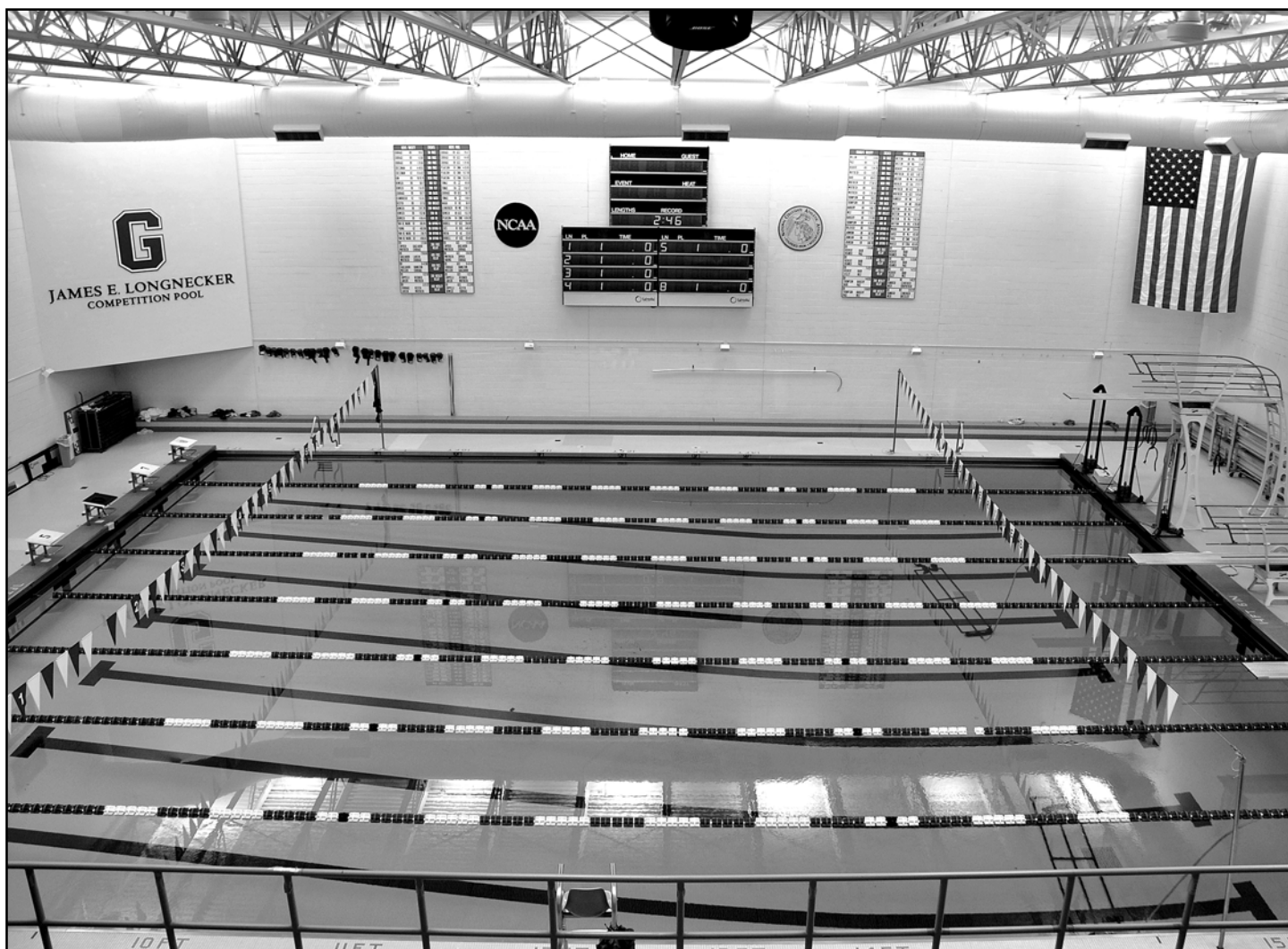




Four-Time Defending Presidents' Athletic Conference Champions

**2022-23
GROVE CITY COLLEGE
WOMEN'S SWIMMING & DIVING**

JAMES E. LONGNECKER POOL



The James E. Longnecker Competition Pool is one of the nation's top small-college aquatic facilities. The 8-lane facility is regarded as one of the fastest pools in the region and is reserved solely for use by the College's swimming and diving and water polo athletes.

The Pool features two one-meter diving boards and one three-meter board as well as five Power Rack stations. An eight-lane electronic Colorado Timing System is integrated into the pool and scoreboard. The scoreboard features eight lines for results, three lines for event/heat and scoring and a scrolling line that shows lane-by-lane results.

The shallow end of the Pool is seven feet; thus the facility is able to host several Collegiate Water Polo Association events that are restricted from "shallow-deep" pools. Since 2000, Grove City College has hosted several CWPA championship events.

The James E. Longnecker Competition Pool is 25 yards in length and 56 feet wide. It holds 408,913 gallons of water. The seating capacity of the Pool area is approximately 400.

The Pool has been home to the Presidents' Athletic Conference Swimming and Diving Championships since 1990.

JAMES E. LONGNECKER COMPETITION POOL QUICK FACTS

Size: Eight Lanes, 25 yards long,
18.67 yards wide

Pool Capacity: 408,913 gallons

Opened: 1989

Dedicated: 2009

Seating: 400

Diving Boards: Two 1-meter
boards, one 3-meter board

QUICK FACTS

Institution _____ Grove City College
 Location _____ Grove City, Pa.
 Founded _____ 1876
 Enrollment _____ 2,500
 Colors _____ Crimson and White
 Nickname _____ Wolverines
 Affiliation _____ NCAA Division III
 Conference _____ Presidents' Athletic
 Pool _____ James E. Longnecker Pool
 Built _____ 1990
 President _____ Richard Jewell, J.D.
 Alma Mater _____ Grove City, 1967
 Athletic Director _____ Dr. Don Lyle
 Alma Mater _____ Muskingum, 1971
 Associate A.D. _____ Susan Roberts
 Alma Mater _____ Ohio, 1975
 Compliance Coordinator _____ Mike Dreves
 Alma Mater _____ Grove City, 1997
 Head Coach _____ Dave Fritz
 Alma Mater _____ Grove City, 1994
 Career Record _____ 33-14 (4th Year)
 At Grove City _____ Same
 First Year of Program _____ 1988
 All-Time Record _____ 179-109
 Head Trainer _____ Kay Mitchell Emigh
 Assistant Trainer _____ Rick Hawke
 Athletic Office Mgr _____ Kim Iliff
 Aquatics Director _____ Dave Fritz
 Equipment Mgr _____ Larry Freeman
 Equipment Mgr _____ Jim Richardson

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2013

NCAA DIVISION III WOMEN'S QUALIFYING TIMES

	A	B		A	B
50 Free	23.35	23.95	200 Fr Relay	1:33.54	1:36.54
100 Free	50.72	52.28	400 Fr Relay	3:26.28	3:32.70
200 Free	1:49.96	1:53.90	800 Fr Relay	7:28.66	7:44.07
500 Free	4:53.44	5:03.19	200 Med Rel	1:43.60	1:47.12
1650 Free	16:56.63	17:39.80	400 Med Rel	3:46.34	3:54.80
100 Back	55.22	58.37			
200 Back	2:01.10	2:06.97	1-Meter	255.00	6 Dives
100 Breast	1:03.45	1:06.08		395.00	11 Dives
200 Breast	2:18.14	2:24.39			
100 Fly	55.62	57.73	3-Meter	265.00	6 Dives
200 Fly	2:02.93	2:08.59		410.00	11 Dives
200 IM	2:04.98	2:08.63			
400 IM	4:24.52	4:36.69			

HEAD COACH DAVE FRITZ



A 1994 Grove City College graduate, Dave Fritz is in his fourth season as Grove City College's head women's swimming and diving coach. He will look to take the rising Wolverine program to even greater heights during the 2012-13 season.

His first season as Grove City's head coach turned out to be the finest in program history as the Wolverines finished 13-1 overall in 2009-10, captured the Presidents' Athletic Conference title and finished 11th as a team at the NCAA Division III Championships.

A program-record six competitors earned NCAA All-America honors in 2010.

The 2010-11 season saw Grove City repeat as conference champion. Five swimmers earned NCAA Division III All-America honors, helping the Wolverines to another 11th-place national finish.

Last year, Grove City posted its best-ever finish at the national championships by placing 10th in the team standings. The Wolverines also won their fourth straight conference title and placed 14 swimmers on the All-PAC Team. Junior Angela Palumbo became the program's second all-time CoSIDA Academic All-American and also became the first junior in Grove City history to earn the College's prestigious Sportswoman of the Year award.

Overall, Fritz owns a 33-14 record in dual meets as women's head coach, including a 12-1 mark in conference action.

Fritz has also coached the College's men's swimming and diving team for the past 10 seasons. Under his direction, the men's team returned to the national spotlight as a premier small-college program.

In 2006-07, two Grove City swimmers earned NCAA Division III championships as Tim Whitbeck won the national title in the 50 free and Caleb Courage repeated as national champion in the 100 free.

In 2009, 11 Grove City swimmers earned NCAA Division III All-America distinction as the Wolverines placed sixth in the team standings at the NCAA Championships. During the regular season, Grove City went 12-2 overall and won the Presidents' Athletic Conference title for the second straight season.

