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## WOMEN'S OUTDOOR TRACK AND FIELD

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**PAC SCOREBOARD**

# 2014 All-PAC Women's Outdoor Track & Field

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2014 PAC Women's Track & Field MVP: Grove City sophomore **Emily Rabenold** (Allison Park, Pa./Hampton)

2014 PAC Women's Track & Field - Co-Track MVPs: Washington & Jefferson senior **Cheyenne Mangold** (Boerne, Texas/Texas Military Institute), Westminster senior **Haley Gabor** (New Kensington, Pa./Ford City)

2014 PAC Women's Track & Field - Field MVP: Grove City freshman **Katelyn Hess** (Medina, Ohio/CVCA)

2014 PAC Women's Track & Field Coach of the Year: Grove City's **Todd Gibson**

M – PAC Outdoor Track & Field Championship meet record

Event	First place (All-PAC 1st team)	Second place (All-PAC 2nd team)	Third Place (All-PAC honorable mention)
100	<b>Paige Prato</b> , Sr., Bethany 12.45	<b>Haley Gabor</b> , Sr., Westminster 12.50	<b>Brittney Traynor</b> , So., Wash. & Jeff 12.51
200	<b>Haley Gabor</b> , Sr., Westminster 25.25M	<b>Paige Prato</b> , Sr., Bethany 25.59	<b>Cheyenne Mangold</b> , Sr., Wash. & Jeff. 25.71
400	<b>Cheyenne Mangold</b> , Sr., Wash. & Jeff. 57.35	<b>Haley Gabor</b> , Sr., Westminster 57.48	<b>Alicia Nuzzo</b> , So., Westminster 59.00
800	<b>Alayna Markle</b> , Sr., Geneva 2:28.83	<b>Janice Novecek</b> , So., Grove City 2:26.30	<b>Cayla Clawson</b> , Sr., Grove City 2:26.95
1,500	<b>Alayna Merkle</b> , Sr., Geneva 4:52.55	<b>Cayla Clawson</b> , Sr., Grove City 4:56.98	<b>Janice Novecek</b> , So., Grove City 5:02.88
3,000 steeplechase	<b>Emily Rabenold</b> , So., Grove City 11:12.09M	<b>Laurel Skorup</b> , Sr., Grove City 11:44.36	<b>Katherine Latimer</b> , Fr., Waynesburg 11:54.13
5,000	<b>Emily Rebenold</b> , So., Grove City 18:10.84	<b>Genie Fratto</b> , Sr., Saint Vincent 18:47.74	<b>Jenny Jones</b> , Jr., Westminster 18:49.32
10,000	<b>Emily Rabenold</b> , So., Grove City 40:08.29	<b>Jenny Jones</b> , Jr., Westminster 40:34.19	<b>Rachael Paszko</b> , Sr. Saint Vincent 40:59.64
110 hurdles	<b>Eliza Lowe</b> , So., Grove City 14.67M	<b>Morgan Berg</b> , So., Thiel 15.01	<b>Adriana DePorzio</b> , So., Westminster 15.75
400 hurdles	<b>Eliza Lowe</b> , So., Grove City 1:04.19	<b>Cheyenne Mangold</b> , Sr., Wash. & Jeff. 1:06.50	<b>Marissa Toensing</b> , So., Westminster 1:06.58
4x100 relay	<b>Bethany</b> 49.84	<b>Wash. &amp; Jeff.</b> 50.01	<b>Westminster</b> 50.34
4x400 relay	<b>Westminster</b> 4:00.51	<b>Wash. &amp; Jeff.</b> 4:02.04	<b>Grove City</b> 4:04.79
Discus	<b>Moriah Agnew</b> , Sr., Westminster 126-07 (38.59m)	<b>Alaura Hanssen</b> , Jr., Westminster 125-02 (38.15m)	<b>Taylor Ketler</b> , So., Thiel 120-11 (36.85m)
Javelin	<b>Megan Sowers</b> , Sr., Waynesburg 118-08 (36.16m)	<b>Rebeka Rupert</b> , Fr., Geneva 109-05 (33.36m)	<b>Jesse Hinkle</b> , Fr., Chatham 108-02 (32.97m)
Shot put	<b>Harley Straub</b> , Sr., Wash. & Jeff. 38-00.75 (11.60m)	<b>Sara Williams</b> , Jr., Geneva 36-00.00 (10.97m)	<b>Megan Sowers</b> , Sr., Waynesburg 35-10.75 (10.94m)
Long jump	<b>Cassidy Shepherd</b> , Fr., Westminster 16-08.00 (5.08m)	<b>Shayla Henderson</b> , Fr., Thomas More 16-07.75 (5.07m)	<b>Angela Colella</b> , So., Westminster 16-05.25 (5.01m)
Triple jump	<b>Katelyn Hess</b> , Fr., Grove City 34-03.00 (10.44m)	<b>Rachel Watson</b> , Fr., Grove City 33-09.50 (10.30m)	<b>Amanda Hobe</b> , Jr., Waynesburg 33-07.50 (10.25m)
High jump	<b>Sadie Malone</b> , Jr., Grove City 5-00.25 (1.53m)	<b>Brook Burns</b> , Jr., Wash. & Jeff. 5-00.25 (1.53m)	<b>Katelyn Hess</b> , Fr., Grove City 4-10.25 (1.48m)
Pole vault	<b>Marissa Kalsey</b> , So., Westminster 12-03.50 (3.75m)M	<b>Cassidy Shepherd</b> , Fr., Westminster 11-01.75 (3.40m)	<b>Brooke Mancuso</b> , Fr., Westminster 11-01.75 (3.40)



