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PAC SCOREBOARD

2015 All-PAC Women's Outdoor Track & Field

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2015 PAC Women's Track & Field MVP: Grove City junior **Emily Rabenold** (Allison Park, Pa./Hampton)

2015 PAC Women's Track & Field - Track MVP: Grove City junior **Emily Rabenold** (Allison Park, Pa./Hampton)

2015 PAC Women's Track & Field - Field MVP: Waynesburg freshman **Addy Knetzer** (Houston, Pa. / Chartiers-Houston)

2015 PAC Women's Track & Field Coach of the Year: Grove City's **Todd Gibson**

2015 PAC Women's Track & Field Team Sportsmanship Award: Grove City

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	Whitney Martin , Fr., Bethany 12.37	Jessica Kelosky , Fr., Geneva 12.54	Marissa Toensing, Jr. , Westminster 12.68
200	Maria Jackson-McBride, Jr. , Bethany 25.48	Whitney Martin , Fr., Bethany 25.81	Christina Cook , Fr., Thomas More 26.06
400	Christina Cook , Fr., Thomas More 57.50	Maria Jackson-McBride, Jr. , Bethany 58.67	Alex Hall , Sr., Thiel 1:00.03
800	Taylor Bombalski , Fr., Waynesburg 2:26.12	Rachel Nye , Fr., W&J 2:26.59	Angie Marchetti , Fr., Waynesburg 2:27.07
1,500	Stevie Huston , Jr., Grove City 4:58.33	Angie Marchetti , Fr., Waynesburg 4:58.38	Emily Rabenold , Jr., Grove City 4:59.15
3,000 steeplechase	Emily Rabenold , Jr., Grove City 11:21.60	Katelynn Morrell , Fr., Westminster 12:03.46	Elinore Loch , Fr., Waynesburg 12:05.99
5,000	Emily Rebenold , Jr., Grove City 18:13.37	Julie Gerber , Fr., Waynesburg 19:03.38	Jenny Jones , Sr., Westminster 19:08.87
10,000	Emily Rabenold , Jr., Grove City 39:00.29	Julie Gerber , Fr., Waynesburg 39:22.20	Jenny Jones , Sr., Westminster 40:35.81
100 hurdles	Eliza Lowe , Jr., Grove City 14.82	Morgan Berg , Jr., Thiel 14.92	Alex Hall , Sr., Thiel 15.43
400 hurdles	Marissa Toensing , Jr., Westminster 1:03.07	Eliza Lowe , Jr., Grove City 1:04.36	Adrienne Scrima , Jr., Grove City 1:08.01
4x100 relay	Bethany 48.91	Grove City 49.91	Thomas More 50.34
4x400 relay	Grove City 4:03.98	Westminster 4:07.92	Thomas More 4:08.72
Discus	Samantha Headley , Jr., Thomas More 124-08 (37.99m)	Addisen Knetzer , Fr., Waynesburg 116-04 (35.45m)	Felicity Britt , Sr., Thomas More 110-08 (33.73m)
Javelin	Jesse Hinkle , So., Chatham 123-00 (37.50m)	Christina Noble , Fr., Geneva 119-01 (36.30m)	Shay Kashey , Sr., Thiel 112-11 (34.43m)
Shot put	Addisen Knetzer , Fr., Waynesburg 41-08.50M (12.71m)	Felicity Britt , Sr., Thomas More 39-04 (11.99m)	Morgan Widina , Fr., Westminster 36-10.25 (11.23m)
Long jump	Heather Grinkley , Jr., Bethany 16-03.75 (4.97m)	Julia Echols , Fr., Thomas More 15-08.75 (4.79m)	Katelynn Hess , So., Grove City 15-07.75 (4.77m)
Triple jump	Morgan Berg , Jr., Thiel 34-05 (10.49m)	Rachel Watson , So., Grove City 34-05 (10.49m)	Breanna Anderson , Sr., Waynesburg 34-03.50 (10.45m)
High jump	Brook Burns , Sr., W&J 4-11 (1.50m)	Katelyn Hess , So., Grove City 4-10.25 (1.48m)	Keilah Ireland , So., Westminster 4-10.25 (1.48m)
Pole vault	Marissa Kalsey , Jr., Westminster 11-01.75 (3.40m)	Cassidy Shepherd , So., Westminster 11-01.75 (3.40m)	Melanie Packard , So., Grove City 10-10 (3.30m)



