

## ASU Men Have Strong Showing at Mountaineer Open

Written by Kelsey Campbell  
Saturday, 08 February 2014 23:54

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Appalachian State men's track and field proved to be a strong team on Friday and Saturday when they hosted the Mountaineer Open in the Holmes Center.

Appalachian started off the meet by taking three of the top-five spots in the weight throw as Mason Lasater placed second with a throw of 53-3.00, recording a new personal best. He was followed by John Leonard, placing fourth (51-10.50) and Jonathan Howes, who finished fifth (51-1.75).

Nick Sansotta led the Mountaineers in the shot put, posting a third-place finish with a throw of 46-8.75.

The Mountaineers finished in the top-three spots in the triple jump as Jamal Tiller took the title with a jump of 47-7.00. Adedeji Adeneye placed second with a distance of 46-2.75 and Henry Bustle took third with a jump of 45-8.00.

Samuel Allen posted a new personal best in the high jump, placing first with a jump of 6-8.25.

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Phillip Thomas broke a personal record in the pole vault, finishing in third place with a height of 15-8.75. The height places Thomas sixth in the all-time Appalachian record book.

Appalachian long jumpers Jesse Earnhardt and Bustle took home second and third-place with jumps of 22-5.25 and 22-2.50, respectively. The distance would be a new personal best for Earnhardt.

Marshall McRae took the title in the 55 meter dash, running the event with a time of 6.43. McRae then swept his events by placing first in the 300 meter dash with a time of 35.03. The time ranks McRae fifth on the all-time Appalachian records list.

A highlight of the day included the first-place finish from Appalachian's 4x300 team of Trey Edgerton, Stanley Broaden, McRae and Raphael Rojas. The team ran the race in 2:20:40, recording a new Appalachian Holmes Center record and overall Holmes Center record.

## **ASU Women have Record Breaking Day at Open**

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Appalachian State University women's track and field performed well on Friday and Saturday at the Holmes Center, while hosting the Mountaineer Open.

Appalachian started the meet strong in the weight throw event with Gayshawna Watkins taking home the title with a throw of 56-4.50, her best showing so far this season. The Mountaineers would take four of the top five spots as Jocelyn Parnell placed second (54-6.75), Brianna Tate took third (53-10.50), and Ana DeLeon posted a fifth-place finish (51-5.00).

Watkins swept the throwing events when she then took first in the shot put, throwing a distance of 45-5.25.

The meet was highlighted by high jumper Makayla Roten, who broke her personal record with a jump of 5-8.75, placing first. Roten now holds the Appalachian Holmes Center record and overall Holmes Center record in the high jump, while also qualifying for Junior Nationals in Eugene, Oregon this season.

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Libby Florence followed Roten with a second-place finish, jumping a height of 5-5.75 and notching a new personal best.

Cassie Crawford recorded a first-place finish for the Apps in the pole vault with a height of 12-8.25. With this height Crawford tallies a new personal best while holding the new Appalachian Holmes Center record and overall Holmes Center record. Both records were previously held by Crawford, herself.

Breanna Alston took second in the 55 meter dash, running it in 7.11. More records were broken when Alston placed first in the 200m dash. Her time of 24.28 broke the Appalachian Holmes Center and overall Holmes Center records. The App Holmes record was previously held by Alston, herself.

The Mountaineers took the top three spots in the 1 mile run with Katie Cagle taking the title with a time of 5:15.21, a new personal best. Brittany Williams and Allison Cook took second and third with times of 5:18.35 and 5:19.99, respectively.

Taryn Stern finished first and Shelby Howell finished second in the 800m run for Appalachian. Stern ran the race in 2:14.64, recording a new personal best, the new App Holmes Center record and overall Holmes Center record.

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App State's 4x300 team of Stern, Alston, Krystal Clarke and Howell finished off the meet by setting a new App Holmes Center record, running the relay with a time of 2:44.13.

The Mountaineers will return to action on Feb. 14 when they travel to Birmingham, Ala. for the Cupid Classic.

**Photo Courtesy: Gayshawna Watkins, ASU Athletics**