



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 Championship

- **Date:** Wednesday- Saturday June 11-14, 2008
- **Time:** 5:00PM
- **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 •

Missouri State track and field athletes Leander Ernest and Jamie Vest are set to start competition in the NCAA Outdoor Track and Field Championships Wednesday, June 11 in Des Moines, Ia. The national championship competition will continue through the week concluding with finals on Friday and Saturday.

Ernest will compete in the 800-meters at the national meet for the second time in as many years while Vest will be competing in the 3,000-meter steeplechase; her first career invite to the national meet.

Both Vest and Ernest earned their national championship invites at the NCAA Mideast Regional May 30-31 in Fayetteville, Ark. where the pair finishes fourth and fifth in their events, respectively. Athletes finishing in the top five of their events at each of the four regional championships around the country were awarded automatic bids to the NCAA Championship.

Ernest, a sophomore from St. Lucia, has posted a season best 2:06.45 in the two-lap event. The versatile middle distance and sprint standout has made quick improvements since joining the Missouri State team with a high school 800-meter best of 2:15.60. As a freshman last spring Ernest skyrocketed to a 2:06.33 outdoor best. This past indoor season Ernest set her country's indoor national record at 2:07.90.

At the NCAA meet Ernest will not only be racing for all-American status. She will be after St. Lucia's outdoor national record of 2:06.30. Coincidentally the St. Lucian outdoor national record is also the Missouri State record. Former Missouri State all-American Augustina Charles set the those records in 1999 while competing as a Lady Bear.

As a Missouri high school state champion at the 1A level (Missouri's smallest classification) the junior Vest now finds herself up against much stronger competition. The Lebanon, Mo. native arrived at Missouri State three years ago accustomed to winning but she was not used to doing so against such stiff competition. Leaving the high school ranks with modest personal bests of 5:29 for 1600-meters and 11:32 for 3200-meters Vest now finds herself running those paces for nearly three times as far as she could when she competed for Stoutland HS.

Continued on page 2...

• OFF THE TRACK •

• Missouri State senior distance specialist Carrie Vestal has earned a spot on the CoSIDA/ESPN The Magazine Academic All-District Women's Track and Field/Cross Country second team; it was announced Thursday, June 5. Vestal carries a 3.95 grade point average as an entrepreneurship major, and was recently selected the Missouri Valley Conference Scholar-Athlete Team.

NCAA's, Continued from page 1...

Vest's dramatic improvements are due to her one-of-a-kind work ethic. Few, if any, of the girls Vest will line up against at the national meet can boast such improvements from their high school days. That work ethic has paid off for Vest as she is getting the chance to realize her dream of competing on a national stage. With a year to go as a collegiate athlete this southwest Missouri native may have the chance to chase some bigger dreams before she has to put away her Missouri State uniform for the last time.

Ernest is set to compete first for the Lady Bears on Wednesday at 5:00 pm with the first of three rounds of the 800-meters. The top three from each of the four preliminary heats qualify on to the semifinal automatically. The next two fastest runners by time who do not advance automatically will also go to the semi-final. Should Ernest advance to semifinal action in the 800-meters she will compete again Thursday at 6:15 pm with the events final round set to take place at 3:19 pm Saturday.

In the 3,000-meter steeplechase athletes will wade their way through two rounds of competition. Starting with the semifinal on Wednesday at 7:20 pm athletes must place among the top five individuals in each of two sections to automatically advance to the final. Additionally those with the next four fastest times from their semifinal runs will also advance to the final. The steeplechase final is set to go on Friday at 7:25 pm.

CBS College Sports Network (formerly CSTV) will be airing live coverage of the NCAA Track and Field Championships on Friday, June 13th from 7:00 to 10:00 pm CST. CBS will also broadcast live coverage of the final day of competition from 3:00 to 5:00 pm CST. Results can be found live through the host site Drake University's athletic web site at www.DrakeBulldogs.org.

Kyger Closes Season on High Note at High Performance Series

Missouri State's Asher Kyger took part in the American Milers Club's High Performance Series on June 9th at the Michael A. Carroll Stadium in Indianapolis, Ind.

The American Milers Club High Performance Series is set up for top professional athletes seeking Olympic Trials qualifying times with only limited collegiate athletes allowed to gain entry. Competing in the 800-meters Kyger was the only collegiate athlete in the field. The Oldfield, Mo. native took fifth overall setting a new personal best of 2:09.21. Her new personal best mark ranks fifth on the MSU all-time top performers list and also moves her to second on the MVC season best list this spring only behind her teammate Leander Ernest.

Kyger, a senior during the outdoor season, will return next year to Missouri State with eligibility remaining for indoor track and field.



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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.)