

2010 Liberty Track & Field Quick Facts

General Information

Name of School..... Liberty University
 City/Zip Lynchburg, Va. 24502
 Founded 1971
 Enrollment 11,928
 Nickname..... Flames
 School Colors Red, White & Blue
 Indoor Track Tolsma 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 Tolsma
 Alma Mater Newark College of Engineering, '71
 Years at Liberty..... 24
 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
 20/2010
 Men's Big South Championships/Last
 28/2010
 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 (28 total All-America honors)

Athletics Communications Info.

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Liberty FLAMES

at

2010 NCAA Division I Outdoor Track & Field Championships

June 9-12, 2010

Eugene, Ore. - Hayward Field

The Meet

Four members of the Big South Conference champion Liberty men's track & field team have qualified to compete in the 2010 NCAA Division I Outdoor Track & Field Championships. Sam Chelanga (men's 5,000 meters & 10,000 meters), Elliot Galeone (men's javelin), Evans Kigen (men's 3,000-meter steeplechase) and Clarence Powell (men's triple jump) will participate in the meet at Hayward Field in Eugene, Ore., June 9-12. This is the third straight year that four Liberty men's track & field athletes are competing at this meet.

Looking Back at Last Year

Four Liberty Flames also competed in the 2009 NCAA Division I Outdoor Track & Field Championships, held at John McDonnell Field in Fayetteville, Ark. Sam Chelanga placed third in the men's 10K final, earning his first outdoor track All-America certificate. Liberty's other competitors included Daniel Newell (16th in men's decathlon), Matt Parker (T-15th in men's high jump) and John Talbert (23rd in men's discus).

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

June 9

7 p.m. - Men's Triple Jump (Clarence Powell)
 9:15 p.m. - Men's 3,000 Steeplechase Semifinal (Evans Kigen)

June 10

8:15 p.m. - Men's Javelin (Elliot Galeone)
 10:25 p.m. - Men's 10,000 Final (Sam Chelanga)

June 11

9 p.m. - Men's 3,000 Steeplechase Final (Evans Kigen)

June 12

2:21 p.m. - Men's 5,000 Final (Sam Chelanga)

Liberty's NCAA Qualifiers

Name (Event(s))	Ht.	Yr.	Hometown
Sam Chelanga (5K & 10K)	5-7	R-Jr.	Nairobi, Kenya
<i>Notes: shuh-LANG-guh, NCAA 10K record holder (27:08.39), seven-time All-American</i>			
Elliot Galeone (Javelin)	6-5	R-Jr.	White Hall, Md.
<i>Notes: GAL-lee-own, Liberty's first javelin thrower at NCAA meet, school record holder</i>			
Evans Kigen (3K Steeplechase)	5-8	R-Jr.	Eldoret, Kenya
<i>Notes: KEEG-inn, Big South and IC4A steeplechase champion, 10th place in 2008</i>			
Clarence Powell (Triple Jump)	5-10	Jr.	Marianna, Fla.
<i>Notes: Big South Outstanding Field Performer, Liberty's first triple jumper at NCAA meet</i>			

2010 Liberty Outdoor Track & Field Schedule/Results

- 3/12-13 Coastal Carolina Invitational
Conway, S.C.
- 3/19-20 Shamrock Invitational
Conway, S.C.
- 3/26-27 Raleigh Relays
Raleigh, N.C.
- 3/26-27 W & Lee Track Carnival
Lexington, Va.
- 4/2-3 Liberty Collegiate Invite
Lynchburg, Va.**
- 4/10 Merrill Lynch Track Classic
Lynchburg, Va.
- 4/15-17 Big South Championship
Charleston, S.C.
(Men-1st, Women-1st)
- 4/22-24 Penn Relays
Philadelphia, Pa.
- 4/29 Liberty Twilight Qualifier
Lynchburg, Va.**
- 5/1 Payton Jordan Cardinal Invite
Stanford, Calif.
- 5/9 Duke Twilight
Durham, N.C.
- 5/14-16 ECAC/IC4A Championship
Princeton, N.J.
(Men-2nd, Women-T-15th)
- 5/27-29 NCAA East Preliminary Round
Greensboro, N.C.
- 6/9-12 NCAA Outdoor T&F Champ.
Eugene, Ore.
- 6/23-27 USATF Jr./Sr. T&F Champ.
Des Moines, Iowa

