

Men's Distance Medley Relay Wins National Championship



Junior Michael Williams, senior Austin Hollimon, senior Russell Dinkins and senior Peter Callahan speak to ESPN's Lewis Johnson after winning the race.

The Princeton men's distance medley relay is the 2013 NCAA Champion!

Senior Peter Callahan was like a slingshot as he left the competition in the dust as the bell sounded for the final lap helping to bring home Princeton's first indoor national title since 2002 and first on the track since 1975.

Junior Michael Williams led off in the 1200 meters and gradually moved his way up into sixth place. Williams has a great relay resume with two Penn Relay Championship of America wins under his belt in the 4xMile and DMR from last spring. He clocked a 2:56.55 in the 1200.

On the 400 leg, it was senior Austin Hollimon. Hollimon, who competed in the US Olympic trials in the 400m hurdles this past summer, rounded the track and moved up one place to fifth with the fastest 400 leg of the 12 teams at 46.35.

Hollimon passed off to senior Russell Dinkins for the 800. Dinkins, a two-time All-America outdoors, inched up into fourth place. With two laps left in the 800, Penn State started to gap but Dinkins remained in the front pack. With one lap remaining Dinkins turned on the heat and started closing in on Penn State and handed off to Callahan with the Tigers in a close third place. Dinkins' time was the second fastest in the 800 at 1:48.92.

An All-America and sub-4-minute-miler Callahan has been a hidden gem for the Tigers. After a big indoor season last year, Callahan did not compete outdoors, this fall in cross country and most of the indoor season as he recovered from an injury. There was no affect of that injury as he took the baton and settled into third place and looking comfortable on the inside.

The teams were still all bunched together but it was Penn State, Minnesota and Princeton at the front. Eight hundred meters in and Callahan was still on the inside, not ready to make his move yet and sitting in fourth place. With three laps remaining Arkansas' Kemoy Campbell nudged Callahan and Callahan nudged back. Villanova started to make a move past both teams on the outside but tripped and Arkansas lost the baton. With 1.5 laps remaining the pace picked up and as the bell sounded Callahan dropped the hammer, running a 4:01.11 his leg.

Princeton won the race at 9:33.01. Penn State was the runner-up at 9:34.00 and Minnesota was third at 9:34.21.

Chairman's Statement

Dear Teammates,

NATIONAL CHAMPIONS!!!! As many times as I hear those words it never seems to get old. Sitting in Friends 101 on the Princeton campus with Jay Diamond and both track & field teams, we watched the race unfold. It was quite simply one of the most exciting moments in my life. Let me make a suggestion: come see these kids compete. They are a joy to watch and they are just as impressive off the track as they are on. To the coaches, to Michael, Austin, Russell and Peter, to their teammates, to the many Princeton teammates who came before them and to Friends supporters everywhere who helped make this happen.....CONGRATULATIONS!!!!!!

*Alan Andreini '68
Chairman, Friends of Princeton Track*

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photos courtesy of Beverly Schaefer, Tom Connolly, Dan Grossman, Nilan Schnure, Patrick Shanahan and The Ivy League

Indoor Ivy League Heptagonal Recap

MEN'S TRACK & FIELD

One point. That's what it came down to. In one of the most exciting finishes in Heps history, Cornell men's track & field ended Princeton's streak of three straight indoor titles and seven consecutive all-season Heps victories. Cornell finished with 157 points and Princeton had 156.

The other six Ivies were further back in the pack with Harvard third with 86 points, followed by Brown with 58, Columbia 50, Dartmouth 38.5, Penn 28 and Yale 15.5.

The race came down to the relays. Cornell vs. Princeton.

Senior Peter Callahan anchored the distance medley relay and pulled out the win for the Tigers. Senior Michael Palmisano, freshman Brian Poirier and freshman David Pugliese made up the first three legs. Princeton crossed the line at 9:52.72. The 10 points pushed Princeton into the lead over Cornell, 140-139 as the Big Red did not earn any points in the relay.

The Big Red regained the lead 149-146 with a win in the 4x800. Junior Michael Williams, senior Nathan Mathabane, sophomore Bradley Paternostro and senior Russell Dinkins finished third at 7:32.13.

In a photo finish senior Austin Hollimon won the 4x400 for Princeton over Cornell's Bruno Hortegano-Roig. Junior Tom Hopkins, sophomore Tom Scott and sophomore Daniel McCord made up the first three legs. Despite getting 10 points, the Big Red got eight for second place and won Heps by just one point.

Princeton moved up into second place after the first event of the day, the men's mile. Callahan won the tactical race in 4:19.90. Palmisano was a scorer as well finishing in fourth place at 4:22.08.

All three Tigers in the final of the hurdles scored. Sophomore Rob Mohr was the runner-up at 8.08. Senior Richard Sheldon and freshman Gregory Caldwell were fifth and sixth at 8.25 and 8.29, respectively.

Freshmen John Hill and Dre Nelson also scored in the 60 dash with times of 6.91 and 6.92 to finish fifth and sixth.

Senior Nathan Mathabane and freshman David Pugliese scored in the 1000. Mathabane crossed the line at 2:28.03 for fifth place and Pugliese clocked a 2:28.22 for sixth.

After 13 events Princeton was within 32 points of Cornell (126-94).

The Tigers cut their deficit to 13 in the next event the 5000.

Princeton went 1-2-5 in the event. Senior Michael Franklin won the race at 14:18.64 with junior Chris Bendtsen right behind at 14:18.72. Vitez ran 14:22.13 for fifth place.



