

2010 PAC Cross Country Release Week 7 - October 18



Presidents' Athletic Conference
8500 Brooktree Road, Suite 130
Wexford, PA 15090
Web: www.pacathletics.org

Contact: Joe Onderko
(724) 933-4630
onderko@pacathletics.org

2010 PAC RESULTS/SCHEDULE

LAST WEEK

Friday, October 15, 2010

Wilmington Fall Classic

Men (28 Teams)

19. Thomas More - 562

Women (31 Teams)

17. Thomas More - 504

Saturday, October 16, 2010

Hood College Open

Men (13 teams)

2. Waynesburg - 114

6. Westminster - 145

Women (10 teams)

4. Westminster - 86

Waynesburg - individuals only

Oberlin Inter-Regional Rumble

Men (31 teams)

14. Saint Vincent - 347

20. Grove City - 557

23. Thiel - 669

28. Geneva - 735

31. Bethany - 976

Women (26 teams)

3. Grove City - 160

17. Geneva - 505

23. Thiel - 735

Bethany - Individuals only

Gettysburg Invitational

Men (25 teams)

15. Wash. & Jeff. - 402

Women (25 teams)

10. Saint Vincent - 267

19. Wash. & Jeff. - 585

Chatham - off

THIS WEEK

Saturday, October 23, 2010

No meets scheduled

Saturday, October 30, 2010

2010 PAC Men's & Women's Cross

Country Championships - hosted by

Waynesburg University - Greene County

Airport - Waynesburg, Pa.

Men - 10 a.m.

Women - 10:45 a.m.

LEADERS OF THE PAC: Waynesburg posted one of its best performances in team history with a second-place finish at the 17-team Hood Invitational, led by senior **Adam Swingle** in 21st place (29:22.26) ... The Yellow Jacket women saw freshman **Bre Paul** finish third in 25:19.02 ... Westminster also competed at Hood, with juniors **Morgan Hanes** (17th, 29:18.11) and **Jennifer Krueger** (seventh, 25:46.18) leading the Titan squads ... The Saint Vincent men led all PAC schools with a 14th-place finish at the Oberlin Inter-Regional Rumble Saturday, led by **Jeff Hite** in 44th place (26:11) ... Geneva's **Julia Urbanski** ran the fourth-fastest 6K time in school history at the Oberlin Inter-Regional meet, finishing in 23:47 ... GT **Nick Edinger** ran the program's seventh-fastest men's 8K time ... Thiel junior **Richard Peterson** set a new school 8K record after finishing 51st at Oberlin in 26:17.3 ... The Tomcat women were paced by freshman **Valerie White** (123rd, 25:05.8) ... For Bethany at Oberlin, **Cory Yarrington** was 142nd (27:23) while **Joanna Mongelluzzo** was 81st (24:00) ... Both Thomas More school records also fell at the Wilmington Fall Classic, as **Matt Wurtzler** (63rd, 27:05.48) and **Celia Arlinghaus** (65th, 20:20.53) set new program bests ... At Gettysburg, the W&J women were led by senior **Laura Procaro** (108th, 26:13).

Men's Runner of the Week

SCOTT RYAN

Wash. & Jeff.

Sophomore

Williamsville, N.Y.

Williamsville East H.S.



Ryan finished in sixth place out of 304 runners Saturday at the Gettysburg Invitational in Gettysburg, Pa., as he posted a time of 26:17 over the eight-kilometer course. It is Ryan's third PAC Runner of the Week honor this season.

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, 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 sixth PAC Runner of the Week laurel after finishing second in a 295-runner field at the Gettysburg Invitational, posting a 6K time of 22:56. She had medaled in all six SVC races this year. Her effort helped lead the Bearcats to a 10th-place team finish in a 25-team field.

Also nominated was senior **Joanna Mongelluzzo** of Bethany, sophomore **Ella Smith** of Grove City, sophomore **Celia Arlinghaus** of Thomas More, senior **Laura Procaro** 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:	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:	Scott Ryan , W&J	Ivette Mejia , SVC
October 18:	Scott Ryan , W&J	Ivette Mejia , SVC

Bethany Bison

In their final tune-up for the Oct. 30 PAC Championships, the Bison cross country teams were tested by running at the Oberlin Inter-Regional Rumble Saturday, which featured many of Division III's top cross country programs ... The men's team, which was competing against seven of the top 35 programs in the country, finished in 31st place as a team, but every Bison runner either set a new personal best time or ran right at their previous best ... The women's team competed as individuals, and again each BC competitor set a new PR ... The top runner for either side was **Joanna Mongelluzzo**, who crossed the finish line with a time of 24:00.0, which was good for 81st out of 219 runners ... The men were paced by **Cory Yarrington**, who was 142nd out of 284 runners.



Chatham Cougars

The Cougars were off this week and did not compete.



Geneva Golden Tornadoes

In one of the largest Division III cross country meets in the country, Geneva went up against some of the best competition in two regions Saturday ... The women's team featured personal best performances from **Julia Urbanski** and **Alayna Merkle** ... Urbanski ran the fourth fastest 6K race in school history at 23:47 while Merkle ran the seventh fastest time ... Urbanski's sub 24-minute pace was the first of its kind since 2008 and was 1:23 better than her personal best ... Geneva's 1-5 runners ran the fastest average time since the 2007 PAC championships ... In men's action, Nick Edinger's personal best time of 26:40 was the seventh fastest in school history ... Nine of Geneva's 14 runners ran personal best times on the day.



