

2011 PAC Track & Field Release

Week 5 - April 25



Presidents' Athletic Conference
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LAST WEEK

Wednesday, April 20, 2011

PAC South Quad (Bethany, W.Va.)

Men (four teams)	Women (three teams)
1. Waynesburg - 165	1. Waynesburg - 124
2. Bethany - 145	2. Wash. & Jeff. - 114
3. Wash. & Jeff. - 117	3. Bethany - 78
4. Saint Vincent - 76	

Thursday, April 21, 2011

Geneva/Westminster at **Westminster Mini-Invitational** - New Wilmington, Pa. - unscored

Saturday, April 23, 2011

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

Grove City - idle

THIS WEEK

Friday-Saturday, April 29-30, 2011

2011 PAC Track & Field Championships

Bison Stadium - Bethany College - Bethany, W.Va.
Friday - 3 p.m.; Saturday - 11 a.m.

PAC MEN'S TRACK ATHLETE OF THE WEEK

JEFF HITE

Saint Vincent College

Senior - distance
Greensburg, Pa./Greensburg Salem H.S.

Hite set a new meet record in the 5,000 meter run at the PAC South Quad meet at Bethany, taking first place in 16:02.85 to top teammate Lucas Briola by three seconds and best the previous meet record by 30 seconds.



Also nominated was freshman **Arkangelo James** of Bethany, junior **Richard Peterson** of Thiel, junior **Greg French** of W&J, junior **Jordan Wrask** of Waynesburg, and sophomore **Adam Carswell** of Westminster.

PAC WOMEN'S TRACK ATHLETE OF THE WEEK

MICHELLE WUENSTEL

Wash. & Jeff.

Senior - sprints
Pittsburgh, Pa./Keystone Oaks H.S.

Wuenstel was a triple winner for the Presidents at the PAC South Quad at Bethany, capturing the 100 (12.83) and 200 (26.32) meter dash events as well as running a leg for the victorious W&J 4x100 relay (50.41).



Also nominated was junior **Kaitlyn Black** of Bethany, senior **Mikey Macosko** of Waynesburg, and junior **Mallory Mack** of Westminster.

PAC MEN'S FIELD ATHLETE OF THE WEEK

RYAN BELL

Westminster College

Junior - javelin
New Wilmington, Pa./Wilmington H.S.

Bell won the javelin title in two events last week. His winning toss of 64.87 meters (212-10) at the B-W Sparky Adams Invitational automatically qualified him for the NCAA D-III Championships in the event. He is just the second Titan NCAA track & field qualifier since 2002-03.



Also nominated was junior **Seth Myers** of Bethany, junior **Taylor Hockman** of Washington & Jefferson, and sophomore **Kurt Bonnet** of Waynesburg.

PAC WOMEN'S FIELD ATHLETE OF THE WEEK

LINDSEY COFFEY

Washington & Jefferson College

Freshman - jumps
Centerville, Pa./Beth-Center H.S.

Coffey was a double-winner for the Presidents last week at the PAC South Quad event at Bethany, capturing both the high jump (5-0 1/4) and triple jump (16-0 1/2) events. Both marks set new meet and Bison Stadium records.



Also nominated was senior **Desiree Finley** of Bethany, freshman **Angele Hagy** of Waynesburg and junior **Merrissa Malcolm** of Westminster.

PAC T&F NOTES

Bethany Bison

The Bison warmed up for the PAC Championships by hosting the PAC South Quad Meet Wednesday ... The BC men totaled seven first places and were second out of four teams with 145 points ...



Arkangelo James won the race of the day, beating two of the other top 800 runners in the PAC (1:59.31) ... The men's 4x100 team of **Aarick Jones**, **Greg Williams**, **Adrian White** and **Kendon Noel** took first and qualified for ECACs in 43.77 ... Other first places included **Marcus Johnson** in the 100 (11.19), **Ben Gregg** in the javelin (170-0) and **Seth Myers** in the shot put (41-10.75) ... Although Williams did not win the long jump, he did take second and qualified for ECACs in the event (22-3.75) ... For the women, **Desiree Finley** won the pole vault (9-8) and the 400 hurdles (1:07.11) ... Also collecting first place points was **Kaitlyn Black** with a season-best time of 1:02.33 in the 400 ... Finley and Black also ran on the 4x100 with **Hayley Acree** and **Paige Prato** to take second in the 4x100 (52.00).

