

2010 PAC Cross Country Release

Week 5 - October 4



Presidents' Athletic Conference
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2010 PAC RESULTS/SCHEDULE

LAST WEEK

Friday, October 1, 2010

Lehigh Paul Short Invitational

Men (40 teams)

36. Grove City - 844

Women (41 teams)

13. Grove City -416

Saturday, October 2, 2010

Greater Louisville Invitational

Men

23. Thomas More

Women

12. Thomas More

Pitt-Greensburg Bobcat Invitational

Men (six teams)

2. Thiel - 49

Women (eight teams)

1. Chatham - 52

4. Thiel - 92

Bethany, Geneva, Saint Vincent, W&J,
 Waynesburg, Westminster - idle

THIS WEEK

Saturday, October 9, 2010

Bethany/Chatham/Geneva/Saint Vincent (M)/Washington & Jefferson/Waynesburg/Westminster at **Carnegie Mellon Invitational** - Schenley Park - Pittsburgh, Pa. - 10:30 a.m.

Saint Vincent (W) at **DeSales Invitational** - Center Valley, Pa. - 11:15 a.m.

Grove City/Thiel/Thomas More - off

LEADERS OF THE PAC: Chatham University posted the first invitational victory in the program's history when the Cougars outran seven other schools to capture the Pitt-Greensburg Bobcat Invitational on Saturday ... Pacing the Cougar harriers was FY **Rachel Leftwich** (third in 26:03) and **Tessa Hochberg** (fourth in 26:09) ... Thiel also competed at UP-G, with the Tomcat men placing second and the women fourth ... Sophomore **Regis Wagner** led Thiel with a third-place finish (28:08.4), while Tomcat freshman **Valerie White** was fifth (26:24) ... Grove City's men's & women's teams placed 36th and 13th, respectively, running against a largely D-I and D-II field at the Lehigh Paul Short Invitational in Bethlehem, Pa. ... Thomas More's women placed 12th at the Greater Louisville Invitational, led by sophomore **Celia Arlinghaus** (27th, 20:38.37) ... The Saint men were 23rd overall, with the top TMC finisher being freshman **Matt Wurtzler** (49th, 27:44.50).

Men's Runner of the Week

GARRETT CICHOWITZ

Senior

Colorado Springs, Colo.
 Palmer H.S.



Running in a field mostly comprised of Division I & II runners, Cichowitz finished 30th out of 277 runners at the Paul Short Invitational, hosted by Lehigh University in Bethlehem, Pa. he finished the eight-kilometer course in 26:09.

Also nominated was freshman **Cory Yarrington** of Bethany, senior **Garrett Cichowitz** of Grove City, junior **Richard Peterson** of Thiel, freshman **Matt Wurtzler** 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

ELLA SMITH

Sophomore

Becker, Minn.
 Becker H.S.



Smith was the top finisher for the Wolverines in a field comprised primarily of D-I and D-II runners at the Paul Short Invitational, hosted by Lehigh University in Bethlehem, Pa. Smith finished the six-kilometer course in 22:59 to finish 45th in a 281-runner race, while helping GCC finish in 13th place overall out of 41 competing teams.

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:	Garrett Cochowitz , GRO	Ella Smith , GRO
October 11:		
October 18:		

Bethany Bison

Both of Bethany's cross country teams were off last weekend ... They will return to competition this Saturday by running at the Carnegie Mellon Invitational.



Chatham Cougars

Chatham competed in the University of Pittsburgh-Greensburg Bobcat 6K Invitational this week at the Westmoreland County Fairgrounds ... The Cougars earned a first place overall finish in the invitational – their first win at an invitational in school history ... The Cougars placed two runners in the top five finishers on Saturday ... FY **Rachel Leftwich** finished third overall with a final time of 26:03, followed closely by teammate **Tessa Hochberg**, who finished in fourth place with a time of 26:09.



Geneva Golden Tornadoes

The Geneva cross country team enjoyed a weekend of rest to prepare for the home stretch ... The Golden Tornadoes head to Carnegie Mellon this weekend and then to the biggest regular season meet of the year at Oberlin on October 16th ... The PAC championships will take place on October 30th of this month.



Grove City Wolverines

Grove City's men's and women's cross country teams competed in Lehigh University's Paul Short Invitational Friday afternoon in Bethlehem, Pa. The meet featured dozens of Division I and Division II opponents ... Grove City's men took 36th in the field, including 13th among the Division III squads in attendance ... Senior **Garrett Cichowitz** finished 30th with a time of 26:09 ... Freshman **Arleigh McRae** took 167th ... Princeton won the team title, followed by Colgate and New Hampshire ... Grove City's women's team earned 13th overall ... Sophomore **Ella Smith** finished 45th and classmate **Sara Fisher** earned 67th place ... Rutgers won the team title, followed by Princeton in second ... The Wolverines are off this week and return to action Oct. 16 at Oberlin's Inter-Regional Rumble.



Saint Vincent Bearcats

Both the SVC men's and women's teams were off on the week ... The Lady Bearcats will return to action this Saturday, traveling to the DeSales University Invitational, while the Bearcat men will be in Pittsburgh on Saturday at the Carnegie Mellon Invitational.



Thiel Tomcats

The Thiel squads competed Saturday at the seventh-annual Bobcat Invitational, hosted by Pitt-Greensburg at the Westmoreland County Fairgrounds ... Highlighting the men's performance was sophomore **Regis Wagner**, who earned a third-place finish with a time of 28:08.4 as the squad finished second at the six-team event ... On the women's side, freshman **Valerie White** paced the Tomcats with a fifth-place time of 26:24, helping lead the ladies to a fourth-place finish at the eight-team invitational ... Junior **Brendan DuLaney** crossed the line in fourth place with a time of 28:49.0, while junior **Sam Slaven** and senior **Derek Workman** posted eight-and ninth-place finishes, respectively ... For the women, freshman **Emily Petrak** finished 11th in 26:59.6.



Thomas More Saints

The Thomas More College men's and women's cross country teams both competed at the Greater Louisville Invitational in Louisville, Ky. ... The women's team finished 12th out of 28 teams the men's team finished 23rd out of 29 teams ... Sophomore **Celia Arlinghaus** led the women's team with a 27th place finish with a time of 20:38.37 and freshman **Matt Wurtzler** paced the men's team with a time of 27:44.50 and a 49th place finish.



Washington & Jefferson Presidents

W&J was idle last week and resumes action at the Carnegie Mellon Invitational in Pittsburgh, Pa., this Saturday (10:30 a.m.) ... The Presidents are competing at the CMU Invitational for the first time since 2007.



Waynesburg Yellow Jackets

Both the Waynesburg men's and women's cross country teams were not active this past week ... They return to competition on Saturday, Oct. 9, when they run at the Carnegie Mellon Invitational.



Westminster Titans

The Westminster men's and women's cross country teams were idle last week.



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		1st/8
Oct. 9	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	36th/40	13th/41
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	2nd/6	4th/8
Oct. 16	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	23rd/29	12th/28
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. 9	at Carnegie Mellon Invitational		
Oct. 16	at Hood Invitational (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)		