

2011 PAC Cross Country Release Week 6 - October 10



Presidents' Athletic Conference
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2011 PAC RESULTS/SCHEDULE

LAST WEEK

Saturday, October 8, 2011

Carnegie Mellon Invitational

Men (13 teams)

- 8. Thiel - 188
- 9. Wash. & Jeff. - 258
- 11. Westminster - 330

Women (14 teams)

- 8. Westminster - 225
- 9. Wash. & Jeff. - 270
- 12. Thiel - 323
- 14. Chatham - 394

DeSales University Invitational

Men (45 teams)

- 4. Saint Vincent - 151
- 12. Grove City - 342
- 29. Waynesburg - 859

Women (41 teams)

- 4. Grove City - 201
- 12. Waynesburg - 396
- 23. Saint Vincent - 562

Bethany/Geneva/Grove City/Thomas More
- off

THIS WEEK

Friday, October 14, 2011

Thomas More at Wilmington Fall Classic

- Wilmington, Ohio - 4:30 p.m.

Saturday, October 15, 2011

Bethany/Geneva/Grove City/Saint Vincent (M)/Thiel/Washington & Jefferson/Waynesburg/Westminster at **Oberlin Inter-Regional Rumble** - Oberlin, Ohio - 11 a.m.

Saint Vincent (W) at Gettysburg Invitational - Gettysburg, Pa. - 11 a.m.

Chatham - off

LEADERS OF THE PAC: Thiel placed eighth in the men's race and 12th in the women's at the Carnegie Mellon Invitational at Schenley Park in Pittsburgh ... Top Tomcat harriers included **Richard Peterson** (sixth, 25:55.11) and **Valerie White** (44th, 20:45.11) ... W&J was ninth for both men and women at CMU, as **Scott Ryan** (13th, 26:16) and **Kristen Galligan** (second, 19:07) paced the Presidents ... Westminster was 10th and eighth in men's & women's team competition, respectively, paced by **Aaron Sutton** (64th, 28:09.44) and **Jennifer Krueger** (10th, 19:34.72) ... Chatham placed 14th in the CMU women's standings, led by **Rachel Leftwich** and **Lizz King** ... At the 45-team DeSales Invitational, top finishers for Grove City were sophomore **Alec Schultz** (55th, 27:49.82) and junior **Ella Smith** (25th, 24:47.53) ... Saint Vincent was paced by **Kevin Wanichko** (10th) and **Ivette Mejia** (second) ... Waynesburg was led by **Brandon Dugan** (67th) and **Bre Paul** (19th) at DeSales.

Men's Runner of the Week

RICHARD PETERSON Thiel

Senior
Meadville, Pa.
Meadville H.S.



Peterson finished in sixth place overall (second among NCAA Division III runners) in a 133-runner field at the Carnegie Mellon University Invitational at Schenley Park in Pittsburgh. It is his second PAC weekly honor of the season.

Also nominated was sophomore **Alec Schultz** of Grove City, senior **Kevin Wanichko** of Saint Vincent, junior **Scott Ryan** of Washington & Jefferson, freshman **Brandon Dugan** of Waynesburg, and sophomore **Aaron Sutton** of Westminster..

Women's Runner of the Week

KRISTEN GALLIGAN Wash. & Jeff.

Freshman
Frederick, Md.
Governor Thomas Johnson H.S.



Galligan earned her second straight PAC weekly honor after placing second in a 162-runner field with a five-kilometer time of 19:07 at the Carnegie Mellon University Invitational at Schenley Park in Pittsburgh. She finished 35 seconds behind race winner **Emily Wobb** of host CMU.

Also nominated was senior **Lizz King** of Chatham, junior **Ella Smith** of Grove City, senior **Ivette Mejia** of Saint Vincent, sophomore **Bre Paul** of Waynesburg, and senior **Jennifer Krueger** of Westminster.



2011 PAC CROSS COUNTRY RUNNERS OF THE WEEK

	Men	Women
September 6:	Richard Peterson , THI	Ivette Mejia , SVC
September 12:	Scott Ryan , W&J	Ivette Mejia , SVC
September 19:	Kevin Wanichko , SVC	Jennifer Krueger , WES
September 26:	Nick Edinger , GEN	Ivette Mejia , SVC
October 3:	Scott Ryan , W&J	Kristen Galligan , W&J
October 10:	Richard Peterson , THI	Kristen Galligan , W&J
October 17:		

Bethany Bison

The Bison were off last weekend and will be back on the courses this weekend at the Oberlin Invitational ... It will be the final competition for Bethany before the PAC Championships, which are set for Oct. 29 at Westminster.



Chatham Cougars

Chatham placed 14th out of 15 at the Carnegie Mellon Invitational ... **Rachel Leftwich** led the Cougars and **Lizz King** finished in 22:16.06 ... King set a personal record at Schenley Park, shaving 1:22 off her time from last year ... King has set personal records at almost every course this year ... Usually a mid-runner for the Cougars, she has stepped up and consistently places second or third. ... The Cougars moved up one place from last week ... The Cougars are now idle in competition until the PAC Championships hosted by Westminster on Sat. Oct. 29th at 10 a.m.



