

Mountaineers Shine in First Indoor Meet

Written by Ryan Bower

Saturday, 07 December 2013 11:26

Appalachian State University track and field kicked off its indoor season on Friday at the Appalachian Invitational inside the Holmes Center and both the men's and women's squads had strong showings in their first action of the year.

The Mountaineer men finished in first place among the Division I teams in attendance with 212.5 points while Western Carolina took second with 192 points. USC Upstate was third (44.5) and Virginia Tech came in fourth (20). Six Division II teams participated in the event with King College finishing first (117) followed Mars Hill (108), Livingstone (98), Lees-McRae (44.5), Milligan (20) and Brevard (17.5).

Appalachian took home 21 top-five finishes on the men's side including four top-five performances in both the triple jump and shot put competitions. Jamal Tiller finished first in the triple jump with a mark of 48-3.25 while Adedeji Adeneye, Henry Bustle and Isaiah Relliford finished second, fourth and fifth, respectively.

John Leonard was the winner in the shot put with a throw of 48-1.25 while Nathan Milch, Nick Sansotta and Richard Bell finished in places three through five. Marshall McRae highlighted Appalachian's efforts on the track with first-place finishes in the 55-meter (6.38 seconds) and 200-meter (21.88) dash events.

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Raphael Rojas paced the middle distance runners with a top showing in the 800-meter run (1:55.26) while Nolan Clark grabbed first place in the 3,000-meter run (8:54.30).

On the women's side, Appalachian grabbed 15 top-five finishes, highlighted by Tatyana Bryant and Brianna Tate, who each grabbed two first-place finishes. Bryant took home championships in the triple jump (38-6) and long jump (18-4.5) while Tate was the winner in the weight throw (56-95) and shot put (47-9.25).

Breanna Alston finished second in the 55-meter dash (7.13) and third in the 400 meters (56.23) while Catherine Crawford was second in the 200-meter dash (25.37) and fifth in the 55 meters (7.35). Cassie Crawford finished second in the pole vault (12-6.25) while Jasmine Suydam snagged two top-five finishes - a third-place mark in the shot put (44-2) and a fifth-place toss in the weight throw (47-8.5).

As a squad, the Appalachian women finished second with 130.5 points while Western Carolina took first with 215.2 points. USC Upstate (95.5) was third while Virginia Tech (17.7) took fourth among the Division I teams in attendance. Six Division II programs took part in the meet with King College (133) finishing first followed by Livingston (76), Mars Hill (67), Lees-McRae (32), Milligan (12) and Brevard (6)

The Mountaineers will have over a month off before they return to action when they take part in the ETSU Invitational on Jan. 17-18.

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Photo Courtesy: Marshall McRae, ASU Athletics