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Appalachian State University men's track and field team clinched its 19th Southern Conference Indoor title on Sunday at the JDL Fast Track.

The men came from behind after trailing Samford by 8.50 points on day one of the championships as they scored 183.50 overall points to earn the SoCon title. After breaking the SoCon and App State record in the preliminary round of the 60m hurdles, sophomore Stanley Broaden claimed the title as he finished first overall in the finals with a 7.90, while Samford's Bo Gilroy-Ackerson came in second with a 8.22. The win marks the second year in a row the Apps have clinched the 60m hurdles title as AJ Dohanic won last year for Appalachian.

The Black and Gold took home the second and third-place finishes in the 200m dash as Broaden and Justin Thomas both had strong showings. Broaden finished in second with a 22.34, while Thomas placed third overall with a 22.37.

The Mountaineers earned 18 points in the mile run as the senior duo of Alex Taylor and Chris Moen took the top-two spots. Taylor crossed the line at 4:12.29 to garner the first-place title, while Moen ran a 4:13.88 to finish in second.

Moen paced Appalachian in the 5,000m run as he finished third overall with a 14:42.22, while Michael Lilley and Brian Graves finished fifth and sixth, respectively.

App State picked up two points in the 60m dash and the 400m dash as freshman Marshall McRae placed eighth in the 60m and sophomore Trey Edgerton finished in eighth in the 400m, each earning one point towards the Apps overall team score.

Sophomore Raphael Rojas finished in third-place in the 800 as he crossed the line at 1:54.35, earning six points for the Apps.

The 4x400m relay team of Tyler Combs, Edgerton, Rojas and Broaden placed second overall as they finished just steps behind Western Carolina, crossing the line at 3:20.38.

After claiming the shot put title on day one, senior Jared Stalling claimed the weight throw title, tossing for 18.83m and earning his second title of the championships, while Zane Lail finished in fifth scoring four points for the Apps.

Appalachian clinched the triple jump title on day two as junior Jamal Tiller set a facility record jumping 15.41m in the finals, while Adedeji Adeneye placed third overall with a 14.40m jump.

The Mountaineers captured the title as they scored 183.50 overall points, while Samford finished in second with 179 points and Western Carolina finished third overall with 161.50 points.

App State had five individual champions as Stalling earned both the shot put and weight throw title and Broaden broke the SoCon and App State record in the 60m hurdles.

Appalachian will be back in action Saturday, March 2 as several athletes will travel to Blacksburg, Va. for the Virginia Tech Last Chance Meet in hopes of qualifying for the NCAA Indoor Championships. The meet is scheduled to start at 4 p.m.

Men’s Team Results – Final

Place	**School**	**Points**
1.	**Appalachian State**	**183.5**
2.	Samford	179
3.	Western Carolina	161.5
4.	Davidson	30
5.	UNCG	29
t-6.	Chattanooga	27
t-6.	The Citadel	27
8.	Furman	22
9.	Wofford	3

Women's Track Places Second at SoCon Championships

Appalachian State University women's track and field finished in second-place at the Southern Conference Indoor Championships on Sunday at the JDL Fast Track.

Junior Breanna Alston claimed the 200m dash title and the 400m dash title as she ran a 24.38 in the 200m and a 56.70 in the 400m. The Greensboro, N.C. native also earned a third-place finish in the 60m dash, crossing the line at 7.65 and sixth in the long jump. Alston clinched the 200m title for the second year in a row

Junior Breahna Morrison picked up five points for the Mountaineers in the 400m dash as she place fourth overall.

Senior Amanda Hamilton earned the second-place finish in the mile as she crossed the line at 4:59.24, while Justine Stocks and Kayla Schneider picked up nine points for Appalachian.

The Apps picked up two points in the 800m run as Shelby Howell placed seventh, while Hamilton and Sarah Williamson earned eight points in the 5,000m run as Hamilton finished in fourth and Williamson finished in sixth.

The 4x400m relay team of Taryn Stern, Howell, Morrison and Alston placed second behind Western Carolina as they crossed the line at 3:54.34.

Junior Cassie Crawford garnered the second-place finish in the pole vault with a 3.75m jump, while Chelsea Farr place fifth with 3.60m jump and Audrey Diener placed eighth overall.

App State took home the second, third and fourth place finishes in the weight throw as Ana

DeLeon claimed the second place spot. DeLeon threw for 17.34m, while Jasmine Suydam placed third with a 16.86m throw and Jocelyn Parnell threw for 16.78m and a fourth place finish. Freshman Jamie Glenn posted a second-place finish in the triple jump as she jumped for 11.86m in her first SoCon Championships, while Tatyana Bryant placed sixth with an 11.24m jump, earning three points.

The Mountaineers placed second overall as they scored 143.50 points, while Western Carolina captured the 2013 SoCon Indoor Title earning 149 points and Samford finished in third with 139 points.

Alston was the only individual champion for the women as she earned both the 200m and 400m title.

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Women's Team Results – Final

Place	**School**	**Points**
1.	Western Carolina	149
2.	**Appalachian State**	**143.5**
3.	Samford	139
4.	Elon	81
5.	Georgia Southern	70.5
6.	The Citadel	21
7.	College of Charleston	18
8.	Chattanooga	13
9.	UNCG	9
10.	Wofford	8
11.	Davidson	7
12.	Furman	4

Photo Courtesy: Jared Stallings, ASU Athletics