

2010 PAC Cross Country Release Week 4 - September 27



Presidents' Athletic Conference
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2010 PAC RESULTS/SCHEDULE

LAST WEEK

Saturday, September 25, 2010

Saint Vincent Invitational

Men (10 teams)

1. Saint Vincent - 41
2. Geneva - 98

Women (11 teams)

2. Saint Vincent - 59
4. Geneva - 136
5. Chatham - 158

Otterbein Invitational

Men (17 teams)

13. Thomas More

Women (18 teams)

17. Thomas More

CMU Mideast Pre-Regional Meet

(Coopers Lake Campground - Slippery Rock, Pa.)

Men (16 teams)

6. Grove City - 186
 8. Thiel - 250
 10. Wash. & Jeff. - 288
 14. Waynesburg - 366
 15. Westminster - 380
- Bethany - individuals only

Women (14 teams)

3. Grove City - 91
 11. Waynesburg - 321
 12. Westminster - 339
 14. Wash. & Jeff. - 378
- Bethany, Thiel - individuals only

THIS WEEK

Friday, October 1, 2010

Grove City at **Lehigh Paul Short Invitational** - Bethlehem, Pa.

Saturday, October 2, 2010

Waynesburg at **Slippery Rock Invitational** - Slippery Rock, Pa.

Thomas More at **Greater Louisville Invitational** - Louisville, Ky. - 10 a.m.

Chatham/Thiel at **Pitt-Greensburg Bobcat Invitational** - Greensburg, Pa. - 11 a.m.

Bethany, Geneva, W&J, Westminster - idle

LEADERS OF THE PAC: Sara Fisher led Grove City to a third-place finish at the CMU Mid-East Regional Meet at Coopers Lake ... Fisher was ninth in a 178-runner field in 23:21 ... The GCC men were led by **Garrett Cichowitz** (third) ... The W&J men saw **Scott Ryan** place eighth, while freshman **Nicole Montecalvo** (57th) topped the President women ... **Richard Peterson** paced the Thiel men in 17th place overall, while **Emily Petrak** was 76th for the Tomcats ... Waynesburg was led at the CMU meet by **Adam Swingle** (59th) and **Tiffany Onifer** (50th) ... Freshman **Cory Yarrington** (50th) and **Joanna Mongelluzzo** (85th) paced Bethany in the CMU meet ... For Westminster, freshman **Aaron Sutton** (80th) and junior **Jennifer Krueger** (50th) were the top finishers at CMU ... **Nick Edinger** paced Geneva at Saint Vincent with a third-place finish, while **Alayna Merkle** and **Julia Urbanski** finished seventh and eighth for the GT women ... Chatham's top finisher at Saint Vincent was **Rachel Leftwich** ... At the Otterbein Invitational, Thomas More was paced by freshman **Matt Wirtzler** (41st, school-record 8K time of 27:40) and sophomore **Celia Arlinghaus** (61st).

Men's Runner of the Week

RYAN BARLOW Saint Vincent

Junior
Zelienople, Pa.
Freedom H.S.



Ryan helped the Bearcats defend their team title at the 10-team Saint Vincent Invitational, as he captured the individual title at the 93-runner event in a time of 26:50, 13 seconds ahead of the second-place finisher.

Also nominated was freshman **Cory Yarrington** of Bethany, senior **Garrett Cichowitz** of Grove City, junior **Richard Peterson** of Thiel, freshman **Matt Wirtzler** of Thomas More, sophomore **Scott Ryan** of Washington & Jefferson, senior **Adam Swingle** of Waynesburg, 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 fourth straight PAC Weekly Honor after breaking the 19-minute mark en route to the individual title at the Saint Vincent Invitational, which she won in 18:47, 13 seconds ahead of the second place finisher. Mejia's win helped the Bearcats to a second-place team finish in an 11-team field.

