



Edition:
#16 / 2005-06

Up Next For The Bears

MVC INDOOR CHAMPIONSHIPS

FEB. 24-25, University of N. Iowa
Missouri State track and field is making their final preparations as they prepare to take on their Valley rivals at next weeks Missouri Valley Conference Championship. Conference titles will be on the line in Cedar Falls, IA.

Missouri State Schedules Indoor Track and Field

Date	Event
Dec. 3	Kickoff Classic (Arkansas State, Jonesboro, Ark.)
Jan. 13	Arkansas Invitational (U. of Arkansas, Fayetteville, Ark.)
Jan. 20-21	Razorback Invitational (U. of Arkansas, Fayetteville, Ark.)
Jan. 28	Jayhawk Invitational (U. of Kansas, Lawrence, Kansas)
Feb. 3-4	Husker / Frank Sevigne Invitational (U. of Nebraska, Lincoln, Nebraska)
Feb. 10-11	Iowa State Classic (Iowa State Univ., Ames, Iowa)
Feb. 24-25	Missouri Valley Championships (U. of N. Iowa, Cedar Falls, Iowa)
Mar. 4	Iowa State Last Chance (Iowa State Univ., Ames, Iowa)
Mar. 10-11	NCAA National Championships (U. of Arkansas, Fayetteville, Ark.)

Outdoor Track and Field

Date	Event
Mar. 26	Tulsa Invitational (Tulsa Univ., Tulsa, Oklahoma)
Mar. 31-	Stanford Invitational (Stanford Univ., Palo Alto, California)
Apr. 1	Mississippi State Invitational (Miss. St. Univ., Starkville, Miss.)
Apr. 2	MSU Big Bear Invitational (HOME) (MSU, Springfield, Missouri)
Apr. 8	Sea Ray Relays (U. of Tennessee, Knoxville, Tenn.)
Apr. 13-15	Tom Botts Invitational (U. of Missouri, Columbia, Missouri)
Apr. 20-22	Kansas Relays (U. of Kansas, Lawrence, Kansas)
Apr. 27-29	Drake Relays (Drake Univ., Des Moines, Iowa)
May 12-14	Missouri Valley Championships (Wichita State U., Wichita, Kansas)
Mar. 26-27	NCAA Mideast Championships (U. of Indiana, Bloomington, Indiana)
Jun. 7-10	NCAA National Championships (Sacramento State, Sacramento, Ca.)
Jun. 22-25	USA National Championships (Indianapolis, Ind.)

Personal Bests Highlight Weekend

The Missouri State track and field teams were challenged by some of the nation's top competition at the Iowa State Classic, held Friday and Saturday in Ames, Iowa.



Rono

The Bears responded to that challenge in their first event, the men's distance-medley relay, where senior Justin Alberts and the sophomore trio of Jonathan Rono, Jared Kreissler, and Kevin Born finished with a conference leading time of 9:52.30. Rono's lead off leg got the squad off to a great start as he ran 2:59 for the 1200-meter leg. Kreissler then followed with a 1:51 800-meter leg while Alberts ran 48.6 for 400-meters. Born closed off the outstanding relay with a solid 4:13 1600-meter leg. The relay time is the second best in school history and leads the Valley by over 16-seconds.



Kreissler

Rono and Kreissler turned in impressive efforts in their individual events as well that moved their names on to two more school record lists. In the mile run, finishing with a personal-best time of 4:09.47, Rono moved into the fifth spot on the Bears all-time list. Rono also ran an indoor personal best in the 800-meters with a time of 1:53.42. Kreissler showed he would not be outdone as he won his heat in the 800-meters with time of 1:51.16. His time there is nearly two-seconds faster than his previous bests set last week at Nebraska. Kreissler now ranks second on the Bears indoor all-time list.



Partain

Lady Bear all-American Tracy Partain was impressive as usual, as she recorded season bests in three events. After running a season-best time of 8.62-seconds in the 60-meter hurdle prelims on Friday, she nearly matched the mark with a time of 8.63 in Saturday's semifinals. After finishing just shy of her personal best in the high jump at 5'5" Partain recorded season bests in the long jump (18'10") and triple jump (38'8 3/4") during the meet. Partain's triple jump was a personal best by over three feet and it was the first time the senior has competed in that event since high school.



