

# 2008 PAC Cross Country Release Week 3 - September 15



**Presidents' Athletic Conference**  
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## 2008 PAC CROSS COUNTRY RESULTS/SCHEDULE

### LAST WEEK

Friday, September 19, 2008

#### Notre Dame National Catholic Invitational

Men (23 teams)

6. Saint Vincent - 182

Women (24 teams)

10. Saint Vincent

Saturday, September 20, 2008

#### Dickinson Long-Short Invitational

Men (19 teams)

18. Washington & Jefferson

Women (15 teams)

14. Washington & Jefferson

Chatham - no team score

#### Cedarville Invitational

Men (20 teams)

13. Thomas More - 416

Women (18 teams)

12. Thomas More - 312

Bethany, Geneva, Grove City, Thiel,  
Waynesburg, Westminster - off

### THIS WEEK

Saturday, September 27, 2008

Chatham, Geneva, Saint Vincent,  
Westminster at Saint Vincent Invitational -  
Latrobe, Pa. - 9/10 a.m.

Thomas More at Otterbein Invitational -  
Columbus, Ohio - 10 a.m.

Waynesburg at Salisbury Don Cathcart  
Invitational - Salisbury, Md. - 10 a.m.

Thiel at Mercyhurst Invitational - Erie, Pa. -  
11 a.m.

Bethany at Rio Grande Invitational - Rio  
Grande, Ohio

Grove City, Washington & Jefferson - off

### Men's Runner of the Week

#### JOSH HORN

##### Thomas More

Junior

Louisville, Ky.

Trinity H.S.



Horn led the Saint har-  
riers to a 13th-place  
team finish at the 20-  
team Cedarville Invi-  
tational after finishing the eight-kilometer  
course in 28:41.39, good for 71st place.

Also nominated was sophomore **Rich-  
ard Koch** of Washington & Jefferson.

### Women's Runner of the Week

#### ERIN LONG

##### Wash. & Jeff.

Senior

McMurray, Pa.

Peters Township H.S.



Long finished in  
eighth place in a 91-  
runner field at the  
Dickinson Long-Short  
Invitational in Carlisle, Pa., finishing with  
a six-kilometer time of 23:33.

Also nominated was freshman **Katie  
Metemaker** of Thomas More.

**LEADERS OF THE PAC:** It was a light weekend for PAC cross country, as six of the 10 conference programs were idle ... Saint Vincent was led at the Notre Dame Catholic Invitational by **Adam Smith** (28th out of 266 runners) and **Ivette Mejia** (100th of 288 runners) ... Sophomore **Richard Koch** led Washington & Jefferson at the Dickinson Long-Short Invitational with a 94th place finish ... Freshman **Katie Metemaker** of Thomas More paced the Saints at the Cedarville Invitational, finishing in 39th place.

### 2008 PAC CROSS COUNTRY RUNNERS OF THE WEEK

	Men	Women
September 1:	<b>Garrett Cichowitz</b> , GRO	<b>Kristen Carter</b> , GRO
September 8:	<b>Andrew Howard</b> , W&J	<b>Kristen Carter</b> , GRO
September 15:	<b>Garrett Cichowitz</b> , GRO	<b>Julia Seward</b> , GRO
September 22:	<b>Josh Horn</b> , TMC	<b>Erin Long</b> , W&J
September 29:		
October 6:		
October 13:		
October 20:		

### Bethany Bison

The Bison cross country teams were off last week ... They will return to the trails this weekend at the Rio Grande Invitational.



### Chatham Cougars

Chatham competed in the Dickinson Long/Short Course Invitational at Dickinson College ... Junior **Maggie Leathers** was Chatham's top finisher in the 4K short course with a time of 17:13.34 ... Junior **Leanna Lubinski** finished the 4K short course at 18:05.27 ... Chatham only competed in the short course race and did not register a team score in the overall meet ... This week the Cougars travel to Saint Vincent College for the St. Vincent Invitational.



### Geneva Golden Tornadoes

Geneva's cross country teams took the weekend off and will prepare for next weekend's action at Saint Vincent College.



