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Up Next For The Bears

Jan. 12 Arkansas Invitational

The Lady Bears are ready to toe the line for track and field as the 2007 indoor season is about to begin.

Missouri State will open its 2007 campaign at the University of Arkansas on Friday, January 12.

Missouri State Schedules Indoor Track and Field

Date	Event
Jan. 12	Arkansas Invitational (U. of Arkansas, Fayetteville, Ark.)
Jan. 19-20	Razorback Invitational (U. of Arkansas, Fayetteville, Ark.)
Jan. 27	Fazolis / Baymont Inn Invitational (MSSU, Joplin, Mo.)
Feb. 2-3	Husker / Frank Sevigne Invitational (U. of Nebraska, Lincoln, Nebraska)
Feb. 9-10	Iowa State Invitational (Iowa State Univ., Ames, Iowa)
Feb. 23-24	Missouri Valley Championships (S. Illinois University, Carbondale, Ill.)
Mar. 9-10	NCAA National Championships (U. of Arkansas, Fayetteville, Ark.)

Outdoor Track and Field

Date	Event
Mar. 23-24	Spring Classic (S. Illinois University, Carbondale, Ill)
Mar. 30-31	Stanford Invitational (Stanford Univ., Palo Alto, California)
Mar. 30-31	Missouri Relays (U. of Missouri, Columbia, Mo.)
April 6	Missouri State Big Bear Invitational (HOME) (Missouri State, Springfield, Mo.)
Apr. 12-13	Audrey Walton Hept. Invitational (U. of Missouri, Columbia, Mo.)
Apr. 12-14	Sea Ray Relays (U. of Tennessee, Knoxville, Tenn.)
Apr. 21	John McDonnell Invitational (U. of Arkansas, Fayetteville, Ark.)
Apr. 26-28	Drake Relays (Drake Univ., Des Moines, Iowa)
May 12-14	Missouri Valley Championships (Drake Univ., Des Moines, Iowa)
Mar. 26-27	NCAA Mideast Championships (U. of Missouri, Columbia, Mo.)
Jun. 7-10	NCAA National Championships (Sacramento State, Sacramento, Ca.)
Jun. 21-24	USA National Championships (IUPUI, Indianapolis, Ind.)

New Facility Construction Underway

The new year is bringing many exciting additions to the athletic facilities of Missouri State University, including those of the track and field and cross country teams. Recently begun is the construction of the Lady Bears new throwing events facility as well as a new home cross country course. Also underway is the new JQH Arena for the MSU basketball teams.

The Plaster Sports Complex, the home of the Lady Bears outdoor track and field team, has long been thought of as one of the Missouri Valley Conference's top track facilities. However, as nice as the track has been the lack of adequate throwing facilities has long hampered the programs ability to compete in the throwing events and to host major track and field events.

Those problems should be no more as the new facility will include top of the line throwing venues to match any of the Lady Bears MVC rivals. The Missouri State throwing facilities will move from their current location behind Glass Hall to the field directly adjacent to the Forsythe Athletics Center. The new location will make for a more convenient site for both practice and competition. The new location also means MSU throwers will not have to share their field with any other sport team practices. Previously football and soccer both used the same fields for practice as the throwers.

As announced in early October the Missouri State cross country team has a new home for competition and practice. This much anticipated course will be the host of the 2008 Missouri Valley Conference Championships. The facility, located on surface of the Springfield Underground development, is already drawing national attention from NCAA coaches across the country looking at Springfield as a future championship site.

The courses design exceeds all NCAA championship requirements. The all grass course features a loop style layout that can host all standard championship distances for NCAA and international competition. With a starting line that can accommodate 40 teams, an opening straightaway of over 600-meters before the first turn and a course width of at least 15-meters throughout, the course is set up for major events.

The course will see its first collegiate competition on September 22, 2007 as the Missouri State Classic will be restarted. Strong fields are expected to attend with teams competing from multiple NCAA regions.

