



TRACK & FIELD 2005

Presidents' Athletic Conference

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RECENT RESULTS

Saturday, April 23

Bethany, Thiel, Waynesburg at **Westminster Invitational** - New Wilmington, Pa. (unscored)

Grove City, Washington & Jefferson at **IUP Invitational** - Indiana, Pa. (unscored)

NEXT WEEK'S SCHEDULE

Saturday, April 30

2005 PAC Outdoor Track & Field Championships
Cameron Stadium - Washington, Pa.

PAC MEN'S TRACK & FIELD ATHLETE OF THE WEEK

SHAUN JACKSON

Thiel College

Junior - sprints

Painesville, Ohio/Harvey H.S.

Jackson posted first-place finishes in three events at the Westminster Invitational, as he captured the 400 meter dash (50.41) while running legs for the Tomcats' winning 4x100 (44.14) and 4x400 (3:28.64) relay teams.

Also nominated was freshman **Jeremy Hurt** of Grove City, freshman **Virgil Marshall** of Washington & Jefferson, sophomore **Heath Piper** of Waynesburg, and senior **Marcus Corvino** of Westminster.

PAC WOMEN'S TRACK & FIELD ATHLETE OF THE WEEK

KANDIACE GIBSON

Thiel College

Junior - sprints

Cleveland, Ohio/Bedford H.S.

Gibson was a triple-winner for the Tomcats at the Westminster Invitational on Saturday, as she won both the 100 (12.58) and 200 (26.57) meter dashes while running a leg for the victorious 4x100 meter relay team (52.79).

Also nominated was **Lauren Spegal** of Bethany, senior **Christine Rummel** of Grove City, freshman **Kelli Gee** of Washington & Jefferson, freshman **Haley Hinds** of Waynesburg, and freshman **Jessica Cooper** of Westminster.

PAC TRACK & FIELD NOTES

Bethany Bison

Bethany's track and field teams faired well in preparation of the PAC Championships Saturday at the Westminster Invitational ... For the men, **Chris Gardner** again proved his mettle, scoring victories in the 100-meter, the long jump and the high jump events for the Bison men ... Other notable finishes for the men include that of **Ken Hopper**, who suffered a hard-fought loss in the 1,500-meter event ... **Aaron Weathers** finished third in the 400-meters, setting a personal best for the year ... The women were paced by their distance runners in the 5,000-meter event as Bethany claimed first and third finishes by **Mallory Roadman** and **Rebekah Cypert**, respectively ... Roadman's time of 20:26.88 was a personal best this year.

Wash. & Jeff. Presidents

W&J will host the 2005 PAC Track & Field Championships this Saturday at Cameron Stadium ... This past week, freshman **Virgil Marshall** qualified for the ECAC Division III Championships in the long jump and the W&J women's 4 X 100 relay team also ran a ECAC-qualifying mark at the unscored IUP Invitational ... Marshall placed seventh in the long jump with a leap of 21'2 1/2" to advance to the ECAC event ... He was also second in the 200 meters ... In addition, freshman **Tony Lewis** placed fourth in the long jump after posting a mark of 22'1 1/2" ... Senior **Chad Edwards** rounded out the men's top performers with a third-place finish in the shot put (48'6") ... **Kelli Gee** placed second in the long jump event.

Grove City Wolverines

Both Grove City teams competed in the IUP Open Saturday ... Freshman **Jeremy Hurt** helped lead the men's team by winning the high jump ... Hurt also placed seventh in the triple jump for the Wolverines ... Senior **Luke Henry** earned runner-up honors in the 800 while freshman **Bob Rummel** took fifth in the high hurdles ... Freshman **Matt Kulinski** took sixth in pole vault while sophomores **Mark Murchie** and **Jesse Sunquist** took sixth in the 200 and 400, respectively ... Senior **Erin Claxton** helped pace the women's team with a third-place effort in the 5000 while **Christine Rummel** placed fifth in the 400 hurdles ... **Sarah Bray** took seventh in the javelin.

Waynesburg Yellow Jackets

Waynesburg returned to Westminster for a second time this season as both teams competed in the Westminster Invitational ... A total of 15 different Yellow Jacket athletes finished events in the top five ... On the women's side, freshman **Michelle Propst** finished in first place in the 1500 meter run (5:01.91), while classmate **Haley Hinds** won the 3000-meter steeplechase (13:26.41) ... Also performing well for the Yellow Jackets was junior **Kasey Hollabaugh**, who finished in third place in the 100-meter hurdles and second place in the 400-meter hurdles ... Sophomore **Heath Piper** paced the men's team as he placed second in the 3000-meter steeplechase with a time of 11:15.00 and finished in second place in the 5000-meter run with a time of 17:25.13.

Thiel Tomcats

Thiel competed at the Westminster Invitational Saturday ... Junior **Kandiace Gibson** and senior **Kristen Benjamin** each won a pair of individual events ... Gibson earned individual victories in the 100 meter dash (12.58) and the 200 meter dash (26.57), while Benjamin won both the shot put (40-6) and the discus (111-6) ... The women's 4x100 meter relay team won in 52.79 ... Junior **Adam Crawford** and freshman **Anoia Rhodes** each finished first in the javelin, as Crawford's winning throw measured 175-1 while Rhodes final mark was 98-9 ... Senior **Daryl Moore** won the 110 meter hurdles (16.47) and was second in the triple jump (40-4) ... Freshman **Doug Lewis** won the 200 meter dash (23.68).

Westminster Titans

Westminster hosted the Titan Invitational on Saturday ... Senior **Marcus Corvino** paced the Titan men by capturing both the 3,000 steeplechase (10:53.57) and the 5,000 meter run (17:27.0) ... Other men's winners included senior **Josh Drab** in the 800 (2:07.35) and junior **Adam Hadbavny** in the discus (46.46 meters) ... For the Lady Titans, leading the way was freshman **Jessica Cooper**, who captured both the high jump (1.57 meters) and the triple jump (10.46 meters) ... Other victorious Westminster women included sophomores **Rachael Cooper** in the 400 hurdles (1:18.31) and **Sarah Calderone** in the 800 (2:31.83) ... The Lady Titans 4x400 relay team was also victorious (4:43.70).

Past PAC Men's Track Athletes of the Week

March 20: **Zjaque Douglas**, Thiel

March 27: **Adam Hadbavny**, Westminster

April 3: **Chris Gardner**, Bethany

April 10: **Chris Gardner**, Bethany

April 17: **Virgil Marshall**, Wash. & Jeff.

April 24: **Shaun Jackson**, Thiel

Past PAC Women's Track Athletes of the Week

March 20: **Kandiace Gibson**, Thiel

March 27: **Kelli Gee**, Wash. & Jeff.

April 3: **Erin Claxton**, Grove City

April 10: **Kelli Gee**, Wash. & Jeff.

April 17: **Michelle Propst**, Waynesburg

April 24: **Kandiace Gibson**, Thiel