



Edition:
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Up Next For The Bears

June 6-9 NCAA Championships

Declarations are in and Missouri State awaits its fate for the NCAA championships. Excepted athletes will be announced Wednesday, May 30 at NCAASports.com and at BearsTrack.net

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. 6-9	NCAA National Championships (Sacramento State, Sacramento, Ca.)
Jun. 21-24	USA National Championships (IUPUI, Indianapolis, Ind.)

Williams Leads MSU At Valley Meet

The Missouri State track and field team left their mark on the 2007 State Farm Missouri Valley Conference Outdoor Championship Sunday May 11-13, in Des Moines, Iowa. The Lady Bears took conference championships in three events with ten top three finishes.

With 94 points from the sprint and distance events Missouri State added another 17 from the field to take fourth, missing the top three by a mere point. The Lady Bears 94 track points were the most points scored from track events by any MVC school.



Missouri State senior Genna Williams made her last MVC championship a special one, placing first in both the 100- and 200-meter dashes. Her time of 11.30 in the 100-meter dash was a personal-best and set a new MSU record. The record was previously held by Yves-Rose Jerome who ran a time of 11.35 in 1996. Her 200-meter dash time of 23.85 is also a personal-best and both times surpass NCAA qualifying marks. Williams was also the second leg of the Bears' 4x100-meter relay that placed second in a season-best time of 45.58, also a NCAA qualifying mark. For Williams' stellar performances, she was named the MVC Outstanding Female Track Athlete.

The other three Bears that made up the NCAA qualifying 4x100 team included Kim Carter, Alexandria Oempler and Leander Ernest.

Oempler also added a sixth-place finish in the 100-meter hurdles in a time of 14.39 and Carter placed fifth in the 100-meter dash in a season-best time of 11.75. Carter also jumped to a runner-up finish in the long jump with a NCAA qualifying mark of 19-11.

In the 400-meter dash, sophomore Yaneika Malcolm ran a personal-best time of 55.41 to place third. MSU's Tanya Cyrus finished right behind Malcolm to earn fourth in 55.55.

Ernest, the favorite to win the 800-meter run, lost a shoe in the race's first 100-meters but continued on to finish second in a time of 2:12.74.

MSU's Kristin Wolkey ran a personal-best time of 4:32.87 in the 1,500-meter run to place second. Also competing in the 800-meter run she ran 2:13.41 in the prelim, a five-second personal best, before taking seventh in the final.

Carrie Vestal and Jamie Vest both had runner-up finishes as well. Vestal did so in the 10,000-meters running 36:32. Vest was runner-up in the 3,000-meter steeplechase in 10:43 and is the second time this season she has surpassed the NCAA qualifying mark. The two also took sixth and eighth in the 5,000-meter run, respectively.

Twin sisters Zaleika and Maraneika Goffe both jumped 5-5 in the high jump to take fourth and fifth.

The Bears closed out the meet with a huge win in the 4x400-meter relay. The foursome of Angelique Stephens, Cyrus, Malcolm and Ernest, who ran a 52-second anchor leg, combined for a season best and NCAA qualifying time of 3:39.59.

Lady Bears Take Valley Honors

Eight Missouri State track and field athletes have been named to the 2007 Missouri Valley Conference Scholar-Athlete Team while ten have been named to the all-Conference team.

At the MVC Outdoor Track and Field Championship in Des Moines, Iowa ten Lady Bears took home all-conference honors. Genna Williams, the MVC Track Athlete of The Year highlights MSU's list of honorees. Joining Williams (100m, 200m, 4x100m) on the all-conference team is Kim Carter (Long Jump, 4x100m), Tanya Cyrus (4x400m), Leander Ernest (800m, 4x100m, 4x400m), Yanieka Malcolm (4x400m), Alexandria Oembler (4x100m), Angelique Stephens (4x400m), Jamie Vest (3000m steeplechase), Carrie Vestal (10000m) and Kristin Wolkey (1500m). Seven of MSU's all-conference award winners will return next year.

