



Shepherd, Watson Sweep BSC Weekly Honors

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Lynchburg, Va.**

Liberty captured both the Big South Conference Choice Hotels Men's and Women's Track Athlete of the Week honors today, as junior Kolby Shepherd and redshirt senior Jaime Watson were recognized.

Shepherd (Dublin, Ga.) led Liberty's 1-2-3 sweep in the men's pole vault at Saturday's Liberty Open, with a season-best clearance of 16-4.75. The two-time defending Big South indoor men's pole vault champion ranks No. 1 in the conference in the event again this season, more than a foot ahead of his closest competitor.

Meanwhile, Watson (Ravenna, Mich.) is the Big South Women's Track Athlete of the Week for the second consecutive week. She dominated the women's 500-meter dash event at the Liberty Open, winning by more than six seconds with an ECAC-qualifying 1:13.98 clocking.

Watson's time set a Tolsma Indoor Track Center facility record and took down one of the oldest school records on the books. Gina Turner was the previous record holder, with a hand-timed 1:14.1 on Feb. 22, 1992. Watson has now hit the ECAC Division I qualification standards in five events, including the 400, 500, 800, 4 x 400 and 4 x 800.

Both Shepherd and Watson are entered in this weekend's Sykes-Sabock Challenge Cup in University Park, Pa. The two-day, team-scored event will begin Friday at noon at Penn State's Horace Ashenfelter III Indoor Track Facility.



Kolby Shepherd is the Big South Men's Track Athlete of the Week, after pole vaulting a season-best 16-4.75 to win at Saturday's Liberty Open.