



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 Iowa State Classic

- **Date:** Friday-Saturday, February 15-16, 2008
- **Time:** 12:30PM / 9:25AM
- **Location:** ISU Rec. Center • Iowa State University, Ames, Ia.

• 2007-08 CROSS COUNTRY SCHEDULE •

DATE	MEET	LOCATION
9/1	Early Bird Meet	Washington Univ. (St. Louis, Mo.)
9/22	Missouri State Classic	HOME (Springfield, Mo.)
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	Big Bear Invitational	HOME (Springfield, Mo.)
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 took part in the Indiana Relays on the campus of Indiana University in Bloomington, Ind. Feb. 1 and 2. At IU's Gladstein Fieldhouse sophomore Leander Ernest led the Lady Bears claiming seventh overall in the Invitational 400-meter race with a time of 55.55.

Sophomore Yaneika Malcolm also took part in the Invitational 400-meter race finishing 10th with a time of 56.99.

In the long jump freshman Shawntee Middlebrook recorded a 18-2.5 jump in preliminaries and a 18-1 mark in the finals to place seventh-place overall.

Junior distance runner Carrie Vestal placed seventh in the Invitational 3000 meter run clocking a time of 10:10.90. Junior teammate Jamie Vest finished close behind in 12th-place with a time of 10:21.22. Staci Nelson, a sophomore, earned her second straight personal best in the 3000-meter run as she took seventh in the Open section of that event where she ran 10:28.33.

Sophomore sisters Zaleika Goffe and Maraneika Goffe tied for fourth in the high jump competition as both recorded a 5-4.25 clearance.

In the 200 meter open race, freshman Rashida Allen took third-place posting a personal best time of 25.80 and freshman Jodiann Walker placed 13th with a time of 26.50.

Freshman Jacqui Lindsey took 11th in 400 meter open competition stopping the clock at 58.54 to qualify for the finals. Lindsey elected to skip the finals to take part in the Lady Bears 4x400-meter relay. Unfortunately for Lindsey and her relay squad as their section lined up to race an officials error in the clerking area left the Lady Bears out of the race. The Lady Bears season best 3:45 clocking is faster than the top collegiate time posted at the Indiana Relays.

Missouri State also had several athletes competing at Pitt State over the weekend. Results for that meet, plus the Indiana Relays, are on page 3.

Missouri State will take this week off from competition to prepare for the Feb. 15-16 Iowa State Classic in Ames, Ia.

• OFF THE TRACK •

• Missouri State sophomore Leander Ernest was named last week's Missouri Valley Conference Female Track Athlete of the Week, for her performances at the Razorback Invitational at the University of Arkansas.

Ernest turned in a stellar performance for the Bears, placing fourth overall in the 800-meter run in a time of 2:09.98. Her time in the 800-meter sets a new Missouri Valley Conference leading mark and narrowly missed the NCAA national qualifying standard of 2:09.00. In the 4x400-meter relay, Ernest, Yaneika Malcolm, Courtenee Boulard, and Jacqui Lindsey teamed for a time of 3:45. The squad finished 0.14 seconds behind Texas A&M in their section for sixth-place overall. Ernest also registered the conference's second-best time in the 200-meter clocking a time of 25.14.



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• 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)
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)
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 Oembler	n/a	Jr	Jr	7/20/88	Hurdles / Sprints	Nassau, Bahamas (St. Augustine's College)
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 th (Murray St.)
Greg Hipp	Head Cross Country / Asst. Track and Field Coach	CC / Distance	5 th (Appalachian St)
Jacob Kingery	Assistant Track and Field Coach	Jumps / Throws / Vault	2 nd (Truman St)
David Glaser	Assistant Cross Country / Track and Field Coach	CC / Distance	2 nd (McKendree)
Gregory Hughes	Assistant Track and Field Coach	Jumps	1 st (Missouri St)
Chavis Clawson	Student Assistant Coach	CC / Distance	2 nd (Missouri St)
Michael Farmer	Student Assistant Coach	CC / Distance	2 nd (Missouri St)
Kareem Samuel	Student Assistant Coach	Sprints / Hurdles	1 st (Missouri St)
Angelique Stephens	Student Assistant Coach	Sprints / Hurdles	1 st (Missouri St)
Terry Sauerbry	Head Strength and Conditioning Coach	Strength / Conditioning	2 nd (Maryland)
Carl Christensen	Assistant Strength and Conditioning Coach	Strength / Conditioning	2 nd (Arkansas)
Coby Musselman	Athletic Trainer	Athletic Training	2 nd (SEMO))
Mitch Hauschildt	Prevention, Rehab and Performance Coordinator	Athletic Training	1 st (South Dakota)
Cory Starr	Equipment Manager	Equipment Management	6 th (Kansas)
JoBelle Hopper	Director of Academic Achievement	Academic Support	18 th (Arkansas)
Darren Weinberg	Assistant Director of Academic Achievement	Academic Support	9 th (Missouri St)
Ashley Newman	Academic Advisor	Academic Advisement	1 st (Missouri St)
Eric Doennig	Assistant Sports Information Director	Sports Information	2 nd Year (Missouri)
Adeana McAfee	Assistant Sports Information Director	Sports Information	1 st Year (Missouri St.)

2008 TRACK AND FIELD RESULTS

2/1-2/2008 - Indiana Relays Indiana University, Bloomington, Ind.

60m Dash Prelim

- 36. Courtenee' Boulard – 7.92
- 40. Jodiann Walker – 7.97
- 41. Rashinda Allen – 7.97
- 45. Alexandria Oembler – 8.00
- 47. Shawntee Middlebrook – 8.01

60m Hurdle Prelim

- 20. Alexandria Oembler – 9.00

400m Dash Open Prelim

- 11. Jacqui Lindsey – 58.54q
- 30. Renna Berry – 1:00.29

400m Dash Final

- Jacqui Lindsey - DNS

Long Jump Prelm

- 6. Shawntee Middlebrook – 5.55m (18-2.5)

Long Jump Final

- 7. Shawntee Middlebrook – 5.51m (18-1)

Shot Put Prelim

- Deandrea Rolle – NM

High Jump Final

- 4. Maraneika Goffe – 1.63m (5-4.25)
- 4. Zaleika Goffe – 1.63m (5-4.25)

Triple Jump Prelim

- 17. Maraneika Goffe – 10.16m (33-4)
- Rashida Allen - NM

400m Dash Invitational

- 7. Leander Ernest – 55.55
- 10. Yanieka Malcolm – 56.99

3000m Run Invitational

- 7. Carrie Vestal – 10:10.90
- 12. Jamie Vest – 10:21.22

One-Mile Run Invitational

- 13. Asher Kyger – 5:13.80

3000m Run Open

- 7. Staci Nelson – 10:28.33

200m Dash Morning Sections

- 3. Rashida Allen - 25.80
- 13. Jodiann Walker – 26.50
- 15. Shawntee Middlebrook – 26.78
- 25. Maraneika Goffe – 27.11

2/1/2008 – Pitt State Invitational Pitt State University, Pittsburgh, Kan.

55m Dash Prelim

- 8. Anda Udris – 7.87
- 10. Leneice Rolle – 8.05

200m Dash

- 4. Leneice Rolle – 28.07
- 6. Anda Udris – 28.43

55m Hurdle Prelim

- 2. Leneice Rolle – 8.86

55m Hurdle Final

- 1. Leneice Rolle – 8.71

Pole Vault

- 6. Liz Blasé – 9-00.25

Shot Put

- 11. Sofie Blount – 35-10.5

Weight Throw

- Sofie Blount - Foul

Results from earlier season meets to be added later.