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**PAC SCOREBOARD**

# 2014 All-PAC Men's Outdoor Track & Field

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2014 PAC Men's Track & Field MVP: Waynesburg junior **Byrum Louco** (Wexford, Pa./North Allegheny)

2014 PAC Men's Track & Field - Track MVP: Waynesburg junior **Byrum Louco** (Wexford, Pa./North Allegheny)

2014 PAC Men's Track & Field - Field MVP: Thiel junior **Nic Jones** (Franklin, Pa./Franklin)

2014 PAC Women's Track & Field Coach of the Year: Grove City's **Todd Gibson**

M – PAC Outdoor Track & Field Championship meet record

Event	First place (All-PAC 1st team)	Second place (All-PAC 2nd team)	Third Place (All-PAC honorable mention)
100	<b>Lucas Nare, Jr.</b> , Thomas More 10.74	<b>Christopher Jones, Fr.</b> , Thiel 10.91	<b>Cameron Unrath, Fr.</b> , Geneva 11.05
200	<b>Lucas Nare, Jr.</b> , Thomas More 21.48	<b>Christopher Jones, Fr.</b> , Thiel 21.95	<b>Jacob Mellinger, So.</b> , Geneva 22.28
400	<b>Byrum Louco, Jr.</b> , Waynesburg 48.87	<b>Jake Dindak, So.</b> , Westminster 49.16	<b>John Green, Sr.</b> , Grove City 49.30
800	<b>Vincent Tonzo, So.</b> , Saint Vincent 1:53.59M	<b>Chansler Poole, Sr.</b> , Saint Vincent 1:54.24	<b>Joshua Makepeace, Jr.</b> , Wash. and Jeff. 1:57.24
1,500	<b>Chansler Poole, Sr.</b> , Saint Vincent 4:02.28	<b>Vincent Tonzo, So.</b> , Saint Vincent 4:02.47	<b>Brandon Moretton, Fr.</b> , Saint Vincent 4:07.59
3,000 steeplechase	<b>Mark Talbot, Sr.</b> , Grove City 10:00.85	<b>Matt Mucha, Sr.</b> , Grove City 10:05.17	<b>Nick Killen, Sr.</b> , Saint Vincent 10:10.70
5,000	<b>Peter Christiansen, Jr.</b> , Grove City 15:42.54	<b>Arleigh McRae, Sr.</b> , Grove City 15:46.86	<b>Daniel Christiansen, Fr.</b> , Grove City 15:49.41
10,000	<b>Matt Wurtzler, Sr.</b> , Thomas More 32:39.58	<b>Daniel Christiansen, Fr.</b> , Grove City 32:54.42	<b>Sawyer Palonder, So.</b> , Saint Vincent 33:09.72
110 hurdles	<b>Nick Betz, Fr.</b> , Grove City 14.79	<b>Dalton Paxson, Fr.</b> , Geneva 15.54	<b>Byrum Louco, Jr.</b> , Waynesburg 15.96
400 hurdles	<b>Byrum Louco, Jr.</b> , Waynesburg 54.17	<b>Nick Betz, Fr.</b> , Grove City 54.91	<b>Dillon Handy, Jr.</b> , Bethany 57.48
4x100 relay	<b>Thomas More</b> 42.75	<b>Geneva</b> 43.04	<b>Waynesburg</b> 43.32
4x400 relay	<b>Waynesburg</b> 3:24.19	<b>Westminster</b> 3:26.67	<b>Bethany</b> 3:27.25
Discus	<b>Jason Frawley, Sr.</b> , Westminster 139-07 (42.55m)	<b>Kurt Bonnet, Sr.</b> , Waynesburg 135-09 (41.38m)	<b>Nick Fiorentino, So.</b> , Westminster 135-08 (41.36m)
Javelin	<b>Travis Schubert, Sr.</b> , Waynesburg 173-10 (52.98m)	<b>Jordan Rupert, Jr.</b> , Geneva 172-08 (52.63m)	<b>Eric Mallinger, So.</b> , Thiel 170-08 (52.03m)
Shot put	<b>Jason Frawley, Sr.</b> , Westminster 47-07.25 (14.51m)	<b>R.J. Malson, So.</b> , Thiel 45-07.25 (13.90m)	<b>Nick Fiorentino, So.</b> , Westminster 45-05.00 (13.84m)
Long jump	<b>Umar Moore, So.</b> , Bethany 23-02.75 (7.08m)	<b>Nic Jones, Jr.</b> , Thiel 22-08.00 (6.91m)	<b>Paul Carswell, So.</b> , Westminster 21-08.00 (6.60m)
Triple jump	<b>Anthony Thomas, Sr.</b> , Westminster 46-04.25 (14.13m)	<b>Nic Jones, Jr.</b> , Thiel 45-04.25 (13.82m)	<b>Umar Moore, So.</b> , Bethany 45-03.50 (13.80m)
High jump	<b>Nic Jones, Jr.</b> , Thiel 6-09.75 (2.08m)	<b>Tom Kocur, So.</b> , Grove City 6-00.00 (1.83m)	<b>Jason Propst, Jr.</b> , Waynesburg 6-00.00 (1.83m)
Pole vault	<b>Andrew Brannen, So.</b> , Westminster 14-05.25 (4.40m)	<b>Jack Middleton, Fr.</b> , Thiel 12-11.50 (3.95m)	<b>Thaddeus Piscatelli, Sr.</b> , Wash. and Jeff. 12-11.50 (3.95m)

