

# 2010 PAC Cross Country Release

## Week 6 - October 11



Presidents' Athletic Conference  
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### 2010 PAC RESULTS/SCHEDULE

#### LAST WEEK

Saturday, October 9, 2010

#### Carnegie Mellon Invitational

Men (22 teams)

- 5. Saint Vincent - 160
- 11. Geneva - 337
- 14t. Waynesburg - 400
- 14t. Wash. & Jeff. - 400
- 18. Westminster - 507
- 19. Bethany - 558

Women (24 teams)

- 8. Geneva - 216
- 11. Waynesburg - 292
- 13. Westminster - 375
- 14. Chatham - 433
- 15. Wash. & Jeff. - 454
- Bethany - ind. only

#### DeSales Invitational

Women (21 teams)

- 5. Saint Vincent - 180

Grove City/Thiel/Thomas More - off

#### THIS WEEK

Friday, October 15, 2010

#### Thomas More at Wilmington Fall Classic

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

Saturday, October 16, 2010

#### Waynesburg (W) Homecoming 5K

- 8 a.m.

Waynesburg (M)/Westminster at Hood

**College Open** - Frederick, Md. - 10:30 a.m.

Bethany/Geneva/Grove City/Saint Vincent

(M)/Thiel at **Oberlin Inter-Regional**

**Rumble** - Oberlin, Ohio - 11 a.m.

Saint Vincent (W)/Washington & Jefferson

at **Gettysburg Invitational** - Gettysburg, Pa. - 11 a.m.

Chatham - off

**LEADERS OF THE PAC:** Jeff Hite paced the Bearcat men at the Carnegie Mellon Invitational, finishing 29th in 27:03 ... Other top PAC finishers at CMU included **Julia Urbanski** and **Alayna Merkle** (top 20) as well as **Andrew Maienshein** of Geneva; senior **Joanna Mongelluzzo** (24th, 20:17.63) and freshman **Cory Yarrington** (100th) of Bethany; FY **Rachel Leftwich** (21:18) of Chatham; sophomore **Nicole Montecalvo** (55th, 21:09) of Washington & Jefferson; senior **Adam Swingle** (85th, 28:30.33) and freshman **Bre Paul** (27th, 20:22.37) of Waynesburg; junior **Morgan Hanes** (113th, 29:23.99) and junior **Jennifer Krueger** (45th, 20:48.62) of Westminster.

#### Men's Runner of the Week

#### SCOTT RYAN

Wash. & Jeff.

Sophomore  
Williamsville, N.Y.  
Williamsville East H.S.



Ryan was the top PAC finisher at the Carnegie Mellon Invitational in Pittsburgh Saturday, as he finished in 18th place in a 234-runner field with a time of 26:46 over the eight-kilometer course. It is his second PAC Runner of the Week honor this season.

Also nominated was freshman **Cory Yarrington** of Bethany, senior **Adam Swingle** of Waynesburg, and junior **Morgan Hanes** of Westminster.

#### Women's Runner of the Week

#### IVETTE MEJIA

Saint Vincent

Junior  
New York, N.Y.  
Henry Street Int'l H.S.



Mejia captured her fifth PAC Runner of the Week laurel after finishing fifth in a 208-runner field at the DeSales Invitational, posting a 6K time of 23:18. She was the top Division III runner in the field, which consisted of 11 Division II programs. She helped lead the Bearcats to a fifth-place team finish (second among D-III programs) in a 22-team field.

Also nominated was senior **Joanna Mongelluzzo** of Bethany, first-year **Rachel Leftwich** of Chatham, freshman **Nicole Montecalvo** of Washington & Jefferson, freshman **Bre Paul** of Waynesburg, and junior **Jennifer Krueger** of Westminster.



#### 2010 PAC CROSS COUNTRY RUNNERS OF THE WEEK

	Men	Women
September 6:	<b>Richard Peterson</b> , THI	<b>Ivette Mejia</b> , SVC
September 13:	<b>Scott Ryan</b> , W&J	<b>Ivette Mejia</b> , SVC
September 20:	<b>Richard Peterson</b> , THI	<b>Ivette Mejia</b> , SVC
September 27:	<b>Ryan Barlow</b> , SVC	<b>Ivette Mejia</b> , SVC
October 4:	<b>Garrett Cochowitz</b> , GRO	<b>Ella Smith</b> , GRO
October 11:	<b>Scott Ryan</b> , W&J	<b>Ivette Mejia</b> , SVC
October 18:		

### Bethany Bison

Bethany competed at the Carnegie Mellon Invitational Saturday ... Senior **Joanna Mongelluzzo** turned in her best performance of the season ... Her time on the 5K course of 20:17.03 was good enough for 24<sup>th</sup> place overall out of 261 runners at the meet ... Of the five PAC schools competing Saturday, she finished third among conference runners behind only a pair from Geneva and was 10<sup>th</sup> overall among Division III runners at the invitational ... Other runners for the Green & White included senior **Desiree Finley**, who placed 122<sup>nd</sup> overall, junior **Kaitlyn Black** and sophomore **Melissa Davis** ... The men's team finished in 19<sup>th</sup> place out of 22 squads ... Freshman **Cory Yarrington** was the top runner in 100<sup>th</sup> place out of 234 runners.



