

Eight Mountaineers Headed To NCAA East Prelims

Written by Ryan Bower
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Appalachian State University men's track and field saw five of its members qualify for the NCAA Division I East Outdoor Track & Field Preliminaries on Thursday. Stanley Broaden, Josh Cox, Chris Moen, Jared Stalling and Alex Taylor all made the cut as one of the top-48 athletes in the East Region in their respective events.

Broaden will compete in the 110 and 400-meter hurdles after winning Southern Conference titles in both events last month. The sophomore has posted a combined 14 top-five finishes between the two events including seven first-place finishes. He currently ranks fourth in school history in the 400-meter hurdles (52.21) and is tied for seventh in the 100-meter hurdles (14.11). Cox and Moen will run in the 3,000-meter steeplechase after combining to earn four top-three finishes during the 2013 campaign. Moen, who ranks fourth in school history in the event, won the steeplechase at the SoCon Championships while Cox, who ranks sixth in Appalachian history, finished as the runner-up.

Stalling, who earned his second-straight SoCon Most Outstanding Field Athlete honors after sweeping three events at the league title meet, will compete in the discus throw at regionals. His career-best mark of 173-0 is just six inches shy of tying Mike Brooks for the best mark in school history.

Taylor will compete in the 1,500-meter run at the East Regionals. He snagged three top-10 finishes in the event during the season, including a first-place showing at the Beaches vs. Mountains meet in March. He is the current school record-holder in the event, logging a time of 3:42.29 last season.

On the women's side, the Apps qualified saw three qualify as Breanna Alston, Cassie Crawford and Amanda Hamilton all made the cut as one of the top-48 athletes in the East Region in their respective events.

Alston will compete in the 200-meter dash, an event in which she logged four top-two finishes during the season. A first-time regional qualifier, Alston posted a personal-best time of 23.52 seconds, the second-best mark in school history, to take first in the 200-meter dash at the North Carolina A&T Aggie Last Chance Meet on Sunday.

Crawford makes her second appearance at the regional level after qualifying in the pole vault, where she notched eight top-five finishes in 2013 including four first-place showings and a runner-up finish at the 2013 Southern Conference Outdoor Championships. Her height of 12-9.5 at the Auburn Tiger Classic last month tied her career-best, the second-best mark in Appalachian history.

Hamilton, who competed in the 1,500, 5,000 and 10,000-meter runs during the season will run in the 10,000-meters at the East Preliminaries. She set a school record in the event with a time of 34:52.76 at the Raleigh Relays in March and finished third in the event at the SoCon Championships. Next week will mark her first career appearance in a regional.

The 2013 NCAA East Preliminaries will take place from May 23-25 at Irwin Belk Track at Aggie Stadium in Greensboro, N.C. on the campus of North Carolina A&T. The top 12 competitors in each event will advance to the NCAA Championships, set for June 5-8 in Eugene, Ore.

Photo Courtesy: Amanda Hamilton, ASU Athletics