Last year, the Wolverines captured their fifth straight conference title and Fritz earned the league's Coach of the Year award. Sixteen Grove City performers earned All-PAC recognition in 2011-12.

HEAD COACH DAVE FRITZ -- YEAR-BY-YEAR

Men's Swimming and Diving

Year	Season Notes	Conference Finish
2002-03	Five-meet win streak at midseason	2nd
2003-04	Wolverines win 12th PAC title ... Korb wins High Point Award at PAC meet	1st
2004-05	Courage leads Grove City to 32nd place at NCAA Championships	2nd
2005-06	Wolverines place 13th at NCAAs ... Courage wins first national title	2nd
2006-07	Grove City goes 15-1 ... Courage, Whitbeck win national titles ... 9th at NCAAs	2nd
2007-08	13th PAC title ... Whitbeck earns PAC MVP, All-American honors	1st
2008-09	Wolverines finish 6th at NCAA Championships ... Courage wins 3rd national title	1st
2009-10	Grove City posts 11-2 record ... Gagliardo wins High Point Award at PAC meet	1st
2010-11	Wolverines capture 4th consecutive PAC title ... Fritz named PAC Coach of the Year	1st
2011-12	Grove City wins 5th straight league title ... Bowser PAC MVP for 2nd straight year	1st

Women's Swimming and Diving

Year	Season Notes	Conference Finish
2009-10	Grove City finishes 11th at NCAA meet ... Six earn All-America distinction	1st
2010-11	Wolverines finish 11th at NCAA meet, finishing as top-placing Pennsylvania team	1st
2011-12	Finishes 10th at NCAA meet ... Five earn All-America ... Fritz PAC Coach of the Year	1st

Overall, 20 Grove City swimmers have earned NCAA All-America honors during his tenure as head coach. In 2006, Courage became Grove City's first men's swimmer to earn a national title.

Fritz has guided Grove City's men to a 94-31 overall dual-meet record, including a College-record 15 victories during the 2006-07 season. In 2006-07, Grove City posted victories over eventual NCAA Division III champion Kenyon, perennial power Case Western Reserve, NCAA Division I institution Butler and archrival Westminster.

In 2011-12, Grove City earned wins over Division II foes Clarion and Gannon.

Fritz spent eight seasons as head coach of Grove City's women's water polo squad. In 2007, Fritz led the women's water polo team to a program-record 18 victories and a fifth-place finish at the Collegiate III National Championships.

The next year, Fritz guided Grove City to a fifth-place finish at the Collegiate III Championships in New London, Conn., as the Wolverines finished 13-12 overall. Six Grove City water polo players earned All-America honors under his guidance.

He owns master's degrees from both Duquesne University and Slippery Rock University. Fritz lives in Slippery Rock with his wife Tammy, daughters Emily and Mary, and sons Hayden and Harrison.

DIVING COACH TAMMY FRITZ



Tammy Fritz is in her 10th season as the diving coach at Grove City College. Grove City's diving corps has become one of the region's elite under Fritz's guidance.

In 2010, diver Kyle Grubbs provisionally qualified for the NCAA Division III Championships while setting a new school record in 1-meter diving.

He earned the Presidents' Athletic Conference's Most Valuable Diver award for the 2009-10 season and Fritz received the conference's Men's Diving Coach of the Year honor.

In 2007, Fritz helped junior Joe Riddell provisionally qualify for the NCAA Championships. Riddell and Grubbs placed 1-2 in the PAC Championships in 2007-08.

Last year, five Grove City divers scored at the conference championships, helping the Wolverines win the team title on both the men's and women's side.

This year, she will work with a relatively young but talented diving squad.

Prior to joining the Grove City staff, Fritz worked as the diving coach at Chartiers Valley High School in Bridgeville, Pa. for two seasons. Fritz also has 14 years of experience coaching gymnastics at various age levels.

Fritz is in her 10th year as an English teacher at Grove City High School. She also taught English for eight years at Chartiers Valley. Fritz graduated from Washington & Jefferson in 1992. In July 2002, she completed her master's degree in education from Duquesne University.

She lives in Slippery Rock with her husband, Dave, daughters Emily and Mary, and sons Hayden and Harrison.

2012-13 ROSTER

Name	Yr.	Events	Hometown	High School
Janele Baglia	Jr.	Free/Fly	Grove City, Pa.	Grove City
Tori Baker	So.	Free/Back	Fairfax, Va.	Robinson
Kristi Baur	Jr.	Free	North Wales, Pa.	North Penn
Liv Beckner	So.	Free/Fly	Chambersburg, Pa.	Chambersburg
Claudia Bennett	Fr.	Free	Haddonfield, N.J.	Haddonfield
Megan Bilko	Fr.	Free/IM	Canonsburg, Pa.	Canon-McMillan
Lauren Burrows	So.	Free	Canton, Ohio	GlenOak
Lauren Cassano	So.	Free/Back	Venetia, Pa.	Peters Township
Alana Dean	Fr.	Free	Concord, N.C.	
Carolyn Eckendorf	Fr.	Diving	Fairview, Pa.	Fairview
Ashley Ferwerda	Fr.	Free/Fly	Linthicum, Md.	Homeschooled
Olivia Forish	Sr.	Free/Back	Greensburg, Pa.	Hempfield
Elizabeth Funk	So.	Free	Leonardtown, Md.	King's Christian
Faith Gregorchik	So.	Breast/IM	Hendersonville, N.C.	Hendersonville
Krystal Gwynn	So.	Free	Irwin, Pa.	Hempfield
Kaley Hess	Jr.	Breast/IM	Reamstown, Pa.	Cocalico
Natalie Keibler	Sr.	Free/Back	Bethel Park, Pa.	Bethel Park
Jennifer Lucht	Jr.	Free/Back	Glastonbury, Conn.	Centennial, Md.
Mary McLachlan	Sr.	Free	Grove City, Pa.	Grove City
Ashley Meesuk	Fr.	Breast/IM	Millersville, Md.	Calvary Baptist
Amy Melnik	So.	Free/Fly	Clifton Park, N.Y.	Homeschooled
Abby Merhaut	So.	Free	Butler, Pa.	Butler
Hallie Morgan	Fr.	Diving	Cleveland, Ohio	Brecks.-Broadview Hts.
Sarah Nosal	Jr.	Free/Breast	Austin, Texas	Westwood
Kira Okray	Fr.	Breast/Free	Bloomfield, Mich.	Detroit Country Day
Angela Palumbo	Sr.	Free	Washington, Pa.	Trinity
Keegan Reed	So.	Breast/IM	Greencastle, Pa.	James Buchanan
Andrea Rice	Fr.	Fly/Free	Colorado Springs, Colo.	Air Academy
Kaitlin Riesmeyer	Sr.	Free/Fly	McMurray, Pa.	Peters Township
Emma Rudolf	So.	Breast/Back	Birchrunville, Pa.	Homeschooled
Jenny Ryan	Sr.	Free	State College, Pa.	State College
Michelle Shimrock	Sr.	IM/Fly	Willoughby, Ohio	Willoughby South
Rachel Shimrock	Fr.	IM/Breast	Willoughby, Ohio	Willoughby South
Ariana Smyth	Fr.	Back	Troy, Pa.	Troy
Emily Swanson	So.	Free/Back	Wattsburg, Pa.	Mercyhurst Prep
Moriah Ujano	Jr.	Diving	Scottsdale, Ariz.	Desert Mountain
Kaitlin Yeatts	Sr.	Free	Charlotte, N.C.	Homeschooled

Head Coach: Dave Fritz

Diving Coach: Tammy Fritz

Team Captains: Natalie Keibler, Angela Palumbo, Michelle Shimrock

SEASON PREVIEW

The Grove City College women's swimming and diving team returns 19 letterwinners, including three NCAA Division III All-Americans, in the program's pursuit of an unprecedented fifth straight Presidents' Athletic Conference title.

Grove City will also look to make a return trip to the NCAA Division III Championships after finishing 10th nationally last year.

Nine of the 19 letterwinners comprise what is the most-decorated senior class in program history. Senior sprinter Angela Palumbo owns 15 NCAA Division III All-America honors for her career as well as school records in the 50, 100 and 200 freestyle.

Last year, she became the first junior to earn the College's prestigious Sportswoman of the Year award. She is a returning First Team All-PAC honoree who will lead Grove City in the sprint events this year.

Senior Jenny Ryan has earned a dozen NCAA All-America honors during her career and will again be one of Grove City's most versatile competitors this year.

She owns school records in both individual medley races, the 1000 and the 1650 and also owns the second-fastest 50 free time in Grove City history.

Like Palumbo, Ryan earned First Team All-PAC recognition as a junior.

Butterfly standout Kait Riesmeyer returns for her final season after accumulating 11 All-America citations over her first three seasons.

A returning First Team All-PAC honoree, she holds the Grove City record in the 100 butterfly and earned the conference's Swimmer of the Year honor in 2011.

Two-time Second Team All-PAC selection Michelle Shimrock returns for her senior year after emerging as one of Grove City's top performers in the butterfly and individual medley.

Senior Natalie Keibler has also earned Second Team All-PAC honors twice and will be counted on in the sprints and backstroke once again.

