Griffs’ Cornish, Knights’ Arlington are Athletes of Week

Grossmont College swimmer Ben Cornish and San Diego City College baseball player Matt Arlington have been named Pacific Coast Athletic Conference Men’s Athletes of the Week.

Cornish, a sophomore from Santana High School and a transfer from Fresno Pacific, helped lead the Griffins, who scored 400.5 points, to third place behind traditional state powers Diablo Valley and Orange Coast out of 14 teams in the 13th Pasadena Invitational.

Cornish won the 100-yard breaststroke in 59.85 and the 200 breaststroke in 2:12.90. He also led off the Griffins’ winning 400 freestyle relay team.

Arlington, a sophomore outfielder from Point Loma and a San Diego State transfer, went 6-for-11 as the Knights won two of three games from Southwestern to knock the Jaguars out of a tie for second place.

Arlington went 3-for-3, homered to force extra innings and drove in three runs in a 6-5 win over the Jags in 11 innings. He singled in a 2-0 loss in the middle game of the series, then was 2-for-4 with a double and two steals in a 9-5 win in game three.

Honorable mention went to baseball players Dennis Morton (Palomar) and Agustin Lopez (Southwestern).

Morton, a freshman shortstop from Temecula Valley High, was 7-for-14 as the first-place Comets swept three games from Mesa 9-8, 10-7 and 9-6. He was 2-for-5 with two doubles in the first game, 2-for-4 with a double, two RBIs and a sacrifice fly in the second game and 3-for-5 with a home run, steal and two RBIs in the third game.

Lopez, a sophomore right-handed pitcher from Montgomery High, threw a complete-game five-hit shutout, striking out eight, as Southwestern downed City 2-0 in the middle game of the teams’ series.