

2009 Liberty Track & Field Quick Facts

General Information

Name of School..... Liberty University
City/Zip Lynchburg, Va. 24502
Founded 1971
Enrollment 11,311
Nickname..... Flames
School Colors Red, White & Blue
Indoor Track Tolisma Indoor Track Center
Outdoor Track..... Matthes-Hopkins Track
Affiliation..... NCAA Division I
Conference Big South
Founder Dr. Jerry Falwell
Chancellor Jerry Falwell, Jr.
Vice Chancellor Dr. Ronald Godwin
Director of Athletics..... Jeff Barber
Athletics Dept. Phone (434) 582-2100

Track & Field Information

Head Coach..... Brant Tolisma
Alma Mater Newark College of Engineering, '71
Years at Liberty..... 23
Associate Head Coach
..... Lance Bingham (Texas Tech, '85)
Assistant Coaches
..... Andrew McFadden (Liberty, '98)
..... Clendon Henderson (Liberty, '08)
..... Heather Zealand (Liberty, '02)
..... Josh McDougal (Liberty, '08)
Certified Athletic Trainer
..... Laura Hoskins

Track & Field History

First Season of Track & Field 1976
Women's Big South Championships/Last
..... 18/2007
Men's Big South Championships/Last
..... 26/2009
Men's IC4A Championships/Last
..... 3/2008
Women's Track Division I All-Americans
..... 2 (5 total All-America honors)
Men's Track Division I All-Americans
..... 12 (26 total All-America honors)

Athletics Communications Info.

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Liberty FLAMES

at

2009 NCAA Division I Outdoor Track & Field Championships

June 10-13, 2009

Fayetteville, Ark. - John McDonnell Field

The Meet

Four members of the Big South Conference champion Liberty men's track & field team have qualified to compete in the 2009 NCAA Division I Outdoor Track & Field Championships. Sam Chelanga (10,000 meters), Daniel Newell (decathlon), Matt Parker (high jump) and John Talbert (discus) will participate in the meet at John McDonnell Field in Fayetteville, Ark., June 10-13.

Looking Back at Last Year

A quartet of Liberty Flames competed in the 2008 NCAA Division I Outdoor Track & Field Championships, contested June 11-14 in Des Moines, Iowa. Highlighting the team's performance was a third-place finish by senior Clendon Henderson in the men's discus final. Henderson became Liberty's first-ever All-American in a throwing event. Sophomore Evans Kigen also finished 10th in the men's 3,000-meter steeplechase final, clocking a Liberty and Big South-record time of 8:43.77.

Liberty Competition Schedule (All times listed are Eastern and subject to change)

June 10

12:30 p.m. - Decathlon Day One (Daniel Newell)
9 p.m. - Men's High Jump Qualifying (Matt Parker)

June 11

2 p.m. - Men's Discus Qualifying (John Talbert)
3:30 p.m. - Decathlon Day Two (Daniel Newell)
10:45 p.m. - Men's 10,000 Final (Sam Chelanga)

June 12

8 p.m. - Men's High Jump Final (Matt Parker)

June 13

11 a.m. - Men's Discus Final (John Talbert)

Liberty's NCAA Qualifiers

Name (Event)	Ht.	Yr.	Hometown
Sam Chelanga (10K)	5-7	R-So.	Nairobi, Kenya
<i>Notes: shuh-LANG-guh, NCAA 10K record holder (27:28.48), four-time All-American</i>			
Daniel Newell (Decathlon)	6-0	R-Sr.	Roanoke, Va.
<i>Notes: 2009 IC4A & Big South decathlon champion</i>			
Matt Parker (High Jump)	6-2	Sr.	Rome, N.Y.
<i>Notes: 2009 IC4A high jump champion, Liberty's first high jumper at NCAA meet</i>			
John Talbert (Discus)	6-1	Fr.	Newton, Kan.
<i>Notes: 2009 Big South Men's Freshman of the Year, Big South discus champion</i>			

