



## BLUE HEN:

('bli/ '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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## STAY CONNECTED

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- Follow us on Twitter:  
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*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)

Before we head into outdoors, we are excited to share our results from a strong indoor season. Our athletes did a fine job, breaking school records and achieving personal best performances. We look forward to an even better spring season, and we invite alumni, family and friends of track and field to join us as we host three home events. Please sign up to compete in the Delaware (Alumni) Open Meet on April 8. We look forward to you taking your old shoes off the shelf to see what you stored from the good old days. We welcome you to support your alma mater this spring and bring your graduating class to cheer on the people you left behind to carry on your legacy.



## **UD 2017 INDOOR TRACK AND FIELD HIGHLIGHTS**

### **2017 INDOOR SEASON ACCOMPLISHMENTS**

**Indoor School Records:** Jeanette Bendolph (800 – 2:12.36); Bendolph, Reid, Pettipaw, McGroarty (DMR – 11:43.49); Bendolph, Spadaccini, Erlanger, McGroarty (4x800 – 8:57.32); Sarah Hillman (SP – 15.44 / 50'8")

**ECAC Qualifiers:** Ashley Bailey (PV), Carolyn Darr (4x400), London Freeland (400, 4x400), Sarah Hillman (SP, WT), Liz McGroarty (800m, 1000, Mile, DMR, 4x800), Carly Pettipaw (400, 4x400, DMR, 4x800), Isis Pinkney (60m), Tyra Reid (200m, 400m, 500m, 4x400, DMR), Jeanette Bendolph (800m, DMR, 4x800), Angie Spadaccini (4x800), Andrienne Rose (60m), Ciara Murphy (4x800, DMR), Michaela Meyer (4x800, DMR), Betsy Erlanger (4x800), Ilana Schnauffer (DMR)

**All-East:** Sarah Hillman (SP), Liz McGroarty (Mile, 4x800), Angie Spadaccini (4x800), Betsy Erlanger (4x800), Jeanette Bendolph (4x800)

**All-Time Top Ten:** Andrienne Rose (LJ, 60), Jade Francis (Weight Throw), London Freeland (200, 400, 500), Liz McGroarty (800, 1000, Mile), Jeanette Bendolph (800, 1000), Anisa Fortt (TJ), Sofia Janotti (LJ, Pent), Jade Francis (SP), Olivia Goncerz (TJ, 60 H), Tyra Reid (500), Leslie Ope (60 H), Angie Spadaccini (800), Cassandra Wahl (Pent), Sarah Hillman (Weight Throw)

\* **Blue Hens Athlete of the Week:** Tyra Reid (1/12/17), London Freeland (1/23/17), Jeanette Bendolph, Carly Pettipaw and Liz McGroarty (2/6/17)

**PNC Achiever Award:** Melissa Talley (Jan. 13), Tory Engel (Jan. 22)

### **2017 INDOOR AWARDS:**

**MVP:** Liz McGroarty      **Sportsmanship Award:** Angie Spadaccini



## SAVE THE DATE!!!

**DELAWARE OPEN**  
APRIL 8, 2017

Come support the team at our first home meet of the year, the Delaware Open, and reunite with old teammates and coaches.

**DELAWARE CLASSIC**  
APRIL 22, 2017

For many of our athletes, this will be their final tune-up before the conference championships! Come support them as they round into championship form.

**CAA CHAMPIONSHIPS**  
MAY 5-6, 2017

As the hosts of this year's CAA Championships, we would love to take advantage of a home crowd and support.

## OUTDOOR SCHEDULE

Come support the Blue Hens at any of the following track and field competitions! For details on exact locations and times, visit [www.BlueHens.com](http://www.BlueHens.com) (home meets are noted in bold).

Mar. 18 – Maryland Invitational @ Maryland  
Mar. 24-25 – Raleigh Relays @ NC State  
Mar. 25 – Navy Invitational @ Navy  
Mar. 30-Apr. 1 – Colonial Relays @ William & Mary  
**Apr. 8 – Delaware Open**  
Apr. 15 – Towson Invitational  
**Apr. 22 – Delaware Classic**  
Apr. 27-29 – Penn Relays  
**May 5-6 – CAA Championships**  
May 13-14 - ECAC Championships  
May 25-27 – NCAA Prelims  
June 8-10 – NCAA Finals

### SHOE DRIVE TO BENEFIT THE MORE FOUNDATION

In need of gently used athletic shoes  
& soccer shoes (sizes 7-11)



#### DROP-OFF LOCATIONS:

- ★ Delaware Field House  
Room 128 & 134  
March 1 - April 20
- ★ Delaware Open Meet  
April 8 & April 22



## ALUMNI POTLUCK, APRIL 8<sup>TH</sup>

Come reunite with old teammates and coaches while you cheer on the current team as they compete in the Delaware Open meet! We ask that you bring a dish, snacks or drinks for this event. See you there!

MAKE A GIFT >>

Inspire greatness in our Blue Hens through your investment in Delaware Athletics. These student-athlete are the next generation of leader, working hard in the classroom, on the playing field, and in the community to make you PROUD to be a Blue Hen.

## GO HENS!

From the staff - Coaches McFarlane-Smith, Pratt, McIlhenny, Gadson, Watson, and Waite