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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.



Three Get MSU's Early Class Started

Two Illinois prep standouts and a sophomore transfer have started off Missouri State's cross country and track and field early signing period for 2007.

Tara Collins, a sophomore transfer, will join the Lady Bears in January while two Illinois high school seniors Nancy Nieto from Streamwood HS and Kelsee Viano from Carlinville HS have signed National Letters of Intent to join the Missouri State program for the 2007-2008 school year.



Collins comes to Missouri State after spending three semesters at Oklahoma Christian University. As a freshman at OCU Collins earned NAIA all-American honors in both cross country and indoor track and field. In cross country Collins placed 19th at the NAIA National Championships in Louisville, Ky. with a 5K time of 18:11 and owns an 18:10 personal best for cross country. During the indoor track and field season she earned NAIA all-American honors in the 5,000-meters after placing ninth at the NAIA National meet with a time of 17:55.52. Collins set both her 3,000-meter and

5,000-meter personal bests the same day at the Oklahoma Christian Indoor Invitational winning those events in 10:23.81 and 17:55.41, respectively, both OCU school records. Collins redshirted her freshman outdoor season and will have freshman eligibility this spring for the Lady Bears.

Collins did her high school running at nearby West Plains HS under coach Joe Bill Dixon. Collins was a member of three straight state championship teams for the Zizzers, two at the 4A level and one at the 3A level. Collins earned all state honors in each of her final three seasons capped off by a state runner-up finish in 2004 as West Plains perfect scored the 3A state championship sweeping the top five places. On the track at West Plains Collins owned personal bests of 5:12 for the 1600-meters and 11:14 for the 3200-meters; earning all-state honors her senior season in the 3200-meters when she placed sixth at the 4A state meet.

Comments From Coach Hipp: "Tara already has some experience at the college level and because of her work ethic and a great team first attitude she should make a quick transition into our program. I'm excited that Tara's decided to come to Missouri State now and take her running to new levels".

Nieto will join the Missouri State program after running under Coach Ryan Korn at Streamwood HS in South Elgin, Ill. Nieto also competes for the Elgin Sharks AAU Track Club. This Chicago area runner has been one of Illinois's top distance runners over the past three seasons. Nieto capped off her senior cross country season last week with all-state accolades running 17:32.95 for the 3-mile course. Nieto's state track and field meet accolades include finishing sixth at the Illinois AA (Large Class) State meet in the 3200-meters as a sophomore running 11:06.80. As a junior she improved her personal best time

to 11:02.86 as she finished seventh after being the only runner in the field to challenge the eventual winner who finished in 10:36. Nieto is the top returning Illinois senior in the 3200-meters for this springs track season. Nieto also owns a personal best for 1600-meters of 5:13. Nieto's 3200-meter best is believed to be the fastest junior year personal best of any recruit to ever sign with Missouri State.

Comments From Coach Hipp: "Nancy is a great addition to our program. She's been a consistent performer at the state level for several years now and her recent cross country performances show she's ready for another breakthrough. Nancy is very competitive and that attitude will drive her to what it takes to make an immediate impact for us as we look to regain our Missouri Valley Conference titles".

Viano has completed her high school running at Carlinville HS in Carlinville, Ill. under coaches Larry Huffman and Mary Lauwerens. At Carlinville Viano has been a consistent performer in Illinois Class A competition. Setting her school's 1600 and 3200-meter records for the first time as a freshman Viano has continued her progression through her season year being ranked as high as sixth in her division this fall by Illinoispreoptimes.com. As a sophomore Viano took second at the Illinois Class A State meet in the 3200-meters and has been a state qualifier in each of her three years of track and field. This multi-time conference and sectional champion saw her senior cross country season cut short this fall when she stepped into a hole during the first mile of a mid-season race, despite breaking her fibula she finished the race with a course record time. Now healthy again Viano will be looking to improve her personal bests of 18:12 for 3-mile cross country, 11:20 for 3200-meters and 5:20 for the 1600-meters.



Comments From Coach Hipp: "Kelsee is a tough competitor and has had a lot of success. With Kelsee's enthusiasm and love for the sport she's going to make huge strides once she joins our training group. Kelsee is the type of girl who can work her way into a major role in our program and in the Missouri Valley Conference."

Additional fall signees will be announced at a later date.

Regional Championship On The Line Saturday In Minneapolis

The Lady Bears will be up against other top regional programs Saturday at the NCAA Midwest Regional Championships in Minneapolis, Minnesota. The University of Minnesota will host the 6,000-meter race at the challenging Les Bolstad Golf Course layout.

Throughout the fall Missouri State has been ranked as one of the top Midwest teams as they have been for many years. Over the last five seasons Missouri State's average finish at the Midwest region championship ranks third among all Midwest programs.

Returning all-region runner Kristin Wolkey will look to lead the Lady Bear squad as they continue to work their way up the regional ladder. Wolkey owns the Missouri Valley's fastest 5K time of the season and the 12th fastest 5K time in the Midwest this season. She'll look to turn that fast time in to a high place Saturday with the goal of capturing one of the Midwest's coveted NCAA national championship qualifying spots.

NCAA Midwest Region Average Place By Team (Last 5 Years)

<u>Team</u>	<u>Place</u>
1. University of Missouri	3.2
2. University of Minnesota	4.0
3. Missouri State University	4.8
4. University of Illinois	5.8
5. Oklahoma State University	7.4
6. University of Nebraska	8.0
7. University of Iowa	8.4
8. Kansas State University	9.0
9t. University of Kansas	9.2
9t. Northwestern University	9.2



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)