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Up Next For The Lady Bears

Cross Country

Missouri State's cross country and track and field teams are on summer break right now but cross country is on the way. The Lady Bears will open up the 2007 season on September 1 in St. Louis' Forest Park.

Missouri State Cross Country Schedule

| Date | Event |
|----------|--|
| Sept. 1 | WashU Early Bird (WashU-St. Louis, St. Louis, Mo.) |
| Sept. 22 | Missouri State Cross Country Classic (Missouri State, Springfield, Mo.) |
| Sept. 29 | Cowboy Jamboree (Ok. State, Stillwater, Ok.) |
| Oct. 13 | NCAA Pre-Nationals (Indiana State, Terre Haute, Ind.) |
| Oct. 27 | Missouri Valley Championships (Univ. of N. Iowa, Cedar Falls, Ia.) |
| Nov. 10 | NCAA Region Championships (Bradley University, Peoria, Ill.) |
| Nov. 19 | NCAA National Championships (Indiana State, Terre Haute, Ind.) |

25th Annual Alumni Run

Missouri State's 25th Annual Alumni Run 5k will be held in conjunction with the Missouri State Cross Country Classic on September 22nd. After the collegiate races a special alumni and community race will be held. This event is open to all runners whether you are a MSU/SMS alumni or not. Please join us as we reunite old friends, meet new ones, and build support for MSU Cross-Country and Track and Field. Show your support for collegiate running in Springfield with your attendance. Event information is online at BearsTrack.net.

MSU Duo To Compete At USA Nationals

Two former Missouri State track and field stars will compete at the USA National Track and Field Championships June 21-24 in Indianapolis, Ind.



Blake Boldon, a 2003 graduate, will compete in the men's 1500-meters which is set to begin Friday with the preliminary rounds. Boldon, who is sponsored by the Saucony shoe company, has finished in the top ten at the last two USA national track and field championships. Boldon was fourth in the 3000-meters at the 2007 USA Indoor Track and Field Championships with a performance of 7:57. At the 2006 USA Outdoor Track and Field Championships Boldon finished tenth in the 1500-meters with a performance of 3:44.83. Boldon's 2007 season has seen new personal bests in the One Mile (3:59.18i) and the 1500-meters (3:41.99). Boldon set the Missouri State 1500-meter record in 2003 of 3:42.73.

Melinda Sallins, a two-time all-American and 1996 Missouri State graduate, continues to have an impressive post collegiate career. Sallins will compete in the 400-meter Hurdles, an event she finished ninth in at last years USA National Championships. Sallins ran her 2007 best of 56.60-seconds in Provo, Utah on June 1st and enters the weekend with the 12th best time in the nation this year. Sallins lifetime best of 56.06-seconds was set at the USA Championships in 1997. Sallins is the Missouri State record holder in the 400-meter hurdles (56.64) and is second on the MSU record list in the 100-meter hurdles (13.50) behind 2006 MSU graduate Tracy Partain (13.38).

Partain, 2006 graduate and two-time all-American, finished ninth at last years USA Championship in the heptathlon but has not declared to compete at this year's championship. Partain, who spent the fall rehabbing a foot injury, is continuing to train for the 2008 Olympic Trials.

2007 USA Track and Field Championships Schedule:

Friday, June 22:

5:30PM: Women's 400-meter Hurdle Prelim
6:25PM: Men's 1500-meter Prelim

Saturday, June 23:

2:02PM: Women's 400-meter Hurdle Semi-Final

Sunday, June 24:

2:10PM: Women's 400-meter Hurdle Final
2:40PM: Men's 1500-meter Final