

2010 PAC Track & Field Release

Week 6 - April 26



Presidents' Athletic Conference
 8500 Brooktree Road, Suite 130
 Wexford, PA 15090
 Web: www.pacathletics.org

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

THIS WEEK

Wednesday, April 21, 2010

PAC South Quad meet - Bethany, W. Va.

<u>Men (four teams)</u>	<u>Women (four teams)</u>
1. Waynesburg - 160	1. Waynesburg - 209
2. Geneva - 130	2. Bethany - 157
3. Bethany - 117	3. Wash. & Jeff. - 72
4. Wash. & Jeff. - 115	4. Geneva - 68

Saturday, April 24, 2010

Bethany/Geneva/Waynesburg/Westminster at **B-W Sparky Adams meet** - Berea, Ohio - unscored

Saint Vincent (M) at **St. Francis (Pa.) Invitational** - unscored

THIS WEEK

Saturday, May 1, 2010

2010 PAC Track & Field Championship

Robert E. Thorn Field - Grove City College
 Grove City, Pa. - 10 a.m.

PAC MEN'S TRACK ATHLETE OF THE WEEK

GREG FRENCH

Washington & Jefferson College

Sophomore - hurdles/springs/jumps
 East Amherst, N.Y./Williamsville East H.S.



French led W&J at the PAC South Quad meet at Bethany, setting new meet and stadium records in winning both the 400 hurdles (56.22) and triple jumps (43-10.75). He also placed second in the long jump (20-11.75) at BC.

Also nominated was senior **Taylor McNeil** of Bethany, sophomore **Jordan Wrask** of Waynesburg, and freshman **Colin Feeny** of Westminster.

PAC WOMEN'S TRACK ATHLETE OF THE WEEK

MARIA SHEPAS

Waynesburg University

Junior - mid-distance/distance
 Youngstown, Ohio/Waynesburg Central H.S.



Shepas posted three wins at the PAC South Quad meet at Bethany (800, 1500 and 4x400 relay), then won the 3,000 steeplechase at the B-W Sparky Adams Invitational Saturday with a time of 11:28.10, winning by 27 seconds and breaking her own school mark by 19 seconds.

Also nominated was senior **Jodi Bodo** of Bethany, junior **Katelynd McElhany** of W&J and senior **Abbey Basta** of Westminster.

PAC MEN'S FIELD ATHLETE OF THE WEEK

BRIAN CONSIDDER

Washington & Jefferson College

Senior - shot put
 Chardon, Ohio/Chardon H.S.



Considerder captured the shot put title for W&J at the PAC South Quad meet hosted by Bethany on Wednesday with a stadium-record mark of 41-1.25.

Also nominated was freshman **Nathaniel Hensch** of Bethany, sophomore **Josh Buckley** of Wash. & Jeff., **Kurt Bonnet** of Waynesburg and senior **Jonathan Morrow** of Westminster.

PAC WOMEN'S FIELD ATHLETE OF THE WEEK

KRYSTAL BAKER

Waynesburg University

Junior - jumps
 East Berlin, Pa./Bermudian Springs H.S.



Baker won four events with meet-record marks at the PAC South Quad meet at Bethany: high jump (5-1.75), long jump (16-7-SR), triple jump (38-3.25-SR-NCAA qualifier) and pole vault (10-6). She was also second in the triple jump (33-10) and third in the high jump (5-1) at the B-W Sparky Adams Invitational Saturday.

Also nominated was sophomore **CJ Corcoran** of W&J and sophomore **Merrissa Malcolm** of Westminster.

