

## Mountaineers Finish Weekend At Duke Twilight

Written by Ryan Bower  
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Appalachian State University track and field wrapped up competition at two meets on Sunday evening. The Mountaineers competed in the Bob Pollock Invitational at Clemson University on Saturday before the Duke Twilight on Sunday.

Raphael Rojas set a new personal record and ran the fourth-fastest 800-meter run time in school history with a time of 1:50.77 to finish fourth at Clemson. Jared Stalling snagged first in the discus with a throw of 51.29 meters (168-3) and was fifth in the hammer throw with a toss of 55.89 meters (183-4).

Jacob Stowe took second in the pole vault with a mark of 4.77 meters (15-7.75) while Stanley Broaden finished third in the 110-meter hurdles with a time of 14.32 seconds.

Michael Ellis, who ran separately at the Duke Twilight, finished in 13th place in the 3,000-meter steeplechase in a time of 9:49.45.

On the women's side, Breanna Alston set a new personal record, the fourth-fastest time in school history, with a time of 11.67 seconds to win the 100-meter dash. Mary Theresa Montgomery finished third in the high jump with a leap of 1.61 meters (5-3.25) while Cassie Crawford took fourth in the pole vault with a mark of 3.77 meters (12-4.5). Fellow vaulters Debra Domermuth (11-4.5) and Audrey Diener (10-10.75) finished ninth and eleventh, respectively. Tatyana Bryant captured second in the long jump with a leap of 5.74 meters (18-10) and Jasmine Suydam finished third in the discus with a toss of 43.77 meters (143-7) to set a new personal best. Suydam also took third in the shot put with a throw of 13.49 meters (44-3.25) while Brianna Tate took sixth with a mark of 13.37 meters (43-10.5). Tate also finished fifth in the hammer throw with a toss of 40.96 meters (134-4).

Jocelyn Parnell captured the javelin throw title with a toss of 42.36 meters (139-0) while teammate Deanne Tiplady finished third with a throw of 36.05 meters (118-3). Parnell's mark set a new personal record and moved her into third in App State history.

Dana Cox, who ran separately at the Duke Twilight, set a new personal record and finished sixth in the 5,000-meter run with a time of 17:55.71. The Mountaineers return to the track next weekend with meets at NC State (May 10) and Georgia Tech (May 10-11) in their final action before the NCAA East Preliminaries in Greensboro, N.C. on May 23.

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