



# 2012-13 Men's Indoor Season Report



Date	Opponent	Location	Time/Results
<b>Nov. 30 - Dec. 1</b>	<b>Appalachian Invitational</b>	<b>BOONE, N.C.</b>	<b>No Team Scores</b>
<b>January 18-19</b>	<b>Mountaineer Open Meet</b>	<b>BOONE, N.C.</b>	<b>No Team Scores</b>
January 25-26	Kentucky Invitational	Lexington, Ky	No Team Scores
February 1	JDL Invitational	Winston-Salem, N.C.	No Team Scores
February 9	Liberty Quad	Lynchburg, Va.	No Team Scores
<b>February 15</b>	<b>Appalachian Pre-Conference</b>	<b>BOONE, N.C.</b>	<b>No Team Scores</b>
February 23-24	SoCon Indoor Championships	Winston-Salem, N.C.	1st of 9
March 2	Virginia Tech Last Chance Meet	Blackburg, Va.	No Team Scores

## SEASON BEST PERFORMANCES

### 55m

**SoCon Record:** 6.21, Jeff Horton, East Tennessee State, 1995  
**Holmes Record:** 6.15, David Collin, Clemson, 2001  
**ASU-Holmes Record:** 6.22, Ernest Wiggins, 2002, Jason Green, 2003  
**ASU Record:** 6.22, Ernest Wiggins, 2002, Jason Green, 2003

Time	Name	Meet
6.55	Marshall McRae	Appalachian Invitational
6.58	Justin Thomas	Appalachian Invitational
6.69	Henry Bustle	Appalachian Invitational
6.86	Jamal Tiller	Mountaineer Open
6.92	Adedeji Adeneye	Appalachian Pre-Conference
6.94	Trey Edgerton	Mountaineer Open
6.98	David Riddleberger	Mountaineer Open

### 55m Hurdles

**SoCon Record:** 7.34, Greg Hatchett, VMI, 1989  
**Holmes Record:** 7.17, Anwar Moore, St. Augustine, 2003  
**ASU-Holmes Record:** 7.38, Ryan Linebarger, 2001  
**ASU Record:** 7.24, Omari Francis, 2000

Time	Name	Meet
7.40	Stanley Broaden	Appalachian Pre-Conference
8.34	Kenley Joseph	Appalachian Invitational
9.32	Jonathan Schmidt	Appalachian Invitational
9.33	Ian Paran	Appalachian Invitational

### 60m

**SoCon Record:** 6.73, Ernest Wiggins, Appalachian State, 2004  
**ASU Record:** 6.72, Ernest Wiggins, 2004

Time	Name	Meet
6.88	Justin Thomas	SoCon Championships
6.99	Marshall McRae	SoCon Championships
7.18	Stanley Broaden	JDL Invitational

### 60m Hurdles

**SoCon Record:** 7.90, Stanley Broaden, Appalachian State, 2013  
**ASU Record:** 7.90, Stanley Broaden, 2013

Time	Name	Meet
7.90	Stanley Broaden	SoCon Championships
9.14	Kenley Joseph	JDL Invitational

### 200m

**SoCon Record:** 21.13, Delevantie Brown, East Tennessee State, 1995  
**Holmes Record:** 21.51, Javon Young, Charleston Southern, 2010  
**ASU-Holmes Record:** 21.94, Chris Martin, 2005  
**ASU Record:** 21.55, Jason McGhinnis, 2000

Time	Name	Meet
22.22	Stanley Broaden	Appalachian Pre-Conference
22.29	Justin Thomas	SoCon Championships
22.63	Marshall McRae	Mountaineer Open
22.96	Trey Edgerton	SoCon Championships
23.09	Justin Thomas	Mountaineer Open
23.15	Tyler Combs	Appalachian Invitational
23.38	David Riddleberger	Appalachian Invitational
24.92	John Michael Davidson	Liberty Quad

### 300m

**Holmes Record:** 34.30, Jordon Vaden, 2008  
**ASU-Holmes Record:** 34.89, John Svoboda, 2009  
**ASU Record:** 34.37, Jason McGhinnis, 2000

Time	Name	Meet
36.69	Trey Edgerton	Mountaineer Open
38.09	Kenley Joseph	Appalachian Invitational

### 400m

**SoCon Record:** 47.11, Mario Small, VMI, 1989  
**Holmes Record:** 47.88, Manteo Mitchell, Western Carolina, 2008  
**ASU-Holmes Record:** 48.65, Bryan Burney, 2005  
**ASU Record:** 48.37, Frank Allen, 1988

Time	Name	Meet
48.84	Raphael Rojas	Mountaineer Open
50.43	Trey Edgerton	Appalachian Pre-Conference
50.52	Tyler Combs	Appalachian Pre-Conference
50.57	David Riddleberger	Mountaineer Open
50.94	Peter Ovendorf	Mountaineer Open
52.83	Chase Helton	Liberty Quad
53.14	John Michael Davidson	Appalachian Pre-Conference

# SEASON BEST PERFORMANCES

## 800m

**SoCon Record:** 1:50.92, Zach Whitmarsh, East Tennessee State, 1997

**Holmes Record:** 1:52.70, Caleb Bailey, Western Carolina, 2003

**ASU-Holmes Record:** 1:53.60, Raphael Rojas, 2012

**ASU Record:** 1:50.37, Allen Brooks, 1991

Time	Name	Meet
1:50.81	Alex Taylor	Kentucky Invitational
1:53.60	Raphael Rojas	Appalachian Invitational
1:56.56	Read Caulkins	Appalachian Pre-Conference
1:56.90	James Howard-Smith	Appalachian Pre-Conference
1:59.70	Chris Garrett	Appalachian Pre-Conference
2:00.00	Joshua Ellis	Appalachian Pre-Conference
2:00.74	Chase Helton	Appalachian Invitational
2:04.12	Nick Kelly	Mountaineer Open
2:05.03	Robert Kovach	Appalachian Pre-Conference

## Mile

**SoCon Record:** 4:03.97, Mark Scruton, East Tennessee State, 1982

**Holmes Record:** 4:14.09, Phillip Rotich, Milligan, 2002

**ASU-Holmes Record:** 4:15.56, Alex Taylor, 2011

**ASU Record:** 4:01.75, Patrick Morgan, 2010

Time	Name	Meet
4:12.15	Alex Taylor	JDL Invitational
4:12.98	Chris Moen	Kentucky Invitational
4:21.30	Chris Garrett	Liberty Quad
4:21.34	Josh Ellis	Kentucky Invitational
4:23.14	Nick Kelly	Appalachian Pre-Conference
4:28.30	Will Raby	Appalachian Pre-Conference
4:29.09	Michael Ellis	Appalachian Pre-Conference
4:31.85	Kyle McFoy	Appalachian Pre-Conference
4:42.04	Robert Kovach	Mountaineer Open

