



**Edition:**  
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### ***Up Next For The Bears***

#### **TOM BOTTS INVITATIONAL**

APR. 13-15, University of Missouri

#### **SEA RAY RELAYS**

APR. 13-15, University of Tennessee

The Bears will split squads with the distance runners heading east to Tennessee and the sprint and field groups taking on in state foe Missouri.

### **Missouri State Schedules Indoor Track and Field**

<b>Date</b>	<b>Event</b>
Dec. 3	Kickoff Classic (Arkansas State, Jonesboro, Ark.)
Jan. 13	Arkansas Invitational (U. of Arkansas, Fayetteville, Ark.)
Jan. 20-21	Razorback Invitational (U. of Arkansas, Fayetteville, Ark.)
Jan. 28	Jayhawk Invitational (U. of Kansas, Lawrence, Kansas)
Feb. 3-4	Husker / Frank Sevigne Invitational (U. of Nebraska, Lincoln, Nebraska)
Feb. 10-11	Iowa State Classic (Iowa State Univ., Ames, Iowa)
Feb. 24-25	Missouri Valley Championships (U. of N. Iowa, Cedar Falls, Iowa)
Mar. 10-11	NCAA National Championships (U. of Arkansas, Fayetteville, Ark.)

### **Outdoor Track and Field**

<b>Date</b>	<b>Event</b>
Mar. 26	Tulsa Invitational (Tulsa Univ., Tulsa, Oklahoma)
Mar. 31-	Stanford Invitational
Apr. 1	(Stanford Univ., Palo Alto, California)
Apr. 2	Mississippi State Invitational (Miss. St. Univ., Starkville, Miss.)
Apr. 13-15	Sea Ray Relays (U. of Tennessee, Knoxville, Tenn.)
Apr. 13-15	Tom Botts Invitational (U. of Missouri, Columbia, Missouri)
Apr. 20-22	Kansas Relays (U. of Kansas, Lawrence, Kansas)
Apr. 27-29	Drake Relays (Drake Univ., Des Moines, Iowa)
May 12-14	Missouri Valley Championships (Wichita State U., Wichita, Kansas)
Mar. 26-27	NCAA Mideast Championships (U. of Indiana, Bloomington, Indiana)
Jun. 7-10	NCAA National Championships (Sacramento State, Sacramento, Ca.)
Jun. 22-25	USA National Championships (Indianapolis, Ind.)

## ***NCAA Marks Set At Bulldog Invite***

Two NCAA qualifying performances highlighted Missouri State's performances at the Bulldog Invitational at Mississippi State University, in Starkville, Mississippi last weekend.

Fabian Florant made a strong showing for the Missouri State men by dominating the long jump and triple jump competitions. Kareem Samuel also put in a great performance for the Bears by winning the 400-meter hurdles. Tracy Partain led the Lady Bears' with three top-five finishes and Tanya Cyrus took the win for the women in the 400-meter dash.

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## ***Distance Duo Impresses At Stanford***

Missouri State's Ashley Sanders and Carrie Vestal took their distance running talents to the west coast this past weekend to compete in the prestigious Nike Stanford Invitational. The duo finished 10th and 11th, respectively, in section two of the 10,000-meter run on Friday, March 31, at the Cobb Track and Angell Field. The 32nd edition of the Invitational is one of the top collegiate meets in the United States and features over 4,000 athletes.

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## ***Bears Open Season In Tulsa***

The Missouri State track and field teams opened their outdoor campaign on March 25 with 26 top-five finishes at the Tulsa Duels, hosted by the University of Tulsa in Tulsa, Okla. The Bears took on teams from Kansas, Oklahoma, Oklahoma State, Oral Roberts, Tulsa, and Wichita State.

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## ***Rono, Florant Earn MVC Honors***

Missouri State's Jonathan Rono and Fabian Florant have been named Missouri Valley Conference men's track athlete's of the week during the first two weeks of the 2006 outdoor season, the league office announced.