Senior Olivia Forish, a three-year letterwinner, joins Keibler in the sprints and backstroke.

Senior diver Moriah Ujano received All-PAC Honorable Mention after scoring in both diving events at the conference meet last season. She is Grove City's most experienced diver entering the year.

Distance standout Mary McLachlan captured First Team All-PAC as a sophomore in 2010-11 and will again be one of Grove City's top entries in the 500 and 1650.

Senior distance specialist Kaitlin Yeatts returns after missing the 2011-12 season. She is a two-year letterwinner who will bolster the Wolverines in the longer events.

Grove City's junior class features four returning letterwinners, including 2012 First Team All-PAC selection Janele Baglia. Baglia is a two-year letterwinner in the sprints and butterfly who will be counted on in both areas again this year.



Senior Angela Palumbo owns Grove City's school records in the 50, 100 and 200 free. She is a 15-time NCAA Division III All-American.

Junior distance specialist Kristi Baur is back for her third season after earning Second Team All-PAC recognition in 2012. Junior Kaley Hess, a Second Team All-PAC pick two years ago, will look to become Grove City's top entry in the breaststroke.

Junior Sarah Nosal is also back after earning her first letter as a sprinter in 2011-12, while in the backstroke, junior Jennifer Lucht returns for her third season.

Several members of Grove City's sophomore class made immediate contributions as rookies last year. Sophomore Lauren Cassano qualified for the NCAA Championships and captured First Team All-PAC honors after sweeping both backstroke events at the conference championships.

Sophomore Tori Baker joined Cassano on the PAC's First Team last year after excelling in the 200 and 500 free events.

Breaststrokers Keegan Reed and Emma Rudolf also return for their sophomore campaign after earning Second Team All-PAC recognition in 2011-12.

The Wolverines also return sophomore Emily Swanson in the backstroke and sprint events after her emergence last year. Sophomore sprinter Amy Melnik scored in three events at the 2012 conference championships and also returns for Grove City.

Distance swimmer Liv Beckner, sprinter Elizabeth Funk, breastroker Faith Gregorchik and distance performer Krystal Gwynn will all look to break into the lineup on a full-time basis this winter as well. Several newcomers could also break into the lineup this season.

RETURNING LETTERWINNERS



JANELE BAGLIA

JUNIOR • FREE/FLY
GROVE CITY, PA.
GROVE CITY

Two-year letterwinner in sprints and butterfly ... Ranks sixth all-time at Grove City in 100 fly (1:00.49). **AS A**

SOPHOMORE: Earned second letter ... First Team All-Presidents' Athletic Conference selection ... Scored in three events at 2012 conference championships. **AS A FRESHMAN:** Earned first letter ... Placed fifth in 200 free at 2011 conference championships, helping Grove City to team title ... Named Second Team All-PAC. **NOTABLE:** Mechanical engineering major ... Dean's List student ... Named to PAC Academic Honor Roll.



TORI BAKER

SOPHOMORE • FREE
FAIRFAX, VA.
ROBINSON

Returning letterwinner in backstroke and freestyle ... Third all-time at Grove City in 200 back (2:09.95)

and fourth in 100 back (1:00.19). **AS A FRESHMAN:** Earned first letter ... Selected First Team All-Presidents' Athletic Conference ... Member of conference champion 800 free relay squad ... Placed third in both 200 and 500 free at conference championships. **NOTABLE:** Mathematics/secondary education major.



KRISTI BAUR

JUNIOR • FREE
NORTH WALES, PA.
NORTH PENN

Two-year letterwinner in distance events ... Seventh all-time at Grove City in 1650 (18:32.44). **AS A**

SOPHOMORE: Earned second letter ... Scored in all three distance events at Presidents' Athletic Conference Championships, earning Second Team All-PAC distinction. **AS A FRESHMAN:** Earned first letter ... Took fourth in 1650 at 2011 conference championships, helping team to conference title ... Second Team All-PAC. **NOTABLE:** Marketing major ... Dean's List ... Named to PAC Academic Honor Roll ... Two-year starter and letterwinner for Grove City women's water polo team ... Older sisters Whitney (2006-09) and Lauren (2008-11) Baur competed in swimming and water polo at Grove City.



LAUREN CASSANO

SOPHOMORE • FREE/BACK
VENETIA, PA.
PETERS TOWNSHIP

Returning letterwinner in backstroke ... Owns College record in 200 backstroke (2:07.86) ... Second

all-time at Grove City in 100 back (59.09). **AS A FRESHMAN:** Earned first letter ... Qualified for NCAA Championships in both 200 and 400 medley relay ... Won Presidents' Athletic Conference titles in both backstroke races ... Helped both medley relay teams win league titles ... First Team All-PAC selection. **NOTABLE:** Exercise science major ... Older sister Larissa Cassano earned four letters as a swimmer at Grove City from 2008 to 2012.



OLIVIA FORISH

SENIOR • FREE/BACK
GREENSBURG, PA.
HEMPFIELD

Three-year letterwinner in backstroke and sprints ... Ranks seventh all-time at Grove City in 200

backstroke (2:14.64). **AS A JUNIOR:** Earned third letter ... Posted career-best times in 100 and 200 free during 2011-12 season ... Member of conference title team. **AS A SOPHOMORE:** Earned second letter ... Placed sixth in 100 back and 10th in 200 back at 2011 Presidents' Athletic Conference Championships, helping Wolverines to team title. **AS A FRESHMAN:** Earned first letter ... Placed ninth in both backstroke events at conference championships ... Helped Grove City to conference title. **NOTABLE:** Communication studies/marketing management major ... Dean's List student ... Named to conference's Academic Honor Roll.

RETURNING LETTERWINNERS



KALEY HESS

JUNIOR • BREAST/IM
REAMSTOWN, PA.
COALICO

Two-year letterwinner in breaststroke ... Owns fifth-fastest 100 breaststroke (1:08.71) in program

history. **AS A SOPHOMORE:** Earned second letter ... Scored in both breaststroke events at 2012 Presidents' Athletic Conference Championships ... Also competed in 500 free.

AS A FRESHMAN: Earned first letter ... Took fourth in 100 breast and sixth in 200 breast at conference championships, helping Wolverines to league title ... Named Second Team All-PAC. **NOTABLE:** Communication studies.



NATALIE KEIBLER

SENIOR • BACK/FREE
BETHEL PARK, PA.
BETHEL PARK

Three-year letterwinner in backstroke and sprints ... Team co-captain ... Fourth all-time at Grove City

in 200 back (2:10.07). **AS A JUNIOR:** Earned third letter Selected Second Team All-Presidents' Athletic Conference ... Took fifth at conference championships in 200 individual medley and 200 backstroke, helping Wolverines to conference title. **AS A SOPHOMORE:** Earned second letter ... Placed fifth in 200 back at PAC Championships, helping Wolverines to team title ... Selected Second Team All-PAC. **AS A FRESHMAN:** Earned first letter ... Selected First Team All-Conference ... Helped Wolverines secure conference championship ... Member of conference champion 400 free relay team ... Runner-up in both backstroke events at PAC Championships ... Provisional NCAA Championships qualifier in 400 free relay. **NOTABLE:** Exercise science major ... Also lettered in water polo at Grove City.



MARY McLACHLAN

SENIOR • DISTANCE/BACK
GROVE CITY, PA.
GROVE CITY

Three-year letterwinner in distance events ... Ranks ninth all-time at Grove City in 500, 1000 and 1650.

AS A JUNIOR: Competed in distance events for Grove City during 2011-12 season, earning third letter ... Member of Presidents' Athletic Conference title team. **AS A SOPHOMORE:** Earned second letter ... Presidents' Athletic Conference champion in 800 free relay ... Placed third in 1650 at conference meet, helping Wolverines win league title ... Named First Team All-Conference. **AS A FRESHMAN:** Earned first letter ... Took third in 1650 at conference championships, helping team to PAC title ... Scored in 200 and 500 free at PAC meet ... Selected Second Team All-PAC. **NOTABLE:** Biology/secondary education major.



AMY MELNIK

SOPHOMORE • FREE/FLY
CLIFTON PARK, N.Y.
HOMESCHOOLED

Returning letterwinner in butterfly for Grove City ... Ninth all-time in program history in 100 fly (1:01.42).

AS A FRESHMAN: Earned first letter ... Scored in 50 free, 100 free and 100 butterfly at 2012 Presidents' Athletic Conference Championships. **NOTABLE:** Elementary education major ... Dean's List student ... Named to PAC Academic Honor Roll.



SARAH NOSAL

JUNIOR • FREE/BREAST
AUSTIN, TEXAS
WESTWOOD

Returning letterwinner in freestyle and breaststroke events. **AS A SOPHOMORE:** Earned first letter ...

Set career best in 200 free (2:05.05) ... Member of Presidents' Athletic Conference title team. **AS A FRESHMAN:** Competed in breaststroke and freestyle events for Grove City ... Member of 2011 conference title team. **NOTABLE:** Biology major.

