

2009 PAC Cross Country Release Week 7 - October 12



Presidents' Athletic Conference
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2009 PAC CROSS COUNTRY RESULTS/SCHEDULE

LAST WEEK

Saturday, October 10, 2009
Carnegie Mellon Invitational
Men (14 teams)
5. Saint Vincent - 100
12. Waynesburg - 333

Women (13 teams)

8. Waynesburg - 258
12. Chatham - 335

Juniata Invitational

Women (five teams)
1. Saint Vincent - 35

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

THIS WEEK

Friday, October 16, 2009
Bethany, Thomas More at **Wilmington Fall Classic** - Wilmington, Ohio - 5 p.m.

Saturday, October 17, 2009
Grove City, Saint Vincent (M), Westminster
at **Oberlin Inter-Regional Rumble** -
Oberlin, Ohio - 10:30 a.m.

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

Thiel at **Mercyhurst Invitational** - Erie, Pa.
- 11 a.m.

Washington & Jefferson at **Hood Invitational** - Frederick, Md. - 11 a.m.

Chatham, Waynesburg - idle

Men's Runner of the Week

KYLE EDWARDS **Waynesburg**

Freshman
Saegertown, Pa.
Saegertown H.S.



Edwards was the top Waynesburg finisher at the Carnegie Mellon Invitational at Schenley Park in Pittsburgh on Saturday. The freshman finished in 85th place in the 153-runner field with a time of 29:25.97

Women's Runner of the Week

MEGAN DONOVAN **Waynesburg**

Freshman
Akron, Ohio
Coventry H.S.



Donovan earned her second PAC weekly honor after leading the Waynesburg finishers at the Carnegie Mellon Invitational at Schenley Park in Pittsburgh on Saturday. The freshman finished in 30th place in a 158-runner field with a time of 20:59.03

Also nominated was junior Maggie Leathers of Chatham.

2009 PAC CROSS COUNTRY RUNNERS OF THE WEEK

	<u>Men</u>	<u>Women</u>
September 7:	Garrett Cichowitz , GRO	Ella Smith , GRO
September 14:	Scott Ryan , W&J	Megan Donovan , WAY
September 21:	Scott Ryan , W&J	Brittany Kaltenbaugh , WES
September 28:	Garrett Cichowitz , GRO	Ella Smith , GRO
October 5:	Garrett Cichowitz , GRO	Sara Fisher , GRO
October 12:	Kyle Edwards , WAY	Megan Donovan , WAY
October 19:		

Bethany Bison

Bethany's final tune-up for PAC Championships will be this Friday when they run at the Wilmington (Ohio) College Fall Classic ... The Bison are then off next week and will compete at the conference meet Oct. 31 at Saint Vincent.



Chatham Cougars

Surrounded by four Division II teams, one NAIA team, and one Division I team, Chatham had four of their five runners run their fastest 5K time to date in this weekend's invitational ... These runners included juniors **Maggie Leathers**, **Samantha Greenwood**, and **Lizz King**, and sophomore **Shuntia Hamilton** ... Leathers finished in 43rd place overall with a time of 21:30, Greenwood came in 71st place with a time of 22:47, King finished in 83rd place at 23:18, and Hamilton came in 112th place overall finishing with a time of 25:17.



Geneva Golden Tornadoes

Geneva enjoyed the first of two consecutive off weekend before getting back on the course at Walsh on October 24th ... It will serve as the final tune-up before the PAC Championships at Saint Vincent on October 31st.



Grove City Wolverines

Grove City's cross country teams return to action Saturday at the Oberlin College Inter-Region Rumble ... The Rumble is Grove City's final tune-up for the Presidents' Athletic Conference Championships ... Grove City's men took 13th out of 30 teams at Oberlin last year while the women placed seventh in a 27-team field.



Saint Vincent Bearcats

The Bearcat men took fifth in a strong field of 14 teams at the Carnegie Mellon Invitational ... **Kevin Wanichko** led SVC, taking seventh out of 153 runners (26:19) ... The Bearcats top seven all turned in sub-28 minute times, as **Adam Tucek** took 22nd overall (27:05), and **Ryan Barlow** was 23rd (27:10) ... The Lady Bearcats earned their first team title of the year, capturing the championship at the Juniata Golden Eagle Invitational ... **Ivette Mejia** earned the individual gold, finishing first overall with a time of 19:50, for the fifth fastest-time ever recorded at the event ... **Emma Goetz** was SVC's second finisher, medaling with a fifth-place time of 20:57, while **Katie Macioce** took seventh (21:19), **Natalie Wolff** 12th (21:55), and **Claudia Arrunategui** 13th (22:05).



Thiel Tomcats

Thiel was idle last week ... The Tomcats will return to action on Saturday, Oct. 17 when they participate in the Mercyhurst College Invitational.



Thomas More Saints

The Thomas More men's and women's cross country teams had the weekend off ... The teams return to action this Friday when they compete in the Wilmington College Fall Classic in Wilmington, Ohio.



Washington & Jefferson Presidents

The Washington & Jefferson College men's and women's cross country teams were both idle this past week ... Both squads will conclude their regular-season schedules this weekend at the Hood College Invitational in Maryland and will then prepare for the PAC Championships on October 31st, in Latrobe, Pa., at 11 a.m.



Waynesburg Yellow Jackets

The Waynesburg University men's cross country team finished in 12th place out of 14 schools competing at the Carnegie Mellon Invitational on Saturday in Schenley Park ... The Yellow Jackets were led by freshman **Kyle Edwards**, who finished in 85th place out of 153 individual runners ... The woman, who placed eighth out of 13 teams, were paced by freshman **Megan Donovan**, who finished in 30th place out of 158 runners.



Westminster Titans

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



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	12th/13
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)	5th/14	---
Oct. 10	at Juniata Invitational (W)	---	1st/5
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	12th/14	8th/13
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.)		