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## ***Bears Put Two In Dandy Dozen***

Missouri State's Tracy Partain and Fabian Florant are earning more national respect. Trackwire, one of the collegiate track and field's most respected sources, has placed Partain and Florant on the Trackwire Dandy Dozen.

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## Bulldog Invitational, Continued...



Senior Florant surpassed the NCAA qualifying triple jump mark with his first-place leap of 51' 3 1/2". In the men's long jump competition, Florant dominated with a jump of 23'10 3/4".

Samuel, an MSU junior, won the 400-meter hurdles with a time of 52.47-seconds. This time surpasses the NCAA qualifying mark and is also a personal-best time for Samuel.

The Bears had a two-three-four finish in the 3,000-meter run, with Michael Breshears finishing second (8:30.77), Josphat Bitok in third (8:31.90) and Kevin Born in fourth (8:32.07). In the 800-meter run, Jonathan Rono took home second place with a time of 1:51.20. Rono's time is a new personal best. Justin Alberts finished seventh in the 400-meter dash for MSU in a time of 48.51.



Partain earned three top-five finishes for the Lady Bears. She placed second in the high jump, clearing a height of 5'7" and second in the long jump with a distance of 18'9". In the 100-meter hurdles, Partain ran a time of 13.95, placing her third just shy of the NCAA qualifying mark. Partain also added a tenth-place finish in the 200-meter dash (24.99).



Cyrus, won the 400-meter dash in 54.74 also just shy of the NCAA qualifying mark.

Clarissa Codrington placed third in the 1,500-meter run with a time of 4:38.90. She also added a fifth-place finish in the 800-meter run (2:18.51).

Danielle Norville and Genna Williams took a fifth and sixth place finish for the Bears in the 100-meter dash. Norville was fifth in a time of 11.95 and Williams was sixth in 12.02.

Other top-five finishers for the MSU women included Casey Dewitt in the 3,000-meter run (10:19.68), Keely Porter in the 400-meter dash (57.92), and Michelle Simpson in the 400-meter hurdles (1:03.68). Jayne Kristmann added a second-place finish in the pole vault, clearing a height of 10'6" and a fourth-place finish in the javelin throw (121'1").

The Bears' women's relay teams also had a great showing at the Invitational as the 4x100-meter relay team finished second, with a time of 46.55, and the 4x400-meter relay won the race in 3:45.66. Both times are just short of the NCAA qualifying standard.

## Stanford Invitational, Continued...



Sanders, a senior from Clinton, Mo., finished 10th in the race with a time of 35:25.50. Her time places her second on Missouri State's list of all-time top performers for the 10,000-meters. Sanders time is a new personal best by an impressive 56-seconds.

A native of Springfield, Mo., the sophomore Vestal finished close behind her teammate Sanders with a time of 35:29.30 in the event, placing her 11th. Vestal's time is a new personal best by an astonishing two-minutes and 21-seconds. With this time, Vestal claims the third fastest time in Missouri State history.

Sanders performance is the top time in the MVC this year while Vestal's time ranks her second in the MVC. The two are well ahead of their closest MVC competitor, Sarah Becker of Wichita State, who ran 36:25.97 in the same Stanford Invitational race as Sanders and Vestal.



Sanders time is the seventh fastest time ever run by a runner from any current Missouri Valley Conference school while Vestal ranks eighth on the all-time list of MVC schools. Former MSU runner Casey Owens set the MSU, MVC and state of Missouri collegiate all-time bests last spring for the Lady Bears.

Also competing at the Nike Stanford Invitational was Missouri State alum Blake Boldon. Boldon, a 2003 graduate of MSU, ran his season opener in the 5000-meters at Stanford. Boldon ran an impressive race finishing with a new personal best of 13:58.99. Boldon's post collegiate running career is progressing well. He is fresh off a trip to Ireland where he competed for a US National team that competed in two races. Highlighting that trip was a 14:13 5k road race performance by Boldon.

