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Up Next For The Bears

May 11-13 MVC Championships

Its conference championship time and the Lady Bears are ready to represent Missouri State with their best. MSU and all of their Valley foes will be at Drake Stadium in Des Moines starting Friday.

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 11-13	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.)

Season Hits High Point This Weekend

Missouri State's track and field team will focus its efforts on the 2007 State Farm Missouri Valley Conference Track and Field Outdoor Championship this weekend. The Bears placed second last season and have won three of the last six outdoor championships. The meet is scheduled for Friday through Sunday, May 11-13, and will be hosted by Drake University in Des Moines, Iowa.

Lady Bear's Tanya Cyrus, Carrie Vestal and Leander Ernest are expected to lead MSU. Cyrus and Vestal are both returning outdoor conference champions looking to defend their titles while the freshman Ernest won her first MVC title at this year's indoor championship. Cyrus has won three MVC 400-meter dash titles and is the third seeded entrant in that event this season with in a time of 55.65. Distance specialist Vestal took home gold in the 10,000-meter run in 2006 and holds the top time in the conference this season with 35:55.53. She will also compete in the 5,000-meter run.

Freshman Leander Ernest, who was named this week's MVC Track Athlete of the Week, has the Valley's top performances in both the 400 (54.30) and 800-meter events (2:07.50). Ernest will focus on winning the 800-meter run and will play a vital role in the Bears' 4x100 and 4x400-meter relays which both rank second on the Valley list this spring.

Genna Williams leads the conference in the 100-meter dash with a time of 11.69 and ranks second in the 200 with a time of 24.51.

Kim Carter placed third in the heptathlon at the 2006 outdoor championship and will look to improve at this year's meet. Carter will also compete in the javelin throw and long jump. She currently ranks second in the Valley in long jump with a distance of 19'8.75".

Hurdler Alexandria Oempler will lead Missouri State in the hurdle events. The sophomore is ranked third in the 100-meter Hurdles after setting a lifetime best of 14.18-seconds last week at the Arkansas Twilight meet.

Jamie Vest enters the 3000-meter steeplechase with the conference's second best time of the season (10:40) and will be among the favorites in that event after her fifth place finish in 2006.

Kristin Wolkey took second at the MVC indoor championships in the One-Mile run and will look to carry that success into the outdoor meet's equivalent event, the 1,500-meter run. Wolkey will also be looking to add to the Lady Bear's depth in the 800-meter run.

In field events, the Bears have twin sisters Maraneika Goffe and Zaleika Goffe competing in the high jump. Both girls have personal-best jumps of 5'5" which ties for third in the Valley.

The meet will kick off Friday at 12:30 p.m. with the heptathlon and will end Sunday at 4:35 with the 4x400-meter relay.

Regional Qualifiers

Missouri State will enter this weekend of competition with seven athletes already with NCAA qualifying marks.

Kim Carter, Long Jump
Jamie Vest, 3000-meter Steeplechase
Leander Ernest, 400-meters, 800-meters, 4x400-meters
Yanieka Malcolm, 4x400-meter Relay
Alexandria Oempler, 4x400-meter Relay
Tanya Cyrus, 4x400-meter Relay
Genna Williams, 100-meters

Last Chance To Vote

The Missouri Valley Conference is still accepting votes for its all-time track and field team at MVC100.org. Voting is expected to end this week. Please go to MVC100.org and support Missouri State in your voting.

Recruiting Class Taking Shape

Missouri State recruiting class will be announced soon. Several talented student-athletes have already made their commitments to join the Lady Bear's next fall.

Alumni Update

Missouri State alums Blake Boldon and Casey Owens competed at the Drake Relays recently. Owens took third in the 5,000-meters (16:30) and first in the 8-Kilometer Road Race. Boldon took second in the Invitational One-Mile behind US Olympian Alan Webb. Boldon, a sub-four minute miler, will be in Ithaca, NY this weekend for the Kip Keino Mile that is being billed as the best One-Mile event in the United States in 2007. Results will be posted at LetsRun.com.

40 Schools Compete at MSU

The 85th Annual Aldo Sebben Missouri State Relays saw 40 schools from around Missouri compete at the Plaster Sports Complex. Complete results are posted at BearsTrack.net. The Relays continue to be Missouri's largest high school track and field meet and is America's oldest high school only track and field invitational. Thank you to the nearly 100-volunteers that made this year's event a huge success. Special thanks the team alumni who volunteered this year!



2007 Track and Field Roster

Name	Event	Year	Hometown
Renna Berry	Sprints	Fr.	Normal, Ill.
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
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