RETURNING LETTERWINNERS



ANGELA PALUMBO

SENIOR • FREE
WASHINGTON, PA.
TRINITY

Three-year letterwinner in sprint events ... 15-time NCAA Division III All-American ... Owns Grove City record in 50 free (23.66) 100 free (51.38), 200 free (1:51.75) and in all five relays ... Owns conference record in 100 and 200 free ... Team co-captain ... Capital One/CoSIDA Academic All-America candidate. **AS A JUNIOR:** Earned third letter ... Secured NCAA Division III All-America distinction in 50, 100 and 200 free ... Placed sixth in 200 free, 14th in 100 free and 15th in 50 free ... Also earned All-America in all three free relays ... Presidents' Athletic Conference champion in 50 free, 100 free and 200 free ... Conference champion in all three free relays ... Team MVP ... Became first junior to earn Grove City's Sportswoman of the Year award ... Capital One/CoSIDA Academic All-America honoree ... First Team All-PAC. **AS A SOPHOMORE:** Earned second letter ... Captured Division III All-America honors in 400 and 800 free relays and both medley relays ... Helped 400 and 800 free relays to fifth-place finishes nationally ... Conference champion in both 50 and 100 free ... Took second in 200 free ... First Team All-PAC ... Helped Wolverines to conference title ... PAC Swimmer of the Week February 7, 2011. **AS A FRESHMAN:** Earned first letter ... Team MVP ... Helped 400 and 800 free relays each finish fifth at NCAA Championships, earning All-America ... Also earned All-America in 200 free relay (7th), 100 free (15th) and 200 medley relay (16th) ... Presidents' Athletic Conference champion in 50 free, 200 medley relay, 400 free relay and 800 free relay ... Helped Grove City capture PAC title ... First Team All-PAC. **NOTABLE:** Mathematics/secondary education major ... Dean's List student ... Named to PAC Academic Honor Roll.



KEEGAN REED

SOPHOMORE • BREAST/IM
GREENCASTLE, PA.
JAMES BUCHANAN

Returning letterwinner for Grove City ... Fourth all-time at Grove City in 400 individual medley (4:46.12).

AS A FRESHMAN: Earned first letter ... Placed third in 400 IM at 2012 Presidents' Athletic Conference Championships ... Also scored in 200 breaststroke and 1650 free at conference meet ... Named Second Team All-PAC. **NOTABLE:** Electrical engineering major ... Older sister Andra competed for Grove City women's swimming and diving team from 2007 to 2011.



KAITLIN RIESMEYER

SENIOR • FLY/FREE
MCMURRAY, PA.
PETERS TOWNSHIP

Three-year letterwinner in butterfly for Grove City ... 11-time NCAA Division III All-American ... Owns Grove

City record in 100 butterfly (56.03) ... Ranks second in 200 fly (2:03.67) and 200 individual medley (2:11.05) ... Third all-time at Grove City in 200 free (1:53.40) and 500 free (5:07.57).

AS A JUNIOR: Earned third letter ... Took seventh at NCAA Championships in 200 fly, earning All-America ... Also earned All-America in all three free relays ... Presidents' Athletic Conference champion in both butterfly races and 500 free ... Named First Team All-PAC. **AS A SOPHOMORE:** Earned second letter ... Placed fifth in 100 fly and 800 free relay at NCAA Championships ... Also placed 14th in 200 fly and 200 medley relay, earning All-America ... Won conference titles in both butterfly races ... Earned conference MVP honors ... Named First Team All-PAC ... Team MVP for 2010-11 season. **AS A FRESHMAN:** Earned first letter ... Finished 15th in 200 fly at NCAA Championships, earning All-America ... Also earned All-America recognition in 800 free relay (5th) and 200 medley relay (16th) ... Placed 19th in 100 fly ... Won conference titles in both butterfly races, helping Wolverines to league crown ... Member of PAC champion 200 medley relay and 800 free relay squads ... First Team All-Conference. **NOTABLE:** Marketing major.

RETURNING LETTERWINNERS



EMMA RUDOLF

SOPHOMORE • BREAST/BACK
BIRCHRUNVILLE, PA.
HOMESCHOOLED

Returning letterwinner in breaststroke ... Fourth all-time at Grove City in both 100 (1:08.58) and 200

(2:28.77) breaststroke. **AS A FRESHMAN:** Earned first letter ... Named Second Team All-Presidents' Athletic Conference ... Placed fourth in 400 individual medley at conference championships ... Took fifth in both breaststroke events. **NOTABLE:** Elementary education major ... Also lettered as sprinter for Grove City women's track and field team in spring 2012.



JENNY RYAN

SENIOR • FREE
STATE COLLEGE, PA.
STATE COLLEGE

Three-year letterwinner in freestyle and individual medley ... 12-time NCAA All-American ... Owns Grove

City records in 200 individual medley (2:05.98), 400 IM (4:29.36), 1000 (10:32.71) and 1650 (17:27.60) ... Second all-time at Grove City in 50 free (24.03), 100 free (51.97) and 200 free (1:52.64). **AS A JUNIOR:** Earned third letter ... Placed 12th in 200 IM at NCAA Championships, earning All-America honors ... Also earned All-America in all three free relays ... Won Presidents' Athletic Conference title in 400 IM, 1650 and all three free relay events ... First Team All-PAC honoree. **AS A SOPHOMORE:** Earned All-America honors in 400 and 800 free relays, along with 200 free relay and 200 medley relay ... Won conference titles in 200 free relay, 400 free relay and 200 medley relay ... First Team All-PAC ... Twice named PAC Swimmer of Week ... Earned second letter. **AS A FRESHMAN:** Earned first letter ... Helped 400 and 800 free relay teams finish fifth at NCAA Division III Championships, earning All-America honors ... Also earned All-America in 200 free relay (7th) and 200 medley relay (16th) ... Won conference titles in 100 free and 400 individual medley ... Member of conference title efforts in 200 medley relay, 400 free relay and 800 free relay ... Named First Team All-PAC. **NOTABLE:** International business major.



MICHELLE SHIMROCK

SENIOR • IM/FLY
WILLOUGHBY, OHIO
WILLOUGHBY SOUTH

Three-year letterwinner in individual medley and butterfly ... Team co-captain ... Fifth all-time at Grove City

in 400 IM (4:46.19). **AS A JUNIOR:** Captured third collegiate letter ... Named Second Team All-Presidents' Athletic Conference ... Took fourth in 400 individual medley at conference championships. **AS A SOPHOMORE:** Earned second letter ... Second Team All-PAC ... Took sixth in 200 fly at conference championships, helping Wolverines to team title. **AS A FRESHMAN:** Earned first letter ... Took fifth in 400 IM and sixth in 200 fly at 2010 conference championships, helping Wolverines to team title ... Named Second Team All-Conference. **NOTABLE:** Mathematics major ... Dean's List student ... Named to PAC Academic Honor Roll.



MORIAH UJANO

SENIOR • DIVING
SCOTTSDALE, ARIZ.
DESERT MOUNTAIN

Two-year letterwinner in diving for Grove City ... Grove City's most experienced diver entering 2012-13

season. **AS A JUNIOR:** Earned second letter ... Scored in both diving events at 2012 Presidents' Athletic Conference Championships. **AS A SOPHOMORE:** Earned first letter ... Helped Grove City capture conference championship ... Took sixth in 3-meter diving and seventh on 1-meter board at 2011 PAC Championships ... All-PAC Honorable Mention selection. **NOTABLE:** English major.



KAITLIN YEATTS

SENIOR • FREE
CHARLOTTE, N.C.
HOMESCHOOLED

Two-year letterwinner in distance events for Grove City. **AS A SOPHOMORE:** Earned second letter ... Took

ninth in 200 and 500 free at 2011 Presidents' Athletic Conference Championships. **AS A FRESHMAN:** Placed eighth in 500 free at conference championships ... Also took ninth in 1650 ... Earned first letter. **NOTABLE:** International business major.

2011-12 SEASON REVIEW

The 23rd season of intercollegiate women's swimming and diving at Grove City College proved to be one of the most historic and successful campaigns in program history as the 2011-12 Wolverines ascended to even greater heights.

Grove City captured its fourth straight Presidents' Athletic Conference championship by posting the largest margin of victory (267½ points) in meet history February 16-18, 2012 at the College's James E. Longnecker Invitational.

The Wolverines then closed the season by finishing 10th in the team standings at the NCAA Division III Championships in Indianapolis March 21-24.

The 10th-place finish marked the Wolverines' best-ever finish at the national championships.

Junior Angela Palumbo earned six total All-America honors at the NCAA Championships, including individual honors in the 50, 100 and 200 free. She became the most-decorated swimmer in program history, becoming a 15-time All-American.

Junior Jenny Ryan achieved All-America in the 400 individual medley and classmate Kait Riesmeyer earned All-America distinction in the 200 butterfly for the third straight year.

Those three joined senior Jenna Richert on All-America efforts in each of the three free relays.

In addition to recognition at the national level, Grove City performers dominated the conference championships by winning 15 of 20 events.

Palumbo swept the 50, 100 and 200 free while Riesmeyer won both the 100 and 200 butterfly and the 500 free.

Ryan won the 400 individual medley and 1650 and freshman Lauren Cassano took both backstroke races.

Grove City also swept all five relays, including the 800 free relay, in which sophomore Janele Baglia and freshman Tori Baker joined Richert and Ryan on the victorious squad.

Head coach Dave Fritz earned PAC Coach of the Year honors.