Also nominated was senior **Joanna Mongelluzzo** of Bethany, sophomore **Sara Fisher** of Grove City, sophomore **Celia Arlinghaus** of Thomas More, freshman **Tiffany Onifer** of Waynesburg, and junior **Jennifer Krueger** of Westminster.

2010 PAC CROSS COUNTRY RUNNERS OF THE WEEK

	Men	Women
September 6:	Richard Peterson , THI	Ivette Mejia , SVC
September 13:	Scott Ryan , W&J	Ivette Mejia , SVC
September 20:	Richard Peterson , THI	Ivette Mejia , SVC
September 27:	Ryan Barlow , SVC	Ivette Mejia , SVC
October 4:		
October 11:		
October 18:		



Bethany Bison

Both Bison teams ran as individuals at the Pre-Regional meet, which was held at Coopers Lake Campground ... The top finish of the day came from the men's side, where freshman **Cory Yarrington** finished the 8K course in 28:04 to place 50th overall out of 198 runners ... Also competing for the BC men Saturday was freshman **Hunter Akrom**, sophomore **Josh Wentz** and freshman **John Hajny** ... The top women's runner for Bethany Saturday was senior **Joanna Mongelluzzo**, whose time of 26:03 on the 6K course was good enough for 85th place out of 178 competitors ... Three other women's runners had a chance to compete on the same course as this year's regional meet, including junior **Kaitlyn Black**, senior **Emily Roth** and sophomore **Melissa Davis**.



Chatham Cougars

The Cougars competed in the St. Vincent 5K invitational this week at St. Vincent College in Latrobe, Pa. ... Top five runners for the Cougars were **Rachel Leftwich**, **Tessa Hochberg**, **Maggie Leathers**, **Samantha Greenwood**, and **Amanda Berstler** ... Junior **Shuntia Hamilton** beat her personal record on this course from a year ago by two and a half minutes today as well in the highest finish for Chatham at this invitational (5th).



Geneva Golden Tornadoes

After a week away from competition, Geneva had another solid effort at Saint Vincent ... Despite the hardest week of practice, the GTs showed up in a big way ... The men's team finished second overall with its top five runners finishing in the top 40 ... **Nick Edinger** was third overall in a time of 27:03, which was nearly a minute faster than he ran on the same course last year ... Other top finishers on the men's side included **Jon Shope** (16), **Ryan Thorn** (20), **Owen Struck** (26) and **Jacob Beschner** (37) ... In women's action, **Alayna Merkle** and **Julia Urbanski** finished seventh and eighth respectively to lead Geneva to a fourth place finish ... **Sarah Davis** also gave a solid performance with a time of 21:48 and a 20th overall finish.



Grove City Wolverines

After an open date on the schedule, the Grove City harriers returned to action Saturday in Slippery Rock at Carnegie Mellon's Pre-Regional Race ... The men placed sixth out of 16 teams while the women took third in a 14-team field ... Senior **Garrett Cichowitz** took third in the 198-runner field to lead the men's team ... Freshman **Mark Talbott** took 41st and freshman **Arleigh McRae** finished 54th ... On the women's side, sophomore **Sara Fisher** finished ninth and classmate **Ella Smith** claimed 10th ... **Emily Pierce** (19th), **Kate McRoberts** (25) and **Brigitte Fryan** (29th) finished in the top 30 ... Both Grove City teams will compete in Lehigh's Paul Short Invitational Friday afternoon in Bethlehem, Pa. ... The USTFCCCA ranked Grove City 32nd in its Division III poll last Wednesday.



Saint Vincent Bearcats

Both the SVC men's and women's teams fared well at their own invitational on Saturday morning, with the Bearcat men taking first out of 10 teams, and the Lady Bearcats second of 11 squads ... **Ryan Barlow** finished first out of 93 runners in the men's 8K, and **Ivette Mejia** took first overall in the women's 5K, establishing a course record (18:46) ... For the men, five runners finished in the top 15, including Barlow, **Chansler Poole** (3rd, 27:04), **Jeff Hite** (7th/27:20), **Andrew Razanauskas** (8th/27:23), **Matt Hagg** (11th/27:50), and **Kevin Wanichko** (14th/28:00). In the women's race, the Lady Bearcats boasted four medalists, including Mejia, **Rachael Paszko** (6th/20:15), **Genie Fratto** (11th/20:35), and **Emma Goetz** (15th/21:03).



