

Ratcliffe Wins National Championship in Historic Fashion



Julia Ratcliffe '16 became Princeton's first women's track & field national champion and continued the Princeton athletics national champion streak to 43 consecutive years.

Sophomore Julia Ratcliffe punctuated her brilliant year with an exclamation point as she won the first NCAA Championship in the proud history of Princeton women's track and field. Ratcliffe topped Colorado's Emily Hunsucker by more than two meters to win the national title in the hammer throw during the first day of the 2014 NCAA Outdoor Track & Field Championships in Eugene, Ore.

Ratcliffe's winning throw was 66.88m (219-5) and she finished with the top three throws of the afternoon to conclude her sophomore year undefeated.

"I'm just so thankful to the people who helped me get here; my coach, my dad, my family and the Princeton team," Ratcliffe said. "But I'm also really proud of myself because last year I kind of bombed so to come back and win....it just feels so good."

Ratcliffe was the second thrower in Flight 1 and shook the rust off on her first attempt throwing to 58.52 (192). She took over the lead on her second throw as she tossed a 63.90 (209-8) but Hunsucker dropped her down to second place minutes later with her throw of 64.59 (211-11). It was Ratcliffe's final throw of Flight 1 that gave her the lead with a big mark of 65.39 (214-6). She held that lead into the finals, as the best throw in Flight 2 would be Brook Pleger of Bowling Green at 64.68 (211-6). The top nine advanced to three more rounds, throwing in descending order.

Ratcliffe threw a bomb in round four, extending her lead to 66.04 (216-8) giving her other eight competitors a new mark to beat with two rounds left. She outdid herself again in round five with her best throw of the day a 66.88 (219-5). Slowly the other competitors moved to the wayside, and it came down to the final throw by Hunsucker. It was her best throw of the day and the crowd was on pins-and-needles awaiting the mark to see if Ratcliffe would have to push deeper. Hunsucker's throw came on the board at 64.83 (212-8) and Ratcliffe knew the title was hers. Taking to the ring for the final time, as the national champion, Ratcliffe gave a toss of 64.18 (210-7) and pumped her fists in victory.

"Coming into the [final] round and seeing the girls kind of tense up and not throw as well as they had been was more of a relief for me to know that everyone was really trying hard. This is very real competition. Every person in the competition is a competitor who is capable of beating me, so it was stressful right until the end seeing Emily throw that big one on the last one."

The title is the first in program history; the Tigers had come as close as second, when Lauren Simmons '02 finished as the runner-up at the 2002 NCAA outdoor championships in the 800 meters.

The victory also extends Princeton's department-wide streak to 43 consecutive years with at least one individual or team national championship.

As a team Princeton finished 22nd, the best finish at the NCAA Championships in the program's 36-year history.

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From the Chairman

Chairman's Statement

Dear Teammates,

Last year's opening sentence of the Chairman Statement, July 2013:

"NATIONAL CHAMPION!! As many times as I hear those words it never seems to get old."

This year's opening sentence of the Chairman's Statement, July 2014.

NATIONAL CHAMPION!! As many times as I hear those words it never seems to get old.

What a great statement to make in back-to-back years. What an amazing group of student-athletes and coaches. What an amazing amount of support from the Athletic Department and the University Administration. To state the obvious, this all starts with an incredibly talented group of student-athletes who have performed brilliantly and with poise and grace. They not only made us proud by their accomplishments but made us proud by how they conducted themselves in victory. Forever the names Julia, Michael, Austin, Russell and Peter will be remembered as Princeton National Champions.

Our program continues to excell on the national stage. Our student-athletes continue to perform at levels that are stunning. To all of the groups mentioned above who have been such an integral part of this process and to the over 1,500 members of Friends of Princeton Track/Cross Country who have worked tirelessly and shown such generosity.....THANK YOU.

Suggestion: come home to Princeton to watch these fantastic athletes compete. Watch them and spend time with them after they compete. You will be hard pressed to decide if you are more impressed with their performances or the Princetonians they have become.

GO TIGERS!!!

Alan Andreini '68
Chairman, Friends of Princeton Track



COACHES' STATEMENTS

PETER FARRELL **Women's Head Coach** **Outdoor Coach's Statement**



Julia Ratcliffe '17. Hammer Thrower. A name that will live in Princeton record books forever. Princeton women's track has finished in every spot of the top ten at NAAs, except first. This changed on June 11th when the University of Oregon announcer called her name for her last throw with "Now stepping in; your winner and Princeton University's women's track first ever NCAA champion." Now, we finally have the complete set as Julia responded to all the hype and all the pressure and brought home our first NCAA championship. Not only did Julia claim NCAA gold, she also successfully kept Princeton's streak of an individual or team NCAA champion alive. That's 43 consecutive years that a Tiger individual or team has claimed an NCAA championship. Thank God she wasn't aware of this before she stepped into the circle. Actually, she was.

In other action, aside from Julia's undefeated season in the hammer, the team had what could be described as an okay season. Fifth at the Heps is not what this program has come to expect. We did have some tough personal losses over the long year. Key members were missing from outdoor Heps due to a variety of reasons. But we are here to focus on what did happen not what could have happened.

Frosh, Megan Curham had a remarkable yearling campaign with a second and third finish at Heps in the 5 and 10K; a new school mark in the 10K 33:24 and an 11th-place finish in the NCAA 10K, good enough for second-team All-America. Her classmate, Lizzie Bird, had a terrific first year as well with a 13th-place finish at NCAA Regionals and a near nationals qualifying time of 10:13. Co-captain Imani Oliver lifted the team at Heps with a school-record long jump of 19-9. She backed that up with a second-place finish in the triple jump at 41-7. Fellow senior, Samantha Anderson, captured her second consecutive pole vault with a jump of 12-7. Speaking of streaks, Samantha continued Princeton's consecutive winning streak in the vault at 10! Beth McKenna earned the first ever Mort Diamond Award by rising to the occasion at outdoor Heps and finishing in a tie for second place in the heptathlon. Jay Diamond '85 endowed an award in honor of his dad, Mort Diamond, our long time long jump official. The award goes to that team member who performs above his or her capabilities at the league meet. All of us can site examples of how the heat of battle drew some extraordinary or heroic performance out of a Tiger in that cauldron known as The Heps. This award will add real fire to our performances at Heps.

We're excited about welcoming the team back in September. Look for the Tigers to bounce back in the fall of '14.

FRED SAMARA **Men's Head Coach** **Outdoor Coach's Statement**



I was sitting at our award banquet at the historic Cranbury Inn with Alan Andreini, our Friends of Princeton Track President, when he asked me how I felt about the season's results and performances. I thought for a moment, and said, "Honestly, I think this was one of Princeton's strongest and most balanced teams ever."

That statement may surprise some people (after all, we did finish second in all three sports this season), but if you look at the list of our performances I think you will agree. We had super performances in almost every event area. In fact, most of the best performances from this season rank in the top five or ten all-time at Princeton.

So how did such a strong team keep finishing second? As I said all year long, Ivy League cross country and track is at its strongest level ever. There were record numbers of Ivy League athletes at the NCAA Regional and national championships.

The league aside, we had a super year. The dedication, spirit and enthusiasm of our student-athletes were at the highest level, and when a team feels that way, great marks follow!

Senior co-captain Tom Hopkins led the team all outdoor season, and has had a remarkable career. As a Heps competitor Tom scored an incredible 125 points, and leaves Princeton with performances that will long be remembered. His performances include 25-3 in the long jump, 46.23 in the 400, 21.08 in the 200 and a 46.0 leg on the 3:05.86 4x400 relay.

Fellow co-captain Chris Bendtsen demonstrated determination, courage and strength of character time and again. In my 36 years at Princeton no athlete compares to Chris in the way he literally "left everything on the track" when he raced. Which is why it was so rewarding to see Chris cap his wonderful Princeton career with a tremendous second team All-America performance in the 10k at NCAA Outdoors.

The only thing that stopped Damon McLean from posting a record eight straight indoor and outdoor Heps triple jump titles was a broken ankle during his freshman year. Damon will have to settle for "only" seven Heps titles in his specialty event. He leaves Princeton as an All-America with an incredible 53-0 triple jump and an impressive 25-0 long jump on his resume. More importantly though, I call him "Old Reliable," as I knew he would always come through when the pressure was on.

Adam Bragg showed how up and down the pole vault could be. The logistics and technique involved with the vault are complex, as is the timing. In addition the pre-requisite technique, there is the proper pole selection, standard placement and wind patterns to contend with on every jump. Both Adam and I struggled with all the variables during the season, constantly experimenting and changing things. At Outdoor Heps we reached what most observers felt was the low point, as Adam no-heighted and we lost 10 precious team points. However, Heps was actually the turning point. We learned so much from that day, and it paid off! Adam responded with a monster clearance of 17-5.75 at Regionals to advance to the NCAA finals. At finals he cleared an awesome 17-8, and had a near miss at 18-5. Only a sophomore, heights in excess of 18-0 are on the horizon for Adam.

Another sophomore performing at an incredibly high level was sprinter John Hill. He ran a spectacular 100-meter race at Heps, and grabbed a thrilling come-from-behind victory. For his inspiring efforts we named John the first recipient of the Diamond Award, named in honor of our long time official and friend of the program, Mort Diamond.

Greg Caldwell is another sophomore who stepped up big at Heps. He ran a PR and set a new school record in the 110 hurdles while finishing second.

A freshman from England, Will Paulson (Prince William to the team), showed his world-class potentials at the end of the season. After a strong FY campaign at Princeton, he continued running when he returned to England. He ran in the British under-23 championships and not only made the final, but finished second overall.

Finally, freshman Chris Cook proved to be a clutch performer in the shot put. He set PRs at both indoor and outdoor Heps. He wrapped up his first season with a PR of 58-0. A remarkable improvement considering the difficult transition from the high school to collegiate implement.

With one of the best recruiting classes in team history coming in this fall, and a strong team returning, optimism abounds for another record-breaking season. Whatever the result, you can count on the athletes and coaches to continue the tradition of spirit, enthusiasm and TEAM.

Women's Outdoor Championship Season in Review



Kim Mackay '15

have won the event. She opened with a 64.11, followed by a 67.09, 67.70, 66.86 and then 67.75 in her fifth attempt before a foul on her sixth.

Imani Oliver '14 won the long jump with a PR of 6.02 (19-9) on her final attempt. She also jumped to 5.76 and 5.69, while passing twice and fouling once in an event she competed in only twice this season. Oliver is the first Tiger to win the long jump since 1997 when Nicole Harrison was named the Heps Most Outstanding Performer after winning the 200, 100 hurdles and long jump. Just missing a scoring spot was **Alex Lanzafame '17** in seventh place with a PR of 5.65.

Samantha Anderson '14 won her second straight pole vault title. She won the event indoors and kept it up under the sun as she cleared 3.80 (12-5.50) on her second attempt. Anderson won Princeton's sixth consecutive outdoor pole vault title. **Allison Harris '17** was fourth at 3.70 (12-1.50) as the Tigers grabbed 14 points in the event.

Megan Curham '17 ran a school record as the runner-up in the 10k. She ran a PR of 33:24.79, which is 7.26 faster than the school record set by Emily Kroshus '04 one decade ago when she ran 33:32.45 at Mt Sac.

Making it into the finals were: **Molly Higgins '14** and **Maria Seykora '16** in the 1500, **Kim Mackay '15** in the 800 and **Megan McMullin '16** in the 400-meter hurdles. After four events of the heptathlon, the Tigers sat 2-5-6-9.

Day 2 began with another spectacular run for Curham, this time in the 5k. She finished in third place with a 16:48.56 and maintained position in the lead pack throughout the race.

Lily Miller '14, **Joanna Anyanwu '15**, **Emily Easton '15** and **Charquia Wright '15** picked up a point with a sixth-place finish in the 4x100. The relay ran its best time this season, a 47.02.