Lady Bears Impressive In The Classroom As Usual

In the classroom this fall it was business as usual for the Missouri State track and field and cross country teams. As fall grades were received five Lady Bears earned perfect 4.0 grade point averages with 41% of the track and field team earning above a 3.5 GPA.

As a team the 29 members of the track and field program came together to average a cumulative GPA of 3.31 with the cross country team coming out of the classroom with a 3.59 GPA average.

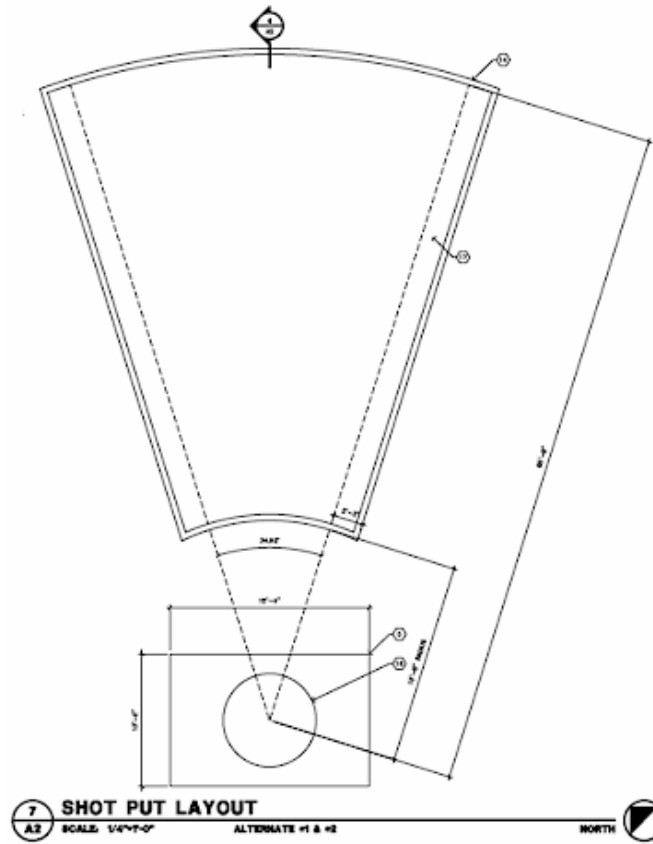
Both the track and field and cross country teams look to be well on their way to receiving academic all-American team honors once again from the US Track and Field and Cross Country Coaches Association.

Individually Missouri State track and field and cross country program has produced at least one ESPN Academic All-American in each of the past four years, an accomplishment few teams at any university in the NCAA can claim. ESPN Academic All-American awards go to a selective group of individuals who excel in the classroom while also excelling in their sport at the NCAA national level.

Pictures of the Shot Put Area Construction:



View of the shot put area construction. The shot put landing sector will be filled with limestone chat and have a railroad tie border.





Course Specifications

The Starting Line: The starting line width of 102-meters can accommodate up to 40 teams when providing each team's top five runners a front line space of the NCAA championships required width of 50-centimeter per runner.

The Start: A common starting line is used for the 6K, 8K, 10K and 12K courses. The starting stretch extends 610-meters before the first turn. The starting stretch gradually narrows from 102 meters wide at the start line to 25 meters wide at the end of the straightaway. The starting stretch is virtually flat with only a six-foot elevation change through the entire stretch. The first turn is gradual and the running path will be at least 20-meters wide until 1000-meters into the race. The 5,000-meter course will start 150-meters south (shortening the starting stretch) of the common start line.