School Records Set in 2010

Men's 10K

27:08.39 - Sam Chelanga (May 1)

Men's Triple Jump

52-1.25 - Clarence Powell (May 29)

Men's Javelin

224-3 - Elliot Galeone (May 16)

Women's 400

53.61 - Jaime Watson (April 17)

Women's 800

2:06.09 - Jaime Watson (May 1)

Women's 5K

16:31.00 - Ashley Osborne (May 14)

Women's 10K

34:00.60 - Ashley Osborne (May 1)

Women's 100 Hurdles

13.65w - Olivia Charnuski (April 29)

Women's Hammer

183-6 - Melinda Bendik (May 15)

Head Coach Brant Tolsma

24th Year at Liberty

Two-Time NCAA District Coach of the Year

43-Time Big South Coach of the Year

Has Coached His Teams to 81 Conference Titles

Has Coached 15 NCAA Division I All-Americans

Has Coached 3 NCAA Division I Individual National Champions

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 81 conference titles (including Big South, IC4A and Mason-Dixon) since his arrival on campus.

Tolsma has won 43 Big South Coach of the Year honors and twice was named the NCAA District Coach of the Year. His athletes have earned 40 All-America honors since the program moved to the NCAA Division I level in 1989.

Three 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. Flames have also captured two of the last three national titles at the NCAA Division I Cross Country Championships, including Josh McDougal in 2007 and Sam Chelanga in 2009.

Tolsma's student-athletes have also excelled in the classroom during his tenure at Liberty. Last season, senior decathlete Daniel Newell was a third team ESPN The Magazine Academic All-American. Newell became the seventh 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.

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 World Double Decathlon Championship in 2005, as well as the Masters National Decathlon Championship in both 1993 and 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. He is currently training for a shot at the age 60 world record at the 2010 World Double Decathlon Championship, to be held Sept. 24-25 at the Matthes-Hopkins Track Complex.

The former 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, about a decade ago.

Tolsma enjoys a number of sports and fitness activities, especially water-skiing. Nancy, his wife of 35 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 sophomore on the Liberty women's track and field team. Tolsma has three grandchildren.

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)

2009

Sam Chelanga, 10,000 Meters
3rd place - 28:35.40

Double Triple

This has been a historic season for the Liberty men's and women's cross country/track & field program. The Flames and Lady Flames won all six possible Big South Conference titles, including men's and women's cross country, men's and women's indoor track & field and men's and women's outdoor track & field.

The feat, dubbed the "Double Triple" was the only one of its kind in Division I this season and only the 18th in history. BYU was the last program to achieve a Double Triple before Liberty, achieving the feat in the Mountain West Conference in 2006-07. Only nine different Division I schools have ever recorded a conference Double Triple.

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, 2008 and 2009.

First-Timers

Two of the four Liberty athletes in action this week--Elliot Galeone and Clarence Powell--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'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 men's team's highest-ever placing at the NCAA Division I Outdoor Track & Field Championships, although the Liberty women's team tied for 15th place in 2002.

Streaks Continued, Streaks Snapped

This is the sixth consecutive year that Liberty has sent at least one men's distance runner to the NCAA Division I Outdoor Track & Field Championships and the fourth straight year a Liberty men's thrower is competing at the meet.

However, the Flames' string of five consecutive seasons with a decathlete at the NCAA Division I Outdoor Track & Field Championships was halted.

Hoping to Make History

If any of Liberty's four competitors in Eugene is able to capture a national championship this week, he would make history in a couple of different ways.