Baglia, Baker, Cassano, Palumbo, Richert, Riesmeyer, Ryan and Kate Wilt all earned First Team All-PAC.

2011-12 RESULTS

Date	Opponent	Result	Score	Record
Oct. 22	Clarion Classic		2nd/2	
Oct. 29	at Allegheny	W	159-111	1-0
Nov. 5	SAINT VINCENT*	W	150-104	2-0
Nov. 12	CARN. MELLON	W	162-136	3-0
Nov. 19	at Case Western	W	206-101	4-0
	Kenyon	L	155-142	4-1
	Gannon	L	177-133	4-2
Dec. 1-3	Kenyon Invitational		5th/7	
Dec. 2-3	Grove City Invitational		4th/7	
Dec. 10	at Chatham*	W	161-113	5-2
	Hiram	W	166-121	6-2
Jan. 14	WASH. & JEFF.*	W	151-137	7-2
Jan. 21	at Denison	L	178-107	7-3
Jan. 28	WOOSTER	W	166-144	8-3
Feb. 2	at Westminster*	W	159-128	9-3
Feb. 4	at Pitt	L	235-58	9-4
	California, Pa.	L	142-119	9-5
	Carnegie Mellon	L	170-100	9-6
	Clarion	W	148-132	10-6
Feb. 4	at Bethany*	W	92-70	11-6
Feb. 16-18	Grove City Invitational		1st/11	
	PAC Championships			
Mar. 21-24	NCAA Championships		10th	
*-Presidents' Athletic Conference Meet				

Kristi Baur, Larissa Cassano, Natalie Keibler, Keegan Reed, Emma Rudolf and Michelle Shimrock all landed on the PAC's Second Team.

Grove City swimmers also received numerous awards out of the pool during the 2011-12 academic year.

Palumbo became the first junior to earn the College's Sportswoman of the Year award. She also earned Capital One/CoSIDA Academic All-America honors.

Palumbo, Richert, Wilt and senior Emily Franz all earned Scholar All-America honors from the Collegiate Swim Coaches Association of America.

Grove City finished the regular season with an 11-6 overall mark in dual meets, including a 5-0 record in conference action.

Team co-captains Kate Wilt (left), Caroline Simmons (center) and Larissa Cassano (right) hold the championship trophies from Grove City's victories at the Presidents' Athletic Conference Championships and the James E. Longnecker Invitational. Grove City won its fourth straight conference championship during the 2011-12 season.



YEAR-BY-YEAR RECORDS

Year	Record	Head Coach
1988-89	3-7	Cathy Jacobs
1989-90	3-8	Cathy Jacobs
1990-91	9-5	Cathy Jacobs
1991-92	8-5	Cathy Jacobs
1992-93	11-1	Cathy Jacobs
1993-94	11-2	Cathy Jacobs
1994-95	8-4	Cathy Jacobs
1995-96	10-2	Cathy Jacobs
1996-97	11-1	Cathy Jacobs
1997-98	7-3	Cathy Jacobs
1998-99	7-4	Cathy Jacobs
1999-2000	3-5	Cathy Jacobs
2000-01	5-5	Cathy Jacobs
2001-02	4-6	Cathy Jacobs
2002-03	5-4	Cathy Jacobs
2003-04	6-3	Cathy Jacobs
2004-05	5-4	John Richards
2005-06	3-5	Cathy Jacobs
2006-07	8-10	Cathy Jacobs
2007-08	7-8	Cathy Jacobs
2008-09	12-3	John Richards
2009-10	13-1	Dave Fritz
2010-11	9-7	Dave Fritz
2011-12	11-6	Dave Fritz

BOLD indicates

Presidents' Athletic Conference titles

NCAA DIVISION III ALL-AMERICANS

Joanne Bennett	1993	200 Medley Relay
Katie O'Neill	1993	200 Medley Relay
Joan Reep '94	1993	200 Medley Relay
Amy Scott '96	1993	200 MR, 100 Breast
Peggy Whitbeck '04	2001	100 Fly, 200 Fly
	2002	100 Fly, 200 Fly
	2003	100 Fly, 200 Fly
	2004	100 Fly, 200 Fly
Lauren Baur '11	2010	200 Free Relay
Sarah Page '11	2010	200 FR, 400 FR, 200 MR
	2011	200 MR, 200 FR, 400 FR
Jenna Richert '12	2010	400 FR, 800 FR
	2011	200 FR, 400 FR, 800 FR
	2012	400 FR, 200 FR, 800 FR
Angela Palumbo '13	2010	100 Free, 200 FR, 400 FR
		800 FR, 200 MR
	2011	200 MR, 200 FR, 400 FR, 800 FR
	2012	100 Free, 400 FR, 200 Free
		200 FR, 50 Free, 800 FR
Kait Riesmeyer '13	2010	200 Fly, 800 FR, 200 MR
	2011	200 MR, 100 Fly, 800 FR, 200 Fly
	2012	400 FR, 200 Fly, 200 FR, 800 FR
Jenny Ryan '13	2012	200 FR, 400 FR, 800 FR, 200 MR
	2011	200 MR, 200 FR, 400 FR, 800 FR
	2012	400 FR, 400 IM, 200 FR

BOLD indicates NCAA Division III National Champion

ALL-TIME SERIES

Opponent	First Meeting	Last Meeting	Total Meets	Won	Lost	Tied
Alfred	1996-97	1996-97	1	1	0	0
Allegheny	2001-02	2011-12	6	4	2	0
Ashland	1988-89	1990-91	3	1	2	0
Baldwin-Wallace	1988-89	2001-02	13	9	3	0
Bethany	1988-89	2011-12	23	22	1	0
Buffalo State	1988-89	1996-97	9	8	1	0
California, Pa.	2004-05	2011-12	4	0	4	0
Carnegie Mellon	1988-89	2011-12	23	5	18	0
Case Western Reserve	1990-91	2011-12	8	7	1	0
Chatham	2006-07	2011-12	6	6	0	0
Clarion	2010-11	2011-12	2	1	1	0
Denison	2007-08	2011-12	5	0	5	0
Duquesne	1989-90	1992-93	4	3	1	0
Edinboro	1997-98	1998-99	2	0	2	0
Fairmont State	1990-91	2006-07	5	3	2	0
Frostburg State	1990-91	2006-07	16	16	0	0
Gannon	1989-90	2011-12	14	4	10	0
Hiram	1988-89	2011-12	19	15	4	0
Indiana, Pa.	1994-95	1995-96	2	0	2	0
John Carroll	1988-89	1996-97	8	3	5	0
Kenyon	2006-07	2011-12	6	3	3	0
Mercyhurst	1988-89	1988-89	1	0	1	0
Mount Union	1991-92	2003-04	13	12	1	0
Penn State Behrend	2000-01	2009-10	9	9	0	0
Pittsburgh	2010-11	2011-12	2	0	2	0
Pitt-Bradford	2006-07	2009-10	4	4	0	0
Saint Vincent	2006-07	2011-12	6	6	0	0
Salem International	2004-05	2004-05	1	1	0	0
Slippery Rock	2006-07	2006-07	1	1	0	0
Villa Maria	1988-89	1988-89	1	1	0	0
Wash. & Jeff.	1988-89	2011-12	29	15	14	0
West Va. Wesleyan	1990-91	2003-04	8	6	2	0
Westminster	1988-89	2011-12	23	7	16	0
Wooster	2001-02	2011-12	9	3	6	0
York	1992-93	1992-93	1	1	0	0
Totals			289 (.619)	179	109	0

ABOUT THE PAC

Founded in 1955, the Presidents' Athletic Conference continues its mission of promoting intercollegiate athletics and the pursuit of academic excellence.

Comprised of 10 select private colleges - Bethany College, Chatham University, Geneva College, Grove City College, Saint Vincent College, Thiel College, Thomas More College, Washington & Jefferson College, Waynesburg University and Westminster College - the PAC remains a unique organization in this day of high-pressure intercollegiate athletics.

With academics at the center of each member's philosophy, the PAC is built on the principle that an athletic program is a part of college life, but not an entity in itself.

During the 2005-06 academic year, Chatham, Geneva and Saint Vincent all joined the PAC. Chatham competed for PAC championships for the first time during the 2007-08 academic year.

Saint Vincent first competed for conference titles in 2010-11. Geneva became eligible for conference titles in 2011-12.

In 2014, Carnegie Mellon University and Case Western Reserve University will compete for the conference's championship in football as affiliate members.

The PAC annually crowns champions in 19 sports. All-Conference status is awarded in all 19 sports. Head coaches select all-league squads for all team sports, while in individual sports such as cross country and tennis, all-PAC accolades are based upon performances at the conference championships.

The PAC annually awards its men's and women's All-Sports Trophies to the schools which perform best across the board in conference competition.

W&J won the Men's All-Sports Trophy in 2011-12 and Westminster won the Women's All-Sports Trophy.

In 2011-12, the league named 734 student-athletes to the PAC Academic Honor Roll, which recognizes all participating student-athletes who attain a term grade-point average of 3.60 or above.



