



Edition:
#22 / 2005-06

Up Next For The Bears

NCAA OUTDOOR NATIONAL CHAMPIONSHIPS

June 7-10, Sacramento St. University
With the NCAA regional meet complete qualifiers will be released soon with Missouri State expecting another appearance in the national meet.

Missouri State Schedules Indoor Track and Field

Date	Event
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

Date	Event
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 6	Ward Haylett Invitational (Kansas St Univ., Mahattan, Kan.)
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.)

Bears Impressive At MVC Meet

For Missouri State track and field the State Farm Missouri Valley Conference Championship meet was full of conference championship performances and personal bests as the Bears and Lady bears competed at Cessna Stadium in Wichita, Kan.

The Lady Bears got off to a quick start as Carrie Vestal and Ashley Sanders gave the team a one-two finish in the women's 10,000-meter run on the first day of the three-day competition.



Vestal finished in 36:06.91 with teammate Sanders 15 seconds back at 36:21.55 to give Missouri State 18 points in the event. For the Lady Bears the one-two finish marks the third year in a row that a Missouri State pair has finished one-two in the 10,000-meters and the fourth year in a row that a Missouri State runner has won the event.

Up next for the Lady Bears was multi-event specialist Tracy Partain who cruised to a victory and new MVC all-time record in the heptathlon with a mark of 5,756 points. Partain had the top performance in all seven events of the grueling heptathlon as she impressed the crowd with her performance that ranks third in the NCAA, second on the USA national list and 15th in the World this year. Missouri State junior Kim Carter was impressive as well taking third in the heptathlon with a new personal best of 4,947 points, just 53-points shy of the NCAA national qualifying mark.

Partain and Carter continued to rack up points and personal bests during the meet. Partain took third in the javelin while teammate Jayne Kristmann was sixth with Carter seventh. In the long jump Carter added a third place finish with a jump of 19-8 which was good enough for an NCAA qualifying mark. Partain was fourth in the same event with a distance of 19-05.50 before going on to finish fourth in the high jump as well with a clearance of 5-7.25.



Partain and Carter did their part on the track as well both running on the runner-up 4x100-meter relay along with Daneille Norville and Tanya Cyrus. The relay finished in 46.33-seconds. Partain took first place in the 100-meter hurdles as well with a new MVC Championship meet record of 13.38, second in the 400-meter hurdles with a time of 60.72-seconds and was a member of the fourth place 4x400-meter relay.

Sprint specialist Norville added to her 4x100-meter relay performance with a conference championship in the 200-meters. Her time of 23.88-seconds was a

NCAA qualifying performance. Norville also added a third place finish in the 100-meters running 11.77-seconds in the final and 11.72-seconds in the prelim, an NCAA qualifying mark.

Cyrus got herself a conference championship as well, for her in the 400-meter dash. Cyrus sprinted away from the field running 54.85-seconds. Cyrus also took fifth in 200-meters and was a member of the 4x400-meter relay.



In the women's 3,000m steeplechase, Casey DeWitt was impressive as she finished with a 24-second personal-best time of 10:32.86. Despite eclipsing the MVC championship meet record DeWitt placed only third in the event which is one of the Valley's strongest. Her time moves her into the number two rank on the Missouri State all-time list and ranks 11th in the NCAA Mideast Region and is

an NCAA qualifying mark. Teammate Jamie Vest finished fifth in the same event, recording a personal-best time of 11:02.99, a Missouri State freshman record, and Kristin Wolkey was ninth in 11:26.91.

DeWitt also came back to lead the Lady Bears in a tactical 5000-meter race where she secured a third place finish running a new personal best of 17:24.72. Vestal was sixth in the same event running 17:42.04 and Sanders was eighth.

Other top finishers for the Lady Bears' team included Clarissa Codrington in the 800m and 1,500m runs. She placed sixth in the 800m with a time of 2:16.15 and ran 2:13 in the prelim. Codrington was also third in the 1,500m in 4:38.17. Michelle Simpson finished fifth in the 400m hurdles in 1:03.98 and Alexandria Oemler was sixth in the 100m hurdles with a time of 14.77, with a 14.43 time in the prelim. Jayne Kristmann earned seventh place in the pole vault competition, clearing 10-06.00.

Wichita State was the women's 2006 MVC outdoor champion, with 169 points. Missouri State finished second with 137 points, followed by Illinois State (112), Southern Illinois (80), Northern Iowa (67), Indiana State (60), Drake (25), and Bradley (1).

