

Mountaineers Finish Track Season at Regionals

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Sunday, 01 June 2014 17:19

Appalachian State University women's track members Breanna Alston and Brianna Tate wrapped up the NCAA East preliminaries this weekend, after each qualifying earlier this season.

Alston finished off her decorated Appalachian career on Thursday, placing 44th in the 400m dash with a time of 55.16. Alston leaves App State with eight individual conference titles and as the current record holder in the 400m dash.

Tate, a sophomore, placed 45th in the shot put in the field of throwers with a mark of 44-9.75. Tate qualified for prelims with a throw of 50-0.50 earlier this season, the third best mark in Appalachian history.

The NCAA East regional prelims marks the end of the 2014 Appalachian track season and their last year in Southern Conference competition.