



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 @ Kansas Relays

- **Date:** Saturday, April 17-19, 2008
- **Time:** 5:00pm
- **Location:** Memorial Stadium • University of Kansas, Lawrence, Kan.

• 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 University track and field athletes saw success over the weekend at both their home MSU Big Bear Invitational and at the Stanford Invitational in Palo Alto, Ca.

Junior Jamie Vest started the weekend's action on Friday at the ultra competitive Stanford University's Invitational with a NCAA regional qualifying run in the 3,000-meter Steeplechase. Vest completed the race with a Missouri Valley Conference leading performance of 10:48.23; a performance that qualifies her to compete in the Mideast Regional Championship in Fayetteville, Ark. on May 30-31.

In Saturday's action at Stanford senior Carrie Vestal bettered her personal best in the 10,000-meters by 20-seconds as she finished the 25-lap race in 35:09.15 narrowly missing the 35:00.0 time required for NCAA National championship qualification. The 10,000-meter run is the only track event that is not contested at the regional championships. Athletes must achieve a standard that qualifies them directly to the national meet.

Vestal's new best moves her to the top of the league best list and up one spot to the second position on the MSU all-time top performers list. Should Vestal hold position as the top MVC 10-K runner again this spring it will mark the third year in a row she has held that honor and the six year in a row an MSU runner has been the leagues fastest runner in the event.

Back home at MSU's Plaster Sports Complex the Lady Bears faced competition from Iowa State, UMKC, Central Arkansas, Lincoln, Missouri S&T, Southwest Baptist and Evangel.

Sophomore distance runner Emily Fletcher claimed the squad's first win of the meet and her first win as a collegiate athlete while competing in the 1,500-meter run for the first time in her career. Fletcher's time of 4:40.25 led a Lady Bear one-two sweep as MSU freshman Terry Phillips took second in 4:48.09 while sophomore Staci Nelson scored a 12-second personal best to finish fourth in 4:55.24.

Asher Kyger got her second win of the young season by dominating the 3,000-meter run field by over 30-seconds. Kyger also won the 1,500-meters at last weeks Missouri Relays running 4:33.93. Kyger's run of 10:02.38 this week easily distanced the second place finisher from Iowa State who finished in 10:35.27.

In the field events, freshman Shawntee Middlebrook took first in the triple jump with a personal best mark of 38'5" and second in the long jump with a 17'6" mark.

The sprint trio of Leander Ernest, Yaneika Malcolm and Jacqui Lindsey took second, third and fourth in the 400-meters, respectively. Ernest, a sophomore, led the way at 55.60 with the junior Malcolm in at 56.06.

• OFF THE TRACK •

- Missouri State is still looking for volunteers and officials for the Aldo Sebben Missouri State Relays (High School) on April 22nd. E-mail GregHipp@MissouriState.edu to get involved.

The freshman Lindsey's time of 56.61 dropped over two seconds off the personal best she had set just last week.

MSU's Alexandria Oemler, a junior, took second in the 100 meter hurdles (14.52) while sophomore Leneice Rolle finished fourth in the 400 meter hurdles (1:07.93).

Missouri State sophomore Courtenee Boulard crossed the finish line with a time of 12.16 to place fourth in the 100 meter dash with teammates Middlebrook (12.51) and freshman Rashida Allen (12.54) right behind to take fifth- and sixth-place.

Allen's time of 24.98 was good enough for a second-place finish in the 200 meter dash. Boulard finished the race with a time of 25.23 to take fourth.

Sophomore Deandrea Rolle took first in the discus throw with a 121'1" mark, second in the hammer throw with a 122'01" mark and third in the shot put with a throw of 37'10". Freshman Sofie Blount took second-place in the discus throw (112'4") and second-place in the javelin throw (110'10").

In the high jump competition, junior Mareneika Goffe set a new outdoor personal best mark of 5' 5 1/4". Her mark in the high jump ranks her fifth on the MSU list of top performers.

Missouri State will be off from competition next weekend in preparation for the April 17-19 Kansas Relays in Lawrence, Kan.

Results from all MSU meets are available online at www.MissouriStateBears.com



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• 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)
Courtenee' 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 Oempler	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.)