



(Scroll down for highlights on Kolby Shepherd.)

February 27, 2010 Clemson, S.C.

The Liberty men's and women's track & field teams combined to win five events on the opening day of the 2010 Big South Indoor Track & Field Championships, Saturday at the Clemson Indoor Track & Field Complex. As a result, both the Flames and Lady Flames sit in first place through six events.

The Liberty men's squad, seeking its 13th consecutive Big South indoor team title, has opened a 58-point lead through six of 17 events. The Flames racked up 91 points on Saturday, leaving them well ahead of second-place VMI's 33 points.

Meanwhile, the women's team battle is much closer, with only 16 points separating the top three teams through six events. Liberty has 59 points, while four-time defending champion Coastal Carolina is seven points back with 52. Radford is a close third with 43 points.

Men's Meet Recap

Sam Chelanga (R-Jr., Nairobi, Kenya) contributed to two of the Flames' event victories on Saturday. He won the 3K convincingly and later anchored the distance medley relay quartet to a come-from-behind victory.

Chelanga, running the 3K for the first time this season, took the lead from the opening gun and led wire-to-wire in an IC4A-qualifying time of 8:14.07. It marked the 10th time in 13 years Liberty has won the men's 3K, the most times the Flames have won any event at the Big South Indoor Track & Field Championships. Fellow cross country All-American Evans Kigen (R-Jr., Eldoret, Kenya) also claimed All-Big South honors by placing third in the 3K in 8:20.78.

Running the final race of the day, Chelanga took the baton in fourth place in the distance medley relay. He then clocked a 4:07.3 for his 1,600-meter leg, giving the Flames more than a two-second victory over runner-up High Point in a final time of 10:06.90.

Will Reeves (R-So., Rustburg, Va.), Chris Herbst (R-Jr., Baiting Hollow, N.Y.) and Paul Arslain (Fr., Dover, Pa.) joined Chelanga on the relay squad which qualified for the IC4A meet and ranks No. 5 on the program's all-time performance list.

Clarence Powell (Jr., Marianna, Fla.) was also successful in a pair of events for the Flames, winning the high jump and taking second place in the long jump for 18 total team points. His third-attempt clearance at 6-9.75 secured the high jump crown, while his season-best and IC4A-qualifying 23-3.25 long jump stood up for second place.

Freshman Kevin Reddington (Vancouver, Wash.) finished right behind Powell in the long jump, ending up third at 23-2. Their efforts helped Liberty score 20 points in the event, as four Flames placed in the top seven.

Later in the day, Liberty did even better in a men's field event, sweeping the top four places in the pole vault for 29 team points. Leading the way was Kolby Shepherd (Jr., Dublin, Ga.), who won the event for the third year in a row by clearing 15-11. He becomes the first men's pole vaulter in meet history to win three conference titles.

Geren Woodbridge (R-Jr., Allentown, Pa.) also got over the bar at 15-11, setting a new personal best and qualifying for the IC4A meet. He captured runner-up honors, as part of a busy day. Justin Savini (Sr., Lincoln, Del.) jumped a personal-best 15-5 for third place and Cody Fridgen's (So., Sarasota, Fla.) cleared 14-5.25 for the fourth spot.

Woodbridge also completed the first four heptathlon disciplines on Saturday, and he is more than halfway to defending his title from 2009. The Keystone State native posted his best-ever day one score, 2,827, giving him a 109-point lead over Charleston Southern's Dominique Riggins with three events remaining on Sunday.



The Liberty men's team won its 13th consecutive Big South indoor crown.

The only other men's event final contested on Saturday was the weight throw, and it also produced a noteworthy performance. Redshirt freshman Ryan Smith (Winder, Ga.) captured sixth-place with his personal-best 57-6.5 toss. The effort hit the IC4A qualification standard and moves Smith up to No. 4 on Liberty's all-time performance list.

Herbst and Isaac Wendland (So., Charles City, Iowa) highlighted Liberty's performances in running event preliminaries. Herbst qualified for the 60-meter hurdles final with a time of 8.32 which is tied for seventh on the program's all-time list. Meanwhile, Wendland's indoor personal-best 800-meter time of 1:54.55 made the final and also earned him a spot at the IC4A meet.

**February 28, 2010
Clemson, S.C.**

[2010 Big South Indoor Track & Field Championship blog](#)



The Lady Flames celebrate their first Big South Conference indoor track & field title since 2005.

Jaime Watson (Ravenna, Mich.) and Rebekah Ricksecker (Laurel, Del.) were tabbed the Women's Outstanding Track Performer and Scholar-Athlete of the Year. Finally, both Ricksecker and Josh Edmonds (Sr., Cooperstown, N.Y.) were included on the Big South All-Academic squads...

For the first time since 2005, Liberty swept the men's and women's team titles at the 2010 Big South Conference Indoor Track & Field Championships. The Flames claimed their 13th straight championship in the two-day meet held at the Clemson Indoor Track & Field Complex, while the Lady Flames picked up all-time title No. 8.

The Liberty men's squad, which has won every Big South indoor meet ever contested, tallied 192 points. The Flames finished 70 points ahead of runner-up Charleston Southern.

On the women's side, the Lady Flames halted Coastal Carolina's four-year run of Big South indoor crowns. Liberty racked up 182.5 points, defeating the Chanticleers by 37.5 markers.

Liberty picked up several pieces of individual hardware at meet's end. Jumpers Clarence Powell (Jr., Marianna, Fla.) and Kevin Reddington (Fr., Vancouver, Wash.) were voted Men's Outstanding Field Performer and Freshman of the Year, respectively. For the Lady Flames, redshirt seniors