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Up Next For The Bears **Oct. 28 MVC Championships**

With the regular season complete the Lady Bears will now turn their focus towards the 2006 Missouri Valley Conference Championship. Creighton University will be the host of the 2006 championship and the Blue Jays will utilize Pioneer Park in nearby Lincoln, Neb.

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 its 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 Compete At Pre-Nationals



For Missouri State cross country's final competition of the regular season they competed in the NCAA Pre-Nationals race at Indiana State University in Terre Haute, Ind. The event which featured nearly 90 Division-I programs is the most competitive in season competition in the nation. The field included 24 of the top 30 ranked teams in the NCAA. The Lady Bears were included in the seeded sections of the three section pre-national event as selected by the NCAA cross country sub-committee. Only the top programs in each of the nine cross country regions were selected to compete in the seeded sections with other teams being forced to run in the meets open race.

Sophomore Kristin Wolkey led the Lady Bears for the fourth straight competition finishing the 6,000-meter race in 21:33. Fellow sophomore Jamie Vest finished in 22:14 being followed closely by the rest of the Missouri State top five. Junior Chloe Key finished in 22:25, Clarissa Codrington came in at 22:30 while Carrie Vestal closed out the teams scoring group at 22:32.

Despite a strong first half race the Lady Bears fell short of their pre-race goals but were able to take wins over Big East member Louisville, Valparasio, Charlotte, Pac10 team Arizona, Big10 team Purdue, the 2006 NCAA track and field champion Auburn team along with Air Force. In unofficial combined scoring the Lady Bears added wins over Ohio State, Montana State, Indiana State and Duquesne.

Two weeks from Saturday the Lady Bears will look to return to their peak form as they take on their conference rivals at the Missouri Valley Conference cross country championships hosted by Creighton University and held in Lincoln, Neb.

Conference Title Race Up Next



With the regular season complete the Lady Bears will now turn their focus towards the 2006 Missouri Valley Conference Championship. Creighton University will be the host of the 2006 championship and the Blue Jays will utilize Pioneer Park in nearby Lincoln, Neb. The Lady Bears will be looking for their fifth title in the last six years. In 2000 the Lady Bears took second overall before running through a streak of four straight conference championships from 2001 to 2004. Last year in 2005 the young Lady Bears squad stepped up to take second after graduating five of it's top seven runners from the previous season. The 2006 edition of Missouri State cross country has more experience under its belt and will be looking to start another long winning streak with a win in Lincoln. After six weeks of competition Kristin Wolkey leads the Missouri Valley 5K list by 24-seconds. Jamie Vest ranks fourth, Chloe Key ranks seventh, Carrie Vestal is 13th and Clarissa Codrington is 18th.

Missouri Valley Conference meet information will be in next Monday's newsletter.



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.