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PAC SCOREBOARD

2015 All-PAC Men's Outdoor Track & Field

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2015 PAC Men's Track & Field MVP: Westminster junior **Nick Fiorentino** (New Wilmington, Pa. / Franklin)

2015 PAC Men's Track & Field - Track MVP: Thiel sophomore **Chris Jones** (Waterford, Conn. / Waterford)

2015 PAC Men's Track & Field - Field MVP: Westminster junior **Nick Fiorentino** (New Wilmington, Pa. / Franklin)

2015 PAC Men's Track & Field Coach of the Year: Grove City's **Todd Gibson**

2015 PAC Men's Track & Field Sportsmanship Award winner: Geneva

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	Chris Jones , So., Thiel 10.84	Jametrious Bentley , Fr., Westminster 10.88	Lucas Nare , Sr., Thomas More 10.90
200	Chris Jones , So., Thiel 21.75	Lucas Nare , Sr., Thomas More 21.91	Kyle Minger , Jr., Bethany 22.03
400	Kyle Minger , Jr., Bethany 48.87	Byrum Louco , Sr., Waynesburg 49.15	Jacob Mellinger , Jr., Geneva 49.62
800	Vincent Tonzo , Jr., Saint Vincent 1:56.32	Graham Allen , Fr., Grove City 1:57.72	Ryan Detsch , So., Saint Vincent 1:59.23
1,500	Brandon Moretton , So., Saint Vincent 4:01.86	Vincent Tonzo , Jr., Saint Vincent 4:02.09	Graham Allen , Fr., Grove City 4:07.59
3,000 steeplechase	John Allison , Sr., Waynesburg 9:56.85	Eric Porter , Sr., Saint Vincent 10:09.32	Clay Smith , Fr., Geneva 10:13.39
5,000	Sawyer Palonder , Jr., Saint Vincent 15:50.56	John Allison , Sr., Waynesburg 15:52.64	Daniel Christiansen , So., Grove City 15:56.90
10,000	Daniel Christiansen , So., Grove City 32:46.82	Sawyer Palonder , Jr., Saint Vincent 32:56.87	Brandon Holmes , Sr., Saint Vincent 33:20.38
110 hurdles	Nick Betz , So., Grove City 14.85	Dalton Paxson , So., Geneva 15.23	Zach Hans , Fr., Thomas More 16.05
400 hurdles	Byrum Louco , Sr., Waynesburg 54.48	Evan Carroscia , Fr., Grove City 55.23	Taran Sifontes-Lavine , Jr., Westminster 56.06
4x100 relay	Geneva 42.31	Bethany 42.40	Westminster 42.56
4x400 relay	Geneva 3:23.08	Bethany 3:23.64	Westminster 3:23.90
Discus	Nick Fiorentino , Jr., Westminster 139-00 (42.36m)	Isaac Barringer , So., Geneva 134-11 (41.13m)	Anniello DeStefano , So., Waynesburg 131-00 (39.92m)
Javelin	Nick Fiorentino , Jr., Westminster 189-07 (57.80m)	Travis Schubert , Sr., Waynesburg 181-09 (55.40m)	Quinton Reed , Fr., Grove City 181-06 (55.32m)
Shot put	Nick Fiorentino , Jr., Westminster 50-01 (15.27m)	R.J. Malson , Sr., Thiel 47-01 (14.36m)	Brandon Valentine , Fr., Waynesburg 45-09 (13.95m)
Long jump	Umar Moore , Jr., Bethany 23-02.55 (7.07m)	Nic Jones , Sr., Thiel 22-09.00 (6.93m)	Paul Carswell , Jr., Westminster 20-11.75 (6.39m)
Triple jump	Nic Jones , Sr., Thiel 45-06.50 (13.88m)	Umar Moore , Jr., Bethany 43-01 (13.13m)	Paul Carswell , Jr., Westminster 43-00.50 (13.12m)
High jump	Nic Jones , Sr., Thiel 6-11 (2.11m)	Shae Long , Fr., Bethany 6-04 (1.93m)	Jason Propst , Sr., Waynesburg 6-02 (1.88m)
Pole vault	Mitchell Kendra , Fr., Waynesburg 13-05.25 (4.10m)	Andrew Brannen , Jr., Westminster 12-11.50 (3.95m)	Jacob LaGorga , So., Geneva 12-05.50 (3.80m)