**2009 Liberty
Outdoor Track & Field
Schedule/Results**

- 3/13-14 Coastal Carolina/Asics Invite
Conway, S.C.
- 3/21 Lynchburg Invitational
Lynchburg, Va.
- 3/27-28 Raleigh Relays
Raleigh, N.C.
- 3/27-28 VMI/W&Lee Track Carnival
Lexington, Va.
- 4/3-4 Liberty Collegiate Invite
Lynchburg, Va.**
- 4/11 Onesty/Abramson Invite
Charlottesville, Va.
- 4/11 Lynchburg Track Classic
Lynchburg, Va.
- 4/16-18 Big South Championship
Radford, Va.
(Men-1st, Women-2nd)
- 4/23-25 Penn Relays
Philadelphia, Pa.
- 4/24 Brutus Hamilton Invite
Berkeley, Calif.
- 4/30 Liberty Twilight Qualifier
Lynchburg, Va.**
- 5/2 Payton Jordan Cardinal Invite
Stanford, Calif.
- 5/7 Maryland Twilight Meet
College Park, Md.
- 5/8 UNC Elite Meet
Chapel Hill, N.C.
- 5/15-17 ECAC/IC4A Championship
Princeton, N.J.
(Men-2nd, Women-21st)
- 5/29-30 NCAA East Region Champ.
Greensboro, N.C.
(Men-T22nd)
- 5/30 Reebok Grand Prix
Randall's Island, N.Y.
- 6/10-13 NCAA Outdoor T&F Champ.
Fayetteville, Ark.
- 6/25-28 USATF Jr./Sr. T&F Champ.
Eugene, Ore.

Head Coach Brant Tolsma

23rd Year at Liberty
Two-Time NCAA District Coach of the Year
40-Time Big South Coach of the Year
Has Coached His Teams to 75 Conference Titles
Has Coached 14 NCAA Division I All-Americans
Has Coached 2 NCAA Division I Individual National Champions

Now in his 23rd year at Liberty, Brant Tolsma is the head coach of the men's and women's cross country and track and field teams. He was brought to Liberty in 1986 by former Liberty track and field coach, Jake Matthes, to serve as the head men's track and field coach. By 1991, Tolsma had assumed each of the coaching positions he still holds today.

Under Tolsma's guidance, the Liberty program has enjoyed considerable success. The cross country and track and field teams have won 75 conference titles (including Big South, IC4A and Mason-Dixon) since his arrival on campus.

Tolsma has won 40 Big South Coach of the Year honors and twice was named the NCAA District Coach of the Year. His athletes have earned 36 All-America honors since the program moved to the NCAA Division I level in 1989.

Two of his student-athletes have captured individual national titles. Heather (Sagan) Zealand won the mile at the 2002 NCAA Division I Indoor Track & Field Championships, while Josh McDougal crossed the line first at the 2007 NCAA Division I Cross Country Championships.

Tolsma's student-athletes have also excelled in the classroom during his tenure at Liberty. Last season, his son-in-law, senior Clendon Henderson, was a first-team ESPN The Magazine Academic All-American. Henderson became the sixth Liberty cross country or track and field athlete to earn Academic All-America status under Tolsma's direction.

Tolsma's coaching career began at Campbell in Buies Creek, N.C. He served as the head cross country and track and field coach there for seven years. During his time as a collegiate head coach, 20 of his athletes have represented the USA in international competitions.

Tolsma completed his undergraduate work with summa cum laude distinction in 1971 at Newark College of Engineering, since renamed New Jersey Institute of Technology. He went on to earn a master's degree in hydraulic engineering from Michigan and a Ph.D. in the biomechanics of sport from Indiana. Tolsma's doctoral dissertation was entitled Leg Dynamics of Maximum Speed Sprinting.

Tolsma has published several articles about track and field training and released a book, *The Surrendered Christian Athlete*, which expounds the role of the Christian faith in athletics. He has also designed several athletic training devices.

When he can find time, Tolsma still actively trains and competes in track and field. He won his age group in the Masters National Decathlon Championship in 1993 and in 2003. He placed second at the World Veterans Games decathlon in 1995 and at the 2002 World Double-Decathlon Championship in Finland.