Lizzie Bird '17 placed fourth in her first Heps steeplechase. She clocked 10:30.05 to earned four points towards the team total.

Princeton went 2-4-5 in the heptathlon. **Beth McKenna '14** tied for second place with 5,083 points. **Kerry Krause '16** was fourth with 4,937 and **Taylor Morgan '16** claimed 4,770 points.

Brielle Rowe '16 earned a point in the discus as she placed sixth with a throw of 42.80 (140-05), her best throw of the season.

In the 800, Mackay took fourth as she made her laps in 2:10.85, while McMullin earned her first Heps points with a fifth-place finish in the 400 hurdles. She turned in a time of 1:00.92.

The 4x800 relay of **Kristin Smoot '14**, **Zoe Sims '17**, **Henrietta Miers '14** and **Kacie O'Neil '14** placed third at 8:44.98.

Princeton got an additional point from the 4x400 relay. Wright,

HEPTAGONAL CHAMPIONSHIP

Julia Ratcliffe '16 was named the Most Outstanding Field Performer at the 2014 Ivy League Heptagonal Championships as Princeton finished fifth in the team standings.

Princeton had the lead after a weather-delayed Day 1 at Cuyler Field & Dwyer Track at Yale University. The Tigers won three of the day's five events and qualified four to the finals.

Ratcliffe threw a Heps record to win the hammer throw. She tossed 67.75 (222-03), and all five of her countable throws would

Anyanwu, McMullin and Mackay posted a time of 3:49.40 to finish sixth.

In the final event to be scored, Oliver was edged in the triple jump. Oliver jumped to 12.68 (41-7.25) to win her flight, but it wasn't far enough for her to take a double after claiming a long jump victory on Day 1.

Harvard won the meet with 162 points, followed by 2) Dartmouth 149, 3) Cornell 84, 4) Columbia 88, 5) Princeton 86, 6) Brown 61.5, 7) Penn 46.5 and 8) Yale 26.

NCAA REGIONAL

Six members of women's track & field team qualified for 2014 NCAA East Regional held at the University of North Florida in Jacksonville, May 29-31.

The highlight came on Day 1 when two Tigers punched their tickets to Eugene, Ore.

Curham capped off the first day at the University of North Florida with a fourth-place finish in the 10k with a time of 33:25.12. It marked the second time this season she has ran a sub-33:30, which had been a school record for a decade.

Ratcliffe's day hit a snag when there was a lightning delay in the middle of the hammer throw. It didn't bother the nation's leader, as her first throw was the

longest of the day. Ratcliffe claimed the title of East Regional champion with a 67.51 (221-6). Her other attempts reached 65.56, 63.22, 62.73, 65.90 and one foul. The next best throw of the competition was 65.88 (216-2).

Bird was this close to qualifying for her first NCAA championship, missing an advancing spot by one place in the steeplechase. She ran a PR of 10:13.15, more than three seconds faster than her previous best to finish 13th overall. She was fourth in her heat. Bird gave it her all posting the fastest split of the final 400 meters, at 1:17.45. She inched her way from ninth to fifth after the first 1000 meters. Bird moved into third place at 1400 meters and held that for two laps before dropping into fourth at 2200 meters. At the bell she sat in seventh before her final push into fourth place.

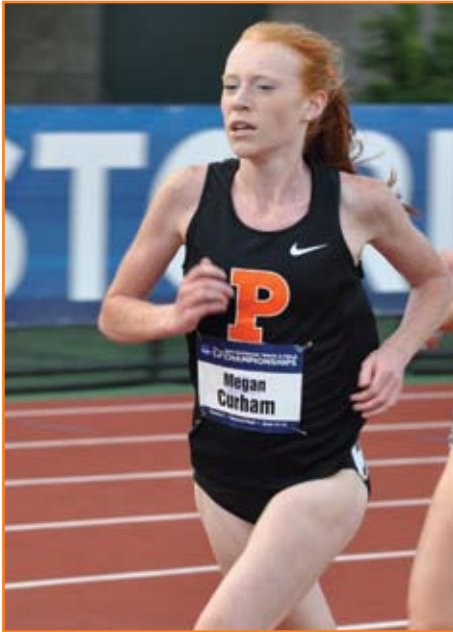
Oliver had her collegiate career end in the triple jump on the final day. Oliver jumped 12.57 (41-3) on her third attempt, after jumping to 12.38 and 12.03 on her first two attempts. She finished 27th overall and 10th in her flight.

Two others had their seasons come to an end at the Regional. McKay clocked 2:08.52 in the 800 to finish 41st overall, and McMullin ran 1:01.86 in the 400 hurdles to place 44th.



Meghan McMullin '16

Women's Outdoor Championship Season in Review



Megan Curham '17

NCAA CHAMPIONSHIPS

Curham earned second-team All-America honors in her first NCAA Outdoor Track & Field Championships on Thursday, June 12. Curham ran 33:29.03 to finish 11th and was again just seconds off her PR and school record of 33:24.79.

Curham had three of the fastest split times, on lap 2, 3 and 9. She held steady in the top pack until things started to spread apart. After 4 of the 25 laps she was in seventh place and reached fifth at 3600 meters. At the halfway point she was in 12th place. Curham dropped back one spot to 13th but never dropped any lower

as the runners started to stretch into a single file line with 10 laps to go. At the 8k mark the top 11 had been decided, just what place they would finish came down to the final lap. Curham held tight to 11th place for the final six laps to take All-America honors for the second time this season. Curham became the first freshman in Princeton women's cross country history to earn All-America honors this past fall.

It was an exciting finish with Emma Bates (Boise State) edging Elinor Kirk (UAB) at the finish line for the win, 32:32.35 to 32:32.99.

"It was really cool to come out here," Curham said. "At Regionals what I really liked was all the competition. With the small dual meets in season you're running by yourself or with just a few other people but at Regionals it was exciting because you're with a lot of people and here it was even more so. You know going into the race you're going to have someone to run with and that's really exciting to me."

Curham erased a decade long record in the 10k, previously held by Emily Kroshus '04, when she clocked 33:24.79 at Heps. At the Regional she ran 33:25.12.

(Ratcliffe recap on page 1)

New Athlete-Alumni Relationships Track Mentoring Program

How much easier would life have been if, when you were a Princeton track athlete, you had an alumni partner with whom you were able to correspond and discuss your academic and professional goals and direction? During our 2014 season, we kicked off exactly that opportunity for all of our Track and Field athletes and more!

Thanks to the almost 100 initial Alumni volunteers, Princeton Track has the largest structured Alumni-Athlete 4 year Mentoring program of any sport at the university with over 70 of this past year's athletes signing up and receiving an alumni mentor. Many of the mentors we closely matched up with the students based on common academic and career interests and goals. There is a balanced mix of freshmen through seniors participating in the program and a plan to offer it immediately to incoming freshman this fall. Can you imagine if when you were a pre-med student, you had the email(what was that?) and phone number of the head of a department at a major worldwide, healthcare institution who just was there to be a friend or happy to discuss your junior year schedule and summer job ideas with you?

In addition to the mentoring, in the spring of this year, we offered a career night where 8 of our outstanding alums came and spoke to the athletes about their professions. A special THANK YOU to those alums. If you would like to find out more about our program, please contact Cos Santullo '78 at cosmo.santullo@gmail.com. WE NEED more Alumni Volunteers as we begin our new school year!

★★★

Become a Class Ambassador

The Friends of Princeton Track is looking for two ambassadors from each class to help with the communication between their classes and the Princeton track & field programs. It is a terrific way for people to reconnect with their teammates. Each class will have one male and one female representative and we are still looking to complete representation.

If you would like to volunteer to be your class's ambassador for one year, please e-mail Augie Wolf '83 (awolf@alumni.princeton.edu), Tim Releford '04 (timothy@holborn.com) or Nancy Kraemer Crocker '79 (xcskiing@aol.com).

★★★

Talk Track on TigerNet

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: 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.

Men's Outdoor Championship Season in Review

HEPTAGONAL CHAMPIONSHIP

It was another battle between Princeton and Cornell for the Ivy League Heptathlon title, but this season it was the Big Red that came out on top, winning by less than seven points, 149-142.33.

With Princeton holding a slim 7.66 edge over Cornell after 18 events, the meet came down to four events: the high jump, discus, 4x400 and decathlon.

It was there that Cornell would get the win, picking up 36.33 points in those events, while Princeton earned 22.

The Tigers were in third place at the end of an interesting Day 1 at Cuyler Field & Dwyer Track at Yale University. The meet got a late start as weather forced an hour postponement.

The Tigers earned 15 of their day's 24.33 points in the long jump as Princeton went 2-3-6. **Tom Hopkins '14** was the runner-up with a PR of 7.71 (25-3.50), just 1 inch shy of the win. Hopkins fouled on four of his attempts and saved his 7.71 for his final jump, with a 7.25 on his third. Hopkins' previous best was 7.66 from the Gotham Cup this past indoor season.

Damon McLean '14 and **Jake Scinto '16** also saved the best for last, as their top marks came on their final jumps. McLean was third with a PR of 7.61 (24-11.75) and Scinto was sixth at 7.16 (23-7.50). McLean crushed his PR of 7.23 from the 2011 Heps.

Jake Taylor '14 earned his first career Heps points as he placed sixth in the hammer throw. Taylor threw to 55.18 (181) on his sixth attempt, though his fifth throw of 55.14 would have earned him a team point as well.

In the pole vault, **Adam Bragg '15** passed on the first three heights and then no-heighted at 4.95. **David Coneway '14** finished in a three-way tie for fourth clearing 4.80 (15-9) on his first attempt. The 4.80 marked a PR for the senior who previously had cleared 4.70 at the 2011 ECACs.

Brad Pelisek '14 earned a point for the team in the javelin. He threw 57.76 (189-06) to finish in sixth place.

In the final event of the day, **Chris Bendtsen '14** and **Tyler Udland '14** finished fourth and sixth in the 10k. Bendtsen ran 29:31.06 and Udland 29:49.42. Just missing a scoring spot was **Matt McDonald '15** taking seventh.

Nine Tigers qualified for Day 2, including: **Greg Caldwell '16** in 110-meter hurdles, **Greg Leeper '17** in the 400 hurdles, **John Hill '16** and **Tommaso Greenbaum '15** in the 100, Hopkins in the 200 and 400, **Daniel McCord '15** in the 200, **Michael Williams '14** and **William Paulson '17** in the 1500. After five decathlon events, **Stephen Soerens '15** was in first place with a 46-point lead over the rest of the pack with 3963 points, while **Bryan Oslin '16** was in sixth place.

Day 2 got started with a win by McLean in the triple jump. He won his third consecutive outdoor Heps triple jump title with a jump of 15.77 (51-9) on his second attempt. He reached 14.76, 15.77, 15.68, 15.48 and 15.73 on his five countable jumps. **Nana Owusu-Nyantekyi '15** was third at 15.27 (50-1.25) as the pair claimed 16 points in the event.

Another 10 points came in the shot put. **Chris Cook '17** launched to 17.67 (57-11.75) on his final throw to jump from seventh to second. **Scott Rushton '15** was fourth at 17.50 (57-5) on his third attempt and his only legal throw, fouling on five other throws.

The 4x100 was a tight race between Princeton and Cornell from start to finish. It was a nudge at the finish line by Bruno Hortelano-Roig over Hopkins to give Cornell the win, 40.42 to 40.68. **Dre Nelson '16** led off, with Hill and McCord making up the middle two legs. It marked the best time the 4x100 ran this season and fourth straight season getting runner-up in the event.

Through nine events Princeton moved from third to second with 60.33 points, with Harvard first with 76 and Cornell third with 49.66.

George Galasso '14 fell in the water pit, but had a great recovery to finish fifth in the steeplechase with a PR of 9:04.91.