## 3,000m

**SoCon Record:** 8:05.37, Seamus Power, East Tennessee State, 1992

**Holmes Record:** 8:32.40, David Cheromei, Virginia Intermont, 2005

**ASU-Holmes Record:** 8:26.34, Chris Moen, 2012

**ASU Record:** 8:05.88, Chris Moen, 2011

Mark	Name	Meet
8:21.89	Michael Lilley	Kentucky Invitational
8:22.57	Chris Moen	SoCon Championships
8:24.27	Brian Graves	SoCon Championships
8:36.21	Josh Cox	SoCon Championships
8:41.39	Nick Kelly	Liberty Quad
8:45.40	Will Raby	Liberty Quad
8:46.41	Kyle McFoy	Liberty Quad
8:47.37	Michael Ellis	Liberty Quad
8:57.14	Jonathan Bivens	Liberty Quad
9:02.50	Mark Sullivan	Liberty Quad
9:14.10	Andrew Vandenberg	Liberty Quad
9:15.72	Chris Garrett	Mountaineer Open

## 5,000m

**SoCon Record:** 14:06.00, Adrian Leek, East Tennessee State, 1981

**Holmes Record:** 15:11.16, Austin Ellis, Milligan, 2010

**ASU-Holmes Record:** N/A

**ASU Record:** 14:21.79, Chris Moen, 2013

Mark	Name	Meet
14:21.79	Chris Moen	Liberty Quad
14:48.15	Michael Lilley	SoCon Championships
14:49.63	Brian Graves	JDL Invitational
15:08.09	Josh Cox	SoCon Championships
15:16.44	Kyle McFoy	Kentucky Invitational
15:22.61	Michael Ellis	JDL Invitational
15:25.83	Nick Kelly	SoCon Championships

## Long Jump

**SoCon Record:** 25-1.75, Marcus Lynch, VMI, 2001

**Holmes Record:** 25-0.75, Ciaran McDonagh, Speed Dynamics, 2001

**ASU-Holmes Record:** 24-10.50, Ricky Harris, 2007

**ASU Record:** 25-1.25, Michael Hanks, 1987

Mark	Name	Meet
23-6.25	Henry Bustle	Appalachian Invitational
22-11.00	Jamal Tiller	Appalachian Invitational
21-8.25	Adedeji Adeneye	Liberty Quad
20-5.25	Cole Finch	Appalachian Invitational

## Triple Jump

**SoCon Record:** 52-10.25, Warren Posey, Appalachian State, 1989

**Holmes Record:** 51-8.25, Rephel Martin, Unattached, 2003

**ASU-Holmes Record:** 50-3.50, Mark Sturgis, 2006

**ASU Record:** 53-10.25, Michael Hanks, 1987

Mark	Name	Meet
50-2.50	Jamal Tiller	Appalachian Invitational
47-4.50	Henry Bustle	Appalachian Invitational
45-7.75	Adedeji Adeneye	Appalachian Invitational

## High Jump

**SoCon Record:** 7-1.75, Darius Purcell, Appalachian State, 2011

**Holmes Record:** 7-0.25, Darius Purcell, Appalachian State, 2011

**ASU-Holmes Record:** 7-0.25, Darius Purcell, 2011

**ASU Record:** 7-2.50, Darius Purcell, 2012

Mark	Name	Meet
6-6.25	Cole Finch	Appalachian Pre-Conference
6-2.25	Darrow Goff	Appalachian Pre-Conference

## Pole Vault

**SoCon Record:** 16-7.50, Michael Seaman, Samford, 2010

**Holmes Record:** 17-1, David Stephens, South Carolina State, 2002

**ASU-Holmes Record:** 16-4.75, Ryan Twiford, 2011

**ASU Record:** 16-8.75, Todd Poremba, Virginia Tech, 1998

Mark	Name	Meet
15-5.00	Alex Lomax	Kentucky Invitational
15-3.00	Jacob Stowe	Liberty Quad
14-9.00	Patrick Quinn	Liberty Quad
13-1.50	Jonathan Schmidt	Appalachian Invitational

# SEASON BEST PERFORMANCES

## Shot Put

**SoCon Record:** 56-0.50, Cosmo, Tocci, The Citadel, 1980

**Holmes Record:** 57-4.75, Anthony Greer, Unattached, 2009

**ASU-Holmes Record:** 55-11.75, Anthony Greer, 2005

**ASU Record:** 56-0.50, Jerod Gardner, 2011

Mark	Name	Meet
52-10.00	Jared Stalling	Kentucky Invitational
47-9.25	Zane Lail	Appalachian Pre-Conference
47-9.00	John Leonard	Appalachian Pre-Conference
47-4.25	Nick Sansotta	Appalachian Pre-Conference
44-9.50	Richard Bell	Appalachian Pre-Conference
39-2.25	Jonathan Howes	Appalachian Pre-Conference

## Weight Throw

**SoCon Record:** 62-2.50, Malcolm Styers, Appalachian State, 2011

**Holmes Record:** 64-0.50, Bob Smith, Unattached, 2010

**ASU-Holmes Record:** 62-7.75, Malcolm Styers, 2011

**ASU Record:** 63-9.50, Jared Stalling, 2012

Mark	Name	Meet
62-11.50	Jared Stalling	Appalachian Invitational
53-6.25	Zane Lail	JDL Invitational
48-10.00	Nick Sansotta	Appalachian Invitational
47-7.25	Jonathan Howes	Appalachian Invitational
46-6.75	Richard Bell	Appalachian Pre-Conference
44-0.75	John Leonard	Appalachian Invitational

## 4x300m Relay

**SoCon Record:**

**Holmes Record:**

**ASU-Holmes Record:**

**ASU Record:**

Time	Name	Meet
2:27.08	Broaden/Bustle Helton/Tiller	Mountaineer Open
2:27.42	Rojas/McRae Caulkins/Riddleberger	Mountaineer Open

## 4x400m Relay

**SoCon Record:**

**Holmes Record:**

**ASU-Holmes Record:**

**ASU Record:**

Time	Name	Meet
3:20.10	Riddleberger/Rojas Combs/Broaden	Kentucky Invitational
3:20.48	Combs/Rojas Edgerton/Broaden	SoCon Championships
3:26.17	Combs/Helton Edgerton/Broaden	Liberty Quad
3:27.3	Combs/Edgerton Helton/Ovendorf	Appalachian Pre-Conference
3:41.50	Caulkins/McRae Davidson/Garrett	Liberty Quad
3:42.90	Ovendorf/M. Ellis Joseph/Kovach	JDL Invitational

## Distance Medley

**SoCon Record:** 9:47.80, East Tennessee State, 1982

**Holmes Record:** 10:24.00, Milligan, 2002

**ASU-Holmes Record:** 10:31.00, 2003

**ASU Record:** 10:00.90, Moen/Riddleberger/Rojas/Taylor, 2012

Time	Name	Meet
10:05.77	Kelly/Combs Rojas/Moen	SoCon Championships
10:07.44	Taylor/Combs Rojas/J. Ellis	Kentucky Invitational

# MEET RESULTS

## Appalachian Invitational November 30 - December 1, 2012 Holmes Convocation Center Appalachian State University Boone, N.C.

