



# 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 Indiana Relays

- **Date:** Friday-Saturday, February 1-2, 2008
- **Time:** 4:00PM / 12:00PM
- **Location:** Gladstein Fieldhouse • University of Indiana, Bloomington, Ind.

### • 2007-08 CROSS COUNTRY SCHEDULE •

DATE	MEET	LOCATION
9/1	Early Bird Meet	Washington Univ. (St. Louis, Mo.)
9/22	<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.)

### • 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	<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
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 track and field athletes continued to move their way up the Missouri Valley Conference performance lists at the Razorback Invitational at the University of Arkansas this weekend.

Sophomore standout Leander Ernest helped put the Missouri State name atop two MVC lists this while competing in the 800-meter run and the 4x400-meter relay. Ernest also registered the conference's second best 200-meter time with a 25.14 second clocking. In a special championship section for the 800-meter run Ernest narrowly missed the NCAA national qualifying time of 2:09.00. Her time of 2:09.98 was good enough for fourth place overall and is a new MVC leading mark.

In the 4x400-meter relay Ernest tag teamed with sophomores Yaneika Malcolm and Courtenee' Boulard as well as freshman Jacqui Lindsey to improve upon their MVC leading performance. The Lady Bears finished with an impressive early season 3:45.30 total. The squad finished 0.14-seconds behind Texas A&M in their section for sixth place overall.

Malcolm moved into the Valley's number two position in the 400-meter dash in her first try in the event this winter. Her time of 55.97-seconds won her section and took 12<sup>th</sup> overall. The freshman Lindsey took two-seconds off her personal best in the same event to run 57.76, good for fourth on the Valley list. With Ernest's mark from Kansas State last week Lady Bears sprinters now own three of the top four 400-meter times in the Valley.

With the Lady Bear's distance runners taking the weekend off from competition Missouri State's field event athletes provided the rest of the action at Arkansas.

Freshman Shawntee Middlebrook had season bests in both the long jump and triple jump. Middlebrook's 18-7.25 leap in the long jump was good enough for ninth overall and is the Valley's number three performance this season. She also improved her triple jump standing with a 12<sup>th</sup> place finish at 36-10.5. Her mark there moves her to sixth in the MVC.

Zaleika Goffe just out did her twin sister Maraneika in the high jump. The sisters both jumped 5-2.25, however, Zaleika cleared the height with fewer misses earning her a seventh place finish to Maraneika's eighth place.

Missouri State will get back on the road again next week for the Indiana Relays at the University of Indiana in Bloomington, Ind. Competition will take place over two days beginning at 4:00pm on Friday, February 1.

### • OFF THE TRACK •

• Missouri State's Carrie Vestal has been selected as a recipient of the Missouri Valley Conference's Good Neighbor Award. The MVC has partnered with State Farm Insurance in creating the award, which honors model student-athletes who demonstrate good citizenship. In addition to being a multi-time all-MVC team athletic recipient Vestal is a two-time MVC Scholar-Athlete and seven-time Missouri State Dean's List honoree. The Springfield, Mo., native has served as MSU's conference SAAC representative and has been active in numerous MSU track and field service projects throughout her career.



# 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	6/4/89	CC / Distance	Carlinville, Ill. (Carlinville)
Jodiann Walker	n/a	Fr	Fr	8/28/89	Sprints / Jumps	Montego Bay, Jamaica (Mt. Alvernia)
Kristin Wolkey	Jr	So	Jr	4/1/87	CC / Distance	Overland Park, Kan. (Shawnee Mission North)

## • 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)
Adeana McAfee	Assistant Sports Information Director	Sports Information	1 <sup>st</sup> Year (Missouri St.)