Appalachian State University women's track team finished day two of the Appalachian Invitational strong as they junior Cassie Crawford broke her own App State Holmes Center record in the pole vault this afternoon and a Holmes Center record. Crawford tied her personal-best 3.85m from the Southern Conference Indoor Championships in 2012. The Mountaineers took the top three spots in the pole vault as freshman Audrey Diener finished second with a 3.70m jump and sophomore Chelsea Farr placed third with a 3.55m jump.
Also in field events sophomore Jasmine Suydam finished third overall in the shot put with a 12.97m throw and junior Breanna Alston finished first in the long jump with a 5.69m jump. Sophomore Tatyana Bryant rounded out the top three spots as she finished third with a 5.50m jump in the long jump.
Head coach John Weaver stated, "I was very impressed with our field event performers which showcased the depth we have in these events."
Alston finished the afternoon with a second place finish in the 55m dash crossing the line at 7.02, while junior Breahna Morrison finished first in the 200m dash and third in the 400m dash. Senior D'Shawrna McLucas crossed the line second in the 300m dash with a 43.03, while sophomore Taryn Stern finished second in the 800m run with a 2:19.68.
Senior Amanda Hamilton paced the Apps in distance as she broke an App State Holmes Center record after running a 10:06.45 and finishing first overall.
Coach Michael Curcio stated, "I am very excited for Amanda breaking the App State Holmes Center record after coming off a very good cross country season. She had a few weeks rest and was able to come out and perform very strong in her first indoor meet of the season."
"This meet gives me a wealth of excitement about the future of this indoor season for both men and women," said Weaver, "We are on a mission to win all the Southern Conference championships, which includes the indoor and outdoor seasons. We had a wonderful start to this quest when our women's and men's cross country team won the first of the six titles."
Appalachian State will be back in action after winter break on Friday, Jan. 18 when they host the Mountaineer Open Meet at the Holmes Convocation Center.

Rojas and Moen Lead Apps in First Indoor Meet

Appalachian State University men's track team finished strong on day two of the Appalachian Invitational as they saw App State Holmes Center records broken by both sophomore Raphael Rojas and senior Chris Moen.

Rojas broke the 800m run record when he crossed the line at 1:53.60, breaking the record held by teammate Alex Taylor, while Moen crossed the line at 8:26.34 in the 3,000m to hold the new App State Holmes Center record. Both runners finished first overall in their events.

Coach Michael Curcio said, "I am very excited for Moen and his record-breaking performance. He redshirted during the cross country season and this was his first meet in uniform since last outdoor season, so it was great to see him perform so well and take home a record."

The Mountaineers took home the top two places in the 200m dash as senior Justin Thomas finished first with a 22.44 and freshman Marshall McRae finished right behind with a 22.67.

Head coach John Weaver said, "We had excellent times as shown by our record-breaking performances, but we need to continue our development and depth in those areas."

The Black and Gold finished second in the 4x300m relay and the team of Tyler Combs, Chase Helton, Read Caulkins, and Rojas finished second in the 4x400m relay with a 3:24.38.

Freshman Cole Finch finished second in the high jump for the Apps as he jumped 1.96m and freshman Henry Bustle finished first in the long jump with a 7.17m jump. Sophomore Alex Lomax rounded out field event scoring for App State as he finished third in the pole vault with a 4.45m jump.

"This meet gives me a wealth of excitement about the future of this indoor season for both men and women," said Weaver, "We are on a mission to win all the Southern Conference championships, which includes the indoor and outdoor seasons. We had a wonderful start to this quest when our women's and men's cross country team won the first of the six titles."

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Photo Courtesy: Cassie Crawford, ASU Athletics