

# 2009-10 PAC Swimming & Diving Release

## Week 7 - December 14



Presidents' Athletic Conference  
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### 2009-10 PAC MEN'S STANDINGS (through December 13)

School	PAC Contests			All Contests		
	W	L	Pct.	W	L	Pct.
Westminster	2	0	1.00	3	1	.750
Grove City	0	0	.000	6	1	.857
Washington & Jefferson	0	1	.000	2	4	.333
Bethany	0	1	.000	0	4	.000
Saint Vincent*				0	5	.000

### 2009-10 PAC WOMEN'S STANDINGS (through December 13)

School	PAC Contests			All Contests		
	W	L	Pct.	W	L	Pct.
Westminster	3	0	1.00	4	1	.800
Grove City	1	0	1.00	7	0	1.00
Washington & Jefferson	1	1	.500	4	3	.571
Bethany	0	1	.000	0	3	.000
Chatham	0	3	.000	4	3	.571
Saint Vincent*				1	4	.200

\* - NCAA Division III provisional member - not eligible for 2008 PAC championship or player of the week honors

#### LAST WEEK

Friday, December 11, 2009

MOUNT UNION 160, Saint Vincent 97 (M)  
MOUNT UNION 153, Saint Vincent 109 (W)

Saturday, December 12, 2009

Grove City 144, HIRAM 119 (M)  
Grove City 143, HIRAM 136 (W)

#### NEXT MEETS

Saturday, January 9, 2010

Saint Vincent at Wash. & Jeff.\* - 1 p.m.  
Westminster at Rollins (Fla.) - 2 p.m.

#### Men's Swimmer/Diver of the Week

##### NATE NIELSEN

Grove City  
Junior  
Houston, Texas  
Lutheran South H.S.



Nielsen won the 800 meters and the 50 meters Saturday in Grove City's win at Hiram ... He won the 800 in 9:21.84, then won the 50 in 26.10.

#### Women's Swimmer/Diver of the Week

##### KATE WILT

Grove City  
Sophomore  
Bellefonte, Pa.  
Bellefonte H.S.



Wilt helped lead Grove City to a dual-meet win at Hiram with her performance Saturday ... She won the 200-meter free in 2:21.12 and helped the 200 medley relay squad to victory (2:15.13) ... Wilt also posted the top time in the 400 meter free (4:56.73) and in the 200m free relay (1:59.91).

### PAC Swimming & Diving 2009-10 - Week 7 Conference Notes

**LAYING LOW:** Most PAC swimming and diving teams are taking a break from competition due to finals and the holidays ... The two teams in action last week were Grove City and Saint Vincent ... The Wolverines swept the meet at Hiram, while both Bearcat swimming teams fell to Mount Union on Friday ... Conference competition resumes Jan. 9 when Saint Vincent visits Washington & Jefferson.

**NEWS & NOTES:** Grove City junior **Nate Nielsen** won both the 50-meter and 800-meter free races at the Hiram meet, while teammates **Ben Bowser**, **Eric Fairchild**, **Dan Gummel**, **Kyle Grubbs** and **Ian Smyth** also earned wins ... Saint Vincent's **Dan Kostovny** and **Casey Whittaker** paced the Bearcats individually with a pair of victories apiece ... Kostovny took first in both the 100 and 200 Breaststroke, while Whittaker won the 50 Free and 100 Fly.

**AROUND THE LEAGUE:** Grove City's **Jenny Ryan** won the 200 backstroke and 200 butterfly for the women ... **Olivia Forish**, **Angela Palumbo**, **Michelle Shimrock** and **Kate Wilt** opened the meet by winning the 200-meter medley relay ... **Katie Custer** led the Bearcat women at Mount Union with her first place finishes in all three individual events in which she participated, including the 100 Fly, 50 Free, and 100 Free.

### **Bethany Bison**

**(M: 0-4, 0-1 PAC; W: 1-3, 0-1 PAC)**

Bethany did not compete last week ... Both the men's and women's teams return to action January 13, 2010 with a PAC meet at Washington & Jefferson ... The bout is scheduled to begin at 6 p.m.