### No Team Scores

#### Individual Mountaineer Results

**55 meters**- 4. Marshall McRae, 6.55; 5. Justin Thomas, 6.58; 11. Henry Bustle, 6.69  
**55 meter hurdles**- 10 Kenley Joseph, 8.34; 14. Jonathan Schmidt, 9.32; 15. Ian Paran, 9.33  
**200 meters**- 1. Justin Thomas, 22.44; 2. Marshall McRae, 22.67; 8. Tyler Combs, 23.15; 10. David Riddleberger, 23.38  
**300 meters**- 8. Kenley Joseph, 38.09  
**400 meters**- 4. Tyler Combs, 51.13, 7. David Riddleberger, 51.44  
**800 meters**- 1. Raphael Rojas, 1:53.60; 4. Read Caulkins, 1:57.07; 7. Chase Helton, 2:00.74  
**3,000 meters**- 1. Chris Moen, 8:26.34; Alex Taylor, DNF  
**Long jump**- 1. Henry Bustle, 23-6.25; 4. Jamal Tiller, 22-11.00; 11. Adedeji Adeneye, 21-4.25; 14. Cole Finch, 20-5.25  
**Triple jump**- 1. Jamal Tiller, 50-2.50; 2. Henry Bustle, 47-4.50; 5. Adedeji Adeneye, 45-7.75  
**High jump**- 2. Cole Finch, 6-5.00  
**Pole vault**- 3. Alex Lomax, 14-7.25, 3. Jacob Stowe, 14-7.25, 5. Patrick Quinn, 14-0.75 (J); 11. Jonathan Schmidt, 13-1.50 (J)  
**Shot put**- 1. Jared Stalling, 50-0.50; 5. Nick Sansotta, 46-10.75; 6. John Leonard, 46-6.25; 8. Zane Lail, 45-5.00, 15. Jonathan Howes, 42-8.75  
**Weight throw**- 1. Jared Stalling, 62-11.50; 8. Zane Lail, 49-4.25; 9. Nick Sansotta, 48-10.00; 11. Jonathan Howes, 47-7.25; 15. John Leonard 44-0.75  
**4x300-meter relay**- 2. 2:22.80  
**4x400-meter relay**- 2. Tyler Combs, Chase Helton, Read Caulkins, Raphael Rojas, 3:24.38

## Niswonger Invitational January 18, 2013 ETSU/MSHA Athletics Center East Tennessee State University Johnson City, Tenn.

### No Team Scores

#### Individual Mountaineer Results

**5,000 meters**- 3. Michael Lilley, 14:58.07; 9. Will Raby, 15:18.67

## Mountaineer Open January 18-19, 2013 Holmes Convocation Center Appalachian State University Boone, N.C.

### No Team Scores

#### Individual Mountaineer Results

**55 meters**- 3. Marshall McRae, 6.57; 6. Justin Thomas, 6.63  
**55 meter hurdles**- 2. Stanley Broaden, 7.57; 4. Kenley Joseph, 8.44  
**200 meters**- 2. Marshall McRae, 22.63; 3. Stanley Broaden, 22.66; 6. Justin Thomas, 23.09  
**300 meters**- 2. Trey Edgerton, 36.69  
**400 meters**- 1. Raphael Rojas, 48.84; 3. David Riddleberger, 50.57; 4. Peter Ovendorf, 50.94; 6. Tyler Combs, 51.29; 7. Chase Helton, 51.88; 16. John Michael Davidson, 54.56  
**800 meters**- 2. Read Caulkins, 1:59.00; 4. Nick Kelly, 2:04.12; 6. Robert Kovach, 2:07.50  
**One Mile** - 1. Nick Kelly, 4:34.18; 6. Robert Kovach, 4:42.04  
**3,000 meters**- 1. Brian Graves, 8:53.44; 2. Kyle McFoy, 9:07.37; 7. Chris Garrett, 9:15.72; 8. Andrew Vandenberg, 9:22.53; 9. Jonathan Bivens, 9:28.36  
**Long jump**- 1. Henry Bustle, 23-0.50; 2. Jamal Tiller, 22-5.00; 3. Adedeji Adeneye, 21-4.25; 7. Cole Finch, 20-5.25  
**Triple jump**- 1. Henry Bustle, 46-2.75; 2. Adedeji Adeneye, 44-2.50  
**High jump**- 2. Cole Finch, 6-6.00  
**Pole vault**- 4. Alex Lomax, 14-7.50  
**Shot put**- 1. Jared Stalling, 52-8.00; 2. Zane Lail, 46-7.25; 3. Nick Sansotta, 46-4.75; 5. John Leonard, 44-1.50; 6. Richard Bell, 41-9.25  
**Weight throw**- 2. Jared Stalling, 59-0.75; 4. Zane Lail, 49-6.50; 5. Nick Sansotta, 48-0.75; 8. Richard Bell, 39-8.75, 10. John Leonard, 39-1.00  
**4x300-meter relay**- 1. Stanley Broaden, Henry Bustle, Chase Helton, Jamal Tiller, 2:27.08; 2. Raphael Rojas, Marshall McRae, Read Caulkins, David Riddleberger, 2:27.42

## Kentucky Invitational January 25-26, 2013 Nutter Field House University of Kentucky Lexington, Ky.

### No Team Scores

#### Individual Mountaineer Results

**60 meter hurdles**- 10. Stanley Broaden, 8.22  
**400 meters**- 44. Trey Edgerton, 51.09; 45. David Riddleberger, 51.23; 46. Peter Ovendorf, 51.25; 47. Tyler Combs, 51.29  
**800 meters**- 5. Alex Taylor, 1:50.81  
**One Mile** - 10. Chris Moen, 4:12.98; 25. Josh Ellis, 4:21.34  
**3,000 meters**- 13. Michael Lilley, 8:28.89  
**5,000 meters** - 6. Josh Cox, 15:11.84; 7. Kyle McFoy, 15:16.44  
**High jump**- 15. Cole Finch, 6-5.50  
**Pole vault**- 15. Alex Lomax, 15-5.00  
**Shot put**- 9. Jared Stalling, 52-10.00; 16. Zane Lail, 47-7.75  
**Weight throw**- 26. Zane Lail, 49-4.25; 31. Nick Sansotta, 44-2.00  
**4x400-meter relay** - 11. Riddleberger, Rojas, Combs, Broaden, 3:20.10  
**Distance Medley Relay** - 2. Taylor, Combs, Rojas, J. Ellis, 10:07.44

