

2009 PAC Cross Country Release Week 6 - October 5



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2009 PAC CROSS COUNTRY RESULTS/SCHEDULE

LAST WEEK

Saturday, October 3, 2009

Pitt-Greensburg Invitational

Men (nine teams)

1. Grove City - 26
2. Thiel - 46
4. Geneva - 108
6. Waynesburg - 154

Women (11 teams)

1. Grove City - 17
2. Geneva - 79
4. Waynesburg - 125
6. Thiel - 159
8. Chatham - 207

Slippery Rock Invitational

Men (eight teams)

5. Westminster - 153
 6. Wash. & Jeff. - 155
- Bethany - individuals only

Women (nine teams)

6. Westminster - 157
 8. Bethany - 219
- Wash. & Jeff. - individuals only

Louisville Invitational

Men

Thomas More - individuals only

Women (35 teams)

24. Thomas More

THIS WEEK

Saturday, October 10, 2009

Chatham, Saint Vincent (M), Waynesburg
at Carnegie Mellon Invitational - Schenley
Park - Pittsburgh, Pa. - 10:30 a.m.

Saint Vincent (W) at Juniata Invitational -
Huntingdon, Pa. - noon

Bethany, Geneva, Grove City, Thiel,
Thomas More, Washington & Jefferson,
Westminster - idle

Men's Runner of the Week

GARRETT CHICHOWITZ

Junior

*Colorado Springs, Colo.
Palmer H.S.*



Cichowitz earned his third PAC weekly honor of the season after touching the tape in first place at the Pitt-Greensburg Invitational on Saturday. Cichowitz finished first in the 88-runner field with a time of 27:03, a full 1:15 ahead of his teammate and second-place finisher **Derek Kruse** (28:15), while leading the Wolverines to the UP-G team title.

*Also nominated was sophomore **Brendan DuLaney** of Thiel, freshman **Matt Lengerich** of Thomas More, freshman **Scott Ryan** of Washington & Jefferson, and sophomore **Morgan Hanes** of Westminster.*

Women's Runner of the Week

SARA FISHER

Freshman

*Jefferson, Md.
Brunswick H.S.*



Fisher was the top individual finisher at the Pitt-Greensburg Invitational on Saturday, as she out ran the 90-runner field in a time of 24:23, 16 seconds ahead of teammate and second-place finisher **Ella Smith** (24:39). Her effort helped the nationally-ranked Wolverines captured the UP-G team championship.

*Also nominated was freshman **Erin Reske** of Bethany, junior **Maggie Leathers** of Chatham, sophomore **Tiffany Blosser** of Thiel, freshman **Sarah Miller** of Thomas More, freshman **Erica Heidelberger** of Washington & Jefferson, 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
October 5: **Garrett Cichowitz**, GRO
October 12:
October 19:

Women

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

Bethany Bison

Bethany's cross country teams competed in their third invitational of the season Saturday by running at Slippery Rock, which featured numerous Division II schools ... The women's eight place finish was highlighted by strong efforts from freshman **Erin Reske** and senior **Maggie McCort** ... Reske placed 27th overall and third among Division III performers with a time of 25:39.9, while McCort earned 43rd place out of 133 runners by crossing with a time of 26:23.4 ... Also running for the BC women were seniors **Alissa Moss** and **Jodi Bodo** and freshman **Emily Andrews**, while the Bethany men had just two competitors in senior **Patrick Miller** and freshman **Josh Wentz**.



Chatham Cougars

Chatham competed in the Bobcat Invitational this weekend at the University of Pittsburgh at Greensburg ... The Cougars finished 8th overall with three runners placing in the top 50 ... Junior **Maggie Leathers** finished 17th with a time of 26:50, while teammates **Samantha Greenwood** and **Lizz King** finished 30th and 44th, respectively.



Geneva Golden Tornadoes

Geneva's cross country teams enjoyed a week-end away from the course after a solid outing at Waynesburg a week earlier ... Coming off second place overall finishes in both men's and women's action at Waynesburg, the Golden Tornadoes were able to rest up to prepare for the upcoming Saint Vincent meet this Saturday.



