

ASU Track and Field Concludes Weekend Action

Written by Ryan Bower
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Daryl Saunders captured another high jump title to help Appalachian State University men's track and field to a second-place finish at the Beaches vs. Mountains Meet on Saturday afternoon. The Mountaineers, who scored 137.5 points, finished behind Western Carolina (148.5) and in front of East Carolina (103) at the annual event. The annual meet typically matches Appalachian and WCU against ECU and UNC Wilmington, combining the scores of the Beach schools and the Mountain schools to determine a winner, but the absence of UNCW changed the scoring system on Saturday. Saunders recorded a leap of 2.08 meters (6-9.75) to record one of Appalachian's 20 top-three finishes on the day.

Other top finishers for the Mountaineers included Jared Stalling, who took first-place in the shot put, discus and hammer throw. Patrick Quinn was impressive in the pole vault, taking first with a mark of 4.81 meters (15-9.25), the fifth-best mark in school history.

Stanley Broaden continued his breakout season with first-place finishes in the 110 and 400-meter hurdles while Alex Taylor took home the 1,500-meter run title in a time of 3:54.70. Appalachian also sent four distance runners to the Raleigh Relays at NC State over the weekend where the Mountaineers had an extremely strong showing.

Brian Graves (30:12.56), Michael Lilley (30:24.98) and Kyle McFoy (30:38.53) finished 11th, 14th and 17th, respectively, in the 10,000-meter run. The performances moved all three into the top-10 in Appalachian State history.

On the women's side, Justine Stocks blew away the competition in the 3,000-meter steeplechase as Appalachian State University women's track and field notched 15 top-three finishes on Saturday at the Beaches vs. Mountains Meet. The Mountaineers picked up a second-place finish at the event, compiling 120.5 points, to finish behind Western Carolina (159) and in front of East Carolina (110.5).

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Stocks put forth perhaps the most dominant effort of the day by winning the steeplechase with a time of 11:20.52 to finish nearly a minute ahead of her nearest competitor. Her time marked a new personal record and is the sixth-best time in school history.

Audrey Diener also etched her name into the Appalachian State record book on Saturday as her mark of 3.73 meters (12-2.75) in the pole vault was a new personal best and the fourth-best mark in Appalachian history. Other top finishers for the Mountaineers included Breanna Alston, who took first in both the 100 and 200-meter dashes, and Cassie Crawford, who won the pole vault yet again with a mark of 3.88 meters (12-8.75).

Tatyana Bryant grabbed first in the long jump with a leap of 5.61 meters (18-5) while Shelby Williams snagged second in the 3,000-meter run with a time of 10:34.32. Appalachian State also sent three runners to the Raleigh Relays at NC State over the weekend where Amanda Hamilton paced the Mountaineers with a third-place finish in the 10,000-meter run (34:52.76) to set a new Appalachian State record.

The Mountaineers return to action next weekend when they travel to the Auburn Invitational. The two-day event begins on Friday.

Photo Courtesy: Cassie Crawford, ASU Athletics