

Mountaineers Perform Well at Junior Nationals

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Friday, 21 June 2013 22:12

Appalachian State University track and field saw three of its student-athletes snag top-20 finishes at the USA Track & Field Junior National Championships at Drake Stadium this week.

Michael Ellis paced the Mountaineers with a 10th-place finish in the men's 3,000-meter steeplechase. His time of 9:47.14, which was good enough to place the freshman ahead of runners from Iowa State, Missouri and South Carolina, marked his third top-10 finish of the season.

Brianna Tate brought home an 11th-place finish in the shot put with a toss of 13.76 meters (45-0.5) set a new personal-best and marked the ninth time in as many tries that Tate has finished among the top 13 competitors at a meet this season.

Shelby Howell rounded out the App State contingent with an 18th-place showing in the 800-meter run. Her time of 2:14.49 marked the second-fastest time of her career and put her ahead of runners from Memphis and South Carolina. The 2013 USATF Junior National Championships marks the end of the competitive season for the Mountaineers.