



# 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 @ NCAA Mideast Regional

- **Date:** Friday-Sunday, May 30-31, 2008
- **Time:** 3:00PM
- **Location:** John McDonnell Track • U. of Arkansas, Fayetteville, Ark.

### • 2007-08 CROSS COUNTRY SCHEDULE •

DATE	MEET	LOCATION
9/1	Early Bird Meet	Washington Univ. (St. Louis, Mo.)
9/22	<b>Missouri State Classic</b>	<b>HOME (Springfield, Mo.)</b>
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	<b>Big Bear Invitational</b>	<b>HOME (Springfield, Mo.)</b>
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 •

The Missouri State women's track and field team concluded the 2008 State Farm Missouri Valley Conference Outdoor Championship Sunday May 18, in Carbondale, Ill.

Missouri State competed well on the track with 87 of their 96 points coming from track events. However, that 96 point total was only good enough for sixth as a team.

Missouri State's 4x400-meter relay team captured one of two conference championships for the Lady Bears. Jacqui Lindsey, Yaneika Malcolm, Renna Berry and Leander Ernest captured the conference title and set a new McAndrews Stadium record in the event. Their time of 3:40.45 boasted a 52-second anchor leg by Ernest and the performance is an improvement on their previous NCAA qualifying time.

Ernest and Malcolm nearly pulled a sweep of the top two places in the 400-meter dash. Ernest took first with a time of 53.57 while Malcolm was third crossing the line at 54.93, just 0.01 seconds from second place. The times are personal bests for both Ernest and Malcolm. Ernest's mark is a NCAA qualifying performance and moves her to number three on the MSU all-time top performers list.

Asher Kyger claimed third in both the 1500-meter and 800-meter races. She posted a time of 4:32.47 in the 1500-meter run and a time of 2:12.63 in the 800-meter race. Teammate Emily Fletcher also competed in the same two events. Fletcher captured fifth-place in the 1500-meters with a time of 4:34.75 and took seventh in the 800-meters with a time of 2:16.13. In the preli round Kyger won her section of the 800-meter run with a time of 2:11.98 while Fletcher qualified for the finals with new personal best of 2:14.28.

Ernest was runner-up in the 200-meter dash with a personal best time of 24.10. Courtenee Boulard added a sixth place finish in the event crossing the line at 24.68. Boulard earned a personal best 24.43-second run in the prelim round.

In the 3,000-meter steeplechase, freshman Terry Phillips captured a second-place finish with a time of 10:38.34. Her mark is a NCAA regional qualifying time. Jamie Vest claimed third in the event, improving her previous NCAA qualifying mark with a personal best time of 10:38.42. Phillips and Vest's performances rank them number three and four on the MSU all-time top performers list.

Continued on Page 2...

### • OFF THE TRACK •

- Missouri State has eight qualifiers for the NCAA Mideast Regional including Asher Kyger (800m, 1500m), Jacqui Lindsey (4x400m), Jamie Vest (3000m Steeplechase), Leander Ernest (400m, 800m, 4x400m), Renna Berry (4x400m), Terry Phillips (3000m Steeplechase), and Yaneika Malcolm (4x400m).

## **MVC Championships, Continued from page 1...**

Carrie Vestal claimed third in the 10,000-meter run with a time of 36:37.04.

Rashida Allen, Malcolm, Ernest and Boulard were members of Missouri State's 4x100-meter relay team that took fourth-place with a finishing time of 46.90. Boulard also took seventh in the 100-meter dash with a new personal best time of 12.13.

The lone scorers for the Bears in the field were Shawntee Middlebrook, who took sixth in the triple jump and Mareneika Goffe who took third in the high jump clearing 5'5". Middlebrook's triple jump of 38' 9.5" is a new personal best.

The Missouri State track and field team will take its regional-qualifying athletes to the NCAA Mid-East Regional Championship on Friday through Saturday, May 30-31, in Fayetteville, Ark.