Junior Damon McLean

Junior Damon McLean and sophomore Nana Owusu-Nyantekyi cut Cornell's lead to single digits. McLean won his second event of Heps, winning his main event, the triple jump. McLean had two jumps of 15.93 (52-3.25) on his first and sixth attempts. Owusu-Nyantekyi jumped to 14.99 (49-2.25) on his final attempt to take third.

Princeton was in third place after Day 1 with 25 points. McLean won the long jump to give the team its first victory of Heps. McLean jumped to 7.55 (24-9.25) on his fourth attempt to win the long jump. Junior Tom Hopkins finished in third place at 7.26 (23-10) on his first jump of the day. The pair gave the Tigers

16 points towards the team score.

Bendtsen was the runner-up in the 3000. Bendtsen crossed the line at 8:07.01. Franklin earned a point for the Tigers as well as he finished sixth at 8:10.60.

At the conclusion of the meet it was announced that Callahan was named co-Most Outstanding Track Performer and McLean was named co-Most Outstanding Field Performer. Callahan proved he is not to be counted out, as he returned to Heps after missing the 2012 outdoor season and cross country season with an injury. Callahan won the mile and anchored the winning DMR. McLean was a double winner in the long and triple jumps. His win in the triple jump was the 10th best jump in the NCAA this season and qualified him for the national meet.

WOMEN'S TRACK & FIELD

The Princeton women's track & field team finished fourth at the 2013 Ivy League Heptagonal Championship. Senior Tory Worthen won her seventh consecutive Ivy League Heptagonal pole vault title to kick off Day 1. Worthen is on track to become the first eight-time Heps champion in Princeton women's track history. Only six athletes have accomplished the feat in Ivy League History. Tora Harris '02 swept the high jump during his career with the Princeton men's team. No athlete has ever swept the pole vault, for either gender.

Worthen cleared 4.00 (13-1.50) on her first attempt to win the event. Senior Lauren Tauscher finished in fifth place in the event clearing 3.70 (12-1.50), as the duo earned 11.5 points towards the team score.

Freshman Julia Ratcliffe was the runner-up in the weight throw as both she and Harvard's Adabelle Ekechukwu surpassed the previous meet record. Ratcliffe reached 18.70 (61-4.25) on her fifth attempt but Ekechukwu's 20.83 (68-4.25) pushed her into first.

Senior Abby Levene and sophomore Jackie Nicholas were scorers in the 5,000. Levene ran a 16:25.98 for fourth place and Nicholas a 16:33.84 for fifth place, for six points.

On Day 2, senior Greta Feldman was responsible for 22 points, finishing as the runner-up in the 800, fourth in the mile and anchored of the winning 4x800 relay.

Feldman ran 2:14.97 to take second in the 800. Senior Kristin Smoot and junior Kacie O'Neil were fifth and sixth in the race at 2:15.77 and 2:15.93, as the Tigers picked up 11 points in the event.

In the mile, Feldman clocked 4:41.62. Fellow senior Alexis Mikaelian scored in the event as well with a 4:43.65 for sixth place.

Feldman, Mikaelian and Smoot made up three legs of the 4x800. Junior Molly Higgins led off as the relay finished nearly three seconds ahead of Harvard at 8:44.91.

Sophomore Cecilia Barowski was the runner-up in the 400 at 55.15.

Junior Imani Oliver placed third in the triple jump. She had her best jump on her final attempt, reaching 12.74 (41-9.75).

Levene was fourth and sophomore Jackie Nicholas was sixth in the 3000. Levene finished in a time of 9:28.84 and Nicholas 9:38.65.

Freshman Taylor Morgan and junior Theresa Kennedy finished fifth and sixth in the high jump. Morgan cleared 1.70 (5-7) and Kennedy 1.65 (5-5) for 2.33 points.

Another scorer was junior Beth McKenna in the pentathlon.

In the final event of the day, the 4x400 finished third. Senior Melissa Zajdel, sophomore Kim Mackay, senior Joie Hand and Barowski ran 3:50.65.



Senior Greta Feldman

Coaches' Statements

PETER FARRELL Women's Head Coach

The 2013 indoor season had quite a few surprises. One was the emergence of our hammer/weight thrower from New Zealand, Julia Ratcliffe. She took down the school record of Thanithia Billings '11 in the 20lb. weight throw with an outstanding toss of 64 feet. The other school record came at the feet of senior Great Feldman, erasing the school mark set by Lauren Simmons '02 in the 800 with a scintillating 2:06.92.

Team wise, our performance sort of mirrored last year's indoor season. After winning our quad meet on Jan. 11 and HYP on Feb. 9th, the team suffered a heartbreaking Heps as we managed a fourth-place finish. The playing field has been somewhat leveled in the league as Harvard claimed first with Cornell and Columbia putting up significant point totals. The team felt the slippage and have renewed its drive to bounce back for outdoors. Last year the team finished a disappointing sixth indoors, only to rebound into second in the spring. It was a marvelous turnaround.

Senior Tory Worthen was absolute class winning her seventh consecutive Heps pole vault title. This in an event not noted for breeding consistency. It's very rare that a vaulter goes through a season without "no heighting." Consistent can also be applied to our 4x800 (two-mile relay at Harvard due to track measurement). Feldman and senior Alexis Mikaelian can claim to be on the winning team for all four of their indoor seasons. Roommates and friends for life, their mutual All-Ivy League status will remain with them forever. It's just been a pleasure working with them. Junior Imani Oliver rewrote her own record in the triple jump with a terrific 41 feet.

