



2015-16 Men's Indoor Season Report



Date	Opponent	Location	Time/Results
December 4-5	Appalachian Open	BOONE, N.C.	1st of 11
January 8-9	ETSU Invitational	Johnson City, Tenn.	NTS
January 15-16	Kentucky Invitational	Lexington, Ky.	W, UM (87-52)/L, UK (63-87)
January 21-22	Tobacco Road Multis	Chapel Hill, N.C.	NTS
January 30	Mountaineer Open	BOONE, N.C.	NTS
February 5-6	Buccaneer Invitational	Johnson City, Tenn.	NTS
February 12-13	Marshall Invitational	Huntington, W.V.	1st of 8
February 19	App State Pre-Conference Open	BOONE, N.C.	NTS
February 22-23	Sun Belt Indoor Championships	Birmingham, Ala.	5th of 8

SEASON BEST PERFORMANCES

55m

Sun Belt Record: 6.18, Chris Johnson, UALR, 2002
Holmes Record: 6.15, David Collins, Clemson, 2001
App State-Holmes Record: 6.22, Ernest Wiggins, 2002, Jason Green, 2002
App State Record: 6.22, Ernest Wiggins, 2002, Jason Green, 2003

Time	Name	Meet
6.42	Antonio Marcano Jr.	Appalachian Open
6.42 (P)	Marshall McRae	App State Pre-Conference
6.43	William Buckley	Appalachian Open
6.52	Russell Price	Mountaineer Open
6.61	Kimani Hoffman	Appalachian Open

55m Hurdles

Sun Belt Record: 7.15, Ronald Forbes, FIU, 2008
Holmes Record: 7.17, Anwar Moore, St. Augustine, 2003
App State-Holmes Record: 7.38, Ryan Linebarger, 2001
App State Record: 7.24, Omari Francis, 2000

Time	Name	Meet
7.65	Stanley Broaden	Appalachian Open
7.85	Brandon Smith	App State Pre-Conference
7.94	Andrew Spear	Appalachian Open/Mountaineer Open

60m

Sun Belt Record: 6.66, Clayton Vaughn, UT Arlington, 2014
App State Record: 6.72, Ernest Wiggins, 2004

Time	Name	Meet
6.75	William Buckley	SBC Indoor Championships
6.96	Marshall McRae	ETSU Invitational
7.01	Russell Price	Marshall Invitational
7.02	Antonio Marcano Jr.	ETSU Invitational/Kentucky Invitational (P)

60m Hurdles

Sun Belt Record: 8.01, Stanley Broaden, Appalachian State, 2016
App State Record: 7.90, Stanley Broaden, 2013

Time	Name	Meet
8.01 (P)	Stanley Broaden	SBC Indoor Championships
8.49 (P)	Brandon Smith	SBC Indoor Championships
8.52	Andrew Spear	Marshall Invitational

200m

Sun Belt Record: 20.91, Noah Akwu, Middle Tennessee, 2013
Holmes Record: 21.51, Javon Young, Charleston Southern, 2010
App State-Holmes Record: 21.77, Will Buckley, 2014
App State Record: 21.55, Jason McGhinnis, 2000

Time	Name	Meet
21.60	William Buckley	SBC Indoor Championships
22.13 (P)	Marshall McRae	SBC Indoor Championships
22.14	Antonio Marcano Jr.	ETSU Invitational
22.40	Trey Edgerton	Marshall Invitational
22.51	Stanley Broaden	Marshall Invitational
22.72	Russell Price	Marshall Invitational
22.92	Brandon Smith	Marshall Invitational
23.13 (P)	Garrett Hammonds	Buccaneer Invitational
23.26	Andrew Spear	Marshall Invitational
23.72	Kimani Hoffman	Mountaineer Open

300m

Holmes Record: 34.30, Jordon Vaden, Unattached, 2008
App State-Holmes Record: 34.75, Landon Powell, 2012
App State Record: 34.37, Jason McGhinnis, 2000

Time	Name	Meet
36.02	Trey Edgerton	Mountaineer Open
36.96	Garrett Hammonds	Mountaineer Open

400m

Sun Belt Record: 46.41, Godfrey Herring, Middle Tennessee, 2002
Holmes Record: 47.88, Manteo Mitchell, Western Carolina, 2009
App State-Holmes Record: 48.65, Bryan Burney, 2005
App State Record: 48.37, Frank Allen, 1988

Time	Name	Meet
49.94 (P)	Ryan Hastings	Buccaneer Invitational
50.21	Trey Edgerton	Marshall Invitational
51.02	Andrew Spear	App State Pre-Conference
51.19 (P)	Brandon Smith	Buccaneer Invitational
51.54 (P)	Garrett Hammonds	Buccaneer Invitational

500m

Holmes Record: 1:03.78, Bryan Burney, Appalachian State, 2005
App State-Holmes Record: 1:03.78, Bryan Burney, 2005
App State Record: 1:02.61, Marshall Pitts, 1986

Time	Name	Meet
1:04.58	Ryan Hastings	Mountaineer Open
1:05.39	Peter Ovendorf	Mountaineer Open

SEASON BEST PERFORMANCES

800m

Sun Belt Record: 1:48.45, Lamont Leach, La. Tech, 1995

Holmes Record: 1:51.98, Tyrone McCoy, Savannah State, 2011

App State-Holmes Record: 1:53.60, Raphael Rojas, 2012

App State Record: 1:50.37, Allen Brooks, 1991

Time	Name	Meet
1:51.77	Ryan Hastings	Marshall Invitational
1:53.18	Andrew Harris	Marshall Invitational
1:53.95	Peter Ovendorf	Marshall Invitational
1:58.24	Ian Milder	App State Pre-Conference
2:01.60	Will Henderson	Mountaineer Open
2:02.10	Evan Laratta	Marshall Invitational
2:04.83	Evan Georges	Mountaineer Open

