



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 @ Drake Relays

- **Date:** Thursday-Saturday, April 24-26, 2008
- **Time:** 6:00pm
- **Location:** Drake Stadium • Drake University, Des Moines, 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 •

In front of 13,500 spectators the Missouri State track and field team earned three NCAA qualifying performances at the Kansas Relays Saturday, April 19, in Lawrence, Kan. Included among the Lady Bears three qualifying marks were one individual crown and a new Missouri State school record.

Sophomore Leander Ernest claimed victory in a talented loaded 800-meter invitational race with a time of 2:06.45. Ernest came through the halfway point in second with a 61-second split before charging to the front in the final straight. Her time is the ninth fastest time in the nation this season and tops on the Missouri Valley Conference's performance list. The time also surpasses the NCAA qualifying standard of 2:09.80 needed to earn a trip to the NCAA Mideast Regional Championship on May 30-31 in Fayetteville, Ark.

Distance runner Asher Kyger set a new Missouri State school record with a third-place finish in the 1,500 meter Invitational race with a time of 4:26.20. Kyger, a former Ava High School standout moved ahead of former Lady Bear great Casey Owens' 2005 best of 4:27.11 on the school list. Kyger's run is also an NCAA qualifying standard and the top time in the Missouri Valley Conference this season by 5-seconds.

The Bears set new season best marks in the 4x100-meter and 4x400-meter relay events. Cortenee Boulard, Rashida Allen, Yaneika Malcolm and Ernest teamed for a time of 47.18 to capture second-place. Jacqui Lindsey, Malcolm, Renna Berry and Ernest finished third in the 4x400 with a time of 3:41.39. Their time in the relay is an NCAA qualifying performance and the fastest time posted in the Valley this season and included a 53.2-second anchor split by Ernest as the sophomore completed her third race of the day.

Thursday's race soaked action at the Kansas Relays was highlighted by sophomore Emily Fletcher's third place showing in the college 1,500-meter section. The Iowa native finished in 4:42.01. Freshman Terry Phillips added a fifth-place in Friday's 3,000 meter steeplechase. Racing through 30 degree temperatures and high winds the former Kansas City area prep crossed the line at 11:29.23.

Up next for the Bears is the Drake Relays in Des Moines, Iowa. The meet begins at 10:30 a.m. on Thursday, April 24 and will conclude on Saturday, April 26.

• OFF THE TRACK •

• As the oldest high school only track and field event of its kind in the country Tuesday, April 22nd's 86th Aldo Sebben Missouri State Relays will feature competition from 46 boy's teams and 43 girl's teams from around the state of Missouri. With 1,600 entries for the 38 various track and field events The Relays are Missouri's largest high school track and field event.

Since the Relays began in 1923 the event has hosted some of the Ozark's, Missouri's and the nations top track and field athletes. Meet preview continued on page 2...

Continued from "Off The Track" page 1...

Athlete's such as 1996 and 2000 Olympian Jason Pyrah competed for Willard at the Relays then setting the 800-meter record his senior year. 2006 Team USA member and former Missouri State All-American Tracy Partain still holds the meet record in the 300-meter Hurdles that she set for Springfield Parkview. West Plains distance ace Jason Sandfort set the 3200-meter meet record here before becoming an All-American for the University of Arkansas. The list goes on and it is evident that the Relays have been a part of the lives of many of Missouri's finest track and field stars.

With a total of 89 teams set to compete in the 2008 edition of The Relays it is the second highest number of teams in meet history. The Relays format is unique as all athletes compete together in their events regardless of their school's classification. However, awards and team scores are separated by divisions. This allows all athletes the best chance for competitive fields while still providing all sizes of schools a chance to be awarded. The maroon division is comprised of class 3 and 4 schools while the white division is made up of class 1 and 2 schools.

The girls and boys team champions from both the maroon and white divisions are slated to return to defend their titles at this year's edition of The Relays.

The 2007 white division champions St. Mary's of Independence will look to defend their crown without 2007 meet MVP Terry Phillips who is now a freshman on the Missouri State track and field team.

Andy Matthews is back to lead the Malden High School's boys. Matthews score 18 for Malden in 2007 as they won the boy's white division. Matthews is among the favorites in his specialty event the 800-meters; an event he took 16th in at the Missouri Class 2 State High School Championships last spring as a sophomore.

Coach Lee Allen's Lincoln College Prep girls won the last years maroon division with the senior leadership of Dominique King. This time around this Kansas City area track power will depend on junior Jalexis Peterson who owns the meets top seed in the long jump and the number two seed in the 100-meter hurdles.

The Blue Springs South boys dominated the maroon division last year posting the largest winning margin of any of the meets team champions. Their 66 point winning margin and 158 point total was due in large part to Keyen Porter, the maroon division MVP and winner of both the 110-meter and 300-meter hurdle races. Porter is the top seed again this fall in the 110-meter hurdles but looks to be challenged this time around in the 300-meter Hurdles by Waynesville product Lucas Bateman.

One of the most anticipated races will be the boy's 100-meter dash. Defending champion Mark Morgan of Kansas City Central High School blazed down the track last spring to finish in a near meet record time of 10.51-seconds. Morgan, now a senior, will have one more shot at former Kansas City Southeast star Terry Scott's record of 10.41-seconds. Morgan will not be the only athlete with a chance at the record. He will face stiff competition from Waynesville's Sam Scott and Hillcrest's Mikael Cooper-Falls. All three have personal best of 10.80-seconds or better.

Leading the throwing events will be all-state shot putter Joe Bennett. The Cuba High School star was eighth at the class 2 state championships last year and comes into Tuesday's event with a best of 50' 2.5". Clinton High School discus ace Macray Hilty leads the favorites in his specialty event the discus. The senior will look to improve upon his best of 150' 10" while competing at Missouri State's new throwing facilities.

Miller High School junior Taylor Rivera will look to defend her white division title in the 800-meters but she will have to battle with class 1 state champion Caitlin Masterson, a senior from Springfield's Greenwood Lab School. Last spring Masterson was third at The Relays before going on to win her first state title in Jefferson City.

Springfield Parkview's Case Van Arkle appears to be the class of the field in the distance races. Van Arkle was the maroon division's 1600-meter champion in 2007 and shows to be a clear favorite this time around as well. Van Arkle enters with a best of 4:29 for the four-lap event.

Competition begins both on the track and in the field at 10:00 a.m. Tuesday morning at the Plaster Sports Complex and at the Missouri State Throwing Events Facility just west of the Forsythe Athletics Center. The meets final event, the 4x400-meter Relay is set to start at approximately 6:30 p.m. Admission to events inside the Plaster Sports Complex is \$2.00 with students and those 18 & under being admitted free. Parking is available in lots south of the stadium on Grand St. as well as in Bear Park South on the corner of Grand and Holland St.

Additional meet information, including an event schedule and entries, is posted online at www.BearsTrack.net.



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)
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.)