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## Flames Win 14 Events at Liberty Quad

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**February 12, 2010  
Lynchburg, Va.**

Liberty won the first event (men's weight throw), the last event (women's 3K) and a dozen events in between, Friday evening at the final home meet of the 2009-10 indoor track & field season, the Liberty Quad. The Flames' individual standouts at the Tolsma Indoor Track Center included triple event winner Jacey Bailey and junior pole vaulter Kolby Shepherd.

Bailey (Jr., Tamarac, Fla.) was victorious in the men's 60, 200 and 4 x 400 relay, while

classmate Shepherd (Dublin, Ga.) stole the show on the pole vault runway with a personal-best 16-8.75 clearance. Their efforts

highlighted an exciting five and a half hours of action, as Liberty competed against local rivals Elon, James Madison, VMI and William & Mary in its final tune-up for the Big South Indoor Track & Field Championships.

The lone alteration to the facility record book came in the men's high jump. Former Liberty standout Matt Parker equaled the Tolsma Indoor Track Center record for the second time in 14 days, clearing 7-0.5 to win the event.

### Men's Meet Recap

Bailey has found this low-key meet to his liking throughout his collegiate career. He clocked his two fastest 60-meter dash times of the season, 6.95 in the prelims and 6.96 in the final, on Friday, winning the event for the third consecutive season at the Liberty Quad. The Sunshine State native also ran the 200-meter dash for the first time this season and won by nearly a full second at 22.37 seconds.

Finishing second behind Bailey in both races was freshman Roderick Spruel (Fredericksburg, Va.), who posted a 7.05 in the 60 and a 23.28 in the 200.

Bailey later teamed up with Andre Washington (Fr., Unionville, Va.), Drew Edwards (So., Anchorage, Alaska) and Taylor Courtney (Fr., Manheim, Pa.) to capture the 4 x 400 relay crown in a time of 3:26.77.

Shepherd has now won his specialty event at the Liberty Quad three years in a row as well, after adding 3.5 inches to his previous indoor pole vault personal best. The two-time defending Big South indoor pole vault titlist led a 1-2-3 sweep for the Flames in the event. Cody Fridgen (So., Sarasota, Fla.) got over 15-9 for the second straight meet to take runner-up honors, and Justin Savini's (Sr., Lincoln, Del.) 15-3 clearance netted third place.



**Jacey Bailey won all three events he entered on Friday, taking Liberty Quad titles in the men's 60, 200 and 4 x 400 relay.**