



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.

IN THIS ISSUE

- XC Recap
- New Assistant Coach
- Newcomers
- Indoor/Outdoor Schedules
- Save the Date!

STAY CONNECTED

- www.bluehens.com
- Follow us on Twitter:
[@DelawareTFXC](https://twitter.com/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

2016 CROSS COUNTRY RECAP

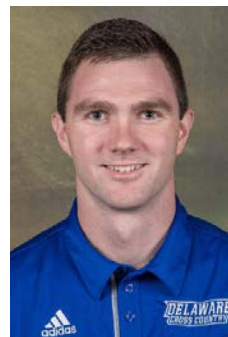
The 2016 Cross Country season left everyone eager for the future, as four of the top five scorers on the CAA, Mid Atlantic Regional, and ECAC Championship teams will return in 2017.

Freshman Mackenzie Jones led the Blue Hens in all but one of her races during the season, including an 18th place finish at the CAA Championships where she was the second fastest freshman at the meet.



Mackenzie Jones led the Blue Hens for the majority the season and was the second overall freshman at the CAA Championships

WELCOME NEW ASSISTANT COACH, RYAN WAITE



Ryan joins us from Brigham Young University, where he most recently worked as the Director of Operations. Ryan has assisted or administered teams to four conference championships, seven NCAA top-25 finishes, and one NCAA podium finish. He also spent 2016 assisting in workouts for U.S. Olympians Matthew Centrowitz, Galen Rupp, Shannon Rowbury and Jared Ward. As a collegiate athlete, he was a five-time All-American and three-time conference champion and holds an 800 meter personal best of 1:46.83. He continues to train and compete now as a professional pace setter. We look forward to Ryan sharing his expertise with our distance runners. Welcome, Ryan!

NEWCOMERS

The team now consists of 16 freshman, 20 sophomores, 15 juniors, and 12 seniors.

We look forward to the contributions of our entire team this upcoming season, but particularly from those who are representing us for the first time.



SAVE THE DATE!!!

**ALUMNI REUNION/TAILGATE
AT THE 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. More details to come!

**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.

SEASON 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 (home meets are noted in **bold**).

Indoors

Jan. 6 – Wagner Invitational @ Ocean Breeze
Jan. 14- Towson Tiger Invitational @ Armory
Jan. 21 – Gulden Invitational @ Bucknell
Jan. 27 – Villanova Open @ Ocean Breeze
Feb. 3-4 – Armory Collegiate Inv. @ Armory
Feb. 4 – Villanova Invitational @ Ocean Breeze
Feb. 19 – Princeton Invite @ Princeton
Mar. 4-5 ECAC Championships @ Boston U
Mar. 9-11 NCAA Championships @ Texas A&M

Outdoors

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

HAPPY HOLIDAYS!



From the entire Delaware Cross Country / Track and Field team, we would like to wish a Happy Holidays to you and your families!

GO HENS!

From the staff –

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