Liberty has never captured an individual national title in outdoor track & field at the NCAA Division I level. The closest calls came in 2002, when Heather Sagan was the runner-up in the women's 1,500-meter run and Andrea Wildrick placed second in the women's pole vault.

Liberty is also seeking its first individual national championship in either men's indoor or outdoor track & field at the NCAA Division I level. Sam Chelanga has come the closest to winning it all, finishing as the indoor men's 5K runner-up in both 2009 and 2010.

History at Hayward Field

Current assistant coach Clendon Henderson was the most recent Liberty track & field athlete to compete at Hayward Field. On July 3, 2008, he placed 22nd in the men's discus at the Olympic Trials as a Liberty senior.

Liberty Flames have also competed in the NCAA Division I Outdoor Track & Field Championships at Hayward Field on two previous occasions. In 2001, Andrea Wildrick placed 10th in the women's pole vault and Mike Decker was 15th in the men's 400-meter dash. In 1996, Ryan Werner claimed his third consecutive All-America honor in the decathlon, finishing eighth overall.

Sam Chelanga, Elliot Galeone, Evans Kigen and Clarence Powell will all be competing at Hayward Field for the first time.



Sam Chelanga

5-7 Redshirt Junior
Nairobi, Kenya

Men's 10,000 Meters
F - Thursday, 10:25 p.m.

Men's 5,000 Meters
F - Saturday, 2:21 p.m.

Personal Bests

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

5K - 13:24.73 (outdoor best)
5/31/08 - New York, N.Y.

10K - 27:08.39
(NCAA Record)
5/1/10 - Stanford, Calif.

Past NCAA Track

Experience

2010 Indoor -
2nd place in 5K (13:37.01)
All-American

2009 Outdoor -
3rd place in 10K (28:35.40)
All-American

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

Chelanga's 2010 Outdoor Season to Date

5,000-Meter Run

13:54.82 – IC4A (5/14/10), 1st place

13:52.49 – NCAA Preliminary Round (5/29/10), 1st in semifinal

10,000-Meter Run

27:08.39 – Payton Jordan Cardinal Invitational (5/1/10), 3rd place (Kim McDonald section)

29:27.20 – NCAA Preliminary Round (5/27/10), 1st in semifinal



Record-Setting Performance

Sam Chelanga's first 10K race this season was a very memorable one, May 1 at the Payton Jordan Invitational. He finished third in an elite field, shaving 20 seconds off of his own NCAA 10K record with a 27:08.39 clocking.

The time still ranks No. 3 in the world for 2010, according to the IAAF website. It also allowed Chelanga to defeat long-time rival Galen Rupp for the first time. Rupp came in fourth at 27:10.74, eclipsing the previous American record.

The NCAA's second-fastest 10K this season, a 28:10.59 by Chris Barnicle of New Mexico, happened in the same race. Barnicle was just beginning his final lap as Chelanga crossed the finish line.

What Is It About The West Coast?

The last two times Sam Chelanga has traveled to the West Coast to run a 10K, he has set the NCAA record. On April 24, 2009 at the Brutus Hamilton Invitational in Berkeley, Calif., Chelanga ran a 27:28.48, breaking Galen Rupp's collegiate record of 27:33.48.

This year, Chelanga improved his own NCAA 10K mark to 27:08.39, May 1 at the Payton Jordan Cardinal Invitational in Stanford, Calif.

Familiar Foes

Sam Chelanga has only lost to two collegiate runners this season, including cross country, indoor track & field and outdoor track & field, and he will face both in Saturday's 5K final.

Stanford sophomore Chris Derrick came from behind to defeat Chelanga in the cross country Pre-Nationals 8K White race on Oct. 17, taking the victory 23:27.1 to 23:34.6. Chelanga then bounced back to win at the NCAA Division I Cross Country Championships five weeks later, outdistancing second-place David McNeill of Northern Arizona by 25 seconds and third-place Derrick by 33 seconds.

McNeill outkicked Chelanga to claim the 5K at the NCAA Division I Indoor Track & Field Championships on March 12 in Fayetteville, Ark., 13:36.41 to 13:37.01. McNeill and Chelanga have not faced each other since that race.