Geneva Golden Tornadoes

Geneva once again traveled to New Wilmington Thursday for an unscored team mini-meet and provided several outstanding individual performances ... For the women, **Julia Urbanski** took first place honors in the 1500 meter event with a mark of 4:45.63, more than 15 seconds better than the next closest competitor ...



Shannon Rech won the 5000 with teammate **Sarah Davis** coming in with a close second ... **Aisha Moore** won the triple jump, while **Emily Crain** took second place in the long jump ... In men's action, **Ryan White** won the 200 with **Wes Marquis** finishing just .05 seconds behind in second place ... **Chez Anderson** and **Owen Struck** finished one-two in the 800, while **Nick Edinger** continued his dominance with another first place finish in the 5000 ... **Nathan Mansor** won the 3000 meter steeplechase with **Dan Dillman** taking first place in both the shot put and the discus ... Geneva's 4 x 100 also took first place.

Grove City Wolverines

The Grove City College track and field teams return to action this weekend in the Presidents' Athletic Conference Championships at Bethany College ... The Wolverines did not compete last week during Easter Break ... Grove City returns three 2010 conference championships in sophomore **Sam Shesman** (men's 800), senior **Kate Balmer** (women's 100 dash) and senior **Emily Pierce** (women's 1500) ... Pierce earned PAC women's track Most Valuable Performer after accumulating 26 points last year ... Grove City's women scored 84 points at last year's meet and athletes who accounted for 80½ of those points are back this year ... The men return 46 points from last year's total of 147 1/3.



Saint Vincent Bearcats

The Bearcats' participated in the PAC South Quad Meet, hosted by Bethany, on Wednesday afternoon, and established four new meet records ... In the 400, **Luke D'Amico** took first in 51.15 seconds, eclipsing the previous meet mark by .74 seconds ... **Chansler Poole** was victorious in the 1500, timed in 4:16.33, also a new meet record, while **Jeff Hite** set a new standard in the 5000 (16:02.85) and **Cam Stumme** in the 3,000 steeplechase (10:13.00) ... The Bearcats 4x400 relay squad of **Kevin Wanichko**, **John Joseph**, **Shane Sweeney**, and **D'Amico** also took first, establishing a new meet record with a time of 3:26.73 ... As a team, the Bearcats were exceptionally strong in the 5K, with **Lucas Briola** taking second behind Hite (16:05.71) and **Ryan Barlow** third (16:06.56) ... Wanichko also added a second place in the 800, while **Justin Petrovich** took third in the 1500 and Sweeney fifth in the 400 hurdles.



Thiel Tomcats

Thiel competed at the Baldwin-Wallace Paul "Sparky" Adams Invitational on Saturday ... **Richard Peterson** had the top performance for the Tomcat men, taking sixth in a 39-runner field in the 5,000-meter run ... He crossed the line with a time of 15:28.76 ... **Scott Stano** finished 10th in the javelin with a throw of 152-02 ... Leading the Thiel women was **Cassidy Kravec**, who took eighth out of 42 in the javelin with a throw of 113-03 ... **Joy Metzler** also performed well for the throwers, taking 16th out of 42 in the shot put.



