

Mountaineers Sweep SoCon Championships

Written by Ryan Bower
Monday, 23 April 2012 07:22

Appalachian State University men's track and field won its third-straight Southern Conference Outdoor Championship on Sunday at the Catamount Athletic Complex. The Mountaineers edged out SoCon rival Western Carolina

by a score of 238-225. The Catamounts were the only team to come within 120 points of the Apps, who picked up their 19th conference outdoor title. Jared Stalling finished with one of the best individual performances in ASU history. The junior thrower earned Most Valuable Field Performer and Most Outstanding Athlete honors after leading all athletes with 28 points. Stalling etched his name into the conference record book with a SoCon record throw of 171'5" in the discus throw. He also finished first in the shot put (55'10.25") and second in hammer throw (167'7").

The Apps also got solid performances in the throws from Caleb Poplin, who finished third in both the discus and hammer throws. Daryl Saunders set a new SoCon Championship record in the high jump with a leap of 7'1.75 inches while fellow high-jumper Darius Purcell finished second with a mark of 6'11". Jake Goodchild also played a large part for the Apps after tallying 6,424 points in the decathlon over the two-day event to finish first. Goodchild first in four of the ten events during the decathlon.

Appalachian also received a huge boost from its distance runners as Chris Moen, Josh Cox and Sean Soderman took the top three spots in the 3,000-meter steeplechase.

Moen's time of 9:03.32 put him just ahead of Cox, who finished with a time of 9:03.55.

Soderman finished the event in a time of 9:11.67. Jamal Tiller also had a solid showing for the Mountaineers, finishing second in the triple jump (48'10.25") while fourth in the long jump with a mark of 22'5".

Appalachian's sprinters performed extremely well on the track. Dennis Moore defended his 100-meter dash title with a time of 10.35 seconds while Landon Powell finished second at 10.42 seconds. The duo also finished second and fourth, respectively, in the 200-meter dash. Moore ran the event in 20.84 seconds while Powell clocked in at 21.04.

Alex Taylor ended the weekend with second-place finishes in both the 800 and 1,500-meter runs. Taylor finished the 800-meter event with a time of 1:54.97 while coming in at 3:50.72 in the 1,500-meter run.

Senior hurdler AJ Dohanac captured the 110-meter hurdle title with a time of 14.11 seconds and was also part of a 4x100-meter relay team that finished first with a time of 40.46 seconds.

Stanley Broaden-Branch, competing in his first SoCon Outdoor Championships, took third in the 400-meter hurdles with a time of 54.42 seconds. In addition to the team's accomplishments, head coach John Weaver earned his ninth SoCon Men's Outdoor Track and Field Coach of the Year award.

On the women's side, the Apps picked up their second-straight SoCon Outdoor Track and Field title. The Mountaineers, who finished off their 18th outdoor conference championship, cruised past their competition, beating out rival Western Carolina by a 207.5-149 final.

Breanna Alston led the way for the Apps with a win in the 200-meter dash (23.68 seconds) while finishing third in the 100-meter dash (11.76). She was named as the SoCon's Most Outstanding Athlete after compiling the highest individual point total.

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Alston was also part of a 4x100-meter relay team that finished first with a time of 45.92 seconds.

The Apps also got first-place finishes from Amanda Hamilton, Erika Ivey and Shenita Martin. Hamilton took home the title in the 5,000-meter run with a time of 17:07.46 while Ivey captured the triple jump title with a leap of 39'8".

Martin finished first in the 400-meter hurdles with a time of 1:01.27 and helped ASU's 4x400-meter relay team finish third with a time of 3:50.77.

Shaquiela Robinson finished second in the high jump with a mark of 19'4.75" while Asia Dunlap finished second in the 800-meter run (2:11.92) and third in the 400-meter dash (55.18).

Jasmine Suydam and Gayshawna Watkins led Appalachian's throwers with top-five finishes in the shot put and discus throw. Suydam finished third in both events with a toss of 43'11.75" in the shot put and 137' in the discus. Watkins was fourth in the shot put (43-3.25) and fifth in the discus (135-4). Tatyana Bryant had a solid showing with a second-place finish in the long jump. Her leap of 19'4" set a new personal record and moved her in to seventh all-time in ASU history. She also finished third in the triple jump with a mark of 38'0.25".

Cassie Crawford and Chelsea Farr finished second and third, respectively, in the pole vault competition as each both cleared 12'3".

Appalachian's distance runners turned in a strong showing as Sarah Williamson grabbed fourth in the 10,000-meter run (36:29.41). Allison Cook and Hannah Orders turned in top-five finishes in the 3,000-meter steeplechase. Cook finished third with a time of 10:57.99 while Orders took fourth with a time of 11:00.70.

In addition to the team's accomplishments, head coach John Weaver earned his 11th SoCon Women's Outdoor Track and Field Coach of the Year award. The Mountaineers will send a handful of athletes to the Penn Relays in Philadelphia, Pa. next weekend as they prepare for the NCAA East Preliminaries next month.

Men's Team Results – Final

1. **Appalachian State** □□□□□□ **238**
2. Western Carolina 225
3. Samford 107
4. The Citadel 79

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5. Davidson	58
6. Chattanooga	37
7. Furman	31
8. UNCG	30
9. Wofford	11

Men's Individual Awards

Most Outstanding Athlete

Jared Stalling, Appalachian State

Most Valuable Track Performer

Benny Davis, Western Carolina

Most Valuable Field Performer

Jared Stalling, Appalachian State

Freshman of the Year

Bob Elliott, Samford

Coach of the Year

John Weaver, Appalachian State

Women's Team Results – Final

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1. Appalachian State	207.50
2. Western Carolina	149
3. Samford	113
4. Georgia Southern	104
5. Elon	102
6. College of Charleston	62
7. UNCG	37
8. Furman	16
9. The Citadel	14.50
10. Chattanooga	10
11. Wofford	4
12. Davidson	--

Women's Individual Awards

- Most Outstanding Athlete**
Breanna Alston, Appalachian State
- Most Outstanding Track Performer**
Ebony Carter, Georgia Southern
- Most Outstanding Field Performer**
Emily Allen, Samford
- Freshman of the Year**
Alisha Bradshaw, Western Carolina
- Coach of the Year**
John Weaver, Appalachian State

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Photo Courtesy: Jared Stallings, ASU Athletics