Tolsma twice held the world record for men over 50 in the double decathlon, a two-day, 20-event competition which includes all of the track and field disciplines. In October 2007, Tolsma broke his age group's world record for the one-day double decathlon, at the Matthes-Hopkins Track Complex. Tolsma also set an age group (55-60) world record for the double heptathlon in December 2008, while competing at Liberty's indoor track and field facility bearing his name.

Currently serving as president of the International Association of Ultra Multi-events, Tolsma has raced nearly every competitive distance from 50 meters to 50 miles. The latter he did to celebrate reaching age 50.

Tolsma enjoys a number of sports and fitness activities, especially water-skiing and springboard diving. Nancy, his wife of 33 years, is the mother of his six children, Michelle, who is married to former Liberty tennis player Matthew Schley, Rachel, Brenda, who is married to current assistant track and field coach Clendon Henderson, Regina, Joey and Tami, a freshman on the Liberty women's track and field team. Tolsma has two grandsons, Jacob and Bradon, as well as a granddaughter, Eliana.

Liberty's NCAA Division I Outdoor Track & Field Men's All-Americans

1989

Henry Elliott, Decathlon
7th place - 7,481 points

1993

Todd Pettyjohn, Decathlon
9th place - 7,195 points

1994

Jacob Swinton, 100 Meters
7th place - 10.32

Ryan Werner, Decathlon
9th place - 7,236 points

1995

Ryan Werner, Decathlon
4th place - 7,662 points

1996

Ryan Werner, Decathlon
8th place - 7,542 points

1999

Greg Benhase, Decathlon
11th place - 7,238 points

Ken Howell, Decathlon
14th place - 7,143 points

2000

Mike Decker, 400 Meters
9th place - 45.59

Josh Jones, Decathlon
11th place - 7,222 points

2006

Josh McDougal, 5,000 Meters
9th place - 14:24.17

2007

Josh McDougal, 10,000 Meters
3rd place - 28:58.28

Josh McDougal, 5,000 Meters
4th place - 13:41.03

Brandon Hoskins, Decathlon
7th place - 7,561 points

2008

Clendon Henderson, Discus
3rd place - 192-7 (58.70m)

Fond Memories of Fayetteville

The NCAA Division I Outdoor Track & Field Championships are being held in Fayetteville, Ark., for the first time this week. However, Arkansas has hosted many editions of the NCAA Division I Indoor Track & Field Championships at the Randal Tyson Track Center. Some of Liberty's best track & field moments have come in Fayetteville.

Heather (Sagan) Zealand, now an assistant coach on the Liberty track & field staff, became Liberty's first-ever NCAA Division I national champion in Fayetteville. She won the mile at the 2002 NCAA Division I Indoor Track & Field Championships, in a time of 4:38.52.

Josh McDougal, who graduated in 2008 as a 14-time All-American, earned half of his All-America certificates in Fayetteville. Currently serving as Liberty's graduate assistant coach, McDougal captured seven top-eight finishes in the 3K & 5K at the NCAA Division I Indoor Track & Field Championships during his career.

Sam Chelanga, scheduled to run the 10K Thursday evening, clocked his fastest 5K performance at the Randal Tyson Track Center. He finished third at the Tyson Invitational on Feb. 13 in a Liberty and Big South Conference indoor-record time of 13:19.79. The effort was also superior to the previously-existing NCAA indoor 5K standard.

Fantastic Four

Liberty's four men's qualifiers for the NCAA Division I Outdoor Track & Field Championships match the most in program history. Four Flames also competed at the NCAA outdoor meet in 1999, 2007 and 2008.

First-Timers

Three of the four Liberty athletes in action this week--Daniel Newell, Matt Parker and John Talbert--will be making their first visit to the NCAA Division I Outdoor Track & Field Championships.

The most recent Liberty competitor to become an All-American during her first NCAA outdoor appearance was Heather (Sagan) Zealand, the national runner-up at 1,500 meters in 2002. Josh Jones, an All-American in the decathlon at the 2000 NCAA outdoor championship meet, was the last Liberty men's athlete to do so.

Liberty in the National Rankings

The Liberty men's track & field team has made a trio of appearances in the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) Top 25 this spring, topping out at No. 22. The Flames entered the Top 25 at No. 22 on May 6, dropped to No. 23 on May 13 and then returned to the No. 22 position on May 20.

