

## Mountaineers Wrap Up Opening Weekend at CCU Invite

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Appalachian State University men's track & field put together a strong showing at the Coastal Carolina Invitational over the weekend.

The Mountaineers snagged several top-10 finishes over the weekend, highlighted by another first-place finish in the high jump and several strong showings in the throws and distance runs. Andrew Vandenberg put together a strong showing in his outdoor debut as he finished second in the 10,000-meter run (32:41.02) while fellow distance runners Kyle McFoy (14:50.70), Will Raby (14:57.00) and Michael Ellis (15:12.36) finished second, fourth and seventh in the 5,000-meter run.

Jared Stalling finished second in the discus with a throw of 52.25 meters (161-05) and picked up a sixth-place finish in the hammer throw with a toss of 53.84 meters (176-08). The team of Josh Ellis, Chris Moen, Robert Kovach and Mark Sullivan took fourth in the 4x800-meter relay with a time of 7:58.01.

Moen also took a fourth-place finish in the 1,500-meter run with a time of 3:57.52 and Stanley Broaden continued his impressive sophomore campaign with a third-place showing in the 110-meter hurdles (14.69).

Josh Cox, James-Howard Smith and Josh Ellis finished third, fourth and sixth in the 3,000-meter steeplechase.

Daryl Saunders finished as the meet champion in the high jump with a leap 2.10 meters (6-10.75) while Cole Finch took fourth. Alex Lomax and Jacob Stowe finished second and fifth in the pole vault while fellow vaulter Patrick Quinn finished seventh.

On the women's side, Cassie Crawford led the Mountaineers with a first-place finish in the pole vault, posting a mark of 3.65 meters (11-11.75), while Chelsea Farr grabbed second and Debra Domermuth finished fourth.

Appalachian also saw a strong showing from its distance runners as Kayla Schneider finished first in the 5,000-meter run with a personal-record time of 17:47.23 minutes. Jenna Williamson (37:47.52) and Shelby Williams (37:48.67) took third and fourth, respectively, in the 10,000-meter run.

Deanne Tiplady finished fourth in the javelin with a toss of 36.19 meters (118-09) while Ana DeLeon and Brianna Tate earned top-10 finishes in the hammer throw. Janet Watson and Mary Theresa Montgomery finished fourth and sixth in the high jump with leaps of 1.65 and 1.60 meters, respectively. Jasmine Suydam snagged a third-place finish in the shot put with a toss of 13.59 meters (42-06.75) and took sixth-place in the discus.

The Mountaineers return to action next weekend at the Wake Forest Invitational and host their first home meet of the season on March 30.