Mile

Sun Belt Record: 4:02.69, Vincent Rono, South Alabama, 2006

Holmes Record: 4:13.20, Phillip Rotich, Milligan, 2002

App State-Holmes Record: 4:15.56, Alex Taylor, 2011

App State Record: 4:01.75, Patrick Morgan, 2010

Time	Name	Meet
4:16.95	Evan Georges	Marshall Invitational
4:20.20	Evan Laratta	Marshall Invitational
4:21.59	Ian Milder	Buccaneer Invitational
4:23.15	Michael Ellis	Buccaneer Invitational
4:24.36	Chris Anderson	Buccaneer Invitational

3,000m

Sun Belt Record: 7:52.64, David Kimani, South Alabama, 2000

Holmes Record: 8:13.67, Michael Hammond, Virginia Tech, 2011

App State-Holmes Record: 8:26.34, Chris Moen, 2012

App State Record: 8:05.88, Chris Moen, 2011

Time	Name	Meet
8:25.38	Michael Ellis	SBC Indoor Championships
8:30.92	Chris Anderson	SBC Indoor Championships
8:35.00	Ryan Shannon	Marshall Invitational
8:39.58	Andrew Vandenberg	Marshall Invitational
8:54.12	Evan Laratta	Kentucky Invitational
8:55.61	Evan Georges	ETSU Invitational

5,000m

Sun Belt Record: 13:42.23, David Kimani, South Alabama, 2000

Holmes Record: 15:25.16, Connor Hatfield, Bryan College, 2012

App State Record: 14:21.79, Chris Moen, 2013

Time	Name	Meet
14:49.17	Michael Ellis	SBC Indoor Championships
15:02.75	Chris Anderson	Buccaneer Invitational
15:10.38	Andrew Vandenberg	Buccaneer Invitational
15:29.26	Ryan Shannon	Buccaneer Invitational

Long Jump

Sun Belt Record: 26-1.75, Roelf Pienaar, Arkansas State, 2015

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

App State-Holmes Record: 24-10.50, Ricky Harris, 2008

App State Record: 25-1.25, Michael Hanks, 1987

Mark	Name	Meet
22-7.75	Kimani Hoffman	Appalachian Open
20-3.75	Isaiah Relliford	ETSU Invitational

Triple Jump

Sun Belt Record: 54-8.25, Larry Moore, UL Lafayette, 1992

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

App State-Holmes Record: 50-3.50, Mark Sturgis, 2006

App State Record: 53-10.25, Michael Hanks, 1987

Mark	Name	Meet
48-1.25	Kimani Hoffman	SBC Indoor Championships
47-1.75	Isaiah Relliford	Buccaneer Invitational

High Jump

Sun Belt Record: 7-5.25, Sam Hill, Arkansas State, 1995

Holmes Record: 7-1, Daryl Saunders, Unattached, 2013

App State-Holmes Record: 7-0.25, Darius Purcell, 2011

App State Record: 7-2.50, Darius Purcell, 2012

Mark	Name	Meet
6-6	Cole Finch	Appalachian Open
6-4.75	Nick Hinton	SBC Indoor Championships
6-2.25	Xzavier Robinson	Mountaineer Open
5-8.50	Benjamin Brunson	Mountaineer Open
5-6.50	Jackson Powers	Mountaineer Open

Pole Vault

Sun Belt Record: 17-10.75, Kelly Riley, Arkansas State, 1992

Holmes Record: 17-1.50, Chris Uhle, Virginia Tech, 2013

App State-Holmes Record: 16-4.75, Ryan Twiford, 2011

App State Record: 16-8.75, Todd Poremba, Virginia Tech, 1998

Mark	Name	Meet
16-6.75	Tristian Shaver	Kentucky Invitational
16-4.50	Phillip Thomas	SBC Indoor Championships
15-7	Michael Utecht	Marshall Invitational
15-7	Matt Layne	Marshall Invitational
15-7	Patrick Quinn	Marshall Invitational
13-1.75	Benjamin Brunson	Mountaineer Open
13-1.75	Jackson Powers	Mountaineer Open

Shot Put

Sun Belt Record: 65-9.75, Richard Chavez, Arkansas State, 2013

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

App State-Holmes Record: 55-11.75, Anthony Greer, 2005

App State Record: 56-9.25, Nathan Milch, 2016

Mark	Name	Meet
56-9.25	Nathan Milch	SBC Indoor Championships
52-10.25	John Leonard	SBC Indoor Championships
52-5.50	Ellsworth Parham	SBC Indoor Championships
40-4.25	Jackson Powers	Mountaineer Open

Weight Throw

Sun Belt Record: 72-3.75, Candon Powell, Arkansas State, 2005

Holmes Record: 67-5.50, Andy Fryman, 2014

App State-Holmes Record: 63-3.25, Jared Stalling, 2012

App State Record: 63-11.50, Jared Stalling, 2012

Mark	Name	Meet
60-2.5	John Leonard	Marshall Invitational
59-3.50	Nathan Milch	Buccaneer Invitational
55-1.00	Mason Lasater	Appalachian Open
46-10.25	Ellsworth Parham	SBC Indoor Championships

Heptathlon

Sun Belt Record: 5,423, Will Oliver, Arkansas State, 2012

App State Record: 5,021, Matt Boruff, 2009

Mark	Name	Meet
4,217	Jackson Powers	SBC Indoor Championships
4,046	Benjamin Brunson	Buccaneer Invitational

SEASON BEST PERFORMANCES

4x300m Relay

Holmes Record: 2:18.53, Western Carolina, 2012

App State-Holmes Record: 2:20.40, Edgerton/Broaden/McRae/Rojas, 2014

App State Record: 2:20.40, Edgerton/Broaden/McRae/Rojas, 2014

Time	Name	Meet
2:23.41	Edgerton, Broaden, Buckley, Hastings	Appalachian Open
2:26.48	Edgerton, Hastings, Hammonds, Spear	Mountaineer Open
2:27.70	Buckley, McRae, Marciano Jr., Price	Mountaineer Open

