Written by Chandler Carver
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Appalachian State's Stanley Broaden and Cole Finch have been named the Southern Conference Men's Indoor Track and Field Athletes of the Week for meets over the weekend. The selections are made

by the league's track and field coaches. Broaden won the 60m hurdles at the ASU Pre-Conference meet with a personal-best time of 7.40, which was 0.02 seconds off the school record. He also won the 200m with a personal-record time of 22.22. He leads the SoCon in the hurdles going into this weekend's conference championships. Finch placed second in the high jump at the ASU Pre-Conference meet with a season-best jump of 6'6.25. The 2013 SoCon Indoor Track & Field Championships will be held this weekend (February 23-24) at the JDL Fast Track in Winston-Salem, N.C.

Men's Indoor Track Athlete of the Week
Jan. 24 – Nathan Hendershot, Samford
Jan. 30 – Brandon Hairston, Western Carolina
Feb. 6 – Demetrios Pagonis, Davidson
Feb. 13 – Paul Katam, UNCG
Feb. 20 – Stanley Broaden, Appalachian State

Men's Indoor Field Athlete of the Week
Jan. 24 – Tyler Kemp, Samford
Jan. 30 – Geno Porter, The CitadelFeb. 6 – Ryan Cook, Samford
Feb. 13 – Jamal Tiller, Appalachian State
Feb. 20 – Cole Finch, Appalachian State

ASU's Tate Named Women’s Athletes of Week

Appalachian State’s Brianna Tate has been named the Southern Conference’s Women’s Indoor Track and Field Athletes of the Week for meets over the weekend. The selections are made by the league’s track and field coaches.In the field events, Tate placed second in the weight throw with a throw of 53-1 and placed second in the shot put with a throw of 42-6.25. This was a personal best in the weight throw. The 2013 SoCon Indoor Track & Field Championships will be held this weekend (February 23-24) at the JDL Fast Track in Winston-Salem, N.C.

Women’s Indoor Track Athlete of the Week
Jan. 24 – Tayla Carter, Western Carolina
Jan. 30 – Amanda Hamilton, Appalachian State
Feb. 6 – Lauren D’Alessio, Samford
Feb. 13 – Chelsea Sumney, UNCG
Feb. 20 – Sydney Griffin, Elon

Women’s Indoor Field Athlete of the Week
Jan. 24 – RoShanni Glover, College of Charleston
Jan. 30 – Ana DeLeon, Appalachian State
Feb. 6 – Megan Kirschling, Elon
Feb. 13 – Achsah Brice, Western Carolina
Feb. 20 – Brianna Tate, Appalachian State