2011-2012 FINAL DUAL MEET STANDINGS

	PAC		Overall	
	W	L	W	L
WOMEN				
GROVE CITY	5	0	11	6
Washington & Jefferson	4	1	11	1
Westminster	3	2	7	5
Saint Vincent	2	3	6	4
Chatham	1	4	5	8
Bethany	0	5	2	11

PAC CHAMPIONSHIP RESULTS

1. GROVE CITY	933
2. Westminster	665.5
3. Washington & Jefferson	648
4. Saint Vincent	438.5
5. Chatham	160
6. Bethany	105

2012 PRESIDENTS' ATHLETIC CONFERENCE CHAMPIONS

200 FREE RELAY		
GROVE CITY	(Ryan, Cassano, Richert, Palumbo)	1:35.37
500 FREESTYLE		
KAIT RIESMEYER	GROVE CITY	5:09.23
200 INDIVIDUAL MEDLEY		
Caitlin Lehberger	Westminster	2:05.17
50 FREESTYLE		
ANGELA PALUMBO	GROVE CITY	23.78
3-METER DIVING		
Bethany Haver	Wash. & Jeff.	410.85
400 MEDLEY RELAY		
GROVE CITY(Cassano, Wilt, Riesmeyer, Palumbo)		3:53.21
200 MEDLEY RELAY		
GROVE CITY (Cassano, Wilt, Riesmeyer, Palumbo)		1:47.30
400 INDIVIDUAL MEDLEY		
JENNY RYAN	GROVE CITY	4:31.48
100 BUTTERFLY		
KAIT RIESMEYER	GROVE CITY	56.75
200 FREESTYLE		
ANGELA PALUMBO	GROVE CITY	1:52.96
100 BREASTSTROKE		
Caitlin Lehberger	Westminster	1:02.60
100 BACKSTROKE		
LAUREN CASSANO	GROVE CITY	59.09
800 FREE RELAY		
GROVE CITY (Ryan, Baker, Richert, Baglia)		7:45.88
1650 FREESTYLE		
JENNY RYAN	GROVE CITY	17:27.60
200 BACKSTROKE		
LAUREN CASSANO	GROVE CITY	2:07.86
100 FREESTYLE		
ANGELA PALUMBO	GROVE CITY	51.47
200 BREASTSTROKE		
Caitlin Lehberger	Westminster	2:18.02
200 BUTTERFLY		
KAIT RIESMEYER	GROVE CITY	2:05.09
1-METER DIVING		
Bethany Haver	Wash. & Jeff.	427.95
400 FREE RELAY		
GROVE CITY	(Richert, Riesmeyer, Ryan, Palumbo)	3:29.17

CONFERENCE RECORDS

Event	Record	Record Holder	Institution	Year
50 Freestyle	23.49	Kaitlyn Orstein	Wash. & Jeff.	2008
100 Freestyle	51.38	Angela Palumbo	Grove City	2010
200 Freestyle	1:51.75	Angela Palumbo	Grove City	2012
500 Freestyle	5:02.09	Emily Dressler	Westminster	2010
1000 Freestyle	10:32.71	Jenny Ryan	Grove City	2012
1650 Freestyle	17:27.60	Jenny Ryan	Grove City	2012
100 Butterfly	56.03	Kait Riesmeyer	Grove City	2011
200 Butterfly	2:01.84	Peggy Whitbeck	Grove City	2003
100 Backstroke	57.42	Natalie Rambish	Westminster	2009
200 Backstroke	2:05.09	Megan Mier	Westminster	2009
100 Breaststroke	1:02.04	Kaitlyn Orstein	Wash. & Jeff.	2008
200 Breaststroke	2:15.86	Caitlin Lehberger	Westminster	2012
200 Individual Medley	2:00.27	Kaitlyn Orstein	Wash. & Jeff.	2008
400 Individual Medley	4:24.34	Kaitlyn Orstein	Wash. & Jeff.	2007
200 Freestyle Relay	1:35.19	Jenny Ryan, Jenna Richert, Sarah Page, Angela Palumbo	Grove City	2011
400 Freestyle Relay	3:26.39	Jenny Ryan, Jenna Richert, Sarah Page, Angela Palumbo	Grove City	2011
800 Freestyle Relay	7:29.38	Jenny Ryan, Jenna Richert Kait Riesmeyer, Angela Palumbo	Grove City	2011
200 Medley Relay	1:46.12	Jenny Ryan, Angela Palumbo Kait Riesmeyer, Sarah Page	Grove City	2011
400 Medley Relay	3:51.37	Natie Rambish, Caitlin Lehberger Megan Mier, Emily Dressler	Westminster	2009
1-Meter Diving	430.20	Bethany Haver	Wash. & Jeff.	2010
3-Meter Diving	443.55	Bethany Haver	Wash. & Jeff.	2012

NATATORIUM RECORDS

Event	Record	Record Holder	Institution	Year
50 Freestyle	23.26	Gates	California of Pa.	2010
100 Freestyle	51.47	Angela Palumbo	Grove City	2012
200 Freestyle	1:52.96	Angela Palumbo	Grove City	2012
500 Freestyle	5:02.09	Emily Dressler	Westminster	2010
1000 Freestyle	10:18.85	Callen	Denison	2011
1650 Freestyle	17:21.77	Sandra Buehler	California, Pa.	2002
100 Butterfly	56.59	Kait Riesmeyer	Grove City	2012
200 Butterfly	2:01.84	Peggy Whitbeck	Grove City	2003
100 Backstroke	57.42	Natalie Rambish	Westminster	2009
200 Backstroke	2:05.09	Megan Mier	Westminster	2009
100 Breaststroke	1:02.60	Caitlin Lehberger	Westminster	2012
200 Breaststroke	2:18.02	Caitlin Lehberger	Westminster	2012
200 Individual Medley	2:03.58	Kaitlyn Orstein	Wash. & Jeff.	2005
400 Individual Medley	4:28.89	Kaitlyn Orstein	Wash. & Jeff.	2005
200 Freestyle Relay	1:35.37	Jenny Ryan, Lauren Cassano Jenna Richert, Angela Palumbo	Grove City	2012
400 Freestyle Relay	3:28.70	Jenny Ryan, Jenna Richert Sarah Page, Angela Palumbo	Grove City	2011
800 Freestyle Relay	7:41.41	Swanson, Wangstad Bradford, Callen	Denison	2011
200 Medley Relay	1:46.16	Armitage, Golovkina Broadus, Swanson	Denison	2011
400 Medley Relay	3:51.37	Natalie Rambish, Caitlin Lehberger Megan Mier, Emily Dressler	Westminster	2009
1-Meter Diving	432.90	Krystal Kovach	PSU Behrend	2010
3-Meter Diving	453.85	Diane Maiese	New Jersey	1997

ALL-TIME TOP 10 TIMES

50 Free

Name	Time	Year
1. Angela Palumbo	23.66	2012
2. Jenny Ryan	24.03	2010
3. Jane Wilson	24.04	2007
4. Sarah Page	24.15	2009
5. Ellen Keefer	24.40	2008
6. Sarah Erdos	24.46	1999
7. Emily Kramer	24.65	2009
8. Jenna Richert	24.67	2012
9. Kait Riesmeyer	24.72	2012
10. Emily Franz	24.81	2012

100 Free

Name	Time	Year
1. Angela Palumbo	51.38	2010
2. Jenny Ryan	51.97	2011
3. Jenna Richert	52.56	2011
4. Sarah Page	52.75	2009
5. Kait Riesmeyer	53.11	2011
6. Sarah Erdos	53.14	1999
7. Jane Wilson	53.32	2007
8. Ellen Keefer	53.43	2008
9. Tori Baker	53.58	2012
10. Lauren Cassano	53.72	2011

200 Free

Name	Time	Year
1. Angela Palumbo	1:51.75	2012
2. Jenny Ryan	1:52.64	2010
3. Kait Riesmeyer	1:53.40	2011
4. Jenna Richert	1:53.90	2011
5. Tori Baker	1:55.26	2012
6. Peggy Whitbeck	1:55.43	2004
7. Sarah Erdos	1:55.85	1999
8. Sarah Page	1:56.43	2008
9. Kate Wilt	1:56.53	2009
10. Lauren Cassano	1:56.67	2012

500 Free

Name	Time	Year
1. Peggy Whitbeck	5:02.13	2003
2. Kate Wilt	5:07.49	2009
3. Kait Riesmeyer	5:07.57	2010
4. Jenna Richert	5:08.94	2009
5. Jenny Ryan	5:12.79	2012
6. Tori Baker	5:13.25	2012
7. Christine Bare	5:14.28	2003
8. Krisit Baur	5:21.29	2012
9. Mary McLachlan	5:21.60	2012
10. Michelle Shimrock	5:21.80	2012

1000 Free

Name	Time	Year
1. Jenny Ryan	10:32.71	2012
2. Christine Bare	10:41.13	2005
3. Peggy Whitbeck	10:41.78	2002
4. Jenna Richert	10:53.09	2009
5. Rebecca Smiddy	11:04.56	2009
6. Keegan Reed	11:06.38	2012
7. Kait Riesmeyer	11:14.10	2009
8. Kristi Baur	11:14.97	2012
9. Mary McLachlan	11:15.69	2011
10. Karen Rodgers	11:16.49	2002