4x400m Relay

Sun Belt Record: 3:07.61, Western Kentucky, 2008

Holmes Record: 3:15.85, St. Augustine, 2003

App State-Holmes Record: 3:18.87, 2002

App State Record: 3:14.89, Burney/Martin/Gillespie/Curry, 2004

Time	Name	Meet
3:17.35	Edgerton, Smith, Broaden, Hastings	SBC Indoor Championships
3:20.19	Edgerton, Ovendorf, Broaden, Hastings	Marshall Invitational
3:24.49	Edgerton, Ovendorf, Spear, Smith	Kentucky Invitational
3:26.32	Hammonds, Smith, Spear, Powers	Buccaneer Invitational
3:26.79	Smith, Spear, Harris, McRae	Marshall Invitational
3:29.13	Edgerton, Buckley, Hastings, McRae	ETSU Invitational

Distance Medley

Sun Belt Record: 9:36.91, South Alabama, 2006

Holmes Record: 10:24.00, Milligan, 2002

App State-Holmes Record: 10:31.00, 2003

App State Record: 10:00.90, Moen/Riddleberger/Rojas/Taylor, 2012

Time	Name	Meet
10:07.50	Laratta, Hastings, Harris, Georges	SBC Indoor Championships
10:15.46	Milder, Hastings, Laratta, Georges	Kentucky Invitational
10:17.72	Georges, Edgerton, Hastings, Laratta	Buccaneer Invitational

MEET RESULT S

Appalachian Open December 4-5, 2015 Holmes Convocation Center Appalachian State University Boone, N.C.

1st of 11

Individual Mountaineer Results

Weight Throw- 3. Nathan Milch, 58-3.00; 4. John Leonard, 57-7.50; 6. Mason Lasater, 55-1.00
Triple Jump- 1. Kimani Hoffman, 47-9.75; 3. Isaiah Relliford, 46-9.50
Shot Put- 2. Nathan Milch, 53-7.00; 7. John Leonard, 49-9.00
High Jump- 4. Cole Finch, 6-6; 12. Xzavier Robinson, 6-0
Long Jump- T4. Kimani Hoffman, 22-7.75
Pole Vault- 2. Phillip Thomas, 15-7.00; T4. Patrick Quinn, 15-1.00; T4. Tristian Shaver, 15-1.00; 8. Michael Utecht, 14-1.25
55-meter Hurdles- 1. Stanley Broaden, 7.65; 3. Andrew Spear, 7.94
55 meters- 1. Antonio Marcano Jr., 6.42; 2. William Buckley, 6.43; 9. Kimani Hoffman, 6.61; T10. Russell Price, 6.62
400 meters- 6. Trey Edgerton, 51.02
800 meters- 1. Ryan Hastings, 1:54.44; 6. Peter Ovendorf, 2:00.57
200 meters- 1. William Buckley, 22.04; 2. Antonio Marcano Jr., 22.15; 9. Russell Price, 23.13
4x300-meter relay- 2. Edgerton, Broaden, Buckley, Hastings, 2:23.41

ETSU Invitational January 8-9, 2016 ETSU/MSHA Athletic Center East Tennessee State University Johnson City, Tenn.

NTS

Individual Mountaineer Results

60 meters- 2. William Buckley, 6.86; 3. Marshall McRae, 6.96; 5. Antonio Marcano Jr., 7.02; 15. Russell Price, 7.20
60-meter Hurdles- 6. Andrew Spear, 8.69
200 meters- 1. Antonio Marcano Jr., 22.14; 9. Marshall McRae, 22.50; 30. Russell Price, 23.52
400 meters- 6. Trey Edgerton, 50.95; 16. Garrett Hammonds, 52.29
800 meters- 1. Ryan Hastings, 1:55.43; 5. Peter Ovendorf, 1:57.91
4x400-meter relay- 8. Edgerton, Buckley, Hastings, McRae, 3:29.13
High Jump- T6. Cole Finch, 6-0.75; T6. Xzavier Robinson, 6-0.75
Pole Vault- 3. Phillip Thomas, 15-11.00; T8. Matt Layne, 14-11.00; T12. Michael Utecht, 13-11.25
Shot Put- 2. Nathan Milch, 54-9.50; 3. John Leonard, 52-2.50
Weight Throw- 3. Nathan Milch, 58-4.00; 4. John Leonard, 56-5.75
3,000 meters- 7. Evan Georges, 8:55.61; 8. Andrew Vandenberg, 9:06.56
Long Jump- T13. Kimani Hoffman, 21-11.50; 20. Isaiah Relliford, 20-3.75

Kentucky Invitational January 15-16, 2016 Nutter Field House University of Kentucky Lexington, Ky.

W, Mississippi (87-52)

L, Kentucky (63-87)

Individual Mountaineer Results

60 meters (prelims)- 4. William Buckley, 6.91; 16. Antonio Marcano Jr., 7.02; 30. Marshall McRae, 7.18
60 meters- 5. William Buckley, 6.90
60-meter Hurdles (prelims)- 18. Andrew Spear, 8.62; 22. Brandon Smith, 9.08
200 meters- 10. William Buckley, 21.94; 18. Marshall McRae, 22.44; 23. Antonio Marcano Jr., 22.58; 33. Brandon Smith, 23.24; 44. Stanley Broaden, 24.12
400 meters- 18. Trey Edgerton, 50.48; 25. Andrew Spear, 51.70
800 meters- 1. Ryan Hastings, 1:52.56; 11. Peter Ovendorf, 1:55.44
Mile- 11. Evan Georges, 4:21.00; 21. Ian Milder, 4:25.15
3,000 meters- 10. Michael Ellis, 8:37.61; 17. Chris Anderson, 8:43.08; 25. Evan Laratta, 8:54.12
High Jump- T11. Cole Finch, 6-4.25; T11. Nick Hinton, 6-4.25
Pole Vault- T3. Tristian Shaver, 16-6.75; T7. Phillip Thomas, 15-7; T12. Matt Layne, 15-1
Long Jump- 12. Kimani Hoffman, 22-2.50
Triple Jump- 5. Kimani Hoffman, 46-9; 11. Isaiah Relliford, 44-4.25
Shot Put- T11. Nathan Milch, 53-7.50
Weight Throw- 12. Nathan Milch, 58-6.75; 14. Mason Lasater, 53-9.75
4x400-meter relay- 8. Edgerton, Ovendorf, Spear, Smith, 3:24.49
DMR- 5. Milder, Hastings, Laratta, Georges, 10:15.46

