTS	NTS
March 24	at Wheeling Jesuit Invitational	10th/16	11th/19
March 31	at W&J Invitational	NTS	NTS
April 7	at Mount Union Invitational	NTS	NTS
April 14	at Westminster Invitational	9th/13	8th/12
April 17	at PAC NORTH QUAD MEET	3rd/4	3rd/4
April 27-28	PAC CHAMPIONSHIPS		
May 3-5	at NCCAA Championships (at Judson)		

## Grove City Wolverines

		<u>Men</u>	<u>Women</u>
March 20	GROVE CITY MINI INVITATIONAL	NTS	NTS
March 24	at Wheeling Jesuit Invitational	6th/16	12th/19
March 31	at W&J Invitational	NTS	NTS
April 14	at Westminster Invitational	3rd/13	5th/12
April 17	at PAC North Quad Meet (at Geneva)	2nd/4	2nd/4
April 21	at Indiana (Pa.) Invitational	NTS	NTS
April 27-28	at PAC Championships (at Geneva)		
May 17-18	at ECAC Championships (at RPI)		

## Saint Vincent Bearcats

		<u>Men</u>	<u>Women</u>
March 20	at Grove City Mini Invitational		NTS
March 24	at California (Pa.) Invitational		NTS
March 31	at W&J Invitational		NTS
April 14	at Westminster Invitational		11th/13
April 14-15	at Bucknell Invitational		NTS
April 18	at PAC South Quad (at Bethany)		4th/4
April 21	at Indiana (Pa.) Invitational		NTS
April 27-28	at PAC Championships (at Geneva)		
May 11	at Allegheny Invitational		
May 17-18	at ECAC Championships (at RPI)		

## Thiel Tomcats

		<u>Men</u>	<u>Women</u>
March 24	at California (Pa.) Invitational	NTS	NTS
March 31	at W&J Invitational	NTS	NTS
April 5	at Slippery Rock Invitational	NTS	NTS
April 14	at Westminster Invitational	12th/13	12th/12
April 14	at Bucknell Bison Outdoor Classic	NTS	---
April 17	at PAC North Quad Meet (at Geneva)	3rd/4	3rd/3
April 21	at Baldwin-Wallace Invitational	NTS	NTS
April 27-28	at PAC Championships (at Geneva)		
May 11	at Allegheny Invitational		

## Thomas More Saints

		<u>Men</u>	<u>Women</u>
March 17	at UC Invitational	6th	9th
March 23	at Mount St. Joseph Invitational	5th	6th
March 31	at Anderson Invitational	3rd/3	2nd/3
April 7	at DePauw Invitational	5th/9	5th/8
April 21	at Wilmington Invitational	7th/7	4th/7
April 27-28	at PAC Championships (at Geneva)		
May 4	at Bloomington Invitational		
May 17-18	at North Central Invitational		

## Washington & Jefferson Presidents

		<u>Men</u>	<u>Women</u>
March 16-17	at Wake Forest Open	NTS	NTS
March 31	W&J INVITATIONAL	NTS	NTS
April 7	at Carnegie Mellon Invitational	4th/4	3rd/4
April 14	at Westminster Invitational	7th/13	7th/12
April 18	at PAC South Quad (at Bethany)	1st/4	2nd/3
April 27-28	at PAC Championships (at Geneva)		
May 11	at Allegheny Invitational		
May 17-18	at ECAC Championships (at RPI)		

## Waynesburg Yellow Jackets

		<u>Men</u>	<u>Women</u>
March 17	at Muskingum Invitational	NTS	NTS
March 24	at Wheeling Jesuit Invitational	14th/16	10th/19
March 31	at W&J Invitational	NTS	NTS
April 7	at Marietta Invitational	3rd/8	3rd/8
April 14	at Westminster Invitational	4th/13	2nd/12
April 18	at PAC South Quad (at Bethany)	3rd/4	1st/3
April 21	at Indiana (Pa.) Invitational	NTS	NTS
April 27-28	at PAC Championships (at Geneva)		
May 4	at Slippery Rock Qualifier		
May 11	at Allegheny Invitational		
May 18-19	at ECAC Championships (at RPI)		

## Westminster Titans

		<u>Men</u>	<u>Women</u>
March 20	at Grove City Mini Invitational	NTS	NTS
March 24	at Muskingum Invitational	2nd/6	2nd/6
March 30	at Wooster Invitational	1st/7	2nd/7
April 7	at Carnegie Mellon Invitational	2nd/4	1st/4
April 14	WESTMINSTER INVITATIONAL	2nd/13	1st/12
April 17	at PAC North Quad Meet (at Geneva)	1st/4	1st/4
April 21	at Baldwin-Wallace Invitational	NTS	NTS
April 21	at Moravian Greyhound Invitational	NTS	NTS
April 27-28	at PAC Championships (at Geneva)		
May 4	at Slippery Rock Qualifier		
May 11	at Allegheny Invitational		
May 17-18	at North Central Invitational		

