



MSU CROSS COUNTRY / TRACK AND FIELD

NCAA Division-I Member – Missouri Valley Conference Champions

Cross Country
1996, 2001, 2002, 2003, 2004

Indoor Track and Field
1998, 1999, 2000, 2003, 2004

Outdoor Track and Field
2001, 2002, 2003

• NEXT ON THE TRACK •

Missouri State at Missouri Invitational

- **Date:** Friday, January 11, 2008
- **Time:** 1:00PM
- **Location:** Hearnes Center • University of Missouri, Columbia, Mo.

• 2007-08 CROSS COUNTRY SCHEDULE •

DATE	MEET	LOCATION
9/1	Early Bird Meet	Washington Univ. (St. Louis, Mo.)
9/22	Missouri State Classic	HOME (Springfield, Mo.)
9/29	Cowboy Jamboree	Oklahoma St. (Stillwater, Ok.)
10/13	Chile Pepper Invitational	U of Arkansas (Fayetteville, Ark.)
10/27	MVC Championship	U of N. Iowa (Cedar Falls, Ia.)
11/10	NCAA Midwest Regional	Bradley (Peoria, Ill.)

• 2007-08 INDOOR TRACK AND FIELD SCHEDULE •

DATE	MEET	LOCATION
1/11	Missouri Invitational	U of Missouri (Columbia, Mo.)
1/19	Kansas State Invitational	Kansas St. (Manhattan, Kan.)
1/25-26	Razorback Invitational	U of Arkansas (Fayetteville, Ark.)
2/1-2	Indiana Relays	U of Indiana (Bloomington, Ind.)
2/15-16	Iowa State Classic	Iowa St (Ames, Ia.)
3/1-2	MVC Championship	U of N. Iowa (Cedar Falls, Ia.)
3/7-8	Alex Wilson Invitational	Notre Dame (South Bend, Ind.)
3/7-8	Last Chance Qualifier	Iowa St. (Ames, Ia.)
3/14-15	NCAA Championship	U of Arkansas (Fayetteville, Ark.)

• 2007-08 OUTDOOR TRACK AND FIELD SCHEDULE •

DATE	MEET	LOCATION
3/28-29	Missouri Relays	U of Missouri (Columbia, Mo.)
4/4-5	Stanford Invitational	Stanford (Palo Alto, Calif.)
4/5	Big Bear Invitational	HOME (Springfield, Mo.)
4/17-19	Kansas Relays	U of Kansas (Lawrence, Kan.)
4/24-26	Drake Relays	Drake (Des Moines, Ia.)
4/25	Simpson Twilight	Simpson (Indianola, Ia.)
5/2	McDonnell Invitational	U of Arkansas (Fayetteville, Ark.)
5/16-18	MVC Championship	S. Illinois (Carbondale, Ill.)
5/30-31	NCAA Mideast Regional	U of Arkansas (Fayetteville, Ark.)
6/11-14	NCAA Championship	Drake (Des Moines, Ia.)
6/27-7/6	USA Olympic Trials	U of Oregon (Eugene, Ore.)

• 2007-08 HOME EVENT SCHEDULE •

DATE	EVENT
9/22	Missouri State Cross Country Classic: At MSU's new cross country facility. Women's 5K at 9:00am, Men's 8K at 9:45am.
1/12	MSU Winter Track and Field Clinic: MSU Coaches Ron Boyce, Greg Hipp and Jake Kingery will speak as well as former MSU coach Richard Clark, Olympian Jason Pyrah, Iowa St coach Blake Boldon and Arkansas coach Lonnie Green.
4/5	MSU Big Bear Invitational: MSU's only home track and field appearance of the year. Events start at 1PM.
4/22	Aldo Sebben Missouri State Relays: Missouri's largest high school track and field meet is at MSU. Over 1,000 athletes will compete. Events start at 10:00am.

• THE INSIDE LANE •

Missouri State's plans for their new cross country facility got a boost recently. At this falls Midwest Region Championships in Peoria, Ill. the coaches from the region voted to recommend to the NCAA that they award MSU and Springfield the NCAA Midwest Region Championship for 2009.