Liberty's NCAA Team Finishes

In 2007, the Liberty men's squad tallied 13 points, tying for 22nd place at the NCAA outdoor championship meet. The finish was the Flames' highest ever at the NCAA Division I Outdoor Track & Field Championships. Below is a summary of Liberty's men's team finishes at the NCAA outdoor meet.

<u>Year</u>	<u>Team Points</u>	<u>Place</u>
1989	2	T-62nd
1994	2	T-65th
1995	5	T-47th
1996	1	T-68th
2007	13	T-22nd
2008	6	T-38th

Opposite Ends of the Spectrum

Senior Matt Parker will be the first Liberty men's high jumper ever to compete at the NCAA Division I Outdoor Track & Field Championships.

Meanwhile, fellow senior Daniel Newell will continue Liberty's proud tradition in the decathlon. He is the ninth different Flames decathlete to qualify for the NCAA meet in Liberty's 21 years as a Division I member. Seven Liberty decathletes have earned All-America honors.



Sam Chelanga

*5-7 Redshirt Sophomore
Nairobi, Kenya*

Men's 10,000 Meters

Seed: No. 1

Entry Mark: 27:28.48
(Automatic Qualifier)

F - Thursday, 10:45 p.m.

Personal Bests

5K - 13:19.79 (indoor)
(No. 2 in NCAA history)
2/13/09 - Fayetteville, Ark.

10K - 27:28.48
(NCAA Record)
4/24/09 - Berkeley, Calif.

Past NCAA Experience

2009 Indoor -
2nd place in 5K (13:44.57)
All-American

2008 Cross Country -
2nd place (29:08.0)
All-American

2007 Outdoor -
19th place in 5K (14:17.52)
Did not qualify for final

2007 Indoor -
4th place in 5K (13:47.39)
All-American

2006 Cross Country -
16th place (31:20.2)
All-American

Chelanga's 2009 Outdoor Season to Date

1,500-Meter Run

3:58.62 – Big South Outdoor Championship (4/17/09), 5th in heats

3:49.69 – Big South Outdoor Championship (4/18/09), 1st place

5,000-Meter Run

14:01.89 – Big South Outdoor Championship (4/18/09), 1st place

13:28.31 – Payton Jordan Cardinal Invitational (5/2/09), 3rd place (1st collegian)

13:54.99 – IC4A Outdoor Championship (5/15/09), 1st place

13:30.77 – Reebok Grand Prix (5/30/09), 8th place (1st collegian)

10,000-Meter Run

27:28.48 – Brutus Hamilton Invitational (4/24/09), 1st place (NCAA Record)

Record-Setting Performance

Chelanga enjoyed a special evening, April 24 at the Brutus Hamilton Invitational in Berkeley, Calif. He defeated five Olympians to win the men's 10K in a NCAA-record time of 27:28.48.

Chelanga's time shaved five seconds off the mark of 27:33.48, set in 2007 by Oregon's Galen Rupp. It also improved the Liberty and Big South Conference 10K standards by 59 seconds. Those records had previously belonged to 2008 Liberty graduate and 14-time All-American Josh McDougal.

Chelanga currently ranks No. 4 on the world 10K list in 2009, according to the IAAF website. The list is topped by Kenya's Josephat Muchiri Ndambiri, with a 26:57.36.

There's a First Time for Everything

Chelanga will be running the 10K for the first time at the NCAA Division I Outdoor Track & Field Championships, after focusing on the 5K at the 2007 NCAA outdoor meet.

The redshirt sophomore is a four-time All-American. However, he will be seeking his first All-America certificate at the NCAA Division I Outdoor Track & Field Championships. Chelanga has picked up a pair of cross country All-America certificates and two indoor track All-America notations.

Chelanga's second-place finish in the 5K at the 2009 NCAA Division I Indoor Track & Field Championships made him the first Liberty men's indoor or outdoor track & field athlete to become a national runner-up at the Division I level. Liberty has never won a NCAA Division I national championship in either men's indoor or outdoor track & field.

Is the Fourth Time the Charm?

