

2008 PAC Cross Country Release Week 2 - September 8



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2008 PAC CROSS COUNTRY RESULTS/SCHEDULE

LAST WEEK

Saturday, September 6, 2008

California (Pa.) Invitational

Men (11 teams)

- Grove City - 89
- Saint Vincent - 144

Women (12 teams)

- Grove City - 64
- Saint Vincent - 125

Washington & Lee Invitational

Men (11 teams)

- Washington & Jefferson - 97

Women (10 teams)

- Washington & Jefferson - 112

Davis & Elkins Forest Festival

Men

Bethany - individuals only

Women (8 teams)

- Bethany

Hanover Invitational

Men (13 teams)

- Thomas More - 358

Women (11 teams)

- Thomas More - 311

Chatham, Geneva, Thiel, Waynesburg,
Westminster - off

THIS WEEK

Saturday, September 13, 2008

Chatham, Geneva, Grove City,
Waynesburg at Waynesburg Invitational -
Waynesburg, Pa. - 10 a.m.

Bethany Saint Vincent (W) at Marietta/Carl
Broughton Invitational - Marietta, Ohio -
11 a.m.

Thiel, Westminster at Penn State-Behrend
Invitational - Erie, Pa.

Saint Vincent (M), Thomas More, Wash-
ington & Jefferson - off

Men's Runner of the Week

ANDREW HOWARD

Wash. & Jeff.

Sophomore
Moon Township, Pa.
Moon H.S.



Howard finished in fifth place in a 93-runner field to lead the Presidents to a third-place team finish at the 11-team Washington & Lee Invitational in Lexington, Va. Howard covered the 8K course in 29:50.

Also nominated was senior **Matt Schlemmer** of Bethany, sophomore **Garrett Cichowitz** of Grove City, and junior **Josh Horn** of Thomas More

Women's Runner of the Week

KRISTEN CARTER

Grove City

Senior
Bellingham, WA
Bellingham H.S.



Carter earned the award for the second straight week after winning the individual title at the California (Pa.) Invitational on Saturday. She covered the 5K course in a course-record 18:22, eight seconds ahead of the second-place runner in the 153-person field which featured many D-II runners.

Also nominated was sophomore **Suzanne Stettinius** of Bethany, freshman **Katie Metemaker** of Thomas More, and senior **Erin Long** of W&J.

LEADERS OF THE PAC: Adam Smith of Saint Vincent finished seventh at the California (Pa.) Invitational in 27:03, followed by Grove City's **Garrett Cichowitz** in eighth (27:11) ... Freshman **Ivette Mejia** paced the SVC women in 11th (20:01) ... The W&J women were paced by **Erin Long** (3rd, 24:41) at W&L ... Leading Bethany runners at D&E were **Matt Schlemmer** and **Suzanne Stettinius** (16th) ... Thomas More was led by **Josh Horn** (89th) and **Katie Metemaker** (52nd) at Hanover.

2008 PAC CROSS COUNTRY RUNNERS OF THE WEEK

	Men	Women
September 1:	Garrett Cichowitz , GRO	Kristen Carter , GRO
September 8:	Andrew Howard , W&J	Kristen Carter , GRO
September 15:		
September 22:		
September 29:		
October 6:		
October 13:		
October 20:		

Bethany Bison

The Bison harriers began the new season by running at the Davis & Elkins Forest Festival ... The women's team finished fifth out of eight programs, while early season injuries kept Bethany from running a full men's squad Saturday ... The top runner for the women was sophomore **Suzanne Stettinius**, who placed 16th overall ... Junior **Maggie McCort** also ran well, earning 22nd place ... Rounding out the Bison runners were senior **Laura Strassguetl**, juniors **Jodi Bodo** and **Alissa Moss** and sophomore **Lindsay Brewer** ... BC had just three men compete, with senior **Matt Schlemmer** being the first Bison to cross the finish line ... Junior **Patrick Miller** and freshman **Richard Strassguetl** also ran in the meet.



