

Feldman, Men's NCAA Finish Highlight Cross Country Season



The Princeton men's cross country team accepts the Ivy League Heptagonal Championship trophy.



Senior Greta Feldman races to an eighth-place finish at the NCAA Mid-Atlantic Regional.

Support the Excellence

The generosity of the Friends of Princeton Track and Cross Country has made a significant difference for our men's and women's programs. It has helped to assure that Princeton is represented this year by teams that have won championships and runners who have won All-America honors under the guidance of the best coaching possible this year. Your gift has helped to make possible unique international trips such as the recent one to Greece. The Friends continue to try to enhance the opportunities for our athletes and coaches.

If you have already sent in your contribution, we thank you wholeheartedly. If not, please send your donations payable to **Princeton University** (memo - Friends of Princeton Track) in the enclosed envelope. Use the card also enclosed and addressed to: **Princeton University, Friends of Track, P.O. Box 5357, Princeton NJ 08543-5357**. Your continued support makes a tremendous impact. Thank you.

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photos courtesy of Beverly Schaefer, Tom Connolly and the Ivy League.

Chairman's Statement

In addition to all the great news of individual and team achievements contained in this latest addition of our newsletter, I'm proud to announce that we have recruited as my successor as Chairman of the Friends of Princeton Track, a distinguished Tiger alumnus, Alan Andreini '68.

Alan has been an increasingly active member of our executive committee over the last three years, and has already begun a number of new programs to help our athletes.

Alan has been in the financial services business all his life starting at Salomon Brothers in 1973. The last ten years he has been in the hedge fund business as both a CEO and as a managing director responsible for business development. While at Princeton, Alan was a three-time All-America who took fifth in the indoor mile at the NCAA Championships his senior year. Alan also broke Bill Bonthron's 1934 record in the mile which was a world record when Bonthron ran it and had been the Princeton record for 34 years.

Dan Biederman '75

Chairman, Friends of Princeton Track

TigerNet E-Mail List Allows Alumni to Stay Connected

The Friends of Princeton Track created an e-mail list on TigerNet as a means to distribute and discuss meet results, achievements, events and various other opportunities to friends and former members of the Princeton women's and men's track and field teams. The list is an open forum and is a wonderful opportunity to stay in contact with teammates and friends.

The Friends hope that more alumni will take advantage of this opportunity in the coming year. Everyone who has signed up for the unofficial e-mail list will need to sign up on TigerNet for the official track e-mail list. To sign up, please go to: www.tigernet.princeton.edu. First, click on Discussion Groups, then click on Other Interests. Our list name is track-field-alums. Thus, our official e-mail address is: track-field-alums@lists.tigernet.princeton.edu. It's another opportunity to stay connected with our terrific teams.

2012 Women's Cross Country Season



The Princeton women's cross country team opened the season with a second-place finish at the Spiked Shoe Invitational at Penn State on Sept. 8. The Tigers earned 52 points and had an average time of 21:56 on the 6k course. All five scorers finished in the top 20. Emily de La Bruyere '15 was the top Tiger across the line, finishing in fifth place at 21:29. Mel Newbery '13 was ninth at 21:49. Jackie Nicholas '15 and Molly Higgins '14 crossed together in 11th and 12th with times of 22:05 and 22:06, respectively. Kathryn Fluehr '15 was the final scorer, taking 15th at 22:10. Penn State won the meet with 25 points and Navy was third.

It would be 20 days before the Tigers would compete again. Princeton headed to the Notre Dame Invitational on Sept. 28. The invitational is one of the toughest during the regular season featuring many top-ranked teams. This year, five nationally ranked squads competed, along with Princeton which was receiving votes in the national poll at the time. The team put together an eighth-place finish led by senior All-America Greta Feldman. Feldman led the team with a 17th-place finish of 17:03. de La Bruyere was three seconds back to take 21st. Nicholas ran 17:15, followed by Alexis Mikaelian '13 at 17:33 and Marisa Cummings '14 at 17:50. No. 2 Florida State won the race with a score of 29. The home team No. 20 Notre Dame was second, No. 19 New Mexico was third.

That same day, the Tigers B team ran at the Paul Short Run on the Lehigh campus. The team represented well, finishing in third place in the Brown race, behind the A team's from Pittsburgh and Rhode Island. The Tigers were paced by Lindsay Eysenbach '16 who finished 17th with a time of 22:27. Sophie Harkins '15 was in the top 25 with a time of 22:45. Three freshmen rounded out the scorers. Maria Seykora, Amanda Chang and Summer Hanson ran 23:05, 23:10 and 23:17, respectively.

The team split up again two weeks later as the A squad competed at the Wisconsin Invitational and the B team stayed home to host the Princeton Invitational.

Like the Notre Dame Invitational, the Wisconsin Invitational was stacked, with 17 nationally ranked squads competing. No. 5 Iowa State won the race with No. 7 Stanford second and No. 2 Arizona third. Princeton finished 25th ahead of two top-ranked squads. Feldman led the Tigers, placing 68th with a time of 20:39 on the 6k course. de La Bruyere and Nicholas both finished in under 21 minutes. Mikaelian and Abby Levene '13 were the fourth and fifth scorers finishing one second apart at 21:20 and 21:21.

At the home meet on West Windsor Fields, the B squad finished sixth out of 25 teams that competed in the championship race. Erika Fluehr '15 led the Tigers with a 23rd-place finish, covering the course in 22:16. Seykora led all freshman placing 31st with a time of 22:26, while Eysenbach was right behind in 36th place at 22:31. Hewitt and Chang rounded out the scores with times of 22:51 and 23:01, respectively.

For the second consecutive year, Princeton hosted the Ivy League Heptagonal Championship. The program rebounded from a disappointing finish in 2011 to finish in second place in 2012. Feldman finished eighth as the top Tiger across the line with a time of 20:47.8. Levene came in 12th at 20:55.5 with Nicholas on her heels taking 13th at 20:56.5. The trio earned second-team All-Ivy League accolades. de La Bruyere posted a

21:18.5 for 27th, while Newbery was 31st at 21:34.5 to round out the top five. Cornell won the race for the second straight year, going 1-2-3, for 31 points. (The last time runners from the same team went 1-2-3 was in 2009 when Princeton went 1-2-3-4-5 for the only sweep ever in Ivy League Heps history). Princeton had 91 points for second place, while Brown and Harvard tied for third with 93 points apiece. Yale was fifth (108) followed by Columbia (116), Dartmouth (162) and Penn (204).

