

2009 PAC Cross Country Release Week 5 - September 28



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2009 PAC CROSS COUNTRY RESULTS/SCHEDULE

LAST WEEK

Saturday, September 26, 2009

Saint Vincent Invitational - LaTrobe, Pa.

Men (12 teams)

1. Saint Vincent - 36
2. Grove City - 60
4. Thiel - 103
6. Geneva - 162
7. Westminster - 182
10. Waynesburg - 255

Women (15 teams)

1. Grove City - 51
3. Saint Vincent - 79
- 4t. Geneva - 135
- 4t. Westminster - 219
8. Waynesburg - 219
10. Thiel - 304
12. Chatham - 343

Otterbein Invitational - Westerville, Ohio

Men (16 teams)

16. Thomas More - 458

Women (14 teams)

12. Thomas More - 295

Bethany, Washington & Jefferson - idle

THIS WEEK

Saturday, October 3, 2009

Chatham, Geneva, Grove City, Thiel,
Waynesburg at **Pitt-Greensburg Invitational** - 10 a.m.

Bethany, Washington & Jefferson,
Westminster at **Slippery Rock Invitational** - 11 a.m.

Thomas More at **Greater Louisville Invitational** - 10:15 a.m.

Men's Runner of the Week

**GARRETT
CICHOWITZ**
Grove City

Junior
Colorado Springs, Colo.
Palmer H.S.



Cichowitz won the Saint Vincent Invitational Saturday with a victorious time of 26:03. His effort helped Grove City to a second-place finish in the team standings.

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

Women's Runner of the Week

ELLA SMITH
Grove City
Freshman
Becker, Minn.
Becker H.S.

Smith finished fourth Saturday at the Saint Vincent Invitational, helping the Wolverines win the team title.

Also nominated was junior **Maggie Leathers** of Chatham, freshman **Megan Donovan** of Waynesburg and freshman **Brittany Kaltenbaugh** of Westminster.

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: **Garrett Cichowitz**, GRO

Women

October 5:
October 12:
October 19:

Ella Smith, GRO
Megan Donovan, WAY
Brittany Kaltenbaugh, WES
Ella Smith, GRO

Bethany Bison

The Bison cross country teams were off last week and will return to the course Saturday at the Slippery Rock Invitational ... PAC rivals Washington & Jefferson and Westminster will also be competing at the SRU race ... Freshman **Erin Reske** looks to continue her impressive freshman season, as she has placed 23rd and 13th at her first two meets.



Chatham Cougars

Chatham had three runners finish in the top 100 at the St. Vincent 5K Invitational on Saturday ... Junior **Maggie Leathers** finished 40th overall with a time of 21:53 ... Teammates **Samantha Greenwood** and **Lizz King** finished 70th and 80th overall with times of 23:04 and 23:36 respectively ... Leathers improved her time from a year ago in the same 5K by almost two minutes.



Geneva Golden Tornadoes

On a less than perfect day to run, the Geneva cross country teams held their own against some of the top competition from the PAC ... Geneva's women tied for fourth overall while the men finished sixth in Latrobe ... **Shannon Reich** was Geneva's top female finisher with a 10th place spot while teammate Samantha Miller finished 21st overall ... Geneva's women featured a total of five runners coming across the line in the top 50 ... On the men's side, **Nick Edinger** was 26th overall and **Ryan Thorn** crossed the line in 30th position to lead the male contingent ... The Golden Tornadoes will head to Pitt-Greensburg next weekend for another stern test.



Grove City Wolverines

The Grove City College women's and men's cross country teams competed in the Saint Vincent Invitational Saturday in Latrobe ... The women's team won the team title while the men placed second in the team standings and produced the individual champion ... Junior **Garrett Cichowitz** won the individual race with a time of 26:03 ... It is his second title of the season ... Senior **Derek Kruse** took sixth overall ... The women's team placed six runners in the top 20 at Saint Vincent, led by freshman **Ella Smith** in fourth place ... Freshman **Sarah Fisher** earned fifth ... **Brigitte Fryan** (8th), **Mary Kate Breese** (16th), **Rachel Nelson** (18th) and **Mary Seward** (19th) also finished in the top 20 ... It is the second title of the year for the women's team.