We are now preparing for our annual spring training trip to Orlando. The team is pretty excited about finishing up midterms and getting down to work out in the sun for eight days. They'll be cranking up for outdoors. Thanks for all you guys have done for us.



FRED SAMARA Men's Head Coach

National Champions!

It only took 9:33.00 to run, but it was four years in the making. The Princeton distance medley team of Michael Williams, Austin Hollimon, Russell Dinkins and Peter Callahan ran a brilliant race to win the prestigious NCAA title.

Michael was under incredible pressure to set the team off to a good start on the first leg. He ran spectacularly, splitting 2:56.6 for the 1200-meter and handing off to Austin in good position.

Few spectators and coaches knew about Austin's 400-meter speed, but we knew based on his blazing 45.9 leg at Notre Dame the week before. Austin ran the fastest 400-meter split of the meet (46.3) to bring the Tigers closer to the lead.

Russell showed great patience and race savvy. He brought the team ever closer with each lap. His 1:48.9 split was just what the doctor ordered as he handed off to Peter in third place, but right on the heels of the leaders.

I must say that anything can happen in a race, especially in the NCAA pressure cooker, but as Peter ran so effortlessly for the first few laps I turned to Coach Vigilante and said, "It's over. We are going to win! No one can finish with Peter." True to form, as the last lap approached Peter exploded with his patented kick, blazing by the national-caliber runners like they were standing still - a 26.0 last 200 will do that! As he crossed the finish line, arms raised in victory, the entire Princeton Nation rejoiced. All athletes and coaches have goals and dreams. To finally accomplish your ultimate goal is one of the most rewarding experiences that can happen, and something this group of men will cherish for a lifetime.

As wonderful as the national championship was, the opposite happened at the Heps. The team suffered a crushing one-point loss to our eternal foe, Cornell.

Despite the loss, there were numerous outstanding performances by the entire team. At one point late in the meet the Tigers were down by 31 points, and seemingly hopelessly out of it. Fortunately, the men did not know the word quit. After a 3-4-5-6 in the heptathlon, then a 1-3 finish in the triple jump and a 1-2-6 finish in the 5,000 the men of Old Nassau were now trailing by just nine points with just the relays remaining. Then it got interesting!

The first relay, the DMR, proved to be a pre-cursor for the weeks that would follow. The team ran another brilliant race with Callahan smoking the highly-regarded field. Cornell's team, which led with a lap to go, did not place. The hysteria in the fieldhouse was incredible as the Tigers took the lead by one point.

So it came down to the final two relays. In the two-mile relay our guys ran tough, but finished third behind Cornell and Columbia. This gave Cornell a three-point lead heading into the final event of the day.

Never giving up, the 4x400 relay team came away with a spirited win over Cornell in a photo finish. However, it wasn't enough as the final margin was one point.

In team meetings we always say every point counts, so make every event, jump and throw count. One point! You never want to look back and say we should have done this or could have done that. Rather I like to believe that we showed our true spirit and determination by never giving up and coming back from a deep hole. That is the make of championship teams. As a coach I couldn't be prouder of the way our guys handled themselves and the class they showed.

As we look to the outdoor season, we point towards the Heps, which are being held at home on May 4th and 5th. Hopefully all of the Friends of Track and our tremendous alums will attend to cheer the team on to victory.

I want to close with a special thank you to our new Director of Operations, Michael Henderson. He has done a great job in his new role. Please go online to our new team Web site www.princetonontrack.com to follow the team throughout the outdoor season.



Senior Tory Worthen (third from left) is one step closer to being the first Princeton female to win eight Heps titles in the same event - a career sweep. It's only been done six times in Heps history, and never in the pole vault.

[photo taken at the podium at this year's Heps]

2012-13 Women's Indoor Track Season

60

Sarah Lavin '16	7.59	New Years
Abidemi Adenikinju '13	7.77	Heps
Erin Guty '13	7.77	Heps
Joanna Anyanwu '15	7.91	HYP
Sara Ronde '16	7.95	HYP

60 High Hurdles

Sarah Lavin '16	8.55	New Years
Beth McKenna '14	9.05	HYP
Kerry Krause '16	9.44	PI
Samantha Anderson '14	9.61	PI
Theresa Kennedy '14	9.75	PI

200

Erin Guty '13	25.12	Heps
Cecilia Barowski '15	25.15	HYP
Abidemi Adenikinju '13	25.67	Heps
Joanna Anyanwu '15	25.70	S&S
Sara Ronde '16	25.72	HYP

400

Cecilia Barowski '15	55.29	Heps
Joie Hand '13	56.65	S&S
Megan McMullin '16	58.25	NYRR2

500

Cecilia Barowski '15	1:13.35	NYRR2
Joie Hand '13	1:15.23	Quad
Melissa Zajdel '13	1:15.47	Quad

600

Cecilia Barowski '15	1:30.64	New Years
Kristin Smoot '14	1:33.04	S&S
Kim Mackay '15	1:34.42	S&S

800

Greta Feldman '13	2:06.98 *	CLC
Alexis Mikaelian '13	2:09.79	S&S
Kristin Smoot '14	2:09.99	Heps
Melissa Zajdel '13	2:11.70	NYRR2
Kacie O'Neil '14	2:12.94	Heps

1000

Kristin Smoot '14	2:51.20	Quad
Alexis Mikaelian '13	2:51.32	Quad
Melissa Zajdel '13	2:55.95	New Years
Kim Mackay '15	2:57.41	NYRR2

Mile

Greta Feldman '13	4:41.62	Heps
Alexis Mikaelian '13	4:43.65	Heps
Mel Newbery '13	4:51.45	Quad
Jackie Nicholas '15	4:54.36	NYRR2
Molly Higgins '14	4:55.36	NYRR2

