

Mountaineers Combine for 11 First-Place Finishes

Written by Ryan Bower
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Appalachian State University men's and women's outdoor track and field opened their respective seasons at the Coastal Carolina Invitational over the weekend and posted strong start on both sides to open the year. Breanna Alston notched two first-place finishes as Appalachian State University

women's track and field opened its outdoor season with a strong finish at the Coastal Carolina Invitational on Saturday. The Mountaineers finished with a total of seven first-place finishers including wins in four track events, two jump events and one throw event.

Alston won both the 100-meter dash and the 200-meter dash with times of 11.90 and 24.21 seconds, respectively while Kaitlyn Cagle won the 5,000-meter run with a new personal record of 17:35.07.

ASU's 4x100-meter relay team of Alston, Kristen Campbell, D'Shawrna McLucas and Shenita Martin won its event with a time of 46.92 seconds.

Shaquiela Robinson won the high jump with a mark of 1.65 meters (5'05.00 feet) while Erika Ivey took home first-place in the long jump with a mark of 5.16 meters (16'11.25 feet).

Gayshawna Watkins took home top-billing in the shot put with a throw of 14.17 meters (46'06.00 feet) to round out the Apps top finishers.

McLucas was also impressive in the 200-meter dash with a time of 24.80 seconds and Asia Dunlap took third-place in the 400-meter dash with a time of 56.91 seconds.

Martin finished second in the 400-meter hurdles with a time of 1:04.36 while Helena Shields took fourth with a time of 1:05.00.

On the men's side, Dennis Moore took first-place in the 100-meter dash with a time of 10.34 seconds while Landon Powell finished with a mark of 10.95 seconds. Justin Thomas also finished in the top-10 in the event with a time of 11.00 seconds to take home ninth-place.

Powell finished fifth in the 200-meter dash (22.06 seconds) while AJ Dohanic and Thomas finished sixth and ninth, respectively, with times of 22.15 and 22.27 seconds. Dohanic also took second in the 110-meter hurdles with a time of 14.49 seconds, a new personal record, while Stanley Broaden-Branch finished third with a time of 14.81 seconds.

Josh Cox won the 3,000-meter steeplechase with a time of 9:28.12 minutes and ASU's 4x100-meter relay team of Dohanic, Moore, Powell and Thomas finished first with a time of 41.23 seconds. Darius Purcell took home the high jump title with a mark of 2.16 meters (7'01.00 feet) while Daryl Saunders finished second with a jump of 2.05 meters (6'08.75).

Jared Stalling finished second in both the shot put (16.46 meters - 54 feet) and discus throw (50.88 meters - 166'11 feet) and Jacob Stowe took second in the pole vault with a mark of 4.45 meters (14'07.25).

The Mountaineers return to the track next week at the Wake Forest Invitational from March 16-17.

Photo Courtesy: Dennis Moore, ASU Athletics

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