



Southwest Missouri State University

Track & Field / Cross Country

NCAA Division I Member – Missouri Valley Conference – On The Web at www.BearsTrack.net

Next Up For The Bears: Indoor Track and Field

Feb. 25-26 – Missouri Valley Championships, S. Illinois University, Carbondale, Illinois

Edition:
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Community Meets

SMS hosted the first of two community meets this past Tuesday. Meet two is approaching. Meet info is on page 5.

MVC Athlete of The Week

SMS distance runner Casey Owens earned the MVC's Athlete of The Week Award for the fourth time this season. Owens has won the award every week she has competed this season.

Dandy Dozen

Trackwire, the official rankings of the NCAA have picked SMS's Casey Owens to place 8th at the NCAA Championships in the 5,000-meters. In addition they have picked SMS's Fabian Florant to finish 8th in the triple jump at the national meet.

Missouri State University

The state of Missouri's senate has approved a measure that will change the name of Southwest Missouri State to Missouri State University. The Missouri house still needs to approve the same.

Spread the Word

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

More Records Fall At Lady Bears Last Tune-Up



Breaking records is nothing new for members of the Lady bear track and field team. From the sprints and distances to the field, records have fallen nearly every week of the 2005 indoor season. However, this week was a special one again.

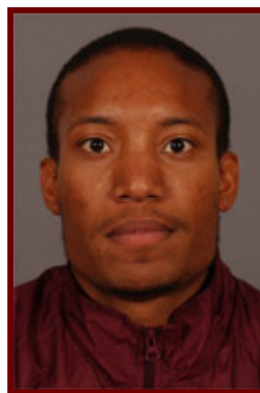
Lady Bear distance star Casey Owens not only broke an SMS record this week, she broke two SMS records and an all-time Missouri Valley record.

Continued on page 2...

Personal Best, NCAA Marks Highlight Men's Competition

A number of the Bears left the Iowa State Classic track with some great performances. Several personal best, conference leaders and an NCAA qualifying mark led the way.

SMS field events leader Fabian Florant has shown that he is one of the Bear's and MVC's best this season. While at Iowa State Florant showed that he is ready to be one of the nation's best. While competing in the triple jump Florant leaped to a season best mark of 51'11.75". His mark is the MVC's bests and the 11th best jump in the NCAA this year. The mark also now ranks second among SMS jumpers all-time.



Continued on page 2...

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 Sevigne Invitational (U. of Nebraska, Lincoln, Nebraska)
Feb. 11-12	Iowa State Classic (Iowa State Univ., Ames, Iowa)
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.)



Lady Bears Final Tune-Up; Continued...

Owens started her weekend by winning a record packed 5,000-meter race where each of the top three finishers set their school's record for the event.

Owens won the 3.1-mile race in 16:15.43 over Faithy Kamangila of Oral Roberts who finished in 16:18. In third place was University of Missouri's Jill Peterson who finished 26-seconds behind in 16:41, also setting her school's record in the process. Owens' time of 16:15 is currently the 10th best in the NCAA and also ranks as the 14th best 5,000-meter time in the world during the 2005 indoor season as well as a new all-time best for the Missouri Valley Conference.

Day two of Owens' record setting weekend saw her shave 0.02 off of her own school record in the mile as she ran to a new best of 4:52.43.

Running along with Owens were distance runners Ashley Sanders and Erin Sutton. Sanders ran to a 17:34 finish for 5,000-meters while Sutton finished in 17:36. Both Sanders and Sutton are among the top six in the MVC this indoor season. During day two Sanders also went on to run an indoor best of 5:06 for the mile event.

The women's 200-meter runners were on fire as always. Genna Willians lead the Lady Bears with a new indoor best of 24.59 just ahead of current conference leader Danielle Norville of SMS who finished in 24.66. In the Valley no school boasts more than one sprinter under 25-seconds in the 200-meters, except SMS who has had four sprinters under that mark this season.

In the 60-meter hurdles multi-event star Tracy Partain was able to qualify for the finals as she spent the weekend focusing on fewer events than usual. Her mark of 8.83-seconds is just off her season best.

Julia Murray continues to be consistent in the 60-meter dash. Her mark of 7.76 is just 0.07 off of her personal best in the event.

Freshmen long sprinter Ciara Jones continues to develop into a solid 400-meter runner. At Iowa State she bettered her personal best to 56.32-seconds for the event.

Bears Running Solid At Husker Invite, Continued...

Also moving up the MVC and SMS lists was sophomore distance runner Michael Breahears. Breahears ran to a personal best in the 3,000-meter run with a time of 8:23.72. The time moves Breahears to fourth on the SMS all-time list and to second in the Missouri Valley Conference.