Tobacco Road Multis January 21-22, 2016 Eddie Smith Field House/Dick Taylor Indoor Track University of North Carolina Chapel Hill, N.C.

NTS

Individual Mountaineer Results

Heptathlon- 7. Jackson Powers, 2,270; 8. Benjamin Brunson, 2,079

Mountaineer Open January 30, 2016 Holmes Convocation Center/Varsity Gym Appalachian State University Boone, N.C.

NTS

Individual Mountaineer Results

Weight Throw- 1. Nathan Milch, 56-3.75; 2. Mason Lasater, 52-8.75
Shot Put- 1. Nathan Milch, 52-0; 2. Ellsworth Parham, 51-6.25; 3. John Leonard, 50-11.50; 4. Jackson Powers, 40-4.25
High Jump- 1. Nick Hinton, 6-4.25; T2. Cole Finch, 6-2.25; T2. Xzavier Robinson, 6-2.25; 4. Benjamin Brunson, 5-8.50; 5. Jackson Powers, 5-6.50

MEET RESULT S

Pole Vault- 1. Phillip Thomas, 15-7.25; 2. Matt Layne, 15-1.50; 3. Michael Utecht, 14-7.50; T4. Benjamin Brunson, 13-1.75; T4. Jackson Powers, 13-1.75

55-meter Hurdles (prelims)- 1. Andrew Spear, 8.01; 2. Brandon Smith, 8.10

55-meter Hurdles- 1. Andrew Spear, 7.94; 2. Brandon Smith, 7.98

55 meters (prelims)- 1. William Buckley, 6.49; 2. Marshall McRae, 6.55; 4. Russell Price, 6.58; 7. Antonio Marcano Jr., 6.67

55 meters- 1. William Buckley, 6.45; 3. Russell Price, 6.52; 4. Marshall McRae, 6.54; 7. Antonio Marcano Jr., 6.67

Mile- 1. Evan Laratta, 4:30.35

300 meters- 1. Trey Edgerton, 36.02; 3. Garrett Hammonds, 36.96

800 meters- 3. Will Henderson, 2:01.60; 6. Evan Georges, 2:04.83

500 meters- 1. Ryan Hastings, 1:04.58; 2. Peter Ovendorf, 1:05.39

200 meters- 3. Brandon Smith, 23.56; 4. Kimani Hoffman, 23.72

4x300-meter relay- 1. Edgerton, Hastings, Hammonds, Spear, 2:26.48; 2. Buckley, McRae, Marcano Jr., Price, 2:27.70

Buccaneer Invitational February 5-6, 2016 ETSU/MSHA Athletic Center East Tennessee State University Johnson City, Tenn.

NTS

Individual Mountaineer Results

60 meters (prelims)- 5. William Buckley, 6.87; 20. Marshall McRae, 7.01; 30. Russell Price, 7.07

60 meters (semis)- 4. William Buckley, 6.78

60 meters- 6. William Buckley, 6.87

60-meter Hurdles (prelims)- 15. Stanley Broaden, 8.43; 18. Brandon Smith, 8.52; 25. Andrew Spear, 8.64

60-meter Hurdles (semis)- 5. Stanley Broaden, 8.21

60-meter Hurdles- 3. Stanley Broaden, 8.21

200 meters (prelims)- 4. William Buckley, 21.76; 34. Marshall McRae, 22.56; 62. Russell Price, 22.98; 76. Garrett Hammonds, 23.13

200 meters- 3. William Buckley, 21.84

400 meters (prelims)- 15. Ryan Hastings, 49.94; 24. Trey Edgerton, 50.60; 42. Brandon Smith, 51.19; 51. Garrett Hammonds, 51.54; 67. Andrew Spear, 52.20

800 meters- 13. Peter Ovendorf, 1:58.37

Mile- 5. Ian Milder, 4:21.59; 7. Evan Georges, 4:22.87; 10. Michael Ellis, 4:23.15; 14. Evan Laratta, 4:24.08; 15. Chris Anderson, 4:24.36

5,000 meters- 1. Chris Anderson, 15:02.75; 4. Andrew Vandenberg, 15:10.38; 7. Michael Ellis, 15:28.41; 8. Ryan Shannon, 15:29.26

DMR- 1. Georges, Edgerton, Hastings, Laratta, 10:17.72

4x400-meter relay- 6. Edgerton, Ovendorf, Broaden, Hastings, 3:21.35; 18. Hammonds, Smith, Spear, Powers, 3:26.32

High Jump- T16. Cole Finch, 6-3.50

Pole Vault- 1. Phillip Thomas, 16-2.75; 5. Tristian Shaver, 15-3; 6. Patrick Quinn, 15-3; T9. Michael Utecht, 14-3.25

Triple Jump- 8. Kimani Hoffman, 48-0.50; 12. Isaiah Relliford, 47-1.75

Shot Put- 2. Nathan Milch, 53-11; 8. Ellsworth Parham, 50-5.50; 13. John Leonard, 47-1.50

Weight Throw- 2. Nathan Milch, 59-3.50; 3. John Leonard, 59-2; 9. Mason Lasater, 51-4.25

Heptathlon- 6. Benjamin Brunson, 4,046; 7. Jackson Powers, 3,962

Marshall Invitational

February 12-13, 2016

Jeff Small Track @ Chris Cline Athletics Complex

Marshall University

Huntington, W.V.