The top two teams at the NCAA Mid-Atlantic Regional automatically qualify for the NCAA Championships, but Princeton had a tough battle with three of its regional competitors ranked in the national poll. The Tigers captured fourth at Regionals, behind Feldman, who had an eighth-place finish of 20:37. Penn State won the race with 61 points, followed by Georgetown with 63 and Villanova with 96. de La Bruyere was 12th at 20:50 and Nicholas clocked in at 21:09 to take 17th. Cummings and Mikaelian finished 10 seconds apart, at 21:36 and 21:46 as the final two scorers. Feldman, de La Bruyere and Nicholas earned All-Region honors for finishing in the top 25.

Keeping a streak of 12 years of Princeton in the NCAAs alive, Feldman individually qualified for 2012 NCAA Division I Cross Country Championship in Louisville, Ky. Feldman finished 88th overall running 20:42.5 with splits of 6:42 at the 2k mark and 10:14 at the 3022 meters. Oregon won the team championship, while Iowa State's Betsy Saina won the individual title.

The season concluded on Nov. 17 at the ECAC Cross Country Championship, where the Tigers took home third place. Levene was the top Tiger across the line, finishing in 13th place with a time of 18:24.2. Erika Fluehr was two places back in 15th place at 18:25.4. Seykora ran 18:39.8 and Eysenbach posted a time of 18:47.5 to finish 22nd and 26th, respectively. Hewitt rounded out the scorers, placing 35th at 18:56.9.

PETER FARRELL Women's Head Coach

Sometimes a second-place finish can make a season a successful one. The 2012 Tiger cross country team found itself behind the eight ball early as three of our top seven runners were out with injuries virtually before the season began. But as the team was told, this is a program and not just a team. Someone would have to step up to replace those who were incapacitated. Tradition and team pride would have it no other way. Less than hoped for results at Notre Dame and Wisconsin left the team without any real points to make it to Nationals. Championship time saw a particularly gratifying effort by the way the team bounced back at Heps, which was contested on our home course at West Windsor Fields. Actually picked to finish fourth, the team gelled in time to garner a hard fought second-place finish. Led by co-captain Greta Feldman '13, the Tigers avenged earlier losses to Harvard and Yale, while holding off blossoming Brown and Dartmouth teams. Greta captured eighth and thereby earned second-team All-Ivy honors. Classmate Abby Levene finished 12th to earn All-Ivy as well.

Two sophomores, Emily de la Bruyere and Jackie Nicholas, as they had done all year, contributed to the score with 13th and 27th finishes. Senior Mel Newbery rounded out the scoring with a 31st place finish.

This year's Regional was so tantalizing close. We had to beat Villanova to earn an at-large berth. Penn State and Georgetown would grab the top two automatic spots, so we needed to be pushed in when Villanova popped up on the bubble with its two points. (Points are earned when you beat schools that have already qualified). After running what I consider our best team race of the year, we came up five points shy of beating the Wildcats. So, you could say we were probably the next team that would have come off the bubble. Greta did make it to the NCAAs where she finished 88th out of a field of 254.

We have our team banquet next week and I can honestly say that the team is very excited about getting back to cross country next yearhealthy. But for now, it's time for indoor track.



2012 Men's Cross Country Season



The men's team lost the bulk of its scoring from 2011 with eight seniors graduating. Youth did nothing to dissuade the Tigers' success as they recorded the highest program finish in the NCAAs and won the Ivy League. Princeton was nationally ranked all season, starting at No. 21 and peaking at No. 11 during Week 5.

Princeton showed promise from the get-go. Alejandro Arroyo Yamin '14 won the Spiked Shoe Invitational and led the team to victory in the first meet of the season. Yamin clocked in a 26:00 and was followed by Tigers in third, fourth and fifth places. Eddie Owens '15 ran 26:18 for third, while Chris Bendtsen '14 was fourth and Tyler Udland '14 was fifth with matching times of 26:24. The final Princeton scorer was Michael Franklin '13, who finished at 26:34 for 12th place.

A second-place finish at the Notre Dame Invitational followed. Princeton finished ahead of eight nationally ranked squads and second to just No. 20 Tulsa. Arroyo Yamin paced the Tigers for the second straight meet running 23:57 to finish 10th overall. Bendtsen ran 24:06 to place 17th. Franklin clocked in at 24:19 for 28th, followed by Jonathan Vitez '14 at 24:22 and Matt McDonald '15 at 24:31.

The following day at the Paul Short Run, Max Kaulbach '13 led the Tigers with a time of 25:56. Four freshmen competed in the race as well. Michael Sublette and David Pugliese clocked in at 26:24 and 26:31, respectively. Brian Poirier and Jamie Fehrenstrom ran under 28, at 27:01 and 27:45, respectively.

In the final race before Heps, Princeton headed out to another hotly contested meet, the Wisconsin Invitational. As a team the Tigers finished 14th. No. 8 Stanford won the race with No. 5 Iona taking second and No. 4 Oklahoma in third. The Tigers finished ahead of seven nationally ranked teams including top-ranked reigning national champion Wisconsin, which finished 17th. For the third time this season, the Tigers were paced by Arroyo Yamin. He ran the 8k in 23:52. Bendtsen finished 59th with a time of 24:05 and Udland ran 24:09 for 73rd. Franklin and McDonald rounded out the scorers, posting times of 24:17 and 24:39.

Back home in Princeton the rest of the squad hosted the Princeton Invitational at West Windsor Fields. The men's JV team, composed of all freshmen, placed 14th out of 24 teams. Sam Berger led the Tigers with a time of 24:53 to finish 25th overall. Sublette was the second Tiger across the line at 25:14, followed by Pugliese at 25:29. Brett Kelly and Fehrenstrom ran 25:40 and 27:54, respectively, as the final scorers.

The Tigers would celebrate on that same course two weeks later as the team won its third consecutive Heps title. They have now won six of the last seven. Bendtsen and Arroyo Yamin went 1-2 to pull out the victory for first-year head coach Jason Vigilante. They become Princeton's second 1-2 tandem, joining Paul Morrison and Mike Spence who did it in 1999.

Team captain Bendtsen became the eighth Tiger in Princeton history to win the individual title. The last three times that a school has won both the team and individual titles belong to the Tigers. Michael Maag '09 in 2007, Donn Cabral '12 in 2010 and now Bendtsen in 2012. Princeton has won Heps a total of six times when also having the individual champion.

Bendsten ran 23:41.8 and Yamin 23:48.1. Not far behind was Udland who finished fourth at 23:51.3. Three places back was Vitez, who ran 23:57.8

for seventh place. Rounding out the scorers was Owens in 12th at 24:06.6. McDonald also had a great showing finishing 14th at 23:13.0.

