



Edition:  
#20 / 2005-06

## Up Next For The Bears

### KANSAS RELAYS

APR. 20-22, University of Kansas

The Bears will be in Lawrence, Kansas this weekend for the Kansas Relays. We hope to see many of our Kansas City area fans in the stands this weekend as most of the team will be competing.

## Missouri State Schedules Indoor Track and Field

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

## Outdoor Track and Field

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

## Partain Posts Record Setting Weekend

Missouri States Tracy Partain posted a record setting weekend as she broke a Missouri State and Missouri Valley Conference record on her way to three NCAA qualifying performances while competing in the Audrey Walton and Tom Botts events in Columbia, Mo.

### Audrey Walton Combined Events Meet Review:



Partain won the heptathlon with 5,649 points at last Friday's conclusion of the Third Annual Audrey Walton Combined Events in Columbia, Mo. Partain's score automatically qualifies her for the NCAA National Championship meet in June.

During the two day competition Partain came from behind in the final three events to overtake post collegiate Fiona Asigbee, who was last years third place finisher at the USA National Championships.

On day one Partain tallied a score of 3,410, trailing first-place by only 38 points. In the 100-meter hurdles, Partain finished second with a time of 13.73. She tied for a third-place finish in the high jump competition, clearing 5'5 1/4" and placed fourth in the shot put, with a throw of 39'1". Partain ended the afternoon with a first-place 200-meter run time of 24.51, a personal-best.

On day two Partain dominated the long jump with a leap of 18'8 1/2", earning her the win in the event. She also conquered the javelin throw with a distance of 129'10", a personal-best. In the final event of the day, the 800-meter run, Partain finished second with a time of 2:20.18. Partain's overall score of 5,649 earned her the win and automatically qualified her for the NCAA National Championship by surpassing the automatic qualifying mark of 5,500 points. Her score also smashed the Missouri State record she set in Sacramento, Calif., in 2005, by 250 points and she is ranked third-best in the nation entering the weekend and 18<sup>th</sup> in the World. Partain's mark is also a new Missouri Valley Conference Record and qualifies her for the USA National Championships.

Teammate Kim Carter made a strong showing in the conclusion of the heptathlon as well by tallying up 4,824 points, earning her sixth place.

After four events Carter had a score of 2,910 and was in 11<sup>th</sup> place. On day one she ran a time of 14.99 in the 100-meter hurdles, earning her ninth in the event. Carter cleared a height of 4'10 1/4 in the high jump competition and threw the shot put a distance of 35'3 3/4". In the 200-meter dash, the final event of the afternoon, Carter placed third with a time of 24.98. On day two Carter

finished fifth in the long jump with a jump of 17'10 3/4" and sixth in the javelin throw with a mark of 112'4". In the 800-meter run, Carter placed eighth in 2:31.76. Her overall score is a career best. Carter's score is also the fourth best score in the Missouri Valley Conference this year.

### Tom Bott's Invitational Review:

Bears' track and field standout Tracy Partain agrees with the statement that you should never rest on your laurels. After competing in the grueling heptathlon all day Thursday and Friday Partain laced up her spikes again Saturday to lead the Missouri State Track and Field teams at the Tom Botts Invitational in Columbia, Mo.

Partain won the 400-meter hurdle and high jump competitions on Saturday and took second in the 100-meter hurdles. Partain's time of 59.83 surpasses the NCAA regional qualifying mark of 1:00.82 and earns her the chance to compete at the NCAA regional meet in May. Partain also qualified for the regional meet in the 100-meter hurdles with a time of 13.78. In the high jump competition Partain cleared 5' 07" for first. For her outstanding performances on the weekend, Partain was named the Tom Botts Female Athlete of the Meet.



Senior sprint specialist Danielle Norville ran her best time of the season in the 100-meter dash and finished first in 11.87. She also added a win in the 200-meter dash with a time of 24.23.

On the men's side of the Tom Botts Invite, MSU senior Justin Alberts grabbed first-place honors with a time of 48.07 in the 400-meter dash. Teammate Kareem Samuel finished third in 48.60.

### Tennessee Sea Ray Relays Review:

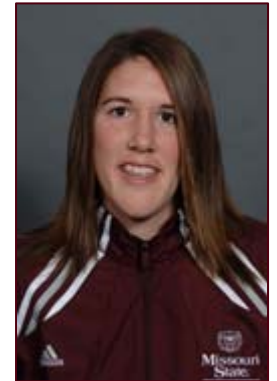
Missouri State's distance runners took their talents east to Knoxville, Tennessee and the University of Tennessee's Sea Ray Relays over the weekend of April 14-15<sup>th</sup>.