### **Chatham Cougars**

**(W: 4-3, 0-3 PAC)**

Chatham has until after the New Year before they compete again ... They will not be in action again until Friday, January 22 as they take on visiting Penn State-Behrend in a non-conference dual meet ... The meet is scheduled to begin at 7 p.m.



### **Grove City Wolverines**

**(M: 6-1, 0-0 PAC; W: 8-0, 1-0 PAC)**

The Grove City College men's and women's swimming and diving teams earned non-conference wins over Hiram in the Terriers' tank Saturday ... On the men's side, junior **Nate Nielsen** won both the 50-meter and 800-meter free races ... **Ben Bowser**, **Eric Fairchild**, **Dan Gummel**, **Kyle Grubbs** and **Ian Smyth** all earned wins ... **Jenny Ryan** won the 200 backstroke and 200 butterfly for the women ... **Olivia Forish**, **Angela Palumbo**, **Michelle Shimrock** and **Kate Wilt** opened the meet by winning the 200-meter medley relay ... **Wilt** won the 200 free, **Palumbo** won the 100 breaststroke and **Forish** took the 50 free ... Grove City is off until hosting Washington & Jefferson January 16, 2010 in conference action.



### **Saint Vincent Bearcats**

**(M: 0-5; W: 1-4)**

Both Bearcat swimming teams were in action at Mount Union on Friday, with the men falling 160-97 to the Raiders, and the Lady Bearcats losing 153-109 ... In men's action, **Dan Kostovny** and **Casey Whittaker** paced the Bearcats individually with a pair of victories apiece ... **Kostovny** took first in both the 100 and 200 Breaststroke, while **Whittaker** won the 50 Free and 100 Fly In the 1000 Free, SVC's **Zack Krejdovsky** finished first with a time of 10:58.21, while **Thomas Nielsen** took second in both the 100 Back and 200 Back ... **Katie Custer** led the SVC women, earning first place finishes in all three individual events in which she participated, including the 100 Fly, 50 Free, and 100 Free ... **Mary Kate Kenna** earned first in the 200 Breast, second in the 400 IM, and third in the 100 Breast ... **Amanda Haile** took first in the 1000 Free, while **Christine Dunleavy** won the 100 Breast ... In relay action, the SVC foursome of **Custer**, **Haile**, **Jess Kennedy**, and **Maggie Dempsey** finished first with a time of 1:44.06.



### **Washington & Jefferson Presidents**

**(M: 2-4, 0-1 PAC; W: 4-3, 1-1 PAC)**

The Washington & Jefferson men's and women's swimming and diving teams are on hiatus until January 9 when they host Saint Vincent in PAC action.



### **Westminster Titans**

**(M: 3-1, 2-0 PAC; W: 4-1, 3-0 PAC)**

The Westminster men's and women's swimming and diving teams did not compete this week. Both teams return to action January 9, 2010, competing at Rollins College.



**Bethany Bison**  
**M: 0-4, 0-1 PAC**  
**W: 1-3, 0-1 PAC**

MEN

Oct. 24	at Pitt-Bradford Relays	5th/5
Oct. 31	at Penn State-Behrend	L, 56-86
Nov. 7	HIRAM	L, 87-93
Nov. 14	WESTMINSTER*	L, 58-104
Dec. 5	at PSU-Altoona	L, 55-120
Jan. 13	at Wash. & Jeff.*	6 p.m.
Jan. 16	SAINT VINCENT*	1 p.m.
Jan. 20	FROSTBURG STATE	6 p.m.
Jan. 30	at Urbana	2 p.m.
Feb. 6	at Grove City*	1 p.m.
Feb. 18-20	- PAC Championships (GCC)	