1st of 8

Individual Mountaineer Results

60 meters (prelims)- 1. Marshall McRae, 7.04; 2. Russell Price, 7.12

60 meters- 1. Russell Price, 7.01

200 meters- 3. Marshall McRae, 22.38; 4. Trey Edgerton, 22.40; 5. Stanley Broaden, 22.51; 8. Russell Price, 22.72; 10. Brandon Smith, 22.92; 13. Andrew Spear, 23.26

400 meters- 7. Trey Edgerton, 50.21

800 meters- 1. Ryan Hastings, 1:51.77; 3. Andrew Harris, 1:53.18; 6. Peter Ovendorf, 1:53.95; 20. Evan Laratta, 2:02.10; 27. Evan Georges, 2:13.53

Mile- 5. Evan Georges, 4:16.95; 9. Evan Laratta, 4:20.20

3,000 meters- 3. Michael Ellis, 8:26.47; 4. Chris Anderson, 8:31.28; 7. Ryan Shannon, 8:35.00; 11. Andrew Vandenberg, 8:39.58

60-meter Hurdles (prelims)- 3. Stanley Broaden, 8.15; 4. Brandon Smith, 8.62; 5. Andrew Spear, 8.60

60-meter Hurdles- 3. Stanley Broaden, 8.07; 4. Andrew Spear, 8.52; 5. Brandon Smith, 8.59

4x400-meter relay- 2. Edgerton, Ovendorf, Broaden, Hastings, 3:20.19; 5. Smith, Spear, Harris, McRae, 3:26.79

High Jump- 5. Nick Hinton, 6-2.75; 6. Xzavier Robinson, 6-0.75

Pole Vault- 1. Phillip Thomas, 16-0.75; T3. Michael Utecht, 15-7; T3. Matt Layne, 15-7; T3. Patrick Quinn, 15-7

Triple Jump- 1. Isaiah Relliford, 46-9

Shot Put- 2. Nathan Milch, 54-8.75; 5. Ellsworth Parham, 51-0; 7. John Leonard, 48-8.25

Weight Throw- 2. John Leonard, 60-2.5; 3. Nathan Milch, 56-6.75; 5. Mason Lasater, 53-7.5

App State Pre-Conference Open

February 19, 2016

Holmes Convocation Center/Varsity Gym

Appalachian State University

Boone, N.C.

NTS

Individual Mountaineer Results

High Jump- 3. Xzavier Robinson, 6-2

55-meter Hurdles (prelims)- 2. Andrew Spear, 7.99; 5. Brandon Smith, 8.26

55-meter Hurdles- 2. Brandon Smith, 7.85; 4. Andrew Spear, 7.96

55 meters (prelims)- 1. Marshall McRae, 6.42; 3. Russell Price, 6.61

55 meters- 1. Marshall McRae, 6.45; 2. Russell Price, 6.56

400 meters- 4. Andrew Spear, 51.02

800 meters- 1. Ian Milder, 1:58.24

200 meters- 6. Garrett Hammonds, 23.75

Sun Belt Indoor Championships
February 22-23, 2016
Birmingham CrossPlex
Birmingham, Ala.

5th of 8

Individual Mountaineer Results

60 meters (prelims)- 5. William Buckley, 6.83; 12. Marshall McRae, 6.97

60 meters- 4. William Buckley, 6.75

200 meters (prelims)- 5. William Buckley, 21.66; 15. Marshall McRae, 22.13

200 meters- 4. William Buckley, 21.60

400 meters (prelims)- 16. Trey Edgerton, 50.57

800 meters (prelims)- 1. Ryan Hastings, 1:53.45;

5. Peter Ovendorf, 1:54.34; 10. Andrew Harris, 1:55.43

800 meters- 1. Ryan Hastings, 1:52.01; 8. Peter Ovendorf, 1:57.54

Mile- 10. Evan Georges, 4:18.49; 12. Evan Laratta, 4:21.05

3,000 meters- 4. Michael Ellis, 8:25.38; 7. Chris Anderson, 8:30.92; 12. Andrew Vandenberg, 9:00.41

5,000 meters- 4. Michael Ellis, 14:49.17; 9. Chris Anderson, 15:05.66; 10. Andrew Vandenberg, 15:18.65

60-meter Hurdles (prelims)- 1. Stanley Broaden, 8.01; 16. Brandon Smith, 8.49

60-meter Hurdles- 2. Stanley Broaden, 8.02

4x400-meter relay- 5. Edgerton, Smith, Broaden, Hastings, 3:17.35

DMR- 3. Laratta, Hastings, Harris, Georges, 10:07.50

High Jump- T6. Nick Hinton, 6-4.75; T10. Cole Finch, 6-2.25

Pole Vault- 3. Phillip Thomas, 16-4.50; 9. Michael Utecht, 15-5.50

Long Jump- 15. Kimani Hoffman, 21-6.75

Triple Jump- 10. Kimani Hoffman, 48-1.25

Shot Put- 2. Nathan Milch, 56-9.25; 7. John Leonard, 52-10.25; 9. Ellsworth Parham, 52-5.50

Weight Throw- 4. Nathan Milch, 58-3.75; 9. Mason Lasater, 53-11.25; 11. John Leonard, 52-4.75; 17. Ellsworth Parham, 46-10.25

Heptathlon- 11. Jackson Powers, 4,217; 14. Benjamin Brunson, 3,382

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 - Sun Belt record
hep - mark earned during heptathlon competition

CHRIS ANDERSON -- SR -- GREENSBORO, N.C.