Bendtsen, Yamin, Udland and Vitez claim first-team All-Ivy League honors, while Owens and McDonald capture second-team honors.

The NCAA Mid-Atlantic Regional was a race to the finish with the top three men's teams being separated by just five points. Princeton would miss getting the automatic bid by just four points, as it placed third with 61 points. Villanova was second with 57, while Georgetown claimed the win with 56 points. The next 22 teams were far back, with the fourth-place team earning 145 points.

Bendtsen finished third overall as the first Tiger across the line. He covered the 10k course in 30:35. Like a repeat of Heps, Arroyo Yamin was one second back to take fifth. Udland claimed sixth with a time of 30:39. Franklin and Vitez ran 30:58 and 31:08 as the final two scorers. McDonald and Sam Pons '15 ran 31:10 and 31:12, to finish in the top 35. Bendtsen, Arroyo Yamin, Udland and Franklin all earned All-Region honors for placing in the top 25.

Princeton earned an at-large bid to the NCAAs, marking the program's 13th appearance at the national championship. On Nov. 17 in Louisville, the Tigers finished 11th, the best finish in program history. It betters the 12th-place finish from 2010 that included Olympian Donn Cabral '12.

The junior trio of Bendtsen, Arroyo Yamin and Udland paced the Tigers as all three finished in the top 100. Bendtsen clocked in at 30:07.6 to finish 43rd overall, Arroyo Yamin was 58th overall at 30:24.4 and Udland ran a 30:33.5 for 79th place. Franklin was the fourth Tiger across the line at 31:00.5 to finish 134th and McDonald was 151st at 31:06.7. Owens and Vitez rounded out the Princeton seven.

That same day four freshmen ran at the IC4A Cross Country Championship at Van Cortlandt Park. Sublette was the first across the line, finishing the five-mile race in 26:01.9. Berger and Pugliese came across the line together at 26:09.5 and 26:09.9, respectively. Kelly finished the race in 26:29.0

JASON VIGILANTE Men's Head Coach

The Class of 2012 left an indelible mark on the men's cross country program; highlighted by Donn Cabral's eighth-place finish at the London Olympics in the steeplechase. Names like Stilin, Leung, VanAckeren, Maag, Dialynas, King and Wilson set us on a path, which quite honestly was a tough act to follow. Our focus this year was to not only represent Princeton well, but pay homage to the recent graduates and the standard of excellence they set.

With an easy spirit and a feeling of excitement we began the 2012 campaign at the Harry Groves Spiked Shoe Invitational hosted by Penn State, site the NCAA Mid-Atlantic Regional months later. Our Tigers ran with great patience and the savvy of a veteran team, moving through the pack and finishing very well. Alejandro Arroyo Yamin '14 ran a fine time winning the race, closely following were Eddie Owens '15, captain Chris Bendsten '14 and Tyler Udland '14. We easily defeated Georgetown and Penn State and this set the tone for a terrific season.

Three weeks after the Penn State meet we ran at the Notre Dame Invitational. Against a strong field we were able to duplicate the patient race strategy from our previous race. Arroyo Yamin and Bendsten were brilliant as they moved through the field, inspiring the rest of the Tigers behind them, Michael Franklin '13, John Vitez '14 and Matt McDonald '15 all ran great. We finished second in the race beating some fantastic teams and gained a tremendous amount of confidence.

Once we returned from South Bend, I knew we were a very good team and made a calculated gamble with our training. We had the qualifying points to be at-large qualifiers secured from that Notre Dame meet. We logged many miles and put forth some very intense workouts; a six-mile tempo run on the tow path, followed by 1,000m intervals gave us both tired legs and the faith that our training had never been better. Obviously I knew we could jeopardize the potential for a great performance in Wisconsin but

continued on back



2012 Women's Cross Country Results

Sept. 8 Spiked Shoe Invitational

State College, Pa. - 6k
2nd of 10

Princeton Finishers

5.	Emily de la Bruyere '15	21:29
9.	Mel Newbery '13	21:49
11.	Jackie Nicholas '15	22:05
12.	Molly Higgins '14	22:06
15.	Kathryn Fluehr '15	22:10
21.	Marisa Cummings '14	22:23
28.	Abby Hewitt '13	22:34
35.	Alexis Mikaelian '13	22:43
48.	Sophie Harkins '15	23:06
49.	Erika Fluehr '15	23:09
69.	Lindsay Eysenbach '16	23:33
116.	Katie Skinner '14	24:57

Team Totals

1.	Penn State	25
2.	Princeton	52
3.	Navy	97
4.	West Virginia	104
5.	Ohio State	108

Sept. 28 Notre Dame Invite

South Bend, Ind. - 5k
8th of 28

Princeton Finishers

17.	Greta Feldman '13	17:13
21.	Emily de la Bruyere '15	17:06
28.	Jackie Nicholas '15	17:15
61.	Alexis Mikaelian '13	17:33
84.	Marisa Cummings '14	17:50
93.	Mel Newbery '13	17:57
114.	Molly Higgins '14	18:12

Team Totals

1.	Florida State	29
2.	Notre Dame	111
3.	New Mexico	147
4.	NC State	148
5.	Illinois	187
8.	Princeton	209

Sept. 28 Paul Short Run

Bethlehem, Pa. - 6k
2nd of 39

Princeton Finishers

17.	Lindsay Eysenbach '16	22:27
24.	Sophie Harkins '15	22:45
41.	Maria Seykora '16	23:05
50.	Amanda Chang '16	23:10
53.	Summer Hanson '16	23:17
83.	Abby Hewitt '13	23:42
106.	Rachel Skokowski '15	23:54
113.	Katie Skinner '14	23:56
146.	Kathryn Little '16	24:18

Team Totals

1.	Pittsburgh	124
2.	Rhode Island	165
3.	Princeton	187
4.	Indiana U. of Pa.	192
5.	Adelphi	275



The women's team lines up before the 2012 Ivy League Heptagonal at West Windsor Fields.

