

App State Track Opens At WFU

Written by Kelsey Campbell
Sunday, 23 March 2014 08:33

The Appalachian State University women's track and field wrapped up the Wake Forest Open on Saturday.

Breanna Alston paced the Mountaineers with a second-place finish in the 100m dash on Friday and then took home first-place in the 200m dash on Saturday with a time of 24.37.

The 4x100 relay team of Krystal Clarke, Catherine Crawford, Taryn Stern and Alston started Saturday off with a fifth-place finish, posting a time of 47.63. The 4x400 team, consisting of Stern, Clarke, Crawford and Shelby Howell followed that up with an eighth-place finish with a time of 3:57.55.

Howell placed fifth in the 800m run with a time of 2:12.90, her second-best time in the event.

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In the pole vault event, the Mountaineers had three top-ten finishes as Cassie Crawford led the way with a mark of 12-1.50, good enough for fourth-place. Chelsea Farr followed in seventh-place and Debra Domermuth placed eighth, each clearing heights of 12-1.50.

Jocelyn Parnell and Jasmine Suydam led the throwers as Parnell took 11th in the javelin throw with a distance of 131-9.0. Suydam was ninth in the discus throw event, throwing a mark of 133-5.0

Alston and Tristin Van Ord were the only Mountaineers to post first-place finishes as Alston took the 100m dash title and Van Ord placed first in the 5,000m run.

The men's team had a successful showing at the Wake Forest Open on Friday and Saturday, posting eight top-ten finishes.

The Mountaineers started off the day with a second-place finish in the 4x100 relay event, finishing with a time of 41.55 with the team of Antonio Marcano Jr, William Buckley, Clay Allen and Marshall McRae. The 4x400 relay team of Kenley Joseph, Joshua Hanna, David Riddleberger and Peter Ovendorf followed that up with a tenth-place finish and a time of 3:24.60.

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Raphael Rojas led Appalachian in the 800m run as he took fourth overall with a time of 1:51.56.

McRae led the sprinters with a ninth-place finish in the 200m dash on Saturday, posting a time of 21.83 and recording a new personal-best.

Darrow Goff placed fourth in the high jump B section event with a height of 6-2.00. Cole Finch was 14th in high jump invitational event, also clearing a height of 6-2.00.

Nathan Milch led the throwers by finishing 13th in the discus with a throw of 141-11.

The Mountaineers will return to action on March 29 when they compete in the Mountains vs. Beaches Meet in Wilmington, N.C.