## **Missouri State Places Nine on all-Missouri Valley Conference Team**

Nine Missouri State Track and Field athletes accounted for thirteen all-Missouri Valley Conference team honors as announced by the MVC office Tuesday, May 22<sup>nd</sup>. Athletes are named to the all-MVC team by placing top three in their event at the MVC Outdoor Track and Field Championship. Those athletes named to the all-MVC team include:

Asher Kyger – 800 Meter Run, 1500 Meter Run

Carrie Vestal – 10000 Meter Run

Jacqui Lindsey – 4x400 Meter Relay

Jamie Vest – 3000m Steeplechase

Leander Ernest – 400 Meter Dash (Champion), 200 Meter Dash, 4x400 Meter Relay

Maraneika Goffe – High Jump

Renna Berry – 4x400 Meter Relay

Terry Phillips – 3000m Steeplechase

Yaneika Malcom – 400 Meter Dash, 4x400 Meter Relay

In addition six Missouri State track and field athletes have been named to the Missouri Valley Conference all-Academic team. Student-athletes must finish in the top eight of their event at either the State Farm MVC Indoor Track & Field Championship or the State Farm Outdoor Track & Field Championship and hold a grade point average above 3.00 for inclusion on the scholar-athlete team. Several of Missouri State's top eight finishers are newcomers and newcomers are not eligible for the honor. Those athletes earning the honor include:

Renna Berry, Missouri State, So., 3.48, cell and molecular biology

Emily Fletcher, Missouri State, Fr./So., 3.93, socio-politico communication

Mareneika Goffe, Missouri State, So./Jr., 3.55, cell and molecular biology

Yaneika Malcolm, Missouri State, So./Jr., 3.91, cell and molecular biology

Jamie Vest, Missouri State, Jr., 3.05, animal science

Carrie Vestal, Missouri State, Jr./Sr., 3.95, entrepreneurship



# 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 <sup>th</sup> (Murray St.)
Greg Hipp	Head Cross Country / Asst. Track and Field Coach	CC / Distance	5 <sup>th</sup> (Appalachian St)
Jacob Kingery	Assistant Track and Field Coach	Jumps / Throws / Vault	2 <sup>nd</sup> (Truman St)
David Glaser	Assistant Cross Country / Track and Field Coach	CC / Distance	2 <sup>nd</sup> (McKendree)
Gregory Hughes	Assistant Track and Field Coach	Jumps	1 <sup>st</sup> (Missouri St)
Chavis Clawson	Student Assistant Coach	CC / Distance	2 <sup>nd</sup> (Missouri St)
Michael Farmer	Student Assistant Coach	CC / Distance	2 <sup>nd</sup> (Missouri St)
Kareem Samuel	Student Assistant Coach	Sprints / Hurdles	1 <sup>st</sup> (Missouri St)
Angelique Stephens	Student Assistant Coach	Sprints / Hurdles	1 <sup>st</sup> (Missouri St)
Terry Sauerbry	Head Strength and Conditioning Coach	Strength / Conditioning	2 <sup>nd</sup> (Maryland)
Carl Christensen	Assistant Strength and Conditioning Coach	Strength / Conditioning	2 <sup>nd</sup> (Arkansas)
Coby Musselman	Athletic Trainer	Athletic Training	2 <sup>nd</sup> (SEMO))
Mitch Hauschildt	Prevention, Rehab and Performance Coordinator	Athletic Training	1 <sup>st</sup> (South Dakota)
Cory Starr	Equipment Manager	Equipment Management	6 <sup>th</sup> (Kansas)
JoBelle Hopper	Director of Academic Achievement	Academic Support	18 <sup>th</sup> (Arkansas)
Darren Weinberg	Assistant Director of Academic Achievement	Academic Support	9 <sup>th</sup> (Missouri St)
Ashley Newman	Academic Advisor	Academic Advisement	1 <sup>st</sup> (Missouri St)
Eric Doennig	Assistant Sports Information Director	Sports Information	2 <sup>nd</sup> Year (Missouri)
Adeana McAfee	Assistant Sports Information Director	Sports Information	1 <sup>st</sup> Year (Missouri St.)