



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 MVC Championship

- **Date:** Saturday-Sunday, March 1-2, 2008
- **Time:** 10:30AM / 10:30AM
- **Location:** UNI Dome • N. Iowa University, Cedar Falls, 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 •

The Missouri State track and field team took on some of the nation's top track and field teams at this past weekend's Iowa State Classic in Ames, Ia. that featured over 90 NCAA Division I teams from around the nation.

Several Lady Bear track runners used the high level of competition to push themselves to new personal best, MVC leading marks, a NCAA national qualifying mark, and even a new national record.

Sophomore Leander Ernest took sixth in a loaded 800 meter field. Ernest's finishing time of 2:07.90 is the 19th fastest time in the NCAA this season and is also a NCAA national championship qualifying performance.

Ernest improved her indoor personal best indoors by over two-seconds moving her to the top of the Missouri State record list pushing back All-American Masherre Harrison's 2:08.03 from 2001. The new MSU mark is also a new national record for Ernest's home country of St. Lucia.

In the 4x400-meter relay at Iowa State Ernest (53.6 second split) teamed up with freshman Jacqui Lindsey (56.91) and sophomores Courtenee Boulard (56.97) and Yaneika Malcom (55.29) for a Missouri Valley Conference leading time of 3:42.77. Malcolm pulled away from regional foes Kansas State and Iowa in the final turn to win their heat and capture fourth-place overall in a field that included 37 teams from around the nation.

In the 3,000 meter run junior Carrie Vestal got out quickly hitting the One-Mile mark in 5:05 before crossing the line with the third fastest time in school history and a personal best time of 9:51.41. Vestal is the second Lady Bear to run under 10 minutes in the 3,000-meter run this season as junior Asher Kyger ran 9:55.98 earlier this season.

Junior Jamie Vest improved her season best in the 3,000 meter run finishing in 10:16.03. Finishing in 10:20.35 was sophomore Staci Nelson who has improved her personal best by 34-seconds already this season.

Malcolm posted a time of 56.07 in the 400 meter race and Lindsey clocked a time of 57.60 in the same event which is a personal best.

The Missouri Valley Conference Indoor Track and Field Championship is up next for the Lady Bears on March 1-2, in Cedar Falls, Iowa.

• OFF THE TRACK •

• Missouri State's Leander Ernest has made quick improvements since joining the Missouri State team with a 2:15.60 800-meter personal. As a freshman last spring Ernest skyrocketed to a 2:06.33 outdoor best. Now that Ernest owns her country's indoor national record her 2:06.33 outdoor time is just 0.02 seconds back of the outdoor record. Coincidentally the St. Lucian outdoor national record is also the Missouri State record. Missouri State all-American Augustina Charles set the Missouri State and St. Lucian outdoor records in 1999.

• Former Missouri State all-American Casey Owens is back on the track after a stellar fall season that earned her a spot on a USA National team for the Chiba Ekiden Relay in Chiba, Japan where she ran a 16:11 5,000-meter best. At the Iowa State Classic Owens used the 5,000-meter race as a tune-up for her preparations for the USA Olympic Track and Field Trials. Owens finished third in that race running 16:36.26.



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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

2/15-16/2008 – Iowa State Classic Iowa State University, Ames, Ia.

Long Jump

- 22. Shawntee Middlebrook – 5.38m (17-8)

Pole Vault

- Liz Blasé – NH

High Jump

- 24. Maraneika Goffe – 1.60m (5-3)
- Zaleika Goffe - NH

Triple Jump

- Maraneika Goffe- NM
- Zaleika Goffe- NM
- Shawntee Middlebrook - NM
- Rashida Allen - NM

Shot Put

- Deandrea Rolle - NM

60m Hurdles

- 35. Alexandria Oembler – 9.04
- 50. Leneice Rolle – 9.34
- 64. Rashida Allen – 9.89

200m

- 46. Yanieka Malcolm – 25.33
- 53. Alexandria Oembler – 25.45
- 57. Rashida Allen – 25.59

59. Courtenee Boulard – 25.64

- 101. Jasqui Lindsey – 26.34
- 114. Renna Berry – 26.70
- 118. Maraneika Goffe – 26.77
- 133. Anda Udris – 27.53
- 137. Leneice Rolle – 28.01

60m Dash

- 37. Alexandria Oembler – 7.89
- 42. Rashida Allen – 7.94
- 44. Courtenee Boulard – 7.94
- 58. Shawntee Middlebrook – 8.15
- 66. Anda Udris – 8.53
- 67. Leneice Rolle – 8.70

One Mile

- 48. Asher Kyger – 5:07.14

400m

- 20. Yaneika Malcolm – 56.07
- 36. Jacqui Lindsey – 57.60
- 79. Renna Berry – 1:00.79

800m

- 6. Leander Ernest – 2:07.90
- 59. Asher Kyger – 2:18.44

3000m

- 15. Carrie Vestal - 9:51.41
- 32. Jamie Vest – 10:16.03
- 37. Staci Nelson – 10:20.35

4x400m Relay

- 4. Missouri State [Lindsey (56.91), Ernest (53.60), Boulard (56.97), Malcolm (55.29)] – 3:42.77

Results from earlier season meets to be added later.