

## **Sturgis named SoCon athlete of week**

Written by Mike Kelly  
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Appalachian State University senior Mark Sturgis has been named the Southern Conference Track and Field Athlete of the Week.

It's the fourth time Sturgis has won this award during his career. Last week, Sturgis posted an NCAA qualifying distance of 50-feet, 50 inches in the triple jump to win that event at the Wake Forest Open. He was eighth in the long jump.

Sturgis was the SoCon Indoor Track and Field Athlete of the Month for both January and February, and he was the SoCon indoor triple jump champion.