



# Southwest Missouri State University

## Track & Field / Cross Country

NCAA Division I Member – Missouri Valley Conference – On The Web at [www.BearsTrack.net](http://www.BearsTrack.net)

### Next Up For The Bears: Indoor Track and Field

**Nov. 4-5 – Frank Sevinge Husker Invitational, U. of Nebraska, Lincoln, Nebraska**

**Edition:**  
#13 / 2004-05

#### Community Meets

SMS will be hosting a series of "Polar Bear" all-comers track and field meets for those of all ages and levels this winter. Meet info is on page 4.

#### Husker Invitational

Meet information for this weekends Husker Invitational is on page 3.

#### Scholar Athlete

SMS distance runner Michael Breshears was named the Missouri Valley Conference Scholar Athlete of The Week last week. Breshears, a sophomore who carries a 4.0 GPA in business, was second at the MVC cross country championships, 16<sup>th</sup> at the NCAA Midwest Championships, and ran a season opener 8:27 for 3,000-meters last week.

#### Other Results

SMS graduate assistant coach Paul Harkins finished third in the mile at the Jayhawk Invitational running 4:19.

#### SMS Athletics

Be sure to check out scores and highlights for all the SMS Bears and Lady Bears teams. SMS sports information keeps a great web site at [SMSBears.net](http://SMSBears.net)

#### Spread the Word

Do you know any SMS alums or friends who would be interested in our newsletter? Send them to [BearsTrack.net](http://BearsTrack.net) to subscribe. We are looking forward to staying in contact with our valued alumni and friends of the program.

#### Sprints, Jumps Groups Compete Well At Kansas

While much of the SMS track and field team took the week off from competition several Bears and Lady Bears did compete at the University of Kansas putting up several good performances.

The short sprints crew of Genna Williams, Danielle Norville and Julia Murray led the way. The trio finished first, second and sixth in a field of 49 athletes. Williams time of 7.64-seconds is a MVC best this season while Norvilles time of 7.67 currently ranks fifth in the conference.

In the 60-meter hurdles race two Lady Bears, Tracy Partain and Kylie Wildman, made the final. In that final Partain placed second overall with an 8.83-second mark.

In the field sophomore duo Kiesha Walkes and Jayne Kristman continued their record setting ways. Walkes tied her own school record in the shot put, set last week at Arkansas, with a mark of 46',9.5". Kristman broke her own school record in the pole vault for the third straight week. Her vault of 10'11.75" is the best vault ever recorded at SMS indoors or outdoors.

An NCAA qualifier last spring, Luan Weeks, got back on track this week in the triple jump. Her hop, skip and jump of 39'7.75" catapults her back into the MVC's elite.

In the men's 60-meter dash Kenroy Dixon opened his career as an SMS sprinter. Dixon placed sixth overall in the dash event with a time of 6.86-seconds, the second best mark in the MVC this year.

The jumps tandem of Terry Nurse and Fabian Florant continue to shine. Nurse won the long jump at Kansas with a mark of 24-feet even. Florant took top honors in the triple jump with a impressive mark of 50',7".

The distance squad took the weekend off from competition along with several of the Bears top sprint athletes.

#### 2005 Track and Field Schedule

##### Indoor Track and Field

Date	Event
Jan. 14	Arkansas Invitational (U. of Arkansas, Fayetteville, Arkansas)
Jan. 21-22	Razorback Invitational (U. of Arkansas, Fayetteville, Arkansas)
Jan. 28	Jayhawk Invitational (U. of Kansas, Lawrence, Kansas)
Feb. 4-5	Husker / Frank Sevinge Invitational (U. of Nebraska, Lincoln, Nebraska)
Feb. 11-12	Tyson Invitational (U. of Arkansas, Fayetteville, Arkansas)
Feb. 25-26	Missouri Valley Championships (S. Illinois Univ., Carbondale, Illinois)
Mar. 5	Iowa State Last Chance (Iowa State Univ., Ames, Iowa)
Mar. 5	Alex Wilson Invitational (U. of Notre Dame, South Bend, Indiana)
Mar. 11-12	NCAA National Championships (U. of Arkansas, Fayetteville, Arkansas)

##### Outdoor Track and Field

Date	Event
Mar. 25-26	Stanford Invitational (Stanford Univ., Palo Alto, California)
Mar. 26	Tulsa Invitational (Tulsa Univ., Tulsa, Oklahoma)
Apr. 2	Mississippi State Invitational (Miss. St. Univ., Starkville, Mississippi)
Apr. 9	SMS Big Bear Invitational (HOME) (SMS, Springfield, Missouri)
Apr. 13-16	Sea Ray Relays (U. of Tennessee, Knoxville, Tennessee)
Apr. 15-17	Mt. Sac Relays (Mt. Sac College, Walnut, California)
Apr. 21-23	Kansas Relays (U. of Kansas, Lawrence, Kansas)
Apr. 23	John McDonnell Invitational (U. of Arkansas, Fayetteville, Arkansas)
Apr. 27	Aldo Sebben Relays (High School Only) (SMS, Springfield, Missouri)
Apr. 28-30	Drake Relays (Drake Univ., Des Moines, Iowa)
May 13-15	Missouri Valley Championships (U. of N. Iowa, Cedar Falls, Iowa)
Mar. 27-28	NCAA Mideast Championships (U. of Indiana, Bloomington, Indiana)
Jun. 8-11	NCAA National Championships (Sacramento State, Sacramento, Ca.)