3,000

Abby Levene '13	9:28.84	Heps
Emily de La Bruyere '15	9:31.47	HYP
Jackie Nicholas '15	9:36.47	HYP
Mel Newbery '13	9:47.41	Heps
Erika Fluehr '15	9:48.46	CLC

5,000

Abby Levene '13	16:25.98	Heps
Jackie Nicholas '15	16:33.69	S&S
Lindsay Eysenbach '16	17:12.93	Heps
Marisa Cummings '14	17:44.56	Heps

4x400

Megan McMullin '16		
Melissa Zajdel '13		
Cecilia Barowski '15		
Joie Hand '13	3:48.60	NYRR2

4x800

Molly Higgins '14		
Alexis Mikaelian '13		
Kristin Smoot '14		
Greta Feldman '13	8:44.19	Heps

Distance Medley Relay

Molly Higgins '14		
Kim Mackay '15		
Kristin Smoot '14		
Mel Newbery '13	11:31.22	S&S

High Jump

Taylor Morgan '16	1.75	ECAC
Theresa Kennedy '14	1.73	ECAC
Inka Busack '16	1.70	HYP
Kerry Krause '16	1.60	New Years

Pole Vault

Tory Worthen '13	4.00	Heps
Lauren Tauscher '13	3.70	Heps
Sara Rubin '14	2.95	HYP

Long Jump

Erin Guty '13	5.71	New Years
Sara Ronde '16	5.58	PI
Lily Miller '14	5.29	PI
Theresa Kennedy '14	5.23	HYP
Beth McKenna '14	5.19	PI

Triple Jump

Imani Oliver '14	12.74 *	Heps
Taylor Morgan '16	11.02	HYP



Freshman Julia Ratcliffe

Shot Put

Brielle Rowe '16	10.92	New Years
Chelsea Cioffi '14	10.34	Quad

Weight Throw

Julia Ratcliffe '16	19.74 * ^	HYP
Chelsea Cioffi '14	15.26	NYRR2
Brielle Rowe '16	13.19	Quad

Pentathlon

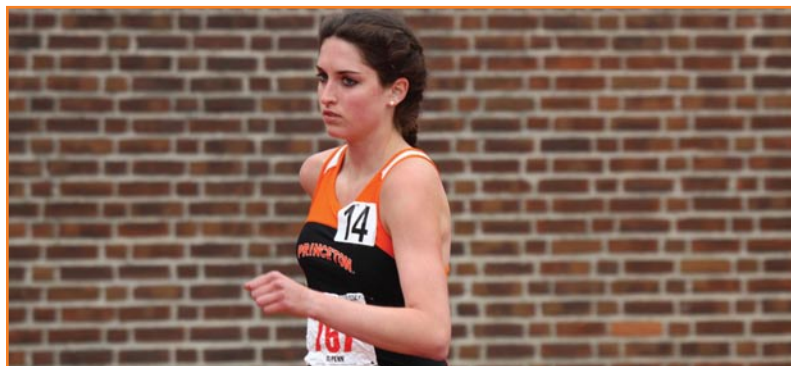
Beth McKenna '14	3505	Heps
Theresa Kennedy '14	3548	Heps
Kerry Krause '16	3227	Heps
Samantha Anderson '14	3192	Heps

Heptagonal Champions

Greta Feldman '13	4x800
Alexis Mikaelian '13	4x800
Molly Higgins '14	4x800
Kristin Smoot '14	4x800
Tory Worthen '13	Pole Vault

Team Schedule/Results

Dec. 10	New Years Invitational	-
Jan. 11	Princeton Quad Meet	1st of 4
Jan. 25	at NYRR College Night at The Armory II	1st of 12
Feb. 1	at Armory Collegiate Invite	-
Feb. 2	at Sykes & Sabock (Penn State)	2nd of 13
Feb. 9	HYP	1st of 3
Feb. 16	Princeton Invitational	-
Feb. 23-24	at Heps (Harvard)	4th of 8
March 1-2	at Columbia Last Chance	-
March 2-3	at ECAC Championships	-



Senior Abby Levene

2012-13 Men's Indoor Track Season

60

John Hill '16	6.88	HYP
Dre Nelson '16	6.92	Heps
Greg Caldwell '16	6.93	New Years
Tumi Akinlawon '15	6.96	NYRRI
Daniel McCord '15	7.03	HYP

60 High Hurdles

Rob Mohr '15	7.91	HYP
Greg Caldwell '16	8.10	Heps
Richard Sheldon '13	8.17	HYP
Tom Hopkins '14	8.34	WAB
Bryan Oslin '16	8.80	PI

200

Tom Hopkins '14	21.89	WAB
Daniel McCord '15	22.13	HYP
Sebastian Steffen '13	22.35	S&S
Greg Caldwell '16	22.65	S&S
Rob Mohr '15	22.78	WAB

400

Tom Hopkins '14	47.58	S&S
Austin Hollimon '13	47.95	Heps
Daniel McCord '15	49.85	Heps
Tom Scott '14	50.18	WAB
Travis McHugh '16	50.32	S&S

500

Russell Dinkins '13	1:01.90	Heps
Bradley Paternostro '15	1:05.90	HYP
Tom Scott '14	1:06.59	PI
Jabari Johnson '16	1:07.92	HYP
Jordan Myers '16	1:08.77	HYP

600

Austin Hollimon '13	1:21.36	S&S
Tom Scott '14	1:22.56	S&S
Jordan Myers '16	1:26.04	New Years
Jabari Johnson '16	1:27.39	S&S

