



Liberty Men's Cross Country School Records/Top Times

School Records

8K

Time	Name	Date	Meet	Location
22:51.3	Sam Chelanga	10/18/08	Pre-Nationals	Terre Haute, Ind.

10K

Time	Name	Date	Meet	Location
28:41.3	Sam Chelanga	11/23/09	NCAA National	Terre Haute, Ind.

Flames' Top Five 8K Times at the Big South Championship

Time	Name	Year	Location
23:49	Josh McDougal	2004	Rock Hill, S.C.
23:50	Sam Chelanga	2009	Winston-Salem, N.C.
23:56	Zac Edwards	2011	Conway, S.C.
24:00	Josh McDougal	2005	Lexington, Va.
24:03	Sam Chelanga	2010	Blacksburg, Va.