Missouri State was one of two bidders for the 2009 event. The University of Iowa was also seeking to host. As a result of the Midwest's coaches' strong feelings about wanting a future national championship to be held at Missouri State's course they overwhelmingly supported Missouri State's bid with a vote of 37 for MSU and 12 votes for Iowa.

One week later at the NCAA National Championships the NCAA Track and Field/Cross Country Committee voted to approve the coaches' recommendation and to award the 2009 Midwest Region Championship to Missouri State.

The 2009 Midwest Region Championship will be held November 14th, 2009 at MSU's cross country course on the corner of Division St and Highway 65 in Springfield. As one of nine regional championships held nationally for Division-I schools Springfield will see schools from the states of Illinois, Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, Oklahoma and South Dakota.

In all 33 Division-I teams will be represented at the Midwest Region Championship (Currently 31, however, North Dakota State and South Dakota State will join in 2008). The Midwest region includes schools from 10 conferences including the Atlantic10, Big 12, Big East, BigTen, Conference-USA, Horizon League, MAC, Missouri Valley, Ohio Valley, and Summit League with one member being a DI Independent.

In addition to the Midwest Region Championship determining the top regional teams the event also serves as the first round of the NCAA Championships. The top two teams and top four individuals not on a qualifying team automatically advance to the national championship. Additional teams and individuals are chosen later through an at-large process.

At the Midwest Region meet Missouri State has a history of being one of the region's strongest programs. The Lady Bears are one of only three programs to boast at least six top 10 finishes over the past seven seasons

More information about MSU's cross country course and plans are online at www.MissouriState09.com.

• OFF THE TRACK •

- Former Missouri State cross country All-American Casey Owens competed for Team USA at the 2007 International Chiba Ekiden on Friday in Chiba, Japan, winning the alternate 5,000-meter race in a personal-best time of 16:11.99. Casey also recently ran a 33:37 10,000-meter race in Indianapolis, Ind. qualifying her for the 2008 US Olympic Trials in Eugene, Ore.
- Missouri State alum Matt Wegenka won the Bass Pro Springfield Marathon on November 4th. Wegenka, age 43, finished the 26.2 mile course in 2 hours, 34 minutes.



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• 2007-08 CROSS COUNTRY / TRACK AND FIELD ROSTER •

