

## **Suydam Named SoCon Field Athlete of Week**

Written by Ryan Bower  
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Appalachian State University sophomore thrower Jasmine Suydam has been named as the Southern Conference Field Athlete of the Week, the league office announced Wednesday. Suydam, who captured three first-place finishes at the Appalachian Open last weekend, joins pole vaulter Cassie Crawford as the two Mountaineers to earn the honor this season. At last weekend's meet, Suydam took first place in the shot put, discus and hammer throw while setting personal records in the shot put (46-2) and hammer (153-10). Her mark in the shot put moved her into sixth-place in school history. On the season, Suydam has eight top-five finishes in six meets and ranks first in the SoCon in the shot put while ranking fourth in both the discus and hammer throw. In addition, she ranks 64th in the NCAA East Region and 153rd nationally in the shot put. Suydam and the Mountaineers will attempt to win their third-straight league title when they head to the SoCon Outdoor Championships in Statesboro, Ga. this weekend. The event, hosted by Georgia Southern, begins on Saturday and concludes on Sunday afternoon.

### **Women's Outdoor Track Athlete of the Week**

Mar. 20 – Jocelyn Keen, Western Carolina

Mar. 28 – Tayla Carter, Western Carolina

Apr. 3 – Lauren D'Alessio, Samford

Apr. 10 – Caroline McCaslin, Elon

Apr. 17 – Veronica Luedke, Elon

### **Women's Outdoor Field Athlete of the Week**

**Mar. 20 – Cassie Crawford, Appalachian State**

Mar. 28 – Alisha Bradshaw, Western Carolina

Apr. 3 – RoShani Glover, College of Charleston

Apr. 10 – Alisha Bradshaw, Western Carolina

**Apr. 17 – Jasmine Suydam, Appalachian State**

**Photo Courtesy: Jasmine Suydam, ASU Athletics**