

2010 PAC Cross Country Release Week 2 - September 13



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2010 PAC RESULTS/SCHEDULE

LAST WEEK

Saturday, September 11, 2010

Waynesburg Invitational

Men (10 teams)

2. Grove City - 78
3. Geneva - 116
4. Thiel - 124
5. Wash. & Jeff. - 149
8. Waynesburg - 187
9. Bethany - 231

Women (12 teams)

1. Grove City - 37
3. Saint Vincent - 67
4. Waynesburg - 113
5. Geneva - 124
7. Chatham - 208
8. Wash. & Jeff. - 231
9. Thiel - 247
10. Bethany - 264

Xavier Queen City Invitational

Men

10. Thomas More - 272

Women

10. Thomas More - 300

Saint Vincent (M), Westminster - off

THIS WEEK

Friday, September 17, 2010

Saint Vincent at Notre Dame (Ind.)

Catholic Invitational - 4:15 p.m.

Saturday, September 18, 2010

Thiel/Westminster at Penn State-Behrend Invitational - Erie, Pa. - 11 a.m.

Bethany/Chatham/Geneva/Grove City/Thomas More/Washington & Jefferson/Waynesburg - off



Men's Runner of the Week

SCOTT RYAN

Wash. & Jeff.

Junior

Williamsville, N.Y.

Williamsville East H.S.



Ryan opened the 2010 season for the President by placing third in a 112-runner field at the Waynesburg Invitational in Waynesburg, Pa. He crossed the finish line in a school-record 8K time of 25:57 to top all PAC runners at the event.

Also nominated was freshman **Cory Yarrington** of Bethany, senior **Garrett Cichowitz** of Grove City, junior **Richard Peterson** of Thiel, freshman **Matt Wurtzler** of Thomas More, and junior **Kam Schaefer** of Waynesburg.

Women's Runner of the Week

IVETTE MEJIA

Saint Vincent

Junior

New York, N.Y.

Henry Street Int'l H.S.



Mejia won her second straight PAC Weekly Honor after placing second in a 114-runner field at the 2010 Waynesburg Invitational in Waynesburg, Pa. She finished in a time of 23:08 to finish first among PAC runners. She has been the Lady Bearcats' top finisher in 11 straight events.

Also nominated was freshman **Joanna Mongelluzzo** of Bethany, FY **Rachel Leftwich** of Chatham, sophomore **Ella Smith** of Grove City, sophomore **Celia Arlinghaus** of Thomas More, and freshman **Bre Paul** of Waynesburg.

LEADERS OF THE PAC: The Grove City women captured the 12-team Waynesburg Invitational Saturday, while the Wolverine men were second to Carnegie Mellon in a 10-team field ... Top GCC runners were senior **Garrett Cichowitz** (fourth) and **Ella Smith** (third) ... Geneva posted third and fifth place team finishes at Waynesburg, with **Nick Edinger** and **Anayna Merkle** pacing the GTs with a pair of 14th-place finishes ... Leading the Thiel contingent was junior **Richard Peterson** (fourth) and **Emily Petrak** (27th) ... The host Yellow Jackets were paced by **Kam Schaefer** (30th place) and **Bre Paul** (ninth place) ... Freshman **Nicole Montecalvo** was the top finisher for the W&J women in 21st place ... Chatham was led by FY **Rachel Leftwich** (30th) ... Bethany had freshman **Cory Yarrington** finish 18th and senior **Joanna Mongelluzzo** place 20th ... The Thomas More men and women were each 10th at the Xavier Queen City Invitational, as the Saints' top runners were **Matt Wurtzler** (35th) and **Celia Arlinghaus** (46th) in the Division I heavy field ... Westminster and the Saint Vincent men were off last week.

2010 PAC CROSS COUNTRY RUNNERS OF THE WEEK

Men

- September 6: **Richard Peterson**, THI
September 13: **Scott Ryan**, W&J
September 20:
September 27:
October 4:
October 11:
October 18:

Women

- Ivette Mejia**, SVC
Ivette Mejia, SVC

Bethany Bison

Bethany sent full teams to the Waynesburg Invitational Saturday, with the men taking ninth out of 10 teams and the women earning 10th out of 12 ... Bison freshman **Cory Yarrington** earned his second straight top 20 finish by taking 18th overall with a time of 27:45.9 ... Two other BC runners had solid outings with freshman **Hunter Ankrom** placing 44th and junior **Joe Douglas** crossing in 51st ... The women's team was paced by senior **Joanna Mongelluzzo**, whose time of 25:13.6 was good for 20th overall ... Senior **Desiree Finley** also finished in the top half by taking 49th ... Both teams are off next week before returning to the trails Sept. 25 at the Pre-NCAA Mid-East Regional at Coopers Lake.