# MEET RESULTS

**JDL Invitational**  
**February 2, 2013**  
**JDL Fast Track**  
**Wake Forest University**  
**Winston-Salem, N.C.**

**No Team Scores**

## Individual Mountaineer Results

**60 meters**- 26. Justin Thomas, 7.04; 41. Marshall McRae, 7.12; 51. Stanley Broaden, 7.18

**60 meter hurdles**- 6. Stanley Broaden, 8.17; 29. Kenley Joseph, 9.14

**200 meters**- 58. Marshall McRae, 23.69

**400 meters**- 37. Tyler Combs, 52.04; 46. Peter Ovendorf, 52.39

**800 meters**- 6. Raphael Rojas, 1:55.53; 13. Read Caulkins, 1:59.14

**Elite Mile** - 10. Alex Taylor, 4:12.15

**One Mile** - 13. Chris Garrett, 4:24.05; 17. Josh Ellis, 4:26.03

**3,000 meters**- 4. Josh Cox, 8:39.44; 25. Nick Kelly, 8:58.32

**5,000 meters** - 1. Brian Graves, 14:49.63; 8. Michael Ellis, 15:22.61

**Long jump**- 5. Henry Bustle, 22-7.00; 23. Adedeji Adeneye, 20-6.50

**Triple jump**- 13. Hnry Bustle, 44-7.00; 15. Adedeji Adeneye, 44-2.00

**High jump**- 4. Cole Finch, 6-6.00; 17. Darrow Goff, 6-0.00

**Pole vault**- 10. Alex Lomax, 14-7.25; 16. Patrick Quinn, 14-1.25

**Shot put**- 3. Jared Stalling, 51-5.00; 11. John Leonard, 46-10.75; 13. Nick Sansotta, 46-6.00

**Weight throw**- 6. Jared Stalling, 57-3.75; 10. Zane Lail, 53-6.25; 23. Nick Sansotta, 45-7.00

**4x400-meter relay**- 7. Tyler Combs, Raphael Rojas, Trey Edgerton, Stanley Broaden, 3:25.11; 22. Peter Ovendorf, Michael Ellis, Kenley Joseph, Robert Kovach, 3:42.90

**Liberty Quad**  
**February 8, 2013**  
**Tolsma Indoor Track**  
**Liberty University**  
**Lynchburg, Va.**

**No Team Scores**

## Individual Mountaineer Results

**60 meters**- 3. Justin Thomas, 7.02; 4. Marshall McRae, 7.13

**60 meter hurdles**- 1. Stanley Broaden, 8.03

**200 meters**- 2. Justin Thomas, 22.69; 3. Stanley Broaden, 22.73; 7. Tyler Combs, 23.60; 8. Trey Edegerton, 23.65; 9. Marshall McRae, 23.67; 11. John Michael Davidson, 24.92

**400 meters**- 1. Raphael Rojas, 49.78; 4. Trey Edgerton, 51.45; 6. Tyler Combs, 51.78; 13. Chase Helton, 52.83; 18. David Riddleberger, 54.53; 19. John Michael Davidson, 55.72

**800 meters**- 4. Read Caulkins, 1:59.06

**One Mile** - 5. Chris Garrett, 4:21.30; 6. Josh Ellis, 4:22.23

**3,000 meters**- 1. Nick Kelly, 8:41.39; 2. Brian Graves, 8:44.21; 3. Will Raby, 8:45.40; 5. Kyle McFoy, 8:46.41; 6. Michael Ellis, 8:47.37;

7. Jonathan Bivens, 8:57.14; 8. Mark Sullivan, 9:02.50; 9. Andrew Vandenberg, 9:14.10

**5,000 meters** - 1. Chris Moen, 14:21.79; 2. Michael Lilley, 14:49.76

**Long jump**- 2. Henry Bustle, 22-5.25; 5. Adedeji Adeneye, 21-8.25; 13. Cole Finch, 19-6.75

**Triple jump**- 1. Jamal Tiller, 48-5.25; 4. Adedeji Adeneye, 44-7.50; 5. Henry Bustle, 44-2.75

**High jump**- 7. Cole Finch, 6-2.25; 8. Darrow Goff, 6-0.50

**Pole vault**- 2. Jacob Stowe, 15-3.00; 4. Alex Lomax, 15-3.00; 6. Patrick Quinn, 14-9.00

**Shot put**- 1. Jared Stalling, 50-6.00; 5. John Leonard, 47-5.00; 6. Nick Sansotta, 47-2.25; 9. Zane Lail, 46-6.75; 12. Richard Bell, 43-8.00

**Weight throw**- 1. Jared Stalling, 61-6.25; 4. Zane Lail, 49-4.50; 5. Nick Sansotta, 44-8.25; 7. Richard Bell, 42-7.00; 9. John Leonard, 39-8.75

**4x400-meter relay**- 1. Tyler Combs, Chase Helton, Trey Edgerton, Stanley Broaden, 3:26.17; 5. Read Caulkins, Marshall McRae, John Michael Davidson, Chris Garrett, 3:41.50

# MEET RESULTS

## Appalachian Pre-Conference February 15, 2013 Holmes Convocation Center Appalachian State University Boone, N.C.

### No Team Scores

#### Individual Mountaineer Results

**55 meters**- 6. Henry Bustle, 6.70; 9. Adedeji Adenye, 6.92

**55 meter hurdles**- 1. Stanley Broaden, 7.40; 5. Kenley Joseph, 8.56

**200 meters**- 1. Stanley Broaden, 22.22; 3. Marshall McRae, 22.74

**300 meters** - 1. Kenley Joseph, 39.36

**400 meters**- 1. Trey Edgerton, 50.43; 3. Tyler Combs, 50.52; Peter Ovendorf, 51.11; 6. David Riddleberger, 51.88; 7. John Michael Davidson, 53.14

**800 meters**- 2. Read Caulkins, 1:56.56; 4. James Howard-Smith, 1:56.90; 5. Chris Garrett, 1:59.70; 6. Josh Ellis, 2:00.00; 8. Chase Helton, 2:02.69; 9. Robert Kovach, 2:05.03