800

Bradley Paternostro '15	1:50.51	Heps
Peter Callahan '13	1:51.35	S&S
Michael Williams '14	1:51.41	S&S
Russell Dinkins '13	1:52.25	S&S
Michael Palmisano '13	1:54.24	WAB

1,000

Michael Williams '14	2:26.52	Heps
David Pugliese '16	2:28.22	Heps
Nathan Mathabane '13	2:27.34	Heps

Mile

Michael Palmisano '13	4:06.80	S&S
Michael Franklin '13	4:08.39	WAB
Tyler Udland '14	4:12.41	S&S
Jonathan Vitez '14	4:15.48	S&S
David Pugliese '16	4:16.00	S&S

3,000

Michael Franklin '13	8:03.33	AW
Chris Bendtsen '14	8:07.01	Heps
Jonathan Vitez '14	8:10.01	HYP
Sam Pons '16	8:12.16	HYP
Tyler Udland '14	8:12.53	WAB

5,000

Michael Franklin '13	14:18.64	Heps
Chris Bendtsen '14	14:18.72	Heps
Jonathan Vitez '14	14:22.13	Heps
Tyler Udland '14	14:32.93	Heps
Eddie Owens '15	14:38.45	WAB

4x400

Tom Hopkins '14		
Tom Scott '14		
Daniel McCord '15		
Austin Hollimon '13	3:15.14	Heps

4x800

Michael Williams '14		
Nathan Mathabane '13		
Bradley Paternostro '15		
Russell Dinkins '13	7:32.13	Heps

Distance Medley Relay

Michael Williams '14		
Austin Hollimon '13		
Russell Dinkins '13		
Peter Callahan '13	9:27.74 ^ *	AW

Heptathlon

Stephen Soerens '15	5176	Heps
Brad Pelisek '14	5066	Heps
Bryan Oslin '16	5030	Heps
Richard Sheldon '13	4960	Heps

High Jump

Omar Jarrett '14	2.07	Navy
Jake Scinto '16	2.00	New Years
Stephen Soerens '15	1.99	HYP
Richard Sheldon '13	1.94	HYP
Brad Pelisek '14	1.84	WAB

Pole Vault

Adam Bragg '15	4.80	Navy
David Coneway '14	4.65	S&S
Bryan Oslin '16	4.50	HYP

Long Jump

Damon McLean '14	7.55	Heps
Tom Hopkins '14	7.39	Navy
Stephen Soerens '15	6.97	NYRRI
Brad Pelisek '14	6.94	NYRRI
Shane Molitor '14	6.71	HYP

Triple Jump

Damon McLean '14	15.57	HYP
Nana Owusu-Nyantekyi '15	15.50	HYP
Jake Scinto '16	14.11	Heps

Shot Put

Scott Rushton '15	16.03	HYP
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Weight Throw

Scott Rushton '15	12.13	Navy
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Junior Tom Hopkins

Heptagonal Champions

Peter Callahan '13	Mile, DMR
Russell Dinkins '13	500
Michael Franklin '13	5,000
Austin Hollimon '13	4x400
Tom Hopkins '14	4x400
Daniel McCord '15	4x400
Damon McLean '14	Triple Jump, Long Jump
Michael Palmisano '13	DMR
Brian Poirier '16	DMR
David Pugliese '16	DMR
Tom Scott '13	4x400

Team Schedule/Results

Dec. 9	New Years Invitational	-
Jan. 6	Navy Dual	L, 89-91
Jan. 12	at NYRR College Night at The Armory I	1st of 14
Jan. 26	at Wesley A. Brown Invitational (Army)	-
Feb. 2	at Sykes & Sabock Cup (at Penn State)	7th of 12
Feb. 2	at Armory Collegiate Invite	
Feb. 9	HYP	1st of 3
Feb. 16	Princeton Invitational	-
Feb. 23-24	at Heps (Harvard)	2nd of 8
March 1-2	at Columbia Last Chance	-
March 1-2	at Alex Wilson Invitational (Notre Dame)	-
March 8-9	at NCAAAs (Arkansas)	21st of 56

Key

AW	Alex Wilson Invitational
CLC	Columbia Last Chance
NYRRI	New York Road Runners I
NYRR2	New York Road Runners II
PI	Princeton Invite
S&S	Sykes & Sabock
WAB	Wesley A. Brown Invitational
*	Princeton record
^	Ivy League record

Getting to Know the Tigers



Senior Joie Hand

As you begin your final season as a Princeton Tiger, what has been the most memorable moment of your collegiate career?

Let me first say how unbelievable it is that this season will be the last for me and my classmates. The time has gone much faster than expected. Several moments come to mind as memorable throughout my collegiate career. Having to choose one such experience, I will say outdoor Heps held at Yale my sophomore spring. The weekend began with such an intense atmosphere among the ladies and coaches that we were able to feed off all weekend. That was the first time that I was able to contribute points to the team score, individually. As a unit, we were able to create history that weekend by winning all three championship titles.

What are your personal athletic goals, and goals for the team, in your senior season of track?

I would like to see the team live up to its potential and in the process exceed the expectations held by those who follow the Ivy League. Our team's strengths lend themselves to outdoor competition, so I'm looking forward to seeing that growth. Outside of competition, my wish is that the team be the most cohesive unit possible; we all springboard off of each other's performances.

Personally, I plan to break 60 seconds in the 400-meter hurdles and continue to improve our current 4x400 meter relay. Off the start line, I aim to be the best leader that I can for the rest of my teammates.