Chatham Cougars

The Chatham women's cross country team was one of 12 teams to compete in the Waynesburg Invitational on Saturday ... The Cougars finished seventh overall in the 6K race and ahead of three PAC teams ... Each Cougar set a new personal record in the meet; all first year runners set new personal records from the meet just last week ... FY **Rachel Leftwich** finished in the top 30 runners with a final time of 25:54 ... **Samantha Greenwood** finished with an overall time of 27:13, an all-time personal record for her ... Greenwood also improved her time by over a minute since this race last year ... **Lizz King** also improved her time this year; King finished Saturday's race with an overall time of 28:54, an improvement of a minute since last year's meet.



Geneva Golden Tornadoes

At Waynesburg, the Geneva men finished third overall behind only first place Carnegie Mellon and second place Grove City ... On the women's side, the Golden Tornadoes finished fifth out of ten schools ... **Nick Edinger** once again ran a solid race with a 14th place individual finish with a time of 27:21, over a minute faster than his time on the same course a year ago ... Teammate **Jon Shope** continued to improve with a 16th place finish in 27:27, the fastest 8K time for any freshman in school history ... Six of the eight Geneva women ran a faster time this week than they did a week ago ... **Anayna Merkle** led the way with a 14th place finish in a time of 24:53, less than a half second ahead of teammate **Shannon Rech** in 15th place.



Grove City Wolverines

The Grove City women captured the team title at Waynesburg's 12-team Invitational Saturday at Greene County Airport ... Four GCC runners finished in the top seven ... Sophomore **Ella Smith** earned third place overall with a time of 23:30.5 ... Senior **Emily Pierce** followed in fourth place ... Senior **Kate McRoberts** placed sixth and classmate **Brigitte Fryan** was seventh ... Grove City finished with 37 points ... The men earned second place at Waynesburg with 78 team points ... **Garrett Cichowitz** led the Wolverines with a fourth-place finish ... Freshmen **Arleigh McRae** (15th), **Alec Schlutz** (17th) and **Mark Talbott** (20th) posted top-20 finishes for the Wolverines ... Rookie Paulson Domasky rounded out the top five for the Wolverines by finishing 22nd.



Saint Vincent Bearcats

The Lady Bearcats posted an impressive showing at the Waynesburg University 6K, taking third place out of 12 teams ... Three individuals earned medals for SVC on the day, led by **Ivette Mejia**, who finished second overall one week after winning the individual championship at the California (Pa.) Invitational ... The other two medalists for SVC were both freshman, as **Rachael Paszko** took eighth overall (24:21) and classmate **Genie Fratto** 11th (24:41) ... A total of five SVC runners finished in the top 30, as **Emma Goetz** took 18th and **Claudia Arrunategui** 28th ... The Lady Bearcats finished second among the eight PAC schools participating, while Mejia was the first PAC runner to cross the finish line.



Thiel Tomcats

The Tomcat cross county program competed in its first invitational of the season at Waynesburg on September 11 ... The meet saw Tomcat junior **Richard Peterson** earn a fifth-place finish with a time of 26:28.6, while sophomore **Regis Wagner** crossed the line in tenth place with his time of 27:05.6 ... On the women's side, freshman **Emily Petrak** continued to pace the Tomcats, crossing in 27th place with a time of 25:44.2, while fellow freshman **Valerie White** finished 40th with her time of 26:47.7.



Thomas More Saints

The women's team finished 10th at the Queen City Invitational and had three runners finish in the top-60 as sophomore **Celia Arlinghaus** finished 46th with a school record time of 20:33, sophomore **Alice Wallenhorst** placed 54th in 21:08 and sophomore **Sarah Miller** finished 57th with a time of 21:27 ... The men's team finished 10th also at the Queen City Invitational and had two runners finish in the top-50 as freshman **Matt Wurtzler** placed 35th with a 5K school record time of 16:28 and freshman **Luke Behler** finished 50th with a time of 17:39.



Washington & Jefferson Presidents

Sophomore **Scott Ryan** set the men's school record for the 8K with a time of 25:57, he placed third in a 112-runner field, seven seconds behind medalist **Dan Addis** of Carnegie Mellon ... Sophomore **Benjamin Kopchick** placed 22nd overall with a time of 27:51 ... The women's squad was led by freshman **Nicole Montecalvo**'s time of 25:15, she finished 21st in the 114-runner field ... Freshman **Kia Ruhkmap** finished with a time of 26:29, while senior captain **Laura Procaro** earned a time of 27:08.



Waynesburg Yellow Jackets

The Yellow Jackets hosted their annual home invitational and welcomed a combined 22 men's and women's squads to the Greene County Airport ... The Waynesburg women were led by freshman **Bre Paul**, who was the team's top finisher for the third-straight week ... The first-year runner placed ninth overall in the field ... Paul led a group of three Waynesburg women who placed in the top 15 overall ... The Jacket men were led by junior **Kam Schaefer**, who finished in 30th place overall.



Westminster Titans

The Westminster men's and women's cross country teams were idle last week ... The Titans return to action at the Penn State-Behrend Invitational in Erie on Saturday.



