Written by Megan Samassa
Sunday, 24 February 2013 09:24

Appalachian State University women's track and field team concluded day one of the Southern Conference Indoor Championships in fourth place, trailing Samford by 18 points.

Junior Breanna Alston finished in third overall in the preliminary heat of the 60m dash and first overall in the 400m dash, qualifying for the finals on Sunday in both races, while Breahna Morrison crossed the line sixth overall in the preliminary heat of the 400m dash, qualifying for Sunday's finals.
The Black and Gold saw a first-place finish in the 200m dash as Alston crossed the line at 24.43 while, freshman Shelby Howell ran a personal-best 2:12.09 in the 800m run.
Senior Amanda Hamilton paced Appalachian in the 3,000m as she finished in third, crossing the line at 9:53.38, while Justine Stocks finished in fifth running a personal-best 10:05.49.
The distance medley relay team of Howell, Taryn Stern, Kayla Schneider and Maria Stickley placed sixth, earning three points for Appalachian as they posted a 12.18.02 in the finals.
The Mountaineers earned eight points in the shot put as Jasmine Suydam finished fourth with a season-best 13.59m toss and Brianna Tate finished in sixth with a personal-best 13.17m toss.
Alston led the Apps in the long jump as she finished sixth overall earning three points, while Tatyana Bryant picked up two points, jumping for 5.42m and a seventh-place finish.
App State finished off day one of the SoCon Indoor Championships with a third-place finish in the high jump as Mary Theresa Montgomery jumped for a personal-best 1.67m, while Janet Watson earned two points jumping for 1.62m and a seventh-place finish.
After the completion of day one of the championships Appalachian sits in fourth overall with 35 points, while Samford leads with 53 points and Elon is in second with 41 points.
The ASU men's track and field concluded day one of the Southern Conference Indoor Championships in second-place as Samford leads with 79 points.
Sophomore Stanley Broaden led the Mountaineers as he set both the SoCon record and the App State record in the 60m hurdles in the preliminary round this afternoon. Broaden crossed the line at 7.90 which broke Charles Derrickson's record set in 2007 at the SoCon Championships.
Appalachian saw a fourth-place finish in the 60m dash preliminaries as Justin Thomas crossed the line at 6.89, earning a spot in the finals on Sunday, while Marshall McRae finished in seventh to qualify for the finals, running a 6.99.
Thomas paced App State in the 200m as he finished second in the preliminary round, while Broaden and McRae finished in seventh and eighth to qualify for Sunday's finals.
Sophomore Trey Edgerton qualified for the finals in the 400m dash as he finished eighth overall in the preliminary round, while Alex Taylor crossed the line second in the 800m preliminaries and Raphael Rojas finished in fourth.
Chris Moen paced Appalachian in the 3,000m as he earned five points with a fourth-place finish, crossing the line at 8:22.57, while Brian Graves earned four points and the fifth place finish with a personal-best 8:24.27 for the Black and Gold.
App State took the distance medley relay title for the second-straight year as Tyler Combs, Nick Kelly, Taylor and Moen finished in first, running a 10:05.77 and earning 10 points for

Appalachian.
Jacob Stowe and Alex Lomax earned nine points for the Mountaineers as they finished fourth and fifth in the pole vault with Stowe jumping for 4.74m and Lomax jumping for 4.59m.
Freshman Patrick Quinn added two points for App in the pole vault as he finished in seventh with a 4.59m jump.
Senior Jared Stalling claimed the shot put title for the second-straight year as he threw for 15.98m, while Zane Lail finished in fourth throwing for 15.12m and Nick Sansotta finished in fifth overall.
Henry Bustle and Jamal Tiller clinched the second and third place spots in the long jump for App State as Bustle jumped for 7.07m and Tiller jumped for 6.96m.
The Apps would capture its final points of the day when Cole Finch earned 1.50 points in the high jump with a 1.88m jump and a seventh-place finish.

Photo Courtesy: Brianna Alston, ASU Athletics