Oct. 12 Wisconsin Invitational

Madison, Wisc. - 6k
25th of 48

Princeton Finishers

68.	Greta Feldman '13	20:39
79.	Emily de la Bruyere '15	20:41
96.	Jackie Nicholas '15	20:48
191.	Alexis Mikaelian '13	21:20
195.	Abby Levene '13	21:21
254.	Marisa Cummings '14	21:46

Team Totals

1.	Iowa State	109
2.	Stanford	181
3.	Arizona	242
4.	Washington	252
5.	Cornell	264
25.	Princeton	626

Oct. 13 Princeton Invitational

West Windsor Fields - 6k
6th of 25

Princeton Finishers

23.	Erika Fluehr '15	22:16
31.	Maria Seykora '16	22:26
36.	Lindsay Eysenbach '16	22:31
55.	Abby Hewitt '13	22:51
63.	Amanda Chang '16	23:01
64.	Melissa Zajdel '13	23:02
69.	Sophie Harkins '15	23:04
92.	Kristin Smoot '14	23:18
108.	Gina Talt '15	23:30
135.	Katie Skinner '14	23:54
144.	Summer Hanson '16	24:03
145.	Kathryn Little '16	24:05
184.	Rachel Skokowski '15	24:48
188.	Kim Mackay '15	24:58

Team Totals

1.	Columbia	83
2.	McMaster	109
3.	Cornell	132
4.	Stony Brook	146
5.	Sacred Heart	198
6.	Princeton	208

Oct. 27 Ivy League Heptagonals

West Windsor Fields - 6k
2nd of 8

Princeton Finishers

8.	Greta Feldman '13	20:47.8
12.	Abby Levene '13	20:55.5
13.	Jackie Nicholas '15	20:56.5
27.	Emily de La Bruyere '15	21:18.5
31.	Mel Newbery '13	21:34.5
45.	Erika Fluehr '15	21:54.5
51.	Alexis Mikaelian '13	22:00.0
65.	Abby Hewitt '13	22:22.0
66.	Marisa Cummings '14	22:23.1
69.	Sophie Harkins '15	22:30.3
72.	Lindsay Eysenbach '16	22:35.0
75.	Maria Seykora '16	22:39.5

Team Totals

1.	Cornell	31
2.	Princeton	91
3.	Brown	93
	Harvard	93
5.	Yale	108
6.	Columbia	116
7.	Dartmouth	162
8.	Penn	204

Nov. 9 NCAA

Mid-Atlantic Regional
State College, Pa. - 6k
4th of 31

Princeton Finishers

8.	Greta Feldman '13	20:37
12.	Emily de La Bruyere '15	20:50
17.	Jackie Nicholas '15	21:09
28.	Marisa Cummings '14	21:36
36.	Alexis Mikaelian '13	21:46
43.	Erika Fluehr '15	21:53
66.	Mel Newbery '13	22:19

Team Totals

1.	Penn State	61
2.	Georgetown	63
3.	Villanova	96
4.	Princeton	101
5.	West Virginia	111

Nov. 17 ECAC Championships

Bronx, N.Y. - 5k
3rd of 11

Princeton Finishers

13.	Abby Levene '13	18:24.2
15.	Erika Fluehr '15	18:25.4
22.	Maria Seykora '16	18:39.8
26.	Lindsay Eysenbach '16	18:47.5
35.	Abby Hewitt '13	18:56.9
68.	Sophie Harkins '15	19:35.8
73.	Summer Hanson '16	19:42.7
78.	Amanda Chang '16	19:49.5
79.	Katie Skinner '14	19:51.6
84.	Kathryn Little '16	20:07.2

Nov. 17 NCAA Championships

Louisville, Ky. - 6k
NTS

Princeton Finishers

88.	Greta Feldman '13	20:42.5
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HONORS

Second-Team All-Ivy League

Greta Feldman
Abby Levene
Jackie Nicholas

All-Region

Greta Feldman
Emily de La Bruyere
Jackie Nicholas

Academic All-Ivy

Emily de La Bruyere

2012 Men's Cross Country Results

Sept. 8 Spiked Shoe Invite

State College, Pa. - 5.2 mi.
1st of 9

Princeton Finishers

1.	A. Arroyo Yamin '14	26:00
3.	Eddie Owens '15	26:18
4.	Chris Bendtsen '14	26:24
5.	Tyler Udland '14	26:24
12.	Michael Franklin '13	26:34
19.	Matt McDonald '15	26:43
24.	Jonathan Vitez '14	26:48
28.	Luke Brahm '16	26:56
36.	Sam Berger '16	27:06
45.	Connor Martin '15	27:19
67.	Max Kaulbach '13	27:58
71.	Jamie Fehrstrom '16	28:04
72.	Brian Poirier '16	28:05
78.	Michael Sublette '16	28:20

Team Totals

1.	Princeton	25
2.	Georgetown	57
3.	Penn State	78
4.	Navy	91
5.	St. Joseph's	114

Sept. 28 Notre Dame Invite

South Bend, Ind. - 8k
3rd of 26

Princeton Finishers

10.	A. Arroyo Yamin '14	23:57
17.	Chris Bendtsen '14	24:06
28.	Michael Franklin '13	24:19
36.	Jonathan Vitez '14	24:22
48.	Matt McDonald '15	24:31
51.	Eddie Owens '15	24:32
77.	Tyler Udland '14	24:47
108.	Luke Brahm '16	25:10
136.	Sam Berger '16	25:37

Team Totals

1.	Tulsa	104
2.	Princeton	139
3.	Notre Dame	143
4.	Florida State	152
5.	Eastern Kentucky	167

Sept. 28 Paul Short Run

Bethlehem, Pa. - 8k
37th of 37

Princeton Finishers

147.	Max Kaulbach '13	25:56
198.	Michael Sublette '16	26:24
209.	David Pugliese '16	26:31
237.	Brian Poirier '16	27:01
253.	Jamie Fehrstrom '16	27:45

Team Totals

1.	Villanova	69
2.	William & Mary	100
3.	Georgetown	101
4.	Dartmouth	175
5.	Providence	194
37.	Princeton	1044



Chris Bendtsen and Alejandro Arroyo Yamin high-five after finishing first and second at Heps.

Oct. 12 Wisconsin Invitational

Madison, Wisc. - 8k
14th of 45

Princeton Finishers

29.	A. Arroyo Yamin '14	23:52
59.	Chris Bendtsen '14	24:05
73.	Tyler Udland '14	24:09
101.	Michael Franklin '13	24:17
187.	Matt McDonald '15	24:39
199.	Eddie Owens '15	24:46
281.	Jonathan Vitez '14	25:46

Team Totals

1.	Stanford	135
2.	Iona	145
3.	Oklahoma	166
4.	Texas	267
5.	Arkansas	308
14.	Princeton	449

Oct. 13 Princeton Invitational

West Windsor Fields - 8k
14th of 24

Princeton Finishers

25.	Sam Berger '16	24:53
54.	Michael Sublette '16	25:14
76.	David Pugliese '16	25:29
93.	Brett Kelly '16	25:40
157.	Jamie Fehrstrom '16	27:54