Thiel Tomcats

Junior **Richard Peterson** led the way once again for the men's cross country team with his 17th-place finish (26:55) at Saturday's Mideast Pre-Regional Meet, hosted by Carnegie Mellon at Cooper's Lake Camp Ground in Slippery Rock, Pa. ... The Tomcat men's team finished eighth in the 16-team field with 250 team points ... Sophomore **Regis Wagned** crossed in 24th place with a time of 27:05 ... members of the women's team competed in the event as individuals ... Freshman **Emily Petrak** earned a 76th place finish with a time of 25:50.



Thomas More Saints

The Thomas More College men's and women's cross country teams both competed at the Otterbein University Invitational in Westerville, Ohio ... The men's team had 377 points and finished 13th out of 17 teams ... The Saints were paced by freshman **Matt Wurtzler**, who set an 8K school record with a time of 27:40.0 to finished 41st ... The women's team placed 17th out of 18 schools with a team score of 436 ... Sophomore **Celia Arlinghaus** was the Saints' top finisher as she finished 61st with a time of 20:40.4.



Washington & Jefferson Presidents

W&J competed at Saturday's Mideast Pre-Regional Meet at Coopers Lake Campground in Slippery Rock and its top male finisher was once again sophomore **Scott Ryan**, who took eighth place with an 8K time of 26:31 ... Senior **Benjamin Kopchick** earned 33rd place (27:34) and senior **Andy Howard** finished 75th (28:48) ... Freshman **Nicole Montecalvo** paced the W&J women with a 57th-place finish (25:19) ... Freshman **Kia Ruhkmap** was 94th (26:29) ... Freshman **Brad Hanne** turned in a 146th-place men's showing (30:35), while senior **Richard Koch** placed 160th with a time of 31:27 ... The third-best finisher of the afternoon for the women's squad was senior **Laura Procaro**, who claimed 122nd place (27:21).



Waynesburg Yellow Jackets

Both the Waynesburg men's and women's cross country teams took part in the Carnegie Mellon Mideast Pre-Regional this past Saturday ... The Jacket men were led by senior **Adam Swingle**, who placed 59th individually with a time of 28:47 ... The top finisher on the women's side was freshman **Tiffany Onifer** ... She placed 50th overall with a time of 25:23.



Westminster Titans

Westminster competed Saturday at the Mideast Pre-Regional hosted by Carnegie Mellon at the Coopers Lake Campground in Slippery Rock, Pa. ... The Titan women placed 12th out of 14 teams with 339 points, while the Titan men placed 15th out of 16 teams with 380 points ... The event is named for the NCAA Mideast Regional that will be hosted on the same course Nov. 13 ... Junior **Jennifer Krueger** led the Titan women with a 50th-place time of 25:03 for the 6-kilometer course ... Freshman **Aaron Sutton** led the Titan men with an 80th-place time of 28:51 for the 8-K course ... Westminster junior **Justin Jones** and freshman **Kyle Filicky** were the other Titans to crack the Top 100 with a 91st-place time of 29:13 and 95th-place time of 29:14.



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)	Ind. only	Ind. only
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		5th/11
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	2nd/10	4th/11
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)	6th/16	3rd/14
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	1st/10	2nd/11b
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)	8th/18	Ind. only
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	13th/17	17th/18
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)	10th/16	14th/14
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)	14th/17	11th/17
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)	15th/16	12th/14
Oct. 16	at Oberlin Inter-Regional Invitational		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCAA Mid-East Regionals (Coopers Lake)		