

2009 PAC Cross Country Release Week 2 - September 8



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2009 PAC CROSS COUNTRY RESULTS/SCHEDULE

LAST WEEK

Tuesday, September 1, 2009
Thiel 26, Geneva 29 (M)
Geneva 17, Thiel 42 (W)

La Roche tri-meet

2. Chatham

Saturday, September 5, 2009

Duquesne Duals - Pittsburgh, Pa.
Men (9 teams)
6. Saint Vincent

Fisher Invitational - New Wilmington, Pa.

Men (12 teams)
3. Thiel - 85
5. Geneva - 139
6. Westminster - 142
Bethany - individuals only

Women (11 teams)

5. Westminster - 118
6. Geneva - 158
7. Bethany - 197
8. Thiel - 226
9. Chatham - 273

Salisbury Sea Gull Opener - Salisbury, Md.

Men (six teams)
5. Waynesburg

Women (nine teams)

5. Waynesburg

Franklin Invitational - Franklin, Ind.

Men
Thomas More - individuals only

Women (8 teams)

5. Thomas More

California Invitational - California, Pa.

Men (9 teams)
2. Grove City - 51

Women (10 teams)

1. Grove City - 54
5. Saint Vincent

Washington & Jefferson - idle

THIS WEEK

Friday, September 11, 2009
Grove City at **Penn State Spiked Shoe Invitational** - State College, Pa.

Saturday, September 12, 2009

Chatham, Geneva, Washington & Jefferson at **Waynesburg Invitational** - Waynesburg, Pa. - 10 a.m.

Thomas More at **Queen City Invitational** - Cincinnati, Ohio - 10 a.m.

Saint Vincent (W) at **Marietta Invitational** - Marietta, Ohio - 11 a.m.

Bethany, Saint Vincent (M), Thiel, Westminster - idle

Men's Runner of the Week

GARRETT CICHOWITZ
Grove City

Junior
Colorado Springs, Colo.
Palmer H.S.



Cichowitz captured first place at the California University of Pa. Invitational Saturday in Belle Vernon, Pa. The junior touched the tape with a time of 26:24, giving him a 15-second victory over the second-place finisher in a 70-runner field.

Also nominated was freshman Regis Wagner of Thiel, junior Adam Swingle of Waynesburg, and sophomore Morgan Hanes of Westminster.

Women's Runner of the Week

ELLA SMITH

Grove City
Freshman
Becker, Minn.
Becker H.S.

In her first collegiate race, Smith finished fourth in a 108-runner field with a time of 19:14 at the California University of Pa. Invitational in Belle Vernon, Pa., on Saturday.

Also nominated was freshman Erin Reske of Bethany, junior Samantha Greenwood of Chatham, freshman Sarah Miller of Thomas More, sophomore Michelle Naymick of Waynesburg, and freshman Brittany Kaltenbaugh of Westminster.

2009 PAC CROSS COUNTRY RUNNERS OF THE WEEK

	<u>Men</u>	<u>Women</u>
September 7:	Garrett Cichowitz, GRO	Ella Smith, GRO
September 14:		
September 21:		
September 28:		
October 5:		
October 12:		
October 19:		

Bethany Bison

The Bison began the new year at the Westminster Invitational Saturday ... The women's team placed seventh out of 11 teams, while the men did not have enough runners to field a full team ... Leading the BC women was freshman **Erin Reske**, who finished 22nd out of 109 runners with a time of 25:48.6, while senior **Maggie McCort** took 44th in 27:06 ... Not far behind McCort was freshman **Emily Andrews** in 49th ... Both teams are off this weekend before returning to the trails Sept. 19 at the Penn State Behrend Invitational



Chatham Cougars

Chatham finished second in their opening 4K tri-meet at Schenley Park ... Senior **Maggie Leathers** finished fourth overall, followed closely by teammate **Lizz King**, who finished sixth in her first collegiate race ... **Samantha Greenwood** finished eighth, landing the trio of runners in the top 10 ... The Cougars then traveled to Westminster to compete in a 6K invitational and finished ninth out of 11 teams ... Leathers finished 32nd with a time of 26:49, while Greenwood came in at 28:31, an improvement of approximately three minutes from her 2008 6K time.



Geneva Golden Tornadoes

The cross country team traveled to Westminster on Saturday and turned in a solid performance ... The men's team finished fifth overall and the women took home a sixth place overall finish ... The men were led by **Nick Edinger** and his 20th place finish at 28:45 while teammate **Owen Struck** came across one second later in 21st position ... In the women's race, **Shannon Rech** was Geneva's top finisher in 19th place with a time of 25:43 in the 6K event ... Teammate **Samantha Miller** finished 22nd just 12 seconds behind Rech ... Earlier in the week, the Golden Tornadoes split a dual meet with Thiel College ... Geneva's men finished just behind the Tomcats, while the women's race was dominated by Geneva College.