Washington & Jefferson Presidents

W&J produced three double winners Wednesday ... Senior **Michelle Wuenstel** claimed first in the 100 (12.83) and 200 (26.32) meters ... Freshman **Lindsey Coffey** won the high jump (5'0 1/4") and triple jump (16'0 1/2") ... Coffey's long jump mark set meet and Bison Stadium records ... Junior **Taylor Hockman** won the long jump (22'4 1/4") and triple jump (43'11 1/4") ... He too set meet and stadium records with both jumps, and took fourth in the 100 meters (11.30) ... Senior **Katelynd McElhany** won the 100-meter hurdles with a meet record time of 14.97 and claimed second in the 100 meters (12.87) ... Freshman **Cheyenne Mangold** finished second in the 200 meters (26.40) ... Freshman **Kia Ruhkamp** finished first in the 5,000 meters (20:40.05), while junior **Taylor Thompson** was victorious in the triple jump (33'10") ... On the men's side, junior **Bryant Wang** won the 110-meter hurdles (15.75) and classmate **Greg French** took the 400-meter hurdle title (meet record 56.14).



Waynesburg Yellow Jackets

The Yellow Jacket women took first out of three teams at the PAC South Quad with 124 points, edging rival W&J by ten points ... The men's team took first as well, scoring 164 total points, twenty points better than the second place team, Bethany ... The Jacket women were led on the track by senior **Mikey Macosko** as she qualified for the ECAC championships in the 100 meter hurdles for the second consecutive year ... The Jacket women won six total events, which included winning all three of the throwing field events ... **Angela Hagy** threw the shot put 11 meters to finish first in the field of 13 throwers ... The Jackets took first, second and third place in both the discus and javelin, with **Marybeth Rocco** winning in the discus and **Megan Sowers** taking first in the javelin ... The Waynesburg men won two events, and broke two school records ... **Kurt Bonnet** broke his own school record in the discus, while **Dougie Sanner** out jumped the competition in the triple jump.



Westminster Titans

Westminster hosted the last of three consecutive home meets in nine days Thursday with the unscored Westminster Mini Meet ... The Titan women won six events and the Titan men won five ... Sophomore **Adam Carswell** won the 400 (50.77) before anchoring the winning 4x400 relay (3:28.28) ... Junior **J.J. Faltot** won the 100 (11.23), sophomore **Mark Saylor** won the pole vault (4.75), and junior **Ryan Bell** won the javelin (60.03) ... On the women's side, junior **Mallory Mack** won the 100 (12.71) and ran a leg of the first-place 4x100 relay team (50.13) ... The other track winner was freshman **Haley Gabor** capturing the 400 (1:02.08) ... Junior **Merrissa Malcolm** won the pole vault with her season-high mark (3.4), while junior **Alisha Slater** captured the long jump (5.15) and junior **Emily Dolsak** won the discus (36.60) ... Bell was one of two Titans to compete at the B-W Sparky Adams Invitational Saturday, winning the javelin (64.87) with an automatic national qualifying distance.



PAC T&F SCHEDULES/RESULTS

Bethany Bison

		<u>Men</u>	<u>Women</u>
March 26	at Wheeling Jesuit Invitational	14th/23 (26.5)	18th/23 (7)
April 2	at W&J Invitational	11th/23 (25)	15th/17 (13)
April 9	at Mount Union Invitational	Unscored	Unscored
April 16	at Westminster Invitational	7th/11 (46)	9th/13 (25)
April 20	PAC SOUTH QUAD MEET	2nd/4 (145)	3rd/3 (78)
April 29-30	PAC CHAMPIONSHIPS		
May 13	at Allegheny Invitational		
May 19-20	at ECAC Championships (Moravian)		

Geneva Golden Tornadoes

		<u>Men</u>	<u>Women</u>
March 19	at Muskingum Duals	2-2 dual	1-3 dual
March 26	at Wheeling Jesuit Invitational	19th/23 (7.5)	12th/23 (14)
April 2	at W&J Invitational	13th/18 (22)	13th/17 (24)
April 9	at Robert Morris Invitational	Unscored	Unscored
April 13	at PAC North Quad (WES)	2nd/4 (53.3)	3rd/4 (44)
April 16	at Westminster Invitational	6th/11 (48.5)	8th/13 (40)
April 21	at Westminster Mini-Invitational	Unscored	Unscored
April 29-30	at PAC Championships (Bethany)		
May 5-7	at NCCAA Championships (Judson)		

