

2009 PAC Cross Country Release Week 4 - September 21



Presidents' Athletic Conference
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2009 PAC CROSS COUNTRY RESULTS/SCHEDULE

LAST WEEK

Friday, September 18, 2009

Nat'l Catholic Invitational - Notre Dame, Ind.

Men (25 teams)

7. Saint Vincent

Women (24 teams)

13. Saint Vincent

Saturday, September 19, 2009

Penn St.-Behrend Invitational - Erie, Pa.

Men (15 teams)

4. Thiel - 114

5. Westminster - 154

6. Washington & Jefferson - 156

Bethany - individuals only

Women (12 teams)

3. Westminster - 90

8. Thiel - 226

Bethany - individuals only

Washington & Jefferson - individuals only

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

THIS WEEK

Saturday, September 26, 2009

Chatham, Geneva, Grove City, Thiel,

Waynesburg, Westminster at **Saint Vincent**

Invitational - Latrobe, Pa. - 10 a.m.

Thomas More at **Otterbein Invitational** -

Westerville, Ohio - 10:30 a.m.

Bethany, Washington & Jefferson - idle

Men's Runner of the Week

SCOTT RYAN

Washington & Jefferson

Freshman

Williamsville, N.Y.

Williamsville East H.S.

Ryan captured PAC honors for the second consecutive week after finishing as the top PAC finisher at the Penn State-Behrend Invitational in Erie on Saturday. He finished eighth in the 112-runner field with a time of 26:53.

*Also nominated was freshman **Regis Wagner** of Thiel, and sophomore **Morgan Hanes** of Westminster.*

Women's Runner of the Week

BRITTANY

KALTENBAUGH

Westminster

Freshman

Waterford, Pa.

Fort LeBoeuf H.S.



Kaltenbaugh was the top PAC finisher at the Penn State-Behrend Invitational in Erie on Saturday, as she finished third in a 110-runner field with a time of 24:01.

*Also nominated was freshman **Erin Reske** of Bethany.*

2009 PAC CROSS COUNTRY RUNNERS OF THE WEEK

Men

September 7: **Garrett Cichowitz**, GRO

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

September 21: **Scott Ryan**, W&J

September 28:

October 5:

October 12:

October 19:

Women

Ella Smith, GRO

Megan Donovan, WAY

Brittany Kaltenbaugh, WES

Bethany Bison

The Bison sent individuals to the Penn State Behrend Invitational, as injuries and illness prevented the women from fielding a full squad ... Bethany did have a standout performance from their women that did compete though, as freshman **Erin Reske** claimed 13th place overall and was ninth among Division III runners with a time of 25:41 ... Senior **Maggie McCort** ran well too, taking 28th place out of 110 runners, while senior **Alissa Moss** was 58th ... Only two BC men ran at the meet in senior **Patrick Miller** and freshman **Josh Wentz** ... Bethany will run again on Oct. 3 at the Slippery Rock Invitational.



Chatham Cougars

Chatham had a bye-week and did not compete this past weekend ... The Cougars will compete at the Saint Vincent Invitational this Saturday.



Geneva Golden Tornadoes

Geneva's cross country teams enjoyed a week-end away from the course after a solid outing at Waynesburg a week earlier ... Coming off second place overall finishes in both men's and women's action at Waynesburg, the Golden Tornadoes were able to rest up to prepare for the upcoming Saint Vincent meet this Saturday.



Grove City Wolverines

Grove City's cross country teams return to action Saturday at the Saint Vincent Invitational in Latrobe, Pa. ... It is Grove City's first trip to Latrobe since winning the conference titles there two years ago.



Saint Vincent Bearcats

Both Saint Vincent squads took part in the 2009 National Catholic Invitational hosted by the University of Notre Dame Friday afternoon ... The Bearcat men finished seventh out of 25 teams in the small school (D-II/D-III/NAIA) classification and 13th among all 36 teams, including D-I squads ... **Kevin Wanichko** paced the Bearcats with a 55th-place finish out of 258 runners, timed in 27:11 ... **Josh Hooke** took 78th (27:35), followed by **Ryan Barlow** (27:42), **Jeff Hite** (27:46) and **Shane Simmons** (27:48) ... The Lady Bearcats finished 13th out of 24 teams in the small-school division, led by **Ivette Mejia's** 21st-place time of 19:34 ... **Katie Macioce** finished 61st (20:40), followed by **Natalie Wolff** (20:51), **Claudia Arrunategui** (21:06), and **Kelsey Sullivan** (21:36).



Thiel Tomcats

The Thiel College cross country teams continued their seasons Saturday as the men's and women's squads took part in the Penn State-Behrend Invitational ... The men put on a particularly strong performance, finishing in fourth place out of 15 teams ... The women turned in an eighth place finish in a field of 12 teams ... Freshman **Regis Wagner** led Thiel with a time of 27:14 to place 13th individually ... Sophomore **Tiffany Blosser** retained her position as the Thiel women's frontrunner, claiming 37th place individually with a time of 26:54 ... Thiel will preview the PAC championship courses next weekend when it visits Saint Vincent for the school's invitational meet.



Thomas More Saints

After an off week, the Saints will be back in action on Saturday when they compete at the Otterbein College Invitational.



Washington & Jefferson Presidents

The Washington & Jefferson College cross country squads competed at the Penn State-Behrend Invitational in Erie this past weekend ... The men finished sixth out of 12 teams at the event, while Mount Union earned the team title with 25 points ... Reigning PAC Runner of the Week **Scott Ryan** once again led the Presidents, finishing eighth overall with a time of 26:53 in the 8K event ... Freshman **Benjamin Kopchick** also turned in a nice performance with a 24th-place finish (28:00) ... The women, who competed as individuals at the 6K event, were led by freshman **Erica Heidelberger's** 44th place showing (27:30) ... The Presidents will take a week off, prior to competing at the Slippery Rock Invitational on October 3 at 11 a.m.



Waynesburg Yellow Jackets

After a weekend off, the Waynesburg men's and women's cross country teams return to action this Saturday at the Saint Vincent College Invitational ... The Yellow Jackets were last in action on Sept. 12, when they hosted their annual home invitational.



Westminster Titans

Westminster raced in the Behrend Invitational Saturday ... The Titan women placed third out of 12 teams with 90 points, while the Titan men took fifth out of 12 teams with 154 points ... Westminster freshman **Brittany Kaltenbaugh** placed third overall with a time of 24:01 to lead the Titan women ... **Erin Kling** of the winning team California (Pa.) won the race with a time of 23:35 ... Other Top 20 finishers for the Titans included sophomore **Jennifer Krueger** placing 12th at 25:42 and senior **Rachel Hudson** taking 20th at 26:09 ... On the men's side, sophomore **Morgan Hanes** placed 16th overall in 27:37 and senior **Jeremiah Patterson** ran 18th at 27:52 ... First-place finisher **Bryce Basista's** time of 26:06 led Mount Union to the win in team standings.



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	Ind. only	Ind. only
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	7th/25	13th/24
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	4th/15	8th/12
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	6th/15	Ind. only
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	5th/15	3rd/12
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.)		