**One Mile** - 2. Nick Kelly, 4:23.14; 4. Will Raby, 4:28.30; 5. Michael Ellis, 4:29.09; 6. Kyle McFoy, 4:31.85

**3,000 meters**- 1. Nick Kelly, 8:41.39; 2. Brian Graves, 8:44.21; 3. Will Raby, 8:45.40; 5. Kyle McFoy, 8:46.41; 6. Michael Ellis, 8:47.37; 7. Jonathan Bivens, 8:57.14; 8. Mark Sullivan, 9:02.50; 9. Andrew Vandenberg, 9:14.10

**High jump**- 2. Cole Finch, 6-6.25; 3. Darrow Goff, 6-2.25

**Pole vault**- 1. Alex Lomax, 15-1.50; 2. Jacob Stowe, 15-1.50

**Shot put**- 3. Jared Stalling, 50-10.00; 4. Zane Lail, 47-9.25; 5. John Leonard, 47-9.00; 6. Nick Sansotta, 47-4.25; 8. Richard Bell, 44-9.50; 11. Jonathan Howes, 39-2.25

**Weight throw**- 2. Jared Stalling, 60-1.25; 5. Zane Lail, 50-1.75; 6. Richard Bell, 46-6.75; 6. Nick Sansotta, 46-6.75; 11. John Leonard, 42-0.50; 11. Jonathan Howes, 42-0.50

**4x400-meter relay**- 2. Tyler Combs, Trey Edgerton, Chase Helton, Peter Ovendorf, 3:27.33

## Southern Conference Indoor Championships February 23-24, 2013 JDL Fast Track Winston-Salem, N.C.

### 1st of 9

#### Individual Mountaineer Results

**60 meters**- 4. Justin Thomas, 6.88; 8. Marshall McRae, 7.10

**60 meter hurdles**- 1. Stanley Broaden, 7.90

**200 meters**- 2. Stanley Broaden, 22.34; 3. Justin Thomas, 22.37; 7. Marshall McRae, 22.90

**400 meters**- 8. Trey Edgerton, 50.76

**800 meters**- 3. Raphael Rojas, 1:54.35; 8. Alex Taylor, 1:59.92

**One Mile** - 1. Alex Taylor, 4:12.29; 2. Chris Moen, 4:13.88

**3,000 meters**- 4. Chris Moen, 8:22.57; 5. Brian Graves, 8:24.27; 8. Michael Lilley, 8:26.28; 11. Josh Cox, 8:36.21

**5,000 meters** - 3. Chris Moen, 14:42.22; 5. Michael Lilley, 14:48.15; 6. Brian Graves, 14:52.00; 11. Jos Cox, 15:08.09; 18. Nick Kelly, 15:25.83

**High jump**- 7. Cole Finch, 6-2.00; 9. Darrow Goff, 6-0.00

**Long Jump** - 2. Henry Bustle, 23-2.50; 3. Jamal Tiller, 22-10.00; 8. Adedeji Adenye, 21-11.00; 13. Cole Finch, 19-10.75

**Triple Jump** - 1. Jamal Tiller, 50-6.75; 3. Adedeji Adenye, 47-3.00

**Pole vault**- 4. Jacob Stowe, 15-6.50; 5. Alex Lomax, 15-0.75; 7. Patrick Quinn, 15-0.75

**Shot put**- 1. Jared Stalling, 52-5.25; 3. Zane Lail, 49-7.25; 4. Nick Sansotta, 49-7.25; 5. John Leonard, 49-7.00; 9. Richard Bell, 46-4.00

**Weight throw**- 1. Jared Stalling, 61-9.50; 5. Zane Lail, 53-1.75; 11. John Leonard, 45-5.00; 12. Nick Sansotta, 44-10.75; 13. Richard Bell, 43-2.25

**4x400-meter relay**- 2. Tyler Combs, Trey Edgerton, Raphael Rojas, Stanley Broaden, 3:20.48

**Distance Medley Relay** - 1. Nick Kelly, Tyler Combs, Raphael Rojas, Chris Moen, 10:05.77

## Virginia Tech Last Chance Meet March 2, 2013 Rector Field House Blacksburg, Va.

### No Team Score

#### Individual Mountaineer Results

**60 meter hurdles**- 9. Stanley Broaden, 8.01

**Triple Jump**- 8. Jamal Tiller, 47-6.25

**Weight Throw**- 6. Jared Stalling, 61-9.00

# INDIVIDUAL PERFORMANCE LIST

## Symbol Key

**na** - ncaa automatic qualifying time/mark  
**p** - preliminary mark  
**f** - final mark  
**pr** - personal record  
**mr** - meet record  
**sr** - school record  
**cr** - SoCon record  
**hep** - mark earned during heptathlon competition

## ADEDEJI ADENEYE -- SO -- GREENSBORO, N.C.

### 55 meters (6.92)

6.92 p/pr Appalachian Pre-Conference ..... 9th

### Long jump (23-1.25)

21-4.25 Appalachian Invitational ..... 11th  
 21-4.25 Mountaineer Open ..... 3rd  
 20-6.50 JDL Invitational ..... 23rd  
 21-8.25 Liberty Quad ..... 5th  
 21-11.00 f SoCon Championships ..... 8th

### Triple jump (49-9.00)

45-7.75 Appalachian Invitational ..... 5th  
 44-2.50 Mountaineer Open ..... 2nd  
 44-2.00 JDL Invitational ..... 15th  
 44-7.50 Liberty Quad ..... 4th  
 47-3.00 f SoCon Championships ..... 3rd

## RICHARD BELL

### Shot Put (46-4.00)

41-9.25 Mountaineer Open ..... 6th  
 43-8.00 Liberty Quad ..... 12th  
 44-9.50 Appalachian Pre-Conference ..... 8th  
 46-4.00 pr/f SoCon Championships ..... 9th

### Weight Throw (46-6.75)

39-8.75 Mountaineer Open ..... 8th  
 42-7.00 Liberty Quad ..... 7th  
 46-6.75 pr Appalachian Pre-Conference ..... 6th  
 43-2.25 f SoCon Championships ..... 13th

## JONATHAN BIVENS -- FR -- CHARLOTTE, N.C.

### 3,000 meters (8:57.14)

9:28.36 Mountaineer Open ..... 9th  
 8:57.14 pr Liberty Quad ..... 7th

## STANLEY BROADEN -- SO -- WILMINGTON, N.C.

### 55 meter hurdles (7.57)

7.57 Mountaineer Open ..... 2nd  
 7.40 pr Appalachian Pre-Conference ..... 1st

### 60 meters (7.18)

7.18 p/pr JDL Invitational ..... 51st

### 60 meter hurdles (7.90)

8.22 p Kentucky Invitational ..... 10th  
 8.17 JDL Invitational ..... 6th  
 8.03 mr Liberty Quad ..... 1st  
 7.90 p SoCon Championships ..... 1st  
 7.90 pr/cr/sr SoCon Championships ..... 1st

