



TRACK & FIELD 2007

Presidents' Athletic Conference

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RECENT RESULTS

Saturday, March 24

California Early Bird Invitational - California, Pa. (unscored)

Grove City, Saint Vincent, Waynesburg

Emory Invitational - Atlanta, Ga.

Thiel - (Men - 7th of 23); (Women - 5th of 19)

Washington & Jefferson (Men - 13th of 23); (Women - 6th of 19)

Muskingum Invitational - New Concord, Ohio

Bethany (Men - 8th of 14; Women - 11th of 12)

Westminster (Men - 14th of 14; Women - 7th of 12)

NEXT WEEK'S SCHEDULE

Saturday, March 31

Western PA Championships - Indiana Univ. - Indiana, Pa. - 10 a.m.

Saint Vincent, Washington & Jefferson, Waynesburg

Wheeling Jesuit Invitational - Wheeling, W.Va.

Grove City, Westminster

College of Wooster Invitational - Wooster, Ohio - 11 a.m.

Thiel

Bethany - off

PAC MEN'S TRACK ATHLETE OF THE WEEK

VIRGIL MARSHALL

Washington & Jefferson College

Junior - sprints/jumps
Hopewell, Pa./Hopewell H.S.



Marshall led W&J at the Emory Invitational in Atlanta by capturing the long jump in an ECAC-qualifying mark of 7.02 meters. He also places sixth in the 100 and eighth in the 200, while helping the President 4x100 relay team to a fourth-place finish with an ECAC-qualifying time of 44.18.

Also nominated was **Matt Cruse** of Bethany, **Scott Fichter** of Grove City, **Will Mills** of Thiel, **Brian Lucarelli** of Waynesburg, and **Scott Seserko** of Westminster.

PAC WOMEN'S TRACK ATHLETE OF THE WEEK

KRISTEN CARTER

Grove City College

Sophomore - distance
Bellingham, Wash./Bellingham H.S.



Carter placed second in the 1,500 meter run (4:49.10) and third in the 800 meter run (2:24.14) at the California (Pa.) Invitational Saturday. She was the top Division III finisher in each event, while her 1,500 time surpassed the ECAC qualifying standard.

Also nominated was **Chantal Stettinius** of Bethany, **Chavonne Green** of Thiel, **Kelli Gee** of Washington & Jefferson, **Melissa Cox** of Waynesburg, and **Kristen Van Sickel** of Westminster.

PAC MEN'S FIELD ATHLETE OF THE WEEK

BOB PERRI

Grove City College

Senior - throws
Washington, Pa./Trinity H.S.



Perri captured the shot put title for the Wolverines at the California (Pa.) Invitational Saturday with a career-best throw of 48-9 1/2, which qualified him for the ECAC championships.

Also nominated was **Danny Orwa** of Bethany, **Shaun Jenkins** of Thiel, **Willy Herrington** of Waynesburg, and **Jonathan Morrow** of Westminster.

PAC WOMEN'S FIELD ATHLETE OF THE WEEK

LAUREN SPEGAL

Bethany College

Junior - throws
Bethel Park, Pa./Bethel Park H.S.



Spegal shattered her own school record by 15 inches in the shot put with a toss of 37-8, good for second place (first among D-III competitors) at the Muskingum Invitational Saturday. She also finished 10th of 30 competitors in the discus (106-2).

Also nominated was **Ashley Metcalfe** of Grove City, **Liz Sitko** of Thiel, **Stephanie Yeager** of Washington & Jefferson, **Ashley Dodd** of Waynesburg, and **Lynn Riley** of Westminster.

PAC TRACK & FIELD NOTES



Bethany Bison

Bethany had a strong start to their season, as three school records fell and one runner qualified for ECACs during the Muskingum Invitational ... The qualifying runner was freshman **Matt Cruse** in the 110 hurdles, as he finished second in 15.70 seconds to surpass the ECAC standard of 15.84 ... Senior **Danny Orwa** established a new mark in the 3,000 steeplechase (11:02.49) ... Orwa also took second in the long jump (20-7.25) ... Junior **Lauren Spegal** shattered her own mark in the shot put (37-8), which placed her second and shattered her own mark by 15 inches ... In the 3,000 steeplechase, junior **Chantal Stettinius** took sixth place with a time of 13:27.31 to shave 32 seconds off the previous mark, set by **Sarah Goho** in 2005.