Distance Doublers

Sam Chelanga is attempting the 5K/10K double at the NCAA Division I Outdoor Track & Field Championships for the first time in his career. He is one of three men's runners who will compete in both the 5K and 10K in Eugene, joining Auburn's Ben Cheruiyot and Stanford's Jake Riley.

Last season, Oregon's Galen Rupp won both events at the NCAA Division I Outdoor Track & Field Championships, achieving the feat for the 14th time in meet history.



Elliot Galeone

6-5 Redshirt Junior
White Hall, Md.

Men's Javelin

F - Thursday, 8:15 p.m.

Personal Best

Javelin - 224-3 (68.35m)
5/16/10 - Princeton, N.J.

2010 Season Notes

Qualified for the NCAA national meet for the first time, after placing seventh in the javelin at the NCAA Preliminary Round meet

Broke the Liberty javelin record with a 224-3 (68.35m) heave, May 16 at the IC4A Outdoor Track & Field Championships

His personal best before the IC4A meet stood at 214-5 (65.35m)

Placed third in the javelin at both the Big South and IC4A championships

Also enjoyed a successful season in the discus, winning the Big South title and recording a career-best throw of 172-11 (52.73m)

One of only two men's throwers (also Louisiana Tech's Larry Jones) to compete in both the discus and javelin at the NCAA Preliminary Round meet in Greensboro

Galeone's 2010 Outdoor Season to Date

Shot Put

43-6 (13.26m) – Coastal Carolina Invitational (3/13/10), 15th place

45-5.25 (13.85m) – Shamrock Invitational (3/20/10), 14th place

45-6.5 (13.88m) – Big South (4/16/10), 8th place

Discus

154-5 (47.06m) – Coastal Carolina Invitational (3/13/10), 5th place

153-9 (46.88m) – Shamrock Invitational (3/20/10), 3rd place

167-10 (51.17m) – Liberty Collegiate Invitational (4/2/10), 2nd place

153-8 (46.83m) – Merrill Lynch Track Classic (4/10/10), 1st place

159-3 (48.55m) – Big South (4/17/10), 1st place

172-11 (52.73m) – Penn Relays (4/23/10), 2nd place (College Section)

169-5 (51.65m) – Liberty Twilight Qualifier (4/29/10), 2nd place

162-3 (49.46m) – IC4A (5/15/10), 7th place

164-10 (50.26m) – NCAA Preliminary Round (5/29/10), 23rd in semifinal

Javelin

207-10 (63.35m) – Coastal Carolina Invitational (3/12/10), 2nd place

199-1 (60.69m) – Shamrock Invitational (3/19/10), 7th place

214-5 (65.35m) – Raleigh Relays (3/27/10), 2nd place

193-11 (59.10m) – Liberty Collegiate Invitational (4/3/10), 2nd place

199-0 (60.67m) – Merrill Lynch Track Classic (4/10/10), 1st place

213-10 (65.18m) – Big South (4/15/10), 3rd place

192-7 (58.70m) – Penn Relays (4/24/10), 10th place (Championship Section)

204-10 (62.44m) – Liberty Twilight Qualifier (4/29/10), 1st place

224-3 (68.35m) – IC4A (5/16/10), 3rd place

221-6 (67.53m) – NCAA Preliminary Round (5/28/10), 7th in semifinal

First in Flight

Elliot Galeone is Liberty's first-ever qualifier to the NCAA Division I Outdoor Track & Field Championships in the men's javelin. However, numerous Flames have thrown the javelin at the NCAA outdoor meet previously, as the ninth decathlon discipline, and some have fared quite well.

Ryan Werner threw a 196-7 (59.91m) in the decathlon javelin at the 1995 NCAA Division I Outdoor Track & Field Championships, where he placed fourth overall. Brandon Hoskins stretched the tape to 196-3 (59.83) in the decathlon javelin in 2007. That year, he finished seventh in the decathlon at the NCAA Division I Outdoor Track & Field Championships.