## Tulsa, Continued...

Ashley Sanders knocked three seconds off her personal record in the women's 1,500-meter run, finishing second with a time of 4:38.04. She was followed closely by teammate Clarissa Codrington who ran 4:40.83 to finish fourth. Sophomore Carrie Vestal also set a personal best running 4:44.18 to place seventh. Long distance runner Jamie Vest, a freshman, finished fourth in the 3000-meters in 10:30.

Lady Bear sprinters turned in several solid season openers. Danielle Norville finished second in the 200-meter dash with a time of 24.73. Alexandria Oempler ran a 14.49 100-meter hurdles for a third place finish. Norville also placed

fifth in the 100-meters just behind teammate Genna Williams who placed fourth in 12.20-seconds. Tanya Cyrus added to the team sprint depth finishing fourth in the 200-meters in 25.19-seconds.

In the pole vault, Jayne Kristmann placed second with a mark of 10 feet, 6 inches. Tracy Partain cleared 5 feet, 3 inches in the high jump for third.

Jumpers Fabian Florant and Ryan Taylor led the men with 1-2 finishes in both the long and triple jump. Florant set marks of 23 feet, 3 and 1/2 inches in the long jump and 50 feet, 1/2 inch in the triple jump, while Taylor set marks of 22 feet 1 inch and 47 feet 4 and 1/2 inches.

Sophomore Jonathan Rono also had a big day for the Bears, finishing second in the 800-meter run with a time of 1:52.23, a new personal best, and fourth in 1,500-meter run in 3:55.29. Freshman Josphat Bitok finished fourth in the 1500-meter run and sophomore Kevin Born was fifth in the same race.

Kenroy Dixon finished third in the 100-meter dash with a time of 10.90. Justin Alberts finished second in the 200-meter dash in 21.98. Kareem Samuel set a new personal record in the 400-meter hurdles as he finished second with a time of 52.95.

### **MVC Honor, Continued...**

Rono, a sophomore distance runner, was named the MVC track athlete of the week during the first week of the season after earning two top-five finishes at the Tulsa Duels, in Tulsa, Okla as he took second in the 800-meter run with a time of 1:52.23, placing him at the top of the Valley best list. In the 1,500-meter run, Rono finished fourth in 3:55.29, recording another top time in the Valley.

Florant, a senior jumper, was named the MVC field athlete of the week for the second week of the season for his performances at the Bulldog Invitational at Mississippi State. Florant won both the triple and long jump events at the Bulldog Invite. Florant also scored an NCAA qualifying mark in the triple jump.

### **Trackwire, Continued...**

The Trackwire Dandy Dozen is a weekly release of Trackwire's top 12 picks for the NCAA national championship. In the men's triple jump Fabian Florant is picked fifth for the upcoming NCAA Championship. Florant was an all-American indoors this year. Tracy Partain is picked eighth in the heptathlon in the Dandy Dozen. Partain was 11<sup>th</sup> in the pentathlon at this year's indoor championship and was an all-American last season.

### **Trackwire Dandy Dozen Rankings**

#### Triple Jump

1. Rafeeq Curry, Florida St.
2. Nkosinza Balumbu, Arkansas
3. Marc Kellman, George Mason
4. Yuriy Litvinski, Nn. Iowa
- 5. Fabian Florant, Missouri St.**
6. Brandon Via, NC A&T
7. Louis Brown, Beth. Cookman
8. Greig Cryer, So. Carolina
9. Alonzo Moore, Wisconsin
10. Ryan Zimmerman, Arizona St.
11. Ronald Carter, Long Beach St
12. Samyr Laine, Harvard

#### Heptathlon

1. Jacquelyn Johnson, Arizona St
2. Jessica Stockard, Georgia
3. Ashley Selig, Nebraska
4. Julie Pickler, Washington St.
5. Danielle Ayers-Stamper Cal Poly (SLO)
6. Diana Pickler, Washington St.
7. Saskia Triesschejn, Virginia Tech
- 8. Tracy Partain, Missouri State**
9. Krystal Ward, Houston
10. Jamie Greubel, Cornell
11. Liz Roehrig, Minnesota
12. Gayle Hunter, Penn State