PAC T&F NOTES

Bethany Bison

Bethany competed in its final tune-up meet before next weekend's PAC Championships by running at the unscored Baldwin-Wallace Sparky Adams Invitational Saturday ... The Bison's top place earned Saturday was by senior **Jodi Bodo**, who finished second in a field of 26 runners in the 400 by crossing the finish line in 57.84, her fastest time of the season ... Bodo also ran in the 100 and finished 10th out of 39 in the preliminaries with a time of 13.39 ... The other member of BC's women's team to run Saturday was senior **Desiree Finley**, who earned seventh out of 21 runners in the 400 hurdles in 1:07.03 ... In the men's running events, senior **Taylor McNeil** ran 11.42 in the 100 prelims and later posted a time of 22.89 in the 200 that was good for fifth place out of 49 runners ... For the Bison in the field, sophomore **Seth Myers** finished in 13th place out of 51 throwers with a best measurement of 129-11 inches in the discus, while senior **James Malone** competed in the javelin, taking 23rd overall with a throw of 134-9.



Geneva Golden Tornadoes

Geneva competed twice last week ... Wednesday at Bethany, Geneva's men finished second and the women placed fourth ... Highlights included **Romarc Setodji's** first place finish in the 400 with a new personal best time of 51.89 ... **Nick Edinger** was first in the 1500 meter run, setting a new meet record (4:20.73) ... **Eric Berkenpas** posted personal bests in both the 800 and 1500 meter races ... Stephen Polite is Geneva's most recent NCCAA qualifier with his effort in the triple jump and second place finish ... In women's action, **Julia Urbanski** finished second in the 1500 meter and 800 meter races ... **Kayla Jackson** was second in the shot put and fifth in the discus while teammate **Liz Michalak** posted a personal best with a third place finish in the pole vault ... Saturday, Urbanski posted a pair of top ten finishes at the very competitive Baldwin-Wallace meet while **Shannon Rech** was seventh in the 5000 meter event ... **Aisha Moore** turned in a fifth place finish in the triple jump.



Grove City Wolverines

The Grove City College track and field teams will host the 2010 Presidents' Athletic Conference Championships at Robert E. Thorn Field Saturday ... The Grove City men's team will be in pursuit of its sixth consecutive conference crown ... The GCC men's track and field team has displayed a quarter-century's worth of excellence as the Wolverines have won 17 league titles since 1986 ... The women's team has also been the conference's preeminent program, having captured seven of the last 11 conference titles ... The men's team will have four defending conference champions in the field in senior **Derek Kruse** (1500), senior **Frankie Hourigan** (3000 steeplechase), senior **Matt Ridge** (shot put) and senior **Matt Six** (disc).



Saint Vincent Bearcats

Competing against a field consisting almost entirely of Division I and II foes at the St. Francis (PA) Invitational on Saturday, the Bearcats fared well, led by sophomore **Kevin Wanichko**, who captured first in the 800 with a personal-best time of 1:55.47 ... He was one of three SVC runners to finish in the top 10 in the race, as **Jared Long** took sixth (2:02.55) and **Mike Stevens** ninth (2:08.85) ... The Bearcats also produced three of the top seven finishers in the 3K, paced by **Jeff Hite's** fourth-place time of 9:08.54 ... **Cam Stumme** took fifth in the 2K Steeplechase, with a time of 6:30.10, while **Shane Sweeney** led the way in sprints, taking second in the 400 (52.65) and seventh in the 100 (12.15) ... **Matt Hagg** led the Bearcats in the mile, taking seventh with a time of 4:23.80, while Stevens finished ninth in the race, crossing the line in 4:29.14.



Thiel Tomcats

A small group of Thiel track & field athletes competed at the Baldwin-Wallace Invitational on Saturday ... Freshman **Brittany Brown** highlighted the women's side of things as she tied for first in the high jump with a leap of 1.60m ... For the men, junior **Ethan Rowe** placed third in the 400 dash with a time of 49.7...



Washington & Jefferson Presidents

W&J prepared for Saturday's 2010 PAC Championships last week at the PAC South Quad ... The Presidents had a number of strong performances, including sophomore **Greg French** who racked up victories in the 400 hurdles (56.22) and triple jump (43'10 3/4") and also earned second place in the long jump (20'11 3/4") ... The W&J women were paced by juniors **Katelynd McElhany** and **Michelle Wuenstel** ... McElhany set meet and stadium records during her wins in the 100 (15.39) and 400 (1:07.29) hurdles, while Wuenstel accomplished the same records during her 200 (25.89) and 400 (57.77) meter victories ... Freshman **Scott Ryan** set a meet record in the 800-meter run (2:00.85) and sophomore **Bryant Wang** placed first in the 110-meter hurdles in a meet record time of 15.49 ... Sophomore **Taylor Hockman** edged French in the long jump with a meet-record leap of 22'1" ... Senior **Bryan Consider** won the shot put title (46'1 1/4").