If At First You Do Succeed ...

Elliot Galeone has wasted no time in posting a big throw at each of his last two competitions, the IC4A Outdoor Track & Field Championships (May 16) and the NCAA Division I Preliminary Round meet (May 28).

The redshirt junior's first throw at the IC4A meet set a school record at 224-3 and held up for third place in the competition. Then, his very first effort in Greensboro reached 221-6, earning seventh place and his initial NCAA Division I Outdoor Track & Field Championships berth.

Steady Progress

Elliot Galeone, who had never thrown the javelin before enrolling at Liberty in the fall of 2006, has displayed steady progress and improvement in the event. He threw 189-0 (57.62m) as a freshman in 2007, 204-7 (62.37m) as a redshirt sophomore in 2009 and 224-3 (68.35m) this season.

Keeping the Streak Alive

Elliot Galeone's qualification to Eugene made it four straight years a Liberty men's thrower has reached the NCAA Division I Outdoor Track & Field Championships. Jon Hart (hammer) and Clendon Henderson (discus) made the meet together in both 2007 and 2008. John Talbert threw the discus at the 2009 NCAA Division I Outdoor Track & Field Championships.



Evans Kigen

*5-8 Redshirt Junior
Eldoret, Kenya*

Men's Steeplechase

S - Wednesday, 9:15 p.m.
F - Friday, 9 p.m.

Personal Best

*Steeplechase - 8:43.77
6/13/08 - Des Moines, Iowa*

Past NCAA Experience

*2009 Cross Country -
20th place (30:01.0)*

All-American

*2008 Outdoor Track -
10th place in steeplechase
(8:43.77)*

*2007 Cross Country -
8th place (30:30.6)*

Division II All-American

2010 Season Notes

Voted Big South Men's Outstanding Track Performer after winning both the steeplechase and 5K titles at the conference meet

Became Liberty's first IC4A steeplechase champion since Chris McGregor in 1998

An hour and a half after winning the IC4A steeplechase title, Kigen placed sixth in the 5K, running an outdoor personal-best time of 14:06.90

Kigen's 2010 Outdoor Season to Date

1,500-Meter Run

4:00.62 – Shamrock Invitational (3/20/10), 6th place

3,000-Meter Steeplechase

9:13.68 – Coastal Carolina Invitational (3/13/10), 1st place

9:09.57 – Shamrock Invitational (3/12/10), 1st place

9:14.65 – Big South (4/16/10), 1st place

8:46.53 – Payton Jordan Cardinal Invitational (5/1/10), 3rd place (Section 2)

8:50.75 – IC4A (5/14/10), 1st place

8:47.59 – NCAA Preliminary Round (5/29/10), 9th in quarterfinal

5,000-Meter Run

14:23.35 – Raleigh Relays (3/26/10), 10th place

14:34.66 – Big South (4/17/10), 1st place

14:06.90 – IC4A (5/14/10), 6th place

Head-to-Head Success

Evans Kigen had not lost a head-to-head steeplechase race against a collegiate rival this season, until 2007 NCAA national steeplechase champion Barnabas Kirui of Ole Miss edged him at the line at the NCAA Preliminary Round meet.

Kigen has won four of his six steeplechase races this season and lost to only a pair of post-collegiate athletes in his section at the Payton Jordan Cardinal Invitational.

Kigen has faced seven NCAA national steeplechase qualifiers this season and has defeated six of them. He beat N.C. State's John Martinez, Weber State's Jace Nye, UTEP's Nicodemus Ng'etich and Stanford's John Sullivan at the Payton Jordan Cardinal Invitational, defeated Duke's Ryan McDermott at the IC4A meet and took down Ohio State's Cory Leslie at the NCAA Preliminary Round.

From Drake to Oregon

Only three of the 14 men's steeplechase finalists from the 2008 NCAA Division I Outdoor Track & Field Championships in Des Moines, Iowa, will compete in the steeplechase in Eugene.