Team Totals

1.	St. Joseph's	46
2.	Harvard	110
3.	Iona	124
4.	Haverford	132
5.	UMBC	169
14.	Princeton	405

Oct. 27 Ivy League Heptagonals

West Windsor Fields - 10k
1st of 8

Princeton Finishers

1.	Chris Bendtsen '14	23:41.8
2.	A. Arroyo Yamin '14	23:48.1
4.	Tyler Udland '14	23:51.3
7.	Jonathan Vitez '14	23:57.8
12.	Eddie Owens '15	24:06.6
14.	Matt McDonald '15	24:13.0
50.	Sam Pons '15	25:00.1
53.	Max Kaulbach '13	25:03.1
58.	Sam Berger '16	25:16.3
66.	David Pugliese '16	25:23.8
78.	Michael Sublette '16	25:44.6

Team Totals

1.	Princeton	26
2.	Columbia	58
3.	Dartmouth	77
4.	Cornell	83
5.	Harvard	131
6.	Yale	158
7.	Penn	185
8.	Brown	223

Nov. 9 NCAA

Mid-Atlantic Regional
State College, Pa. - 10k
3rd of 25

Princeton Finishers

3.	Chris Bendtsen '14	30:35
5.	A. Arroyo Yamin '14	30:36
6.	Tyler Udland '14	30:39
21.	Michael Franklin '13	30:58
26.	Jonathan Vitez '14	31:08
29.	Matt McDonald '15	31:10
32.	Sam Pons '15	31:12

Team Totals

1.	Georgetown	56
2.	Villanova	57
3.	Princeton	61
4.	American	145
5.	Penn State	147

Nov. 17 IC4A Championships

Bronx, N.Y. - 5 mi.
NTS

Princeton Finishers

30.	Michael Sublette '16	26:01.9
38.	Sam Berger '16	26:09.5
39.	David Pugliese '16	26:09.9
56.	Brett Kelly '16	26:29.0

Nov. 17 NCAA Championships

Louisville, Ky. - 10k
11th of 31

Princeton Finishers

43.	Chris Bendtsen '14	30:07.6
58.	A. Arroyo Yamin '14	30:24.4
79.	Tyler Udland '14	30:33.5
134.	Michael Franklin '13	31:00.5
151.	Matt McDonald '15	31:06.7
160.	Eddie Owens '15	31:12.3
241.	Jonathan Vitez '14	32:50.0

Team Totals

1.	Oklahoma State	72
2.	Wisconsin	135
3.	Colorado	158
4.	Northern Arizona	191
5.	Florida State	238
11.	Princeton	358

HONORS

Heps Champion
Chris Bendtsen

Academic All-Ivy
Alejandro Arroyo Yamin

First-Team All-Ivy League
Chris Bendtsen
Alejandro Arroyo Yamin
Tyler Udland
Jonathan Vitez

Second-Team All-Ivy League
Eddie Owens
Matt McDonald

All-Region
Chris Bendtsen
Alejandro Arroyo Yamin
Tyler Udland
Michael Franklin

Get to Know the Tigers



Sophomore Emily de La Bruyere

You had a breakout year in cross country. How did that develop?

This year has been largely about Peter's program paying off, and about my maturing as a runner. (That, and managing expectations: I had a disappointing freshman year, so really just about anything would have constituted a significant improvement). With a year at Princeton behind me, I'm learning what big races mean, what higher-level training constitutes, and how I react, physically and mentally. Really it has all boiled down to a heightened focus on the sport (particularly when I'm supposed to be studying) and a calm, confident approach to races and workouts.

Then there's Peter Farrell and the team. After letting them down last year -- and seeing them retain faith in me -- I couldn't not perform this season.

Still, progress is progress, but I have a long way to go. This season has been a gift,

but more a step than an end in its own. I almost made it to the big dance, and I'm closer to the leaders now. But I'd like to be there and I'd like to be with them.

How did you get into running and what are your earliest memories of it? I started running because I couldn't play any other sport. When I tried to kick a soccer ball in gym class I fell over backwards. I do not exaggerate. But I could (almost) keep up with my mother on runs. In middle school, the only day all year when I was considered cool was the day we raced the mile. After that, there was no going back. I don't know when exactly the monomania took root. But I woke up one morning and realized that there were going to be an awful lot of miles ahead of me. It has made family vacations difficult (how many places in western Canada are runnable on Christmas morning?), but I'm a middle child and we're supposed to be difficult. Running is also the reason I wake up in the morning, literally and figuratively.

If you could compete in another sport at Princeton, besides track and cross country, what would it be and why? Are there any other sports? In all seriousness, ice hockey. It was my first love, the only sport other than running at which I ever came close to

being decent -- though, admittedly, my puck-handling was abysmal. From age five to age twelve, I was convinced that I was going to be the first female NHL player. I guess some things just aren't meant to be.

What schools did you consider and what brought you to Princeton's program? My list was pretty typical -- some of the other Ivies, Amherst, Williams. The US Naval Academy was the only outlier. Academics were definitely my top priority. Neither my family nor my high school was particularly athletically oriented (if they'll forgive me for saying so). First and foremost, college was about the classroom. It was only after I arrived at Princeton that I really began to think of myself as an athlete.

At the time I convinced myself that the college decision was a difficult one. Really, though, I fell in love with Princeton the second I met Peter Farrell. He understood my background and my goals. He knows everything and everyone. He writes the funniest emails I have ever read. And I realize now how unique it is that Princeton offers the runner the opportunity to pursue both athletic and academic excellence, without compromising either. Plus, we have the best uniforms.

What are your biggest motivators? This team is the greatest motivation I could ever ask for. Sure I'm chasing success and excellence for their own sakes -- for myself, if you will -- but that only takes a person so far. I go to the locker room every day and run, bike, swim, and ice with the greatest, most talented, most amazing women I have ever met, and may ever meet. I run for them, with them, and, more than that, I run to keep up with them.

What are your career ambitions outside of track? As things stand, I plan to major in the Woodrow Wilson School, with a certificate in Chinese. Ideally, I'll have the chance to focus professionally on diplomacy or international, maybe energy-related, commerce. I've also been thinking for a long time about entering the armed services -- probably either the Navy or the Marines -- after Princeton.

But for now, I'm focusing on the more important things. Like organizing a Princeton women's cross country retreat in or near Connecticut this summer. Any ideas?

What are your goals for the upcoming indoor and outdoor track seasons? Heps always comes first. I'd love to help us win the team title. In this case, "love" isn't a strong enough word. There are few things I wouldn't do for Heps -- within the limits of the law, of course.

As an individual, I want to see some significant improvements time-wise (though I'm not going to lay out any specific goals here, both because it's very early and because I don't want to jinx anything), and, ideally, punch the elusive ticket to NCAAs.