Chelanga has only lost to one collegiate runner this year, including cross country, indoor track & field and outdoor track & field. Oregon senior Galen Rupp is 3-0 versus Chelanga. Here's a look at Rupp and Chelanga's meetings in 2008-09.

NCAA Division I Cross Country Championships (11/24/08 - Terre Haute, Ind.)

Rupp - 1st place (29:03.2)

Chelanga - 2nd place (29:08.0)

Tyson Invitational 5K (2/13/09 - Fayetteville, Ark.)

Rupp - 2nd place (13:18.12)

Chelanga - 3rd place (13:19.79)

NCAA Division I Indoor Track & Field Championships 5K (3/13/09 - College Station, Texas)

Rupp - 1st place (13:41.45)

Chelanga - 2nd place (13:44.57)

10K Athletes to Watch

Galen Rupp, Oregon Senior (28:28.68 entry time)

2008 NCAA Cross Country Champion, 2009 NCAA Indoor 3K & 5K Champion

Shawn Forrest, Arkansas Senior (27:52.10 entry time)

2008 NCAA Outdoor 10K Runner-up, Arkansas 10K record holder, 2009 SEC 5K Champ



Daniel Newell

6-0 Redshirt Senior
Roanoke, Va.

Men's Decathlon

Seed: No. 26

Entry Mark: 7,255 points
(Provisional Qualifier)

Wednesday - 12:30 p.m.

Thursday - 3:30 p.m.

Personal Bests

100 - 10.89w

4/3/09 - Lynchburg, Va.

Long Jump - 22-3i (6.78m)

1/23/09 - Lynchburg, Va.

Shot Put - 43-11.25 (13.39m)

4/16/09 - Radford, Va.

High Jump - 6-6.75 (2.00m)

4/16/09 - Radford, Va.

400 - 48.94

4/2/08 - Austin, Texas

110 Hurdles - 15.44

5/16/09 - Princeton, N.J.

Discus - 122-10 (37.44m)

5/12/07 - Princeton, N.J.

Pole Vault - 14-5.25 (4.40m)

4/18/08 - Rock Hill, S.C.

Javelin - 166-5 (50.72m)

4/17/09 - Radford, Va.

1,500 - 4:33.34

5/12/07 - Princeton, N.J.

Decathlon - 7,255 points

4/16-17/09 - Radford, Va.

Newell's 2009 Outdoor Season to Date

100-Meter Dash

10.89w – Liberty Collegiate Invitational (4/3/09), Dec.

11.04 – Big South Outdoor Championship (4/16/09), Dec.

11.03 – IC4A Outdoor Championship (5/15/09), Dec.

Long Jump

21-7.5w (6.59m) – Liberty Collegiate Invitational (4/3/09), Dec.

21-7.25 (6.58m) – Big South Outdoor Championship (4/16/09), Dec.

20-9.25 (6.33m) – IC4A Outdoor Championship (5/15/09), Dec.

Shot Put

38-9 (11.81m) – Liberty Collegiate Invitational (4/3/09), Dec.

43-11.25 (13.39m) – Big South Outdoor Championship (4/16/09), Dec.

42-8.25 (13.01m) – Liberty Twilight Qualifier (4/30/09), 9th place

42-9 (13.03m) – IC4A Outdoor Championship (5/15/09), Dec.

High Jump

6-6.75 (2.00m) – Big South Outdoor Championship (4/16/09), Dec.

6-3.25 (1.91m) – IC4A Outdoor Championship (5/15/09), Dec.

400-Meter Dash

49.15 – Big South Outdoor Championship (4/16/09), Dec.

48.99 – IC4A Outdoor Championship (5/15/09), Dec.

110-Meter Hurdles

15.50 – Big South Outdoor Championship (4/17/09), Dec.

15.44 – IC4A Outdoor Championship (5/16/09), Dec.

Discus

111-2 (33.90m) – Lynchburg Invitational (3/21/09), 22nd place

118-0 (35.98m) – Big South Outdoor Championship (4/17/09), Dec.

114-11 (35.04m) – IC4A Outdoor Championship (5/16/09), Dec.

Pole Vault

13-9.25 (4.20m) – Big South Outdoor Championship (4/17/09), Dec.