Florant

Already a national qualifier in the triple jump, Fabian Florant earned a personal best in the men's long jump. Florant jumped to the leagues second best mark of the year with a leap of 24'0.75". Florant also jumped 50'4 1/2" to earn his second top-10 finish of the meet. Florant qualified for the NCAA championships in the triple jump two weeks ago when he jumped 51'11.25", which is over two-feet better than the next best triple jumper in the MVC this year and fourth nationally.

The distance duo of Ashley Sanders and Carrie Vestal ran their way up the school's all-time lists with their personal best setting runs in the women's 3,000-meters. Sanders improved her best time by 13-seconds as she

finished the nearly two-mile race in 9:46.26. Vestal was not far behind as she improved her best by 5-seconds finishing in 9:55.01. Sanders now ranks second and Vestal third on the Missouri State all-time indoor 3000-meter list. Of note is that Sanders and Vestal came through the one-mile mark together in 5:09 on their way to their new personal bests. Coming into the season Vestal's personal bests for 3000-meters and the one-mile were only 10:43 and 5:25 respectively.

Other impressive runs from the distance group included personal bests by five other Bears and Lady Bears. Kevin Born ran to a personal best in the open one-mile with a finish of 4:16.77. Clarissa Codrington followed suit as she earned a three-second personal best in the mile running 5:04.74. Freshman Jamie Vest improved her 3000-meter personal best to 10:23, a 28-second improved from the start of the season. In the 800-meters freshman Aaron Stewart improved his indoor personal best to 1:56.90 while freshman teammate Ty Sanders improved his personal best to 1:57.40.

Senior Kenroy Dixon and freshman Kevin Cave ran season-bests in the 200-meter dash, running times of 22.14 and 22.15-seconds, respectively. Dixon also qualified for the finals of the 60-meter dash with a time of 6.88-seconds, and then finished in with a season-best time of 6.84 in the finals. Dixon's time is just 0.01-seconds off his personal best that he set last year when he finished as the MVC runner-up in the event. Cave also ran an indoor personal best in the 400-meters finishing in 48.63-seconds which ranks fifth on the Missouri State all-time indoor lists behind current teammate Justin Alberts who's 48.01-second run earlier this season is the Valley's second fastest 400-meter time this season.

In the women's sprints Danielle Norville finished the 200 meter dash with a time of 24.56-seconds, narrowly missing a season-best time. Genna Williams qualified for the finals of the 60-meter dash with a



A. Sanders



Vestal



Vest



Codrington



Cave



Dixon

time of 7.69-seconds, and then matched the time in the finals. Norville narrowly missed the finals, finishing in just behind Williams with a time of 7.71.

Distance runner Michael Breshears turned in a season best in the 3000-meters. His time of 8:33.33 ranks sixth in the Valley this season. The Bears' Born and Rono also rank in the Valley's top six in the 3000-meters with times of 8:25 and 8:32, respectively.

Both of the Bears and Lady Bears 4x400-meter relay teams ran season-best times on Saturday. The women's team of Partain, Norville, Tanya Cyrus, and Angelique Stephens finished with a time of 3:46.04 and the men's team of Alberts, Florant, Cave and Kareem Samuel finished with a time of 3:16.42.

The Bears will have a two-week break to prepare for the Missouri Valley Conference Indoor Championship, which will take place Feb. 24 and 25, in Cedar Falls, Iowa

Missouri Valley Conference Championships



Missouri State track and field fans this is the time to come support the Bears and Lady Bears. Don't let this season go by without seeing your team. February 24-25 is the Missouri Valley Conference Indoor Championships at the University of Northern Iowa in Cedar Falls, IA.

The team hotel for the Missouri State Bears is the Ramada Inn Convention Center in Waterloo, IA. To make reservations call (319) 233-7560

Directions To The UNI-Dome:

From the North: Take Highway 218 and proceed south to Highway 57. Take Highway 57 and travel west approximately 3 miles. Turn left on Hudson Road. Travel approximately 3 miles and the UNI-Dome will be on your right.