What would you consider your defining moment of your collegiate career?

Crossing the finish line for the 4x400 relay with a time under 3:40.00 (outdoor 2012) comes the closest to defining my time on this team. The four ladies on the team and Coach Harrington set a goal at the beginning of the season, and we worked and inched

closer to that goal each time we ran. Hitting that mark and consequently setting the school record was incredibly fulfilling. The relay itself serves as a good metaphor for Princeton and track and field, because there is a moment in every 400 when uncertainty and pain creep in, but pushing through that moment and seeing the looks on everyone's faces after always makes all the work worthwhile.

What is something about the women's track & field team at Princeton that people might not know?

Most of the women on the team are deeply involved in other aspects of campus life, many holding leadership positions. I think the need to balance priorities makes us realize how valuable our time on the track is, so we work that much harder at practice.

What is your favorite event to run?

I am married to the relay because it's been my constant companion since freshman year. However, I have to admit that my heart belongs to the 400 hurdles.

How has your father, a professional athlete (Jon Hand, Colts (NFL)), influenced your athletic career? What's the best advice he's given you?

I've loved having such a high bar to measure myself against. My family has always placed a strong emphasis on athletics, because sport teaches you so much about yourself and working with others. This attitude likely derives partially from my dad's successes and partially from the types of people my parents are. My parents have been an invaluable resource; it would be impossible to overstate how helpful it was freshman year to be able to discuss my workouts with them (my mom also ran the 400 in college before an injury). They could sympathize with me or tell me to buck up. However, more important than athletics, my dad and mom have always expected that my sisters and I do the best we are capable of in every commitment we made. If we could say that we gave our all in all that we did, it was enough. The best advice my dad has ever given me has been about life, not track, but in relation to athletics, I would say it was to relax, work hard and do my best.

What are your career ambitions outside of track, and post-graduation plans?

I want to become a lawyer, and will be attending law school this coming fall, though I am currently undecided about which institution I will be joining.

You've been a scorer at numerous Heps. What does it mean to you knowing you've been a contributor to the team?

Heps is a meet unlike any other. There is no greater feeling than putting on my Princeton uniform, stepping out onto one of the greatest stages in collegiate athletics, and stepping up and performing for my team. It's been so exciting, and contributing to the triple crown sweep my sophomore year was such an honor and is something I'll never forget.

What are the biggest adjustments you've made in your event from freshman year to your senior year?

The most difficult adjustment I've had to make since coming to Princeton has been being open minded and flexible with all of the field coaching changes. Having three coaches in four years, all with different philosophies and favorite workout regimens, has been pretty tough: especially in the pole vault, which is such a niche event. However, I've learned that different perspectives can be beneficial, and I actually think having different kinds of workouts over the past four years has kept me healthier and less injury-prone than most athletes.

Did you have a breakthrough meet/moment at Princeton?

I would definitely have to say indoor Heps my sophomore year. It was at the Armory in NYC, an intimate and exciting venue with a fast track. There were six girls left in the competition at 12'5.5". Tory Worthen was first in the order and cleared the bar easily. Sam Anderson was second, and she cleared on her first attempt as well. I was third in the order, and this was the first time I had ever attempted the height. I took a deep breath, went for it, and cleared on my first attempt (by the skin of my teeth!). The crowd erupted and the stadium was completely electric. It was so exciting, and we ended up taking 1-2-4, accumulating 22 points, and significantly contributing to what would eventually become a Heps victory.

How did you get into your event and what are your earliest memories of it?

I did gymnastics for twelve years, and by the time high school came around, I was completely burnt out. My middle school gym teacher was the high school vault coach, and he had seen how athletic I was and suggested I try and pick up pole vaulting. I came out for the team my freshman spring, having no expectations whatsoever. I ended up placing 7th at the Meet of Champions (for New Jersey) as a freshman, and have been hooked ever since!

What is the best advice you could give an incoming freshman?

Keep an open mind! I came into Princeton as an honor student with 12 varsity letters, and everything I had done up to that point had gone exactly as planned. I was determined to major in engineering and pre-med, go straight to medical school, and specialize to become a trauma surgeon. But as I navigated my way through my freshman fall, I learned so much about myself as a student, as an athlete, and as a person, and for the first time in my life I had no idea what I was doing. My entire life I wanted to be a

doctor, and now when people would ask me what I wanted to do after graduation, I had no response. However, it was this complete lack of direction, and the freedom to make my own choices, that allowed me to flourish as an undergrad and invest myself in things that I felt were important, not what I thought would look good on a resume. And I've turned out just fine!

What's the best thing about being a student-athlete at Princeton?

I absolutely love the culture of athletes on campus. There's such an astonishing level of support and mutual respect between teams. I feel so much more connected to the University because I get to don the Orange and Black; there's this unique feeling of struggle and sacrifice, and when one team excels, the entire student-athlete community catches fire. It's been challenging at times, but the work-life balance that comes with being a student-athlete has been the best thing for me, and I can't wait to get my varsity sweater and join such an elite group of Princeton graduates.

What is senior thesis about?

I'm modeling storm surge risk for Shanghai in the context of climate change and it's being featured as part of a larger piece on my advisor in the Princeton Alumni Weekly sometime this month. But basically I'm simulating hurricanes and measuring surge height and looking at how surge changes due to different governing variables that are project to intensify in the coming century.

What are your career ambitions outside of track, and post-graduation plans?

