

## ASU Track Has Seven Compete at Va. Tech Meet

Written by Megan Samassa  
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Appalachian State University women's track and field team had four athletes travel to the Virginia Tech Last Chance Meet on Saturday afternoon to try and qualify for the NCAA Championships.

Junior Breanna Alston ran a personal-best 24.12 in the 200m, which was good for a fourth-place finish. The 24.12 in the 200m dash ranks her second all-time in App State history. Senior Amanda Hamilton paced the field in the 3,000m as she crossed the line first with a 9:49.28. The time marks her second-best time of the season as she ran a 9:48.20 in the Kentucky Invitational.

Freshman Audrey Diener took home the first place finish in the unseeded pole vault as she jumped for 3.69m, while Cassie Crawford finished eleventh in the seeded pole vault with a 3.69m jump.

Appalachian State University men's track and field team had three athletes travel to the Virginia Tech Last Chance Meet this afternoon to try and qualify for the NCAA Championships.

A week after setting the App State record in the 60m hurdles sophomore Stanley Broaden finished ninth in the semifinal round at the Virginia Tech Last Chance Meet as he ran an 8.01. Junior Jamal Tiller led the Apps in field event as he finished eighth in the triple jump with a 14.48m jump in the event.

Senior Jared Stalling finished sixth overall in the weight throw with an 18.82m toss, but was unable to place in the shot put. The Apps will kick off the outdoor season on Friday, Mar. 8 when they travel to the Coastal Carolina Invitational in Conway, S.C. The meet is slated to start at 4 p.m.

**Photo Courtesy: Amanda Hamilton, ASU Athletics**