What specific goals do you have for yourself as you move forward, in track and cross country? On the broader scope, I am always aiming to improve and do my best in practice and training in order to have it translate over into competition. I think setting specific goals is definitely helpful in motivating oneself, and I usually establish those before that individual season based on what I know is reasonable but nonetheless a challenge. I strive to have faith and do my best with what God has given me. This year and in future years I hope to reach higher levels and lower my times in cross country and the steeplechase and other distance events in track as well as be a part of a strengthening, national caliber team.

What does being a part of the Princeton track and cross country team mean to you?

The team has become a family on campus and it's a very important part of my life at Princeton. Besides smaller groups and associations, the team is the second half to Princeton academia. I love being a part of the team and cherish it. It has allowed me to meet many amazing individuals and challenge myself more than ever before. My teammates and coach mean a great deal to me, and my Princeton experience would definitely be incomplete without them. I am very grateful and happy to compete for Princeton and be an athlete on campus.

What have the Tigers that have come before you taught you? The captains and other upperclassmen have given me a lot of useful guidance, advice, support and love. They have taught me to never give up, be fierce, stay organized and productive with school-work and to have fun. Above all, they remind the team that we love running and racing which really helps fuel our determination to work harder and compete with passion. Each session, every team member is matched with a "secret psych" -- a person who acts as a "secret Santa" and gives small gifts, notes and surprises to help motivate her teammate before a competition. Although it is difficult to explain the close bonds on our team, this simple gesture exemplifies the love within our team. I intend to be a role model for younger Tigers coming into the program and serve as a teammate who is easy to talk to and available to give advice and support.

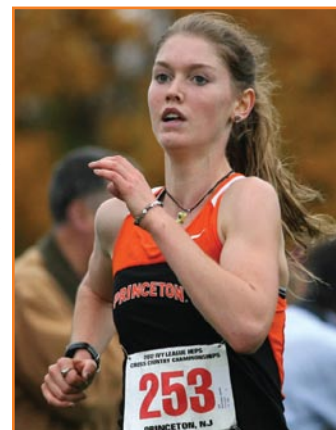
What was it like to join the Princeton program after it has been having so much success? It has been amazing to represent Princeton, to wear the orange and black, and be a part of the historical program. In my opinion, Princeton is the best combination of excellent academic and outstanding athletic institutions. I'm very thankful to be given the opportunity to be a part of Princeton's undergraduate population. It's also an honor to be coached by Peter Farrell who started the women's programs at Princeton and has been here ever since. He is extremely experienced, knowledgeable, and knows what it takes to produce a smart, dedicated, tightly knit and physically prepared team.

I personally love his coaching style and feel his personality, attitude, and approach push me to stay focused and strong-minded. Nonetheless, it is still effortless to get along with him, allowing a serious environment when necessary but continual friendship and understanding. I hope that I can contribute to Princeton's success under Coach Farrell.

What has been the highlight of your Princeton career, thus far?

The highlight of my Princeton athletic career so far would probably be receiving All-Ivy and All-Region honors coupled with a second-place team finish at the Heptagonal Championships and a close fourth-place at Regionals, just barely missing Nationals. Beyond that, receiving the Princeton freshman cross country award, winning some small races, and achieving personal bests in the 5k, 6k and 3k steeplechase were rewarding. However, highlights definitely include workouts in which I did well, even setting personal records, and during which I could really identify improvement and see the benefits of my hard work. Lastly, when Coach is proud of me and knows that I put forth my best effort, I am very satisfied.

What are your career ambitions post-Princeton? After Princeton, if I am qualified enough to continue my running career, I would definitely like to continue to challenge myself and see how far I can go and see what my absolute potential can be. However, academically, I will most likely continue with more schooling. I plan on majoring in Public Policy and International Relations, Woodrow Wilson School, here at Princeton, while studying pre-medicine. I also aim to pursue certificates in Arabic Language and Culture and Global Health Policy. After Princeton, I am considering applying to medical school and trying to become a doctor, perhaps pediatric. If so, I would love to work in underprivileged, ethnically diverse areas in the United States or abroad in the Middle-East.



Sophomore Jackie Nicholas

continued on back

Get to Know the Tigers



Junior Chris Bendtsen

How did you feel about your performance at NCAAs and how you finished your season? I'm extremely happy with how the season turned out. It seemed like our team always stepped up when it counted. Heps and Nationals were our best races, and it was really rewarding to perform our best at the most important meets. Placing 11th as a team, the highest finish in school history, was something in the back of our minds all season. To reach that goal was something special that the seven of us will never forget.

How do you prepare for NCAAs, is it different preparation than most races?

The preparation was basically the same as it was for all of our big races this fall. We wanted to stay composed, almost business-like, before and during the race. As Coach Vig told us, the key to running well at the NCAA Championship was just to do what we

did all season long. It doesn't take a miraculous performance to place high. Going into the race, we had the mindset not to go out too hard, to move up, and run a good hard race fighting until the end. Since our racing wasn't going to be anything different, our preparation didn't really change either. I think it all worked out in the end.

As team captain, how has your role on the team differed compared to the last couple of years? Honestly my role hasn't really changed too much, and that's because of all the strong leaders we have on this team. This year's senior class has done a phenomenal job at keeping the team motivated and working hard, which they've always done since I was a freshman. Our junior class has stepped up big to lead by example as well, so my job hasn't been very difficult.

You won the individual title at Heps. What was going through your head as you crossed the line in first place? As I crossed the line I was just really happy to score that 1 point for the team. I immediately turned around to see where everyone else was. To see the Tigers come in 2, 4, 7, and 12 behind me was exhilarating. I knew we had the team title, and was thrilled to be a part of it.

How did you feel about your performance at NCAAs and how you finished the season?

I am pretty pleased with how this season evolved and culminated. Individually, there were some up and downs and my performance in the last three meets wasn't quite what I wanted but there was still a huge improvement from years past. Team-wise, it was a whole different story. We made a statement at every meet, especially at the ones that mattered. Not only did we keep the Heptagonal trophy for ourselves but we also defended our place as one of the top programs in the nation after finishing 11th at the NCAA Championships—the highest in Princeton's history. Doing this without an All-America really speaks of team effort and really gets us excited for next year when we will finally step on the podium.

What's the most important thing for you to do in training to make sure you peak at the right time of the season? Routine. I always stick to a routine regarding my training, especially towards the latter part of the season. Coach Jason Vigilante likes this approach too. I mean, why do something radically different the week before Nationals when what we've been doing for the last two months works? There's a method to it and I think that getting your body into a rhythm reduces your overall levels of stress and really keeps you focused—something fundamental in a place like Princeton. However, I always remain flexible and prepared to face the unexpected; you never know what's going to happen the morning of the race.