It was a photo finish for third place in the 1500, but it was freshman Paulson who came out on top with a 0.002 second edge over Yale's James Shirvell as both timed a 3:48.55. Williams battled and earned a fifth-place finish at 3:49.56.

A second-place finish by Caldwell in the 110-meter hurdles combined

with the eight points from the 1500 pushed Princeton into first place over Harvard. Caldwell cruised across the line at 14.29.

Hill won the 100 dash at 10.66. He entered the meet with the league's best time at 10.63 and proved it was no fluke as he brings home Princeton's first 100 dash win since Vincent Smith in 1989. Hill was fourth a year ago.

In the 400 hurdles, Leeper claimed fifth place with a 53.14.

After 15 events, Cornell had pushed to the front with 100.66 points, with Princeton second with 98.33.

Princeton got 12 points in the 200 with Hopkins second and McCord fourth. Hopkins ran 21.36, just 0.06 seconds out of first place, while McCord clocked a 21.63.

Cornell however got 12 in the event as well, and after 16 events led Princeton 112.66 to 110.33.

Bendtsen won the 5k at 14:28.71 with a great kick on the final turn as he blew by the leaders for the win. McDonald again just missed a scoring spot taking seventh.

Those 10 points pushed Princeton into first place with 120.3 points, as Cornell didn't earn any points in the 5k.

In the 4x800 neither Princeton nor Cornell earned points as they went 7-8.

The meet came down to four events: the high jump, discus, 4x400 and decathlon. Cornell picked up 36.33 points in those events, while Princeton earned 22.

Princeton was second to Cornell in the 4x400. It was Hopkins that brought Princeton from fourth place to second on the anchor. Along with McCord, Leeper and **Bryant Switzer '17**, the relay clocked 3:11.81.

Soerens captured second-place in the decathlon with 7,291 points. He won the shot put and 1500 and was second in the long jump, high jump and javelin. Oslin was sixth with 6,325 points. The pair earned the Tigers nine points, but the Big Red got 10.

Cornell got 10.33 points in the high jump and six in the discus while Princeton got four in the high jump and one in the discus.

Omar Jarrett '14 placed fourth in the high jump clearing 2.10 on his first attempt. He couldn't clear the next height 2.13 on his three attempts and settled for four points.

Cook earned the team a discus point with a sixth-place finish with a throw of 52.00 (170-07).

Rounding out the team scoring was: 3) Harvard 109 points, 4) Penn 82, 5) Dartmouth 66.66, 6) Columbia 61, 7) Brown 52 and 8) Yale 20.

NCAA REGIONALS

Twelve members of the team qualified for the NCAA East Regional, held at the University of North Florida in Jacksonville May 29-31.

Bendtsen punched his ticket to the NCAA Outdoor Track & Field Championships for the second straight season in the 10k. He finished third with a time of 29:51.08. Midway through the race, Bendtsen along with **Alejandro Arroyo Yamin '14** were in the mix with a 15:15 split. Bendtsen was in the top three with three laps to go and held on to that position for the final 1200 meters. Arroyo Yamin finished at 30:41.71 for 24th place and Udland was 36th at 31:53.17.

Bendtsen pulled double duty by also competing in the 5k. He started in the middle of the pack and after 1800 meters had moved into fourth place. He was in second after 2200 meters with a split of 6:31.89. After 3000 meters he was in fifth but the next lap he tied up and finished the race in 14:56.72 to take 36th overall.

In heartbreaking fashion, Hopkins career came to an end at Regionals. He finished 16th in the long jump and was forced to pass on his final two jumps because a delay pushed those jumps to the same time as his other event, the 400.

Hopkins jumped to 7.32, 6.82 and 7.46 (24-5.75) to make the top 16 that advanced to get three more jumps. He was able to get in one final jump and reached 7.22 before having to pass on his final two, as he missed making the Eugene final by 1.5 inches.

Focusing on the 400, Hopkins qualified for the quarterfinals with a 46.79 in heat 2 placing fourth. He clocked a 46.66 in the quarters to finish

Men's Outdoor Championship Season in Review

16th.

Two more tickets to the NCAA came on Day 2 being delivered to McLean and **Eddie Owens '15**.

Owens was fourth in heat 3 of the steeplechase with a PR of 8:46.41, shaving 6.37 seconds off his previous best time, to finish ninth overall to earn one of the coveted 12 spots for Oregon.

McLean qualified in the triple jump for the second time in his career. Both he and Owusu-Nyantekyi made the final at the Regional, as the top 16 of 48. McLean pulled off making the finals on his third jump with a 15.85. However he fouled twice on his next two attempts before a 15.34. The 15.85 (52-0) was all he needed however as he placed eighth. Owusu-Nyantekyi missed qualifying for Eugene by three spots as he finished in 15th place with a jump of 15.42 (50-7.25), his best jump of the season.

On the final day of the meet, **Adam Bragg '16** became the sixth Princeton Tiger to advance to the NCAA Championships, as he qualified in the pole vault. He was one of 12 vaulters that cleared 5.32 (17-5.50) to advance. After passing on the first height, Bragg cleared 5.02 and then 5.17 on his second attempt at each. He easily made it over 5.27 on his first try and then cleared 5.32 on his final attempt.

Williams concluded his Princeton career in the quarterfinals of the 1500. Williams clocked 3:56.68 to finished 12th in heat 2 and 48th overall. Paulson was 12th in heat 1 at 3:52.53 to place 43rd overall.

Rushton and Cook did not advance in the shot put, as the pair made their Regional debut. Rushton threw 17.16 (56-3.75) on his third throw, fouled on his second throw and threw to 16.96 on his first. He finished fifth in flight 1 and 36th overall. Cook was ninth in flight 1 and 42nd overall. He launched the shot to 16.70 (54-9.5) on his second throw, while fouling on his first and third attempts.

NCAA CHAMPIONSHIPS

Bendtsen and Bragg both captured second-team All-America honors on Day 1 of the NCAA Outdoor Track & Field Championships.

Bragg earned the honors in his first championship meet finishing 12th in the pole vault with a new personal best of 5.40 (17-8.5). Team captain, Bendtsen, who holds the school record in the 10k finished in ninth place at 29:14.86.

Bragg passed on the first height of 5.10 (16-8.25) and went right to the second height of 5.25 (17-2.75). He made it over the bar on his second attempt at that height. Bragg made it look easy as he cleared 5.40 on his first attempt. He was one of 16 that cleared the height as eight others failed to advance. Bragg didn't get off the ground on his first attempt at 5.50 (18-0.5) and then just nicked the bar on his second attempt as it looked like he made it over before the bar toppled down. His final attempt again came up just short. Looking over at Coach Fred Samara after his final attempt, he gave him a thumbs up, acknowledging an incredible effort for the sophomore in his first time at the NCAA finals.

Bendtsen was about 25 seconds off of his school record as he finished the 10k in 29:14.86 to finish ninth. He was just one spot away from the coveted eighth place - which earns first-team All-America honors, points for the team and a spot on the podium. It was bitter sweet for the team captain who had mixed feelings after the race.

"I was ninth so that's one place out of All-American, but I was 15 seconds away which actually is a lot," Bendtsen said "Ninth place - I'm super happy with. The guys that beat me are absolutely amazing. They are going to go on and do great things, be professional runners, so being in this field is enough for me and to get ninth is everything I could have hoped for to finish out my career at Princeton."

A lead pack of four quickly broke away from the group with Edward Cherserek (Oregon), Shadrack Kipchirchir (Oklahoma State), Kennedy Kithuka (Texas) and Mohammed Ahmed (Wisconsin) leading the way for the 25 laps. Cherserek gave the Duck fans a show when he put it into a different gear on the back stretch and blew by the other three to win in 28:30.18.

Bendtsen started to make his first move of the race after 2800 meters, on lap 7, as he moved from 16th into 12th. At 4000 meters he had positioned himself ninth and held that for the next 2000 meters. After dropped back a

few spots around the 6000-meter mark he pushed back into ninth at 8000 meters. With four laps remaining, Bendtsen held steady in 10th place and was able to outkick another runner on the straight away with a 1:03.08 on the split to claim ninth.

Owens had his season come to an end in the semifinals of the steeplechase, as he finished 23rd overall with a time of 9:05.28. Owens ran back-to-back PRs prior to the meet with a 8:52.78 at IC4As and an 8:46.41 at the NCAA East Regional.

"My head wasn't quite right," Owens said after the meet. "I wasn't feeling the same kind of feel that I normal feel on the starting line. I should have taken the days more relaxed. I usually do my best when I'm more mellow, but that wasn't today. I was late to the check-in, nothing really went right."

When asked about his successful season leading up to the meet, Owens said: "In a few hours I'll look back on....it was a good one. I PR'ed in every single distance I ran this year. I am going to feel like I didn't quite finish it up the way I wanted to. At the start of the season I didn't necessarily expect to be at this meet, it was a pleasant surprise. But once you get a taste of it you set higher goals - I wanted to be in the final here, I wanted to go to USAs, I wanted to go to the NACAC meet and now I have to shut it down."

McLean earned his third All-America honor to cap his Princeton career, as he finished 12th with a jump of 15.85 (52-0).

McLean landed on 15.62 (51-3) on his first attempt in Flight 2 before launching to 15.85 on his second. That attempt put him in 10th place overall. At the end of round 2, McLean needed to jump better than 15.91 to make the top nine final to earn three more jumps. However, McLean leapt to 15.72 (51-7) and did not advance, missing the top nine by 4.5 inches.

"I felt great coming in, the best I ever felt coming into a competition, compared to when I PR'ed earlier in the year at Penn Relays," McLean said. "A lot of stuff has happened since then: thesis, graduation, trying to find a job in the future and walking away from today I don't really feel as bad as I did because I've had a pretty good four years at Princeton. That's how I look at it right now."

McLean departs Princeton with the school record in the outdoor triple at 16.11 (52-10.25). He was a first-team All-America in 2012 finishing eighth with a jump of 16.03 and was 14th indoor in 2013 with a jump of 15.44. An eight-time Heptagonal champion, McLean was a Roper Trophy winner this year, as one of Princeton's top male student-athletes.

Former Tiger **Peter Callahan '13** finished fourth in the final of the men's 1500 with a PR of 3:39.90 as a member of New Mexico's team.

Callahan looked comfortable in fifth place at 700 meters. At the bell Callahan was in sixth place running 2:44.95. That's when the runners started to make their moves and jostled for positions. Callahan gained on leader Lawi Lalang of Arizona on the outside on turn three but Mac Fleet of Oregon pushed past both on the Bowerman curve. Callahan was nudged at the line by Sam Penzenstadler of Loyola Illinois by 0.13.

After the race Callahan was asked about having Orange & Black nation behind him and he said he felt it. "Literally doing a stride before the starting lineup today, I saw Michael Williams, Eddie Owens cheering for me and Vig [Jason Vigilante]. That's huge for me. I have my Princeton family cheering me on, I have my actual family here today. The past four years that I had at Princeton set me up really well. I'm super thankful. I talked to Coach Samara before the meet and I talked to Vig before the met and that's something that's going to be a part of me forever. It was exciting to see those guys this weekend and to see them around the country as I was competing. It was a privilege to be a part of the program, so it's fun to still be a part of it now."