WOMEN

Oct. 24	at Pitt-Bradford Relays	5th/5
Oct. 31	at Penn State-Behrend	L, 79-97
Nov. 7	HIRAM	L, 111-125
Nov. 14	WESTMINSTER*	L, 78-104
Dec. 5	at PSU-Altoona	W, 108-98
Jan. 13	at Wash. & Jeff.*	6 p.m.
Jan. 16	SAINT VINCENT*	1 p.m.
Jan. 20	FROSTBURG STATE	6 p.m.
Jan. 23	at Chatham*	1 p.m.
Jan. 30	at Urbana	2 p.m.
Feb. 6	at Grove City*	1 p.m.
Feb. 18-20	- PAC Championships (GCC)	

**Chatham Cougars**  
**W: 4-3, 0-3 PAC**

WOMEN

Oct. 30	at Westminster Relays	4th/6
Oct. 31	at Westminster*	L, 129.5-152.5
Nov. 7	JUNIATA	W, 224-44
Nov. 7	SWEET BRIAR	W, 176-112
Nov. 7	P.S.-ALTOONA	W, 228-52
Nov. 11	at Wash. & Jeff.*	L, 99-123
Nov. 13	at Hiram	W, 135-103
Nov. 24	GROVE CITY*	L, 97-132
Jan. 22	PENN ST.-BEHREND	7 p.m.
Jan. 23	BETHANY*	1 p.m.
Jan. 29-30	- at Cal (Pa.) Vulcan Challenge	
Feb. 6	SAINT VINCENT*	1 p.m.
Feb. 6	PENN ST.-ALTOONA	1 p.m.
Feb. 18-20	- PAC Championships (GCC)	

**Grove City Wolverines**  
**M: 6-1, 0-0 PAC**  
**W: 8-0, 1-0 PAC**

MEN

Oct. 25	at Clarion Fall Classic	1st/4
Oct. 31	at Allegheny	W, 135-101
Nov. 14	CARNEGIE MELLON	L 124-176
Nov. 20	at Saint Vincent*	W 137.5-123.5
Nov. 21	at Kenyon Quad	1st/4
Dec. 4-5	LONGNECKER INVITE	1st/5
Dec. 12	at Hiram	W, 144-119
Jan. 16	WASH. & JEFF.*	1 p.m.
Jan. 23	at Denison	1 p.m.
Jan. 29	PITT-BRADFORD	6 p.m.
Jan. 29	PENN ST.-BEHREND	6 p.m.
Jan. 30	WOOSTER	1 p.m.
Feb. 6	at Westminster*	6 p.m.
Feb. 18-20	- PAC CHAMPIONSHIPS	

WOMEN

Oct. 25	at Clarion Fall Classic	2nd/4
Oct. 31	at Allegheny	W, 136-104
Nov. 14	CARNEGIE MELLON	W 158-138
Nov. 20	at Saint Vincent*	W, 143-107
Nov. 21	at Kenyon Quad	1st/4
Nov. 24	at Chatham*	W, 132-97
Dec. 4-5	LONGNECKER INVITE	1st/9
Dec. 12	at Hiram	W, 143-136
Jan. 16	WASH. & JEFF.*	1 p.m.
Jan. 23	at Denison	1 p.m.
Jan. 29	PITT-BRADFORD	6 p.m.
Jan. 29	PENN ST.-BEHREND	6 p.m.
Jan. 30	WOOSTER	1 p.m.
Feb. 6	at Westminster*	6 p.m.
Feb. 18-20	- PAC CHAMPIONSHIPS	

**Saint Vincent Bearcats**  
**M: 0-4**  
**W: 1-3**

MEN

Oct. 25	WHEELING JESUIT	L, 118-133
Nov. 7	at Penn St.-Behrend	L, 51-168
Nov. 7	vs. Baldwin-Wallace	L, 64-169
Nov. 13	GROVE CITY*	L, 123.5-137.5
Dec. 4-6	at Fredonia State Invite	6th/10
Dec. 12	at Mount Union	L, 160-97
Jan. 9	at Wash. & Jeff.*	1 p.m.
Jan. 16	at Bethany*	1 p.m.
Jan. 23	W.VA. WESLEYAN	1 p.m.
Jan. 30	WESTMINSTER*	1 p.m.
Feb. 6	at Penn St.-Altoona	1 p.m.
Feb. 18-20	- PAC Championships (GCC)	