### Chatham Cougars

The Cougars finished 14<sup>th</sup> out of 24 total teams this weekend at the CMU 5K Invitational without two of their top five runners ... The field was comprised of nine non-Division III teams, including Division I, II, and NAIA teams ... **Rachel Leftwich** was the first Cougar to cross the finish line at 21:18, followed by **Tessa Hochberg** at 21:48 ... **Maggie Leathers**, **Lizz King**, and **Shuntia Hamilton** rounded out the top five for Chatham ... Hamilton finished with an overall time of 23:56 – an improvement of a minute and a half from last year's race.



### Geneva Golden Tornadoes

Geneva was back on the course at Carnegie Mellon University ... The women placed eighth overall including victories over all the PAC schools that were competing ... **Julia Urbanski** and **Alayna Merkle** each finished in the top 20 for the women ... Merkle came across the line with the third best freshmen time in a very competitive field ... In men's action, the GTs finished 11<sup>th</sup> overall with wins overall all PAC schools with the exception of Saint Vincent ... The highlight performance of the day was turned in by **Andrew Maienshein** ... With a steady improvement each week, Maienshein ran a personal best time of 29:28 at CMU on Saturday ... For the season, a total of nine runners have already qualified for the NCCAA national meet.



### Grove City Wolverines

Grove City returns to action this weekend at Oberlin College's Inter-Regional Rumble ... It will be Grove City's final tuneup for the conference championships October 30 ... The women's squad took ninth out of 25 teams at the Rumble last season while the Wolverine men finished 15<sup>th</sup> in a 28-team Rumble.



### Saint Vincent Bearcats

The SVC men's and women's teams both fared well Saturday, with the Lady Bearcats finishing fifth out of 22 schools at the DeSales Invitational 6K, and the men taking fifth of 23 teams at Carnegie Mellon ... The Lady Bearcats were led by **Ivette Mejia**, who took fifth individually in a field of 208 runners with a time of 23:18 ... She was the top Division-III finisher in the race, while as a team, the Lady Bearcats had the second highest finish among D-III schools ... The Bearcat men turned in a well-balanced effort, as all seven finishers cracked the 28-minute mark and came in the top 70 in the 202 runner field ... **Jeff Hite** led the way with a 29<sup>th</sup> place time of 27:03, while **Kevin Wanichko** took 34<sup>th</sup> (27:11).



### Thiel Tomcats

The Tomcat cross country program returns to action on Saturday at Oberlin's third-annual Inter-Regional Rumble, being held at the Oberlin College Cross Country Trail ... Saturday's event will be the final tune up for the Tomcats before the PAC Championships on Oct. 30.



### Thomas More Saints

The Thomas More College men's and women's cross country teams did not compete last week ... The teams return to action this week when they travel to Wilmington, Ohio on Friday for the Wilmington Fall Classic.



### Washington & Jefferson Presidents

The Washington & Jefferson College men's and women's cross country teams placed 14<sup>th</sup> and 15<sup>th</sup>, respectively, Saturday at the Carnegie Mellon Invitational at Schenley Park ... The Presidents' men were led by sophomore **Scott Ryan** who took 18<sup>th</sup> place out of 234 runners with a time of 26:46 in the 8K ... The W&J women were paced by freshman **Nicole Montecalvo**'s 55<sup>th</sup>-place finish in a 5K time of 21:09 ... Sophomore **Benjamin Kopchick** took 76<sup>th</sup> place (28:15), while freshman **Brad Hanne** earned 138<sup>th</sup> place (30:03) ... Also for the women, senior **Laura Procaro** claimed 98<sup>th</sup> place (22:10) and freshman **Kia Ruhkamp** took 104<sup>th</sup> (22:18) ... W&J is back in action this Saturday at the Gettysburg Invitational.



### Waynesburg Yellow Jackets

The Waynesburg University cross country teams both enjoyed strong performances at this past Saturday's Carnegie Mellon Invitational ... Both squads ran in fields loaded with scholarship programs ... The Jacket men tied for 14<sup>th</sup> in the field with senior **Adam Swingle** leading the charge ... Swingle posted the second-fastest time in men's program history by crossing the finish line in 28:30.33 ... The Jacket women, which finished in 11<sup>th</sup> place in a 24-team field, were paced by freshman **Bre Paul**, who finished 27<sup>th</sup> out of a field of 271 competitors with a time of 20:22.37.



### Westminster Titans

Westminster competed at the Carnegie Mellon University Invitational Saturday at Schenley Park in Pittsburgh ... The women placed 13<sup>th</sup> out of 24 teams with 375 points, while the men placed 16<sup>th</sup> out of 20 teams with 507 points ... Junior **Jennifer Krueger** led the Titans with a 45<sup>th</sup>-place time of 20:48.62 in the 5-kilometer course, while sophomore **Morgan Swartz** was the other Titan to crack the Top 100 with an 81<sup>st</sup>-place time of 21:46.94 ... On the men's side, junior **Morgan Hanes** led the Titans with an 8-kilometer time of 29:23.99 for 113<sup>th</sup> place ... Junior **Justin Jones** crossed at 126<sup>th</sup> with a time of 29:46.30. Wayne State swept the men's & women's team titles.



## 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)	19th/22	Ind. only
Oct. 16	at Oberlin Inter-Regional Invitational		
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		14th/24
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	11th/22	8th/24
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/11
Oct. 9	at Carnegie Mellon Invitational (M)	5th/23	---
Oct. 9	at DeSales Invitational (W)	---	5th/22
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	14th/22	15th/24
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	14th/22	11th/24
Oct. 16	at Hood Invitational		
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. 9	at Carnegie Mellon Invitational	16th/22	13th/24
Oct. 16	at Hood Invitational		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCAA Mid-East Regionals (Coopers Lake)		