Outdoor Heptagonal Highlights

WOMEN

Event	Champion	Princeton Scorers	Event Points	Team Total	Team Scores
Hammer	Ratcliffe 67.75	-	10	10	
Long Jump	Oliver 6.02	-	10	20	1. Harvard 162
Pole Vault	Anderson 3.80	Harris (4th) 3.70	14	34	2. Dartmouth 149
Javelin	Penn 50.02	-	-	-	3. Cornell 94
10,000	Dartmouth 33:10.38	Curham (2nd) 33:24.79	8	42	4. Columbia 88
5,000	Dartmouth 16:34.48	Curham (3rd) 16:48.56	6	48	5. Princeton 86
4x100	Harvard 45.40	(6th) 47.02	1	49	6. Brown 61.50
Steeplechase	Cornell 10:03.25	Bird (4th) 10:30.05	4	53	7. Penn 46.50
Hepathlon	Dartmouth 5228	McKenna (3rd) 5082 Krause (4th) 4937 Morgan (5th) 4770	13	66	8. Yale 26
1,500	Dartmouth 4:20.07	-	-	-	
100 Hurdles	Harvard 13.57	-	-	-	
Discus	Brown 50.71	Rowe (6th) 42.80	1	67	
High Jump	Dartmouth 1.78	-	-	-	
100	Dartmouth 11.74	-	-	-	
800	Harvard 2:06.23	Mackay (5th) 2:10.85	2	69	
400 Hurdles	Harvard 58.72	McMullin (5th) 1:00.92	2	71	
200	Columbia 24.04	-	-	-	
3,000	Dartmouth 9:14.57	-	-	-	
4x800	Dartmouth 8:40.63	(3rd) 8:44.98	6	77	
400	Cornell 54.40	-	-	-	
4x400	Cornell 3:37.06	(6th) 3:49.40	1	78	
Shot Put	Harvard 16.03	-	-	-	
Triple Jump	Columbia 12.92	Oliver (2nd) 12.68	8	86	

MEN

Event	Champion	Princeton Scorers	Event Points	Team Total	Team Scores
Long Jump	Harvard 7.73	Hopkins (2nd) 7.71 McLean (3rd) 7.61 Scinto (6th) 7.20	15	15	1. Cornell 149
Pole Vault	Dartmouth 5.05	Coneway (4th) 4.80	2.33	17.33	2. Princeton 142.33
Hammer	Harvard 63.71	Taylor (6th) 55.18	1	18.33	3. Harvard 109
Javelin	Harvard 67.99	Pelisek (6th) 57.76	1	19.33	4. Penn 82
10,000	Penn 29:26.13	Bendtsen (4th) 29:31.06 Udland (6th) 29:49.42	5	24.33	5. Dartmouth 66.66
Triple Jump	McLean 15.77	Owusu-Nyantekyi (3rd) 15.27 Scinto (6th) 14.81	16	40.33	6. Columbia 61
Shot Put	Cornell 19.29	Cook (3rd) 17.67 Rushton (4th) 16.60	10	50.33	7. Brown 52
4x100	Cornell 40.42	(2nd) 40.58	8	58.33	8. Yale 20
Steeplechase	Penn 8:54.50	Galasso (5th) 9:04.91	2	60.33	
1500	Dartmouth 3:46.23	Paulson (3rd) 3:48.55 Williams (5th) 3:49.56	8	68.33	
110 Hurdles	Cornell 13.94	Caldwell (2nd) 14.29	8	76.33	
100	Hill 10.66	-	10	86.33	
400	Hopkins 47.66	-	10	96.33	
800	Columbia 1:48.73	-	-	-	
400 Hurdles	Cornell 51.49	Leeper (5th) 53.14	2	98.33	
200	Cornell 21.30	Hopkins (2nd) 21.36 McCord (4th) 21.63	12	110.33	
5,000	Bendtsen 14:28.71	-	10	120.33	
4x800	Columbia 7:24.11	(7th) 7:44.57	-	-	
High Jump	Penn 2.25	Jarrett (4th) 2.10	4	124.33	
Decathlon	Brown 7381	Soerens (2nd) 7291 Oslin (6th) 6325	9	133.33	
Discus	Penn 58.72	Cook (6th) 52.00	1	134.33	
4x400	Cornell 3:10.75	(2nd) 3:11.88	8	142.33	

2014 Princeton Reunions

Larry Ellis Alumni Award Recipients

Herbert W. Hobler '44 and Betty Newsam '84 received the Larry Ellis Award at this year's Reunions. The award is named for the late Larry Ellis, who was the head track coach at Princeton University for 22 years. The award is given by the Friends of Princeton Track for distinctive service to Track and Field and Cross Country as an undergraduate and alum. The award plaques were presented to the recipients by Joanne Glenn, Larry's daughter.



Reunions 5k Fun Run 5k

PL.	TIME	NAME	CLASS
1.	20:00	Jack Walter	1994
2.	20:06	Teddy Byster	2013
3.	20:15	Alexander Ellis	1994
4.	21:34	Tristan Colangelo	2004
5.	21:41	Vanessa Hanley-Lordi	1999
6.	21:42	Victor Shnyder	2003
7.	21:45	Vince Lordi	1999
8.	21:50	Ryan Teising	2004
9.	22:46	Katherine Powell	faculty
10.	22:46	Logan Powell	faculty
11.	24:07	Chistine Stelling	
12.	24:39	Jason Byster	1974
13.	24:40	Susan Mariscal Glockner	1985
14.	24:51	Wayne Chan	1999
15.	25:04	TIGER	
16.	26:27	Ray Somers	1964
17.	27:18	Anna Goodman	D '89
18.	27:19	Jack Goodman Jr.	1989
19.	28:03	Bob Taub	1977
20.	28:23	Deborah Lewis	1984
21.	29:34	Bill Pape	1969
22.	30:30	Rob Moore	1974
23.	31:18	Jacob Ellis	Son '94
24.	31:29	Janice Sung	2017
25.	31:30	Joe LeMay	1989
26.	31:41	Jon Jacob	1984
27.	32:12	Robin Bonsall Stedman	1975
28.	32:13	Jimin Hong	2015
29.	32:13	Paul Yi	2017
30.	38:47	Jamol Pender	2014
31.	38:48	Elizabeth Johnson	2014
32.	39:04	Sylvia Wiegand	S '64
33.	39:10	Roger Weigand	1964
34.	39:49	Ken Scudder	1963



2014 Women's Outdoor Track Season



Charquia Wright '14

100

Charquia Wright '14	12.26	Ellis
Joanna Anyanwu '15	12.27	Heps
Emily Easton '15	12.38	Quad
Lily Miller '14	12.60	Howell
Sara Ronde '16	12.61	Elite

100 Hurdles

Beth McKenna '14	14.37	Disney
Kerry Krause '16	14.91	Quad
Taylor Morgan '16	14.95	Disney

200

Charquia Wright '14	24.58	Heps
Joanna Anyanwu '15	25.15	Heps
Emily Easton '15	25.29	Heps
Elisa Steele '17	25.71	Disney

400

Kim Mackay '15	57.10	Ellis
Charquia Wright '14	57.52	Elite
Emily Broyles '15	57.58	Disney
Elisa Steele '17	58.05	Howell

400 Hurdles

Meghan McMullin '16	59.52	Quad
Kim Mackay '15	1:02.85	Disney
Beth McKenna '14	1:06.01	Disney
Yekaterina Pansky '17	1:09.05	Ellis

800

Kim Mackay '15	2:07.63	Heps
Kristin Smoot '14	2:10.39	Heps
Zoe Sims '17	2:11.94	Ellis
Lizzie Bird '17	2:12.54	Ellis
Molly Higgins '14	2:13.16	Ellis

1500

Lizzie Bird '17	4:27.27	ECAC
Megan Curham '17	4:28.74	Quad
Molly Higgins '14	4:28.77	ECAC
Kathryn Fluehr '16	4:30.40	Quad
Zoe Sims '17	4:31.81	Ellis

3,000

Megan Curham '17	9:20.74	Relays
Erika Fluehr '15	9:47.76	Quad
Kathryn Fluehr '16	9:33.33	Reays
Amanda Chang '16	10:40.04	Quad

5,000

Megan Curham '17	16:00.71	Ellis
Kathryn Fluehr '16	16:32.13	ECAC
Erika Fluehr '15	16:53.08	Ellis
Marisa Cummings '14	17:26.00	Howell
Lindsay Eysenbach '16	17:33.95	Howell

10,000

Megan Curham '17	33:24.79 *	Heps
Kathryn Fluehr '16	36:02.54	Disney
Marisa Cummings '14	36:37.00	Disney

Steeplechase

Lizzie Bird '17	10:13.15	Regional
Clare Gallagher '14	11:20.76	Howell
Mary Hui '17	12:14.53	Elite

Heptathlon

Theresa Kennedy '14	4465	Heps
Beth McKenna '14	5083	Heps
Kerry Krause '16	4937	Heps
Taylor Morgan '16	4770	Heps

4x100

Lily Miller '14		
Joanna Anyanwu '15		
Emily Easton '15		
Charquia Wright '14	47.02	Heps

4x200

Sara Ronde '16		
Joanna Anyanwu '15		
Emily Easton '15		
Charquia Wright '14	1:41.46	Disney

4x400

Emily Broyles '15		
Elisa Steele '17		
Kim Mackay '15		
Meghan McMullin '16	3:48.44	Ellis

4x800

Kristin Smoot '14		
Zoe Sims '17		
Henrietta Miers '14		
Kacie O'Neil '14	8:44.98	Heps

4x1500

Lizzie Bird '17		
Clare Gallagher '14		
Emily de La Bruyere '15		
Rachael Chacko '17	18:56.63	Disney

Distance Medley Relay

Zoe Sims '17		
Emily Broyles '15		
Kristin Smoot '14		
Molly Higgins '14	11:45.69	Relays

Sprint Medley Relay

Joanna Anyanwu '15		
Emily Easton '15		
Emily Broyles '15		
Kacie O'Neil '14	4:06.29	Disney

Shuttle Hurdle Relay

Taylor Morgan '16		
Beth McKenna '14		
Allison Harris '17		
Kerry Krause '16	1:01.56	Reays

High Jump

Taylor Morgan '16	1.70	Elite
Inka Busack '16	1.68	Relays
Kerry Krause '16	1.65	Elite
Theresa Kennedy '14	1.61	TCNJ
Beth McKenna '14	1.60	Elite

Pole Vault

Allison Harris '17	3.95	Ellis
Samantha Anderson '14	3.85	Elite
Sara Rubin '14	3.30	TCNJ
Lauren Santi '17	3.25	Elite

Long Jump

Imani Oliver '14	6.02 *	Heps
Alexandra Lanzafame '17	5.65	Heps
Lily Miller '14	5.64	Heps
Sara Ronde '16	5.56	Heps
Inka Busack '16	5.26	TCNJ

Triple Jump

Imani Oliver '14	12.91 *	Quad
Alexandra Lanzafame '17	11.47	TCNJ

Shot Put

Samantha Anderson '14	11.85	Disney
Taylor Morgan '16	11.65	Elite
Beth McKenna '14	11.37	Quad
Kerry Krause '16	10.35	Elite
Theresa Kennedy '14	10.01	Elite

Discus

Brielle Rowe '16	42.80	Heps
Chelsea Cioffi '14	39.16	Heps

Hammer Throw

Julia Ratcliffe '16	70.28 **	Ellis
Chelsea Cioffi '14	48.84	Heps
Brielle Rowe '16	43.92	Disney

Javelin

Sarah Waszewitz '15	41.18	Quad
Ashley Vandolah '14	40.88	Elite
Kerry Krause '16	27.28	TCNJ
Beth McKenna '14	23.17	Howell

Team Schedule/Results

Mar. 21-22	at Walt Disney World Invite	1st of 11
Mar. 29	at Monmouth Invite	NTS
Apr. 4-5	Sam Howell Invitational	NTS
Apr. 13	Quad Meet (Monmouth, St. John's, Vermont)	2nd of 4
Apr. 18-19	Larry Ellis Invitational	NTS
Apr. 24-26	at Penn Relays	NTS
Apr. 26	at TCNJ Invite	NTS
May 4-5	at Heps (at Yale)	5th of 8
May 10-12	ECAC Championships	6th of 57
May 29-31	at NCAA East Regional (at North Florida - Jacksonville, Fla.)	NTS
June 11-14	at NCAA Championships (at Oregon - Portland, Ore.)	22nd