The returnees include Iowa State's Hillary Bor, who placed fourth in that race, Kigen, who finished 10th, and Barnabas Kirui of Ole Miss, who came in 13th.

International Flavor

As usual, the field of 24 men's steeplechase runners bound for Eugene comprise a very international field. One-third of the field was born outside the United States. Here's how the participants' nationalities break down:

Canada: Matt Hughes (Louisville)

Finland: Joonas Harjamaki (Lamar)

Kenya: Hillary Bor (Iowa State), Evans Kigen (Liberty), Barnabas Kirui (Ole Miss), Martin Kirui (Ole Miss), Gilbert Limo (Texas Tech) and Nicodemus Ng'etich (UTEP)

United States: Donn Cabral (Princeton), Adu Dentamo (Charlotte), Julian DeRubira (UC Santa Barbara), Stephen Finley (Virginia), Brett Hales (Weber State), Dylan Knight (UCLA), Cory Leslie (Ohio State), John Martinez (N.C. State), Ryan McDermott (Duke), Harry Miller (William & Mary), Richard Nelson (BYU), Jace Nye (Weber State), John Ricardi (Idaho State), Steve Sodaro (California) and De'Sean Turner (Indiana)

From The Empire State to the Commonwealth

Evans Kigen attended New York Institute of Technology (NYIT) for his first three semesters, before transferring to Liberty in January 2008. He was a Division II cross country All-American at NYIT in 2007.

Kigen is one of two transfer students competing for Liberty this weekend. Sam Chelanga transferred from Fairleigh Dickinson to Liberty after the 2006-07 academic year.



Clarence Powell

5-10 Junior
Marianna, Fla.

Men's Triple Jump

F - Wednesday, 7 p.m.

Personal Best

TJ - 52-1.25 (15.88m)
5/29/10 - Greensboro, N.C.

2010 Season Notes

Placed fifth in the triple jump at the NCAA Preliminary Round meet to earn his first-ever trip to the NCAA Division I Outdoor Track & Field Championships

Broke the Liberty and Big South Conference outdoor triple jump record with his 52-1.25 (15.88m) leap at the NCAA Preliminary Round meet

Became Liberty's first men's triple jumper ever to reach the NCAA Division I Outdoor Track & Field Championships

Voted the Big South Men's Outstanding Field Performer, both indoors and outdoors

Was the only men's athlete at the NCAA Preliminary Round meet in Greensboro to compete in the long jump, high jump and triple jump

Powell's 2010 Outdoor Season to Date

200-Meter Dash

22.45 – Coastal Carolina Invitational (3/13/10), 15th place
22.46w – Liberty Collegiate Invitational (4/3/10), 12th place

Long Jump

24-9.75w (7.56m) – Liberty Collegiate Invitational (4/3/10), 2nd place
24-0.25 (7.32m) – Big South (4/15/10), 1st place
23-7.25w (7.19m) – Penn Relays (4/23/10), 8th place (Eastern Section)
24-7.25w (7.50m) – Liberty Twilight Qualifier (4/29/10), 1st place
24-7.25 (7.50m) – IC4A (5/15/10), 3rd place
24-7.25 (7.50m) – NCAA Preliminary Round (5/27/10), 14th in semifinal

Triple Jump

48-4.5 (14.74m) – Shamrock Invitational (3/20/10), 4th place
50-1.75 (15.28m) – Merrill Lynch Track Classic (4/10/10), 1st place
48-0 (14.63m) – Big South (4/17/10), 2nd place
49-10 (15.19m) – IC4A (5/16/10), 4th place
52-1.25 (15.88m) – NCAA Preliminary Round (5/29/10), 5th in semifinal

High Jump

6-6.25 (1.99m) – Liberty Collegiate Invitational (4/3/10), 2nd place
6-10.75 (2.10m) – Merrill Lynch Track Classic (4/10/10), 2nd place
6-9 (2.06m) – Big South (4/16/10), 3rd place
6-8.25 (2.04m) – Penn Relays (4/23/10), 12th place (College Section)
NH - IC4A (5/16/10)
NH - NCAA Preliminary Round (5/28/10)

The Third Time's The Charm

Clarence Powell finally qualified for the NCAA Division I Outdoor Track & Field Championships for the first time, after two very close calls.