**Check Out The Bears Online At:**  
[www.BearsTrack.net](http://www.BearsTrack.net)



## 2005 SMS Men's Track and Field Roster

### Name Event(s) Yr. Hometown/High School

Justin Alberts Sprints Jr. Boonville (Mo.) High  
Kevin Born Distance Fr. Lone Jack (Mo.) High  
Michael Breshears Distance So. Excelsior Springs (Mo.) High  
Jared Buescher Sprints Fr. Jefferson City (Mo.) Helias High  
Casey Collins Distance Fr. West Plains (Mo.) High  
Anthony "Tony" Davis Distance Sr. Springfield (Mo.) Glendale High  
Kenroy Dixon Sprints Jr. Clarendon (Jamaica) Vere Technical High  
Kyle Dobbelare Jumps/Hurdles Fr. Perryville (Mo.) High  
Kevin Doran Distance So. Murphysboro (Ill.) High  
Michael Farmer Middle Distance Fr. Raytown (Mo.) South High  
Fabian Florant Jumps/Sprints Jr. Roseau (Dominica) St. Mary's Academy  
Jared Kreissler Distance Fr. Independence (Mo.) Truman High  
Anthony Larangeira Distance So. Jefferson City (Mo.) Blair Oaks High  
Travis Mack Middle Distance So. Liberty (Mo.) High  
Caleb Masterson Middle Distance So. Springfield (Mo.) Greenwood High  
Terak El Moresy Sprints Fr. Toronto, Canada  
Terry Nurse Throws Sr. St. Peter (Barbados) Alexandra School  
Kareem Samuel Sprints So. San Franando (Trinidad) Presentation College  
Lemar Seale Sprints So. St. Michael (Barbados) Combermere School  
Thomas Stueve Jumps So. Lee's Summit (Mo.) High  
Ross Tilghman Distance So. Cape Girardeau (Mo.) Central High  
Mike Wahlig Sprints/Hurdles Jr. Manchester (Mo.) Parkway South High

## 2005 SMS Women's Track and Field Roster

### Name Event Yr. Hometown/High School

Catherine Barron Distance So. Ballwin (Mo.) Parkway South High  
Sara Bowling Jumps So. Monett (Mo.) High  
Kim Carter Jumps/Sprints/Hurdles So. St. Michael (Barbados) Combermere School  
Kate Chettle Distance Jr. Newington (Australia) Guilford Young College  
Clarissa Codrington Sprints So. Ann Arbor (Mich.) Pioneer High  
Andrea Coomes Jumps/Sprints So. Kansas City (Mo.) Oak Park High  
Tanya Cyrus Sprints Jr. Montreal (Quebec) Cedarbrae Collegiate Institute  
Rebecca Dellheim Jumps/Sprints Fr. Lee's Summit (Mo.) High  
Casey Dewitt Distance Jr. Rogersville (Mo.) Logan-Rogersville High  
Ciara Jones Sprints Fr. St. Louis (Mo.) Soldan High  
Chloe Key Distance Fr. Springfield (Mo.) Parkview High  
Jayne Kristman Jumps/Throws So. St. Louis (Mo.) Parkway West High  
Donnavette Martin Sprints/Jumps Sr. Nassau (Bahamas) C.C. Sweeting High  
Julia Murray Sprints Sr. St. Michael (Barbados) Combermere High  
Danielle Norville Sprints Jr. Telford (England) Blessed Rodert Johnson  
Hannah Nugent Sprints Fr. Kirksville (Mo.) High  
Casey Owens Distance Sr. Des Moines (Iowa) Roosevelt High  
Tracy Partain Sprints/Jumps/Hurdles Jr. Springfield (Mo.) Parkview High  
Keely Porter Sprints Fr. California (Mo.) High  
Ashley Sanders Distance Jr. Clinton (Mo.) High  
Michelle Simpson Sprints So. Chicago (Ill.) Lincoln Park High  
Erin Sutton Distance Sr. Willard (Mo.) High  
Carrie Vestal Distance Fr. Springfield (Mo.) Parkview High  
Keisha Walkes Throws Sr. St. Michael (Barbados) Harrison College  
Luan Weekes Jumps/Sprints Sr. St. Michael (Barbados) The St. Michael School  
Kylie Wildman Sprints/Hurdles Fr. Australia  
Genna Williams Sprints Jr. St. Michael (Barbados) Coleridge & Parry Secondary



# Southwest Missouri State University

## Track & Field / Cross Country

NCAA Division I Member - Missouri Valley Conference

Husker Invitational @ University of Nebraska  
Friday and Saturday, February 4-5, 2005