Once I finish my last outdoor season, I'll be hanging up the spikes for good. Pole vaulting has been such a large part of my life, but I'm definitely ready for the next chapter. As much as I want to retire, I have a feeling I'll get bored and start doing triathlons or something. And I definitely want to learn how to play squash! As for post-graduation plans, I am employed (!!!!!) and will be joining KPMG's Management Consulting Practice in the fall. It's not the typical path for engineers, I ended up doing civil and environmental engineering, but I am extremely excited for the opportunity and hope I can make a positive impact on the company.



Senior Lauren Tauscher

Getting to Know the Tigers



Senior Austin Hollimon

You took last year off from school to train for the Olympics. Where and with who did you train and what was your training like?

Taking last year away from school to pursue a dream of mine was undoubtedly one of the best decisions of my life. Winning itself is often the focus of achievement, but in the journey to be the very best Austin Lewis Hollimon, there was a growth that took place in my personal self which far exceeded anything I could have expected. Had I not even made it to the trials it would have still been among the most rewarding journeys of my life.

Before the entire journey began, I paid a visit to a sports psychologist whom I could best describe as a guru, to spend three hours in a classroom full of chalkboard learning the METHOD of achieving. All athletes work on improving the body, but

working on the mind and spirit was stressed as equally important. My journey was as much about my growth in my faith as it was about using my mind learning how to hurdle. Negotiating the hurdles fearlessly and confidently was the aim, and my journey brought that same kind of fearlessness and confidence off the track. Hopefully some of that, I have been able to share with my teammates in the final semester.

I could go for days about the benefits of this journey, but one of my personal benefits was watching and helping my brother in his final semester of high school. I trained at my alma mater (his school) and was able to share much of my journey with the kid whom I shared my early childhood. I shared with him some of my training regimen secrets with him and beamed with pride as he helped lead his team to the finals of the Georgia state championship.

None of this would have been possible without my Coach Napoleon Cobb, who committed hours in the thousands teaching me how to hurdle.

What was the experience like, running in the US Olympic team trials?

Going to the Olympic trials was the most inspirational experience of my life. When I tell you that people from all walks of life were just tremendously supportive of me, at the mere prospect that I might represent their country, was inspiring. From Delta Airlines, who had my bags delivered from Portland to Eugene so that I would not have to endure a day without the necessary tools to train. To the hundreds of people I met in Eugene, New York, Nashville, and back home in Atlanta who wished me the best, prayed for me, sent me words of encouragement, made signs, offered to donate to the cause. Seriously, it was inspirational for me to see how giving people could be and an experience I will never forget.

The race didn't go as you wanted, but what did you bring away from the team trials and how did you grow from it?

Fearlessness. It is how I attack every race (save for my 2nd race) that I have run over 400 hurdles, and the Olympic trials was no different. Someone asked me once, if that was the most embarrassing moment of my life, and I guess considering I fell on national TV it should be, but it is actually one of my proudest. I think about it at every practice. It is my motivation, the reason why I have the same commitment and focus on track here at school as I did while I was away. In many ways it has become a defining moment of my life, but defining in the way that it motivates me.

What's it been like being back at Princeton and training with the track team again?

In the time away, I gained a lot of perspective on life. I think I appreciate the opportunity to compete at Princeton even more, and having just a semester left I realize I have one last opportunity to make an impact on this campus, both on the track and "up the hill." I feel much more focused, but even more appreciative of what it means to be a member of this Princeton community. I realize more than ever now, the power and responsibility that comes along with putting on the uniform and representing. It's something that I was able to see completely in action as we ran our way to an NCAA championship in the DMR.

Take us through the DMR at the NCAA's. How did you think your leg went? What was your plan?

Complete honesty. I simply viewed this race as the closing 400m of Michael Williams' mile. For me, the DMR begins three times: when it begins, when the 800 leg starts and then again when Peter Callahan gets the baton. My job within the race is to reshuffle the cards, and move us to the top group for the start of the "second beginning".

Physically, I was disappointed. I went 45.8 the week before and wanted to run 45. The objective was for the TEAM to win- my job was simply to reshuffle the deck so that we were in the top group at the beginning of the second race.

I had the utmost of faith in both Russell and Pete to continue the march to the front and sure enough they did. I wasn't surprised. I had watched them do it the week before, and they had said we were the 4th fastest of all time to run the DMR. Again with Russell starting in the top group and Pete getting the baton .66 seconds behind the leader, I had no concerns. Last week, our race had gone exactly according to this format. So I believed (perhaps naively) that the same thing might happen again. It did. National Championship. Rings. Two stars on the board.

What was the experience like and what were the emotions you had when, Peter crossed the finish line and you realized you guys won the national championship?

Hard work doesn't always equal victory. My Olympic trials experience had taught me that. This time, having our collective work pay off brought a kind of satisfaction. I won't call it elation, or jubilation, there is too much work still to be done to feel those kinds of emotions. However, seeing our school and much of the New Jersey community, react so positively to our victory was special. I felt tremendously blessed once again, to be a part of something which unified people in belief. It was very special for me to be bonded with my school in that manner. I will thank Michael Williams, Russell Dinkins, Peter Callahan and the coaches (particularly Coach Vig) for that the rest of my life.

What do you think the athletic future holds, for you personally? What are your career ambitions outside of track, and post-graduation plans?

I am working hard now as if track holds world championship teams, Olympic medals, shoe contracts, podium visits in its future.

However, I am not in control of those things. What I control is how I cover the 10 hurdles set before me this year. My focus is solely on covering those hurdles as best I can. I have faith that if God has planned for me to proudly compete wearing those three letters USA then it will somehow be. As for the future, I am actually tremendously excited to share the story I have just told you (and perhaps some US history) with some of the young men and women of Houston.