14-1.25 (4.30m) – IC4A Outdoor Championship (5/16/09), Dec.

Javelin

153-10 (46.90m) – Coastal Carolina/Asics Invitational (3/13/09), 9th place

166-5 (50.72m) – Big South Outdoor Championship (4/17/09), Dec.

155-0 (47.24m) – IC4A Outdoor Championship (5/16/09), Dec.

1,500-Meter Run

4:37.82 – Big South Outdoor Championship (4/17/09), Dec.

4:46.11 – IC4A Outdoor Championship (5/16/09), Dec.

Decathlon

7,255 – Big South Outdoor Championship (4/16-17/09), 1st place

7,020 – IC4A Outdoor Championship (5/15-16/09), 1st place

Championship Performer

Newell has been a key contributor to four Big South outdoor team titles and a pair of IC4A outdoor team crowns during his time at Liberty. Below is a summary of his decathlon performances at each conference meet.

Big South - 3rd (2005), 2nd (2007), 1st (2008), 1st (2009)

IC4A - 7th (2005), 3rd (2007), 1st (2008), 1st (2009)

Academic All-District

Newell was named a first-team ESPN The Magazine Academic All-District honoree. He graduated with a 3.65 GPA in English and is now pursuing a master's degree.

Decathletes to Watch

Ashton Eaton, Oregon Junior (8,091 entry mark)

2008 NCAA Decathlon Champion, 2009 NCAA Heptathlon Champion

Moritz Cleve, Kansas State Sophomore (8,004 entry mark)

2009 Big 12 Decathlon Champion, Fifth at 2008 NCAA Heptathlon, Germany native



Matt Parker

*6-2 Senior
Rome, N.Y.*

Men's High Jump

Seed: T-No. 16
Entry Mark: 7-1 (2.16m)
(4th at East Region meet)
P - Wednesday, 9 p.m.
F - Friday, 8 p.m.

Personal Best

*High Jump - 7-1 (2.16m)
5/17/09 - Princeton, N.J.*

2009 Season Notes

Set school high jump record
(7-1 at IC4A, 5/17/09)

Set facility high jump record
(6-11.5 at Liberty, 4/4/09)

Earned second career All-
East Region honor (also
2007 high jump)

Liberty's first-ever IC4A high
jump champion

Competed in five events
(high jump, long jump,
110 hurdles, 4 x 100 and
4 x 400) and scored 19.75
points at the Big South meet

Co-Big South Men's Track
Athlete of the Week on
May 21

Has cleared 6-10.75 or
higher in five straight high
jump competitions

Parker's 2009 Outdoor Season to Date

100-Meter Dash

11.39 – Coastal Carolina/Asics Invitational (3/14/09), 19th place

110-Meter Hurdles

14.53 – Lynchburg Invitational (3/21/09), 1st place

14.59 – Raleigh Relays (3/27/09), 10th in heats

14.82 – Raleigh Relays (3/28/09), 12th place

14.50 – Liberty Collegiate Invitational (4/4/09), 2nd place

14.79 – Lynchburg Track & Field Classic (4/11/09), 1st in heats

14.96 – Lynchburg Track & Field Classic (4/11/09), 1st place

14.81 – Big South Outdoor Championship (4/17/09), 2nd in heats

14.58w – Big South Outdoor Championship (4/18/09), 2nd place

14.48w – Liberty Twilight Qualifier (4/30/09), 3rd in heats

14.41w – Liberty Twilight Qualifier (4/30/09), 4th place

14.37 – IC4A Outdoor Championship (5/16/09), 10th in heats

Long Jump

23-0w (7.01m) – Liberty Collegiate Invitational (4/4/09), 4th place

22-3.75 (6.80m) – Big South Outdoor Championship (4/16/09), 8th place

High Jump

6-6.75 (2.00m) – Lynchburg Invitational (3/21/09), 1st place

6-8.75 (2.05m) – Raleigh Relays (3/27/09), 3rd place

6-11.5 (2.12m) – Liberty Collegiate Invitational (4/4/09), 1st place

6-10.75 (2.10m) – Big South Outdoor Championship (4/17/09), 2nd place

6-11.5 (2.12m) – Penn Relays (4/25/09), 9th place (Championship Section)

7-1 (2.16m) – IC4A Outdoor Championship (5/17/09), 1st place

6-11.75 (2.13m) – NCAA East Regional Championship (5/29/09), 4th place

Head-to-Head Success

Parker's season-best clearance of 7-1 is tied for 16th highest among the field of high jumpers at the NCAA national meet. However, he has enjoyed success against a number of national qualifiers this season. Below is a list of NCAA national qualifiers Parker has defeated in head-to-head competition this spring.