Missouri State's Tracy Partain was honored by the conference for her most impressive weekend. By league coaches vote Partain swept the women's Valley individual awards as she was the highest point scorer and named Most Valuable Athlete, Most Outstanding Track Athlete and Most Outstanding Field Athlete.

The Missouri Valley Championship was bitter sweet for Missouri State's youthful men's team as the Bears posted one of their most competitive conference showings in memory. However, their seemingly bright future will not be possible as Missouri State University will not sponsor men's track and field next year.



All-American jumper Fabian Florant and sprint leader Kenroy Dixon led the Missouri State squad, both earning conference championships in their events. Florant won the triple jump for the second-straight year with a season best jump of 51-04.25. Missouri State freshman Ryan Taylor finished second in the event with a career best mark of 50-06.75. Both Taylor and Florant's marks are NCAA qualifying performances.

Taylor also took second place in the finals of the long jump competition for the Bears with a personal-best distance of 24-06.25, giving him a second NCAA qualifying mark.

Dixon earned his championship in the 100-meter dash. Dixon raced to a 10.48-second run in the prelims before winning the finals with a 10.54-second run.

Freshman Orlando Slider took fourth in the same race running 10.60-seconds in the prelim and 10.74-seconds in the final.

Both Dixon and Slider ran on the Bears second place finishing 4x100-meter relay along with Justin Alberts and Kareem Samuel. In the 200-meter dash Dixon and Slider came back to score for the Bears again taking fifth and sixth place, respectively.



In the 400m hurdles, Samuel returned to place fourth in 53.81 and Mike Wahlig was seventh in 56.45. Alberts added points with his sixth place finish in the finals of the 400m dash in 47.95. Samuel, Wahlig, Alberts and Travis Mack also ran for the Bears 4x400-meter relay that finished fourth.

The Bears distance runners were impressive through the Valley Championship weekend. Junior Michael Breshears finished second in the 3,000m steeplechase with a season-best time of 9:02.86, an NCAA qualifying mark, while sophomore Jonathan Rono placed third in the event, finishing with a time of 9:10.21, just 3-seconds shy of the NCAA mark. Rono also finished fifth in the 1,500m run with a time of 3:54.31 with freshman Kevin Born finishing seventh in 3:55.

In the 5,000-meters Born and Breshears gave the Bears another distance event two-three finish. Born finished second in 14:49.27 and Breshears, third, in 14:51.51. Freshman Josphat Bitok added a ninth-place finish in the same event for the Bears.

Indiana State took home the men's 2006 MVC outdoor championship with 167 points. Wichita State placed second in the meet with 104 points, followed by Southern Illinois and Northern Iowa both with 98 points. Just 14-points from the runner-up position and a spot on the podium was Missouri State with 90 points. The Bears were followed by Illinois State (55), and Drake (39).

Here Is News You May Have Missed Since Our Last Newsletter...

Rono Named Scholar Athlete of The Week

Jonathan Rono, a member of the Missouri State track and field team, was named Prairie Farms/Missouri Valley Conference Scholar Athlete of the Week for the week of May 1-7, Commissioner Doug Elgin announced Wednesday afternoon.

Rono, a sophomore from Kaptagat, Kenya, posted a fifth-place finish in the 1,500-meter run at the Ward Haylett Invitational in Manhattan, Kan., on May 6. Rono, who has a 3.06 cumulative grade-point average in nursing, finished the race in a season-best time of 3:53.20.

Codrington Named Athlete of The Week

Missouri State's Clarissa Codrington was named the Missouri Valley Conference women's track athlete of the week for the week of May 1-7, the league office announced. The MSU senior ran a season-best time of 4:33.28 to win the 1,500m run at the Ward Haylett Invitational at Kansas State over the weekend. Her time ranks fourth on the Valley season-best list.

Bears Get Tune-Up At Kansas State

Missouri State track team members Clarissa Codrington and Kristin Wolkey finished first and second in the women's 1,500-meter run at the Ward Haylett Invitational hosted by Kansas State University in Manhattan, Kan., Saturday. Codrington record a season-best time of 4:33.28, while Wolkey clocked a 4:43.52

Running in separate sections Missouri State runners Jonathan Rono and Kevin Born set personal and season-best marks in the 1,500-meter run with times of 3:53.20 and 3:55.27, respectively. Travis Mack ran well as also finishing sixth in the men's 800-meter run with a time of 1:53.75.

Drake Relays Produces Personal Best Times

Missouri State turned in several a number of personal best performances at the prestigious Drake Relays in Des Moines, Ia. On April 27-29.