Grove City Wolverines

Both Grove City teams won team titles at the Pitt-Greensburg Invitational Saturday ... The men finished with 26 team points while the women had 17 points ... On the women's side, freshman **Sara Fisher** earned her first collegiate win by taking medalist honors ... She posted a time of 24:23 ... Classmate **Ella Smith** followed in second, 16 seconds later ... **Emily Pierce** took third for the Wolverines ... **Garrett Cichowitz** won the men's race in 27:03 while senior **Derek Kruse** claimed second in 28:18 ... Senior **Frankie Hourigan** added a fourth-place finish ... The teams are off this week and return to action October 17 at Oberlin College's Inter-Region Rumble ... Grove City's women are ranked third in the Mideast Region and 32nd nationally by the USTFCCCA.



Saint Vincent Bearcats

Both the Saint Vincent men's and women's cross country teams had the weekend off ... The men's squad will return to action this Saturday, taking part in the Carnegie Mellon Invitational in Pittsburgh's Schenley Park, while the Lady Bearcats will travel to Juniata College to participate in the 2009 Golden Eagle Invitational.



Thiel Tomcats

Thiel's men's and women's cross country teams finished second and sixth, respectively, at the Bobcat Invitational on Saturday ... The men's second place finish came on the heels of five Tomcats placing in the top 20 at the meet ... The 'Cats were led by **Brendan DuLaney's** third-place time of 28.26 ... **Tiffany Blosser** led the women of Thiel cross country with a 15th place time of 26.30 ... Both the men and women return to action Saturday, October 17 for a meet at the Mercyhurst College Invitational.



Thomas More Saints

The Saints ran at the Greater Louisville Classic in Louisville, Kentucky on Saturday ... The women's team finished 24th out of 35 teams the men's team didn't record a team score ... The women's team was paced by freshman **Sarah Miller**, who finished 115th with a time of 21:27.50 and the men's team was paced by freshman **Matt Lengerich's** 203rd place finish with a time of 29:30.10.



Washington & Jefferson Presidents

Washington & Jefferson competed at the Slippery Rock Invitational on Saturday, October 3rd ... The men's team, which was paced by **Scott Ryan's** 27th place finish in an 8K time of 28:36, finished sixth out of eight teams at the event, while the women's squad competed as individuals at the event ... Freshman **Benjamin Kopchick** placed 34th overall with a time of 28:55 in the 120-runner field ... Freshman **Erica Heidelberger** topped the W&J women's runners with a 59th-place finish (27:18) out of 133 total runners in the 6K race ... Both the men's and women's teams are idle this weekend, but will return to action on Saturday, October 17th, traveling to the Hood College Invitational (Md.) at 11 a.m.



Waynesburg Yellow Jackets

The Yellow Jacket long distance runners were in action at the Westmoreland County Fairgrounds on Saturday as they took part in the Pitt-Greensburg Invitational ... Freshman **Kyle Edwards** led the men, who placed sixth out of nine teams, by placing 31st out of 88 individual runners ... The Waynesburg women, who finished in fourth place in the 11-team field, were paced by freshman **Megan Donovan**, who crossed the finish line in 11th place in the 90-woman field after posting a time of 26:08.



Westminster Titans

Westminster competed at the Slippery Rock Invitational Saturday at Coopers Lake Campground ... The Titan women placed fifth out of nine varsity teams with 157 points, while the men placed fourth out of seven varsity teams with 153 points ... Freshman **Brittany Kaltenbaugh** was the highest WC female finisher with an 18th-place time of 24:42 ... Sophomore Jennifer Krueger placed 26th with a time of 25:38 ... On the men's side, sophomore **Morgan Hanes** placed 21st overall for Westminster with a time of 28:18, followed by senior **Jeremiah Patterson** in at 28:42 for 29th overall.



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	Ind. only	8th/9
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	8th/11
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	4th/9	2nd/11
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	1st/9	1st/11
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	2nd/9	6th/11
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	Ind. only	24th/35
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	6th/8	Ind. only
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	6th/9	4th/11
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	4th/7	5th/9
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.)		