

2008 PAC Cross Country Release Week 5 - September 29



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2008 PAC CROSS COUNTRY RESULTS/SCHEDULE

LAST WEEK

Saturday, September 27, 2008

Saint Vincent Invitational - Latrobe, Pa.

Men (10 teams)

1. Saint Vincent (43)
6. Westminster (151)
7. Geneva (159)

Women (12 teams)

2. Saint Vincent (50)
4. Geneva (113)
6. Westminster (164)
9. Chatham (275)

Otterbein Invitational - Columbus, Ohio

Men (23 teams)

18. Thomas More (589)

Women (23 teams)

19. Thomas More (565)

Don Cathcart Invitational - Salisbury, Md.

Men (13 teams)

13. Waynesburg

Women (15 teams)

10. Waynesburg

Mercyhurst Invitational - Erie, Pa.

Men (3 teams)

2. Thiel (50)

Women (3 teams)

3. Thiel (73)

Rio Grande Invitational - Rio Grande, Ohio

Men (2 teams)

Bethany - individuals only

Women (5 teams)

3. Bethany

Grove City, Washington & Jefferson - off

THIS WEEK

Friday, October 3, 2008

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

Saturday, October 4, 2008

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

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

Thiel, Waynesburg at Pitt-Greensburg Invitational - Greensburg, Pa.

Bethany, Chatham, Geneva, Saint Vincent - idle

Men's Runner of the Week

MORGAN HANES

Westminster

*Freshman
McKean, Pa.
General McLane H.S.*



Hanes led the Titan men to a sixth-place team finish at the Saint Vincent Invitational by finishing 23rd in 28:43.

*Also nominated was junior **Patrick Miller** of Bethany, sophomore **Kyle Egan** of Thomas More, and freshman **Adam Swingle** of Waynesburg.*

Women's Runner of the Week

MEGAN GROVER

Waynesburg

*Senior
Arvada, Colo.
Faith Christian H.S.*



Grover set a new personal collegiate-best time of 22:25 to finish in third place in a 136-runner field at the Don Cathcart Invitational hosted by Salisbury University in Salisbury, Md.

*Also nominated was sophomore **Suzanne Stettinius** of Bethany, freshman **Katie Metemaker** of Thomas More, and junior **Elizabeth Beardsley** of Westminster.*

LEADERS OF THE PAC: Bearcat **Adam Smith** captured the Saint Vincent invitational men's title in 26:09 ... Geneva's **Rebecca VanRegenmorter** broke the 20-minute barrier (19:56) while placing third of 123 women's runners at Saint Vincent ... **Ivette Mejia** placed fifth (20:05) for the host Bearcats ... **Suzanne Stettinius** of Bethany placed ninth (20:50.45) at Rio Grande ... For the Westminster women's team at Saint Vincent, junior **Elizabeth Beardsley** was 18th (21:49).

2008 PAC CROSS COUNTRY RUNNERS OF THE WEEK

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

Bethany Bison

Bethany's women ran well at the Rio Grande Invitational over the weekend, placing third out of five teams as the only Division III school ... Sophomore **Suzanne Stettinius** earned her first top 10 finish of the year by crossing in ninth place out of 51 runners with a time of 20:50.45 ... The Bison had two others place in the top half of the meet, with junior **Maggie McCort** earning 12th (21:13.31) and junior **Jodi Bodo** taking 21st (22:57.50) ... Bethany's men competed as individuals at the race with only four runners available to score ... Junior **Patrick Miller** and senior **Matt Schlemmer** were 26th and 27th, respectively, to lead the BC contingent.



Chatham Cougars

Chatham competed in the Saint Vincent College Invitational ... Junior **Maggie Leathers** was Chatham's top finisher with a time of 22:37 ... Junior **Leanna Lubinski** finished the course second for Chatham at 23:28 ... Chatham is inactive next week with its next competition at the Carnegie Mellon Invitational at Schenley Park on Saturday, October 11 (time TBD).



Geneva Golden Tornadoes

Rebecca VanRegenmorter stole the show for Geneva's cross country team over the weekend ... The senior broke the 20-minute barrier at 19:56 and finished third overall out of 123 runners at the Saint Vincent Invitational ... Teammate **Nicole Okerlund** also put up a solid performance with an eighth-place finish in leading Geneva to a fourth place finish ... In men's action, it was the Josh and Josh show for Geneva ... **Josh Gunnett** finished ninth overall and **Josh Falk** crossed the line in 14th position for the Golden Tornadoes ... Geneva finished seventh overall at the Saint Vincent Invitational.



Grove City Wolverines

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



Saint Vincent Bearcats

The Bearcats hosted the Saint Vincent Invitational Saturday, with the men taking first place out of 10 teams, and the Lady Bearcats finishing second of 12 ... **Adam Smith** led the way in the men's race for SVC, taking first place overall with a time of 26:09 ... Six Bearcat runners joined Smith in the top 20, including **Ryan Barlow** (5th), **Kevin Wanichko** (7th), **Matt Hagg** (12th), **Josh Hooke** (18th), and **Josh Meny** (20th) ... **Ivette Mejia** led the Lady Bearcats to their second place finish, as the freshman took fifth overall (20:05) ... Five Lady Bearcat runners finished in the top 15, as Mejia was joined by **Katie Macioice** (6th), **Marie McIntyre** (10th), **Emma Goetz** (14th), and **Crystal Sherlock** (15th) ... Mejia finished in the top 10 for the fourth time in five races this year.