Key

*	Princeton record
^	Ivy League record
NTS	no team score

2014 Men's Outdoor Track Season



Tom Hopkins '14

100		
John Hill '16	10.63	Heps
Tommaso Greenbaum '15	10.73	Heps
Dré Nelson '16	10.82	Heps
Daniel McCord '15	10.82	Heps
Brent Albertston '17	10.97	Heps

110 Hurdles		
Greg Caldwell '16	14.29	Heps
Rob Mohr '15	15.08	Elite
Stephen Soerens '15	15.57	TCNJ
Bryan Oslin '16	16.40	Disney

200		
Tom Hopkins '14	21.09	ECAC
Daniel McCord '15	21.34	Heps
Brent Albertston '17	21.77	Hep
Ray Mennin '17	22.08	Disney
Bryant Switzer '17	22.61	Elite

400		
Tom Hopkins '14	46.66	Regional
Ray Mennin '17	48.82	Elite
Bryant Switzer '17	49.50	Elite
Travis McHugh '16	50.49	TCNJ
Francesco Di Caprio '17	51.07	Elite

400 Hurdles		
Greg Leeper '17	53.14	Heps
Jordan Myers '16	54.80	Quad

800		
Bradley Paternostro '15	1:50.40	Elite
Luke Brahm '16	1:53.52	Disney
William Paulson '17	1:55.28	Elite
Jamie Fehrstrom '16	1:55.84	Disney
Sam Pons '15	1:56.86	Disney

1,500		
William Paulson '17	3:44.15	Ellis
Michael Williams '14	3:45.55	Stanford
A. Arroyo Yamin '14	3:49.82	Elite
Bradley Paternostro '15	3:53.51	Howell
Matt McDonald '15	3:53.58	Elite

5,000		
Tyler Udland '14	13:58.52	Ellis
A. Arroyo Yamin '14	13:59.21	Ellis
Chris Bendtsen '14	14:01.28	Ellis
Eddie Owens '15	14:16.25	Ellis
Sam Pons '15	14:21.48	Stanford
Jonathan Vitez '14	14:22.12	Ellis

10,000		
Chris Bendtsen '14	28:49.08 *	Stanford
Tyler Udland '14	28:57.25	Quad
A. Arroyo Yamin '14	29:19.08	Stanford
Matt McDonald '15	29:53.86	IC4A
Michael Sublette '16	30:14.07	IC4A

Steeplechase		
Eddie Owens '15	8:46.41	Regional
George Galasso '14	9:04.91	Heps
Garrett Rowe '14	10:27.22	Howell

Decathlon		
Stephen Soerens '15	7291	Heps
Bryan Oslin '16	6325	Heps

4x100		
Dré Nelson '16		
John Hill '16		
Daniel McCord '15		
Tom Hopkins '14	40.49	IC4A

4x400		
Daniel McCord '15		
Greg Leeper '17		
Bryant Switzer '17		
Tom Hopkins '14	3:11.88	Heps

4x800		
William Paulson '17		
Luke Brahm '16		
Michale Williams '14		
Bradley Paternostro '15	7:36.48	Penn Relays

Hammer Throw		
Jake Taylor '15	55.55	Elite
Vic Youn '17	50.07	Elite

Discus		
Chris Cook '17	52.00	Heps
Jared Bell '17	50.38	Elite
Stephen Soerens '15	43.94	Quad
Vic Youn '17	43.67	Howell

Shot Put		
Chris Cook '17	17.67	Heps
Scott Rushton '15	17.64	Elite
Jared Bell '17	16.23	Disney

Long Jump		
Tom Hopkins '14	7.71	Heps
Damon McLean '14	7.61	Heps
Jake Scinto '16	7.20	Heps
Stephen Soerens '15	6.80	Howell
Greg Leeper '17	6.69	Ellis
Shane Molitor '14	6.64	Ellis

Triple Jump		
Damon McLean '14	16.15 *	Jamaica
N. Owusu-Nyantekyi '15	15.42	Regional

High Jump		
Omar Jarrett '14	2.10	Elite
Jake Scinto '16	2.04	Quad
Xavier Bledsoe '17	1.91	Quad

Pole Vault		
Adam Bragg '16	5.40	NCAA
David Coneway '14	4.80	Heps
Benjamin Gaylord '17	4.80	IC4A
Bryan Oslin '16	4.50	TCNJ

Javelin		
Brad Pelisek '14	62.99	Quad
Stephen Soerens '15	52.68	Elite
Jared Bell '17	48.43	Ellis

Team Schedule/Results

Mar. 21-22	at Walt Disney World Invite	1st of 16
Apr. 4-5	Sam Howell Invitational	NTS
Apr. 13	Quad Meet (Monmouth, Rutgers, Vermont)	2nd of 4
Apr. 18-19	at Mt. Sac Relays	NTS
Apr. 18-19	Larry Ellis Invitational	NTS
Apr. 24-26	at Penn Relays	NTS
Apr. 26	at TCNJ Invite	NTS
May 4-5	at Heps (at Yale)	2nd of 8
May 10-12	IC4A Championships	3rd of 58
May 29-31	at NCAA East Regional (at North Florida - Jacksonville, Fla.)	NTS
June 11-14	at NCAA Championships (at Oregon - Portland, Ore.)	NTS



Daniel McCord '15

2013-14 Women's Team Honors & Awards

Team Awards

Women's Cross Country

Varsity Rosengarten Award	Megan Curham
Freshman Rosengarten Award	Megan Curham
Most Improved Runner Award	Kathryn Little

Women's Track & Field

Nancy Kraemer Award	Molly Higgins
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	Imani Oliver
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Joseph Myers Award	Samantha Anderson
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Morton Diamond Award	Beth McKenna
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Curtis McGraw Coaches Awards

100	Joanna Anyanwu
200	Charquia Wright
400	Charquia Wright
800	Kim Mackay
1500	Lizzie Bird
5000	Megan Curham
10,000	Megan Curham
Steeplechase	Lizzie Bird
100 Hurdles	Beth McKenna
400 Hurdles	Meghan McMullin
Long Jump	Imani Oliver
Triple Jump	Imani Oliver
High Jump	Inka Busack
Pole Vault	Samantha Anderson
Discus	Brielle Rowe
Hammer/Weight	Julia Ratcliffe
Javelin	Ashley Vandolah
Heptathlon	Beth McKenna
Most Improved Field Performer	Kerry Krause
Most Improved Track Performer	Meghan McMullin
Most Outstanding Freshman	Megan Curham
Relay Leg Award	Meghan McMullin
MVP of Field	Julia Ratcliffe
MVP of Track	Megan Curham



Samantha Anderson '14



Imani Oliver '14

USTFCCA Awards

Scholar-Athlete of the Year

Julia Ratcliffe	Outdoor, Field
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All-Academic

Cross Country Team	
Emily de La Bruyere	Cross Country
Track & Field Team	

Lizzie Bird	Track & Field
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Emily de La Bruyere	Track & Field
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Julia Ratcliffe	Track & Field
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All-Region

Megan Curham	Cross Country
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Emily de La Bruyere	Cross Country
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All-America

Megan Curham	Cross Country
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First-Team All-America

Julia Ratcliffe	Hammer - 1st
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Second-Team All-America

Megan Curham	Outdoor 10k - 11th
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NCAA Participants

Cross Country

Megan Curham
Kathryn Fluehr
Emily de La Bruyere
Lizzie Bird
Kathryn Little
Clare Gallagher
Lindsay Eysenbach

Outdoor

Kim Mackay *	800
Lizzie Bird *	Steeplechase
Megan Curham	10k
Meghan McMullin *	400 Hurdles
Imani Oliver *	Triple Jump
Julia Ratcliffe	Hammer Throw
* Regional only	

Ivy League Awards

Academic All-Ivy

Emily de La Bruyere	Cross Country
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Samantha Anderson	Indoor Track & Field
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Julia Ratcliffe	Outdoor Track & Field
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Cross Country

First Team

Megan Curham	Cross Country
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Second Team

Emily de La Bruyere	Cross Country
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Indoor

First Team

Samantha Anderson	Pole Vault
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Second Team

Inka Busack	High Jump
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Megan Curham	3k and 5k
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Allison Harris	Pole Vault
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Imani Oliver	Triple Jump
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Julia Ratcliffe	Weight Throw
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Outdoor

First Team

Samantha Anderson	Pole Vault
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Imani Oliver	Long Jump
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Julia Ratcliffe	Hammer Throw
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Second Team

Megan Curham	10k
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Beth McKenna	Heptathlon
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Imani Oliver	Triple Jump
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Heps Most Outstanding Performer of the Meet

Julia Ratcliffe	Outdoor - Field
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ECAC

ECAC Outdoor Champion

Julia Ratcliffe	Hammer Throw
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Capital One/CoSIDA

First-Team Academic All-District

Emily de La Bruyere	Cross Country & Track
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The Bowerman Trophy

Semifinalist

Julia Ratcliffe	Track & Field
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2013-14 Men's Team Honors & Awards



Adam Bragg '16

Team Awards

Men's Cross Country

Varsity Rosengarten Award Tyler Udland
Freshman Rosengarten Award William Betrand

Men's Track & Field

Bonthron Award Tom Hopkins
Damon McLean
Chris Bendtsen
Babb Memorial Award Chris Cook
William Paulson
Peter J. Morgan Award Michael Williams
Joseph Myers Award Brad Pelisek
Morton Diamond Award John Hill
Keene Fitzpatrick Awards
100 John Hill
200 Daniel McCord
400 Tom Hopkins
800 Bradley Paternostro
1500 Michael Williams
5000 Chris Bendtsen
110 Hurdles Greg Caldwell
400 Hurdles Greg Leeper
Steeplechase George Galasso
Javelin Brad Pelisek
Hammer Jake Taylor
Discus Chris Cook
Shot Put Scott Rushton
High Jump Omar Jarrett
Pole Vault David Coneway
Long Jump Tom Hopkins
Triple Jump Damon McLean
Decathlon Stephen Soerens

USTFCCA Awards

All-Academic

Alejandro Arroyo Yamin Cross Country
Track & Field Team
Alejandro Arroyo Yamin Track & Field
Chris Cook Track & Field
Tom Hopkins Track & Field
William Paulson Track & Field

All-Region

Alejandro Arroyo Yamin Cross Country
Chris Bendtsen Cross Country
Matt McDonald Cross Country
Eddie Owens Cross Country
Sam Pons Cross Country
Tyler Udland Cross Country

All-America

Second Team
Michael Williams Indoor Mile - 14th
Chris Bendtsen Outdoor 10k - 9th
Damon McLean Outdoor Triple - 12th
Adam Bragg Outdoor Pole Vault - 12th
Honorable Mention
Eddie Owens Steeplechase - 23rd

NCAA Participants

Cross Country

Alejandro Arroyo Yamin
Chris Bendtsen
Connor Martin
Matt McDonald
Eddie Owens
Sam Pons
Tyler Udland

Indoor

Michael Williams Mile
Alejandro Arroyo Yamin * 10k
Chris Bendtsen 10k and 5k*
Adam Bragg Pole Vault
Chris Cook * Shot Put
Tom Hopkins * 400 and Long Jump
Eddie Owens Steeplechase
Damon McLean Triple Jump
Nana Owusu-Nyantekyi * Triple Jump
William Paulson * 1500
Scott Rushton * Shot Put
Michael Williams * 1500
Tyler Udland * 10k
* Regional only

IC4A

IC4a Outdoor Champion
Matt McDonald 10k

Capital One/CoSIDA

First-Team Academic All-District
Alejandro Arroyo Yamin Cross Country & Track
Matt McDonald Cross Country & Track

Princeton Varsity Club Awards

William Winston Roper Trophy Tom Hopkins
Damon McLean

Ivy League Awards

Academic All-Ivy

Alejandro Arroyo Yamin Cross Country
Michael Williams Indoor Track & Field
Tom Hopkins Indoor Track & Field
Matt McDonald Outdoor Track & Field

Cross Country

First Team
Chris Bendtsen
Tyler Udland
Second Team
Alejandro Arroyo Yamin

Indoor

First Team
Adam Bragg Pole Vault
Tom Hopkins 500, Long Jump and 4x400
Jabari Johnson 4x400
Daniel McCord 4x400
Damon McLean Triple Jump
Ray Mennin 4x400
Second Team
Damon McLean Long Jump
Stephen Soerens Heptathlon

Outdoor

First Team
Chris Bendtsen 10k
John Hill 100
Tom Hopkins 400
Damon McLean Triple Jump
Second Team
Greg Caldwell 110m Hurdles
John Hill 4x100
Tom Hopkins 200, Long Jump, 4x100, 4x400
Greg Leeper 4x400
Daniel McCord 4x100 and 4x400
Dre Nelson 4x100
Stephen Soerens Decathlon
Bryant Switzer 4x400



Chris Bendtsen '14

Senior Sendoffs



Samantha Anderson

In September I will be starting a job at Microsoft as a software development engineer for the Bing search engine. Since I will be in Seattle, I plan on making trips to Oregon to watch track meets and take advantage of the outdoors for distance running and hiking.