### Competition Schedule

#### Friday, February 4, 2005

1:00pm: Women's Pentathlon 60-meter Hurdles  
1:50pm: Women's Pentathlon High Jump  
4:35pm: Women's Pentathlon Shot Put  
5:45pm: Women's Pentathlon Long Jump  
6:00pm: Women's Long Jump followed by Men  
6:00pm: Women's Weight Throw followed by Men  
6:00pm: 60 Meter Hurdles Prelim Women  
6:15pm: 60 Meter Hurdles Prelim Men  
6:30pm: 60 Meter Dash Prelim Women  
6:50pm: 60 Meter Dash Prelim Men  
7:15pm: 400 Meter Dash Prelim Women  
7:40pm: 400 Meter Dash Prelim Men  
8:00pm: Women's Pentathlon 800-meters  
8:10pm: 200 Meter Dash Prelim Women  
8:45pm: 200 Meter Dash Prelim Men  
9:00pm: 5000 Meter Run Women  
9:25pm: 5000 Meter Run Men

#### Saturday, February 5, 2005

12:00pm: Women's Pole Vault (Approx., follows hep PV)  
12:00pm: Women's Shot Put  
12:00pm: Women's High Jump  
12:00pm: Women's Triple Jump followed by Men  
1:15pm: 60 Meter Hurdles Semi-Finals Women  
1:25pm: 60 Meter Hurdles Semi-Finals Men  
1:35pm: 60 Meter Dash Semi-Finals Women  
1:45pm: 60 Meter Dash Semi-Finals Men  
2:00pm: Mile Run Women  
2:15pm: Mile Run Men  
2:40pm: 400 Meter Finals Women  
2:50pm: 400 Meter Finals Men  
3:00pm: 600 Yard Run Women  
3:10pm: 600 Yard Run Women  
3:25pm: Heptathlon 1000 Meters Men  
3:45pm: 60 Meter Hurdles Finals Women  
3:50pm: 60 Meter Hurdles Finals Men  
3:55pm: 60 Meter Dash Women  
4:00pm: 60 Meter Dash Men  
4:10pm: 800 Meter Run Women  
4:25pm: 800 Meter Run Men  
4:40pm: 200 Meter Dash Finals Women  
4:50pm: 200 Meter Dash Finals Women  
5:00pm: 3000 Meter Run Women  
5:25pm: 3000 Meter Run Men  
5:45pm: Distance Medley Relay Women  
6:00pm: Distance Medley Relay Men  
6:15pm: 4 x 400 Meter Relay Women  
6:30pm: 4 x 400 Meter Relay Men

Competing Teams: Southwest Missouri State, Alabama, Baylor, Colorado, Drake, Iowa, Iowa State, Kansas, Kansas State, Kentucky, North Carolina, Minnesota, Nebraska, Oklahoma State, South Dakota State, Stanford, Tennessee, Utah State, UTEP, Washington State, Wyoming, Nike Oregon Project (Elite Club).  
(According to Huskers.com)



# SMS Polar Bear Meets

Southwest Missouri State University – Springfield, Missouri



## *SMS To Host Winter All-Comers Meets*

**Purpose:** To provide fun and relaxed competition for track athletes preparing for the spring and summer seasons.

**Eligibility:** These meets are an open community event for runners of all levels and ages.

**Site:** These are outdoor meets at the Plaster Sports Complex, Southwest Missouri State University, Springfield, Mo.

**Facility:** The 16,300 seat Plaster Sports Complex features an 8-lane (48" lanes) Gran-U-Tan synthetic surface.

**Entries:** There will be no pre-registration. All athletes should enter on meet day at the Plaster Sports Complex gates. Registration will begin for each meet at 6:00pm and will stay open until the last event begins.

**Fees:** An entry fee of \$5.00 per meet allows athletes to compete in as many events as they wish.

**Events:** Each meet will have a different set of events. See meet schedules below. There will be no field or hurdling events. Multiple heats will be seeded for each event if needed. Athletes may form relay teams at the meets.

**Weather:** We will run off the meets regardless of weather conditions or temperature; excluding lightning and other unsafe conditions.

**Timing and Results:** Timing will be completed by SMS Track and Field and results will be posted at BearsTrack.net.

**For More Information:** Contact Southwest Missouri State Track and Field at 417-836-4498 or greghipp@smsu.edu or visit BearsTrack.net.

### Meet #1

**Date:** Tuesday, February 15, 2005

**Start Time:** 6:30pm

**Events / Order:**

150-meter Dash

Two-Mile Run

300-meter Dash

60-meter Dash

Mile Run

4x400-meter Relay

(The meet will operate on a rolling schedule)

### Meet #2

**Date:** Tuesday, March 1, 2005

**Start Time:** 6:30pm

**Events / Order:**

200-meter Dash

800-meter Run

400-meter Dash

60-meter Dash

Mile Run

4x400-meter Relay

(The meet will operate on a rolling schedule)

*www.BearsTrack.net*