Mile (4:24.36)

4:24.36 pr Buccaneer Invitational 15th

3,000 meters (8:30.92)

8:43.08 Kentucky Invitational 17th

8:31.28 Marshall Invitational 4th

8:30.92 pr SBC Indoor Championships 7th

5,000 meters (14:50.53)

15:02.75 Buccaneer Invitational 1st

15:05.66 SBC Indoor Championships 9th

STANLEY BROADEN -- GR -- WILMINGTON, N.C.

55-meter Hurdles (7.40)

7.65 Appalachian Open 1st

60-meter Hurdles (7.90)

8.43 p Buccaneer Invitational 15th

8.21 p Buccaneer Invitational 5th

8.21 Buccaneer Invitational 3rd

8.15 p Marshall Invitational 3rd

8.07 Marshall Invitational 3rd

8.01 p SBC Indoor Championships 1st

8.02 SBC Indoor Championships 2nd

200 meters (22.22)

24.12 Kentucky Invitational 44th

22.51 Marshall Invitational 5th

BENJAMIN BRUNSON -- FR -- BRENTWOOD, TENN.

Pole Vault (13-1.75)

13-1.75 pr Mountaineer Open T4th

High Jump (5-8.50)

5-8.50 pr Mountaineer Open 4th

Heptathlon (4,046)

2,079 Tobacco Road Multis 8th

4,046 pr Buccaneer Invitational 6th

3,382 SBC Indoor Championships 14th

WILLIAM BUCKLEY -- JR -- DURHAM, N.C.

55 meters (6.43)

6.43 pr Appalachian Open 2nd

6.49 p Mountaineer Open 1st

6.45 Mountaineer Open 1st

60 meters (6.75)

6.86 ETSU Invitational 2nd

6.91 p Kentucky Invitational 4th

6.90 Kentucky Invitational 5th

6.87 p Buccaneer Invitational 5th

6.78 p Buccaneer Invitational 4th

6.87 Buccaneer Invitational 6th

6.83 p SBC Indoor Championships 5th

6.75 pr SBC Indoor Championships 4th

200 meters (21.60)

22.04 Appalachian Open 1st

21.94 Kentucky Invitational 10th

21.76 p Buccaneer Invitational 4th

21.84 Buccaneer Invitational 3rd

21.66 p SBC Indoor Championships 5th

21.60 pr SBC Indoor Championships 4th

TREY EDGERTON -- GR -- KINGS MOUNTAIN, N.C.

200 meters (22.40)

22.40 pr Marshall Invitational 4th

300 meters (36.02)

36.02 pr Mountaineer Open 1st

400 meters (50.21)

51.02 Appalachian Open 6th

50.95 ETSU Invitational 6th

50.48 Kentucky Invitational 18th

50.60 p Buccaneer Invitational 24th

50.21 pr Marshall Invitational 7th

50.57 p SBC Indoor Championships 16th

MICHAEL ELLIS -- SR -- WINSTON-SALEM, N.C.

Mile (4:23.15)

4:23.15 pr Buccaneer Invitational 10th

3,000 meters (8:25.38)

8:37.61 Kentucky Invitational 10th

8:26.47 Marshall Invitational 3rd

8:25.38 pr SBC Indoor Championships 4th

5,000 meters (14:40.15)

15:28.41 Buccaneer Invitational 7th

14:49.17 SBC Indoor Championships 4th

COLE FINCH -- SR -- MATTHEWS, N.C.

High Jump (6-6.25)

6-6 Appalachian Open 4th

6-0.75 ETSU Invitational T6th

6-4.25 Kentucky Invitational 13th

6-2.25 Mountaineer Open T2nd

6-3.50 Buccaneer Invitational T16th

6-2.25 SBC Indoor Championships T10th

INDIVIDUAL PERFORMANCE LIST

EVAN GEORGES -- SO -- CHARLOTTE, N.C.

800 meters (1:59.21)

2:04.83	Mountaineer Open.....	6th
2:13.53	Marshall Invitational.....	27th

Mile (4:16.95)

4:21.00	Kentucky Invitational.....	11th
4:22.87	Buccaneer Invitational.....	7th
4:16.95	pr Marshall Invitational.....	5th
4:18.49	SBC Indoor Championships.....	10th

3,000 meters (8:55.61)

8:55.61	pr ETSU Invitational.....	7th
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GARRETT HAMMONDS -- FR -- PEMBROKE, N.C.

200 meters (23.13)

23.13	p/pr Buccaneer Invitational.....	76th
23.75	App State Pre-Conference.....	6th

300 meters (36.96)

36.96	pr Mountaineer Open.....	3rd
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400 meters (51.54)

52.29	ETSU Invitational.....	16th
51.54	p/pr Buccaneer Invitational.....	51st

ANDREW HARRIS -- GR -- LEXINGTON, S.C.

800 meters (1:53.18)

1:53.18	pr Marshall Invitational.....	3rd
1:55.43	p SBC Indoor Championships.....	10th

RYAN HASTINGS -- SO -- MATTHEWS, N.C.

400 meters (49.35)

49.94	p Buccaneer Invitational.....	15th
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500 meters (1:04.58)

1:04.58	pr Mountaineer Open.....	1st
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800 meters (1:51.77)

1:54.44	Appalachian Open.....	1st
1:55.43	ETSU Invitational.....	1st
1:52.56	Kentucky Invitational.....	1st
1:51.77	pr Marshall Invitational.....	1st
1:53.45	p SBC Indoor Championships.....	1st
1:52.01	SBC Indoor Championships.....	1st

WILL HENDERSON -- SO -- LILBURN, GA.

800 meters (2:01.60)

2:01.60	pr Mountaineer Open.....	3rd
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NICK HINTON -- SO -- NEW LENOX, ILL.

High Jump (6-4.75)

6-4.25	Kentucky Invitational.....	T11th
6-4.25	Mountaineer Open.....	1st
6-2.75	Marshall Invitational.....	5th
6-4.75	pr SBC Indoor Championships.....	T6th

KIMANI HOFFMAN -- SO -- RALEIGH, N.C.