WOMEN

Oct. 25	WHEELING JESUIT	L, 110-144
Nov. 7	at Penn St.-Behrend	L, 104-114
Nov. 7	vs. Baldwin-Wallace	W, 148-66
Nov. 13	GROVE CITY*	L, 107-143
Dec. 4-6	at Fredonia State Invite	3rd/10
Dec. 12	at Mount Union	L, 153-109
Jan. 9	at Wash. & Jeff.*	1 p.m.
Jan. 16	at Bethany*	1 p.m.
Jan. 23	W.VA. WESLEYAN	1 p.m.
Jan. 30	WESTMINSTER*	1 p.m.
Feb. 6	at Chatham*	1 p.m.
Feb. 18-20	- PAC Championships (GCC)	

**Wash. & Jeff. Presidents**  
**M: 2-4, 0-1 PAC**  
**W: 4-3, 1-1 PAC**

MEN

Nov. 4	at Frostburg State	W, 116-80
Nov. 14	at Baldwin-Wallace	W, 175-125
Nov. 18	at Westminster*	L, 118-176
Nov. 21	Case Western	L, 128-169
	Grove City	L, 76.5-221.5
	Kenyon	L, 104-180
Dec. 4-5	at GCC Longnecker Invit.	2nd/5
Jan. 9	SAINT VINCENT*	1 p.m.
Jan. 13	BETHANY*	6 p.m.
Jan. 16	at Grove City*	1 p.m.
Jan. 23	PENN ST.-BEHREND	1 p.m.
Jan. 30	HIRAM	1 p.m.

WOMEN

Nov. 4	at Frostburg State	W, 106-86
Nov. 11	CHATHAM*	W, 123-99
Nov. 14	at Baldwin-Wallace	W, 134-103
Nov. 18	at Westminster*	L, 127-170
Nov. 21	Kenyon	L, 143.5-146.5
	Grove City	L, 128-171
	Case Western	W, 153-144
Dec. 4-5	at GCC Longnecker Invit.	2nd/9
Jan. 9	SAINT VINCENT*	1 p.m.
Jan. 13	BETHANY*	6 p.m.
Jan. 16	at Grove City*	1 p.m.
Jan. 23	PENN ST.-BEHREND	1 p.m.
Jan. 30	HIRAM	1 p.m.

**Westminster Titans**  
**M: 3-1, 2-0 PAC**  
**W: 4-1, 3-0 PAC**

MEN

Oct. 24	at Clarion Fall Classic	3rd/4
Oct. 30	WC RELAY CARNIVAL	3rd/5
Nov. 7	ALLEGHENY	W, 148-145
Nov. 14	at Bethany*	W, 104-58
Nov. 18	WASH. & JEFF.*	W, 176-118
Nov. 21	WOOSTER	L, 143-153
Dec. 3-5	at Wooster Invite	5th/10 (964)
Jan. 9	at Rollins	2 p.m.
Jan. 23	CARNEGIE MELLON	1 p.m.
Jan. 30	at Saint Vincent*	1 p.m.
Feb. 4	GROVE CITY*	6 p.m.
Feb. 6	at Mount Union	1 p.m.
Feb. 18-20	- PAC Championships (GCC)	

WOMEN

Oct. 24	at Clarion Fall Classic	3rd/4
Oct. 30	WC RELAY CARNIVAL	3rd/6
Oct. 31	CHATHAM*	W, 152.5-129.5
Nov. 7	ALLEGHENY	W, 160-133
Nov. 14	at Bethany*	W, 104-78
Nov. 18	WASH. & JEFF.*	W, 170-127
Nov. 21	WOOSTER	L, 128-169
Dec. 3-5	at Wooster Invite	5th/10 (828)
Jan. 9	at Rollins	2 p.m.
Jan. 23	CARNEGIE MELLON	1 p.m.
Jan. 30	at Saint Vincent*	1 p.m.
Feb. 4	GROVE CITY*	6 p.m.
Feb. 6	at Mount Union	1 p.m.
Feb. 18-20	- PAC Championships (GCC)	