Waynesburg Yellow Jackets

It was a highly productive week for Waynesburg track & field ... On April 21, both the WU men's and women's teams won team championships at the PAC South Quad Meet, hosted by Bethany ... It was the first team championship for the WU men since the rebirth of the program in 2005 ... The Jacket women successfully defended their title from last year, thanks in large part to sophomore **Krystal Baker**, who won four events at the meet ... She placed first in the high jump (1.57 meters, 5' 1.75"), long jump (5.05 meters, 16' 7"), triple jump (11.66 meters, 38' 3.25") and pole vault (3.2 meters, 10' 6") ... She also set meet records in each of the four events, set a new school record in the triple and long jumps, and qualified for nationals in the triple jump ... Junior **Maria Shepas** also had a productive week for the Jacket women ... She recorded three individual wins over the two meets that Waynesburg competed in, and was part of the victorious 4x400-meter relay team at Bethany.



Westminster Titans

Westminster competed at the Sparky Adams Invitational, an unscored meet hosted Saturday by Baldwin-Wallace College ... Westminster collected 10 individual performances that placed in the Top 8, including five for the women and two coming from senior **Abbey Basta** ... Basta placed fifth in the 200 (27.72) and sixth in the 100 hurdles (16.07) ... Sophomore **Alisha Slater** placed fourth in the preliminary of the 100 dash (13.18) but was a scratch from the finals ... The other two Titan women taking home Top 8 finishes were sophomore **Merrissa Malcolm** tying for fifth in the pole vault (3.15) and sophomore **Emily Dolsak** capturing eighth in the discus (37.70) ... Basta and Slater also helped Westminster place fourth in the 4x100 relay (50.10) ... The Westminster men also placed fourth in the 4x100 relay (44.09) ... Elsewhere on the men's side, three Westminster javelin throwers finished in the Top 8 led by senior **Jonathan Morrow** in fourth at 52.54.



PAC T&F SCHEDULES/RESULTS

Bethany Bison

		<u>Men</u>	<u>Women</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored	Unscored
March 27	at Wheeling Jesuit Invitational	12th/14 (10)	12th/17 (16)
April 3	at W&J Invitational	7th/14 (57)	5th/14 (72)
April 10	at Marietta Invitational	5th/6 (51)	4th/7 (76)
April 17	at IUP Ed Fry Invitational	Unscored	Unscored
April 21	PAC SOUTH QUAD MEET	3rd/4 (117)	2nd/4 (157)
April 24	at B-W Sparky Adams Invitational	Unscored	Unscored
May 1	at PAC Championships (Grove City)		
May 7	at Slippery Rock Last Chance Meet		
May 13-14	at ECAC Championships (Springfield)		
May 14	at Allegheny Invitational		

Geneva Golden Tornadoes

		<u>Men</u>	<u>Women</u>
March 23	at Grove City Mini Invitational	Unscored	Unscored
March 27	at Muskingum Invitational	L 62-113	W 66-64
April 3	at W&J Invitational	8th/14 (43)	12th/14 (17)
April 10	at Robert Morris Invitational	Unscored	Unscored
April 17	at Westminster Invitational	4th/5 (87)	5th/8 (66)
April 21	at PAC South Quad (Bethany)	2nd/4 (130)	4th/4 (68)
April 24	at B-W Sparky Adams Invitational	Unscored	Unscored
May 1	at PAC Championships (Grove City)		
May 6-8	at NCCAA Championships (TBA)		

