

## McRae, Adeneye Lead Apps in Johnson City

Written by Kelsey Campbell  
Saturday, 18 January 2014 23:12

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Appalachian State University men's track and field competed in the Niswonger Invitational this weekend, garnering 16 top-ten finishes.

Marshall McRae was a highlight of the day as he finished first in the 60m dash, gathering a personal best record and moving into the tenth best time in Appalachian history, running it in 6.93.

Samuel Allen proved to be a force in the high jump event, finishing in fifth-place for the Mountaineers with a height of 6-5.0.

Appalachian also found success in pole vault as Matt Layne and Alex Lomax tied for fourth-place with heights of 14-6.0. Patrick Quinn followed, garnering a seventh-place finish with a 14-1.0m height.

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The triple jump event was another highlight for Appalachian on the day as Adedeji Adeneye gained first-place honors with a jump of 14.62m. Henry Bustle was not far behind, finishing in third-place (14.60m) and grabbing a personal-best while Jamal Tiller followed in fourth-place for the Mountaineers (14.53).

The Apps had three throwers in the top-ten in shot put as John Leonard (14.82), Nathan Milch (14.58) and Nick Sansotta (14.36) finished in fourth, fifth and sixth-place, respectively. Milch gathered a personal record in the event.

Mason Lasater (15.24m), Richard Bell (15.17) and Leonard (14.87) also finished in top-ten in the weight throw, each setting new personal-bests.

Chris Garrett was able to finish in third-place in the 3,000m run with a time of 8:45.52, while Kyle McFoy finished in sixth in the 5,000m run with a time of 15:10.34 and crushed his former best time by five seconds.

The Mountaineers will return to action on on Jan. 24 for the Hokie Invitational in Blacksburg, Va.

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## **Cagle, Crawford Lead Women at ETSU**

Appalachian State women's track and field competed in the Niswonger Invitational at ETSU this weekend, finding 25 top-ten finishes.

Breanna Alston began the meet by finding a second-place finish for the Mountaineers in the 200m dash with a time of 24.50.

Shelby Howell and Taryn Stern finished fourth and fifth-place in the 800m run for the Apps with times of 2:17.52 and 2:18.23, respectively.

Katie Cagle had great meet for the Mountaineers, notching a first-place finish in the one mile

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run with a time of 5:16.86 and gaining a new personal-record.

Appalachian dominated the 5,000m run, finishing with six runners in the top-ten. Cagle finished second with a time of 17:42.21, followed by Brittany Williams (third), Meaghan McCauley (fifth), Kayla Schneider (sixth), Samantha Campanaro (ninth) and Allison Cook (tenth).

The 4x400 relay team of Alston, Howell, Stern and Krystal Clarke found a top-five finish, placing fifth with a time of 3:55.88.

Cassie Crawford won the pole vault event with a jump of 3.80m, while Chelsea Farr grabbed sixth-place and Debra Domermuth finished in ninth-place.

Appalachian found three top-ten finishes in the jumping events as Makayla Roten and Libby Florence each tallied an eighth-place finish in the high jump with jumps of 1.63m. Tatyana Bryant was sixth in the long jump with a jump of 11.66m.

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Appalachian's throwers had a successful meet, as Brianna Tate took fourth (13.78m), Jasmine Suydam took fifth (13.23.m) and India McWhorter took eighth-place (12.80m) in the shot put. Jocelyn Parnell (17.08m) garnered third-place honors in the weight throw while Tate finished fifth (16.38m) and Gayshawna Watkins finished in tenth-place (15.51m).

Justine Stocks found a fourth-place finish in the 3,000m with a time of 10:24.28, while Tristin Van Ord was seventh with a time of 10:35.40.

The Mountaineers will return to action on Jan. 24 when they travel to the Hokie Invitational in Blacksburg, Va.