1650 Free

Name	Time	Year
1. Jenny Ryan	17:27.60	2012
2. Peggy Whitbeck	17:54.57	2002
3. Jenna Richert	17:57.48	2009
4. Christine Bare	18:01.66	2004
5. Rebecca Smiddy	18:22.96	2008
6. Keegan Reed	18:29.64	2012
7. Kristi Baur	18:32.44	2012
8. Amy Fleming	18:35.05	2012
9. Mary McLachlan	18:36.02	2011
10. Katie O'Neil	18:44.44	1993

100 Fly

Name	Time	Year
1. Kait Riesmeyer	56.03	2011
2. Peggy Whitbeck	56.63	2000
3. Sarah Page	58.41	2009
4. Jenny Ryan	59.22	2011
5. Lauren Baur	59.55	2008
6. Janelle Baglia	1:00.49	2012
7. Kiersten Bower	1:00.80	2006
8. Katie O'Neil	1:01.24	1993
9. Amy Melnik	1:01.42	2012
10. Angela Palumbo	1:01.68	2011

200 Fly

Name	Time	Year
1. Peggy Whitbeck	2:01.84	2003
2. Kait Riesmeyer	2:03.67	2011
3. Jenna Richert	2:10.83	2009
4. Larissa Cassano	2:15.42	2012
5. Kiersten Bower	2:15.67	2006
6. Michelle Shimrock	2:15.79	2012
7. Karen Rodgers	2:17.61	2004
8. Ellen Magee	2:18.28	2002
9. Katie O'Neil	2:19.64	1994
10. Liv Beckner	2:19.65	2012

200 IM

Name	Time	Year
1. Jenny Ryan	2:05.98	2012
2. Kait Riesmeyer	2:11.05	2011
3. Sarah Bargery	2:11.88	2009
4. Peggy Whitbeck	2:12.12	2002
5. Kate Wilt	2:14.05	2012
6. Natalie Keibler	2:14.14	2012
7. Ellen Magee	2:14.54	2003
7. Angela Palumbo	2:14.54	2012
9. Michelle Shimrock	2:15.29	2012
10. Katie O'Neil	2:15.83	1993

100 Back

Name	Time	Year
1. Amanda Thompson	58.22	2009
2. Lauren Cassano	59.09	2012
3. Jenny Ryan	59.44	2011
4. Tori Baker	1:00.19	2012
5. Emily Kramer	1:01.22	2009
6. Natalie Keibler	1:01.51	2010
7. Hope Vandenberg	1:01.73	1998
8. Kara Sisley	1:01.93	2009
9. Olivia Forish	1:02.14	2011
10. Chelsea Johnson	1:02.59	2009

200 Back

Name	Time	Year
1. Lauren Cassano	2:07.86	2012
2. Amanda Thompson	2:07.94	2009
3. Tori Baker	2:09.95	2012
4. Natalie Keibler	2:10.07	2010
5. Kara Sisley	2:13.16	2009
6. Hope Vandenberg	2:13.47	1998
7. Olivia Forish	2:14.64	2010
8. Jenny Ryan	2:14.89	2010
9. Julie Pullin	2:15.22	2002
10. Christy Bittler	2:16.82	1997

400 IM

Name	Time	Year
1. Jenny Ryan	4:29.36	2012
2. Amanda Thompson	4:36.66	2009
3. Peggy Whitbeck	4:37.55	2004
4. Keegan Reed	4:46.12	2012
5. Michelle Shimrock	4:46.19	2012
5. Emma Rudolf	4:46.19	2012
7. Amy Fleming	4:47.32	2009
8. Rebecca Smiddy	4:48.94	2009
9. Ellen Magee	4:49.31	2003
10. Amy Eyre	4:50.45	1995

ALL-TIME Top 10 TIMES

100 Breast

	Name	Time	Year
1.	Sarah Bargery	1:06.72	2009
2.	Brigitte Hanna	1:08.01	1998
3.	Kate Wilt	1:08.52	2011
4.	Emma Rudolf	1:08.58	2012
5.	Kaley Hess	1:08.71	2012
6.	Jacquie Adlam	1:08.74	2005
7.	Amanda Brozenic	1:08.88	2006
8.	Amy Scott	1:08.96	1993
9.	Peggy Whitbeck	1:09.00	2001
10.	Faith Gregorchik	1:09.19	2012

200 Breast

	Name	Time	Year
1.	Kate Wilt	2:26.18	2012
2.	Sarah Bargery	2:26.40	2009
3.	Amy Eyre	2:28.72	1995
4.	Emma Rudolf	2:28.77	2012
5.	Brigitte Hanna	2:29.59	1998
6.	Amy Fleming	2:30.78	2009
7.	Jacquie Adlam	2:31.32	2005
8.	Britt Carpenter	2:32.29	1999
9.	Amanda Brozenic	2:33.26	2005
10.	Kaley Hess	2:33.51	2011

200 Free Relay

	Name	Time	Year
1.	Jenny Ryan Jenna Richert Sarah Page Angela Palumbo	1:35.19	2011
2.	Jenny Ryan Lauren Baur Sarah Page Angela Palumbo	1:35.35	2010
3.	Jenny Ryan Lauren Cassano Jenna Richert Angela Palumbo	1:35.37	2012
4.	Jenna Richert Lauren Baur Emily Kramer Sarah Page	1:36.88	2009
5.	Sarah Page Sarah Bargery Lauren Baur Ellen Keefer	1:37.37	2008

400 Free Relay

	Name	Time	Year
1.	Jenny Ryan Jenna Richert Sarah Page Angela Palumbo	3:26.39	2011
2.	Jenny Ryan Jenna Richert Kait Riesmeyer Angela Palumbo	3:27.43	2012
3.	Jenny Ryan Jenna Richert Sarah Page Angela Palumbo	3:28.09	2010
4.	Jenna Richert Lauren Baur Emily Kramer Sarah Page	3:33.06	2009
5.	Sarah Bargery Lauren Baur Ellen Keefer Sarah Page	3:33.46	2008

800 Free Relay

	Name	Time	Year
1.	Jenny Ryan Jenna Richert Kait Riesmeyer Angela Palumbo	7:29.38	2011
2.	Jenny Ryan Jenna Richert Angela Palumbo Kait Riesmeyer	7:30.03	2010
3.	Jenny Ryan Jenna Richert Kait Riesmeyer Angela Palumbo	7:30.27	2012
4.	Jenna Richert Lauren Baur Kara Sisley Kate Wilt	7:47.51	2009
5.	Peggy Whitbeck Carolyn Shaddak Karen Rodgers Ellen Magee	7:55.31	2004

1 Meter 6 Dives

	Name	Score	Year
1.	Bethany Johnson	235.05	2010
2.	Sara Ohlerich	234.40	2000
3.	Rachel Weeber	216.38	2011
4.	Stephanie McNeill	215.65	2011
5.	Katrina Prentice	212.50	1998

3 Meter 6 Dives

	Name	Score	Year
1.	Katrina Prentice	216.70	1997
2.	J.J. Snapp	201.63	1995
3.	Emily Hays	196.35	2004
4.	Alexis Zanias	196.05	2004
5.	Laura Fossum	186.50	1993

200 Medley Relay

	Name	Time	Year
1.	Jenny Ryan Angela Palumbo Kait Riesmeyer Sarah Page	1:46.12	2011
2.	Lauran Cassano Kate Wilt Kait Riesmeyer Angela Palumbo	1:47.30	2012
3.	Amanda Thompson Sarah Bargery Lauren Baur Sarah Page	1:47.83	2009
4.	Jenny Ryan Angela Palumbo Kait Riesmeyer Sarah Page	1:48.03	2010
5.	Joanne Bennett Amy Scott Katie O'Neil Joan Reep	1:51.98	1993

400 Medley Relay

	Name	Time	Year
1.	Lauren Cassano Kate Wilt Kait Riesmeyer Angela Palumbo	3:53.21	2012
2.	Jenny Ryan Kate Wilt Kait Riesmeyer Angela Palumbo	3:54.54	2011
3.	Jenny Ryan Angela Palumbo Kait Riesmeyer Sarah Page	3:57.59	2010
4.	Amanda Thompson Sarah Bargery Sarah Page Kate Wilt	3:58.09	2009
5.	Amanda Thompson Sarah Bargery Lauren Baur Sarah Page	3:58.90	2008

1 Meter 11 Dives

	Name	Score	Year
1.	Alexis Zanias	323.25	2004
2.	Emily Hays	308.10	2005
3.	Becky Gilmer	270.70	1990
4.	Sara Ohlerich	265.95	1999
5.	J.J. Snapp	258.75	1995

3 Meter 11 Dives

	Name	Score	Year
1.	Emily Hays	354.45	2005
2.	Laura Fossum	299.90	1993
3.	Alexis Zanias	296.20	2004
4.	Sara Ohlerich	264.90	1999
5.	J.J. Snapp	263.80	1994

ABOUT THE COLLEGE

The beautifully landscaped campus of Grove City College stretches over 150 acres and includes 28 neo-Gothic buildings. It is considered one of the loveliest in the nation.

While the College has changed to meet the needs of the society it serves, its basic philosophy has remained unchanged since its founding in 1876. It is a Christian, liberal arts institution, dedicated to the principle of providing the highest quality education at the lowest possible cost.

Wishing to remain truly independent and to retain its distinctive qualities as a private school governed by private citizens (trustees), it is one of few colleges in the country that does not accept federal funds.