Grove City Wolverines

		<u>Men</u>	<u>Women</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored	Unscored
March 23	GROVE CITY MINI INVITATIONAL	Unscored	Unscored
March 27	at Wheeling Jesuit Invitational	Unscored	Unscored
April 3	at W&J Invitational	13th/14 (15)	14th/14 (2)
April 10	at Slippery Rock Invitational	Unscored	Unscored
April 14	at PAC North Quad	2nd/3 (52)	2nd/2 (42)
April 17	at IUP Ed Fry Invitational	Unscored	Unscored
May 1	PAC CHAMPIONSHIPS		

Saint Vincent Bearcats

		<u>Men</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored
March 27	at Western Pa. Championships (Cal)	3rd/3 (77)
April 3	at W&J Invitational	9th/14 (22)
April 9-10	at Bucknell Bison Open	Unscored
April 10	at Slippery Rock Invitational	Unscored
April 14	at PAC North Quad (Westminster)	3rd/3 (10)
April 17	at IUP Ed Fry Invitational	Unscored
April 24	at Saint Francis (Pa.) Invitational	Unscored
May 1	at PAC Championships (Grove City)	
May 13-14	at ECAC Championships (Springfield)	

Thiel Tomcats

		<u>Men</u>	<u>Women</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored	Unscored
March 27	at Washington & Lee Invitational	Unscored	Unscored
April 3	at Jack Hazen Open	Unscored	Unscored
April 10	at Mount Union Open	9th/10 (12)	10th/11 (28)
April 17	at IUP Ed Fry Invitational	Unscored	Unscored
April 24	at B-W Sparky Adams Invitational	Unscored	Unscored
May 1	at PAC Championships (Grove City)		
May 14	at Allegheny Invitational		

Washington & Jefferson Presidents

		<u>Men</u>	<u>Women</u>
March 13	at York Spring Opener	Unscored	Unscored
March 20	at Lynchburg Invitational	Unscored	Unscored
March 27	at Washington & Lee Invitational	Unscored	Unscored
April 3	W&J INVITATIONAL	2nd/14 (115)	7th/14 (54)
April 10	at Carnegie Mellon Invitational	3rd/4 (119)	4th/4 (83)
April 17	at IUP Ed Fry Invitational	Unscored	Unscored
April 21	at PAC South Quad (Bethany)	4th/4 (115)	3rd/4 (72)
May 1	at PAC Championships (Grove City)		
May 14	at Allegheny Invitational		

Waynesburg Yellow Jackets

		<u>Men</u>	<u>Women</u>
March 27	at Wheeling Jesuit Invitational	11th/14 (15)	7th/17 (61.5)
April 3	at W&J Invitational	6th/14 (63)	T-1st/14 (112)
April 10	at Slippery Rock Invitational	Unscored	Unscored
April 16-17	at IUP Ed Fry Invitational	Unscored	Unscored
April 21	at PAC South Quad (Bethany)	1st/4 (160)	1st/4 (209)
April 24	at B-W Sparky Adams Invitational	Unscored	Unscored
May 1	at PAC Championships (Grove City)		
May 7	at Slippery Rock Last Chance Meet		
May 13-14	at ECAC Championships (Springfield)		
May 14	at Allegheny Invitational		

Westminster Titans

		<u>Men</u>	<u>Women</u>
March 20	at California (Pa.) Early Bird Invit.	Unscored	Unscored
March 23	at Grove City Mini Invitational	Unscored	Unscored
March 27	at W. Pa. Championships	2nd/3 (218)	1st/2 (285)
April 10	at Carnegie Mellon Invitational	4th/4 (116.5)	2nd/4 (169)
April 14	PAC NORTH QUAD MEET	1st/3 (82)	1st/2 (98)
April 17	WESTMINSTER INVITE	3rd/6 (112.5)	1st/8 (211)
April 24	at B-W Sparky Adams Invitational	Unscored	Unscored
May 1	at PAC Championships (Grove City)		
May 7	at Slippery Rock Last Chance Meet		
May 21	at Gregory Invitational (North Central)		