

# 2009 PAC Cross Country Release Week 3 - September 14



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## 2009 PAC CROSS COUNTRY RESULTS/SCHEDULE

### LAST WEEK

Friday, September 11, 2009

#### **Penn State Spiked Shoe Invitational**

Men (nine teams)

8. Grove City

Women (10 teams)

7. Grove City

Saturday, September 12, 2009

#### **Waynesburg Invitational**

Men (seven teams)

2. Geneva - 82

3. Washington & Jefferson - 93

6. Waynesburg - 144

Women (nine teams)

2. Geneva - 74

3. Waynesburg - 94

6. Washington & Jefferson - 150

7. Chatham - 175

#### **Queen City Invitational**

Men (eight teams)

7. Thomas More

#### **Women (eight teams)**

7. Thomas More

#### **Marietta Invitational**

Women (seven teams)

3. Saint Vincent

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

### THIS WEEK

Friday, September 18, 2009

#### **Saint Vincent at National Catholic**

**Invitational** - Notre Dame, Ind. - 4 p.m.

Saturday, September 19, 2009

Bethany, Thiel, Washington & Jefferson,

Westminster at **Penn State-Behrend**

**Invitational** - Erie, Pa. - 11 a.m.

Chatham, Geneva, Grove City, Thomas  
More, Waynesburg - idle

### Men's Runner of the Week

#### **SCOTT RYAN**

#### **Washington & Jefferson**

*Freshman*

*Williamsville, N.Y.*

*Williamsville East H.S.*

Ryan, competing in his first collegiate race, was the top PAC finisher at the Waynesburg Invitational as he finished sixth in the 68-runner field with a time of 27:15.

Also nominated was junior **Garrett Cichowitz** of Grove City, freshman **Matt Lengerich** of Thomas More, and junior **Adam Swingle** of Waynesburg.

### Women's Runner of the Week

#### **MEGAN DONOVAN**

#### **Waynesburg**

*Freshman*

*Akron, Ohio*

*Coventry H.S.*



Donovan posted the top finish among PAC runners at the Waynesburg Invitational, as she crossed the finish line in seventh place overall in a 62-runner field with a time of 25:24.

Also nominated was junior **Maggie Leathers** of Chatham, freshman **Sara Fisher** of Grove City, freshman **Celia Arlinghaus** of Thomas More, and junior **Laura Procaro** of Washington & Jefferson.

## 2009 PAC CROSS COUNTRY RUNNERS OF THE WEEK

### Men

September 7: **Garrett Cichowitz**, GRO

September 14: **Scott Ryan**, W&J

September 21:

September 28:

October 5:

October 12:

October 19:

### Women

**Ella Smith**, GRO

**Megan Donovan**, WAY

### Bethany Bison

After an off week, the Bison will be back on the course Saturday when they compete at the Penn State Behrend Invitational ... Bethany opened their year Sept. 5 at the Westminster Invitational, where the women placed seventh out of 11 teams.



### Chatham Cougars

Chatham had two Cougars finish in the top 30 at the Waynesburg 6K Invitational ... Juniors **Samantha Greenwood** and **Maggie Leathers** both increased their times from last year's 2008 meet by approximately two minutes and four minutes respectively ... Greenwood placed 20<sup>th</sup> overall and came in with a time of 26:55, while teammate Leathers finished at 28:38.



### Geneva Golden Tornadoes

The Geneva cross country teams each had productive weekends ... The Golden Tornadoes took home a pair of second place overall finishes at the Waynesburg Invitational ... The women posted 74 points and the men scored 82 points with each finishing one spot behind Carnegie Mellon's perfect 15-point performances ... Freshman **Shannon Reich** finished ninth overall in women's action with a time of 25:35 ... Fellow freshman Samantha Miller was 14<sup>th</sup> with a mark of 25:57 ... The men's race featured GT **Nick Edinger** finishing 20<sup>th</sup> and teammate Ryan Thorn 21<sup>st</sup> only 3/100 of a second apart ... **Owen Struck** came over the line three positions later in 24<sup>th</sup> place ... Geneva will enjoy a weekend off on September 19.