NAME	C-YR	I-YR	O-YR	DOB	EVENT	HOMETOWN (HIGH SCHOOL)
Rashida Allen	n/a	Fr	Fr		Sprints / Jumps	Montego Bay, Jamaica (Mt. Alvernia)
Renna Berry	n/a	So	So	2/2/88	Sprints	Normal, Ill. (Normal Community)
Liz Blasé'	n/a	Jr	Jr	1/4/87	Pole Vault	St. Charles, Mo. (Orchard Farm)
Sofie Blount	n/a	Fr	Fr		Throws	Rogersville, Mo. (Logan-Rogersville)
Megan Bolda	n/a	Fr	Fr		Throws	Springfield, Mo. (Glendale)
Courteneé' Boulard	n/a	So	So	7/27/88	Sprints	Beaumont, Texas (West Brook)
Katie Click	Fr	Fr	Fr	8/11/88	CC / Distance	Springfield, Mo. (Kickapoo)
Leander Ernest	n/a	So	So	2/17/87	Sprints	Castries, St. Lucia (Sir Arthur Lewis CC)
Emily Fletcher	So	Fr	So	7/23/88	CC / Distance	Fort Dodge, Ia. (Fort Dodge)
Mareneika Goffe	n/a	So	Jr	11/18/87	Jumps / Sprints	St. James, Jamaica (Mt. Alvernia)
Zaleika Goffe	n/a	So	Jr	11/18/87	Jumps	St. James, Jamaica (Mt. Alvernia)
Chloe Key	Jr	X	Sr	10/4/84	CC / Distance	Springfield, Mo. (Parkview)
Asher Kyger	Sr	Jr	Sr		CC / Distance	Oldfield, Mo. (Ava)
Alexis Krigbaum	n/a	Fr	Fr		Sprints	New London, Mo. (Mark Twain)
Jaqui Lindsey	n/a	Fr	Fr		Sprints	Kansas City, Mo. (St. Theresa's)
Yaneika Malcolm	n/a	So	Jr	2/26/88	Sprints	Montego Bay, Jamaica (Mt. Alvernia)
Shawntee Middlebrook	n/a	Fr	Fr		Jumps / Sprints	Lee's Summit, Mo. (Lee's Summit West)
Staci Nelson	So	So	So	10/19/87	CC / Distance	Springfield, Ill. (Glenwood)
Nancy Nieto	RS	Fr	Fr	9/7/88	CC / Distance	South Elgin, Ill. (Streamwood)
Alexandria Oempler	n/a	Jr	Jr	7/20/88	Hurdles / Sprints	Nassau, Bahamas (St. Augustine's College)
Brittani Payne	Fr	Fr	Fr	7/7/87	Pole Vault	Cuba, Mo. (Cuba)
Terry Phillips	RS	Fr	Fr	4/20/89	CC / Distance	Kansas City, Mo. (St. Mary's)
Deandrea Rolle	n/a	So	So	6/21/89	Throws	Nassau, Bahamas (St. Augustine's College)
Leneice Rolle	n/a	So	So	3/9/88	Hurdles / Sprints	Nassau, Bahamas (St. Augustine's College)
Jennifer Smith	n/a	Fr	Fr		Jumps / Multi	Lenexa, Kan. (St. Thomas Aquinas)
Anda Udris	n/a	So	So	12/20/86	Sprints	Liberty, Mo. (Liberty)
Mari-Jean Vance	Fr	Fr	Fr	7/3/88	CC / Distance	Columbia, Mo. (Hickman)
Jamie Vest	Jr	Jr	Jr	3/8/87	CC / Distance	Lebanon, Mo. (Stoutland)
Carrie Vestal	Sr	Jr	Sr	6/14/86	CC / Distance	Springfield, Mo. (Parkview)
Kelsee Viano	RS	Fr	Fr		CC / Distance	Carlinville, Ill. (Carlinville)
Jodiann Walker	n/a	Fr	Fr		Sprints / Jumps	Montego Bay, Jamaica (Mt. Alvernia)

• 2007-08 CROSS COUNTRY / TRACK AND FIELD COACHES AND SUPPORT STAFF •

NAME	Title	SPECIALTY	Year at MSU (College)
Ron Boyce	Head Track and Field Coach	Sprints / Hurdles / Jumps	12 th (Murray St.)
Greg Hipp	Head Cross Country / Asst. Track and Field Coach	CC / Distance	5 th (Appalachian St)
Jacob Kingery	Assistant Track and Field Coach	Jumps / Throws / Vault	2 nd (Truman St)
David Glaser	Assistant Cross Country / Track and Field Coach	CC / Distance	2 nd (McKendree)
Gregory Hughes	Assistant Track and Field Coach	Jumps	1 st (Missouri St)
Chavis Clawson	Student Assistant Coach	CC / Distance	2 nd (Missouri St)
Michael Farmer	Student Assistant Coach	CC / Distance	2 nd (Missouri St)
Kareem Samuel	Student Assistant Coach	Sprints / Hurdles	1 st (Missouri St)
Angelique Stephens	Student Assistant Coach	Sprints / Hurdles	1 st (Missouri St)
Terry Sauerby	Head Strength and Conditioning Coach	Strength / Conditioning	2 nd (Maryland)
Carl Christensen	Assistant Strength and Conditioning Coach	Strength / Conditioning	2 nd (Arkansas)
Coby Musselman	Athletic Trainer	Athletic Training	2 nd (SEMO))
Mitch Hauschildt	Prevention, Rehab and Performance Coordinator	Athletic Training	1 st (South Dakota)
Cory Starr	Equipment Manager	Equipment Management	6 th (Kansas)
JoBelle Hopper	Director of Academic Achievement	Academic Support	18 th (Arkansas)
Darren Weinberg	Assistant Director of Academic Achievement	Academic Support	9 th (Missouri St)
Ashley Newman	Academic Advisor	Academic Advisement	1 st (Missouri St)
Eric Doennig	Assistant Sports Information Director	Sports Information	2 nd Year (Missouri)