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Up Next For The Bears

Oct. 7 Memphis Twilight

The Lady Bears will get nearly a three week break from competition as they continue their training preparations. Up next will be the Memphis Twilight in Memphis, Tenn. The event will be a night race held under the lights at the Mike Rose Sports Complex.

Missouri State Schedules Cross Country

Date	Event
Sept. 8	Fayetteville Invitational (U. of Arkansas, Fayetteville, Ark.)
Sept. 16	Southern Stampede (Mo. Southern State, Joplin, Mo.)
Oct. 7	Memphis Twilight (Memphis Tenn.)
Oct. 14	NCAA Pre-Nationals (Indiana State, Terre Haute, Ind.)
Oct. 28	Missouri Valley Championships (Creighton Univ., Lincoln, Nebraska)
Nov. 11	NCAA Region Championships (U. of Minnesota., Minneapolis, Minn.)
Nov. 20	NCAA National Championships (Indiana State, Terre Haute, Ind.)

MissouriStateBears.com In Transition, Use BearsTrack.net

The official athletic web site of Missouri State University, MissouriStateBears.com, is going into a 60 day transitional phase as a new site is developed. MSU recently signed a deal with XOS sports to develop a state of the art web site for it's athletic teams. Unfortunately during the transition time most athletic web content will be unavailable at MissouriStateBears.com. Until the new site is up please use our team site, BearsTrack.net to find the information you need on cross country and track and field. Team rosters and bios are now available for cross country runners and coaches a BearsTrack.net.



Lady Bears Continue Strong Early Pace

The Missouri State cross country team continued their early fall season Saturday at the Southern Stampede in Joplin, Mo. where they placed four runners in the meets top 26. Despite the Lady Bears not entering their full squad the team took second overall in the field that included 34 teams and nearly 300 runners.



The Lady Bears were led by sophomore Kristin Wolkey for the second straight week. Wolkey raced to a seventh place finish clocking in at 17:47, equaling the fastest 5K cross country time run in the Missouri Valley Conference so far this fall. Wolkey also owns the fastest 4K time in the Valley this season.

Falling in behind Wolkey was fellow sophomore Jamie Vest who finished the 5K race in 15th running 18:16. Vest currently ranks fifth in the conference on the 5K list. Junior Chloe Key ran a personal best of 18:29 to finish third for the Lady Bears while the team's loan scoring senior, Clarissa Codrington, was the team's fourth runner running 18:37. Currently Missouri State cross country ranks all of its top four runners on the MVC's top ten list and 2006 MVC 10K champion Carrie Vestal has yet to race this fall.

Freshman Emily Fletcher took the team's fifth spot this week running a personal best 19:24. Freshman Auvia Miller and Staci Nelson rounded out the team's top seven.

Sitting out this week was Carrie Vestal along with Kaly Prather and Lindsey Billington.

Next up for the Lady Bears is the October 7th Memphis Twilight Classic in Memphis, Tenn. The race will start at 8:10pm and is run under the lights at the Mike Rose Sports Complex. The Memphis Twilight is expected to be the first meet of the season that the Lady Bears will run their full squad.



Home Meets Set For Track and Field

The Missouri State track and field team will host two home events in the spring of 2007. The first will be the Big Bear Invitational on Friday, April 6th. The Big Bear Invitational will feature college teams from around Missouri and the surrounding states. On April 24th the 84th Annual Aldo Sebben Missouri State Relays will be held. The Relays is the oldest high school only invitational in American and hosts some of the largest high school fields in the Midwest. Last year's meet featured over 1000 high school athletes from over 50 teams.



2006 Cross Country Schedule

Date / Time

Meet / Host / Location

September 8th
Friday, 7:00PM

Fayetteville Invitational
University of Arkansas
Agri Park, Fayetteville, Ark.

September 16th
Saturday, 9:00AM

Southern Stampede
Missouri Southern State University
Fred G. Hughes Stadium, Joplin, Mo.

October 7th
Saturday, 8:10PM

Memphis Twilight Classic
University of Memphis / Christian Brothers Univ.
Mike Rose Sports Complex, Memphis, TN

October 14th
Saturday, 11:00AM

NCAA Pre-National Championships
Indiana State University
Wabash Valley Sports Center, Terra Haute, Ind.

October 28th
Saturday, 11:00AM

Missouri Valley Conference Championships
Creighton University
Pioneer Park, Lincoln, Neb.

November 11th
Saturday, 11:00AM

NCAA Midwest Regional Championships
University of Minnesota
Les Bolstad Golf Course, Minneapolis, Minn.

November 20th
Monday, 11:00AM

NCAA National Championships
Indiana State University
Wabash Valley Sports Center, Terra Haute, Ind.