

Mountaineers Top SoCon Power Rankings

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Appalachian State University track and field ranks first on both the men's and women's sides the midseason Southern Conference Outdoor Track and Field Power Rankings, the league office announced Wednesday. The Mountaineers currently sit atop the conference with

252 points on the men's side, nearly double that of The Citadel, which sits second with 139 points. The Appalachian State women have collected 168 points, three more than second-place Samford.

Appalachian State currently holds the top spot in the SoCon in nine different men's events in its quest for third-straight conference outdoor title while the women have five of the top marks in the conference as they battle for their second-straight outdoor title.

Jared Stalling has posted conference-best marks in the shot put, discus and hammer throw this season to lead the Apps.

Dennis Moore has posted the fastest 200-meter dash time of any SoCon athlete while AJ Dohanic leads all conference hurdlers in the 110-meter hurdles.

The Mountaineers have also been strong in jumps as Jamal Tiller has notched the best triple-jump mark of any conference athlete while Darius Purcell and Daryl Saunders are first and second, respectively, in the high jump.

Appalachian also boasts the top 4x100-meter relay team in the conference in Moore, Dohanic, Justin Thomas and Landon Powell.

Josh Cox leads all conference runners in the 3,000-meter steeplechase this season to round out the top rankings for the Mountaineers.

On the women's side, Gayshawna Watkins leads all SoCon throwers in the shot put while Breanna Alston has posted the best 200-meter dash time of any conference sprinter.

Kaitlyn Cagle and Jenna Williamson rank first and second, respectively, in the 10,000-meter run while the Apps' 4x400-meter dash team of Alston, Asia Dunlap, Shenita Martin and Breahna Morrison posted a conference-best time of 3:45.60 at the Wake Forest Invitational.

Shaquiela Robinson rounds out ASU's conference-leading performances with the top mark in the high jump this season.

The Mountaineers return to action at the Mountain vs. Beach Invitational in Wilmington, N.C. this weekend.

Photo Courtesy: Dennis Moore, ASU Athletics