Within the next week I will accept an offer from Teach for America to join the movement of reinvesting in our future through education. I hope to spend several years in the corps, before ultimately going to law school, where I do hope to one day become attorney general for the State of Georgia. My thesis begins with my favorite quote from Dr. Martin Luther King Jr.: "The arc of the moral universe is long, but it bends towards justice." It is my dream that with my life, regardless of the profession, to bend the 'moral universe' towards justice.

Princeton taught me that if you work hard, love people and believe just a little bit, dreams can certainly come true. Hopefully, my life will be a testament to that.

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: www.tignetnet.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.tignetnet.princeton.edu. It's another opportunity to stay connected with our terrific teams.

Getting to Know the Tigers

Where did you grow up and what was your community like?

I grew up in Ghana, living with my grandmother until I was six-years-old. We lived in Kumasi, the second biggest city in Ghana, and I went to the local school just down the road from where we lived. To be honest I do not remember a great deal, but one of the main reasons my family moved to England was to seek a better education for my siblings and I.

How influential have your parents been, in terms of your education and athletics?

My mum has been one of the biggest influences in my life. She worked extra hard in order to put me through good schools and was very supportive when I decided to take a year off in order to apply to American universities. In terms of athletics my parents have been right behind me, helping me find a good coach to train with over the summer and driving long hours to and from practice and competitions. My mum always told me the thing she hated the most was wasted talent. She has guided me through the good and bad times, so I owe her the credit as to why I am where I am today.

How did you get into track & field, and particularly the triple jump?

I first got into track in primary school, competing in mainly the sprints, long and high jump. One of the coaches for the track team, who had been a prominent cross country runner in his day, was a big influence on me and gave me the drive to take track more seriously. From long jump I guess it was a standard progression to the triple jump and that quickly began to be my strongest event, so I began to focus more on that than the other events.

How did you end up at Eton College in London?

Two of my oldest brothers went to Eton College, and being the youngest of the boys I didn't want to be left out. So when I took the entrance exam and got in, I knew I had to go. I am very grateful for the five years I spent there, as it gave me several unique opportunities and a great education. On top of that it set me up very well for university life so the transition to Princeton was a lot smoother.

What brought you to Princeton?

The British and American universities systems are so different. The fact that I could take a variety of classes as well as focus on a particular major really intrigued me as I had other interest aside from biology (my major). Also in terms of sports, continuing at a British university is a lot more difficult as you have to find your own track, coach and you have to make it fit into your schedule somehow. At Princeton it is a lot simpler.

They already had great facilities and coaches. The fact that Princeton had such a strong track team was a huge bonus. The third major reason was the great financial aid that Princeton was able offer making it affordable.

I also thought that America, and Princeton in particular, would be a great experience. I had hardly spent any time in America, and I knew of the great all-around experience I would have if I decided to come and it could be a nice change from the UK.

You took a year to travel and work across South America and Africa. What did you do and where did you go?

I began the year working for a sandwich company in London gaining some money so I would be able to travel. After London I went back to Ghana for four months, spending two months working in a hospital and the other two teaching in a village in the east of Ghana. After that I backpacked with a friend for four months through South America, visiting Brazil, Argentina, Uruguay, Chile, Bolivia and Peru. It was a very liberating and independent experience, which taught me several life experiences.

What do you miss most about home?

I miss my family and friends a lot but after a while you get used to it, but I also do miss the dry British humour.

What have the Tigers that have come before you taught you?

They have taught me what it really means to be part of a team, and that by not pulling your weight you are not only letting yourself down but also all the other teammates that have put in months of training in order to give their all for the team.

Having the alumni send out emails in the build-up to Heps; it really hammers home how much it means to the whole team and makes me feel honoured to represent the Princeton Tigers.



Sophomore Nana Owusu-Nyantekyi



Spotlight on Damon McLean

Junior Damon McLean racked up a number of accolades during the indoor season. An All-America in the triple jump during the 2012 outdoor season, McLean continued where he left off.

He was named the U.S. Track & Field and Cross Country Coaches Association Mid-Atlantic Regional Field Athlete of the Year.

McLean was a double champion at the Ivy League Heptagonal Championships, winning both the triple and long jump. He was named the co-Most Outstanding Field Performer of the Meet.

McLean jumped to 7.55 (24-9.25) in the long jump, a new personal best that ranked him in the top 30 in the event. In his main event, the triple jump, McLean jumped to a personal best 15.93 (52-3.25) that ranked him 10th in the nation and qualified him for the NCAA Indoor Championships.

McLean finished 14th in the triple jump at the NAAs. He finished eighth in his flight with a jump of 15.44m (50-8), which came on his first attempt. He reached 15.26 on his second and 14.99 on his third attempt. McLean was named second-team All-America for his 14th-place finish, his second career All-America honor and first indoors.

2013 Outdoor Schedule

Date	Meet
Mar. 23	Central Florida Invitational Orlando, Fla.
Apr. 5-6	Sam Howell Invitational Weaver Stadium
Apr. 13	George Mason Invitational Fairfax, Va. (men only)
Apr. 18-20	Mt. Sac Invitational Walnut, Calif.
Apr. 19-20	Larry Ellis Invitational Weaver Stadium
Apr. 25-27	Penn Relays Philadelphia, Pa.
Apr. 26-27	TCNJ Invitational Ewing, N.J.
May 4-6	Ivy League Heptagonals Weaver Stadium
May 10-12	ECAC & IC4A Championships Weaver Stadium
May 23-25	NCAA East Regional Greensboro, N.C.
June 5-8	NCAA Championships Eugene, Ore.