

ASU Women's Track Wins SoCon Title On Record Day

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Appalachian State University women's track and field won its second-straight Southern Conference Indoor Championship on Friday at the Birmingham CrossPlex. The Mountaineers tallied 157.16 points, followed by Western Carolina with 113 and Georgia Southern with 92. Appalachian has now won ten titles since 2001 and 18 indoor championships all-time. Coach John Weaver took home

his 12th Coach of the Year award.

Junior Gayshawna Watkins earned Most Outstanding Field Performer after winning the weight throw (56-1) on Friday and the shot put (44-10.25) on the first day of competition. Freshman Jasmine Suydam added to her accolades from the day one to finish sixth in the shot put and earn all-freshman honors. Jocelyn Parnell's mark of 49-7 earned her a fifth-place finish.

Erika Ivey jumped 38-9.75 in the triple jump to finish in second-place, while freshman Tatyana Bryant finished in sixth with a personal-best mark of 37-1.25. Bryant earned all-conference and all-freshman honors in the long jump for her 18-2 performance.

Chelsea Farr continued her strong indoor season with 12-7.50 vault to finish in second-place and all-conference and all-freshman recognition, while sophomore Cassie Crawford finished in third-place to earn her second-straight all-conference honor.

Appalachian dominated the high jump with sophomores Mary Theresa Montgomery and Shaquiela Robinson finishing in a three-way tie for runner-up, while freshman Janet Watson grabbed a fifth-place finish.

The record breaking 4x400-meter relay team of Asia Dunlap, Breahna Morrison, Shenita Martin and Breanna Alston broke their previous record with a time of 3:47.39 to earn runner-up to Western Carolina (3:44.98), who broke the conference record.

In the 5,000-meters the Mountaineers ran some the fastest times in school history, Amanda Hamilton clocked the second fastest time (17:06.71) for fourth-place, Sarah Williamson posted the fourth fastest time (17:19.10) for a sixth-place finish and Hannah Orders recorded the fifth fastest time (17:25.90) for a eighth-place finish. Hamilton earned a fourth-place finish in the mile (4:59.72) to move up to fifth all-time in ASU's record book, and earned all-conference honors on first day for her second-place finish (9:44.38) in the 3,000-meters while Williamson finished in eight-place (10:05.98).

Alston defended her 200-meter title with the second fastest time in school history (24.31), and earned a second-place finish in the 60-meter dash. D'Shawnna McLucas ran personal-best in the 200-meters (24.31) and in the 60-meters (7.83) to earn fourth and sixth-place respectively. Kristen Campbell clocked a season-best (7.87) in the 60-meter dash to finish in eighth-place. Dunlap broke the school 400-meter record with a time of 55.58 on her way to a second-place finish, while Martin ran a personal-best (58.48) for a seventh-place finish.

Appalachian concludes its indoor season, but Coach Weaver will take a handful of the team's top performers to Virginia Tech next weekend in hopes of qualifying for nationals.

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Photo Courtesy: Gayshawna Watkins, ASU Athletics