From the South: Take Interstate 380 north to Highway 20. Take Highway 20 west to Hudson Road and turn right. Travel approximately 5 miles and the UNI-Dome will be on your left.

From the East: Take Highway 20 west to Hudson Road and turn right. Travel approximately 5 miles and the UNI-Dome will be on your left.

From the West: Take Highway 20 east to Hudson Road and turn left. Travel approximately 5 miles and the UNI-Dome will be on your left.



Norville



Williams

Missouri Valley Conference Indoor Championships Schedule - February 24, 25, 2006

Friday, 2/24/06:

Heptathlon/Pentathlon

10:45 a.m. Men's Heptathlon
 11:15 a.m. Women's Pentathlon

Field Events

1:45 p.m.	20# Weight Throw	Women's Trials and Final
3:30 p.m.	Pole Vault	Men's Final
3:45 p.m.	35# Weight Throw	Men's Final
4:45 p.m.	Long Jump	Men's Trials and Final
6:45 p.m.	Long Jump	Women's Trials and Final

Track Events

4:00 p.m.	60 Meter Hurdles	Women's Prelims (If needed)
4:15 p.m.	60 Meter Hurdles	Men's Prelims (If needed)
4:30 p.m.	60 Meter Dash	Women's Prelims (If needed)
4:45 p.m.	60 Meter Dash	Men's Prelims (If needed)
5:00 p.m.	5,000 Meter Run	Women's Final
5:25 p.m.	5,000 Meter Run	Men's Final
5:45 p.m.	60 Meter Hurdles	Women's Semi Finals
6:00 p.m.	60 Meter Hurdles	Men's Semi Finals
6:15 p.m.	60 Meter Dash	Women's Semi Finals
6:30 p.m.	60 Meter Dash	Men's Semi Finals
6:45 p.m.	400 Meter Dash	Women's Prelims
7:00 p.m.	400 Meter Dash	Men's Prelims
7:15 p.m.	800 Meter Run	Women's Prelims
7:30 p.m.	800 Meter Run	Men's Prelims
7:45 p.m.	200 Meter Dash	Women's Prelims
8:00 p.m.	200 Meter Dash	Men's Prelims
8:15 p.m.	Distance Medley Relay	Women's Final
8:35 p.m.	Distance Medley Relay	Men's Final

Saturday, 2/25/06:

Heptathlon

10:00a.m. Men's Heptathlon (Day 2)

Field Events

12:00 a.m.	Triple Jump	Women's Trials and Final
12:00 a.m.	Shot Put	Women's Trials and Final
12:00 a.m.	High Jump	Men's Final
1:30 p.m.	Pole Vault	Women's Final
2:00 p.m.	High Jump	Women's Final
2:00 p.m.	Shot Put	Men's Trials and Final
2:10 p.m.	Triple Jump	Men's Trials and Final

Track Events

12:30 p.m.	Mile Run (Slow Heat)	Women's Final
12:40 p.m.	Mile Run (Fast Heat)	Women's Final
12:50 p.m.	Mile Run (Slow Heat)	Men's Final
1:00 p.m.	Mile Run (Fast Heat)	Men's Final
1:10 p.m.	60 Meter Hurdles	Women's Final
1:20 p.m.	60 Meter Hurdles	Men's Final
1:30 p.m.	400 Meter Dash	Women's Final
1:35 p.m.	400 Meter Dash	Men's Final
1:40 p.m.	60 Meter Dash	Women's Final
1:45 p.m.	60 Meter Dash	Men's Final
1:50 p.m.	800 Meter Run	Women's Final
1:55 p.m.	800 Meter Run	Men's Final
2:00 p.m.	200 Meter Dash (2 sections)	Women's Final
2:05 p.m.	200 Meter Dash (2 sections)	Men's Final
2:10 p.m.	3,000 Meter Run (Slow Heat)	Women's Final
2:30 p.m.	3,000 Meter Run (Fast Heat)	Women's Final
2:50 p.m.	3,000 Meter Run (Slow Heat)	Men's Final
3:05 p.m.	3,000 Meter Run (Fast Heat)	Men's Final
3:20 p.m.	4 x 400 Meter Relay	Women's Final
3:30 p.m.	4 x 400 Meter Relay	Men's Final