

2011 PAC Cross Country Release Week 3 - September 19



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2011 PAC RESULTS/SCHEDULE

LAST WEEK

Friday, September 16, 2011
National Catholic Invitational
Men (31 teams)
14. Saint Vincent - 421

Women (33 teams)
21. Saint Vincent - 630

Saturday, September 17, 2011
Calvin Knight Invitational
Men (16 teams)
10. Thiel

Women (16 teams)
15. Thiel

Penn State-Behrend Invitational
Men (14 teams)
7. Westminster - 180

Women (11 teams)
3. Westminster - 75

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

THIS WEEK

Tuesday, September 20, 2011
Bethany at **Bethany 5K Invitational** -
Bethany, W.Va. - 4:30 p.m.

Saturday, September 24, 2011
Chatham/Geneva/Saint Vincent at **Saint Vincent Invitational** - Latrobe, Pa. - 10 a.m.

Thomas More at **Otterbein Invitational** -
Westerville, Ohio - 10:30 a.m.

Washington & Jefferson/Waynesburg at
Dickinson Long-Short Invitational -
Carlisle, Pa. - 11 a.m.

Grove City - off

LEADERS OF THE PAC: Westminster's women and men finished third and seventh, respectively, at the Penn State-Behrend Invitational in Erie ... Sophomore **Aaron Sutton** paced the Titan men with a 24th place finish ... Saint Vincent's men's and women's teams placed 5th of 20 and 12th of 22 among small college teams, respectively, at the Notre Dame National Catholic Invitational in Notre Dame, Ind. ... The Bearcat women were paced by senior **Ivette Mejia**, who was second among small college runners and 16th overall ... Thiel cross country placed 10th and 15th, respectively, at the Knight Invitational hosted by Calvin College in Grand Rapids, Mich. ... Top Tomcat finishers were senior **Richard Peterson** and sophomore **Valerie White**.

Men's Runner of the Week

KEVIN WANICHKO **Saint Vincent**

Senior
Latrobe, Pa.
Southern Nash (NC) H.S.



Wanichko was the top Saint Vincent finisher at the Notre Dame National Catholic Invitational, placing 17th among small college (D-II, D-III, NAIA) runners with a five-mile time of 25:44, the fastest 8K time in the PAC this season and fifth-fastest in school history..

Also nominated was sophomore **Aaron Sutton** of Westminster.

Women's Runner of the Week

JENNIFER KRUEGER **Westminster**

Senior
Adamsville, Pa.
Conneaut Lake H.S.



Krueger broke a 23-year-old Westminster record in the five-kilometer race after she finished second overall at the Penn State-Behrend Invitational in Erie. Her time of 19:02 broke the school mark of 19:48 set by **Amy Kepple** in 1988.

Also nominated was senior **Ivette Mejia** of Saint Vincent



2011 PAC CROSS COUNTRY RUNNERS OF THE WEEK

	<u>Men</u>	<u>Women</u>
September 6:	Richard Peterson , THI	Ivette Mejia , SVC
September 12:	Scott Ryan , W&J	Ivette Mejia , SVC
September 19:	Kevin Wanichko , SVC	Jennifer Krueger , WES
September 26:		
October 3:		
October 10:		
October 17:		

Bethany Bison

Bethany was off from competition last week after starting the year at the Westminster and Davis & Elkins Invitationals ... The Bison will be back on the trails Tuesday with a home meet, as Pitt-Greensburg and La Roche will compete on the BC course, which is slated to be the site of the 2012 PAC Championships.



Chatham Cougars

Chatham did not run this week ... They decided to pull out of the Penn State-Behrend Invitational.



Geneva Golden Tornadoes

It was a quiet weekend for the Geneva College cross country teams as they enjoyed their first weekend away from the course this fall ... The Golden Tornadoes had competed on each of the first two Saturdays in September and will be back in action this coming Saturday in Latrobe at Saint Vincent College.



Grove City Wolverines

The Wolverines are off until October 8, when they return to action in the DeSales University Invitational in Allentown ... DeSales will also host the Midwest Region Championships November 12.



Saint Vincent Bearcats

Senior **Kevin Wanichko** led SVC in the Notre Dame National Catholic Invitational men's race, finishing 17th overall among Division II, III and NAIA runners with a time of 25:44 in the five-mile race ... Wanichko and sophomore **Chansler Poole** each cracked the top 25 8k times in school history, with Wanichko's time fifth and Poole's 24th ... On the women's side, senior **Ivette Mejia** finished second overall among Division II, III and NAIA runners by just five seconds and 16th overall when Division I runners were included.



Thiel Tomcats

The Tomcats competed at the Calvin College-Knight Invitational last week in Grand Rapids, Mich. ... On the men's side, senior **Richard Peterson** crossed the finish line with a time of 25:40 ... Other top performers for the men included two freshmen, **Steve Morgan** and **Regis Wagner**, who finished 32nd and 44th, respectively ... For the women, sophomore **Valerie White** crossed the finish line at 20:11, placing her 65th overall.



Thomas More Saints

The Thomas More men's and women's cross country teams were idle last week.



Washington & Jefferson Presidents

The Presidents were idle last week ... W&J travels to Carlisle, Pa., on Saturday to compete in the Dickinson Invitational ... The Presidents last competed at Dickinson in 2008 ... Last week, junior **Scott Ryan** finished first in the 96-runner men's field at the Waynesburg Invitational with a time of 26:41 in the 8K race.