Big South Championship (4/17/09): Coastal Carolina's Jacques Watson

IC4A Championship (5/17/09): Cornell's Garrett Huyler

NCAA East Region Championship (5/29/09): Florida State's Andrew Bachelor, South Florida's Errol Blackmon and Penn State's Ryan Fritz

Clutch Performer

Parker has been at his best during conference championship meets. Most recently, the Empire State native outdueled Rutgers' Adam Bergo to win the 2009 IC4A high jump crown at 7-1. Parker's effort helped the Flames hold off Rutgers for second place in the team standings by a single point, 56-55.

Last season, Parker was one of only two high jumpers to clear the opening height (6-8.25) during a driving rainstorm at the IC4A meet. Parker's third-attempt clearance earned eight key points for the Flames. At the end of the day, Liberty successfully defended its IC4A team championship by seven points over Virginia.

Parker scored a meet-high 28 points at the 2008 Big South Indoor Track & Field Championships, including victories in the high jump and long jump competitions. His efforts helped the Flames wrap up their 11th consecutive Big South indoor team crown. Individually, Parker was voted Men's Outstanding Field Performer.

High Jumpers to Watch

Scott Sellers, Kansas State Senior (7-4.5 entry mark)

2009 NCAA Indoor national champion, 2007 NCAA Outdoor national champion

Jerome Miller, Georgia Tech Senior (7-3.25 entry mark)

2009 NCAA East Regional champion, 2009 ACC champion



John Talbert

*6-1 Freshman
Newton, Kan.*

Men's Discus

Seed: No. 13

Entry Mark: 191-9 (58.45m)
(At-large Qualifier)

P - Thursday, 2 p.m.
F - Saturday, 11 a.m.

Personal Best

*Discus - 191-9 (58.45m)
4/4/09 - Lynchburg, Va.*

2009 Season Notes

Voted Big South Men's Freshman of the Year, after winning the discus and scoring 23 total points at the Big South Championship

The only Big South athlete to score points in all four throwing events at the conference meet

Set the Liberty freshman record for the men's discus (191-9 on 4/4/09)

Tabbed Big South and ECAC Division I Men's Field Athlete of the Week on March 25

Also excelled in the hammer as a freshman, moving up to No. 5 on Liberty's all-time performance list in the event at 181-0 and qualifying for the IC4A meet

Talbert's 2009 Outdoor Season to Date

Shot Put

49-1.75 (14.98m) – Big South Outdoor Championship (4/17/09), 4th place

Discus

178-9 (54.48m) – Lynchburg Invitational (3/21/09), 1st place

181-9 (55.39m) – Raleigh Relays (3/27/09), 2nd place

191-9 (58.45m) – Liberty Collegiate Invitational (4/4/09), 2nd place

178-2 (54.31m) – Lou Onesty/Milton G. Abramson Invitational (4/11/09), 3rd place

171-0 (52.13m) – Lynchburg Track & Field Classic (4/11/09), 1st place

175-3 (53.42m) – Big South Outdoor Championship (4/18/09), 1st place

179-0 (54.57m) – Penn Relays (4/24/09), 6th place (Championship Section)