Grove City Wolverines

The Grove City harriers competed in the Oberlin Inter-Regional Rumble Saturday in their final tune up for the conference championships ... The women's team took third out of 26 teams and the men finished 20th in a 31-team field ... On the women's side, four runners finished in the top 35: **Ella Smith** (13th), **Sara Fisher** (28th), **Emily Pierce** (29th) and **Brigitte Fryan** (35th) ... The Wolverines earned 160 team points ... The men's team finished with 557 points ... Senior **Garrett Cichowitz** took 24th in the field ... Freshmen **Arleigh McRae** (122nd), **Mark Talbott** (124th) and **Alec Schultz** (134th) and sophomore **Tim Coyle** (153rd) rounded out the top five for the Wolverines ... The Wolverines are off this week and will compete in the PAC Championships October 30 in Waynesburg.



Saint Vincent Bearcats

Both Bearcat cross country teams turned in strong performances against deep fields on the week, with the Bearcat men taking 14th at the Interregional Rumble hosted by Oberlin, and the Lady Bearcats finishing 10 of 25 schools at the Gettysburg 6K ... For the men, 16 runners participated, and 14 recorded season best times ... **Jeff Hite** led the way with a 26:11, good for 44th in a field of 281 ... The Lady Bearcats were again led by junior **Ivette Mejia**, who finished in second overall, in a field of 295 runners, with a time of 22:56 ... She has now medaled in all six of SVC's events this season, and 10 straight dating back to last year ... **Rachael Paszko** was a second SVC medalist, finishing 20th with a time of 24:12.



Thiel Tomcats

The Tomcat cross country squad participated in Oberlin College's third-annual Inter-Regional Rumble Saturday, with the men finishing 24th (of 31) with 669 points and the women finishing 23rd (of 24) with 735 points ... Junior **Richard Peterson** set his second school record of the season on Saturday as his time of 26:17.3 is the fastest ever by a Tomcat in an 8K race ... Peterson's time was good enough for 51st place ... Sophomore **Regis Wagner**'s time of 26:34.1 earned him 78th place in the 284-person race ... Freshman **Valerie White** paced the Tomcat women in the 6K event, finishing 123rd with a time of 25:05.8 ... Fellow freshman **Emily Petrak** crossed the line in 26:42.9 for 147th place.



Thomas More Saints

The Thomas More College men's and women's cross country teams both competed at the Wilmington College Fall Classic last week in Wilmington, Ohio ... The women's team earned 504 points to finish 17th out of 31 teams ... Thomas More had two runners finished in the Top-100 as sophomore **Celia Arlinghaus** finished 61st with a time of 20:20.53 and sophomore **Alice Wallenhorst** placed 65th with a time of 20:30.83 ... The men's team finished 19th out of 28 team with 562 points ... Freshman **Matt Wurtzler** led the Saints with a 63rd place finish with a time of 27:05.48.



Washington & Jefferson Presidents

W&J placed 15th and 19th, respectively, Saturday at the Gettysburg Invitational at Gettysburg College ... The men were led by sophomore **Scott Ryan**'s time of 26:17 in the 8K race, good enough for sixth-place finish in the 304-runner field ... Sophomore **Benjamin Kopchick** placed 73rd in 28:01 ... Senior **Andy Howard** finished 76th (28:04) ... Senior **Laura Procario** paced the women with a 108th-place finish in a 288-runner field during the 6K race ... Freshman **Nicole Montecalvo** earned 122nd place with a time of 26:32 ... First-year runner **Kia Ruhkamp** collected 130th place (26:39) ... W&J has two weeks off before the PAC Championships hosted by Waynesburg at the Greene County Airport on October 30th.



Waynesburg Yellow Jackets

Waynesburg concluded the regular season schedules Saturday ... The Yellow Jacket men had maybe their best team performance in program history by placing second out of 17 teams gathered to compete at the Hood College Open in Frederick, Md. ... Senior **Adam Swingle** led the charge with a team-best 21st-place finish after crossing the finish line in 29:22.96 ... Five different Jacket men claimed top-36 finishes in the 106-man field ... The WU women split up, with most of the squad running at the annual Waynesburg Homecoming 5K ... However, freshman **Bre Paul** and sophomore **Casey Morris** joined the men at Hood ... Paul placed third overall in 25:19.02 and Morris completed the course in 27:42.81, which was good enough for 25th place.



Westminster Titans

The Westminster women placed fourth (86) out of 10 teams and the Titan men took sixth (145) out of 13 teams at the Hood College Open in Frederick, Md., Saturday ... Junior **Jennifer Krueger** led the women by placing seventh overall by running the 6-kilometer course in 25:46.18 ... Sophomore **Morgan Swartz** crossed 15th in 26:54.89 and freshman **Olivia Bonavita** placed 18th at 27:03.89 ... Bridgewater won the event led by No. 1 overall finisher **Olivia Mills** and her time of 24:29.03 ... On the men's side, junior **Morgan Hanes** paced the Titans with a 17th place time of 29:18.11 for the 8-kilometer run ... Junior **Justin Jones** also placed 25th at 29:42.78 ... Bridgewater's men won the event with first-place finisher **Jake Griffin** (27:44.33).



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	31st/31	Ind. only
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	28th/31	17th/26
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	20th/31	3rd/26
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)	14th/31	---
Oct. 16	at Gettysburg Invitational (W)	---	10th/25
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	24th/31	23rd/24
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	19th/28	17th/31
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	15th/25	19th/25
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	2nd/13	Ind. only
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	6th/13	4th/10
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCAA Mid-East Regionals (Coopers Lake)		