

ASU Dominates Mountaineer Open

Written by Megan Samassa
Saturday, 19 January 2013 20:55

Appalachian State University men's track came ready to compete in Day 2 of the Mountaineer Open as they clinched six first place finishes on the day. Sophomore Stanley Broaden led the Mountaineers in the 55m hurdles, as he picked up a

second place finish with a personal-best 7.57 in the finals. Freshman Marshall McRae crossed the line third overall in the 55m dash as he ran a 6.57 in the finals, while Justin Thomas finished in sixth with a 6.63.

The Apps placed second and third in the 200m dash as McRae crossed the line at 22.63 and Broaden finished with a personal-best 22.66. App State clinched the first place spot in their first running event of the day when sophomore Raphael Rojas posted a personal-best in the 400m dash with a 48.84 and David Riddleberger claimed a third place finish with a 50.57.

In his first career 300m dash, sophomore Trey Edgerton took home a second place finish with a 36.69. In a race that would come down to the line, junior Read Caulkins fell just a few steps short, finishing in second place with a 1:59.00 to North Greenville's Jacob Simms in the 800m run.

Senior Nick Kelly paced the Apps in the mile as he crossed the line first with a 4:34.18, while freshman Robert Kovach finished in sixth, running a 4:42.04. Appalachian took home the top three places in the 3,000m run as Brian Graves paced the field, finishing at 8:53.44. Kyle McFoy followed closely behind with a 9:07.37 and Mark Sullivan notched the third place finish with a personal-best 9:10.13.

Appalachian A 4x300m relay team clinched the first place finish as the team consisting of Broaden, Bustle, Chase Helton and Jamal Tiller crossed the line at 2:27.08. The Appalachian B relay team followed closely behind as they crossed the line at 2:27.42.

Head coach John Weaver stated, "It was our first after returning from the Christmas holiday. We had several performances that were better than the December meet, many more were equal to the December meet and a few that show we need to regain pre-holiday levels."

In field events, freshman Cole Finch led the Apps in the high jump as he picked up a third place finish with a personal-best 1.98m jump. Sophomore Henry Bustle earned his second first place finish of the weekend as he clinched the long jump title with a 7.02m jump, while Tiller placed second with a 6.83m jump and Adedeji Adeneye took third with a 6.51m jump.

Appalachian dominated the shot put as reigning SoCon champ Jared Stalling put up a 16.05m throw for a first place finish, while Zane Lail finished second with a 14.20m toss and Nick Sansotta garnered third with a 14.14m throw.

"Overall we are excited about the challenge ahead of us to win both the men's and women's indoor and outdoor titles.", stated Weaver "It is a tough challenge, but we won't have any more holidays to prevent us from carrying this weekend's momentum to the end of February."

Appalachian State University women's track had a dominating Day 2 of the Mountaineer Open as they claimed 11-of-12 first place finishes, including junior Breanna Alston breaking the 300m indoor record. Alston had a record setting afternoon as she broke, not only the App State indoor record, but also the App State Holmes Center record and the Holmes Center record in the 300m dash, running a 38.50. Alston broke her own indoor record of 39.05 that she set in 2011 at the

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Appalachian Pre-Conference Meet. App State's D'Shawnna McLucas picked up a second place finish in the 300m dash with a 41.45 and Shenita Martin placed third with a 43.10.

Appalachian claimed the first place finish in the 55m dash as Alston ran a 7.03, while McLucas ran a personal-best 7.33 in the finals to clinch the second place finish.

The Apps saw a first place finish from junior Breahna Morrison in the 400m dash as she crossed the line at a 59.70, while Shelby Howell paced App State in the 800m run with a first place finish, running a 2:18.76. Appalachian took the third and fourth place spots in the 800m run as Taryn Stern ran a 2:19.53 for third and Destine' Kirkman ran a 2:22.63 for fourth.

Senior Amanda Hamilton earned her second first place finish of the weekend as she paced the pack in the mile at the Mountaineer Open. Hamilton ran a 5:10.79 in the 1,500m event, while Katie Cagle ran a personal-best 5:18.87 in her first career mile, placing third overall.

For the distance runners, Kayla Schneider took home the first place finish in the 3,000m running a 10:39.66, while the Apps claimed the second and third place positions as well. Junior Jenna Williamson ran a personal-best 10:51.15 and Meaghan McCauley clocked a personal-best 10:51.42, while Dana Cox, Brittany Williams, Shelby Williams and Caitlyn Colo all placed in the top-ten.

Appalachian A 4x300m relay team won their second straight meet as Bryant, Alexandria Wells, Alston and Morrison crossed the line at 2:53.44 and the Appalachian B relay team came in a close second at 2:54.33.

Head coach John Weaver stated, "It was our first after returning from the Christmas holiday. We had several performances that were better than the December meet, many more were equal to the December meet and a few that show we need to regain pre-holiday levels."

In field events, the Black and Gold took home the top two finishes in the long jump as sophomore Tatyana Bryant picked up a first place finish with a 5.51m jump and Jamie Glenn jumped 5.18m.

Appalachian dominated both the high jump and the pole vault as they claimed the top-three spots in both events. In the high jump, Mary Theresa Montgomery jumped a personal-best 1.65m for the first place spot, while Sydney Cook and Janet Watson both jumped 1.60m. Senior Cassie Crawford notched a first place finish in the pole vault for the second meet in a row as she jumped 3.76m, while Debra Domermuth jumped a personal-best 3.61m and Cook earned a third place finish with a personal-best 3.46m jump.

App State took the top-two places in the shot put as Jasmine Suydam tossed a 13.59m and freshman Brianna Tate threw for a 13.25m. Appalachian rounded out the top five in the shot put as Ana DeLeon and Jocelyn Parnell finished fourth and fifth, respectively.

"Overall we are excited about the challenge ahead of us to win both the men's and women's indoor and outdoor titles.", stated Weaver "It is a tough challenge, but we won't have any more holidays to prevent us from carrying this weekend's momentum to the end of February.

Congratulations to Breanna Alston for setting a new App State indoor record, Holmes Center record and the App State Holmes Center record in the 300m dash."

The Apps will be back in action when they hit the road for the first time of the season on Friday, Jan. 25 for the Kentucky Invitational. The meet is slated to start at 7 a.m.

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Photo Courtesy: Breanna Alston, ASU Athletics