### Grove City Wolverines

Grove City's cross country teams are idle until October 3 when they compete in the Lehigh Paul Short Invitational.



### Saint Vincent Bearcats

Both Saint Vincent squads participated at the National Catholic Invitational hosted by Notre Dame ... The Bearcat men finished sixth out of 23 schools in the small college division, and 13<sup>th</sup> out of 33 overall, including D-I competition ... **Adam Smith** led SVC, finishing 28<sup>th</sup> out of 266 runners (26:18) ... **Ryan Barlow** took 69<sup>th</sup> place (27:21), while **Kevin Wanichko** finished in 78<sup>th</sup> (27:30) ... The Lady Bearcats finished 10<sup>th</sup> in the small college division, and for the fourth straight week were led by freshman **Ivette Mejia**, who finished in 100<sup>th</sup> place overall (out of 288 runners) in 20:12 ... **Katie Macioce** was SVC's second finisher, taking 119<sup>th</sup> place (20:37) ... **Marie McIntyre** (20:41), **Crystal Sherlock** (21:01) and **Claudia Arrunategui** (21:05) rounded out SVC's top five.



### Thiel Tomcats

Thiel was off last weekend and will return to action Saturday at the Mercyhurst Invitational in Erie, Pa.



### Thomas More Saints

The Thomas More women finished with 312 points to finish 12th in the field at the 18<sup>th</sup> Annual Cedarville University Friendship Invitational ... Freshman **Katie Metemaker** paced the team as she finished 39<sup>th</sup> (21:04.74) ... She was followed by sophomore **Rachel Krumpelbeck** in 67<sup>th</sup> place (22:09.91), freshman **Christine Kues** in 76<sup>th</sup> place (22:31.92), freshman **Graciela Reynolds** in 84<sup>th</sup> (22:52.92), and freshman **Brittney Finke** in 142<sup>nd</sup> place ... The TMC men finished 13<sup>th</sup> with 416 points ... Junior **Josh Horn** paced the team as he finished 71<sup>st</sup> (28:41.39) ... **Horn** was followed by sophomore **Kyle Egan** in 109<sup>th</sup> place, freshman **Josh Newport** in 112<sup>th</sup> place, freshman **Sean Burgoon** in 124<sup>th</sup> and freshman **Nathan Goodrich** in 140<sup>th</sup>.



### Washington & Jefferson Presidents

The Dickinson Invitational featured two races for both men and women ... The men's side featured a 4K and an 8K race, while the women ran a 4K and a 6K ... In the combined standings, the W&J men placed 18<sup>th</sup> of 19 squads with the host Red Devils winning the championship ... Johns Hopkins took the women's crown and the Presidents claimed 14<sup>th</sup> place of 15 teams ... The women's squad was led by senior **Erin Long**, who grabbed eighth place in the women's 6K 91-runner division with a time of 23:33 ... Senior **Megan Duffett** ran in 40<sup>th</sup> place (25:12) ... The men's top finish was recorded by sophomore **Richard Koch** in the 188-runner 4K field ... He placed 94<sup>th</sup> in a time of 13:51 ... Junior **Will Seymour** was 101<sup>st</sup> (13:54).



### Waynesburg Yellow Jackets

After a weekend off, the Waynesburg men's and women's cross country teams will both return to action on Saturday, Sept. 27, when they travel to Salisbury University for the Don Cathcart Invitational.



### Westminster Titans

The Westminster men's and women's cross country teams were off last weekend and return to action Saturday at the Saint Vincent Invitational in Latrobe.