Lady Bear Ashley Sanders finished ninth in 5,000-meter run with a time of 16:59.43, marking a new season and career best by 19-seconds. Carrie Vestal placed 16th in the event for Missouri State lowering her personal best time to 17:13.42, a 10-seconds personal best.

In the men's 5,000m race, Kevin Born ran a career best time of 14:33.82 to place 11th for a 32-second personal best. Running in cold and raining conditions Saturday

Steeplechase runner Michael Breshears placed sixth in the 3,000-meter steeplechase for the Bears' track and field teams with a season best time of 9:14.56.

Born MVC Scholar Athlete of The Week

Kevin Born, a member of the Missouri State track and field squad, was named Prairie Farms/Missouri Valley Conference Scholar Athlete of the Week for the week of April 17-23, Commissioner Doug Elgin announced Thursday afternoon.

Born posted a fourth-place finish in the 1,500-meter run with a time of 3:57.21 at the University of Kansas Relays on April 22. The Lone Jack, Mo., native has a cumulative 3.67 grade-point average and is majoring in math education.

Samuel MVC Athlete of The Week

Missouri State's Kareem Samuel was named Missouri Valley Conference Male Track Athlete of the Week for the competitive weekend of April 22.

Samuel had a fourth-place finish for the Bears in the 400-meter hurdles at the University of Kansas Relays. His time of 52.30 is a personal best and also exceeds the regional qualifying mark of 52.51. This is the second occasion this season that the MSU junior has surpassed the regional mark. He is also first on the Valley season-best list after the weekend.

High School Relays A Huge Success

The largest field of entrants in the history of the Aldo Sebben Missouri State Relays braved a cool and damp afternoon and evening at Plaster Sports Complex as high school teams from 52 schools entered over 1,000 athletes for competition. Schools from Classes 1 and 2 competed in the White Division and teams from Classes 3 and 4 were in the Maroon Division with 19 events each for the boys and girls.

St. Mary's High totaled 108 points to win the Girls' White Division, edging out the 106 total of Lamar High. Pierce City was third with 95.

In the Girls' Maroon Division, West Plains won with 102 points, with Bolivar second with 88 points and Ozark third with 81.

Ash Grove won the title in the White Division for boys with 125 points, finishing just ahead of Cuba's 123 and Lone Jack's 106.

Waynesville totaled 105 points to win the Maroon Division for boys. Ozark was second with 98.5 points and Camdenton was third at 77.

The Aldo Sebben Missouri State Relays is the largest meet of its kind in the state of Missouri and is the oldest on-going high school only track and field invitational in America.

Missouri State Competes At Kansas Relays

The Missouri State track and field teams concluded the University of Kansas Relays on April 20-22 in Lawrence, Kan., with nine top-ten finishes and four NCAA regional qualifying times.

Missouri State's Tracy Partain finished second in the 100-meter hurdles with a personal-best time of 13.72. This is the third occasion this season that Partain has surpassed the NCAA qualifying mark of 13.92 in the event. Partain also added a third-place finish in the 400-meter hurdles in 59.56. This time is also a NCAA qualifying mark that she has hit three times.

Tanya Cyrus sprinted to a third-place finish in the 400-meter dash for the Bears. Her finals time of 54.22 exceeds the NCAA qualifying mark of 54.61.

Danielle Norville added to the Bear's top-ten finishes by placing fifth in the 100-meter dash in 11.88. The Lady Bears Kim Carter had a personal-best mark in the long jump competition with a leap of 19-3 1/2, earning her an eighth-place finish.

On the men's side of the meet, Kareem Samuel had a fourth-place finish for the Bears in the 400-meter hurdles, running a personal-best time of 52.30 and surpassing the NCAA qualifying mark of 52.51 for the second time this season.

Missouri State's Kevin Born ran 3:57.21 in the 1,500-meter run, earning fourth-place honors. Jonathan Rono was another top-ten finisher for the Bears as he placed eighth in the one mile run with a time of 4:16.43.

The Missouri State men's 4x880-yard relay team, composed of Travis Mack, Caleb Masterson, Rono, and Ty Sanders, finished fourth in 7:47.38.

Casey DeWitt, Jamie Vest and Kristin Wolkey had a two-three-four finish for the Bears in the 3,000-meter steeplechase. DeWitt ran a personal-best time of 10:56.35 and placed second, followed by Vest in 11:21.21 and Wolkey in 11:38.48.