During his freshman season of 2008, he triple jumped 51-9 (15.77m) at the NCAA Division I East Regional Championships, but was the first competitor left out of the national field. This year, he long jumped 24-7.25 (7.50m) at the NCAA Preliminary Round meet, but placed 14th, missing the 12th and final qualifying spot by two inches.

Flair For The Dramatic

The following is a timeline account of the dramatic fashion in which Clarence Powell qualified for Eugene in the triple jump, May 29 at the NCAA Preliminary Round meet.

12:33 p.m. - After fouling his first two jumps, Powell posts a season-best 50-9.25 (15.47m) on his third and final attempt in the preliminaries. The jump is the longest in either Flight 1 or Flight 2.

2 p.m. - North Carolina's Austin Davis fails to pass Powell's mark in Flight 4, guaranteeing the Sunshine State native a spot in the final 16.

2:51 p.m. - Powell catapults from 14th place into seventh with another season-best leap on his second attempt of finals, this one measuring 51-7 (15.72m).

3:02 p.m. - Powell puts an exclamation point on his first trip to the NCAA Division I Outdoor Track & Field Championships, jumping a career-best, Liberty-record and Big South Conference-record 52-1.25 (15.88m) on his sixth and final attempt. The jump moves him up to fifth place in the final standings in Greensboro.

Championship Performer

Clarence Powell has performed well in championship meets during his career, winning five Big South event titles (2008 indoor and outdoor triple jump, 2010 indoor high jump, 2010 indoor triple jump and 2010 outdoor long jump) and one IC4A crown (2010 indoor high jump).

Additionally, the two longest triple jumps of his career have come at the 2010 NCAA Preliminary Round (52-1.25) and the 2008 NCAA East Regional meet (51-9).

Liberty's All-Time Top Five Performers

Men's 3,000 Steeplechase

1) Evans Kigen	8:43.77	6/13/08	Des Moines, Iowa
2) Chris McGregor	8:52.61	5/24/98	Fairfax, Va.
3) Terry Burwell	8:56.66	5/24/92	Boston, Mass.
4) Jordan McDougal	8:58.84	4/18/08	Rock Hill, S.C.
5) Jarvis Jelen	9:03.69	5/4/08	Durham, N.C.

Men's 5,000 (Outdoor Only)

1) Josh McDougal	13:20.43	4/13/07	Walnut, Calif.
2) Sam Chelanga	13:28.31	5/2/09	Stanford, Calif.
3) Jordan McDougal	14:00.14	4/26/07	Philadelphia, Pa.
4) Evans Kigen	14:06.90	5/14/10	Princeton, N.J.
5) Josh Edmonds	14:19.36	3/26/10	Raleigh, N.C.

Men's 10,000

1) Sam Chelanga	27:08.39	5/1/10	Stanford, 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 Edmonds	29:39.68	5/1/10	Stanford, Calif.

Men's Triple Jump (Outdoor Only)

1) Clarence Powell	52-1.25	5/29/10	Greensboro, N.C.
2) Anthony Bryant	52-0	4/18/09	Radford, Va.
3) Chad Wilson	50-0	5/16/04	New Haven, Conn.
4) Jeremy Howe	49-0.25	5/15/98	Lynchburg, Va.
5) James McKnight	48-11.75	4/16/94	Lynchburg, Va.

Men's Javelin

1) Elliot Galeone	224-3	5/16/10	Princeton, N.J.
2) Ryan Bell	217-10	4/16/09	Radford, Va.
3) Shad Bolen	216-1	3/18/89	Tallahassee, Fla.
4) Ryan Werner	211-8	5/19/96	Fairfax, Va.
5) Tim Harrell	208-11	5/19/96	Fairfax, Va.