The Course: The various course routes are achieved by using a series of loops to allow a spectator and coach friendly layout. The "short loop" is 2-kilometers and is an oval around the outside of the course. The "long loop" includes a portion of the "short loop" with an inner loop inside the oval that lengthens the "long loop" to 2,850-meters. The course's combination of "short" and "long" loops can accommodate any standard championship cross country distance. Race routes are as follows:

5,000-meter Race: (Short Loop + Long Loop + Finish)	6,000-meter Race: (2 x Long Loop + Finish)
8,000-meter Race: (Short Loop + 2 x Long Loop + Finish)	10,000-meter Race: (Short Loop + Long Loop + Short Loop + Long Loop + Finish)
12,000-meter Race: (Short Loop + Long Loop + Short Loop + Long Loop + Short Loop + Finish)	

The running path is 100% grass with even footing. The course will be rolled to insure a smooth running path. The running path width is a minimum of 15-meters wide throughout the course and will be wider during the first 1,100-meters of each loop. All turns are gradual and should not cause significant changes in running rhythm.

The course includes several gradual uphill, downhill and rolling terrain sections to add a reasonable challenge. The course has shown to have a firm running path even in wet conditions. The land east of the course continues to drop in elevation preventing water from pooling anywhere on the property.

Split Locations: The 6,000-meter and 10,000-meter courses halfway points are at the same location. The halfway split locations are located in the main spectating area along the starting stretch directly in between both the start and finish lines. The common halfway points allow for a transponder timing service to set up only one split location that can be used for both championship races.

The Finish: A common finish line is used for all races from 5K to 12K. The finishing straightaway extends 300-meters from the final turn through the same straightaway used for the start. The finish stretch is virtually flat and is at the highest point of the property. The location of the finish line will allow athletes to return to their team area without having to enter spectator areas.





2007 Track and Field Roster

Name	Event	Year	Hometown
Renna Berry	Sprints	Fr.	Normal, Ill.
Lindsey Billington	Distance	Fr.	Lee's Summit, Mo.
Liz Blase	Jumps	Fr./So.	St. Charles, Mo.
Corteneé Boulard	Sprints	Fr.	Beaumont, Tex.
April Brooks	Jumps	Fr.	Blanchard, Okla.
Kim Carter	Multi-events	Sr.	St. Philip, Barbados
Tara Collins	Distance	So./Fr.	West Plains, Mo.
Tanya Cyrus	Sprints	Sr.	Montreal, Quebec
Leander Ernest	Sprints	Fr.	Castries, St. Lucia
Emily Fletcher	Distance	Fr.	Fort Dodge, Iowa
Mareneika Goffe	Jumps	Fr./So.	St. James, Jamaica
Zaleilka Goffe	Jumps	Fr./So.	St. James, Jamaica
Ashley Harris	Jumps	Jr.	St. Louis, Mo.
Chloe Key	Distance	Jr.	Springfield, Mo.
Yaneika Malcolm	Sprints	Fr./So.	Montego Bay, Jamaica
Auvia Miller	Distance	Fr.	Willard, Mo.
Staci Nelson	Distance	Fr.	Chatham, Ill.
Lauren Nystrom	Distance	Sr.	St. Charles, Mo.
Alexandria Oempler	Sprints	So.	Nassau, Bahamas
Kaly Prather	Distance	Fr.	Lee's Summit, Mo.
Deandrea Rolle	Throws	Fr.	Nassau, Bahamas
Leneice Rolle	Sprints	Fr.	Nassau, Bahamas
Michelle Simpson	Sprints	Sr.	Chicago, Ill.
Angelique Stephens	Sprints	Jr.	Christ Church, Barbados
Anda Udris	Sprints	Fr.	Liberty, Mo.
Jamie Vest	Distance	So.	Lebanon, Mo.
Carrie Vestal	Distance	So./Jr.	Springfield, Mo.
Genna Williams	Sprints	Sr.	St. Michael, Barbados
Kristin Wolkey	Distance	Fr./So.	Overland Park, Kan.

Ron Boyce, Head Coach / Sprints & Hurdles Coach, (11th Year)

Greg Hipp, Distance Coach, (3rd Year)

Jacob Kingery, Field Events Coach, (1st Year)

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