You were runner-up at Heps. What were you thinking coming down the chute, pushing into second with orange jerseys going 1-2? Honestly, it was mentally and emotionally one of the toughest finishes I've ever experienced. At the moment, it was tough to see my longtime goal of winning the individual title fade away. But there was no time to feel sorry about myself, so I pushed my individual aspirations aside and reminded myself that I was running for Princeton. I was a Tiger first, and down the chute no other feline beats a Tiger. Punching the 1-2 ticket with my teammate—and roommate—will be a moment I will cherish forever.

What brought you to Princeton and the cross country and track programs?

I was born and raised in Leon, Mexico—the fifth largest city in the country and a place known for its conservative mindset. By conservative I mean that ever since you are born your life seems to be completely planned: you go to school, you stay there for college, you marry someone, and you spent the rest of your life there. Attending Princeton was just something you saw in the movies.

What was common for students in Mexico though, was that they would go one year abroad (usually during middle or high school) to improve their English. Like any other good Leon set of parents, mine decided that going to a boarding school would

What specific goals do you have for yourself as you move forward in the upcoming track seasons? Moving forward to track, it's hard to make any specific goals regarding times. Just to run personal bests would be fantastic. Most importantly, our team is going for it's third triple crown in a row. So to score points in the 3k and 5k indoors, and 5k and 10k outdoors is definitely something I have in mind.

What have the Tigers that have come before you taught you? I can't give enough praise to the classes of 2011 and 2012 that I ran with the last two years. Every one of those guys have helped me some way or another with training, racing, school or anything. I think the most important thing is the mentality they left behind. When they were here, you couldn't help but get caught up in the mindset of being serious, working hard, doing the little things to get better, giving your all for the team, and most of all just caring about the sport and your teammates. I'd like to think our upperclassmen now are following in their footsteps, and the underclassmen are learning from us what we learned from 2011 and 2012.

What memory is most precious from your Princeton athletic career thus far? This is a tough question. I guess it's a three-way tie between being a part of the Penn Relays winning 4xmile my freshman year, our team coming from behind to win Outdoor Heps and the triple crown last year, and standing on the podium after Cross Country Heps this fall with three of my roommates as a part of the All-Ivy team (1, 2, 4, 7).

What do you think the athletic future holds, for you personally? Right now the Class of 2012 has never lost a Heps championship. That's for cross country, indoor track, and outdoor track. Two triple crowns and in the process of a third. We always joke that we'll graduate having never lost. I think that joke is starting to become more and more real. So if my athletic future is being part of a class that has never lost a Heps championship, I'd be a very proud Tiger.

What are your career ambitions outside of track and cross country? I'm majoring in economics. Business school is definitely a possibility after I graduate, but I have no specific career plans as of right now.

be great for my yearlong experience. And so my sophomore year I landed on The Culver Academies in northwest Indiana, just two hours away from Chicago. There I continued my running career but with the thought that I was just going to be there one year. One became three. Soon, my college counselor was bombarding me with emails about applying to college in the US and I really had no clue what to do about it. Should I stay or go back to Leon and resume that aforementioned life plan? You can figure out what I chose. Choosing where to go to college was then the new dilemma.

How I ended up in Princeton was a whole other story, one that couldn't have been understood without the above paragraph. Part of it was a longtime dream of attending the best of the best. Part of it was the thought of running at a collegiate level. My high school running career had evolved to a point where I could be recruited to run D1. That thought brought again those thrills of improving, of going even further with my running, and honestly, being a collegiate athlete just sounded awesome. My first connection to Princeton and specifically to Princeton xc/track was through Culver alumna, now Princeton alumna, Alex Banfich '12. Her telling me about the whole recruiting process and about her fascination with Princeton really pushed me to look into the school.

With no time to waste, the next summer I came and visited Old Nassau with my family. I was sold the moment we drove down tree-lined Washington Road. The place just felt right. The moment I stepped foot on Princeton, I knew that it was where I would like to spend four years of my life. The more I knew about the school and the xc/track program the more I wanted to come. Luckily it worked out, and, well I cannot begin to tell how happy I am to be a part of this. I have become a part of tradition bigger than any I could've imagined, a tradition that has forged great men and women scholar-athletes and will continue to do so. The dream did come true.



Junior Alejandro Arroyo Yamin

continued on back

Nicholas continued

I would love to use my knowledge of Spanish and Arabic and other languages in whatever occupation I may obtain. I would like to be involved in policy work and ideally diplomacy or work with other nations to promote good relations, stronger state institutions and access to health care. I would love to work for the government or an organization such as WHO or the UN, especially if I decide to focus more on politics over medicine or perhaps post-medicine if I am given the chance. Right now, I am obviously still not completely set on what my plan is but I know I want to help less-fortunate people and nations whether indirectly or directly. I am allowing God to guide me in my future decisions and path.

Arroyo Yamin continued

How did you get into running and what are your earliest memories of it? I come from a very athletic family. My dad was, and still is, a huge baseball and soccer fan. My mom played basketball in college—she later became a professional marathoner, and my sisters were both national-caliber gymnasts. I was the exception. As a chubby little kid who would enjoy learning how elevators worked and who memorized washing machine brands, I grew up reluctant to do any type of sport. No one understood why. Perhaps it was my lack of talent in traditional sports like soccer—imagine the heart attack people had when they realized this Mexican kiddo could not kick a ball to save his life! Hence why coaches would just put me in the game for a minute just to obey the rules. My hand-eye coordination was, and still is, not my forte—in fact, it was quite disastrous—and it didn't seem to improve through basketball, baseball, golf, tae-kwon do, you name it. At that point in my life, I began to think that maybe I just wasn't meant for any athletic activity. Still, my parents kept pushing me to try, to practice, to exercise—at the time, I hated them for doing it, now I cannot thank them enough.

Things changed in seventh grade. I started off the year in a new school, which did require a sport but had new options that were somewhat appealing to me. One of those options was running. I knew a little about it because of my mother. It seemed fine, though I never thought of trying it out until then. Given my lack of athleticism, I was out of shape and, at first, I struggled to finish a lap or two on the track. I remember waking up the next day of my first track practice without being able to move. But, contrary to most, I really liked that pain. It's a weird thing to say and I know it, but that pain was a sign of effort. Finally my body used those extra calories! Eventually, I was able to run more laps around the track while burning away the extra pounds—which further motivated me. I remember having to run 30 minutes around the track without stopping just so I could convince my coach I was ready to compete on the next race...a race, which I came in last.