Chatham Cougars

Chatham was inactive on Saturday ... The Cougars return to action when they travel to Waynesburg University on Saturday, September 13.



Geneva Golden Tornadoes

Geneva's cross country teams took the weekend off and will prepare to get back on the course on Saturday at Waynesburg University.



Grove City Wolverines

Grove City's cross country teams competed in the California University of Pennsylvania Invitational ... **Kristen Carter** won the women's individual title, helping Grove City take 2nd in team competition ... It is Carter's second individual crown of the season ... **Julia Seward** finished third overall while **Kate McRoberts** (15), **Brigitte Fryan** (20) and **Rachel Nelson** (25) all finished in the top 25 ... The men's team also fared well Saturday, earning fourth place overall ... The Wolverines trailed scholarship programs California, Slippery Rock and St. Francis ... **Garrett Cichowitz** paced Grove City with an eighth-place finish while **Nathan Johnson** took 12th ... **Frankie Hourigan** joined that duo in the top 20 by finishing 18th ... The men's team finished with 89 total points.



Saint Vincent Bearcats

Both Saint Vincent cross country squads competed at the California University (PA) Invitational on Saturday ... The Bearcat men took fifth place, while the Lady Bearcats finished in fourth as a team ... **Adam Smith** led the Bearcat men, finishing in seventh place overall with a time of 27:03 ... Teammate **Ryan Barlow** took 15th, finishing in 27:47, while **Matt Hagg** finished 35th (28:59) ... The Lady Bearcats had four runners finish in the top 30, paced by freshman **Ivette Mejia**, who took 11th place with a time of 20:01 ... **Katie Macoice** took 21st overall (20:48) while **Marie McIntyre** was 23rd (21:00) and **Crystal Sherlock** 29th (21:18).



Thiel Tomcats

Thiel was off last week and returns to action Saturday at the Penn State-Behrend Invitational in Erie.



Thomas More Saints

Thomas More competed Saturday at the Hanover Invitational ... The women's team finished 10th and the men's team placed 12th ... Freshman **Katie Metemaker** paced the women as she finished 52nd (21:41.55) ... She was followed by freshman **Graciela Reynolds** in 84th place (22:52.92), sophomore **Rachel Krumpelbeck** in 86th place (22:57.54), and freshman **Christine Kues** in 88th (23:08.15) ... Junior **Josh Horn** paced the men as he finished 89th with a time of 29:18.81. **Horn** was followed by sophomore **Kyle Egan** in 103rd place (29:50.13), freshman **Sean Burgoon** in 110th place (30:17.33), freshman **Josh Newport** in 115th place (30:32.21), and freshman **Nathan Goodrich** in 137th place (32:21.42).



Washington & Jefferson Presidents

The Presidents opened up the 2008 season traveling to Virginia for the Washington and Lee Invitational ... Both the men's and women's team had runners place in the top five ... For the men, sophomore **Andrew Howard** placed fifth, while senior **Erin Long** placed third for the women ... The women competed in a 6k cross country style race with the men running an 8k ... Senior **Meghan Duffett** placed 15th overall at the W&L Invitational with a time of 26:26.15, while senior **Matthew Toldero** finished 28th overall with a time of 31:33.27.



Waynesburg Yellow Jackets

Both the Waynesburg men's and women's cross country teams were inactive over the last week ... They have used the two weeks off to prepare for the Waynesburg Invitational, which will be held on Saturday, Sept. 13, at the Greene County Airport.