As the all-academic teams were announced MSU saw eight of its athletes make that list. Carter, Cyrus, Malcolm, Vest, Vestal and Wolkey took the award with twin sisters Maraneika and Zaleika Goffe adding their names to the list.

To be eligible for MVC Scholar-Athlete honors, athletes must have finished in the top six at one of the conference's championship events (indoor or outdoor) and be a sophomore in academic and athletic standing while maintaining a 3.0 grade point average.

Alumni Update

Missouri State alum Blake Boldon recently finished fourth in an elite field of 1,500-meter runners at the "Road To Eugene" track and field meet at the University of Oregon. Boldon's time of 3:41.99 left him just off the pace set by Ryan McKenzie of Canada and former Missouri high school (Lee's Summit) star Marc Tegenkamp now of Nike. Boldon, now running for Saucony, has two US top ten finishes over the last year and is currently preparing for the USA Championships in Indianapolis, In. in July.

Results:

1500m - 1, Ryan McKenzie, NIKE Canada, 3:39.93. 2, Matt Tegenkamp, NIKE, 3:40.34. 3, Steve Scherer, Unattached, 3:41.05. **4, Blake Boldon, Saucony, 3:41.99.** 5, Sean O'Brien, OTC Elite, 3:42.42. 6, Ian Dobson, adidas, 3:42.89. 7, Jordan McNamara, Lane Community C, 3:43.03. 8, Patrick Tarpy, Reebok, 3:43.11. 9, Bolota Asmerom, NIKE, 3:43.59. 10, Gabe Jennings, Saucony, 3:45.32. 11, Martell Munguia, Mexico, 3:52.63. --, Joel Legare, Team XO, DNF. --, Joaquin Chapa, Unattached, DNF.

Missouri State Begins NCAA Championships

Missouri State track and field has begun NCAA championship competition with the first round taking place at the Mideast regional in Columbia, Mo. this past Saturday. The top five athletes move onto the national championships in Sacramento, Ca. Those not finishing in the top five will wait for Wednesday's list of at-large qualifiers to be announced.

Freshman Leander Ernest turned in the Bears' top performance of the meet with a seventh-place finish in the 800-meter run finishing with a time of 2:09.05. Ernest set a new personal best in the 800 prelim on the first day of competition, posting a time of 2:06.33 to qualify for Saturday's final. The St. Lucia native has dropped nearly ten-seconds from her personal best this season and narrowly missed setting the Missouri State school record, held by fellow St. Lucian Augustina Charles with a top performance of 2:06.30 in 1999.

Sophomore Jamie Vest competed in the 3,000-meter steeplechase. Despite a nasty fall midway through the race the Lebanon, Mo., product finished with a run of 10:58.05, her fifth time under the 11-minute mark this season but well off her season best of 10:40.

Genna Williams and Kim Carter also competed at the regional meet. Williams a three event qualifier chose to focus her attention on the 100-meter dash where she was unable to move on to the eight person final after a 12.56-second finish. Carter, a two-event qualifier, competed in long jump jumping 18-07, off her 19-11 best from two weeks ago, to place 15th.

In all eight Missouri State women earned NCAA qualifying marks in 2007. Below is a list of MSU's qualifiers:

- > Kim Carter, Long Jump, 4x100m
- > Jamie Vest, 3000-meter Steeplechase
- > Leander Ernest, 400-meters, 800-meters, 4x400-meters, 4x100m
- > Yanieka Malcolm, 4x400-meter Relay
- > Alexandria Oembler, 4x400-meter Relay
- > Tanya Cyrus, 4x400-meter Relay
- > Angelique Stephens, 4x400m
- > Genna Williams, 100-meters, 200m, 4x100m

Coming Soon

Coming soon to Bear Tracks will be the 2007 cross country preview. Spread through the summer will report out 2007 recruiting class, the 2007 competition schedule as well as a look at our strong group of returners.

Alumni Run

Alumni run information will soon be posted at BearsTrack.net. Make plans to attend and support your program!



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