



Edition:  
#17 / 2006-07

## Up Next For The Bears

### April 13-14 Sea Ray Relays

The University of Tennessee will be the next host of Missouri State track and field. After a short break from competition over the Easter holiday the Lady Bears will hit the road for Knoxville.

## 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 Bring New Focus To Outdoor

After a disappointing finish to the indoor track and field season Missouri State's track and field team has started its outdoor season with new focus.

After two meets that have provided head to head competition against every conference opponent the Lady Bears have rolled to MVC leading performances in eight of the 12 track events. Missouri State holds the Valley lead in the 100-meters, 200-meters, 400-meters, 800-meters, 3,000-meter steeplechase, 10,000-meters, 4x100-meter relay and the 4x400-meter relay.

At this past weekend's Missouri Relays in Columbia the Lady Bears were the dominant team. With 15 NCAA D-I schools competing, along with a slew of DII, DIII and NAIA schools, Missouri State recorded four first places finishes, the highest number of wins from a single team. The Lady Bears also racked up 14 top ten finishes against the field that included Big12, Big10 and Missouri Valley Conference teams.



Day one of competition saw sophomore Jamie Vest earn the first win of her collegiate career. Her 10:53.85 performance in the 3,000-meter steeplechase just missed the NCAA qualifying time (10:50.25) and put her nearly six seconds ahead of the University of Missouri's top steeplechaser, Angela Potrykus.

Junior Carrie Vestal closed out the first day of competition in the 10,000-meters with a new Missouri Relays meet record by nearly 2-minutes. Vestal along with 2005 Missouri State graduate Casey Owens led the entire race before finishing side by side in 35:55.53 and 35:55.76, respectively. After opening the race with a 17:35 split at the 5,000-meter mark the two Lady Bears lapped all but two in the 20 runner field which included nearly all of the top 10,000-meter runners in the Missouri Valley Conference.



Day two of competition saw freshman sensation Leadner Ernest continue her winning ways. The versatile Ernest anchored the 4x100-meter relay team of Alexandria Oembler, Genna Williams and Tanya Cyrus to a third place finish in 46.25-seconds. Then she came back to take first in both the 800-meter (2:11.52) and 200-meter races (24.62). Ernest's 800-meter race included several of the MVC's top runners including 2007 indoor champion Jenny Reff. On top of taking the top performance in the 200-meters the Lady Bears also took second, six, eighth and tenth with Tanya Cyrus finishing in the runner-up spot in 25.19-seconds.

The senior sprint star Cyrus also finished third in her first 400-meter race of the season opening with a 55.65-second run which ranks second on the conference list, only behind Ernest who ran her league leading time (54.48) at the SIU Spring Classic two weeks ago.

Cyrus, Ernest, Oembler and Yanieka Malcolm were schedule to compete in the 4x400-meter relay but meet delays of over two hours forced the Lady Bears to

skip the final event.



Genna Williams earned her self a fourth place finish at the top performance in the MVC this season after running 11.87-seconds in the 100-meters Saturday.

In the field Missouri State had two top ten performances with Kim Carter taking ninth in the long jump (17-10) and Maraneika Goffe taking seventh in the high jump (5-3).

Going back to March 24 the Lady Bears opened their outdoor season at the Southern Illinois Spring Classic with several outstanding performances there as well. Just as the team did this past weekend there were four first place finishes and 14 top 10 finishes.

Missouri State's Williams, Cyrus, Oembler and Ernest turned in a time of 46.53 to win the 4x100-meter relay. Cyrus, Oembler, and Ernest along with Malcolm also claimed gold in the 4x400-meter relay to conclude the meet in a time of 3:43.96.

Oembler and Ernest also won individual events. In the 100-meter hurdles, Oembler sprinted to a time of 14.82 for the win and Ernest ran a regional qualifying time of 54.48 to win the 400-meter dash. Malcolm placed third in the 400 in a time of 57.58.

In the 1,500-meter run, Kristin Wolkey finished sixth for the Lady Bears in 4:42.11. Vestal placed ninth in the race and Chloe Key finished 12th in times of 4:43.91 and 4:49.82, respectively.

Williams added a third-place finish in the 100-meter dash, crossing the finish line at 12.19.

Missouri State also had some notable performances in the field. Zaleika Goffe earned second place for the Bears in the high jump, clearing 5-3. Maraneika Goffe and Kim Carter placed sixth and seventh, respectively, both clearing 5-3.

Missouri State will take a brief break from competition over the Easter break to prepare for the next competition. The University of Tennessee will host Missouri State on April 13<sup>th</sup> and 14<sup>th</sup> in Knoxville for the Sea Ray Relays. The Sea Ray Relays, formerly known as the Dogwood Relays, brings together a national field for this event that has long been known as one of the traditional stops on the spring track circuit.

## Officials and Volunteers Needed:

Missouri State will be looking for officials and volunteers for the following dates:

Aldo Sebben Missouri State Relays (High School): April 24

Please contact Greg Hipp at 417-836-4498 or [greghipp@missouristate.edu](mailto:greghipp@missouristate.edu) if you are available.

Also mark your calendars for September 22 for the Missouri State Cross Country Classic.

## Alumni News:

2005 Missouri State graduate Casey Owens recently ran 35:00 for 10K at the Azalia Trail Run (Road Race) in Mobile, Alabama. Owens finished as the top American and defeated 2006 road runner of the year Nicole Aish in the process.

2003 Missouri State graduate Blake Boldon capped off his winter season with a new sponsorship deal with Saucony. The American based shoe company has long been known as one of the top suppliers of running shoes and a dedicated supporter of elite runners. Boldon's winter season included a 3:59 indoor Mile, a 7:57 3,000-meter run indoors and a 23:28 8,000-meter road performance. Recent interviews with Blake are online at [www.mensracing.com](http://www.mensracing.com) and [www.bigriverunning.com](http://www.bigriverunning.com).

## Missouri State Throwing Facility Complete:

Lady Bear throwers now have a new home! In March construction was completed on the team's new throwing competition and practice facility. As seen in the photo below a new hammer/discus cage was completed with a 30-foot concrete pad surrounding the cage. In the southwest corner (upper left of photo) of the same field a new shot put ring and landing pit was constructed. The new facilities will rival anything in the Missouri Valley Conference and are sure to aid the program in the areas of competition, recruiting and meet hosting.





## **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
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 Oembler	Sprints	So.	Nassau, Bahamas
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