From then on I just kept moving forward (the idea of improving was and still is fascinating to me). Years passed and things got better. Sure, you hit some hurdles on the way but you get back at it. I got back at it, and that even surprised me considering my prior giving-ups! Thus, running not only came to change my health habits but also my work ethic and my attitude. It's discovering was truly life changing.

What's the best advice you could give to incoming freshman? Don't be afraid to hold yourself to high standards. Believe that you can contribute to the tradition of Princeton xc/track regardless of your year, high school career or current PR. If you made the team, you are fully capable to exceed your own personal expectations and help the team in ways you originally thought you couldn't. When such things do occur and your effort proves to be essential to the team's benefit, I guarantee that the satisfaction you get from it cannot be rivaled.

Furthermore, truly embrace education through athletics. Learn from your teammates and coaches, they've been around longer and they can really help when you need it the most. Plus, all such advice paired with your academic endeavors will soon prove to be the best set of skills you'll have to tackle the world beyond the classroom and the track...an opportunity characteristic of Princeton.

What do you think the athletic future holds, for you personally? After collegiate running, I plan on taking one or two years off from school and really focus on the sport. I would like to train for the 2016 Olympics and represent Mexico. It's a lifetime dream and like everything else, it could be achieved with hard work and dedication. First things first though, I have five seasons left as a Princeton Tiger and I plan to make the most out of them. Meaning that I would like to see myself up at the big dance for indoor and outdoor track and—along with next year's cross country season—chase that All-America accolade.

What are your career ambitions outside of cross country and track? Ever since I was eight years old I wanted to become an architect. Most people in my family thought it was just a phase. Well, I'm in my third year at Princeton's School of Architecture and I'm still holding strong to the idea. If my running plans go through, I will most likely take time off between Princeton and graduate school. There, I will pursue a master in architecture, which is required for me to obtain a license and thus be able to practice. Although I like all types of architecture, design, and planning, I have lately been fascinated with campus planning and architecture. I am about to finish reading W. Barksdale Maynard's Princeton: America's Campus and I just feel so grateful to be studying at a living architectural museum. One day I hope to contribute to it. But first, I've got to finish my JP.

Vigilante continued

it was a risk worth taking. Of the 46 teams competing at Wisconsin, 21 were ranked in the top 30. Like the previous two races, our plan was to be conservative and patiently move through the field. Despite coming from so far behind, our men finished 14th but more importantly learned to be calm under pressure surrounded by athletes in a large field. A lesson that would prove useful at the NCAA's in Louisville.

Perhaps the most anticipated competition on our schedule of course is the Heptagonal Championship. We handled this as a business transaction with no emotion. Columbia appeared to be the team to beat as they were fifth at the Wisconsin Invitational and ranked No. 10 in the NCAA. On a beautiful Saturday morning at our home course, Bendsten won his first Heps title followed closely by Arroyo Yamin in second. Just by a fraction of a second Udland placed fourth, just missing the 1-2-3 sweep. Vitez had his highest finish, placing seventh. Owens and MacDonald were 12th and 14th, respectively. We were calm, patient and confident early on in the race and finished with punishing tenacity - the score was 26-58 over Columbia. Needless to say the Tigers ran well and made us all proud.

With three weeks remaining in the season it was a nice comfort knowing that despite barring a colossal meltdown we could still place in the top four at the Regional and still advance to the NCAA Championship. This time around we secured a position at the front of the race and made certain to be controlled and conservative. Bendsten led us in third, Arroyo Yamin fifth and Udland sixth. Franklin returned from an asthma attack at Heps to place 21st and Vitez was 26. I was very happy to see McDonald and Sam Pons '15 just seconds behind in 29th and 32nd. We were just five points from the win, however the effort put forth to do so was as marginal as could be. We were headed to Louisville with momentum, confidence and good health!

Of all sports the best NCAA Championship competition is easily cross country. Thirty-one teams, 30 minutes, no timeouts, no substitutions, no referees, no alibis and just one opportunity to get it right! Our primary objective was to run within ourselves and be certain to allow us our best chance at a high finish. Our intermediate scores were 22nd at 2k, 22nd at 2 miles, 17th at 5k, 17th at 7k and 11th at the finish. Over the last 3k, Bendsten moved up two spots, Arroyo-Yamin 10, Udland 13, Franklin 24, MacDonald 24 and Owens 14. Without question we executed our plan as well as possible and earned Princeton's highest finish in school history! Bendsten missed All-America by a mere five seconds. It was a terrific season finale.

In closing I could not be more excited, grateful and optimistic about this cross country team. These Tigers represent us well and I am blessed to be their coach.

2012-13 PRINCETON TRACK SCHEDULE

INDOOR		
Dec. 9	New Year's Invitational	Jadwin Gym
Jan. 6	Navy Dual (M)	Jadwin Gym
Jan. 11	Princeton Quad Meet (W)	Jadwin Gym
Jan. 12	Saturday at the Armory I (M)	New York, N.Y.
Jan. 25	NYRR College Night at The Armory (W)	New York, N.Y.
Jan. 26	Wesley A. Brown Invitational (M)	Annapolis, Md.
Feb. 1	New Balance Collegiate Invite (W)	New York, N.Y.
Feb. 2	Sykes-Sabock Challenge Cup	University Park, Pa.
Feb. 9	Husky Classic (M)	Seattle, Wash.
Feb. 9	HYP	Jadwin Gym
Feb. 16	Princeton Invitational	Jadwin Gym
Feb. 23-24	Ivy League Heptagonals	Cambridge, Mass.
Mar. 1-2	Alex Wilson Meet (M)	South Bend, Ind.
Mar. 1-2	Columbia Last Chance Meet (M)	New York, N.Y.
Mar. 2-3	IC4A/ECAC Championships	Boston, Mass.
Mar. 8-9	NCAA Championships	Fayetteville, Ark.

OUTDOOR		
Mar. 23	Central Florida Invitational	Orlando, Fla.
Mar. 29-30	Raleigh Relays (M)	Raleigh, N.C.
Apr. 5-6	Sam Howell Invitational	Weaver Stadium
Apr. 13	George Mason Invitational	Fairfax, Va.
Apr. 18-20	Mt. Sac Invitational	Walnut, Calif.
Apr. 19-20	Larry Ellis Invitational	Weaver Stadium
Apr. 25-27	Penn Relays	Philadelphia, Pa.
May 4-5	Ivy League Heptagonals	Weaver Stadium
May 10-12	IC4A/ECAC Championships	Weaver Stadium
May 23-25	NCAA East Regional	Greensboro, N.C.
June 5-8	NCAA Championships	Eugene, Ore.

(M) Men's Team Only; (W) Women's Team Only