Alejandro Arroyo Yamin

I will be pursuing a master's in sustainable communities at Northern Arizona University. While in Flagstaff, I will use my remaining indoor eligibility as a Lumberjack. Afterwards, I will continue to run competitively and train towards making the 2016 Mexican Olympic team.

Chris Bendtsen

I will be working for eMarketer, a market research company in New York City that specializes in digital marketing, media and commerce. I plan to continue my running career by joining a New York-based running club to pursue 10ks, road races and eventually marathons.

David Coneway

I will be working as a mergers and acquisitions analyst at Intrepid Investment Bankers, LLC (formerly Barrington Associates) in Los Angeles. I'll continue training for fun and support Princeton track & field in every way I can.

Marisa Cummings

I will be working at Deutsche Bank in New York City in the sales & trading division. I'm going to continue running and plan to participate in NYRR races on occasion.

George Galasso

Next year, I will be pursuing an MBA at Boston College. I have a full year of eligibility left and am planning on running for the track and cross country teams.

Clare Gallagher

I am living in southern Thailand, teaching english through the fellowship program Princeton in Asia. The school I teach at was rebuilt after the devastating 2004 tsunami and most of the students are orphans and board at the school. The view from my room is pristine: miles and miles of gorgeous beach, which is where I will continue to run recreationally and train for the Angkor Wat half marathon in December!

Molly Higgins

I was selected to the Collegiate Recruitment Residency Program, an Olympic Development Triathlon Team through USA Triathlon. I will be spending the summer in Chula Vista, Calif., at the Olympic Training Center and in Vitoria, Spain training and racing. In the fall, I will move into a house in Scottsdale, Ariz., with members of my team to live there full-time and train. Ultimately, I plan to attend medical school or graduate school to become a physician's assistant.

Tom Hopkins

I will be traveling on the road to Rio for the next couple of years. Starting in September, I will be training as a decathlete with the Santa Barbara Track Club. I intend to survive day-to-day through part-time work and the ol' Ma & Pa sponsorship. Post-multi plans TBD.



Beth McKenna

For the summer I will be leading adventure service programs in Belize for high schoolers with a company called The Road Less Traveled. These 19-day trips are designed to facilitate fun, leadership development and personal growth. Following my return from Belize I head to the Bahamas for a one-year teaching fellowship at The Island School. Here I'll be teaching marine ecology and scuba diving. Although my heptathlon days are over, I will be running in a half-marathon at the end of each semester with the students.

Lily Miller

I will be working in the private equity division of Fortress Investment Group in Manhattan beginning in late June. I look forward to keeping in touch with teammates and following the team's progress.

Shane Molitor

I will be working as an internal strategy consultant for IBM in Manhattan starting in September. I am also doing entrepreneurial related work with a 3D print company in the Seattle area. I'll be making plenty of visits to Princeton to support our underclassmen Tigers!

Imani Oliver

I will serve as a Princeton Project '55 Fellow for the 2014-2015 year as a policy and data analyst for the Bard Early College High Schools. I will also be starting my professional career while training in New York City.

Brad Pelisek

I will be working at Oliver Wyman consulting firm in the New York office with former Princeton track teammate, Jim Behot. I look forward to staying connected with my teammates from younger class years and becoming an active participant in the friends of Princeton track.

Sara Rubin

With the aid of a Fulbright grant, I will be conducting biochemical research under the guidance of Professor Aaron Ciechanover at the Technion (Israel Institute of Technology) in Haifa, Israel. I hope to find a way to continue to pole vault while abroad.

Carrie Vuong

I will be applying to medical school and working as a Princeton Project '55 Fellow at Norwalk Community Health Center. I will definitely continue to cheer on my teammates that are still competing!

Michael Williams

I will be working in the technology division at BlackRock Investments as a relationship manager. I will be working in their Princeton office starting in August. I have plans to continue being in contact with the team, especially as a mentor in the new track mentoring program.

Charquia Wright

I will be attending Howard University School of Law in the fall.

The Newest Tigers

WOMEN'S TEAM

Mattie Baron
Colorado Springs, Colo./Pine Creek
60: 8.07 100: 12.63
200: 25.28 400: 58.43
5k: 19:59.5

Tara Blundell
Ascot, Australia/Brentwood College School
XC: 18:53 1500: 4:51

Laura Coates Hergenrother
Ridgefield, Conn./Ridgefield
1000: 2:54.75 1600: 4:48.51
800: 2:16.22 XC/5k: 18:12

Mallory Edens
New York, N.Y./Trevor Day School
1500: 4:56

Mia Craver
Irvine, Calif./Woodbridge
400: 56.60 200: 25.46
Long Jump: 17-11

Gabi Forrest
Brisbane, Australia/All Hallows
1500: 4:37 800: 2:12
2k Steeple: 7:05 1000: 3:00

Ashley Forte
Worthington, Ohio/Thomas Worthington
800: 2:09.55 400: 56.9

Melana Hammel
Barnegat, N.J./Southern Regional
800: 2:14.39 400: 58.6 (split)

Brittany Henderson
Laguna Hills, Calif./Mission Viejo
Pole Vault: 11-6

Delaney Kerkhof
Palos Verdes, Calif./Palos Verdes Peninsula
Triple Jump: 35-9.5 Pole Vault: 10-0
Long Jump: 16-10.75 High Jump: 5-0

Lydon Kersting
Park Ridge, N.J./Academy of Holy Angels
XC/5k: 18:36 3200: 10:51
1600: 5:03 800: 2:20

Delaney Miller
San Diego, Calif./Pacific Ridge
400: 61.10 800: 2:14.01
1600: 5:00.43 XC/5k: 18:56

Kennedy O'Dell
Eudora, Kan./Eudora
Shot Put: 42-2.75 Discus: 132-4
Javelin: 112-0

Madison Offstein
Frostburg, Md./Mountain Ridge
800: 2:14.23

Quinn Parker
Truckee, Calif./Tahoe Truckee
100: 12.63 200: 25.83
400: 57.76 800: 2:22.47

Natalie Rathjen
Dallas, Texas/Highland Park
5000: 16:46.24 3200: 10:19.54
Mile: 4:56 1500: 4:35.5
800: 2:19.05

Melissa Reed
Los Altos, Calif./Mountain View
5k: 18:03 Mile: 5:02
2 Mile: 10:53

Melinda Renuart
Akron, Ohio/Walsh Jesuit
1600: 5:02.09 3200: 11:14.46
800: 2:19.63 XC: 18:37.15

Christina Walter
Bemus Point, N.Y./Maple Grove
100: 11.98 200: 25:22

MEN'S TEAM

Carrington Akosa
Baltimore, Md./Western School
100: 10.62 200: 21.15
300: 34.83 400: 47.86

Zach Albright
Covington, La./St. Paul's
1600: 4:12 800: 1:55
3200: 9:10 400: 50.31

Gabe Arcaro
Burlington, Mass./Burlington
Hammer: 208-2 Weight: 63-0
Discus: 119-8

Ramon Ayala
Cantua Creek, Calif./Lawrenceville School
800: 1:56.6 (relay split)
1600: 4:27.5 400: 51.9 (relay split)

Wolfgang Beck
Gig Harbor, Wash./Gig Harbor
3200: 9:12.07 1600: 4:13.08
5000: 15:16.7

James Burns
Port Washington, N.Y./Paul D. Schrieber
110m Hurdles: 14.7 55 Hurdles: 7.79
100: 11.4 Decathlon: 5042

Mitchel Charles
Rancho Palos Verdes, Calif./Verdes Peninsula
Shot Put: 58-10.75 Discus: 180-8

Jesus Covarrubias Robles
Santa Clara, Calif./Adrian Wilcox
400: 51.14 800: 1:54.11
1600: 4:23.93 3200: 10:04.14

Kenan Farmer
Marietta, Ga./George Walton
3200: 9:19 1600: 4:20
XC: 15:45

Josh Freeman
Chesapeake, Va./Norfolk Academy
100: 11.26 200: 22.41
300: 38.01 400: 49.41
500: 1:07.99

Josh Ingalls
Snellville, Ga./Brookwood
800: 1:54.36 1600: 4:23.76
XC: 16:08 400: 49.9 (split)

Noah Kauppila
St. Louis, Mo./Marquette
Mile: 4:10.46 3200: 8:54.45
800: 1:52.19

August Kiles
Mill Valley, Calif./Tamalpais
Pole Vault: 16-7.25 110 Hurdles: 14.46
300 Hurdles: 39.11

Jared Lee
Norwalk, Ohio/Norwalk
800: 1:54.29 400: 51.03
1600: 4:30.21

Spencer Long
Fort Collins, Colo./Poudre
110 Hurdles: 14.22 300 Hurdles: 37.8

Liam Mullet
Madison, N.J./Pingry School
2300: 9:15.95 1600: 4:20.2
XC: 15:42 4x8: 8:04.55

Brennan O'Connor
Greenville, S.C./Blair Academy
400: 49.89 200: 22.8

Garrett O'Toole
Weston, Mass./Middlesex
1500: 3:45.55 Mile: 4:01.89
800: 1:49.89 3200: 8:53.08
400: 50.37

Colin Reilly
Bloomington, Ind./Bloomington South
High Jump: 6-7

Lane Russell
Olympia, Wash./Tumwater
Triple Jump: 49-1 Long Jump: 22-9.5

Eric Schulz
Seattle, Wash./Mercer Island
400: 48.75 (relay split) 800: 1:53.40
1600: 4:26

Maxwell Schwegman
Birmingham, Mich./Notre Dame Prep
100: 10.98 200: 22.22

Mike Seaton
Simi Valley, Calif./Oak Christian
55: 6.52 100: 10.77
200: 21.73 400: 49.70

Charlie Stahl
Shorewood, Wisc./Shorewood
5000: 15:41 3200: 9:24
Mile: 4:26

Rob Stone
Short Hills, N.J./Millburn
800: 1:58.25 1600: 4:16.98
3200: 9:32.91 5000: 15:17.30

Where Are They Now?

Chanel Lattimer-Tingan '05

Chanel Lattimer-Tingan owes a lot to Princeton track & field. It connected her to her husband and inspired her career, and now in turn she gives back.

"I fairly enjoyed my time there. Besides being on the track team, which was the best thing I did there, I was involved in a lot of other things, but a lot of it came back to being a student-athlete. I was on VSAAC [Varsity Student-Athlete Advisory Committee] and was president my senior year. I was in an a capella group, Christian Fellowship group on campus; I was an eating club officer. I had a very full experience at Princeton, and a lot of tied back to athletics."

