



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 Iowa State Last Chance

- **Date:** Saturday-Sunday, March 7-8, 2008
- **Time:** TBA
- **Location:** ISU Rec. Center • Iowa State University, Ames, 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 •

Missouri State track and field athletes earned three conference event crowns and seven earned all-Conference honors but it was not enough to keep the Lady Bears from a sixth place finish at the Missouri Valley Conference Indoor Track and Field Championships in Cedar Falls, Ia.

Host team Northern Iowa took home the Valley title with 147.50 points; their first since 2002 and only the second title in UNI school history. Southern Illinois secured second with 143.50 points, Indiana State finished with 112.70, Wichita State with 110.60, Illinois State with 86, MSU with 65.50, Drake with 17.50 and Bradley placed eighth with three points.

While the team showing was disappointing for Missouri State several Lady Bear athletes performed well individually. Junior Asher Kyger and sophomore Leander Ernest were Missouri State's top scorers with 14.5 points and 14 points, respectively. Junior distance ace Carrie Vestal brought home 11 for her squad as well.

Kyger and Ernest teamed up with freshman Emily Fletcher and sophomore Yaneika Malcolm to run away from the field in the Distance Medley Relay. The foursome's 11:43.16 bettered the field by more than 11-seconds to set the Missouri Valley Conference Championship meet record. Fletcher and Malcolm got the team within one-second of the lead after the 1200-meter and 400-meter legs before Ernest's 800-meter leg broke open the race with a 2:10 split. Kyger built on the team's lead with a 4:58 1600-meter leg at anchor. The time is the second fastest time in Missouri State school history only behind the 2003 seasons 11:39.84.

Both Kyger and Ernest became double winners on day two of competition. Kyger surprised the field in the One-Mile Run winning a three wide sprint to the finish. Kyger's time of 4:54.77 is a new personal best and ranks second on the MSU school list.

During day one Ernest and Kyger earned tickets into the 800-meter final. Ernest won her prelim section in 2:13.64 with Kyger taking third in the same section in a new indoor personal best of 2:13.94.

In the 800-meter final Ernest would get her second win of the meet

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• OFF THE TRACK •

• Missouri State's cross country team has been recognized by the United States Track and Field and Cross Country Coaches Association as an all-Academic team. To earn the honor teams must have competed at the NCAA Regional Cross Country Championships and must maintain a cumulative team GPA above 3.0 for all athletes who competed during the 2008 season.

Missouri State posted a cumulative GPA average of 3.57 to rank 20th among all NCAA Division I programs. In all 325 universities sponsor women's cross country in the NCAA Division I ranks. In addition Missouri State ranks second among schools in the Midwest region and first among schools in the state of Missouri in team GPA. Missouri State's cross country program has maintained a team GPA above 3.5 each year under Coach Greg Hipp.

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by going straight to the lead for an impressive wire to wire win in 2:12.88. Ernest is the sixth winner of the 800-meter event for Missouri State since 1997 and eighth overall. The St. Lucian native is her country's national record holder at 2:07.90, a time she set two weeks ago for Missouri State. Kyger took seventh for an additional two points.

Two wins was not enough for Ernest as she and her 4x400-meter Relay team entered the meets final event seeking the program's eighth conference crown in that event in the last 12 years. Sophomores Ernest, Malcolm and Courtenee Boulard joined freshman Jacqui Lindsey for the event where they hold the MVC leading mark of 3:42.77. However, as Ernest took the baton for the anchor leg she found herself 20-meters behind the lead in third. As most resigned the Lady Bear to their position Ernest began running down the leaders, which included the days 400-meter individual Champion from Indiana State. It was not enough though as Ernest's gutsy 54.06 second leg came up five meters short of the title as the Lady Bears held strong at third.

The junior Vestal earned her place on the all-MVC team with a third place showing in the 5000-meters. Vestal finished up in 17:37.59 in the tactical race. Her teammate and fellow junior Jamie Vest finished the same event with a new personal best 17:53.11 for eighth place.

Vestal was also impressive in the 3000-meter run on day two of competition. The Springfield native challenged for the win through the race before taking fourth with a time of 10:03.27. Taking her second eighth place finish and personal best of the weekend was Jamie Vest who was in at 10:12.21.

Adding to the team's win in the One-Mile Run was freshman Emily Fletcher who was also a member of the winning Distance Medley Relay. Fletcher closed quickly in the final lap for a seventh place finish and a new personal best 5:04.20 for two points.

The Lady Bears added two more points in the short sprints. Sophomore Courtenee Boulard earned her way into the final of the 60-meter Dash with a personal best tying 7.77-second sprint in the prelim rounds before taking eighth in the final with a time of 7.83-seconds. In the 60-meter Hurdle event junior Alexandria Oempler was eighth as well in 9.05-seconds. In the events prelim round Oempler set a personal best 8.80-seconds which ties Kerry-Ann Craig for the second best 60-meter Hurdle mark in MSU history.

The freshman Lindsey took advantage of her first MVC Championship final appearance taking seventh with a personal best 57.45-seconds for two points. MSU sprinters have a long tradition of 400-meter success winning MVC titles indoors eleven of the last twelve years.

The Lady Bears earned 8.5 points in the field events. Freshman Shawntee Middlebrook got the team's first five with a fifth place finish in the long jump. Her jump of 18-8 is an indoor personal best. Sophomore Mareneika Goffe broke through in the high jump with a personal best 5-6 clearance. Her jump earned her a tie for 4th place in the meet and is the fifth best jump in MSU history.

Most of the Missouri State squad will now look to the start of the outdoor season; however, Ernest has reached an NCAA provisional qualifying mark for the 800-meters of 2:07.90 set at the Iowa State Classic. Ernest may use this weekend's Iowa State Last Chance Qualifier meet to make an attempt at improving her national standing before the NCAA Indoor Track and Field Championships.

All-Missouri Valley Conference Team Members from Missouri State:

Asher Kyger, Distance Medley Relay (1st), One-Mile Run (1st)

Carrie Vestal, 5000-meter Run (3rd)

Courtenee Boulard, 4x400-meter Relay (3rd)

Emily Fletcher, Distance Medley Relay (1st)

Jacqui Lindsey, 4x400-meter Relay (3rd)

Leander Ernest, Distance Medley Relays (1st), 4x400-meter Relay (3rd), 800-meters (1st)

Yaneika Malcolm, Distance Medley Relay (1st), 4x400-meter relay (3rd)

Note: Meet Results for the MVC Championship and all 2008 indoor meets will be included in the next issue of Bear Tracks.



MSU CC / TF

• 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.)