Bethany Bison

		<u>Men</u>	<u>Women</u>
Sept. 4	at Westminster Fisher Invitational	8th/9	Ind. only
Sept. 11	at Waynesburg Invitational	9th/10	10th/12
Sept. 25	at Pre-NCAA Mid-East Regional Meet (Coopers Lake - host Carnegie Mellon)		
Oct. 9	at Carnegie Mellon Invitational (Schenley Park)		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCAA Mid-East Regionals (Coopers Lake)		

Chatham Cougars

			<u>Women</u>
Sept. 1	at Tri-Meet (Schenley Park)		1st/3
Sept. 4	at Westminster Fisher Invitational		7th/10
Sept. 11	at Waynesburg Invitational		7th/12
Sept. 25	at Saint Vincent Invitational		
Oct. 2	at Pitt-Greensburg Invitational		
Oct. 10	at Carnegie Mellon Invitational		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCAA Mid-East Regionals (Coopers Lake)		

Geneva Golden Tornadoes

		<u>Men</u>	<u>Women</u>
Sept. 1	TRI-MEET (BRUSH CREEK PARK)	1st/3	1st/3
Sept. 4	at Westminster Fisher Invitational	4th/9	4th/9
Sept. 11	at Waynesburg Invitational	3rd/10	5th/12
Sept. 25	at Saint Vincent Invitational		
Oct. 9	at Carnegie Mellon Invitational		
Oct. 16	at Oberlin Inter-Regional Invitational		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCCAA National Meet (Cedarville University)		

Grove City Wolverines

		<u>Men</u>	<u>Women</u>
Sept. 4	at Westminster Fisher Invitational	1st/9	1st/9
Sept. 11	at Waynesburg Invitational	2nd/10	1st/12
Sept. 25	at Pre-NCAA Mid-East Regional Meet (Coopers Lake - host Carnegie Mellon)		
Oct. 1	at Lehigh Paul Short Invitational A		
Oct. 16	at Oberlin Inter-Regional Invitational		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCAA Mid-East Regionals (Coopers Lake)		

Saint Vincent Bearcats

		<u>Men</u>	<u>Women</u>
Sept. 4	at Duquesne Duals (M)	1-8	---
Sept. 4	at California (Pa.) Invitational (W)	---	2nd/5
Sept. 11	at Waynesburg Invitational (W)	---	3rd/12
Sept. 17	at Notre Dame Catholic Invitational		
Sept. 25	SAINT VINCENT INVITATIONAL		
Oct. 9	at Carnegie Mellon Invitational (M)		
Oct. 9	at DeSales Invitational (W)		
Oct. 16	at Oberlin Inter-Regional Rumble (M)		
Oct. 16	at Gettysburg Invitational (W)		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCAA Mid-East Regionals (Coopers Lake)		

Thiel Tomcats

		<u>Men</u>	<u>Women</u>
Sept. 1	at Tri-Meet (Brush Creek Park)	2nd/3	3rd/3
Sept. 11	at Waynesburg Invitational	4th/10	9th/12
Sept. 18	at PS-Behrend Invitational		
Sept. 25	at Pre-NCAA Mid-East Regional Meet (Coopers Lake - host Carnegie Mellon)		
Oct. 2	at Pitt-Greensburg Invitational		
Oct. 17	at Oberlin Inter-Regional Invitational		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCAA Mid-East Regionals (Coopers Lake)		

Thomas More Saints

		<u>Men</u>	<u>Women</u>
Sept. 4	at Dayton Flyer 5K	6th/6	6th/8
Sept. 11	at Queen City Invitational	10th/12	10th/14
Sept. 25	at Otterbein Invitational		
Oct. 2	at Louisville Invitational		
Oct. 15	at Wilmington Fall Classic		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCAA Mid-East Regionals (Coopers Lake)		

Washington & Jefferson Presidents

		<u>Men</u>	<u>Women</u>
Sept. 11	at Waynesburg Invitational	5th/10	8th/12
Sept. 25	at Pre-NCAA Mid-East Regional Meet (Coopers Lake - host Carnegie Mellon)		
Oct. 9	at Carnegie Mellon Invitational		
Oct. 16	at Gettysburg Invitational		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCAA Mid-East Regionals (Coopers Lake)		

Waynesburg Yellow Jackets

		<u>Men</u>	<u>Women</u>
Sept. 1	at Geneva Tri-Meet	3rd/3	2nd/3
Sept. 4	at Seton Hill	3rd/7	2nd/7
Sept. 11	WAYNESBURG INVITATIONAL	8th/10	4th/12
Sept. 25	at Pre-NCAA Mid-East Regional Meet (Coopers Lake - host Carnegie Mellon)		
Oct. 2	at Slippery Rock		
Oct. 9	at Carnegie Mellon Invitational		
Oct. 16	at Hood (Fredrick, Md.)		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCAA Mid-East Regionals (Coopers Lake)		

Westminster Titans

		<u>Men</u>	<u>Women</u>
Sept. 4	FISHER INVITATIONAL	7th/9	5th/9
Sept. 18	at PS-Behrend Invitational		
Sept. 25	at Pre-NCAA Mid-East Regional Meet (Coopers Lake - host Carnegie Mellon)		
Oct. 16	at Oberlin Inter-Regional Invitational		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCAA Mid-East Regionals (Coopers Lake)		