## Bethany Bison

		<u>Men</u>	<u>Women</u>
Sept. 6	at D&E Forest City Festival	Ind. only	5th/8
Sept. 13	at Marietta Invitational	Ind. only	9th/10
Sept. 27	at Rio Grande Invitational		
Oct. 11	at Carnegie Mellon Invitational		
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)		

## Chatham Cougars

		<u>Women</u>
Aug. 30	at Westminster Fisher Invitational	10th/13
Sept. 13	at Waynesburg Invitational	12th/13
Sept. 20	at Dickinson Invitational	No score
Oct. 4	at Pitt-Greensburg Invitational	
Oct. 11	at Carnegie Mellon Invitational	
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)	
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)	

## Geneva Golden Tornadoes

		<u>Men</u>	<u>Women</u>
Aug. 30	at Westminster Fisher Invitational	8th/11	8th/13
Sept. 13	at Waynesburg Invitational	8th/13	10th/13
Sept. 27	at Saint Vincent Invitational		
Oct. 11	at Carnegie Mellon Invitational		
Oct. 18	at Walsh Invitational		
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)		

## Grove City Wolverines

		<u>Men</u>	<u>Women</u>
Aug. 30	at Westminster Fisher Invitational	1st/11	1st/13
Sept. 6	at California (Pa.) Invitational	4th/11	2nd/12
Sept. 13	at Waynesburg Invitational	4th/13	4th/13
Oct. 3	at Lehigh Paul Short Invitational		
Oct. 18	at Oberlin Invitational		
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)		

## Saint Vincent Bearcats

		<u>Men</u>	<u>Women</u>
Aug. 30	at Duquesne Duals (M)	5th/9	---
Aug. 30	at Westminster Fisher Invitational (W)	---	4th/13
Sept. 6	at California (Pa.) Invitational	5th/11	4th/12
Sept. 13	at Marietta Invitational (W)	---	3rd/11
Sept. 19	at Notre Dame Catholic Invitational	6th/23	10th/24
Sept. 27	SAINT VINCENT INVITATIONAL		
Oct. 11	at Carnegie Mellon Invitational (M)		---
Oct. 11	at Juniata Invitational (W)	---	---
Oct. 18	at Oberlin Invitational (M)		---
Oct. 18	at Gettysburg Invitational (W)	---	
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 8	ECAC Championships (Boston, Mass.)		

## Thiel Tomcats

		<u>Men</u>	<u>Women</u>
Aug. 30	at Westminster Fisher Invitational	7th/11	9th/13
Sept. 13	at PS-Behrend Invitational	6th/15	11th/16
Sept. 27	at Saint Vincent Invitational		
Oct. 4	at Pitt-Greensburg Invitational		
Oct. 18	at Walsh Invitational		
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)		

## Thomas More Saints

		<u>Men</u>	<u>Women</u>
Aug. 30	at Franklin Invitational	7th	Ind. only
Sept. 6	at Hanover Invitational	12th/13	10th/11
Sept. 20	at Cedarville Invitational	13th/20	12th/18
Sept. 27	at Otterbein Invitational		
Oct. 4	at Louisville Invitational		
Oct. 17	at Wilmington Fall Classic		
Nov. 1	PAC CHAMPIONSHIPS (West Chester, Ohio)		
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)		

## Washington & Jefferson Presidents

		<u>Men</u>	<u>Women</u>
Sept. 6	at Washington & Lee Invitational	3rd/11	4th/10
Sept. 20	at Dickinson Invitational	18th/19	14th/15
Oct. 4	at Slippery Rock Invitational		
Oct. 18	at Oberlin Invitational		
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)		

## Waynesburg Yellow Jackets

		<u>Men</u>	<u>Women</u>
Aug. 30	at Westminster Fisher Invitational	9th/11	5th/13
Sept. 6	WAYNESBURG INVITATIONAL	12th/13	9th/13
Sept. 27	at Salisbury Invitational		
Oct. 4	at Pitt-Greensburg Invitational		
Oct. 11	at Carnegie Mellon Invitational		
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 15	NCAA MID-EAST REGIONALS		

## Westminster Titans

		<u>Men</u>	<u>Women</u>
Aug. 30	FISHER INVITATIONAL	6th/11	7th/13
Sept. 13	at PS-Behrend Invitational	5th/15	7th/16
Sept. 27	at Saint Vincent Invitational		
Oct. 4	at Slippery Rock Invitational		
Oct. 18	at Oberlin Invitational		
Nov. 1	PAC Championships (West Chester, Ohio - hosted by Thomas More)		
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)		