### 200 meters (22.22)

22.66 Mountaineer Open ..... 3rd  
 22.73 Liberty Quad ..... 3rd  
 22.22 pr Appalachian Pre-Conference ..... 1st  
 22.54 p SoCon Championships ..... 2nd  
 22.34 f SoCon Championships ..... 2nd  
 8.03 p Virginia Tech Last Chance Meet ..... 8th  
 8.01 Virginia Tech Last Chance Meet ..... 9th

## HENRY BUSTLE -- SO -- STATESVILLE, N.C.

### 55 meters (6.69)

6.69 pr Appalachian Invitational ..... 11th  
 6.70 Appalachian Pre-Conference ..... 6th

### Triple Jump (47-4.50)

47-4.50 pr Appalachian Invitational ..... 2nd  
 46-2.75 Mountaineer Open ..... 1st  
 44-7.00 JDL Invitational ..... 13th  
 44-2.75 Liberty Quad ..... 5th

### Long Jump (23-6.25)

23-6.25 pr Appalachian Invitational ..... 1st  
 23-0.50 Mountaineer Open ..... 1st  
 22-7.00 JDL Invitational ..... 5th  
 22-5.25 Liberty Quad ..... 2nd  
 23-2.50 f SoCon Championships ..... 2nd

## READ CAULKINS -- JR -- RALEIGH, N.C.

### 800 meters (1:56.56)

1:57.07 Appalachian Invitational ..... 4th  
 1:59.00 Mountaineer Open ..... 2nd  
 1:59.14 JDL Invitational ..... 13th  
 1:59.06 Liberty Quad ..... 4th  
 1:56.56 pr Appalachian Pre-Conference ..... 2nd

## TYLER COMBS -- SR -- HENDERSONVILLE, N.C.

### 200 meters (22.86)

23.15 Appalachian Invitational ..... 8th  
 23.60 Liberty Quad ..... 7th

### 400 meters (50.52)

51.13 Appalachian Invitational ..... 4th  
 51.29 Mountaineer Open ..... 6th  
 51.29 Kentucky Invitational ..... 47th  
 52.04 JDL Invitational ..... 37th  
 51.78 Liberty Quad ..... 6th  
 50.52 pr Appalachian Pre-Conference ..... 3rd  
 51.32 p SoCon Championships ..... 3rd

# INDIVIDUAL PERFORMANCE LIST

## JOSH COX -- JR -- MOORESVILLE, N.C.

### 3,000 meters (8:36.21)

8:39.44		JDL Invitational.....	4th
8:36.21	pr	SoCon Championships.....	11th

### 5,000 meters (15:08.09)

15:11.84		Kentucky Invitational.....	6th
15:08.09	pr/f	SoCon Championships.....	11th

## JOHN MICHAEL DAVIDSON -- FR -- WEDDINGTON, N.C.

### 200 meters (24.92)

24.92	pr	Liberty Quad.....	11th
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### 400 meters (53.14)

54.56		Mountaineer Open.....	16th
55.72		Liberty Quad.....	19th
53.14	pr	Appalachian Pre-Conference.....	7th

## TREY EDGERTON -- SO -- KINGS MOUNTAIN, N.C.

### 55 meters (6.94)

6.94	p/pr	Mountaineer Open.....	18th
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### 200 meters (23.65)

23.65	pr	Liberty Quad.....	8th
22.96	p	SoCon Championships.....	3rd

### 300 meters (36.69)

36.69	pr	Mountaineer Open.....	2nd
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### 400 meters (50.43)

51.09		Kentucky Invitational.....	44th
51.45		Liberty Quad.....	4th
50.43	pr	Appalachian Pre-Conference.....	1st
50.74	p	SoCon Championships.....	2nd
50.76	f	SoCon Championships.....	8th

## JOSH ELLIS -- FR -- BETHESDA, MD.

### 800 meters (2:00.00)

2:00.00	pr	Appalachian Pre-Conference.....	6th
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### One Mile (4:21.34)

4:21.34	pr	Kentucky Invitational.....	25th
4:26.03		JDL Invitational.....	17th
4:22.23		Liberty Quad.....	6th

## MICHAEL ELLIS -- FR -- WINSTON-SALEM, N.C.

### Mile (4:29.09)

4:29.09	pr	Appalachian Pre-Conference.....	5th
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### 3,000 meters (8:47.37)

8:47.37	pr	Liberty Quad.....	6th
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### 5,000 metes (15:22.61)

15:22.61	pr	JDL Invitational.....	8th
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## COLE FINCH -- FR -- MATTHEW, N.C.

### High Jump (6-6.00)

6-5.00		Appalachian Invitational.....	2nd
6-6.00		Mountaineer Open.....	2nd
6-5.50		Kentucky Invitational.....	15th
6-6.00		JDL Invitational.....	4th
6-2.25		Liberty Quad.....	7th
6-6.25	pr	Appalachian Pre-Conference.....	2nd
6-2.00	f	SoCon Championships.....	7th

### Long Jump (20-5.25)

20-5.25	pr	Appalachian Invitational.....	14th
20-5.25	pr	Mountaineer Open.....	7th
19-6.75		Liberty Quad.....	13th
19-10.75	f	SoCon Championships.....	13th

## CHRIS GARRETT -- SO -- GARNER, N.C.

### 800 meters (1:59.70)

1:59.70	pr	Appalachian Pre-Conference.....	5th
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### Mile (4:17.43)

4:24.05		JDL Invitational.....	13th
4:21.30		Liberty Quad.....	5th

### 3,000 meters (8:42.97)

9:15.72		Mountaineer Open.....	7th
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## DARROW GOFF

### High Jump (6-0.50)

6-0.00		JDL Invitational.....	17th
6-0.50		Liberty Quad.....	8th
6-2.25	pr	Appalachian Pre-Conference.....	3rd
6-0.00	f	SoCon Championships.....	9th

## BRIAN GRAVES -- SR -- BETHESDA, MD

### 3,000 meters (8:24.27)

8:53.44		Mountaineer Open.....	1st
8:44.21		Liberty Quad.....	2nd
8:24.27	pr/f	SoCon Championships.....	5th