180-0 (54.87m) – Liberty Twilight Qualifier (4/30/09), 1st place

177-4 (54.06m) – IC4A Outdoor Championship (5/15/09), 2nd place

173-11 (53.01m) – NCAA East Regional Championship (5/30/09), 6th place

Javelin

183-11 (56.07m) – Big South Outdoor Championship (4/16/09), 6th place

Hammer

173-2 (52.78m) – Lynchburg Invitational (3/21/09), 3rd place

162-0 (49.37m) – Raleigh Relays (3/28/09), 16th place

176-4 (53.74m) – Liberty Collegiate Invitational (4/4/09), 1st place

171-0 (52.12m) – Lou Onesty/Milton G. Abramson Invitational (4/10/09), 4th place

181-0 (55.18m) – Big South Outdoor Championship (4/16/09), 4th place

178-1 (54.29m) – Liberty Twilight Qualifier (4/30/09), 2nd place

177-9 (54.17m) – IC4A Outdoor Championship (5/16/09), 20th place

Liberty Freshmen at the NCAA Meet

Talbert is only the fourth Liberty freshman to compete at the NCAA Division I Outdoor Track & Field Championships, joining Danielle McNaney (2002 heptathlon), Brandon Hoskins (2005 decathlon) and Josh McDougal (2005 men's 5K). Talbert is aiming to become the Flames' first freshman All-American outdoors. Hoskins (2005 heptathlon) and McDougal (2005 3K) were both All-Americans as freshmen indoors.

One of Two

Talbert is one of only two true freshmen among the 26 men's discus competitors entered in the national meet, joining Michigan State's Lonnie Pugh. Oklahoma's Luke Bryant (like Talbert a Kansas native) and Nebraska's Tyler Hitchler are both redshirt freshmen.

Three in a Row

Talbert's appearance at the NCAA Division I Outdoor Track & Field Championships gives the Flames a discus thrower at the meet for the third consecutive season. Clendon Henderson, now serving as Talbert's throws coach at Liberty, placed 10th in 2007 and third a season ago. Henderson's 2008 performance in the discus made him Liberty's first NCAA Division I All-American in the throwing events.

Busy and Consistent

Talbert has kept busy during his freshman campaign, participating in 10 discus competitions. He has been one of the Flames' most consistent performers, recording eight top-three finishes and reaching at least 171-0 at every meet.

The Kansas native had a unique day on April 11. He opened up by placing third in the discus at the Lou Onesty/Milton G. Abramson Invitational in Charlottesville, Va. Talbert then traveled 60 miles south on Route 29, arriving back in town in time to win the discus at the Lynchburg Track & Field Classic.

Discus Throwers to Watch

Rashaud Scott, Kentucky Senior (216-2 entry mark)

2009 NCAA Mideast Regional champion, 2008 NCAA national champion

Yemi Ayeni, Virginia Senior (197-2 entry mark)

2009 NCAA East Regional champion, 2008 NCAA national runner-up

Liberty's All-Time Top Five Performers

Men's 10,000 Meters

1) Sam Chelanga	27:28.48	4/24/09	Berkeley, Calif.
2) Josh McDougal	28:27.65	4/29/07	Stanford, Calif.
3) Evans Kigen	29:16.12	4/24/08	Philadelphia, Pa.
4) Jordan McDougal	29:36.53	4/13/07	Walnut, Calif.
5) Josh Cox	29:57.06	5/22/98	Fairfax, Va.

Men's High Jump (Outdoor Only)

1) Matt Parker	7-1	5/17/09	Princeton, N.J.
2) Anthony Bryant	7-0.5	4/17/09	Radford, Va.
3t) Mike Connell	7-0	5/1/93	Lynchburg, Va.
3t) Mike Reid	7-0	3/24/84	Lynchburg, Va.
5) Kevin Coley	6-11.5	5/20/98	Fairfax, Va.

Men's Discus

1) Clendon Henderson	204-3	4/4/08	Austin, Texas
2) John Talbert	191-9	4/4/09	Lynchburg, Va.
3) Dan Royal	177-6	4/29/05	Philadelphia, Pa.
4) Henry Elliott	171-0	5/16/87	Raleigh, N.C.
5) Mike Lucas	166-6	4/20/96	Lynchburg, Va.

Men's Decathlon

1) Brandon Hoskins	7,800	4/3/08	Austin, Texas
2) Ryan Werner	7,662	6/1/95	Knoxville, Tenn.
3) James Johnson	7,522	3/19/99	Tallahassee, Fla.
4) Henry Elliott	7,481	6/3/89	Provo, Utah
5) Ken Howell	7,409	3/19/99	Tallahassee, Fla.

