

Alston, Broaden Lead ASU at Wake Forest

Written by Ryan Bower
Saturday, 16 March 2013 23:00

Stanley Broaden finished with a first-place finish in the 400-meter hurdles to lead Appalachian State University men's track and field at the 2013 Wake Forest Open over the weekend.

Broaden's time of 52.36 seconds in the 400-meter hurdles was the best of his career and the fourth best in school history. He also finished fourth in the 110-meter hurdles after finishing third in preliminaries by finishing in 14.27 seconds, the ninth-best mark in App State history, and ran the finals in 14.42 seconds to snag the fourth-place finish.

Jared Stalling finished third in the shot put with a toss of 17.04 meters (55-11), his best career mark and the fourth-best in school history. He also took sixth in the hammer throw with a toss of 56.15 meters (184-3), his fourth-best career mark, and finished second in the discus with a throw of 50.68 meters (166-3).

Patrick Quinn took sixth in the pole vault with a mark of 4.40 meters (14-5.25) while Jacob Stowe tied for eighth with a vault of 4.25 meters (13-11.25).

Alex Taylor brought home an eighth-place finish in the 1,500 meters with a time of 3:52.42 and finished fourth in the 800-meter run with a time of 1:53.12.

Brian Graves and Michael Lilley finished first and second, respectively, in the 5,000 meters as Graves finished in a career-best time of 14:44.67 and Lilley posted a career-record time of 14:46.38.

Michael Ellis took home a fourth-place finish in the 3,000-meter run after recording a time of 8:48.48.

Daryl Saunders and Cole Finch took second and fifth, respectively, in the high jump. Saunders put up a mark of 2.09 meters (6-10.25) while Finch finished with a leap of 1.99 meters (6-6.25). Darrow Goff finished in 10th place in the "B" section of the high jump with a leap of 1.79 meters (5-10.50). Henry Bustle logged a 10th-place finish in the triple jump after a leap of 13.43 meters (44-0.75).

On the women's side, Breanna Alston took first place in the 100-meter dash as Appalachian State University women's track and field wrapped up another successful weekend of action at the Wake Forest Open.

Alston, who tied her career-best with a first-place finish in 11.76 seconds in the preliminaries, ran a career-record-breaking 11.70 seconds in the finals to grab the first-place finish. Her final time marked the second-straight season in which she ran a sub-11.80 in the 100-meter dash and is the fifth-best time in school history.

The junior also grabbed third-place in the long jump with a leap of 5.66 meters (18-7). Tatyana Bryant and Jamie Glenn finished sixth and 10th, respectively, in the event. Bryant logged a jump of 5.49 meters (18-0.25) while Glenn notched a mark of 5.31 meters (17-5.25).

Jamie Glenn and Tatyana Bryant led Appalachian's jumpers with fifth and seventh-place finishes in the triple jump, respectively. Glenn posted a mark of 11.68 meters (38-4) while Bryant logged a leap of 11.33 meters (37-2.25).

The team of Alston, Bryant, Glenn and D'Shawnna McLucas grabbed a fifth-place finish in the 4x100-meter relay with a time of 47.24 seconds.

Brianna Tate and Jasmine Suydam paced the Mountaineer throwers on the day as both finished in the top-10 of the shot put competition. Tate recorded a throw of 12.81 meters (42-0.5) to

Alston, Broaden Lead ASU at Wake Forest

Written by Ryan Bower

Saturday, 16 March 2013 23:00

finish eighth while Suydam notched a mark of 12.79 meters (41-11.5) to take ninth.

Ana DeLeon took fifth in the discus throw with a toss of 41.17 meters (135-1) while Suydam finished 10th with a mark of 38.18 meters (125-3).

Amanda Hamilton, Justine Stocks and Sarah Williamson finished third, fifth and seventh, respectively, in the 5,000 meters. Hamilton finished in a time of 17:11.01, Stocks clocked in at 17:21.01 and Williamson crossed the finish line with a time of 17:29.96.

In the pole vault, the Mountaineers finished with four top-10 finishers as Cassie Crawford led the way with a vault of 3.80 meters (12-5.5) to finish in a second-place tie. Debra Domermuth finished fifth while Chelsea Farr and Meredith Wilson came in seventh and ninth, respectively. The Mountaineers return to action at the High Point Invitational on March 23 and host their first home meet of the season, the annual Beaches vs. Mountains meet, on March 30th at Kidd-Brewer Stadium.

Photo Courtesy: Stanley Broaden, ASU Athletics