Written by Courtney Burchett
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Two school records crumbled and five individual conference champions were crowned as Appalachian State University women's track and field won its 17th Southern Conference outdoor title and first outdoor crown since 2009 Saturday afternoon at Samford University.

The Mountaineers crushed their competitors, scoring 195 team points, with ASU's next closest opponent, Western Carolina, finishing second with 138 points.

The 4x100m relay team began things for Appalachian Saturday, as the squad made up of Crystal Dukes, Breanna Alston, Christina Parker and Kristen Campbell notched the runner-up spot in the event with a time of 46.44.
Asia Dunlap picked up her impressive performances where she left off yesterday, as Dunlap set a new school record in the 400m dash with a time of 55.11. Dunlap finished third overall in the race, good enough to earn her all-SoCon honors.
D'Shawrna McLucas and Breahna Morrison finished seventh and ninth in the 400m dash, with McLucas recording a new personal best time of 57.46, and Morrison finishing the race in 57.88.
Keeping with her strong outings, Alston sprinted to a runner-up finishing the 100m dash, tallying a new personal best time of 11.87. Not only, does the freshman earn all-SoCon honors but she also jumps into ninth on Appalachian's all-time list.
Kristen Campbell and Crystal Dukes finished fourth and ninth respectively, in the 100m dash with times of 12.02 and 12.34.
In the discus throw, sophomore Gayshawna Watkins took the runner-up spot with a new personal best toss of 143-0. The throw puts her at seventh all-time in ASU's records books.
Norjai Palma and Jocelyn Parnell placed third and tenth in the discus, with throws of 140-1 and 106-5.
Both Michaela McGriff and Ana DeLeon competed in the event as well, but both were unable to record a mark.
Erika Ivey claimed all-conference honors in the triple jump, as she leapt 39-6.5, setting a new personal best in the event.
Bianca Harvey and Dukes finished ninth and 12th in the triple jump, with leaps of 38-3.25 and 35-10.
In the 100m hurdles, Michelle Brutus notched an eighth place finish with a time of 14.60.
Dunlap kept with her notable showings Saturday, as she came in second in the 800m run with a new personal best time of 2:12.49. Her new pr mark keeps her at fifth on Appalachian's all-time list.
Chenel McFadden became the second App to set a school record Saturday afternoon, as McFadden won the 400m hurdles with a time of 60.94. McFadden becomes ASU's first SoCon

champion in the event since 1994, and just third-ever.
Shenita Martin also made her mark in the event, notching all-SoCon honors with a third place finish, as she recorded a personal best time of 63.01, keeping her at sixth in Appalachian's record books in the 400m hurdles.
Helena Shields placed sixth in the race, also setting a personal best time with a mark of 63.33. Her time pushes her into seventh on Appalachian's all-time list.
Senior Rebecca Hazeltine continued her dominance in the high jump, as won the SoCon title with a leap of 5-8.75. Hazeltine's championship in the high jump is the Black and Gold's first in the event since 1993.
Shaquiela Robinson was also stellar, grabbing all-SoCon accolades with a new personal best jump of 5-7. The 5-7 mark is a personal best for Robinson and moves her into tied for sixth all-time in ASU's top-10 list.
Appalachian tallied its third SoCon crown of the meet, as Cassie Crawford won the pole vault with a vault of 12-5.5. Crawford's pole vault title is ASU's first since Shea Snow won back-to-back titles in 2008 and 2009, and just the third-ever in program history.
Teammate Meredith Wilson was impressive as well in the pole vault, coming in fifth with a personal best vault o11-1.75. Wilson's vault is good enough to bump her into eighth on Appalachian's all-time list.
The Mountaineers continued to show their strength in the throwing events, as Palma won the SoCon title in the shot put with a new personal best throw of 47-00.75. Palma's throw bumps her up to fourth on ASU's all-time list and the shot put title denotes ASU's first in the event since 2009.
Watkins notched the runner-up spot with a toss of 45-8, while Dukes placed eighth with a throw of 39-6.5, Parnell came in 10th with a throw of 37-11.25 and DeLeon finished 11th with a mark of 37-5.
Alston made her mark, finishing the meet in style, as she claimed the 200m dash title with a new personal best mark of 24.02. The time moves her into third on ASU's all-time list in the event and the title is the Apps' first in the 200m dash since 2005.
Campbell and McLucas also both recorded personal best times as the pair came in seventh and eighth, finishing with marks of 24.70 and 24.75.
Four Mountaineers competed in the 5000m run with Amy Neilson earning a team-best finish of sixth with a new personal best time of 18:11.09.
Hannah Orders finished 11th with a mark of 18:55.02, Sarah Williamson placed 13th with a time of 18:56.42 and Dani Reese wrapped up action for the group with a 20th place finish, recording a time of 19:22.52.
In the final event of the meet, the 4x400m relay team, comprised of Dunlap, Alston, McFadden and Morrison finished fifth with a time of 3:53.51.
ASU will take two-week break, and return to action, Saturday, May 7 as the team travels to Chapel Hill, N.C. to compete at the North Carolina .

Women's Individual Awards

Most Outstanding Athlete
Zakiyyah Stewart – Western Carolina

Most Outstanding Track Performer
Felisha Garren – Western Carolina

Most Outstanding Field Performers
Veronica Day – Elon

Freshman of the Year
Breanna Alston – Appalachian State

Coach of the Year
Mark Elliston – Elon