Saint Vincent Bearcats

Saint Vincent College hosted its own invitational this past Saturday, with both the SVC men's and women's squads faring well ... In the men's race, the Bearcats took first overall as a team, as seven SVC runners placed in the top 20, and five earned medals with top-15 performances ... **Kevin Wanichko** paced the individual finishers, taking second overall with a time of 26:15 ... It was the second straight season in which the Bearcats won their home invitational ... In the women's race, Saint Vincent sophomore **Ivette Mejia** took the individual gold, finishing first out of 142 runners with a time of 19:19 ... The Lady Bearcats had a total of three medalists, as **Emma Goetz** finished 12th and **Katie Macioce** 15th.



Thiel Tomcats

The Thiel College men's cross country team finished fourth at Saturday's Saint Vincent Invitational, while the women ended things at tenth ... On a day where all nine men who ran for Thiel finished with season best times, freshman wunderkind, **Regis Wagner** set the tone finishing eighth after running a personal best 26:54 ... Sophomore runner, **Brendan DuLaney** continued his steady improvement by tallying a personal best (27:26) for the third consecutive meet finishing at 19th... The women were led by sophomore runner, **Tiffany Blosser**, who finished the race 33rd with a time of 21:32, while senior **Rebecca Walton** and sophomore **Tara Sturey** ended things at 68th and 74th, respectively.



Thomas More Saints

The Saints ran at the Otterbein College Invitational on Saturday in Westerville, Ohio and the women's team finished 12th and the men's team finished 16th ... The women's team was led by freshmen **Celia Arlinghaus** and **Sarah Miller**, who finished 45th and 50th respectively ... Arlinghaus finished with a time of 25:38 and Miller had a time of 25:49.7 ... On the men's side the Saints were led by freshman **Andrew Linkugel** in 135th place with a time of 30:53.6.



Washington & Jefferson Presidents

Both the men's and women's cross teams at Washington & Jefferson College were idle this past week and will return to action on Saturday, October 3, competing at the Slipper Rock Invitational ... W&J freshman **Scott Ryan** has won the first two PAC men's cross country "Runner of the Week" awards after claiming back-to-back top ten finishes to open the season ... After the first two invitationals, Ryan is averaging a time of 27:04 in the 8k race.



Waynesburg Yellow Jackets

Both the Waynesburg men's and women's teams hit the road and ran at the Saint Vincent College Invitational this past Saturday ... The Jacket men were led by junior **Adam Swingle**, who recorded a team-best 64th-place finish after crossing the finish line in 29:35 ... On the women's side, Waynesburg was led by freshman **Megan Donovan**, who recorded a team-best 14th-place finish in the 141-woman field after crossing the finish line in 20:30.



Westminster Titans

The Westminster College men's and women's cross country teams competed at the Saint Vincent Invitational on Saturday ... The women finished in a three-way tie for fourth place out of 15 teams with 135 points, while the men took seventh out of 10 teams with 182 points ... Freshman **Brittany Kaltenbaugh** led the Titan women with a seventh-place time of 19:57 ... Senior **Rachel Hudson** also placed 25th at 21:16 and sophomore **Jennifer Krueger** crossed 29th at 21:28 ... On the men's side, sophomore **Morgan Hanes** led the Titans with a 22nd-place time of 27:37, followed by senior **Jeremiah Patterson** in at 28:23 for 34th place.



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	12th/15
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	6th/12	T-4th/15
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	2nd/12	1st/15
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	1st/12	3rd/15
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	4th/12	8th/15
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	16th/16	12th/14
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	10th/12	8th/15
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	7th/12	T-4th/15
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.)		