



Edition:
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Up Next For The Bears

Nov. 11 NCAA Regional Champs

The Lady Bears will now focus on the NCAA Regional Championships in Minneapolis, Minn. Missouri State will be looking to prove what kind of team they really are when line up with runners from around the Midwest next Saturday.

Missouri State Schedules Cross Country

Date	Event
Sept. 8	Fayetteville Invitational (U. of Arkansas, Fayetteville, Ark.)
Sept. 16	Southern Stampede (Mo. Southern State, Joplin, Mo.)
Oct. 7	Memphis Twilight (Memphis Tenn.)
Oct. 14	NCAA Pre-Nationals (Indiana State, Terre Haute, Ind.)
Oct. 28	Missouri Valley Championships (Creighton Univ., Lincoln, Nebraska)
Nov. 11	NCAA Region Championships (U. of Minnesota., Minneapolis, Minn)
Nov. 20	NCAA National Championships (Indiana State, Terre Haute, Ind.)

MissouriStateBears.com In Transition, Use BearsTrack.net

The official athletic web site of Missouri State University, MissouriStateBears.com, is going into a 60 day transitional phase as a new site is developed. MSU recently signed a deal with XOS sports to develop a state of the art web site for its athletic teams. Unfortunately during the transition time most athletic web content will be unavailable at MissouriStateBears.com. Until the new site is up please use our team site, BearsTrack.net to find the information you need on cross country and track and field.



Lady Bears Fall Short Of MVC Goal

The Missouri State cross country team fell short of its goal to win its sixth Missouri Valley Conference title Saturday at Pioneer's Park in Lincoln, Neb.



The Lady Bears entered the meet ranked second in the coach's pre-championship poll and received three first place votes from the coaches. Despite the teams pre-race expectations the team fell to a disappointing third place, their worst finish since 1999. Since that time the Lady Bears have won the team title four times and placed runner up twice.

Sophomore Kristin Wolkey led the Missouri State cross country team on the challenging Pioneer's Park course. Wolkey crossed the line at 18:03.15 and landed a fifth-place finish in the 5K race. The fifth place finish earned Wolkey all-Conference honors for the second straight season.

Missouri State sophomore Jamie Vest was the Bears' second top finisher, earning 12th place in 18:25.10. Clarissa Codrington came in after Vest in the 20th spot with a time of 18:46.50. Carrie Vestal finished 22nd in 18:50.55 and Chloe Key was right behind, finishing 24th in 18:54.60.

The Bears will be back in action on Saturday, Nov. 11, as they travel to Minneapolis, Minn., to compete in the NCAA Midwest Regional Championship. The race is scheduled to begin at 11 a.m.

MVC Cross Country Conference Average Place By Team Since 2000

Below are the average conference finishes by each Missouri Valley Conference school since the year 2000. With this years championship complete Missouri State still ranks more than two places ahead of its closest challenger. With only one runner graduating from the Lady Bear's 2006 squad it appears their place in MVC history will not be lost any time soon.

<u>Team</u>	<u>Place</u>
1. Missouri State University	1.5
2. Southern Illinois University	3.7
3. Wichita State University	4.2
4t. Illinois State University	4.5
4t. Indiana State University	4.5
6. Bradley University	5.3
7. University of N. Iowa	5.7
8. Creighton University	7.8
9. Drake University	8.2
10. Evansville University	9.5



2006 Cross Country Schedule

Date / Time

Meet / Host / Location

September 8th
Friday, 7:00PM

Fayetteville Invitational
University of Arkansas
Agri Park, Fayetteville, Ark.

September 16th
Saturday, 9:00AM

Southern Stampede
Missouri Southern State University
Fred G. Hughes Stadium, Joplin, Mo.

October 7th
Saturday, 8:10PM

Memphis Twilight Classic
University of Memphis / Christian Brothers Univ.
Mike Rose Sports Complex, Memphis, TN

October 14th
Saturday, 11:00AM

NCAA Pre-National Championships
Indiana State University
Wabash Valley Sports Center, Terra Haute, Ind.

October 28th
Saturday, 10:30AM

Missouri Valley Conference Championships
Creighton University
Pioneer's Park, Lincoln, Neb.

November 11th
Saturday, 11:00AM

NCAA Midwest Regional Championships
University of Minnesota
Les Bolstad Golf Course, Minneapolis, Minn.

November 20th
Monday, 11:00AM

NCAA National Championships
Indiana State University
Wabash Valley Sports Center, Terra Haute, Ind.



2006 Cross Country Roster

<u>Athlete</u>	<u>Year</u>	<u>Hometown</u>
Lindsey Billington	Fr	Lee's Summit, Mo.
Clarissa Codrington	Sr	Ann Arbor, Mich.
Chloe Key	Jr	Springfield, Mo.
Emily Fletcher	Fr	Fort Dodge, Iowa
Auvia Miller	Fr	Springfield, Mo.
Staci Nelson	Fr	Springfield, Ill.
Lauren Nystrom	Sr	St. Charles, Mo.
Kaly Prather	So	Lee's Summit, Mo.
Jamie Vest	So	Lebanon, Mo.
Carrie Vestal	Jr	Springfield, Mo.
Kristin Wolkey	So	Overland Park, Kan.

Greg Hipp, Head Cross Country Coach, (3rd Year)

David Glazer, Volunteer Assistant Coach, (1st Year)

Michael Farmer, Student Assistant Coach, (1st Year)

Chavis Clawson, Student Assistant Coach, (1st Year)

Terry Sauerbry, Head Strength Coach, (1st Year)

Seth Billings, Athletic Trainer, (2nd Year)