Geneva Golden Tornadoes

Geneva's cross country teams took the weekend off to prepare for another big NCAA Division III meet this Saturday at Oberlin ... Geneva is now less than three weeks away from the PAC Championships to be held at Westminster College on October 29th.



Grove City Wolverines

The Wolverines returned to action Saturday in Center Valley, Pa., by competing in the DeSales University Invitational ... The men's team took 12th out of 45 teams and the women earned fourth out of 41 squadrons ... **Alec Schultz** led the men's team by finishing 55th out of 448 runners ... Fellow sophomore **Mark Talbott** took 59th and sophomore **Paulson Domasky** finished 66th ... For the women, junior **Ella Smith** captured 25th and junior **Mary Kate Breese** earned 27th ... **Laurel Skorup** took 38th in the 424-runner field and **Mary Rachel Robbins** recorded a 56th-place finish ... Grove City will return to action Saturday at Oberlin College's Inter-Regional Rumble in Oberlin, Ohio.



Saint Vincent Bearcats

As a team, Saint Vincent posted a score of 151 points to claim fourth-place honors at the DeSales Invitational ... Due to the amount of team's competing, the race was split into two heats, with SVC tying Messiah (PA) for first-place with 72 points ... Due to the tie-breaker where the score of the sixth-place finisher on each team was used, the Bearcats were victorious in the "Blue" heat before finishing fourth overall once the scores were combined ... Senior **Kevin Wanichko** led the way with a 10th-place finish in the field of 448 runners with a time of 26:24 ... Junior **Cameron Stumme** placed second on the Bearcats with a time of 27:10 to finish 27th ... The women finished 23rd of 41 teams at DeSales led by senior **Ivette Mejia's** second-place finish in the field of 425 runners.



Thiel Tomcats

The Tomcats competed at the Carnegie Mellon Invitational where the men placed eighth out of 13 teams and the women finished in 12th out of 15 teams ... For the men, the Tomcats were paced by **Richard Peterson** who finished sixth overall and was just the second Division III runner to finish with a total time of 25:55.11 ... Other notable times included freshman **Steve Morgan**, who finished 38th (27:13.65) and junior **Regis Wagner**, who crossed the line in 44th (27:48.38) ... On the women's side, the Tomcats were paced by **Valerie White** who came in at 44th with a total time of 20:45.11 ... **Emily Petrak** came in at 82nd with a time of 21:59.73 and freshman **Lynsay Girts** finished in 91st with a time of 22:15.21.



Thomas More Saints

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



Washington & Jefferson Presidents

Freshman Kristen Galligan finished second overall in the women's 162-runner, 5K CMU Invitational at Schenley Park with a time of 19:07... The W&J women finished ninth out of 13 teams while the men were ninth out of 15 ... Galligan was 35 seconds behind **Emily Wobb** of CMU ... Junior **Scott Ryan** led the men's team with a 13th place finish in the 133-runner men's race with a time of 26:16 ... Junior **Benjamin Kopchick** was the next best men's finisher in 43rd place (27:22), while freshman **Joshua Makepeace** was 88th (29:18) ... Sophomore **Kia Ruhkamp** placed 40th in the women's race with a time of 20:43, while classmate **Nicole Montecalvo** was 90th in a time of 22:14.



Waynesburg Yellow Jackets

The Waynesburg men's and women's cross country teams were back in action after a two-week hiatus at the DeSales Invitational ... The Yellow Jacket men placed 29th out of 45 teams competing in the event that was split up into Blue and Red races ... Freshman **Brandon Dugan** placed a team-best 67th out of the 215-man field ... The women put together a solid 12th-place showing in a field of 41 teams at DeSales, and were led by standout sophomore **Bre Paul** who finished in 19th place out of 219 participants.



Westminster Titans

The Westminster cross country teams competed at the Carnegie Mellon Invitational Saturday at Schenley Park ... The Titan women placed eighth out of 14 varsity teams with 225 points, while the Titan men 10th out of 12 varsity teams with 330 points ... Senior **Jennifer Krueger** led the Westminster women by placing 10th overall, ninth out of varsity teams, and third out of runners from Division III schools with a time of 19:34.72 in the 5-kilometer race ... Freshman **Jenny Jones** placed 36th overall at 20:32.25 ... On the men's side, sophomore **Aaron Sutton** led the Titans with a 64th-place time of 28:09.44 for the 8-kilometer run, while senior **Justin Jones** placed 79th with a time of 28:47.65.



