2008 PAC Cross **Country Release** Week 3 - September 15



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2008 PAC CROSS COUNTRY RESULTS/SCHEDULE

LASTWEEK

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

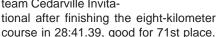
Grove City, Washington & Jefferson - off

Men's Runner of the Week

JOSH HORN Thomas More

Junior Louisville, Ky. Trinity H.S.

Horn led the Saint harriers to a 13th-place team finish at the 20team Cedarville Invita-



Also nominated was sophomore Richard Koch of Washington & Jefferson.

Women's Runner of the Week

ERIN LONG Wash. & Jeff.

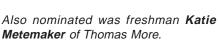
Senior McMurray, Pa. Peters Township H.S.

Long finished in eiughth place in a 91runner field at the Dickinson Long-Short

Invitational in Carlisle, Pa., finishing with a six-kilometer time of 23:33.

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

September 1: Garrett Cichowitz, GRO September 8: Andrew Howard. W&J September 15: Garrett Cichowitz, GRO September 22: Josh Horn, TMC

September 29:

October 6: October 13: October 20:

Women

Kristen Carter, GRO Kristen Carter, GRO Julia Seward, GRO Erin Long, W&J

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.



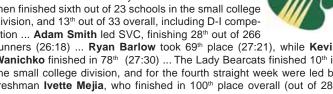
Grove City Wolverines

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 13th out of 33 overall, including D-I competition ... Adam Smith led SVC, finishing 28th out of 266



runners (26:18) ... Ryan Barlow took 69th place (27:21), while Kevin Wanichko finished in 78th (27:30) ... The Lady Bearcats finished 10th in the small college division, and for the fourth straight week were led by freshman Ivette Mejia, who finished in 100th place overall (out of 288 runners) in 20:12 ... Katie Macioce was SVC's second finisher, taking 119th 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 18th Annual Cedarville University Friendship Invitational ... Freshman Katie Metemaker paced the team as she finished



39th (21:04.74) ... She was followed by sophomore Rachel Krumpelbeck in 67th place (22:09.91), freshman Christine Kues in 76th place (22:31.92), freshman Graciela Reynolds in 84th (22:52.92), and freshman Brittney Finke in 142nd place ... The TMC men finished 13th with 416 points ... Junior Josh Horn paced the team as he finished 71st (28:41.39) ... Horn was followed by sophomore Kyle Egan in 109th place, freshman Josh Newport in 112th place, freshman Sean Burgoon in 124th and freshman Nathan Goodrich in 140th.

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 18th of 19 squads with the host Red Devils winning the championship ... Johns Hopkins took the women's crown



and the Presidents claimed 14th 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 40th place (25:12) ... The men's top finish was recorded by sophomore Richard Koch in the 188-runner 4K field ... He placed 94th in a time of 13:51 ... Junior Will Seymour was 101st (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 wekeend and return to action Saturday at the Saint Vincent Invitational in Latrobe.



Bethany Bison				Chatham Cougars			
Sept. 6 Sept. 1 Sept. 2 Oct. 11 Nov. 1	 at Marietta Invitational at Rio Grande Invitational at Carnegie Mellon Invitational PAC Championships (West Chester, Ohio - hosted by 	Men Ind. only Ind. only / Thomas More)	<u>Women</u> 5th/8 9th/10	Aug. 30 Sept. 13 Sept. 20 Oct. 4 Oct. 11 Nov. 1	at Westminster Fisher Invitational at Waynesburg Invitational at Dickinson Invitational at Pitt-Greensburg Invitational at Carnegie Mellon Invitational PAC Championships	Women 10th/13 12th/13 No score	
Nov. 15	NCAA Mid-East Regionals (Waynesburg, Pa.)			Nov. 15	(West Chester, Ohio - hosted by Thomas M NCAA Mid-East Regionals (Waynesburg, Pa.)	More)	

