

# 2010 PAC Cross Country Release Week 3 - September 20



**Presidents' Athletic Conference**  
8500 Brooktree Road, Suite 130  
Wexford, PA 15090  
Web: [www.pacathletics.org](http://www.pacathletics.org)

Contact: Joe Onderko  
(724) 933-4630  
[onderko@pacathletics.org](mailto:onderko@pacathletics.org)

## 2010 PAC RESULTS/SCHEDULE

### LAST WEEK

Friday, September 17, 2010

**Notre Dame (Ind.) Catholic Invitational**

Men (25 teams)

6. Saint Vincent

Women (25 teams)

7. Saint Vincent

Saturday, September 18, 2010

**Penn State-Behrend Invitational**

Men (18 teams)

5. Thiel - 126

10. Westminster - 282

Women (18 teams)

4. Westminster - 159

13. Thiel - 298

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

### THIS WEEK

Saturday, September 25, 2010

Chatham/Geneva/Saint Vincent at **Saint**

**Vincent Invitational** - Latrobe, Pa. - 10

a.m.

Thomas More at **Otterbein Invitational** -

Westerville, Ohio - 10 a.m.

Bethany/Grove City/Saint Vincent (M)/

Thiel/Washington & Jefferson/

Waynesburg/Westminster at **Carnegie**

**Mellon Mideast Pre-Regional Meet** -

Coopers Lake Campground - Slippery

Rock, Pa. - 10:30 a.m.

### Men's Runner of the Week

**RICHARD  
PETERSON  
Thiel**

*Junior*

*Meadville, Pa.*

*Meadville H.S.*



Peterson captured his second PAC weekly honor in three weeks as he recorded his second individual race victory of the season at the Penn State-Behrend Invitational in Erie. The junior touched the tape in 26:52 to win by six seconds against a 162-runner field.

*Also nominated was senior **Jeff Hite** of Saint Vincent, and freshman **Aaron Sutton** of Westminster.*

### Women's Runner of the Week

**IVETTE MEJIA  
Saint Vincent**

*Junior*

*New York, N.Y.*

*Henry Street Int'l H.S.*



Mejia captured her third straight PAC Weekly Honor after setting a new Saint Vincent school record at the Notre Dame Catholic Invitational in Notre Dame, Ind. Mejia finished third in a field of 196 runners in a time of 18:36, shattering the old school mark by 25 seconds and becoming the first SVC women's runner in history to break the 19-minute barrier.

*Also nominated was junior **Jennifer Krueger** of Westminster.*

**LEADERS OF THE PAC:** Senior **Jeff Hite** led the Saint Vincent men to a sixth-place finish at the 25-team Notre Dame Catholic Invitational, as he placed 29th out of 285 runners ... Thiel's women were paced at Penn State-Behrend by freshman **Emily Petrak**, who placed 24th in 28:11.19 .. For Westminster at the Behrend meet, freshman **Aaron Sutton** (51st) and junior **Jennifer Krueger** (third, 20:18.2) were the Titans' top finishers.

### 2010 PAC CROSS COUNTRY RUNNERS OF THE WEEK

#### Men

September 6: **Richard Peterson**, THI

September 13: **Scott Ryan**, W&J

September 20: **Richard Peterson**, THI

September 27:

October 4:

October 11:

October 18:

#### Women

**Ivette Mejia**, SVC

**Ivette Mejia**, SVC

**Ivette Mejia**, SVC



### Bethany Bison

Bethany was off last week and will be back on the courses this week at the Pre-NCAA Mid-East Regional Meet, which will be hosted by Carnegie Mellon at Coopers Lake.



### Chatham Cougars

The Cougars had a bye this week and did not compete.



### Geneva Golden Tornadoes

After enjoying a weekend away from the course, the Golden Tornadoes get back to action on Saturday at Saint Vincent College.



### Grove City Wolverines

The Grove City College cross country teams return to action Saturday by competing in the Carnegie Mellon Invitational ... Grove City last competed in the CMU Invitational in 2006 ... That year, the men placed 12<sup>th</sup> out of 19 and the women finished 12<sup>th</sup> in a 20-team field ... The women's team is ranked fourth in the Mideast region and 27<sup>th</sup> nationally by the United States Track and Field/Cross Country Coaches Association.



### Saint Vincent Bearcats

Both Bearcat cross country teams traveled to South Bend, Ind., and the University of Notre Dame to take part in the National Catholic Invitational ... Both teams turned in strong performances, with the men taking sixth as a team and the women seventh ... Junior **Ivette Mejia** continued her blistering season, finishing third in a field of 196 runners with a school-record time of 18:36 to become the first runner in school history to break the 19-minute mark ... Freshman **Rachael Paszko** also broke the 20-minute barrier, clocking in at 19:25, good for 17<sup>th</sup> place ... The Bearcat men were led the duo of **Jeff Hite** and **Ryan Barlow**. Hite took 24<sup>th</sup> overall, in a field of 205, with a time of 26:58, while Barlow took 27<sup>th</sup> (27:05) ... All seven SVC runners finished in the top 40.



### Thiel Tomcats

The Tomcat men's and women's teams competed at the Penn State Behrend Invitational on September 18... The Tomcat men came in 5<sup>th</sup> place ... Junior **Richard Peterson** won his second meet of the season with a time of 26:52 ... Sophomore **Regis Wagner** also placed a top-ten finish (8<sup>th</sup>) with a time of 27:26.2 ... The women came in 13<sup>th</sup> place out of 23 teams ... Freshman **Emily Petrak** paced the Blue & Gold with a 24<sup>th</sup> place finish (28:11.19) ... Both teams will compete again on the 25<sup>th</sup> when they travel to Coopers Lake Campground in Slippery Rock, Pa. to compete in the Mideast Pre-Regional.



### Thomas More Saints

The Thomas More College men's and women's cross country teams did not compete last week ... The teams return to action this week when they travel to Westerville, Ohio on Saturday for the Otterbein University Invitational.



### Washington & Jefferson Presidents

W&J spent the last week idle ... The Presidents next travel to Slippery Rock University for the Mideast Pre-Regional Meet this Saturday (10:30 a.m.).



### Waynesburg Yellow Jackets

Both the Waynesburg men's and women's cross country teams were off last week, but they return to action this Saturday, when they travel to Coopers Lake to take part in the Carnegie Mellon Mideast Pre-Regional.



### Westminster Titans

Led by junior **Jennifer Krueger** with a third-place overall finish, Westminster women's cross country placed fourth out of 18 teams with 159 points at the Behrend Invitational Saturday ... The Titan men's team placed 10<sup>th</sup> out of 18 teams with 282 points ... Krueger ran the 6-kilometer race in 20:18.2, finishing two spots behind race winner **Anya Bogdanets** of D'Youville, who ran the course in 19:54 ... WC freshman **Oliva Bonavita** and sophomore **Morgan Swartz** placed 34<sup>th</sup> and 35<sup>th</sup>, respectively, with times of 22:08.9 and 22:09.9 ... Freshman **Aaron Sutton** led the Titan men with a 51<sup>st</sup>-place time of 29:20 for the 8-kilometer race and junior **Justin Jones** crossed in 59<sup>th</sup> at 29.44.7.



## 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	6th/25	7th/25
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	5th/18	13th/18
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	10th/18	4th/18
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)		