



TRACK & FIELD 2009

Presidents' Athletic Conference

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2009 PRESIDENTS' ATHLETIC CONFERENCE (PAC) TRACK & FIELD CHAMPIONSHIPS Harold Burry Stadium - Westminster College - New Wilmington, Pa. - April 25, 2009

Final 2009 PAC Men's Team Standings

1. Grove City College (GRO)	208
2. Washington & Jefferson College (W&J)	128
3. Thiel College (THI)	122
4. Waynesburg College (WAY)	59
5. Westminster College (WES)	47
6. Bethany College (BET)	26
Geneva College (GEN)	unscored
Saint Vincent College (SVC)	unscored

Final 2009 PAC Women's Team Standings

1. Westminster College (WES)	143
2t. Thiel College (THI)	123
2t. Waynesburg College (WAY)	123
4. Washington & Jefferson College (W&J)	80
5. Bethany College (BET)	76
6. Grove City College (GRO)	42
Geneva College (GEN)	unscored

2009 FINAL MEN'S TRACK & FIELD RESULTS

<u>EVENT</u>	<u>1st Place (All-PAC 1st team)</u>	<u>2nd Place (All-PAC 2nd team)</u>	<u>3rd Place (All-PAC Hon. Mention)</u>
100 Meter Dash	Delikli Wilson, Sr., THI 11.42	Daniel Farray, So., BET 11.46	Jamalle Bowers, Fr., WAY 11.54
200 Meter Dash	Alex Eaton, Jr., THI 22.33	John Fite, So., GRO 23.38	Delikli Wilson, Sr., THI 23.40
400 Meter Dash	Alex Eaton, Jr., THI 48.96	Deighton Williams, Sr., THI 49.58	John Fite, So., GRO 49.66
800 Meter Run	Darin Miller, Sr., GRO 1:59.64	Derek Workman, So., THI 1:59.99	Rashawn Walker, Fr., THI 2:00.24
1,500 Meter Run	Derrick Kruse, Jr., GRO 4:07.39	Brenden DuLaney, Fr., THI 4:16.23	Frankie Hourigan, Jr., GRO 4:17.34
3,000 Steeplechase	Frankie Hourigan, Jr., GRO 10:20.56	Adam Swingle, So., WAY 10:29.04	Morgan Hanes, Fr., WES 10:37.34
5,000 Meter Run	Dan Spaulding, Sr., GRO 16:46.17	Frankie Hourigan, Jr., GRO 17:05.10	Tim Su, Sr., GRO 17:08.74
10,000 Meter Run	Dan Spaulding, Sr., GRO 35:03.56	Andrew Howard, So., W&J 35:31.94	Tim Su, Sr., GRO 35:39.86
110 Meter High Hurdles	Dorran Coley, Sr., THI 14.75	Jeff Smith, Sr., W&J 15.61	Greg French, Fr., W&J 15.65
400 Meter Hurdles	Bryant Wang, Fr., W&J 56.32	Trale Merz, Fr., WAY 56.53	Chris Allebach, Sr., GRO 56.88
4 x 100 meter relay	Thiel 42.92	Grove City 43.31	Washington & Jefferson 44.07
4 x 400 meter relay	Thiel 3:19.13 (new PAC record)	Grove City 3:26.27	Washington & Jefferson 3:28.49
Discus	Matt Six, Sr., GRO 45.12m / 148-0 1/4	Will Herrington, Sr., WAY 43.29m / 142-0 1/4	Tony Clark, Jr., GRO 43.17m / 141-7 1/2
Javelin	Curt Jones, Jr., W&J 56.91m / 186-8 1/2	Jonathan Morrow, Jr., WES 53.41m / 175-2 3/4	Pete Polesnak, So., GRO 50.96m / 167-2 1/4
Shot Put	Matt Ridge, Jr., GRO 15.39m / 50-6	Chris Huber, Sr., GRO 14.69m / 48-2 1/4	Bryan Considerder, Jr., W&J 14.26m / 46-9 1/2
Long Jump	Josh Buckley, Fr., W&J 6.62m / 21-8 1/2	Greg French, Fr., W&J 6.49m / 21-3 1/2	Eric Wisler, Jr., WAY 6.39m / 20-11 1/2

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Triple Jump	Josh Buckley , Fr., W&J 13.63m / 44-8 1/2	Curt Jones, Jr. , W&J 13.47m / 44-2 1/4	Greg French , Fr., W&J 13.35m / 43-9 1/2
High Jump	Dorran Coley , Sr., THI 2.00m / 6-6 3/4	Clint Wilson , So., BET 1.95m / 6-4 3/4	Derrick Kruse , Jr., GRO 1.90m / 6-2 3/4
Pole Vault	Caleb Smathers , Fr., WES 4.18m / 13-8 1/2	(t-2) Scott Harman , Fr., GRO 4.03m / 13-2 3/4	(t-2) Matt Perella , Fr., WES 4.03m / 13-2 3/4