Westminster Titans

The Westminster men's and women's cross country teams were idle last week ... They will run in the Penn State-Behrend Invitational on Saturday



Bethany Bison

		<u>Men</u>	<u>Women</u>
Sept. 6	at D&E Forest City Festival	Ind. only	5th/8
Sept. 13	at Marietta Invitational		
Sept. 27	at Rio Grande Invitational		
Oct. 11	at Carnegie Mellon Invitational		
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)		

Chatham Cougars

		<u>Women</u>
Aug. 30	at Westminster Fisher Invitational	10th/13
Sept. 13	at Waynesburg Invitational	
Sept. 20	at Dickinson Invitational	
Oct. 4	at Pitt-Greensburg Invitational	
Oct. 11	at Carnegie Mellon Invitational	
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)	
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)	

Geneva Golden Tornadoes

		<u>Men</u>	<u>Women</u>
Aug. 30	at Westminster Fisher Invitational	8th/11	8th/13
Sept. 13	at Waynesburg Invitational		
Sept. 27	at Saint Vincent Invitational		
Oct. 11	at Carnegie Mellon Invitational		
Oct. 18	at Walsh Invitational		
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)		

Grove City Wolverines

		<u>Men</u>	<u>Women</u>
Aug. 30	at Westminster Fisher Invitational	1st/11	1st/13
Sept. 6	at California (Pa.) Invitational	4th/11	2nd/12
Sept. 13	at Waynesburg Invitational		
Oct. 3	at Lehigh Paul Short Invitational		
Oct. 18	at Oberlin Invitational		
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)		

Saint Vincent Bearcats

		<u>Men</u>	<u>Women</u>
Aug. 30	at Duquesne Duals (M)	5th/9	---
Aug. 30	at Westminster Fisher Invitational (W)	---	4th/13
Sept. 6	at California (Pa.) Invitational	5th/11	4th/12
Sept. 13	at Marietta Invitational (W)	---	---
Sept. 19	at Notre Dame Catholic Invitational		
Sept. 27	SAINT VINCENT INVITATIONAL		
Oct. 11	at Carnegie Mellon Invitational (M)		---
Oct. 11	at Juniata Invitational (W)	---	---
Oct. 18	at Oberlin Invitational (M)		---
Oct. 18	at Gettysburg Invitational (W)	---	---
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 8	ECAC Championships (Boston, Mass.)		

Thiel Tomcats

		<u>Men</u>	<u>Women</u>
Aug. 30	at Westminster Fisher Invitational	7th/11	9th/13
Sept. 13	at PS-Behrend Invitational		
Sept. 27	at Saint Vincent Invitational		
Oct. 4	at Pitt-Greensburg Invitational		
Oct. 18	at Walsh Invitational		
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)		

Thomas More Saints

		<u>Men</u>	<u>Women</u>
Aug. 30	at Franklin Invitational	7th	Ind. only
Sept. 6	at Hanover Invitational	12th/13	10th/11
Sept. 20	at Cedarville Invitational		
Sept. 27	at Otterbein Invitational		
Oct. 4	at Louisville Invitational		
Oct. 17	at Wilmington Fall Classic		
Nov. 1	PAC CHAMPIONSHIPS (West Chester, Ohio)		
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)		

Washington & Jefferson Presidents

		<u>Men</u>	<u>Women</u>
Sept. 6	at Washington & Lee Invitational	3rd/11	4th/10
Sept. 20	at Dickinson Invitational		
Oct. 4	at Slippery Rock Invitational		
Oct. 18	at Oberlin Invitational		
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)		

Waynesburg Yellow Jackets

		<u>Men</u>	<u>Women</u>
Aug. 30	at Westminster Fisher Invitational	9th/11	5th/13
Sept. 6	WAYNESBURG INVITATIONAL		
Sept. 27	at Salisbury Invitational		
Oct. 4	at Pitt-Greensburg Invitational		
Oct. 11	at Carnegie Mellon Invitational		
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 15	NCAA MID-EAST REGIONALS		

Westminster Titans

		<u>Men</u>	<u>Women</u>
Aug. 30	FISHER INVITATIONAL	6th/11	7th/13
Sept. 13	at PS-Behrend Invitational		
Sept. 27	at Saint Vincent Invitational		
Oct. 4	at Slippery Rock Invitational		
Oct. 18	at Oberlin Invitational		
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)		