Grove City Wolverines

		<u>Men</u>	<u>Women</u>
March 22	GROVE CITY MINI INVITATIONAL	Unscored	Unscored
March 26	at Wheeling Jesuit Invitational	13th/23 (27)	8th/23 (37)
April 2	at W&J Invitational	13th/18 (22)	8th/17 (46)
April 9	at Slippery Rock Invitational	Unscored	Unscored
April 13	at PAC North Quad (Westminster)	3rd/4 (48)	2nd/4 (51)
April 16	at Westminster Invitational	2nd/11 (110)	7th/13 (52)
April 29-30	at PAC Championships (Bethany)		

Saint Vincent Bearcats

		<u>Men</u>
March 26	at Wheeling Jesuit Invitational	11th/23 (34)
April 2	at W&J Invitational	9th/19 (29)
April 9	at Slippery Rock Invitational	Unscored
April 9	at Mount Union Open	Unscored
April 15-16	at Bucknell Bison Open	Unscored
April 20	at PAC South Quad (Bethany)	4th/4 (76)
April 29-30	at PAC Championships (Bethany)	
May 19-20	at ECAC Championships (Moravian)	

Thiel Tomcats

		<u>Men</u>	<u>Women</u>
March 19	at Muskingum Duals	1-3 dual	0-4 dual
March 26	at Wheeling Jesuit Invitational	16th/23 (18)	22th/23 (1)
April 1	at Slippery Rock University	Unscored	Unscored
April 9	at Slippery Rock Open	Unscored	Unscored
April 13	at PAC North Quad (Westminster)	4th/4 (16)	4th/4 (4)
April 23	at B-W Sparky Adams Invitational	Unscored	Unscored
April 29-30	at PAC Championships (Bethany)		
May 13	at Allegheny Invitational		

Washington & Jefferson Presidents

		<u>Men</u>	<u>Women</u>
March 12	at York Spring Opener	Unscored	Unscored
March 19	at Lynchburg Invitational	Unscored	Unscored
April 2	W&J INVITATIONAL	6th/18 (66.5)	6th/17 (54.5)
April 9	at Carnegie Mellon Invitational	4th/4 (107)	4th/4 (137)
April 16	at Westminster Invitational	8th/11 (38)	4th/13 (76)
April 20	at PAC South Quad (Bethany)	3rd/4 (117)	2nd/3 (114)
April 29-30	at PAC Championships (Bethany)		
May 13	at Allegheny Invitational		

Waynesburg Yellow Jackets

		<u>Men</u>	<u>Women</u>
March 26	at Wheeling Jesuit Invitational	18th/23 (12)	12th/23 (14)
April 2	at W&J Invitational	8th/19 (30)	4th/17 (59)
April 9	at Slippery Rock Invitational	Unscored	Unscored
April 9	at Ohio Wesleyan Invitational	15th/15 (3)	14th/15 (16)
April 16	at Westminster Invitational	5th/11 (55.5)	T2nd/13 (94)
April 20	at PAC South Quad (Bethany)	1st/4 (165)	1st/3 (124)
April 29-30	at PAC Championships (Bethany)		
May 13	at Allegheny Invitational		
May 19-20	at ECAC Championships (Moravian)		

Westminster Titans

		<u>Men</u>	<u>Women</u>
March 22	at Grove City Mini Invitational	Unscored	Unscored
March 26	at Muskingum Invitational	3rd/4 (126)	2nd/4 (180.5)
April 1	at Wooster Invitational	1st/6 (182)	3rd/6 (132)
April 9	at Carnegie Mellon Invitational	3rd/4 (132)	1st/4 (175)
April 13	PAC NORTH QUAD MEET	1st/4 (77.5)	1st/4 (92)
April 16	WESTMINSTER INVIT.	3rd/11 (107.5)	1st/13 (132)
April 21	WESTMINSTER MINI-INVIT.	Unscored	Unscored
April 29-30	at PAC Championships (Bethany)		
May 6	TBA		
May 20	at Gregory Invitational (North Central)		