

ASU Wraps Up Busy Weekend on Track

Written by Ryan Bower
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Stanley Broaden captured second place in the 110-meter hurdles to lead a trio of athletes for Appalachian State University men's track and field at the NC State Last Chance Meet on Friday.

Broaden, who finished in a time of 14.27 seconds, snagged his eighth top-five finish of the season in the event. Jared Stalling came away with a second-place showing in the hammer throw with a toss of 56.85 meters (186-6) and captured fourth in the discus with a mark of 51.41 meters (168-8).

Alex Taylor rounded out the day with a sixth-place finish in the 1,500-meter run, clocking in at a time of 3:46.69.

In Saturday's action at the Virginia Challenge, Taylor finished 42nd in the 1,500-meter run with a time of 3:53.77. Chris Moen took 14th in the 5,000-meter run with a time of 15:47.33 and James Howard-Smith finished 15th in the 3,000-meter steeplechase with a time of 9:30.38 while running in his hometown of Charlottesville, Va.

At the final meet of the weekend on Sunday, the North Carolina A&T Aggie Last Chance Meet, the Mountaineers saw seven athletes compete in eight different events.

Broaden captured first-place in the 400-meter hurdles with a time of 52.24 seconds and took eighth in the 110-meter hurdles with a time of 14.43 seconds. Stalling won the hammer throw with a toss of 56.74 meters (186-2) and took seventh in the discus with a throw of 47.50 meters (155-10).

Jamal Tiller, Raphael Rojas and Jacob Stowe each posted a top-three performance. Tiller captured second in the triple jump with a leap of 15.09 meters (49-6.25).

Stowe took second in the pole vault with a mark of 4.61 meters (15-1.5) while Rojas finished third in the 800-meter run with a time of 1:51.39. Cole Finch rounded out the day with a seventh-place showing in the high jump, posting a mark of 1.95 meters (6-4.75).

On the women's side, Jocelyn Parnell and Jasmine Suydam each notched top-three finishes for Appalachian State University women's track and field at Friday's NC State Last Chance Meet. Suydam won the shot put with a toss of 14.26 meters (46-9.5) to set a new personal record, the sixth best mark in school history. Parnell captured third in the javelin throw with a throw of 36.02 meters (118-2).

On Sunday, the Apps wrapped up a busy weekend as nine different athletes competed in a total of 10 events at the North Carolina A&T Aggie Last Chance Meet

Breanna Alston finished second in the 100-meter dash with a new personal-record time of 11.66 seconds, moving her into a fourth-place tie in school history. She also took first in the 200-meter dash with a time of 23.52 seconds, setting another personal record in the process.

Shelby Howell took fourth in the 800-meter run with a time of 2:17.90 while Mary Theresa Montgomery finished third in the high jump with a leap of 1.63 meters (5-4.25).

Cassie Crawford captured the pole vault title with a final mark of 3.81 meters (12-6) and Tatyana Bryant took fifth in the long jump (18-9). She also finished fourth in the triple jump (39-5) while Jamie Glenn was close behind in fifth (39-5).

Brianna Tate led a trio of throwers with a second-place showing in the shot put (44-11) while Suydam finished third (44-9.75). Parnell rounded out the day with a third-place finish in the javelin with a throw of 41.27 meters (135-5).

Appalachian State will find out early this coming week about which of its athletes will advance to compete in the NCAA East Preliminaries in Greensboro, N.C. from May 23-25 in hopes of qualifying for the NCAA Championships in early June.

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Photo Courtesy: Cassie Crawford, ASU Athletics