Triple Jump (50-4)

47-9.75	Appalachian Open.....	1st
46-9	Kentucky Invitational.....	5th
48-0.50	Buccaneer Invitational.....	8th
48-1.25	SBC Indoor Championships.....	10th

Long Jump (24-1.5)

22-7.75	Appalachian Open.....	T4th
21-11.50	ETSU Invitational.....	T13th
22-2.50	Kentucky Invitational.....	12th
21-6.75	SBC Indoor Championships.....	15th

55 meters (6.46)

6.61	Appalachian Open.....	9th
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200 meters (22.40)

23.72	Mountaineer Open.....	4th
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EVAN LARATTA -- SR -- ANGIERS, N.C.

800 meters (2:02.10)

2:02.10	pr Marshall Invitational.....	20th
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Mile (4:20.05)

4:30.35	Mountaineer Open.....	1st
4:24.08	Buccaneer Invitational.....	14th
4:20.20	Marshall Invitational.....	9th
4:21.05	SBC Indoor Championships.....	12th

3,000 meters (8:45.20)

8:54.12	Kentucky Invitational.....	25th
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MASON LASATER -- SR -- THE COLONY, TEXAS

Weight Throw (55-1)

55-1	pr Appalachian Open.....	6th
53-9.75	Kentucky Invitational.....	14th
52-8.75	Mountaineer Open.....	2nd
51-4.25	Buccaneer Invitational.....	9th
53-7.5	Marshall Invitational.....	5th
53-11.25	SBC Indoor Championships.....	9th

MATT LAYNE -- JR -- WILKESBORO, N.C.

Pole Vault (15-9)

14-11	ETSU Invitational.....	T8th
15-1	Kentucky Invitational.....	T12th
15-1.50	Mountaineer Open.....	2nd
15-7	Marshall Invitational.....	4th

JOHN LEONARD -- SR -- FAYETTEVILLE, N.C.

Weight Throw (60-2.5)

57-7.5	Appalachian Open.....	4th
56-5.75	ETSU Invitational.....	4th
59-2	Buccaneer Invitational.....	3rd
60-2.5	pr Marshall Invitational.....	2nd
52-4.75	SBC Indoor Championships.....	11th

Shot Put (52-10.25)

49-9	Appalachian Open.....	7th
52-2.50	ETSU Invitational.....	3rd
50-11.50	Mountaineer Open.....	3rd
47-1.50	Buccaneer Invitational.....	T13th
48-8.25	Marshall Invitational.....	7th
52-10.25	pr SBC Indoor Championships.....	7th

INDIVIDUAL PERFORMANCE LIST

ANTONIO MARCANO JR. -- JR -- ST. LOUIS, MO.

55 meters (6.42)

6.42	pr	Appalachian Open	1st
6.67	p	Mountaineer Open.....	7th
6.67		Mountaineer Open.....	7th

60 meters (7.02)

7.02	pr	ETSU Invitational.....	5th
7.02	p/pr	Kentucky Invitational	16th

200 meters (22.13)

22.15		Appalachian Open	2nd
22.14		ETSU Invitational.....	1st
22.58		Kentucky Invitational	23rd
22.13	p/pr	SBC Indoor Championships	15th

MARSHALL MCRAE -- GR -- RED SPRINGS, N.C.

55 meters (6.38)

6.55	p	Mountaineer Open.....	2nd
6.54		Mountaineer Open.....	4th
6.42	p	App State Pre-Conference	1st
6.45		App State Pre-Conference	1st

60 meters (6.85)

6.96		ETSU Invitational.....	3rd
7.18	p	Kentucky Invitational	30th
7.01	p	Buccaneer Invitational	20th
7.04	p	Marshall Invitational	1st
6.97	p	SBC Indoor Championships	12th

200 meters (21.88)

22.50		ETSU Invitational.....	9th
22.44		Kentucky Invitational	18th
22.56	p	Buccaneer Invitational	34th
22.38		Marshall Invitational	3rd

NATHAN MILCH -- JR -- LONGWOOD, FLA.

Weight Throw (59-3.50)

58-3		Appalachian Open	3rd
58-4		ETSU Invitational.....	3rd
58-6.75		Kentucky Invitational	12th
56-3.75		Mountaineer Open.....	1st
59-3.50	pr	Buccaneer Invitational	2nd
56-6.75		Marshall Invitational	3rd
58-3.75		SBC Indoor Championships	4th

Shot Put (56-9.25)

53-7		Appalachian Open	2nd
54-9.50		ETSU Invitational.....	2nd
53-7.50		Kentucky Invitational	11th
52-0		Mountaineer Open.....	1st
53-11		Buccaneer Invitational	2nd
54-8.75		Marshall Invitational	2nd
56-9.25	pr	SBC Indoor Championships	2nd

IAN MILDER -- SO -- WINSTON-SALEM, N.C.

800 meters (1:58.24)

1:58.24	pr	App State Pre-Conference	1st
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Mile (4:10.62)

4:25.15		Kentucky Invitational	21st
4:21.59		Buccaneer Invitational	5th

PETER OVENDORF -- SR -- WEDDINGTON, N.C.

500 meters (1:05.39)

1:05.39	pr	Mountaineer Open.....	2nd
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800 meters (1:53.95)

2:00.57		Appalachian Open	6th
1:57.91		ETSU Invitational.....	5th
1:55.44		Kentucky Invitational	11th
1:58.37		Buccaneer Invitational	13th
1:53.95	pr	Marshall Invitational	6th
1:54.34	p	SBC Indoor Championships.....	5th
1:57.54		SBC Indoor Championships.....	8th

ELLSWORTH PARHAM -- JR -- ASHEVILLE, N.C.