Grove City Wolverines



Grove City's track and field teams competed in the California Early Bird Invitational Saturday ... Two GCC field men posted wins as senior **Bob Perri** won the shot put and junior **Matt Kulinski** took the pole vault ... Perri won the shot with an ECAC qualifying mark of 48-9½, while Kulinski cleared 14-7 to win the pole vault ... **Dan Spaulding** took second in the 10K, while **Dave Hodge** finished second in the triple jump (43-6) and also qualified for the ECAC meet ... **Justin Fowler** threw the discus 141 feet, earning third and a trip to ECACs ... Sophomore **Kristen Carter** helped the women by placing second in the 1500 and third in the 800 ... Sophomore **Julia Seward** placed second in the 5000 while junior **Mary Majchrowicz** took third in the 400.



Thiel Tomcats

Thiel competed at the Emory Invitational Saturday ... Sophomore **Chavonne Green** paced Thiel with a second-place finish in the triple jump (34-11), a sixth-place finish in the 100-meter dash (12.99) and a seventh-place finish in the 200-meter dash (26.48) ... Green was also a member of the second-place 4x100-meter relay squad (50.36) ... Freshman **Liz Sitko** finished third in the discus (114-11) while sophomore **Ashley Williams** finished fourth in the 200-meter dash (26.35) and fifth in the 400-meter dash (58.95) ... On the men's side the 4x400-meter relay squad ran to a second-place finish (3:20.95) ... Members were junior **Will Mills**, sophomores **Deighton Williams** and **David Durran** and freshman **Alex Eaton**.

Washington & Jefferson Presidents



The Presidents began their outdoor season Saturday at the Emory Classic ... Junior **Virgil Marshall** won the long jump with an ECAC-qualifying leap of 7.02 meters ... Marshall also placed sixth in the 100 meters (11.32) and eighth in the 200 meters (22.75) ... He led the 4x100 relay team to a fourth-place showing in an ECAC-qualifying time of 44.18 ... Sophomores **Travis Bui**, **Travis Reline** and **Jeff Smith** joined Marshall on the relay ... Junior **Matt Rudzki** rounded out W&J's top finishers in third place in the 10,000 meters (33:08.29) ... Junior **Kelli Gee** posted the women's top finish after claiming second in the long jump with an ECAC-qualifying leap of 5.36 meters ... Gee was also fourth in the triple jump (10.58 meters).



Waynesburg Yellow Jackets

The Yellow Jackets opened at the California (Pa.) Early Bird Invitational ... Sophomore **Ashley Dodd** qualified for the ECAC Championship in the pole vault, as she cleared 3.35 meters to finish second in the 18-member field and was the top finisher among non-scholarship athletes ... Sophomore **Janet Carson** posted a pair of top fishes in two distance events, finishing third in the 3000-meters and fifth in the 5000-meters ... Freshman **Melissa Cox** finished fifth overall (second among D-III competitors) in the 800 meter dash (2:29.60) ... On the men's side, sophomore **Willy Herrington** finished in the top 10 in both the discus and shot, finishing just 0.04 meters shy in the discus to qualify for ECACs ... Freshman **Jake Raddish** finished third overall (tops among DIII athletes) in the high jump (1.82 meters).

Westminster Titans



Westminster competed at the Muskingum Invitational Saturday ... The Westminster women had 17 medals in 12 events, while the men had three in two events ... Freshman **Elizabeth Beardsley** broke the school record in the 3,000-meter steeplechase with a fifth-place time of 13:22.15 in her first collegiate competition ... The Titan women had two times that qualified for the ECAC Championships: the 4x100 relay team with a second-place time of 50.87, and sophomore **Kristen Van Sichel** with a third-place time of 59.81 in the 400 ... Freshman **Lynn Riley** medaled in three events, capturing fourth in the triple jump (10.0), sixth in the long jump (4.68) and eighth in the pole vault (2.43).



Saint Vincent Bearcats

The Bearcats opened the 2007 outdoor track & field season at the California Early Bird Invitational in California, Pa., last Saturday, after the meet was moved from its original site at Clarion ... **Nate Sylvester** won the 3000 steeplechase in a time of 10:12.20 ... **Thad Pajak** finished third in the event ... **Adam Smith** was 7th in the 1500 meters, timed in 4:10.65.

2007 PAC Track & Field Athletes of the Week

	<u>Men</u>	<u>Women</u>
March 18:	Alex Eaton , THI (T) Matt Kulinski , GRO (F)	Chavonne Green , THI (T) Amanda Bruce , THI (F)
March 25:	Virgil Marshall , W&J (T) Bob Perri , GRO (F)	Kristen Carter , GRO (T) Lauren Spegal , BET (F)
April 1:		
April 8:		
April 15:		
April 22:		