### 5,000 meters (14:49.63)

14:49.63	pr	JDL Invitational.....	1st
14:52.00	f	SoCon Championships.....	6th

## CHASE HELTON -- FR -- FAYETTEVILLE, N.C.

### 400 meters (51.88)

51.88	pr	Mountaineer Open.....	7th
52.83		Liberty Quad.....	13th

### 800 meters (2:00.74)

2:00.74	pr	Appalachian Invitational.....	7th
2:02.69		Appalachian Pre-Conference.....	8th

## JAMES HOWARD-SMITH -- SR. -- CHARLOTTESVILLE, VA.

### 800 meters (1:56.90)

1:56.90	pr	Appalachian Pre-Conference.....	4th
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# INDIVIDUAL PERFORMANCE LIST

## JON HOWES -- SO -- CHAPEL HILL, N.C.

### Weight Throw (47-7.25)

47-7.25	pr	Appalachian Invitational.....	11th
42-0.50		Appalachian Pre-Conference .....	11th

### Shot Put (42-8.75)

42-8.75	pr	Appalachian Invitational.....	15th
39-2.25		Appalachian Pre-Conference .....	11th

## KENLEY JOSEPH -- FR -- MORGANTON, N.C.

### 55 meters hurdles (8.34)

8.34	pr	Appalachian Invitational.....	10th
8.44		Mountaineer Open.....	4th
8.36		Appalachian Pre-Conference .....	5th

### 60 meters hurdles (9.11)

9.11		JDL Invitational.....	29th
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### 300 meters (38.09)

38.09	pr	Appalachian Invitational.....	8th
39.36		Appalachian Pre-Conference .....	1st

## NICK KELLEY -- SR -- BURLINGTON, N.C.

### 800 meters (2:00.14)

2:04.12		Mountaineer Open.....	4th
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### Mile (4:21.64)

4:34.18		Mountaineer Open.....	1st
4:23.14		Appalachian Pre-Conference .....	2nd

### 3,000 meters (8:29.23)

8:58.32		JDL Invitational.....	25th
8:41.39		Liberty Quad.....	1st

### 5,000 meters (14:49.16)

15:25.83	f	SoCon Championships .....	18th
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## ROBERT KOVACH -- FR -- ASHEVILLE, N.C.

### 800 meters (2:05.03)

2:07.50		Mountaineer Open.....	6th
2:05.03	pr	Appalachian Pre-Conference .....	9th

### Mile (4:42.04)

4:42.04	pr	Mountaineer Open.....	6th
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## ZANE LAIL -- SR -- HICKORY, N.C.

### Shot put (49-7.25)

45-5.00		Appalachian Invitational.....	8th
46-7.25		Mountaineer Open.....	2nd
47-7.75		Kentucky Invitational .....	16th
46-6.75		Liberty Quad.....	9th
47-9.25		Appalachian Pre-Conference .....	4th
49-7.25	pr/f	SoCon Championships .....	3rd

### Weight throw (53-6.25)

49-4.25		Appalachian Invitational.....	8th
49-6.50		Mountaineer Open.....	4th
49-4.25		Kentucky Invitational .....	26th
53-6.25	pr	JDL Invitational.....	10th
49-4.50		Liberty Quad.....	4th
50-1.75		Appalachian Pre-Conference .....	5th
53-1.75	f	SoCon Championships .....	5th

## JOHN LEONARD -- FR -- FAYETTEVILLE, N.C.

### Shot Put (49-7.00)

46-6.25		Appalachian Invitational.....	6th
44-1.50		Mountaineer Open.....	5th
46-10.75		JDL Invitational.....	11th
47-5.00		Liberty Quad.....	5th
47-9.00		Appalachian Pre-Conference .....	5th
49-7.00	pr/f	SoCon Championships .....	5th

### Weight Throw (45-5.00)

44-0.75		Appalachian Invitational.....	8th
39-1.00		Mountaineer Open.....	10th
39-8.75		Liberty Quad.....	9th
42-0.50		Appalachian Pre-Conference .....	11th
45-5.00	pr/f	SoCon Championships .....	11th

## MICHAEL LILLEY -- SR -- HAGERSTOWN, MD.

### 3,000 meters (8:26.28)

8:28.89		Kentucky Invitational .....	13th
8:26.28	pr/f	SoCon Championships .....	8th

### 5,000 meters (14:48.15)

14:58.07		Niswonger Invitational .....	3rd
14:49.76		Liberty Quad.....	2nd
14:48.15	pr/f	SoCon Championships .....	5th

## ALEX LOMAX -- FR -- HICKORY, N.C.

### Pole vault (15-5)

14-7.25		Appalachian Invitational.....	3rd
14-7.50		Mountaineer Open.....	4th
15-5.00	pr	Kentucky Invitational .....	15th
14-7.25		JDL Invitational.....	10th
15-3.00		Liberty Quad.....	4th
15-1.50		Appalachian Pre-Conference .....	1st
15-0.75	f	SoCon Championships .....	5th

## KYLE MCFOY -- SO -- NEWARK, DEL.

### Mile (4:31.85)

4:31.85	PR	Appalachian Pre-Conference .....	6th
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### 3,000 meters (8:46.41)

9:07.37		Mountaineer Open .....	2nd
8:46.41	pr	Liberty Quad.....	5th

### 5,000 meters (15:16.44)

15:16.44	pr	Kentucky Invitational .....	7th
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## MARSHALL MCRAE -- FR -- RED SPRINGS, N.C.

### 55 meters (6.55)

6.55	pr	Appalachian Invitational.....	4th
6.57		Mountaineer Open.....	3rd

### 60 meters (7.10)

7.12		JDL Invitational.....	41st
7.13		Liberty Quad.....	4th
6.99	p	SoCon Championships .....	4th
7.10	pr/f	SoCon Championships .....	8th

### 200 meters (22.63)

22.67		Appalachian Invitational.....	2nd
22.63	pr	Mountaineer Open.....	2nd
23.69		JDL Invitational.....	58th
23.67		Liberty Quad.....	9th
22.74		Appalachian Pre-Conference .....	3rd
22.90	f	SoCon Championships .....	7th

# INDIVIDUAL PERFORMANCE LIST

## CHRIS MOEN -- SR -- ROCKVILLE, MD.

### One Mile (4:08.61)

4:12.98		Kentucky Invitational .....	10th
4:13.88	f	SoCon Championships .....	2nd

### 3000 meters (8:05.88)

8:26.34		Appalachian Invitational .....	1st
8:22.57	f	SoCon Championships .....	4th

### 5,000 meters (14:21.79)

14:21.79	sr/pr	Liberty Quad.....	1st
14:42.22	f	SoCon Championships .....	3rd

## PETER OVENDORF -- FR -- WEDDINGTON, N.C.

### 400 meters (50.94)

50.94	pr	Mountaineer Open.....	4th
51.25		Kentucky Invitational .....	46th
52.39		JDL Invitational.....	46th
51.11		Appalachian Pre-Conference .....	5th

## IAN PARAN -- SO -- WEST END, N.C.

### 55 meter hurdles (9.33)

9.33		Appalachian Invitational.....	15th
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## PATRICK QUINN -- FR -- RALEIGH, N.C.

