



# 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 Wildcat Invitational

- **Date:** Saturday, January 19, 2008
- **Time:** 12:15PM
- **Location:** Ahearn Field House • Kansas State, Manhattan, Kan.

### • 2007 CROSS COUNTRY SCHEDULE •

DATE	MEET	LOCATION
9/1	Early Bird Meet	Washington Univ. (St. Louis, Mo.)
<b>9/22</b>	<b>Missouri State Classic</b>	<b>HOME (Springfield, Mo.)</b>
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.)

### • 2008 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.)

### • 2008 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.)
<b>4/5</b>	<b>Big Bear Invitational</b>	<b>HOME (Springfield, Mo.)</b>
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
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 •

The Missouri State Track and Field team kicked off its indoor season at the 22nd Annual Missouri Invitational in Columbia, Mo inside the Hearnes Fieldhouse. Sophomores Leander Ernest and Cortene' Boulard were key performers in the 2008 season opener.

Ernest recorded the top finish for Missouri State, capturing first-place in the 600-yard run with a time of 1:23.87.

In the one mile run, RS freshman Emily Fletcher clocked a personal best time of 5:06.43, earning a third-place finish. Fletcher dropped an impressive 19-seconds from her personal best. Fletcher also doubled back in the 1,000-meter run running 3:04.11 for third there as well.

Boulard recorded a third-place finish in the 60-meter dash with a time of 7.77, a personal best by 2-tenths of second. Boulard also placed fourth in the 200-meter dash with a time of 26.25.

Boulard and Ernest, along with freshman Jacqui Lindsey and sophomore Yaneika Malcolm, took second in the 4x400 meter relay with a time of 3:50.91.

Freshman Shawnte Middlebrook competed in the long jump for Missouri State. Middlebrook registered a jump of 18' 1" to take home fourth.

Overall the 19 Lady Bears who competed at the Missouri Invitational scored 22 top ten performances in their first meet of the new year.

The Bears will travel to Kansas State University on January 19 to compete in the Kansas State Wildcat Invitational. At Kansas State several key Missouri State runners will open their seasons after sitting out the first meet for training.

### • OFF THE TRACK •

#### Missouri State and Bass Pro Shops Partner: Bill Rodgers Coming to Missouri Valley Championship!

Missouri State is set to host the 2008 Missouri Valley Conference Cross Country Championship at its home course this coming fall. The November 1<sup>st</sup> event got a boost recently due to a partnership between Missouri State cross country and Bass Pro Shops.

Bass Pro Shops, as part of their Bass Pro Outdoor Fitness Festival, has confirmed that American running legend Bill Rodgers will be at the MVC Championships taking part in the championship festivities.

Rodgers, a four time winner of the prestigious Boston and New York City Marathons, set the American record for the marathon twice (1975 and 1979). Rodgers was also a member of the 1976 USA Olympic team. On the cross country course Rodgers was the bronze medalist at the 1975 IAAF World Cross Country Championships.

Missouri State and Bass Pro Shops are also working together to develop a kids running program that will go off in conjunction with both the MVC Championship and the Bass Pro Outdoor Fitness Festival. The details of the program will be announced when available.

The Bass Pro Fitness Festival includes fitness events of all kinds including running races from the 5K to the Marathon. [www.basspro.com/fitness](http://www.basspro.com/fitness)



# MSU CC / TF

## • 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	2/13/89	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	11/11/88	Throws	Rogersville, Mo. (Logan-Rogersville)
Megan Bolda	n/a	Fr	Fr	2/9/89	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	9/23/85	CC / Distance	Oldfield, Mo. (Ava)
Alexis Krigbaum	n/a	Fr	Fr	1/26/88	Sprints	New London, Mo. (Mark Twain)
Jacqui Lindsey	n/a	Fr	Fr	10/6/88	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	6/26/89	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	1/18/89	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	8/28/89	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 <sup>th</sup> (Murray St.)
Greg Hipp	Head Cross Country / Asst. Track and Field Coach	CC / Distance	5 <sup>th</sup> (Appalachian St)
Jacob Kingery	Assistant Track and Field Coach	Jumps / Throws / Vault	2 <sup>nd</sup> (Truman St)
David Glaser	Assistant Cross Country / Track and Field Coach	CC / Distance	2 <sup>nd</sup> (McKendree)
Gregory Hughes	Assistant Track and Field Coach	Jumps	1 <sup>st</sup> (Missouri St)
Chavis Clawson	Student Assistant Coach	CC / Distance	2 <sup>nd</sup> (Missouri St)
Michael Farmer	Student Assistant Coach	CC / Distance	2 <sup>nd</sup> (Missouri St)
Kareem Samuel	Student Assistant Coach	Sprints / Hurdles	1 <sup>st</sup> (Missouri St)
Angelique Stephens	Student Assistant Coach	Sprints / Hurdles	1 <sup>st</sup> (Missouri St)
Terry Sauerby	Head Strength and Conditioning Coach	Strength / Conditioning	2 <sup>nd</sup> (Maryland)
Carl Christensen	Assistant Strength and Conditioning Coach	Strength / Conditioning	2 <sup>nd</sup> (Arkansas)
Coby Musselman	Athletic Trainer	Athletic Training	2 <sup>nd</sup> (SEMO))
Mitch Hauschildt	Prevention, Rehab and Performance Coordinator	Athletic Training	1 <sup>st</sup> (South Dakota)
Cory Starr	Equipment Manager	Equipment Management	6 <sup>th</sup> (Kansas)
JoBelle Hopper	Director of Academic Achievement	Academic Support	18 <sup>th</sup> (Arkansas)
Darren Weinberg	Assistant Director of Academic Achievement	Academic Support	9 <sup>th</sup> (Missouri St)
Ashley Newman	Academic Advisor	Academic Advisement	1 <sup>st</sup> (Missouri St)
Eric Doennig	Assistant Sports Information Director	Sports Information	2 <sup>nd</sup> Year (Missouri)