Grove City Wolverines

Grove City opened the 2009 season with solid performances at the California (Pa.) University Invitational ... The women placed five runners in the top 20 en route to the team title ... On the men's side, junior **Garrett Cichowitz** won the individual title, helping the Wolverines finish second in the team standings ... Cichowitz won the race in 26:24, posting a 15-second margin over second place ... Senior **Derek Kruse** took sixth while senior **Frankie Hourigan** placed 11th ... Grove City finished with 51 points ... The women's team won the team title with 54 points ... Freshman **Ella Smith** took fourth while classmate **Sara Fisher** finished sixth ... Also for Grove City, junior **Emily Pierce** (8th), junior **Brigitte Fryan** (17th) and **Mary Kate Breese** (19th) finished in the top 20.



Saint Vincent Bearcats

The Bearcat men opened up the 2009 season against a tough field at the Duquesne Duals at Pittsburgh's Schenley Park, facing a field with five D-I opponents ... **Kevin Wanichko** was Saint Vincent's top finisher, taking 33rd with a time of 27:31 ... Teammate **Josh Hooke** followed closely behind, taking 38th in 27:40, while **Ryan Barlow** finished 52nd (28:16), **Matt Hagg** 57th (28:29), and **Adam Tucek** 59th (28:31) in the 110-runner field ... The Lady Bearcats began the year with a fifth-place showing at the California (Pa.) Invitational Saturday ... **Ivette Mejia** paced SVC, finishing fifth overall with a time of 19:13, while teammate **Emma Goetz** also medaled, taking 13th place in 19:50 ... **Katie Macioce** was SVC's third finisher, as her time of 20:34 was good for 21st overall.



Thiel Tomcats

The Thiel men won a tight 26-29 dual at Geneva to open the season Tuesday, while the Tomcat women fell to the Golden Tornadoes, 17-42 ... Newcomer **Regis Wagner** recorded the meet's fastest finish, closing the 5K course in 17:50 ... **Alex Bent** came in third (18:15), while **Brendan DuLaney** (6th/18:33), **Richard Peterson** (7th/19:16), and **Ben Moran** (9th/19:34) rounded out the Thiel scorers ... The women were paced by **Tiffany Blosser**, who compiled a fourth-place time of 24:17... Saturday, Thiel competed in the Westminster Fisher Invitational, with the men finishing third and the women eighth ... Thiel had three men's runners turn in top-25 times ... Wagner led with a third-place time of 27:13.1... Blosser again paced the women in 39th place.



Thomas More Saints

Thomas More opened the season at the Franklin College Invitational as the women's team finished fifth and the men's team did not score a team finish ... The women's team had three top-30 finishes as freshman **Sarah Miller** finished 13th, freshman **Celia Arlinghaus** placed 21st and sophomore **Ashley Jordan** finished 26th ... Freshman **Matt Lengerich** paced the men's team with a 39th place finish.



Washington & Jefferson Presidents

The Washington & Jefferson College cross country squads open the 2009 season on September 12th at the Waynesburg Invitational.



Waynesburg Yellow Jackets

The Waynesburg long distance runners opened the season in Maryland this past Saturday at the Sea Gull Opener hosted by Salisbury University ... The Yellow Jacket men were led by the junior tandem of **Adam Swingle** and **Bill Moder**, who finished the race in 26th and 35th place, respectively, out of the 81 runners gathered ... On the women's side, sophomore **Michelle Naymick** ran a very solid race while crossing the finish line in 16th place with a time of 24:11 ... The Jacket women added another top-20 finish when freshman **Megan Donovan** crossed the line in 24:33 and placed 19th out of 90 runners ... The Jackets host their annual home invitational this Saturday.



Westminster Titans

Westminster hosted the Fisher Invitational Saturday ... The Titan women placed fifth out of 11 teams with 114 points, while the Titan men took sixth out of 11 teams with 142 points ... Freshman **Brittany Kaltenbaugh** led the Titans with a fifth-place time of 24:04.3 in the women's 6K race ... Sophomore **Jennifer Krueger** was Westminster's next highest finisher with a 25th-place time of 26:06.8 ... In the men's 8K race, sophomore **Morgan Hanes** paced the Titans with a fifth-place time of 27:39.5 ... Senior **Jeremiah Patterson** also finished 17th by crossing the line at 28:30.8 ... Penn State Behrend won the men's standings, thanks to first-place overall finisher **Kevin Gorny's** time of 26:25.0.