### Pole Vault (15-0.75)

14-7.25		Appalachian Invitational.....	5th
14-1.25		JDL Invitational.....	16th
14-9.00		Liberty Quad.....	6th
15-0.75	pr/f	SoCon Championships .....	7th

## WILL RABY -- SR -- CHARLOTTE, N.C.

### Mile (4:28.25)

4:28.30		Appalachian Pre-Conference .....	4th
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### 3,000 meters (8:22.65)

8:45.40		Liberty Quad.....	3rd
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### 5,000 meters (14:30.43)

14:30.43		Niswonger Invitational .....	9th
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## DAVID RIDDLEBERGER -- SO -- RALEIGH, N.C.

### 55 meters (6.98)

6.98	p/pr	Mountaineer Open.....	19th
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### 200 meters (22.64)

22.64		Appalachian Invitational.....	10th
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### 400 meters (50.01)

51.44		Appalachian Invitational.....	7th
50.57		Mountaineer Open.....	3rd
51.23		Kentucky Invitational .....	45th
54.53		Liberty Quad.....	18th
51.88		Appalachian Pre-Conference .....	6th

## RAPHAEL ROJAS -- SO -- CHARLOTTE, N.C.

### 400 meters (48.84)

48.84	pr	Mountaineer Open.....	1st
49.78		Liberty Quad.....	1st

### 800 meters (1:53.60)

1:53.60	pr	Appalachian Invitational.....	1st
1:55.53		JDL Invitational.....	6th
1:55.80	p	SoCon Championships .....	1st
1:54.35	f	SoCon Championships .....	3rd

## NICK SANSOTTA -- SO -- MATTHEWS, N.C.

### Shot put (49-7.25)

46-10.75		Appalachian Invitational.....	5th
46-4.75		Mountaineer Open.....	3rd
46-6.00		JDL Invitational.....	13th
47-2.25		Liberty Quad.....	6th
47-4.25		Appalachian Pre-Conference .....	6th
49-7.25	pr/f	SoCon Championships .....	4th

### Weight throw (48-10.00)

48-10.00	pr	Appalachian Invitational.....	9th
48-0.75		Mountaineer Open.....	5th
44-2.00		Kentucky Invitational .....	31st
45-7.00		JDL Invitational.....	23rd
44-8.25		Liberty Quad.....	5th
46-6.75		Appalachian Pre-Conference .....	6th
44-10.75	f	SoCon Championships .....	12th

## JONATHAN SCHMIDT -- SO -- WINSTON-SALEM, N.C.

### 55 meter hurdles (9.32)

9.32	pr	Appalachian Invitational.....	14th
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### Pole Vault (13-1.50)

13-1.50	pr	Appalachian Invitational.....	11th
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## JARED STALLING -- JR -- GREENSBORO, N.C.

### Shot put (55-9.00)

50-0.50		Appalachian Invitational.....	1st
52-8.00		Mountaineer Open.....	1st
52-10.00		Kentucky Invitational .....	9th
51-5.00		JDL Invitational.....	3rd
50-6.00		Liberty Quad.....	1st
50-10.00		Appalachian Pre-Conference .....	3rd
52-5.25	f	SoCon Championships .....	1st

### Weight throw (63-9.50)

62-11.50		Appalachian Invitational.....	1st
59-0.75		Mountaineer Open.....	2nd
57-3.75		JDL Invitational.....	6th
61-6.25		Liberty Quad.....	1st
60-1.25		Appalachian Pre-Conference .....	2nd
61-9.50	f	SoCon Championships .....	1st
61-9.00		Virginia Tech Last Chance Meet.....	6th

## JACOB STOWE -- SO -- MATTHEWS, N.C.

### Pole Vault (15-6.50)

14-7.25		Appalachian Invitational.....	3rd
15-3.00		Liberty Quad.....	2nd
15-1.50		Appalachian Pre-Conference .....	2nd
15-6.50	pr	SoCon Championships .....	4th

## MARK SULLIVAN -- JR -- RALEIGH, N.C.

### 3,000 meters (9:02.50)

9:02.50	pr	Liberty Quad.....	8th
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# INDIVIDUAL PERFORMANCE LIST

## ALEX TAYLOR -- SR -- CHARLOTTE, N.C.

### 800 meters (1:50.81)

1:50.81	pr	Kentucky Invitational .....	5th
1:54.14	p	SoCon Championships .....	1st
1:59.92	f	SoCon Championships .....	8th

### Mile (4:05.73)

4:12.15		JDL Invitational.....	10th
4:12.29	f	SoCon Championships .....	1st

## JUSTIN THOMAS -- JR -- APEX, N.C.

### 55 meters (6.39)

6.58		Appalachian Invitational.....	5th
6.63		Mountaineer Open.....	6th

### 60 meters (6.88)

6.89		JDL Invitational.....	26th
7.02		Liberty Quad.....	3rd
6.89	p	SoCon Championships .....	2nd
6.88	pr/f	SoCon Championships .....	4th

### 200 meters (22.07)

22.44		Appalachian Invitational.....	1st
23.09		Mountaineer Open.....	6th
22.69		Liberty Quad.....	2nd
22.29	p	SoCon Championships .....	1st
22.37	f	SoCon Championships .....	3rd

## JAMAL TILLER -- JR -- MARIETTA, GA.

### 55 meters (6.72)

6.86	p	Mountaineer Open.....	14th
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### Long jump (22-11.75)

22-11.00		Appalachian Invitational.....	4th
22-5.00		Mountaineer Open.....	2nd
22-10.00	f	SoCon Championships .....	3rd

### Triple jump (51-1.75)

50-2.50		Appalachian Invitational.....	1st
48-5.25		Liberty Quad.....	1st
50-6.75	f	SoCon Championships .....	1st
47-6.25		Virginia Tech Last Chance Meet.....	8th

## ANDREW VANDENBERG -- FR -- BOONE, N.C.

### 3,000 meters (9:14.10)

9:22.53		Mountaineer Open.....	8th
9:14.10	pr	Liberty Quad.....	9th
9:23.03		Appalachian Pre-Conference .....	1st

# INDIVIDUAL PERFORMANCE LIST