

ASU Track Compete At JDL Invitational

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Saturday, 02 February 2013 23:32

Appalachian State University men's track and field team completed the JDL Invitational this afternoon in Winston-Salem, N.C. Senior Alex Taylor paced the Mountaineers as he competed in the elite mile, placing in tenth with a 4:12.15 for his

best time of the 2013 season. Sophomore Raphael Rojas earned a sixth-place finish in the 800m run, while Josh Cox garnered a fourth-place finish in the 3,000m run with a personal-best 8:39.44. Brian Graves paced Appalachian in the distance run as he earned a first-place with a personal-best 14:49.63, while Michael Ellis earned an eighth-place finish, crossing the line at 15:22.61.

In field events, Jared Stalling placed third in the shot put with a 15.67m toss and a sixth-place finish in the weight throw with a 17.47m throw. Zane Lail earned a top-ten finish in the weight throw, while Alex Lomax finished tenth in the pole vault with a 4.45m jump. Sophomore Henry Bustle garnered the fifth-place finish in the long jump with a 6.88m jump.

The 4x400m relay team of Tyler Combs, Rojas, Trey Edgerton, Stanley Broaden placed seventh, running a 3:25.11.

The Appalachian State University women's track team capped off the JDL Invitational tonight in Winston-Salem, N.C.

Junior Breanna Alston picked up a second-place finish in the 200m dash, crossing the line at 24.59 and earned the fifth-place finish in the 60m dash, running a 7.60.

Sophomore Taryn Stern garnered a ninth-place finish in the 800m run, while Jenna Williamson and Meghan McCauley both earned top-ten finishes in the 5,000m run. Both Williamson and McCauley posted personal-bests as Williamson crossed the line at 18:17.58, while McCauley ran an 18:21.48.

In field events, Cassie Crawford led the way with the Apps only first-place finish on the afternoon in the pole vault. Crawford jumped 3.85m to take home the first-place overall finish, while Debra Domermuth earned a sixth-place finish with a 3.40m jump.

Freshman Breanna Tate earned a fourth-place finish in the shot put, while sophomore Jasmine Suydam also finished in the top-ten in the shot put and garnered a ten-place finish in the weight throw with a 16.11m throw. Tatyana Bryant would round out the scoring for Appalachian in field events as she posted a fifth place finish in the long jump with a 5.56m jump.

App State's 4x400m relay team would earn a second-place finish as Stern, Alston, D'Shawnna McLucas, and Breahna Morrison crossed the line at 3:52.99 in their first run as a team this season. Appalachian State will be back in action on Feb. 9 when they travel to Lynchburg, Va for the Liberty Quad. The meet is slated to start 4:30 p.m.