



## **BLUE HEN:**

('blü/ 'hen) n. 1: one who leads; one with aspirations of championship caliber; a team player; one with a great tradition of excellence; one with a daring spirit; one who believes and overcomes.  
adj.2: to be strong, focused and dedicated; to be passionate and inspiring; to be part of a family.

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- [www.bluehens.com](http://www.bluehens.com)
- Follow us on Twitter and Instagram: @DelawareTFXC
- Like us on Facebook: *Blue Hens Cross Country and Track & Field*

## **REACH OUT**

Know of someone who would like to receive the newsletter?  
Email Coach McFarlane-Smith at [wendym@udel.edu](mailto:wendym@udel.edu)



## **DELAWARE T&F/XC ALUMNI NEWSLETTER** **MARCH 2018**

### **ECAC INDOOR CHAMPIONSHIPS**

The Blue Hens won two event championships and broke three school records en route to a 9<sup>th</sup> place finish at the ECAC Championships.

Junior Ashley Bailey won the Pole Vault with a clearance of 3.95 meters, Senior Liz McGroarty won the mile in a school record time of 4:43.62, the 4 x 800 meter relay team of Carly Pettipaw, Michaela Meyer, Angie Spadaccini, and McGroarty finished runner-ups with a school record time of 8:54.17, and Jeanette Bendolph ran a school record of 2:09.61 in the 800 meter run.



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### **WELCOME NEW ASSISTANT COACH, ZACH HAUPT**

Zach Haupt joins the University of Delaware as the new jumps/multis coach. He brings 10 years of collegiate coaching experience to the Blue Hens, with his most recent stop being at Lynchburg College, where he served as the head coach for two seasons.



Join us in welcoming Coach Haupt to the Blue Hen Family!

[READ MORE](#)



## DONATE TO THE PROGRAM

[Click here](#) to help support the program. All donations of any size are very much appreciated!

## SAVE THE DATE!!!

Come support the team  
at our home meets!

**DELAWARE CLASSIC**  
**SATURDAY MARCH 24, 2018**  
Alumni and Kids 100m Dash  
Social Hour at Alumni Tent

**DELAWARE OPEN**  
**SUNDAY APRIL 29, 2018**  
Alumni and Kids 100m Dash  
Social Hour at Alumni Tent

## OUTDOOR SCHEDULE

March 17 – Maryland Invitational (College Park, MD)  
**March 24 – Delaware Classic (Newark, DE)**  
March 29- 31 – Florida Relays (Gainesville, FL)  
April 5-7 – Colonial Relays (Williamsburg, VA)  
April 14 – Towson Invitational (Towson, MD)  
April 20-21 – Larry Ellis Invitational (Princeton, NJ)  
April 26-28 – Penn Relays (Philadelphia, PA)  
**April 29 – Delaware Open (Newark, DE)**  
May 4-5 – CAA Championships (Williamsburg, VA)  
May 12-13 – ECAC Championships  
May 24-26 – NCAA East Preliminary  
June 6-9 – NCAA Championships

## WORD FROM HEAD COACH, WENDY MCFARLANE-SMITH

These are great times for our track and field/cross country program, all in the classroom, on the track, and in the field!

The cross country team was recently recognized as an All-Academic team by the U.S. Track and Field/Cross Country Coaches Association for their 3.48 fall GPA. The overall fall semester GPA for the track and field program was 3.44.



We have just wrapped up the most successful indoor seasons in our program's history. Our student-athletes rewrote school records in the Pole Vault, 800m, Mile, 1000m and 4x800m relay. 12 student-athletes earned their way onto the indoor All-time Top Ten list in 20 events. We had a strong squad of 11 student-athletes who represented the team at the ECAC Championship and earned six All-East Honors.

The spring season will be busy for us as we will take the team on a week-long spring break trip to Florida to attend the Florida relays for the first time in our program's history. In addition, we will be hosting a pair of very competitive meets; the Delaware Classic on Saturday, March 24 and the Delaware Open on Sunday, April 29. For more information on these meets, visit [www.bluehens.com](http://www.bluehens.com). We hope you will be able to join us at the alumni tent for both meets, to meet and greet other alumni in a social hour from 12:30 to 2:00pm - refreshments will be provided. There will also be an Alumni & Kids 100m dash following the men's and women's 4x100m relays. Registration will be conducted at the alumni tent at 12:30pm on the day of each meet. We also hope to see many of you at the CAA Championship in Williamsburg, VA on Friday, May 4 and Saturday, May 5. We are excited for some outstanding performances as we shoot to place higher than the past three years.

We look forward to seeing you all this Spring!

## GO HENS!

From the staff – Coaches McFarlane-Smith, Waite, Haupt, Pratt, Marlene & Watson