Geneva Golden Tornadoes				Grove City Wolverines			
		<u>Men</u>	<u>Women</u>			<u>Men</u>	<u>Women</u>
Aug. 30	at Westminster Fisher Invitational	8th/11	8th/13	Aug. 30	at Westminster Fisher Invitational	1st/11	1st/13
Sept. 13	at Waynesburg Invitational	8th/13	10th/13	Sept. 6	at California (Pa.) Invitational	4th/11	2nd/12
Sept. 27	at Saint Vincent Invitational			Sept. 13	at Waynesburg Invitational	4th/13	4th/13
Oct. 11	at Carnegie Mellon Invitational			Oct. 3	at Lehigh Paul Short Invitational		
Oct. 18	at Walsh Invitational			Oct. 18	at Oberlin Invitational		
Nov. 1	PAC Championships			Nov. 1	PAC Championships		
(West Chester, Ohio - hosted by Thomas More)				(West Chester, Ohio - hosted by Thomas More)			
Nov. 15	NCAA Mid-East Regionals	,		Nov. 15	NCAA Mid-East Regionals	,	
	(Waynesburg, Pa.)				(Waynesburg, Pa.)		

Saint Vincent Bearcats				Thiel Tomcats				
Aug. 30 Aug. 30 Sept. 6 Sept. 13 Sept. 19 Sept. 27 Oct. 11 Oct. 11 Oct. 18 Oct. 18 Nov. 1	at Duquesne Duals (M) at Westminster Fisher Invitational (W) at California (Pa.) Invitational at Marietta Invitational (W) at Notre Dame Catholic Invitational SAINT VINCENT INVITATIONAL at Carnegie Mellon Invitational (M) at Juniata Invitational (W) at Oberlin Invitational (M) at Gettysburg Invitational (W) at Gettysburg Invitational (W) PAC Championships (West Chester, Ohio - hosted by Thomas More) ECAC Championships (Boston, Mass.)	Women 4th/13 4th/12 3rd/11 10th/24	Aug. 30 Sept. 13 Sept. 27 Oct. 4 Oct. 18 Nov. 1 Nov. 15	at Westminster Fisher Invitational at PS-Behrend Invitational at Saint Vincent Invitational at Pitt-Greensburg Invitational at Walsh Invitational PAC Championships (West Chester, Ohio - hosted by Th NCAA Mid-East Regionals (Waynesburg, Pa.)	Men 7th/11 6th/15 omas More)	Women 9th/13 11th/16		

rnomas wore saints				wasnington & Jenerson Presidents			
		<u>Men</u>	Women			<u>Men</u>	Women
Aug. 30	at Franklin Invitational	7th	Ind. only	Sept. 6	at Washington & Lee Invitational	3rd/11	4th/10
Sept. 6	at Hanover Invitational	12th/13	10th/11	Sept. 20	at Dickinson Invitational	18th/19	14th/15
Sept. 20	at Cedarville Invitational	13th/20	12th/18	Oct. 4	at Slippery Rock Invitational		
Sept. 27	at Otterbein Invitational			Oct. 18	at Oberlin Invitational		
Oct. 4	at Louisville Invitational			Nov. 1	PAC Championships		
Oct. 17	at Wilmington Fall Classic				(West Chester, Ohio - hosted by 7	homas More))
Nov. 1	PAC CHAMPIONSHIPS			Nov. 15	NCAA Mid-East Regionals	ŕ	
	(West Chester, Ohio)				(Waynesburg, Pa.)		
Nov. 15	NCAA Mid-East Regionals						
	(Waynesburg, Pa.)						

	Waynesburg Yellow Jackets				Westminster Titans				
Aug. 30 Sept. 6 Sept. 27 Oct. 4 Oct. 11 Nov. 1	at Westminster Fisher Invitational WAYNESBURG INVITATIONAL at Salisbury Invitational at Pitt-Greensburg Invitational at Carnegie Mellon Invitational PAC Championships (West Chester, Ohio - hosted by Tho NCAA MID-EAST REGIONALS	Men 9th/11 12th/13 mas More)	Women 5th/13 9th/13	Aug. 30 Sept. 13 Sept. 27 Oct. 4 Oct. 18 Nov. 1	FISHER INVITATIONAL at PS-Behrend Invitational at Saint Vincent Invitational at Slippery Rock Invitational at Oberlin Invitational PAC Championships (West Chester, Ohio - hosted by NCAA Mid-East Regionals (Waynesburg, Pa.)	Men 6th/11 5th/15 v Thomas More)	Women 7th/13 7th/16		