Bethany Bison

		<u>Men</u>	<u>Women</u>
Sept. 5	at Westminster Fisher Invitational	Ind. only	7th/11
Sept. 19	at Penn St.-Behrend Invitational		
Oct. 3	at Slippery Rock Invitational		
Oct. 16	at Wilmington Fall Classic		
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA Mid-East Regionals (Bethlehem, Pa.)		

Chatham Cougars

		<u>Women</u>
Sept. 1	at La Roche Tri-Meet	2nd/3
Sept. 5	at Westminster Fisher Invitational	9th/11
Sept. 12	at Waynesburg Invitational	
Sept. 26	at Saint Vincent Invitational	
Oct. 3	at Pitt-Greensburg Invitational	
Oct. 10	at Carnegie Mellon Invitational	
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)	
Nov. 14	NCAA Mid-East Regionals (Bethlehem, Pa.)	

Geneva Golden Tornadoes

		<u>Men</u>	<u>Women</u>
Sept. 1	THIEL (dual)	L 26-29	W 17-42
Sept. 5	at Westminster Fisher Invitational	5th/12	6th/11
Sept. 12	at Waynesburg Invitational		
Sept. 26	at Saint Vincent Invitational		
Oct. 3	at Pitt-Greensburg Invitational		
Oct. 24	at Walsh Invitational		
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCCAA National Championships (Cedarville, Ohio)		

Grove City Wolverines

		<u>Men</u>	<u>Women</u>
Sept. 5	at California (Pa.) Invitational	2nd/7	1st/10
Sept. 11	at Penn State Spiked Shoe Invitational		
Sept. 26	at Saint Vincent Invitational		
Oct. 3	at Pitt-Greensburg Invitational		
Oct. 17	at Oberlin Inter-Regional Invitational		
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA Mid-East Regionals (Bethlehem, Pa.)		

Saint Vincent Bearcats

		<u>Men</u>	<u>Women</u>
Sept. 5	at Duquesne Duals (M)	6th/9	---
Sept. 5	at California (Pa.) Invitational (W)	---	5th/10
Sept. 12	at Marietta Invitational (W)	---	
Sept. 18	at Notre Dame Catholic Invitational		
Sept. 26	SAINT VINCENT INVITATIONAL		
Oct. 10	at Carnegie Mellon Invitational (M)		---
Oct. 10	at Juniata Invitational (W)	---	
Oct. 17	at Oberlin Inter-Regional Invitational (M)		---
Oct. 17	at Gettysburg Invitational (W)	---	
Oct. 31	PAC CHAMPIONSHIPS (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 7	ECAC Championships (Williamstown, Mass.)		

Thiel Tomcats

		<u>Men</u>	<u>Women</u>
Sept. 1	at Geneva (dual)	W 26-29	L 17-42
Sept. 5	at Westminster Fisher Invitational	3rd/12	8th/11
Sept. 19	at PS-Behrend Invitational		
Sept. 26	at Saint Vincent Invitational		
Oct. 3	at Pitt-Greensburg Invitational		
Oct. 17	at Mercyhurst Invitational		
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA Mid-East Regionals (Bethlehem, Pa.)		

Thomas More Saints

		<u>Men</u>	<u>Women</u>
Sept. 5	at Franklin Invitational	Ind. only	5th/8
Sept. 12	at Queen City Invitational		
Sept. 26	at Otterbein Invitational		
Oct. 3	at Louisville Invitational		
Oct. 16	at Wilmington Fall Classic		
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA South Regionals (Greensboro, N.C.)		

Washington & Jefferson Presidents

		<u>Men</u>	<u>Women</u>
Sept. 12	at Waynesburg Invitational		
Sept. 19	at Penn St.-Behrend Invitational		
Oct. 3	at Slippery Rock Invitational		
Oct. 17	at Oberlin Inter-Regional Invitational		
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA Mid-East Regionals (Bethlehem, Pa.)		

Waynesburg Yellow Jackets

		<u>Men</u>	<u>Women</u>
Sept. 5	at Salisbury Sea Gull Opener	5th/6	5th/9
Sept. 12	WAYNESBURG INVITATIONAL		
Sept. 26	at Saint Vincent Invitational		
Oct. 3	at Pitt-Greensburg Invitational		
Oct. 10	at Carnegie Mellon Invitational		
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA Mid-East Regionals (Bethlehem, Pa.)		

Westminster Titans

		<u>Men</u>	<u>Women</u>
Sept. 5	FISHER INVITATIONAL	6th/12	5th/11
Sept. 19	at PS-Behrend Invitational		
Sept. 26	at Saint Vincent Invitational		
Oct. 3	at Slippery Rock Invitational		
Oct. 18	at Oberlin Inter-Regional Invitational		
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA Mid-East Regionals (Bethlehem, Pa.)		