Affiliated with the Presbyterian Church (U.S.A.), but not narrowly denominational, the College believes that to be well-educated a student should be exposed to the central ideas of the Judeo-Christian tradition.

Grove City College offers undergraduate degrees in liberal arts, sciences, engineering, business, and music and is distinguished as a national leader in education.

Grove City's programs in electrical and mechanical engineering are accredited by the Engineering Accreditation Commission Board of the Accreditation Board for Engineering and Technology.

The "big business school curriculum" prepares students for today's global business reality. An extensive variety of internship opportunities are provided across the curriculum.

Grove City College wants its students to be prepared in this age of mobile information technology.

Each entering freshman receives a tablet computer which is his or hers to keep upon graduation with a four-year degree.

This is part of the Information Technology Initiative, a total program integrating technology across the curriculum.



**Grove City College's
Breen Student Union**

The College believes that its student body has a unique mix of talents and abilities.

Its Career Services program helps students identify those key assets during the first year and then builds a four-year strategy to help them pursue a satisfying career.

Personal counseling, professional speakers, databases, alumni contacts, summer internships, corporate visits, employer presentations and more are incorporated into the career preparation experience.

Grove City follows the semester calendar plan, in addition to offering two-week sessions in January and May.

Most of the 2,500 students live in separate men's and women's dormitories. The rest are local commuters or married students.

A full program of cultural, professional, athletic and social activities is offered, including 19 intercollegiate varsity athletic teams.

Grove City, a town of 8,100 people, is located 60 miles north of Pittsburgh. It is located near Interstates 79 and 80 and has a municipal airport.

Grove City College 2012-2013

Tuition

\$7,106 per semester

Room and Board

\$3,872 per semester

PROGRAMS AND MAJORS

ACCOUNTING

Accounting (B.S.)

BIBLICAL AND RELIGIOUS STUDIES

Biblical and Religious Studies (B.A.)

BIOLOGY

Biology (B.S.)

Molecular Biology (B.S.)

BUSINESS

Business Management (B.S.)

Finance (B.S.)

Industrial Management (B.S.)

International Business (B.S.)

Marketing Management (B.S.)

CHEMISTRY

Biochemistry (B.S.)

Chemistry (B.S.)

COMMUNICATION STUDIES

Communication Studies (B.A.)

COMPUTER SCIENCE

Computer Science (B.S.)

Computer Information Systems (B.S.)

ECONOMICS

Economics (B.A.)

Business/Economics (B.S.)

EDUCATION

Pre K-4 Elementary Education (B.S.)

Pre K-8 Special Education and Pre K-4
Elementary Education (B.S.)

Middle Level Math/English/Science Educ. (B.S.)

K-12 Biology/General Science Educ. (B.S.)

K-12 French Education (B.A.)

K-12 Music Education (B.M.)

K-12 Spanish Education (B.A.)

7-12 Biology/General Science Educ. (B.S.)

7-12 Chemistry Education (B.S.)

7-12 Chemistry/Gen. Science Educ. (B.S.)

7-12 English Education (B.A.)

7-12 English/Communication Educ. (B.A.)

7-12 Mathematics Education (B.A.)

7-12 Physics Education (B.S.)

7-12 Physics/Gen. Science Educ. (B.S.)

7-12 Social Studies Education (B.A.)

ELECTRICAL/COMPUTER ENGINEERING

Electrical/Computer Engineering (B.S.E.E.)

ENGLISH

English (B.A.)

ENTREPRENEURSHIP

Entrepreneurship (B.S.)

HISTORY

History (B.A.)

MATHEMATICS

Mathematics (B.S.)

MECHANICAL ENGINEERING

Mechanical Engineering (B.S.M.E.)

MODERN LANGUAGES

French (B.A.)

Spanish (B.A.)

MUSIC & FINE ARTS

Music (B.M.)

Music/Business (B.M.)

Music/Performing Arts (B.M.)

Music/Religion (B.M.)

PHILOSOPHY

Philosophy (B.A.)

PHYSICAL EDUCATION

Exercise Science (B.S.)

PHYSICS

Applied Physics (B.S.)

Applied Physics/Computer (B.S.)

POLITICAL SCIENCE

Political Science (B.A.)

PSYCHOLOGY

Psychology (B.A. or B.S.)

SOCIOLOGY

Sociology (B.A.)

PRE-PROFESSIONAL PROGRAMS

Pre-Dental

Pre-Health

Pre-Law

Pre-Theology

Pre-Veterinary

ATHLETIC FACILITIES

All 19 of Grove City College's intercollegiate varsity athletic teams utilize the College's superior facilities for competition, practices and off-season training and conditioning.

Grove City's athletic facilities have undergone numerous renovations and improvements in recent years, with more upgrades scheduled in the immediate future.

On lower campus, Robert E. Thorn Field is home to the College's football and track and field teams. The College installed CSTurf at Robert E. Thorn Field. CSTurf is a synthetic playing surface that features polyethylene LSR grass fibers and a rubber infill system.

The College also installed lights and resurfaced the 8-lane track around the field. Grove City also reconfigured its setup for track meets during these renovations.

In 2011, the College installed a new state-of-the-art scoreboard and new bleachers on the visitors' side at Thorn Field.

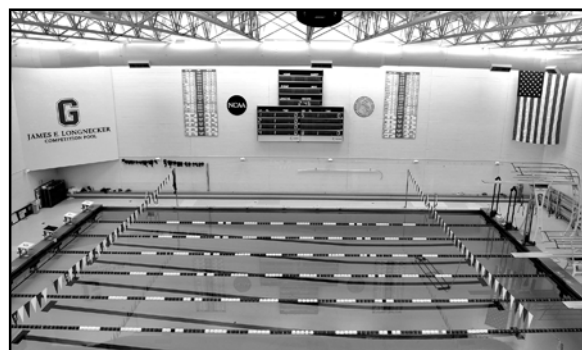
These upgrades benefit the entire campus community as the complex is used by both the College's club sports teams and its intramural program, along with the varsity teams.

The track is also available for use by recreational walkers and joggers. The complex also features 10 all-weather tennis courts next to the stadium.

Phillips Field House, located at the north end of the complex, features several locker rooms, an athletic training room, meeting rooms and coaches' offices. It is used by the football, track and tennis programs throughout the academic year.

The Physical Learning Center (PLC) houses the Grove City College Arena, home to the College's basketball and volleyball programs.

In summer 2012, the College renovated the Arena by installing new lighting and a new playing floor. In recent years, the Arena has also received new scoreboards and scorers' tables.



The James E. Longnecker Pool is one of the nation's premier small-college venues for both swimming and diving and water polo.



The home of Grove City's football and track and field teams, Robert E. Thorn Field has received numerous renovations in recent years.

In addition, the PLC features the James E. Longnecker Pool, one of the premier aquatic facilities in the region. Each year, Grove City hosts the Presidents' Athletic Conference Swimming and Diving Championships at the state-of-the-art facility.

In 2012, the College also hosted the Collegiate Water Polo Association Division III Championships at the James E. Longnecker Pool.

The PLC also features a second pool, the Recreational Pool, which is used by members of the College community year-round.

A fitness room featuring aerobic and Cybex equipment and a separate weight room with free and mechanized weights are also keystone areas of the facility.

The PLC also features six racquetball/handball courts as well as two adjacent intramural rooms. The intramural rooms each feature four basketball courts, four indoor tennis courts, four volleyball courts, an indoor track and two indoor jumping pits.

The College installed new synthetic flooring and several new electronic scoreboards throughout the intramural rooms.

The Physical Learning Center houses the athletic training room, locker rooms and offices for coaches and physical education faculty.

The College recently constructed a new office suite for coaches and athletic administration, while also incorporating its Athletic Hall of Fame area.

Grove City's outdoor athletic facilities have also received numerous upgrades in recent years.

The varsity soccer field, College Field, was expanded and re-sodded during the summer of 2005. College Field also received a new press box during the summer of 2007.

Meanwhile, Grove City's baseball and softball facilities recently received major facelifts as new dugouts, new fencing and electronic scoreboards were installed on both fields.

2012-13 SCHEDULE

OCT. 20	AT CLARION FALL CLASSIC	10:00
OCT. 27	ALLEGHENY	1:00
NOV. 3	AT SAINT VINCENT*	1:00
NOV. 10	AT CARNEGIE MELLON	1:00
NOV. 17	AT KENYON QUAD	1:00
NOV. 29-	AT KENYON COLLEGE TOTAL	
DEC. 1	PERFORMANCE INVITATIONAL	
NOV. 30-	GROVE CITY COLLEGE	10:00
DEC. 1	WINTER INVITATIONAL	
JAN. 12	AT WASH. & JEFF.*	1:00
JAN. 19	DENISON	1:00
JAN. 26	AT ALLEGHENY/WOOSTER	1:00
JAN. 31	WESTMINSTER*	6:00
FEB. 2	AT PITT QUAD	11:00
FEB. 2	BETHANY*	1:00
FEB. 14-16	JAMES E. LONGNECKER INVITATIONAL/ PRESIDENTS' ATHLETIC CONFERENCE CHAMPIONSHIPS AT GROVE CITY	

*-PRESIDENTS' ATHLETIC CONFERENCE MEET