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Up Next For The Bears

Jan. 27 Carle / Health Alliance Invitational

The Lady Bears will skip the previously scheduled meet at Missouri Southern and divert their efforts to the competitive fields at the Carle / Health Alliance Invitational at the University of Illinois.

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	Carle / Health Alliance Invitational (U. of Illinois, Champaign, Ill.)
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.)

Lady Bears Back On Track

Despite missing five days of regular practice this week due to difficulties related to the major ice storm that left 70,000 homes in Springfield, Mo without power Missouri State's sprinters and jumpers put up a strong early season performance at the University of Arkansas's Razorback Invitational Friday and Saturday nights.



After being honored as the Missouri Valley Conference Track Athlete of The Week for her MVC leading 400-meter run at last weeks Arkansas Invitational freshman standout Leander Ernest recorded two of the Valley's top finishes again this week. On Friday Ernest, a 400 and 800-meter specialist, ran to an MVC leading 200-meter time of 24.95. She repeated her MVC leading status in the 400-meters Saturday with a personal best run of 55.03-seconds. Ernest's 400-meter time gives her the distinction of being the sixth fastest indoor 400-meter performer on an MSU list where four of the top seven have all-American awards to their credit.

Second year sprinter Angelique Stephens was impressive as well running the MVC's third ranked 200-meter time of the season finishing in 25.24-seconds.

The Lady Bear high jumpers earned two top ten finishes as freshman Zaleika Goffe and senior Kim Carter both cleared 5-4.25 for ninth and tenth, respectively. The efforts of Zaleika's twin sister Maraneika and freshman April Brooks saw clearances of 5-2.25 in the same event.

Sophomore Alexandria Oembler became MSU's third best all-time performer in the 60-meter hurdles as she ran to a personal best 8.95-seconds to finish sixth in the deep field.

Three Lady Bears recorded quality performances in the 60-meter dash as Carter, Oembler and Stephens ran season bests of 7.91, 7.91 and 7.94-seconds, respectively.

Newcomer Ashley Harris struggled to get her mark, with five fouls in six attempts. Harris's one clean jump of 37-9.25 landed her ninth place.

The Missouri State 4x400-meter relay team of Stephens, Ernest, Carter and Oembler took fifth running 3:51.13. Stephens and Ernest turned in great splits with Stephens leading off in 56.02-seconds and Ernest running second in 53.66-seconds. Carter and Oembler finished off the relay with splits of 59.56-seconds and 61.90-seconds.

The Missouri State distance runners did not compete at the Razorback Invitational in favor of focusing on training this week. The distance group was able to complete most of their training outdoors despite the week long weather problems.

Next week the Lady Bears will compete as a full team for the first time this winter at the Carle / Health Alliance Invitational at the University of Illinois on January 27.

MSU All-American Owens Competes In Houston

Former Lady Bear and two-time all-American Casey Owens (2005) competed at last weeks Aramco Houston Half Marathon (12.1 Miles) where she ran 1:17.36 finishing 20th overall in the elite field. Owens owns eight MSU records including the 5,000 (16:15) and 10,000-meters (33:32) and is the fastest collegiate 10K runner in history from all colleges and universities in the state of Missouri. Owens currently resides in Des Moines, Ia.





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

Greg Hipp, Distance Coach

Jacob Kingery, Field Events Coach

David Glazer, Volunteer Assistant Coach