Middle distance runner Jared Kreissler, a freshmen, ran a much improved mile in only his second race of the season. After a disappointing opener at Nebraska the freshmen ran to an impressive time of 4:16.12. Just hours later Kreissler came back to win his section of the 800-meters with a time of 1:54.02, a new personal best.

In the 400-meters the consistent Justin Alberts ran a solid 48.46 in the 400-meters to place third in his heat. Alberts is currently ranked 5th in the MVC.

In the short sprints Kenroy Dixon sprinted to a 6.89-second clocking. Well off her season best of 6.81-seconds but still one of the best times in the MVC this winter. Dixon currently ranks second in the MVC as one of only two sprinters to break the 6.90-second mark this season.

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
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
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
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

Missouri Valley Championship @ Southern Illinois University
Friday and Saturday, February 25-26, 2005

Competition Schedule

Friday:

Multi-Events

8:00 a.m. 60-Meter Hurdles Pentathlon
9:35 a.m. 60-Meter Dash Heptathlon
8:45 a.m. High Jump Pentathlon
10:15 a.m. Long Jump Heptathlon
10:15 a.m. Shot Put Pentathlon
11:15 a.m. Shot Put Heptathlon
11:15 a.m. Long Jump Pentathlon
12:45 p.m. High Jump Heptathlon
12:45 p.m. 800-Meter Run Pentathlon

Field Events

2:30 p.m. Weight Throw Men (Prelims & Finals)
3:00 p.m. Pole Vault Men (Final)
4:30 p.m. Weight Throw Women (Prelims & Finals)
5:45 p.m. Triple Jump Men (Prelims & Finals)
6:30 p.m. High Jump Men (Final)
7:45 p.m. Triple Jump Women (Prelims & Finals)

Track Events

5:30 p.m. 60-Meter Hurdles Men (Prelims)
5:45 p.m. 60-Meter Hurdles Women (Prelims)
6:00 p.m. 60-Meter Dash Men (Prelims)
6:15 p.m. 60-Meter Dash Women (Prelims)
6:30 p.m. Distance Medley Men (Final)
6:50 p.m. Distance Medley Women (Final)
7:15 p.m. 400-Meter Dash Men (Prelims)
7:30 p.m. 400-Meter Dash Women (Prelims)
7:45 p.m. 800-Meter Run Men (Prelims)
8:00 p.m. 800-Meter Run Women (Prelims)
8:15 p.m. 200-Meter Dash Men (Prelims)
8:30 p.m. 200-Meter Dash Women (Prelims)
8:50 p.m. 5000-Meter Run Men (Final)
9:15 p.m. 5000-Meter Run Women (Final)

Saturday:

Multi-Event

8:30 a.m. 60-Meter Hurdles Heptathlon
9:15 a.m. Pole Vault Heptathlon
11:00 a.m. 1000-Meter Run Heptathlon

Field Events

10:00 a.m. Shot Put Men (Prelims & Finals)
12:00 p.m. Pole Vault Women (Final)
12:00 p.m. Shot Put Women (Prelims & Finals)
1:00 p.m. Long Jump Men (Prelims & Finals)
2:00 p.m. High Jump Women (Final)
3:00 p.m. Long Jump Women (Prelims & Finals)

Track Events

2:00 p.m. 60-Meter Hurdles Men (Final)
2:10 p.m. 60-Meter Hurdles Women (Final)
2:20 p.m. 60-Meter Dash Men (Final)
2:30 p.m. 60-Meter Dash Women (Final)
2:40 p.m. 1 Mile Run Men (Slow Heat)
2:50 p.m. 1 Mile Run Men (Fast Heat)
3:00 p.m. 1 Mile Run Women (Slow Heat)
3:10 p.m. 1 Mile Run Women (Fast Heat)
3:20 p.m. 400-Meter Dash Men (Final)
3:25 p.m. 400-Meter Dash Women (Final)
3:30 p.m. 800-Meter Run Men (Final)
3:35 p.m. 800-Meter Run Women (Final)
3:40 p.m. 200-Meter Dash Men (Final)
3:45 p.m. 200-Meter Dash Women (Final)
3:50 p.m. 3000-Meter Run Men (Slow Heat)
4:10 p.m. 3000-Meter Run Men (Fast Heat)
4:25 p.m. 3000-Meter Run Women (Slow Heat)
4:45 p.m. 3000-Meter Run Women (Fast Heat)
5:00 p.m. 4x400-Meter Relay Men (Final)
5:10 p.m. 4x400-Meter Relay Women (Final)



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. **NOTE: MSHSAA rules prohibit high school athletes from competing in the March 1st meet because it is after the official start date for the MSHSAA track and field season.**

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