### Grove City Wolverines

Grove City's cross country teams competed in Penn State's Spiked Shoe Invitational Friday evening in University Park ... The men's team took eighth of nine teams while the women finished seventh in a 10-team field ... Grove City competed against several Division I programs, including Michigan, Illinois, Ohio State and Penn State ... On the men's side, junior **Garrett Cichowitz** took 20<sup>th</sup> while senior **Derek Kruse** finished 35<sup>th</sup> ... The women's team, ranked sixth in the region by the USTFCCCA, finished ahead of the Mideast's second-ranked team, Messiah, at Penn State ... Freshman **Sara Fisher** took 29<sup>th</sup> for Grove City while **Ella Smith** finished 32<sup>nd</sup> ... The Grove City harriers will return to action September 26 at the Saint Vincent Invitational in Latrobe, Pa.



### Saint Vincent Bearcats

The Lady Bearcats turned in a strong showing at the Carl Broughton Invitational at Marietta College on Saturday, finishing third out of seven teams ... Three Saint Vincent runners earned medals, led by **Ivette Mejia**'s third-place time of 20:13, while **Emma Goetz** took 11<sup>th</sup> (20:53) and **Katie Macioce** 13<sup>th</sup> (21:10) ... The team placed a total of five runners in the top 20, as Mejia, Goetz, and Macioce were joined by **Natalie Wolff** (19<sup>th</sup>/21:35) and **Claudia Arrunategui** (20<sup>th</sup>/22:00) ... As a team, the Lady Bearcats finished ahead of Division I Robert Morris University, as well as D-II schools West Liberty State and Ohio Valley.



### Thiel Tomcats

Thiel was idle last week, but will return to action next weekend when they take part in the Penn State-Behrend Invitational.



### Thomas More Saints

Both Thomas More cross country teams finished seventh at the Queen City Invitational in Cincinnati ... The women were paced by freshman **Celia Arlinghaus**, who finished 35<sup>th</sup> with a time of 21:37 ... Rounding out the Saints' runners were freshman **Sarah Miller** in 41<sup>st</sup> place (22:01), junior **Rachel Krumpelbeck** in 56<sup>th</sup> place (23:13), freshman **Amy Adams** in 59<sup>th</sup> place (23:19) and freshman **Julie Geiger** in 63<sup>rd</sup> place (26:08) ... The men were led by freshman **Matt Lengerich**, who had a time of 17:40 and finished 50<sup>th</sup> ... Rounding out the men's runners were junior **Kyle Egan** in 56<sup>th</sup> place (19:11), freshman **Shane Campbell** in 57<sup>th</sup> place (19:12), freshman **Andrew Fuller** in 60<sup>th</sup> place (19:34) and senior **Michael Casteel** in 61<sup>st</sup> (25:53).



### Washington & Jefferson Presidents

W&J opened the 2009 season at the Waynesburg Invitational Saturday ... The W&J men placed third of six teams, while the women's squad took sixth place of eight teams ... Freshman **Scott Ryan** placed sixth overall in a 68-runner field with a time of 27:15 to lead the W&J men, while classmate **Benjamin Kopchick** placed 10 spots behind in 16<sup>th</sup> (27:17) ... Senior **Bryan Hanrahan** crossed in 23<sup>rd</sup> place (28:54) and freshman **Jacob Montag** claimed 37<sup>th</sup> place (30:19) ... The W&J women were led by junior **Laura Procaro**, who placed 19<sup>th</sup> among 62 runners with a time of 26:52 ... Freshman **Erica Heidelberger** finished close behind in 21<sup>st</sup> place (27:02), while sophomore **Kate Loy** earned 29<sup>th</sup> place (28:31).



### Waynesburg Yellow Jackets

Both the Waynesburg men's and women's cross country teams played host at this past Saturday's Waynesburg Invitational ... The Yellow Jacket women earned a third-place finish among the eight teams gathered for the women's event, thanks in large part to freshman **Megan Donovan** and sophomore **Michelle Naymick**, who finished seventh and eighth overall, respectively ... On the men's side, the Yellow Jackets were paced by junior **Adam Swingle**, who finished a team-best 28<sup>th</sup> ... Waynesburg's men team finished in sixth place.



### Westminster Titans

The Westminster men's and women's cross country teams were off last weekend ... They return to action at Penn State Behrend on Saturday, Sept. 19.



## 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	7th/9
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	2nd/7	2nd/9
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	8th/9	7th/10
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)	---	3rd/7
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	8th/9	8th/9
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	3rd/7	6th/9
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	6th/7	3rd/8
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.)		