Waynesburg Yellow Jackets

The Yellow Jackets had this past week off from competition and are currently preparing to run in the Dickinson Invitational on Saturday, Sept. 24.



Westminster Titans

Senior **Jennifer Krueger** broke a 23-year-old team record in the 5-kilometer run as she led the Westminster women's cross country team to a second-place finish out of 11 teams at the Penn State Behrend Invitational Saturday ... The Titan men placed seventh out of 14 teams at the meet ... Krueger placed second overall with a time of 19:02 that broke **Amy Kepple's** school record time of 19:48 from 1988 ... Behrend's **Catie Bertges** won the race at 18:40 ... Westminster freshman **Jenny Jones** placed fourth overall (19:28), while junior **Olivia Miller** crossed 20th ... On the men's side, Westminster sophomore **Aaron Sutton** ran the men's 8-kilometer run in 27:49 for 24th place while senior **Morgan Hanes** took 32nd at 28:14.



Bethany Bison

		Men	Women
Sept. 3	at Westminster Fisher Invitational	NTS	11th/16 (284)
Sept. 10	at Waynesburg Invitational	NTS	4th/7 (125)
Sept. 20	Bethany 5K Invitational		
Oct. 1	Pitt Greensburg Invitational		
Oct. 15	at Oberlin Inter-Regional Invitational		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Chatham Cougars

			Women
Sept. 3	at Westminster Fisher Invitational		14th/16 (411)
Sept. 10	at Waynesburg Invitational		9th/11 (236)
Sept. 24	at Saint Vincent Invitational		
Oct. 1	at Pitt-Greensburg Invitational		
Oct. 8	at Carnegie Mellon Invitational		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Geneva Golden Tornadoes

		Men	Women
Sept. 1	GENEVA 5K	2nd/4 (34)	2nd/4 (49)
Sept. 3	at Westminster Fisher Invit.	4th/13 (104)	10th/16 (207)
Sept. 10	at Waynesburg Invitational	3rd/8 (62)	3rd/11 (84)
Sept. 24	at Saint Vincent Invitational		
Oct. 8	at Carnegie Mellon Invitational		
Oct. 15	at Oberlin Inter-Regional Invitational		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Grove City Wolverines

		Men	Women
Sept. 3	at Westminster Fisher Invit.	5th/13 (113)	2nd/16 (108)
Sept. 10	at Waynesburg Invitational	2nd/8 (58)	1st/11 (45)
Oct. 8	at DeSales Invitational		
Oct. 15	at Oberlin Inter-Regional Invitational		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Saint Vincent Bearcats

		Men	Women
Sept. 3	at Duquesne Duals (M)	3rd/7	---
Sept. 3	at California (Pa.) Invitational (W)	---	6th/16 (163)
Sept. 10	at Waynesburg Invitational (W)	---	4th/11 (94)
Sept. 16	at Notre Dame Catholic Invitational	5th/20	12th/22
Sept. 24	SAINT VINCENT INVITATIONAL		
Oct. 8	at DeSales Invitational		
Oct. 15	at Oberlin Inter-Regional Rumble (M)		
Oct. 15	at Gettysburg Invitational (W)		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Thiel Tomcats

		Men	Women
Sept. 1	at Geneva 5K	1st/4 (32)	4th/4 (71)
Sept. 17	at Calvin-Knight Invitational	10th/16	15th/16
Sept. 24	at Otterbein Invitational		
Oct. 1	at Pitt-Greensburg Invitational		
Oct. 8	at Carnegie Mellon Invitational		
Oct. 15	at Oberlin Inter-Regional Invitational		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Thomas More Saints

		Men	Women
Sept. 3	at Mount St. Joseph Invitational	NTS	4th/4 (94)
Sept. 10	at Queen City Invitational	10th/13 (305)	13th/15 (395)
Sept. 24	at Otterbein Invitational		
Oct. 1	at Greater Louisville Invitational		
Oct. 14	at Wilmington Fall Classic		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Washington & Jefferson Presidents

		Men	Women
Sept. 10	at Waynesburg Invitational	4th/8 (100)	6th/11 (169)
Sept. 24	at Dickinson Invitational		
Oct. 1	at Pitt Greensburg Invitational		
Oct. 8	at Carnegie Mellon Invitational		
Oct. 16	at Oberlin Inter-Regional Rumble		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Waynesburg Yellow Jackets

		Men	Women
Sept. 1	at Geneva 5K	3rd/4 (60)	1st/4 (43)
Sept. 3	at Westminster Fisher Invit.	8th/13 (199)	4th/16 (134)
Sept. 10	WAYNESBURG INVITATIONAL	5th/8 (122)	2nd/11 (67)
Sept. 24	at Dickinson Invitational		
Oct. 8	at DeSales Invitational		
Oct. 15	at Oberlin Inter-Regional Rumble		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Westminster Titans

		Men	Women
Sept. 1	at Geneva 5K	4th/4 (109)	3rd/4 (62)
Sept. 3	FISHER INVITATIONAL	8th/13 (199)	8th/16 (189)
Sept. 17	at PS-Behrend Invitational	7th/14 (180)	3rd/11 (75)
Sept. 24	at Saint Vincent Invitational		
Oct. 8	at Carnegie Mellon Invitational		
Oct. 15	at Oberlin Inter-Regional Invitational		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		