

## App State Track Wraps Up Charlotte Invite

Written by Kelsey Campbell  
Sunday, 20 April 2014 07:36

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The Appalachian State men's track and field had a successful day in Charlotte after finishing up the Charlotte Invite.

Tyler Sink and Ben Sowell captured sixth and seventh-place in the 5,000m run on Friday, recording times of 15:34.49 and 15:35.56, respectively.

Josh Cox placed first in the 3,000m steeplechase, recording a time of 9:26.65, while Michael Ellis was third with a time of 9:39.33.

Nathan Milch was first for the Mountaineers in the hammer throw, posting a throw of 43.66m and placing fourth. Milch followed that up with a fourth-place finish in the shot put, throwing a distance of 14.19m. Ellsworth Parham recorded a third-place finish in the javelin throw with a mark of 46.32m.

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Clay Allen and Antonio Marcano Jr. finished first and second in the 100m dash, posting times of 11.29 and 11.39. Kenley Joseph and Phillip Thomas placed third and fourth in the 110m hurdles.

Darrow Goff grabbed the title in the high jump, clearing a height of 1.82m.

The App State women finished up day two of the Charlotte Invitational on Saturday night.

Torre Moser started the day with an eighth-place finish in the 800m run and Tristin Van Ord followed in tenth with times of 2:16.54 and 2:17.51, respectively.

Jocelyn Parnell led the way for the Mountaineers in the hammer throw, placing sixth with a distance of 47.75m. Parnell followed that performance up with a third-place finish in the javelin throw and a distance of 39.54m.

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Brooke Brekke placed fifth in the 400m dash, posting a time of 59.91.

The Apps will return to action next weekend for the Southern Conference Championships.