EVENT	1st Place (All-PAC 1st team)	2nd Place (All-PAC 2nd team)	3rd Place (All-PAC Hon. Mention)
100 Meter Dash	Megan Harding , Sr., WES 12.37	Chavonne Green , Sr., THI 12.64	Katelynn Balmer , So., GRO 12.73
200 Meter Dash	Megan Harding , Sr., WES 25.79	Cara Riffe , Jr., THI 26.45	Michelle Wuenstel , So., W&J 26.71
400 Meter Dash	Cara Riffe , Jr., THI 57.67	Michelle Wuenstel , So., W&J 57.86	Jodi Bodo , Jr., BET 58.64
800 Meter Run	Rebecca Shiner , Sr., WES 2:18.90	Stacy Goode , So., BET 2:20.90	Kelly Goode , So., BET 2:22.08
1,500 Meter Run	Kristen Carter , Sr., GRO 4:49.40	Megan Grover , Sr., WAY 4:57.48	Emily Pietrucha , Fr., GRO 5:01.33
3,000 Steeplechase	Morgan Osterhouse , Fr., GRO 11:54.49	Erin Long , Sr., W&J 12:01.72	Maria Shepas , So., WAY 12:46.25
5,000 Meter Run	Megan Grover , Sr., WAY 18:44.13	Erin Long , Sr., W&J 19:52.25	Brigitte Fryan , So., GRO 20:42.00
10,000 Meter Run	Megan Grover , Sr., WAY 41:20.58	Megan Duffett , Sr., W&J 45:35.42	Janet Carson , Jr., WAY 46:45.65
100 Meter High Hurdles	Kate Kushner , Sr., WES 15.58	Katelynd McElhany , So., W&J 15.74	Abbey Basta , Jr., WES 16.19
400 Meter Hurdles	Kate Kushner , Sr., WES 1:04.96	Cara Riffe , Jr., THI 1:06.63	Abbey Basta , Jr., WES 1:06.77
4 x 100 meter relay	Westminster 48.33 (new PAC record)	Thiel 48.34	Bethany 50.45
4 x 400 meter relay	Bethany 4:02.53	Thiel 4:04.07	Westminster 4:04.85
Discus	Emily Dolsak , Fr., WES 41.45m / 136-0 (new PAC record)	Tara Harris , So., BET 36.42m / 119-5 3/4	Liz Sitko , Jr., THI 36.34m / 119-2 3/4
Javelin	Elisha Jones , So., WAY 42.29m / 138-9 (new PAC record)	Marybeth Rocco , Fr., WAY 39.27m / 128-10	Amanda Staudt , Sr., WAY 37.17m / 121-11 1/2
Shot Put	Kim Stitt , So., THI 12.29m / 40-3 3/4	Carly Schubert , Fr., WAY 12.00m / 39-4 1/2	Joy Metzler , So., THI 11.86m / 38-11
Long Jump	Katelynd McElhany , So., W&J 5.27m / 17-3 1/2	Kim Stitt , So., THI 5.23m / 17-2	Connie Woods , Fr., BET 5.19m / 17-0 1/2
Triple Jump	Krystal Baker , Fr. WAY 11.56m / 37-11	Kim Stitt , So., THI 11.41m / 37-5 1/4	Chavonne Green , Sr., THI 10.87m / 35-8
High Jump	Summer Baumgard , Sr., W&J 1.65m / 5-5	Krystal Baker , Fr., WAY 1.58m / 5-2 1/4	Kelsie Crowder , So., WES 1.58 m / 5-2 1/4
Pole Vault	Ashley Dodd , Sr., WAY 3.60m / 11-9 3/4 (new PAC record)	Merrissa Malcolm , Fr., WES 3.40m / 11-1 3/4	Krystal Baker , Fr., WAY 3.10m / 10-2

2009 PAC Men's Track MVP: **Alex Eaton**, Jr., Thiel

2009 PAC Women's Track MVP: **Cara Riffe**, Jr., Thiel

2009 PAC Men's Field MVP: **Josh Buckley**, Fr., Washington & Jefferson

2009 PAC Women's Field MVP: **Kim Stitt**, Soph., Thiel

2009 PAC Men's Track & Field Coach of the Year: **Mark FitzPatrick**, Washington & Jefferson

2009 PAC Women's Track & Field Coach of the Year: **Jason Falvo**, Waynesburg

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