At the conclusion of the meet Michael Breshears headlined the Bears' men's team by finishing fifth in the 3,000-meter steeplechase invitational with a time of 9:15.62. Breshears time is the second fastest steeplechase time of the year in the Missouri Valley Conference. Teammate Jonathan Rono was also in the event but was disqualified. Rono was leading the race at the 2,000-meter mark looking poised for a sub 8:50 run, which would have broken the MSU record, when a competitor stepped on Rono's shoe



ripping his spikes in half from the seem. Rono rammed into a barrier as this happened and stepped off the track causing the disqualification. After approximately 15-seconds Rono was able to remove the ripped shoe and continue running. On the same lap Rono stopped again for several seconds to remove the other shoe. Finishing barefoot Rono completed the race in 9:22 before finding out of the disqualification.

Several Lady Bears also competed in the 3,000-meter steeplechase. Freshman Jamie Vest competed in the first steeplechase of her career finishing in 11:19.06. Junior Casey DeWitt finished in 11:21.13 and freshman Kristin Wolkey also competed in her first steeplechase to finish in 11:28.19. All three are ranked among the MVC's top seven so far this season.



Missouri State's Clarissa Codrington finished the 1,500-meter run with a time of 4:39.47. Teammate Wolkey finished with a time of 4:43.29, improving her personal-best mark by nearly ten seconds. Running in different heats in the men's 1,500-meter run, Kevin Born finished in 3:56.40 and Rono finished in 3:56.84 with final laps of 61-seconds and 59-seconds, respectively.

Conditions were tough for the Bears 5,000-meter runners as the long race was run in nearly 90 degree heat. Bear runner Josphat Bitok took the pace for most of the race as the only runner in the field that broke away with the rabbit. As the rabbit pulled off Bitok had a 30 meter lead and was on pace for a sub 14:40 run. In the final 1000-meters Bitok faded as teammate Born passed him in the final seconds as both finished among the leaders. Born finished in 15:05.95 while Bitok finished in 15:06.26.

In the women's 5000-meters Ashley Sanders and Carrie Vestal had to battle the same hot and humid conditions as the race was run in mid afternoon. The two paced the lead pack through 2000-meters before finishing in ninth and tenth-place. Sanders placed ninth in 17:36.74 and Vestal finished in 17:41.03, earning her tenth.

### Partain Named MVC Athlete of The Week

This week's Missouri Valley Conference Outdoor Track and Field Athlete of the Week Tracy Partain of Missouri State. Partain earned the honor as a result of her performances at both the Audrey Walton Invite and the Tom Botts Invite.

## Trackwire Dandy Dozen



Missouri State's finest have moved up in the Trackwire Dandy Dozen Rankings. The Dandy Dozen is a prediction of the NCAA National Championship finish places. Trackwire is an independent media source specializing in track and field. It's rankings have long been considered one of the top sources for track and field. [www.trackwire.com](http://www.trackwire.com)

### Triple Jump

1. Rafeeq Curry, Florida St.
2. Nkosinza Balumbu, Arkansas
3. Marc Kellman, George Mason
- 4. Fabian Florant, Missouri St.**
5. Louis Brown, Beth. Cookman
6. Andre Black, Louisville
7. Brandon Via, NC A&T
8. Ryan Zimmerman, Arizona St.
9. Yuriy Litvinski, Northern Ia.
10. Rayon Taylor, Cornell
11. Greig Cryer, So. Carolina
12. Ryan McCoy, George mason

### Heptathlon

1. Jacquelyn Johnson, Arizona St
2. Jessica Stockard, Georgia
3. Ashley Selig, Nebraska
4. Julie Pickler, Washington St.
- 5. Tracy Partain, Missouri State**
6. Diana Pickler, Washington St.
7. Saskia Triesschejn, Virginia Tech
8. Jamie Greubel, Cornell
9. Kalindra McFadden, Oregon
10. Lauryn Jordan, Oregon
11. Kristin Olafsdottir, San Diego St
12. Krystal Ward, Houston

## Kansas Relays Information

Those looking for information on the Kansas Relays can be directed to [www.kusports.com/news/relays](http://www.kusports.com/news/relays)