She met her husband Alexis Tingan on the track team. Both captained their respective teams during their senior year in 2004-05. They married in 2009 and held the ceremony at McCosh 50 on campus. The idea of getting married at Weaver Stadium was kicked around a bit, but not knowing what the weather would bring, they chose an indoor location. A trip to Weaver Stadium was in the stars, however, as the entire wedding party made the trip down campus for photos on the track.

"There's pictures of us in the starting position, with me in my wedding dress and him in his tux," she said laughing. (see photo below)

The pair, along with their two dogs, one fittingly named Jadwin after Jadwin Gym, live in Philadelphia.

Alexis is a resident at University of Pennsylvania in physical medicine and rehabilitation, after he attended medical school at Emory in Atlanta. He hopes to do a fellowship next year in sports medicine.

"I made a lot of really great friends on the team, people I still stay in contact with today," she said. "We make it point to stay involved in Princeton track. Going to Heps, the Friends group just starting a mentoring program and I'm on that, and I'm on the board of the PVC. I love staying involved in what's going on with the team, and with Princeton athletics in general. It's unique. We're competitive on a national stage, but the school and the athletic program do a very good job of making sure we remain student-athletes, keep up with our studies and go on to do great things. I love being able to stay involved in that."

One of fondest memories of being on the track team came in her very first meet her freshman year, the New Year's Invitational.

"It was in December and for some reason it was at night. I ran the 55 at 9 p.m., and it was really bizarre. I remember my parents came up and I had this new team and I kind of wanted to wow and I actually won the 55 and I was really excited. The next day we did this thing with a tiger tail and it was given to whoever did the best at the meet and I got it. It felt really good and validating to feel like I was appreciated and able to contribute right away."

"The biggest thing I miss is the camaraderie; having this common goal. Everyone is doing their different events, especially at Heps; it's all about

the team and everyone coming together. Everyone is concerned and wanting to see how everyone else is doing and making sure everyone is doing their best."

After graduating, Lattimer-Tingan worked for a retail company called Steve & Mary headquartered in Long Island. There she was their project manager for a year and half. But her passion for sports kept calling.

At Princeton she wrote an essay that her professor helped to get published as a student editorial in the NCAA News and it lead to her senior thesis topic, as she looked at intercollegiate athletics and women's participation rates, particularly African American participation rate, after Title IX.

"Doing my senior thesis research I had gone down to the University of Central Florida, where they had a sport and society center. I met some professors and stayed in contact with them. One took a job at University of Tennessee in the sport management program, and he recruited me to come down, because I still had a passion for working in the sport industry. So I went to UT for two years, and I have a masters in sport management. While I was down there, talking to people in the industry, a lot of them said if they could do it again they would have gone to law school. So it came full circle because I had always thought about law school but wasn't 100 percent sure. So talking to those people helped me make that decision."

In 2010 she entered law school at Penn and graduated last May. She is an associate at Cozen O'Connor, headquartered in Philly, working in intellectual property.

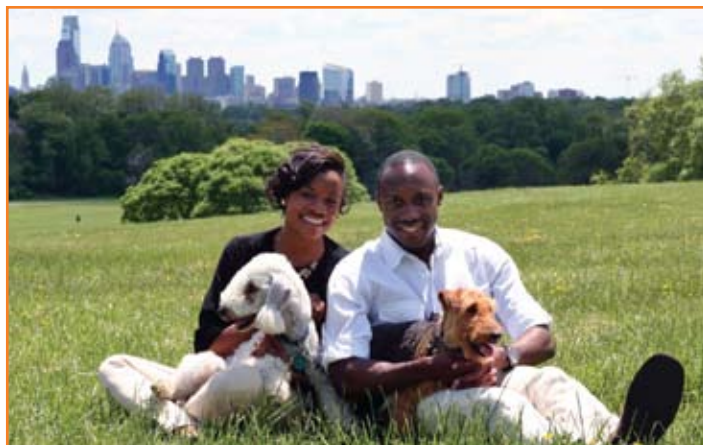
"I fell in love with that area of law when I took a class on it while in my masters program. It's a good segue and I hope to eventual work in the sports industry whether its for a team or an organization or sport-related company. I though intellectual property, everyone has it, and I thought it would be a good way to get back into that at some point in the future. I do a lot of trademark and copyright work, privacy, domain disputes. I think it's a fascinating area of the law that's constantly changing with technology and society."



Lattimer competing in the sprints for Princeton in 2004.



Chanel and husband Alexis at Weaver Stadium on their wedding day.



The couple and their dogs in front of the city skyline.

Where Are They Now?

Vincent Smith '90

Vince Smith '90 had his name come up at Princeton this season, almost as if he were a relic – even if he's only in his 40s. When John Hill '16 won the Heps outdoor title in the 100, it was the first time a Tiger had won the event since Smith did in 1989.

An eight-time Heps champion, Smith won the indoor long jump in 1987, '88 and '90, the indoor triple in 1990, the outdoor long jump in 1987 and '88 and the outdoor 100 in 1988 and '89. Smith was the first Tiger to be crowned the Heps Indoor Athlete of the Meet, capturing the honor in 1990.

Smith holds the Princeton indoor record in the 55 (6.30) and in the outdoor 4x100 (40.31). He is fourth all-time in the indoor long jump (25-0.5), seventh in the indoor triple (49-8.5), second in the 60-yard dash (6.0) fourth in the outdoor 100 (10.55) and sixth in the long jump outdoors (25-4.75).

Nearly a quarter century later it's quite impressive. How does he feel about it?

"It's good," he said. "Being in my 40s now it's always good to tell stories to my nieces and nephews and then being able to show them that I'm not just saying these things I can say 'look, here's my name right here.'" he laughed. "It's something I'm proud of and I can show them and motivate them to do their best at whatever they are doing because I have 27 nieces and nephews."

With five brothers and five sisters, Vince was the eighth in the bunch of 11. He attended St. Paul's in New Hampshire before applying early action to Princeton.

"I just enjoyed my whole Princeton experience. I was a member of Cap & Gown, and quite a few of the team members were members there as well. So it was a continuation of the team and you really got to know your teammates outside of just track and class. You also got to socialize with them outside of that."

"The part about it I liked the most, as far as being on the team, was winning Heps. The competition. The teammates. We were really a tight team at that time. The relay team, we still have the school record in the 4x1 from my freshman year."

One record he doesn't have came on a controversial experience in the 55 meters at Heps at Cornell in 1990, and head coach Fred Samara remembers it well.

"Vince had been running really well that year and had worked on his start a lot. And he had mastered a Ben Johnson start, basically like a frog leaping. So in the preliminary round he hit the start absolutely perfect and he was so far out in front after 25 meters, it was ridiculous. He won race by more than three meters, and his time was 6.17. At the time it would have easily been a new Ivy League and Princeton record. But the officials

said that the timer was broken because no one could run that fast and they converted it to a hand time. In my mind I know Vince ran that time."

When asked about that incident at Heps, Smith said he wasn't focused on the record at the time.

"It was more of how many points can I score for the team, rather than what the time was, because we had a streak going," Smith said. "We were trying to win indoor, outdoor, cross country as many times as possible. Yes, you always wanted to get the best time you possibly could, but at the time it was more about how many more points can I score for my team to get the team title. That was more of what was on my mind."

Samara noted that in the final the next day, Smith's foot slipped off the blocks and spotted the field at least two meters but ended up winning in 6.30, which is still one of top times in the history of Ivy League and is still the Princeton record.

Vince's comment about not caring so much about a record rather than earning points for the team is so sincere it was reiterated by Samara who recalls,

"There was a team workout in October, and I'm watching him and he's running terribly. I said to myself 'I hope we didn't buy the farm with this kid.' I grew to realize he was a meet competitor. He rose to the occasion in meets. He was Jekyll and Hyde. He didn't practice great, but it wasn't from lack of effort. He was just dynamite at meets. He was a real team guy, he wanted points for the team, doing it for the team and that's what Vince was all about."

After graduation, Smith moved to California and lived in the Los Angeles area until 2004. He had plans to be a paralegal for just a couple of years before attending law school but he liked his job so much he stayed with it for 14 years, working at three different firms.

"Once I started being a paralegal I actually enjoyed what I was doing so I've been doing that ever since."

When his dad took ill in 2004, he moved back home to Mississippi.

Smith commutes to Memphis where he works at International Paper in their legal department on global procurement division, buying recover fiber and wood fiber used in all of the products.

"In 2004, my dad was sick so I decided to move closer to home. I originally came to a firm here and a year and a half ago I transferred to International Paper. I wanted to do something different besides work at a firm, I wanted to work in a corporation. I had some friends that had moved from law firm to corporate, and they had an opening so I decided to try that. I was doing litigation prior to last year so this is something totally different than what I was doing."

"I do like it better because it's something totally new and it's a challenge. Like anything, if you do something for while you get a little bored with it and it's a little of same old stuff all the time, so this is a little different. And it's my first time being in a corporation, which is totally different than being at a law firm. You have to deal with the business aspects of being at a corporation, whereas I never had to deal with that before."

Smith bought his grandmother's house and lives next door to his mom, now a widow. He spends his free time remodeling the home and enjoying Sunday family dinners.



Smith works at International Paper and lives in Mississippi.



Smith won eight Ivy League Heptagonal titles in the sprints and jumps.

Where Are They Now?

Shawnique Callier '00

After spending some years abroad, Shawneequa Callier is not only back in the United States but also in academia. Princeton's record holder in both the indoor and outdoor high jump, Callier looks back on her career at Princeton fondly.

"I visited Princeton my senior year, and visited a number of schools," Callier said. "But I really connected with the members of the track team at Princeton. I felt like I had friends after my visit there and in particularly Bynia Reed '99. We really forged a friendship. Along with Aiyanna Burton, Cecilia [Wilson], Nicole [Harrison], all those folks were just great and I wanted to join their community. I felt a real connection with the Princeton campus and the people there more so than any other place I visited. It was really my top and only choice of where I wanted to go for college."

And so she did. Callier made her mark in the Orange & Black almost immediately, setting the outdoor record in the high jump with a 5-10 (1.78) at the Florida Invitational her sophomore year. As a senior captain in 1999-00 she bookended that record with the indoor record with a 5-11.25 (1.81) at the 2000 Ivy League Heptagonal championships.

Heps remains a favorite memory, as do her memories of her teammates with whom she formed life-long friendships.

"The moments in the hotel rooms where we would all try to give each other pep talks and get each other excited for Heps championships the next day; all of the energy and support. We were very supportive of one another. I was very close to my team members."

"I remember my very first day at practice and trying to do those 12 200s, and I stopped and Bynia came over and put her arm around me and said 'no Shawneequa you have to finish these 200s, it's very important.' The camaraderie was very heartfelt. We were also a good team. We won a lot of those championships those first couple years I was there - indoor, outdoor, cross country, Heps. It was great to be a part of a winning team."

When asked how still holding down the records in both the indoor and outdoor high jumps resonates, Callier gives an impeccable response of a true Princeton Tiger: "I had great coaches and I feel grateful that I was able to go to such a wonderful school and get an awesome education and have great coaching so I could reach my personal bests in these events."

After graduating, Callier wasn't prepared for the feelings she experienced.

"I felt a huge loss when track & field ended after my senior year. It's not like basketball where you can just go to the court and just play any time. There's really no way to continue high jumping, unless you really make the time for it, invest money and time, and going to a facility and having membership rights. And I wasn't willing to do that because I was moving on with my life professionally but I really did miss the team, the energy, the competition. I loved competing, I really did. I remember, taking track & field and the high jump so seriously and eating well and taking my vitamins and going to practice every day. I really cared about performing well and competing well for myself and for the team. For that to be such a big part of my life, outside of my studies, I definitely missed it the first couple of years after graduating. Suddenly that part of my life was gone. I remember feeling a sense of loss."

