Appalachian State University men's track and field completed day one of the Mountaineer Open this evening, taking home the first place finish in the triple jump. Sophomore Henry Bustle picked up the first place finish in the triple jump this

afternoon, jumping a personal-best 14.09m, while Adedeji Adeneye placed second with a 13.47m jump.

In the weight throw, senior Jared Stalling placed second with an 18.00m throw, while Zane Lail finished in fourth and Nick Sansotta took home the fifth place finish. Both Lail and Sansotta threw personal-best distances, with Lail throwing a 15.10 and Sanotta tossing a 14.65m.

On day one of the Niswonger Invitational at East Tennessee State, the Black and Gold distance team saw a third place finish in the 5,000m event by senior Michael Lilley. Lilley crossed the line at a personal-best 14:58.07, while senior Will Raby finished in ninth, running a 15:18.67.

Appalachian State University women's track and field team had first place finishes in both the weight throw and the long jump on Day 1 of the Mountaineer Open. The Mountaineers clinched top-five finishes in the weight throw and the only two places in the triple jump, as junior Ana DeLeon paced the Apps with a 15.78m throw in the weight throw.

Sophomore Jasmine Suydam placed second with a 15.61m throw, while Jocelyn Parnell picked up a third place finish with a 15.42m toss. Freshman Brianna Tate finished in fourth in the weight throw with a 14.46m throw, while Katherine Lenhart rounded out the placing for the Black and Gold with a 13.24m toss.

Jamie Glenn placed first for the second time this season in the triple jump as she jumped 11.36, while Tatyana Bryant followed close behind with a 10.93m jump.

On day one of the Niswonger Invitational in Johnson City, Tenn., the Apps long distance team took home the first place finish as Amanda Hamilton led the pack, crossing the line at 17:20.82, and Justine Stocks finished third with a personal-best 17:48.48 in the 5,000m event. Kaitlyn Cagle and Sarah Williamson finished in fourth and fifth as Cagle crossed the line at 17:49.39 and Williamson finished at 17:50.31.

The Mountaineers will be back in action on Saturday, Jan. 19 when they start day two of the Mountaineer Open. The meet is scheduled to resume at 11 a.m. at the Holmes Convocation Center.