Bethany Bison

		Men	Women
Sept. 3	at Westminster Fisher Invitational	NTS	11th/16 (284)
Sept. 10	at Waynesburg Invitational	NTS	4th/7 (125)
Sept. 20	Bethany 5K Invitational	NTS	1st/2 (15)
Oct. 1	Pitt Greensburg Invitational	NTS	3rd/12 (91)
Oct. 15	at Oberlin Inter-Regional Invitational		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Chatham Cougars

			Women
Sept. 3	at Westminster Fisher Invitational		14th/16 (411)
Sept. 10	at Waynesburg Invitational		9th/11 (236)
Sept. 24	at Saint Vincent Invitational		8th/11 (236)
Oct. 1	at Pitt-Greensburg Invitational		7th/12 (137)
Oct. 8	at Carnegie Mellon Invitational		14th/15 (394)
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Geneva Golden Tornadoes

		Men	Women
Sept. 1	GENEVA 5K	2nd/4 (34)	2nd/4 (49)
Sept. 3	at Westminster Fisher Invit.	4th/13 (104)	10th/16 (207)
Sept. 10	at Waynesburg Invitational	3rd/8 (62)	3rd/11 (84)
Sept. 24	at Saint Vincent Invitational	3rd/9 (88)	4th/11 (100)
Oct. 1	at Pitt-Greensburg Invitational	2nd/9 (61)	1st/12 (63)
Oct. 15	at Oberlin Inter-Regional Invitational		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Grove City Wolverines

		Men	Women
Sept. 3	at Westminster Fisher Invit.	5th/13 (113)	2nd/16 (108)
Sept. 10	at Waynesburg Invitational	2nd/8 (58)	1st/11 (45)
Oct. 8	at DeSales Invitational	12th/45 (342)	4th/41 (201)
Oct. 15	at Oberlin Inter-Regional Rumble		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Saint Vincent Bearcats

		Men	Women
Sept. 3	at Duquesne Duals (M)	3rd/7	---
Sept. 3	at California (Pa.) Invitational (W)	---	6th/16 (163)
Sept. 10	at Waynesburg Invitational (W)	---	4th/11 (94)
Sept. 16	at Notre Dame Catholic Invitational	5th/20	12th/22
Sept. 24	SAINT VINCENT INVITATIONAL	1st/9 (35)	3rd/11 (91)
Oct. 8	at DeSales Invitational	4th/45 (151)	23/41 (562)
Oct. 15	at Oberlin Inter-Regional Rumble (M)		
Oct. 15	at Gettysburg Invitational (W)		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Thiel Tomcats

		Men	Women
Sept. 1	at Geneva 5K	1st/4 (32)	4th/4 (71)
Sept. 17	at Calvin-Knight Invitational	10th/16	15th/16
Sept. 24	at Otterbein Invitational	4th/13 (84)	11th/14 (280)
Oct. 1	at Pitt-Greensburg Invitational	1st/9 (29)	2nd/12 (80)
Oct. 8	at Carnegie Mellon Invitational	8th/13 (188)	12th/15 (323)
Oct. 15	at Oberlin Inter-Regional Invitational		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Thomas More Saints

		Men	Women
Sept. 3	at Mount St. Joseph Invitational	NTS	4th/4 (94)
Sept. 10	at Queen City Invitational	10th/13 (305)	13th/15 (395)
Sept. 24	at Otterbein Invitational	10th/13 (270)	12th/14 (322)
Oct. 1	at Greater Louisville Classic	35th/35 (637)	NTS
Oct. 14	at Wilmington Fall Classic		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Washington & Jefferson Presidents

		Men	Women
Sept. 10	at Waynesburg Invitational	4th/8 (100)	6th/11 (169)
Sept. 24	at Dickinson Invitational	13th/16 (335)	14th/16 (394)
Oct. 1	at Pitt Greensburg Invitational	3rd/9 (71)	5th/12 (117)
Oct. 8	at Carnegie Mellon Invitational	9th/12 (258)	9th/15 (270)
Oct. 15	at Oberlin Inter-Regional Rumble		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Waynesburg Yellow Jackets

		Men	Women
Sept. 1	at Geneva 5K	3rd/4 (60)	1st/4 (43)
Sept. 3	at Westminster Fisher Invit.	8th/13 (199)	4th/16 (134)
Sept. 10	WAYNESBURG INVITATIONAL	5th/8 (122)	2nd/11 (67)
Sept. 24	at Dickinson Invitational	16th/16 (475)	11th/16 (284)
Oct. 8	at DeSales Invitational	29th/45 (859)	12th/41 (396)
Oct. 15	at Oberlin Inter-Regional Rumble		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Westminster Titans

		Men	Women
Sept. 1	at Geneva 5K	4th/4 (109)	3rd/4 (62)
Sept. 3	FISHER INVITATIONAL	8th/13 (199)	8th/16 (189)
Sept. 17	at PS-Behrend Invitational	7th/14 (180)	3rd/11 (75)
Sept. 24	at Saint Vincent Invitational	7th/9 (133)	2nd/11 (74)
Oct. 8	at Carnegie Mellon Invitational	10th/12 (330)	8th/14 (225)
Oct. 15	at Oberlin Inter-Regional Rumble		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		