



## **BLUE HEN:**

(ˈblü/ ˈhen) 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.

## **IN THIS ISSUE**

- Word from Head Coach
- NCAA Preliminaries
- ECAC Championships
- CAA Championships
- Season Highlights

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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)



As we come to a close of the 2016-17 season, we would like to thank all of you for your continued support. We look forward to next season and welcome your support at our home events and on social media.



## **OUTDOOR SEASON REVIEW**

### **NCAA EAST PRELIMINARIES**

It was a “just miss” performance for University of Delaware junior mid-distance runner Liz McGroarty at the NCAA Women’s Outdoor Track & Field East Regionals with a 29th place finish in the 1,500 meter run at the University of Kentucky Outdoor Track & Field Complex.

McGroarty, a nursing major from Glen Mills, Pa. (Garnet Valley High School), ran a time of 4:25.09 to place ninth in her heat and 29th overall, but just missed earning one of 24 spots in the quarterfinals.

Her time of 4:25.09 was just .55 off her career best and just .91 shy of the final qualifying spot

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No. 4 ranked Sarah Hillman competed in the discus throw event but did not advance as she fouled on all three attempts and tied for 46th place in the standings. The top 12 finishers advanced to the NCAA Championships at the University of Oregon.

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## SAVE THE DATE!!!

Come support the team  
at our home meets.  
More details to come!

DELAWARE INVITATIONAL  
SEPTEMBER 16, 2017

BLUE & GOLD INVITATIONAL/  
ALUMNI 5K  
OCTOBER 7, 2017

UD OPEN ALUMNI MEET  
APRIL 7, 2018

DELAWARE CLASSIC  
APRIL 21, 2018

## ECAC CHAMPIONSHIPS

Student-athletes recorded seven All-East performances, set a school record in the 4 x 800 meter relay, and posted the best-ever team finish in school history on May 13 at the Eastern College Athletic Conference Outdoor Track & Field Championships at Princeton University's Weaver Stadium.

The Blue Hens used those multiple All-East (top eight) finishes to reach a total of 35 points and finish in a tie for sixth place in the three-day event. The finish was the best in school history for Delaware and the team's first-ever Top 10 showing.



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## CAA CHAMPIONSHIPS

The team finished in fourth place while junior Sarah Hillman was named the meet's Most Outstanding Field Performer as the Blue Hens hosted the Colonial Athletic Association conference meet on May 5 at Stuart & Suzanne Grant Stadium.



Hillman won the discus title with a throw of 186-feet, 2-inches, which ranked seventh nationally and shattered her previous school record and the CAA record. Earlier in the day she placed fourth in the shot put with a toss of 45-11.25.

Our Blue Hens did a great job. We had the right energy at the right time. Congratulations to Sarah Hillman on her elite performance in the discus. We are so proud to have an athlete earn a conference title and set a conference record in her event.

We had a lot of performances to be proud of. We knew going in it would be a battle with the depth in performances from all the teams. We look forward to building as a team and improving on our position in the CAA.

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## 2017 DELAWARE OUTDOOR TRACK AND FIELD SEASON HIGHLIGHTS

**School Records:** Sarah Hillman (Discus, Shot Put); McGroarty, Meyer, Spadaccini, Bendolph (4x800 – 8:55.47)

**Freshmen Record:** Stephanie Bazan (3000m Steeplechase)

**Conference Champion:** Sarah Hillman (Discus)

**CAA Most Outstanding Field Performer:** Sarah Hillman

**CAA Championships Meet Record:** Sarah Hillman (Discus)

**All-Conference:** Sarah Hillman (Discus); Ashley Bailey (Pole Vault); Liz McGroarty (1500, 800); Jeanette Bendolph (800); Leslie Ope (100m H); London Freeland (400m H, 4x400); Haley Berkley (4x100); Isis Pinkney (4x100); Tyler Jackson (4x100); Carolyn Darr (4x100, 4x400); Nadia Khoury (4x400); Carly Pettipaw (4x400)

**CAA finalists:** Bailey, Bendolph, Berkley, Darr, Khoury, Erlanger, Fortt, Freeland, Hillman, Jackson, Janotti, Lipnicky, McGroarty, Meyer, Moroknek, Ope, Pettipaw, Pinkney, Spadaccini, Valko, Zegeer, Zodl

**ECAC Qualifiers:** Liz McGroarty (1500, 800); Ashley Bailey (Pole Vault); Jeanette Bendolph (800), Carly Pettipaw (400m Hurdles, 4x400); London Freeland (400m Hurdles, 4x400); Nadia Khoury (4x400); Lauren Zodl (3K, 5K); Andriene Rose (4x100); Isis Pinkney (4x100); Haley Berkley (4x100); Tyler Jackson (4x100); Leslie Ope (100m H); Sarah Hillman (Discus, Shot Put); Jade Francis (Shot Put), Carolyn Darr (4x100, 4x400); Maame Kyeadea-Amponsah (4x400)

**All-East:** Sarah Hillman (Discus); Liz McGroarty (1500, 4x800); Carly Pettipaw (400m Hurdles, 4x400); Ashley Bailey (Pole Vault); Lauren Zodl (3000); Michaela Meyer (4x800); Angie Spadaccini (4x800); Jeanette Bendolph (4x800); Nadia Khoury (4x400); Carolyn Darr (4x400); London Freeland (4x400)

**NCAA Regional Qualifiers:** Sarah Hillman (Discus), Liz McGroarty (1500)

**All-Time Top Ten:** Leslie Ope (100m H, 400m H); Stephanie Bazan (Steeple); Liz McGroarty (1500, 800, 4x800); London Freeland (400 Hurdles); Jeanette Bendolph (800, 4x800); Jade Francis (Shot Put, Disc); Ashley Bailey (Pole Vault); Sarah Hillman (Shot Put, Disc); Carly Pettipaw (400 Hurdles); Michaela Meyer (800, 4x800), Olivia Goncerz (100 Hurdles); Angie Spadaccini (800, 4x800); Lauren Zodl (5K); Melissa Zegeer (Hammer), Sofia Janotti (Heptathlon); Anisa Fortt (Triple Jump); Irene Cedano (Hammer); Alexis Lipnicky (Jav); Nadia Khoury (400)

\* **CAA Athlete of the Week:** Sarah Hillman (4/11)

# GO HENS!

From the staff –

Coaches McFarlane-Smith, Pratt, Marlene, Gadson, Watson, and Waite