Thiel Tomcats

Thiel's men and women placed second and third, respectively, at Mercyhurst ... In the men's race, sophomore **Alex Bent** paced the Tomcats with a time of 29:09, while freshman **Tiffany Blosser** led Thiel finishers in the women's race with a time of 25:53 ... In addition to Mercyhurst and Thiel, Gannon also participated.



Thomas More Saints

The TMC men finished 18th with 589 points at the Otterbein Invitational Saturday ... Sophomore **Kyle Egan** paced the team as he finished 164th (28:17.8) ... Egan was followed by junior **Josh Horn** in 167th, freshman **Sean Burgoon** in 208th, freshman **Josh Newport** in 210th and freshman **Nathan Goodrich** in 252nd place ... The women's team finished with 565 points to finish 19th in the field ... Freshman **Katie Metemaker** paced the team as she finished 106th with a time of 25:09.2 ... She was followed by sophomore **Rachel Krumpelbeck** in 137th place, freshman **Christine Kues** in 184th place, freshman **Graciela Reynolds** in 188th place, freshman **Kristina Marcelli** in 276th place.



Washington & Jefferson Presidents

The Washington and Jefferson men's and women's cross country teams took a week off following the Dickinson Long-Short Invitational, where the men's team finished 18th out of 19 teams and the women finishing 14th out of 15 teams ... Both teams will look to rebound this weekend when they travel to Slippery Rock, Pa., competing in the Slippery Rock Invitational



Waynesburg Yellow Jackets

Following a two-week hiatus, both the Waynesburg University men's and women's cross country teams returned to action on Saturday, Sept. 27, when they traveled to Maryland to compete in the Don Cathcart Invitational hosted by Salisbury University ... The men finished 13th out of the 13-team field, while the women placed 10th in a 15-team field ... As usual, senior **Megan Grover** was the top performer for the women with a third-place overall finish at the event ... Meanwhile, freshman **Adam Swingle** was the top finisher for the men, placing 99th overall.



Westminster Titans

The Westminster College men's and women's cross country teams each placed sixth at the Saint Vincent Invitational on Saturday ... The men took sixth out of nine teams finishing with 151 points while the women were sixth out of 11 teams with 164 points ... Junior **Elizabeth Beardley** led the Titan women with an 18th-place time of 21:49 ... Freshman **Morgan Hanes** led the Titan men with a 23rd-place time of 28:43.



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	Ind. only	3rd/5
Oct. 11	at Carnegie Mellon Invitational		
Nov. 1	PAC Championships <i>(West Chester, Ohio - hosted by Thomas More)</i>		
Nov. 15	NCAA Mid-East Regionals <i>(Waynesburg, Pa.)</i>		

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
Sept. 27	at Saint Vincent Invitational	9th/12
Oct. 4	at Pitt-Greensburg Invitational	
Oct. 11	at Carnegie Mellon Invitational	
Nov. 1	PAC Championships <i>(West Chester, Ohio - hosted by Thomas More)</i>	
Nov. 15	NCAA Mid-East Regionals <i>(Waynesburg, Pa.)</i>	

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	7th/10	4th/12
Oct. 11	at Carnegie Mellon Invitational		
Oct. 18	at Walsh Invitational		
Nov. 1	PAC Championships <i>(West Chester, Ohio - hosted by Thomas More)</i>		
Nov. 15	NCAA Mid-East Regionals <i>(Waynesburg, Pa.)</i>		

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 <i>(West Chester, Ohio - hosted by Thomas More)</i>		
Nov. 15	NCAA Mid-East Regionals <i>(Waynesburg, Pa.)</i>		

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	1st/10	2nd/12
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 <i>(West Chester, Ohio - hosted by Thomas More)</i>		
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 Mercyhurst Invitational	2nd/3	3rd/3
Oct. 4	at Pitt-Greensburg Invitational		
Oct. 18	at Walsh Invitational		
Nov. 1	PAC Championships <i>(West Chester, Ohio - hosted by Thomas More)</i>		
Nov. 15	NCAA Mid-East Regionals <i>(Waynesburg, Pa.)</i>		

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	18th/20	19th/23
Oct. 4	at Louisville Invitational		
Oct. 17	at Wilmington Fall Classic		
Nov. 1	PAC CHAMPIONSHIPS <i>(West Chester, Ohio)</i>		
Nov. 15	NCAA Mid-East Regionals <i>(Waynesburg, Pa.)</i>		

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 <i>(West Chester, Ohio - hosted by Thomas More)</i>		
Nov. 15	NCAA Mid-East Regionals <i>(Waynesburg, Pa.)</i>		

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	13th/13	10th/15
Oct. 4	at Pitt-Greensburg Invitational		
Oct. 11	at Carnegie Mellon Invitational		
Nov. 1	PAC Championships <i>(West Chester, Ohio - hosted by Thomas More)</i>		
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	6th/10	6th/12
Oct. 4	at Slippery Rock Invitational		
Oct. 18	at Oberlin Invitational		
Nov. 1	PAC Championships <i>(West Chester, Ohio - hosted by Thomas More)</i>		
Nov. 15	NCAA Mid-East Regionals <i>(Waynesburg, Pa.)</i>		