Weight Throw (46-10.25)

46-10.25	pr	SBC Indoor Championships.....	17th
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Shot Put (52-11)

51-6.25		Mountaineer Open.....	2nd
50-5.50		Buccaneer Invitational	8th
51-0		Marshall Invitational	5th
52-5.50		SBC Indoor Championships.....	9th

JACKSON POWERS -- JR -- NASHVILLE, TENN.

Pole Vault (13-1.75)

13-1.75	pr	Mountaineer Open.....	T4th
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High Jump (5-6.50)

5-6.50	pr	Mountaineer Open.....	5th
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Shot Put (40-4.25)

40-4.25	pr	Mountaineer Open.....	4th
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Heptathlon (4,351)

2,270		Tobacco Road Multis	7th
3,962		Buccaneer Invitational	7th
4,217		SBC Indoor Championships.....	11th

RUSSELL PRICE -- FR -- CHARLOTTE, N.C.

55 meters (6.52)

6.62		Appalachian Open	T10th
6.58	p	Mountaineer Open.....	4th
6.52	pr	Mountaineer Open.....	3rd
6.61	p	App State Pre-Conference	3rd
6.56		App State Pre-Conference	2nd

60 meters (7.01)

7.20		ETSU Invitational.....	15th
7.07	p	Buccaneer Invitational	30th
7.12	p	Marshall Invitational	2nd
7.01	pr	Marshall Invitational	1st

200 meters (22.72)

23.13		Appalachian Open	9th
23.52		ETSU Invitational.....	30th
22.98	p	Buccaneer Invitational	62nd
22.72	pr	Marshall Invitational	8th

PATRICK QUINN -- SR -- RALEIGH, N.C.

Pole Vault (15-7)

15-1		Appalachian Open	T4th
15-3		Buccaneer Invitational	6th
15-7	pr	Marshall Invitational	5th

INDIVIDUAL PERFORMANCE LIST

ISAIAH RELLIFORD -- JR -- JACKSONVILLE, N.C.

Triple Jump (48-8.75)

46-9.5	Appalachian Open	3rd
44-4.25	Kentucky Invitational	11th
47-1.75	Buccaneer Invitational	12th
46-9	Marshall Invitational	1st

Long Jump (20-3.75)

20-3.75	pr ETSU Invitational.....	20th
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XZAVIER ROBINSON -- FR -- GASTONIA, N.C.

High Jump (6-2.25)

6-0	Appalachian Open	12th
6-0.75	ETSU Invitational.....	T6th
6-2.25	pr Mountaineer Open.....	T2nd
6-0.75	Marshall Invitational	6th
6-2	App State Pre-Conference	3rd

RYAN SHANNON -- SO -- MAIDEN, N.C.

3,000 meters (8:35.00)

8:35.00	pr Marshall Invitational	7th
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5,000 meters (15:29.26)

15:29.26	pr Buccaneer Invitational	8th
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TRISTIAN SHAVER -- FR -- THOMASVILLE, N.C.

Pole Vault (16-6.75)

15-1	Appalachian Open	T4th
16-6.75	pr Kentucky Invitational	T3rd
15-3	Buccaneer Invitational	5th

BRANDON SMITH -- FR -- FAYETTEVILLE, N.C.

55-meter Hurdles (7.85)

8.10	p Mountaineer Open.....	2nd
7.98	Mountaineer Open.....	2nd
8.26	p App State Pre-Conference.....	5th
7.85	pr App State Pre-Conference.....	2nd

60-meter Hurdles (8.49)

9.08	p Kentucky Invitational	22nd
8.52	p Buccaneer Invitational	18th
8.62	p Marshall Invitational	4th
8.59	Marshall Invitational	5th
8.49	p/pr SBC Indoor Championships.....	16th

200 meters (22.92)

23.24	Kentucky Invitational	33rd
23.56	Mountaineer Open.....	3rd
22.92	pr Marshall Invitational	10th

400 meters (51.19)

51.19	p/pr Buccaneer Invitational	42nd
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ANDREW SPEAR -- FR -- NEWPORT, N.C.

55-meter Hurdles (7.94)

7.94	pr Appalachian Open	3rd
8.01	p Mountaineer Open.....	1st
7.94	pr Mountaineer Open.....	1st
7.99	p App State Pre-Conference.....	2nd
7.96	App State Pre-Conference.....	4th

60-meter Hurdles (8.52)

8.69	ETSU Invitational.....	6th
8.62	p Kentucky Invitational	18th
8.64	p Buccaneer Invitational	25th
8.60	p Marshall Invitational	5th
8.52	pr Marshall Invitational	4th

200 meters (23.26)

23.26	pr Marshall Invitational	13th
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400 meters (51.02)

51.70	Kentucky Invitational	25th
52.20	p Buccaneer Invitational	67th
51.02	pr App State Pre-Conference.....	4th

PHILLIP THOMAS -- JR -- CARY, N.C.

Pole Vault (16-4.50)

15-7	Appalachian Open	2nd
15-11	ETSU Invitational.....	3rd
15-7	Kentucky Invitational	T7th
15-7.25	Mountaineer Open.....	1st
16-2.75	Buccaneer Invitational	1st
16-0.75	Marshall Invitational	1st
16-4.50	pr SBC Indoor Championships.....	3rd

MICHAEL UTECHT -- FR -- APEX, N.C.

Pole Vault (15-7)

14-1.25	Appalachian Open	8th
13-11.25	ETSU Invitational.....	T12th
14-7.50	Mountaineer Open.....	3rd
14-3.25	Buccaneer Invitational	9th
15-7	pr Marshall Invitational	3rd
15-5.50	SBC Indoor Championships.....	9th

ANDREW VANDENBERG -- SR -- BOONE, N.C.

3,000 meters (8:39.58)

9:06.56	ETSU Invitational.....	8th
8:39.58	pr Marshall Invitational	11th
9:00.41	SBC Indoor Championships.....	12th

5,000 meters (15:10.38)

15:10.38	pr Buccaneer Invitational	4th
15:18.65	SBC Indoor Championships.....	10th