Life continued, as Callier moved back to New York City where she grew up in Queens.

"I was trying to decide whether or not I wanted to be a lawyer so I worked as a legal assistant for two years. And I met all these wonderful attorneys and they mentored me and encouraged me to go to law school, but I wasn't ready yet. I wanted a little bit more adventure."

She found adventure some 10,000 miles from home.

"I went to Australia and got a masters in bioethics in Australia. I had always been interested in questions related to human cloning and bioethics issues, stem cell research and hi tech babies, advanced reproductive technology. I was always interested in that in high school. There were debate tournaments to discuss hi-tech babies or cloning and there was also this tension between that and going to track meets and track meets always won



Callier holds both the indoor and outdoor high jump records at Princeton.

out."

With college and track over, she decided to pursue this interest in controversial sciences.

"I studied bioethics there for one year, I had a great time, I learned a lot. I did an internship at the World Health Organization in Geneva, Switzerland for two or three months. I went to London. So I did some international travel. Finally I came back to the states and went to law school, knowing I had this interest in bioethics that I wanted to pursue concurrently."

Callier graduated from Georgetown Law and practiced for three years, but missed working on those hot button issues.

"When you work for a corporate law firm you don't get to talk about the issues in the news, while not the type I'm interested in, I did a lot of stuff on fraud, litigation, compliance and I wasn't as passionate about that work."

She found, applied and received a two-year fellowship at Case Western in Cleveland where she could focus on issues surrounding genetics, genetic research and advances in genomics.

Following her fellowship she landed a job at George Washington University where she is an assistant professor at the school of medicine and health sciences. There she teaches bioethics and healthcare law and regulation to health science students. And loves it.

"I love my work. I love being in academia, I love the University environment and being able to think freely and work on issues of interest to me. I love my research and sitting at my computer and discovering new ways of thinking about issues and writing about them. I like teaching too, but I'm very passionate about my research. I could work into my 80s I think," she laughs. "I really love my job. I have great colleagues, supportive environment and I love living in Washington D.C."

Where Are They Now?

John Mack '90

A choice between attending Princeton or Michigan turned out to be an easy decision for a young John Mack back in 1996. Little did he know at the time it was a decision that would shape nearly every aspect of his life.

"I initially verbally committed to go to University of Michigan to run there but then Coach [Mike] Brady convinced me to come and visit Princeton," Mack said.

Growing up one hour from the Michigan campus made the decision even more complicated.

"Once I got to Princeton, saw the campus and got a chance to meet everybody there it was kind of a no-brainer that Princeton was where I was supposed to go."

Mack was a part of three Ivy League trifectas while running in the Orange & Black, in 1997-98, 1998-99 and 1999-2000.

"It was amazing," Mack said. "The year before I came in, Coach Samara would probably say it was one of the best teams the school has ever had, the class had some really outstanding guys. So coming in on the heels of it, there's always the expectation of success. My freshman year we didn't really have that kind of success, we were second indoors and outdoors, but the coaches really refocused us for that upcoming year, in 97-98."

Reflecting on the first year the team swept the three titles, Princeton's first triple crown since 1981-82, Mack looks back on it as one of his fondest memories.

"To have a chance to be a part of that first year where we won cross country, had a close win indoors at home and outdoors we won by two points in a monsoon at Brown, I think that experience for me and the guys really motivated us for the next two years. It's something that's tough to do. But once you get a taste for winning and once you kind of expect to win, you get used to expecting to win ALL the time."

Mack explained that each of those three years was very different. The outdoor Heps in 1999, for example, was won by a wide margin, an 80-point victory.

"Each championship and each season had its own feel to it. The combination of the three though is something that none of us on the team will ever forget being a part of.

"The one I always think about is the 98 Heps, outdoors at Brown. The weather was really, really miserable. It was raining and 40 degrees. We were in a really close battle with Penn and I remember I ran the 200 and just finished and I knew I had to get ready to run the 4x4. I crossed the finish line and went over to get my sweats and they were soaking wet. And I remember Alec Furman '99 came over and didn't really say anything to me, but he took my sweats and gave me his that were completely dry, because he had finished running earlier. Moments like that really spoke volumes to me about the kind of guys we had on our team. We ended up winning the 4x4 and won the meet by two points. Those are the things that people never really know about. That always stands out to me as one of the defining moments of my time at Princeton."

Mack was involved in other activities at Princeton. He was in an eating club, sang in the gospel ensemble and did volunteer work. It was being a part of the track team and his relationships with his teammates where his experience at Princeton was really shaped, however.

"You spend so much time together. The things I remember most are the long bus rides, sitting around after practice shooting the breeze. As much as I loved all the other things I did at Princeton, there was nothing that came close to the relationships I built on the track team."

It was another relationship he made that led to his career in athletics.

After working three months at General Motors in downtown Detroit, Mack headed back to Princeton to work a track camp.

"I had a random conversation with Gary Walters at the time. He asked if I ever thought about getting into college athletics. I said 'oh absolutely' and he 'well if something comes up I'll keep you in mind.' It was one of those things where you have a conversation and don't really think much of it until literally two months later Gary called me and said 'we have an internship available, let me know if you want it.' I said 'yes' on the spot."

Mack worked in the athletic department at Princeton from September 2000 until February of 2004.

"I did a lot of event operations and facilities stuff. It gave me the opportunity to really appreciate the other side of Princeton athletics that people don't really get to see. You don't see the people that are there at 6-7 in the morning before a football game, opening the gates and making sure the field is lined and the concessions are up. When you're competing you don't really think about all the people who have to clean this stuff up. Working in the athletic department gave me a chance to really see all that and to see that coaches really don't play golf all morning and then come to practice at 3 o'clock. They are working all day and all night and weekends to try to make the program better."

In 2004 Mack moved to Chicago and took a job as the associate director of championships at the Big 10 conference. Two and a half years later, in August 2006, Mack was hired as a senior associate athletic director at Northwestern.

It wasn't until three years ago that Mack decided to go to law school. He left his job in the athletics department and enrolled full time at Northwestern School of Law. Mack graduated in May and is studying to take his bar exam at the end of July. He has a job lined up at a firm in Chicago that begins in November.

His wife, Alleta, who is also a Princeton alum, is completing her medical residency in internal medicine, and the couple plans to stay in Chicago for the foreseeable future.

Mack explains that he and Alleta were just friends at Princeton but thanks to the Princeton alumni directory they reconnected when he moved out to Chicago.

"When I moved to Chicago in 2004 she was one of the two people I knew, the other one was an old teammate who actually became my roommate. I went to the alumni directory to see who I knew who lived in Chicago and her named jumped out, so I sent her a message saying 'hey I'm moving to Chicago so let's hang out.' Over the course of time we'd casually hang out and then one thing led to another and we've been married for five years."

Mack remains active and is fulfilling his dream of running a marathon.

"I decided a couple months ago to start training for the Chicago marathon. Running a marathon is one of those things I always wanted to do but never really wanted to train for. I take the bar at the end of July and I don't start my job at the firm until mid November so I literally have three and a half months of free time. I figured if there was ever a time to train for a marathon this would probably be it. So I'm training for the marathon and doing some fundraising for the American Cancer Society."

It's familiar territory for Mack, crossing the finish line. This one is a little different as new opportunities and a new job wait on the other side.



Mack was an 11-time Ivy League champion.

2014-15 Schedules

tentative and subject to change, please check GoPrincetonTigers.com for updates throughout the season

Cross Country

Date	Meet	Place
Sept. 12	at HYP	New Haven, Conn.
Oct. 3	at Notre Dame Invitational	South Bend, Ind.
Oct. 4	at Paul Short Invitational	Bethlehem, Pa.
Oct. 17	at Wisconsin Invitational (men)	Madison, Wis.
Oct. 18	at Pre-Nationals (women)	Terre Haute, Ind.
Oct. 18	Princeton Invitational	Princeton
Nov. 1	Heps	Princeton
Nov. 14	at NCAA Regionals	State College, Pa.
Nov. 22	at ECAC/IC4A Championship	Van Cortlandt Park
Nov. 22	at NCAA Championship	Terre Haute, Ind.

Indoor Track & Field

Date	Meet	Place
Dec. 7	New Year's Invitational	Princeton
Jan. 5	vs. Navy (men)	Princeton
Jan. 9	Quad Meet (women)	Princeton
Jan. 24	Tiger Open	Princeton
Jan. 31	at Armory Invitational	The Armory
Feb. 6-7	at Sykes & Sabock (Penn State)	State College, Pa.
Feb. 14	at HYP	Cambridge, Mas.
Feb. 22	Princeton Invitational	Princeton
Feb. 28-1	at Heps	Cambridge, Mass.
Mar. 6-7	at ECAC/IC4A Championships	Boston, Mass.
Mar. 13-14	at NCAA Championships	Fayetteville, Ark.

Outdoor Track & Field

Date	Meet	Place
Mar. 21	at TBA	Orlando, Fla.
Mar. 28	at Monmouth Opener (women)	W. Long Branch, N.J.
Apr. 3-4	Sam Howell Invitational	Princeton
Apr. 11	Quad Meet	Princeton
Apr. 17-18	Larry Ellis Invitational	Princeton
Apr. 23-25	at Penn Relays	Philadelphia
May 1-2	Princeton Invitational	Princeton
May 9-10	at Heps	Philadelphia
May 15-17	ECAC/IC4A Championships	Princeton
May 28-30	at NCAA East Regional (North Florida)	Jacksonville, Fla.
June 10-13	at NCAA Championships (Oregon)	Eugene, Ore.

National and International Meets

Damon McLean '14 was selected to the Jamaican national team that will compete at the Glasgow 2014 Commonwealth Games. McLean won the national title in the triple jump at the Jamaican nationals in June with a school record and PR of 16.15. He joins Julia Ratcliffe '16 at the Commonwealth Games, who is representing New Zealand. The pair are scheduled to compete July 27-August 2.

★★★

Seven current and former Princeton Tigers competed at the USA Track & Field Championships in Sacramento, Calif., in June. Highlighting the Orange & Black effort was a second-place performance by Ashley Higginson '11 and a third-place effort by Donn Cabral '12 both in their respective steeplechases.

Higginson clocked 9:27.59 as she took second place for the second consecutive year at USAs. She was in the top four the entire race and after five laps took second place, behind Emma Coburn, and remained there through the finish. Higginson reached the final after a second-place 9:40.26 in the prelims.

Cabral ran 8:20.04 and was 0.50 seconds off his PR. A top group of five, that contained Cabral, broke out after five laps. That pack became four one lap later with Cabral in fourth place. On the bell lap, Cabral pushed past Nike teammate Cory Leslie on the back stretch and remained there, pushing Dan Huling for second place down the final stretch but couldn't reach it, as Evan Jager was first at 8:18.83, Huling second at 8:19.73 and Cabral third at 8:20.04. Cabral reached the finals by running third in the prelims at 8:34.77.

Athlete	Event	Result
Carrie Dimoff '05	10,000 final	33:34.01/13th
Joe Stilin '12	5,000 final	13:48.05/11th
Chris Bendtsen '14	10,000 final	30:05.17/14th
Eddie Owens '15	Steeplechase prelims	8:10.56/17th
Cecilia Barowski '16	800 semifinal	2:07.78/14th
	800 prelim	2:02.14

★★★

Another big effort came from across the pond. William Paulson '17 took second in the men's 1500 final at the British Athletics Championships. He ran 3:48.16 and took the last quarter mile in 54 seconds. Paulson reached the final with a 3:45.40 in the prelims.

2014-15 Team Captains



Erika Fluehr '15
Cross Country



Lindsay Eysenbach '15
Cross Country



Kim Mackay '15
Track & Field



Connor Martin '15
Cross Country



Matt McDonald '15
Cross Country



Greg Caldwell '16
Track & Field



Stephen Soerens '15
Track & Field



Scott Rushton '15
Track & Field