

Conf. Meet Varsity Girls

300 Hurdles

1. Dakota Anderson 46.80 V/D **SQ**
2. Ashley Salwey 47.41 Rugby **SQ**
3. Jessie Schwanke 48.45 BC **SQ**
4. Shelby Wetzel 49.34 WC/NRS
5. Crystal Hovland 49.86 Rugby
6. Amber Volanti 49.97 NL
7. Whitney Boehn 50.08 Velva
8. Sarah W. 50.98 Velva

100 Dash

1. Courtney Thingstad 12.56 V/D **SQ**
2. Amber Volanti 13.18 NL
3. Sharisa Yri 13.20 Benson C.
4. Cassandra Anderson 13.45 V/D
5. Brittany Bemdt 13.48 V/D
6. Kelsea Volk 13.51 Rugby
7. Britney Thingstad 13.52 V/D
8. Jessie Schwanke 13.86 Benson C.

1600 Run

1. Kara Kuntz 5:34.00 V/D **SQ**
2. Laura Lies 5:39.44 WC/NRS
3. Sarah Schwance 5:42.01 Benson C.
4. Katrece Thompson 5:43.52 Benson C.
5. Sydney Kraft 6:00.08 Rugby
6. Taylor Stone 6:06.52 Rugby
7. Mariya Bernhardt 6:18.60 Rugby
8. Jaime White Bear 6:22.30 Gar/Max

400 Dash

1. July Erfle 1:02.58 WC/NRS
2. Amy Buxa 1:03.27 Harvey
3. Kirsten Welk 1:04.73 Rugby
4. Erin Leier 1:06.19 Benson C.
5. Rachel Hoffert 1:06.89 Rugby
6. Justene Engles 1:07.83 WC/NRS
7. Kaya Engen 1:09.63 SCA
8. Summer Johnson 1:11.60 Gar/Max

3200 Relay

1. Rugby 10:12.57 **SQ**
D.Wangler, C.Halvorson, S.Kraft, K. Welk
2. Gar/Max 10:20.82
3. Velva/Drake 11:04.61
4. Benson County 11:17.94
5. WC/NRS 12:03.68

800 Relay

1. Rugby 1:52.26
2. Harvey 1:53.76
3. WC/NRS 1:54.50
4. Velva/Drake 1:58.65
5. Gar/Max 2:02.81
6. Benson County 2:12.85

400 Relay

1. Velva/Drake 51.30 **SQ**
A.Knutson, B.Burndt, B. & C. Thingstad
2. Rugby 53.09
3. WC/NRS 53.97
4. Gar/Max 54.66
5. Harvey 55.46
6. SCA 57.40
7. Benson County 1:00.15

100 Hurdles

1. Dakota Anderson 16.89 Velva/Drake
2. Ashley Salwey 17.24 Rugby
3. Crystal Hovland 18.39 Rugby
4. Whitney Boehm 18.89 Velva/Drake
5. Cortney Feickert 19:04 Harvey
6. Sarah Weidler 19.11 Velva/Drake
7. Ali Podoll 19.92 Velva/Drake
8. Ally Nelso 20.49 Velva/Drake

800 Run

1. Dakota Anderson 2:30.42 V/D
2. Kara Kuntz 2:30.82 V/D
3. Caitlyn Arnold 2:34.26 Harvey
4. Cindy Kraft 2:36.31 Rugby
5. Taylor Stone 2:39.64 Rugby
6. Erin Leier 2:45.84 Benson C.
7. Tashina Walker 2:52.50 SCA
8. Jessica Roscoe 2:59.49 WC/NRS

3200 Run

1. Laura Lies 12:05.86 WC/NRS **SQ**
2. Danielle Wangler 12:07.93 Rugby **SQ**
3. Katrece Thompson 12:34.51 BC
4. Chelsea Halvorson 12:43.36 Rugby
5. Mariya Bernhardt 13:23.89 Rugby
6. Jaimee WhiteBear 13:28.16 Gar/Max
7. Joclyn Seiler 14:31.91 Rugby
8. Tashina Walker 14:47.15 SCA

Long Jump

1. Vanessa Freistad 17'3" Rugby **SQ**
2. Britteny Berndt 16'2.5" Velva/Drake
3. Aara Knutson 16'2.25" Velva/Drake
4. Jamie Efertz 15'10.75" Velva/Drake
5. Jessica Bruer 15'9" WC/NRS
6. Steph Freistad 15'2.5" Rugby
7. Amber Volanti 15'1.25" NL
8. Jordan Callahan 14'9.75" Benson C.

Shot Put

1. Leah Wentz 41'4" Rugby **SQ**
2. Kelli Feakes 31'11.5" WC/NRS
3. Ashley Lommen 30'5" WC/NRS
4. Abigal Martwick 29'5" SCA
5. Elizabeth Schmeets 29'5" Harvey
6. Jasmine Massingill 28'11" SCA
7. Kelsey Mognean 28'4" Rugby
8. Kristin Allmaras 27'8" WC/NRS

200 Dash

1. Courtney Thingstad 26.04 V/D **SQ**
2. Amber Volanti 27.37 NL
3. Brittny Thingstad 28.02 V/D
4. Brittany Berndt 28.28 V/D
5. Cassandra Anderson 28.64 V/D
6. Anna Knutson 28.66 V/D
7. Jessica Bruer 29.02 WC/NRS
8. Kelsea Volk 29.04 Rugby

1600 Relay

1. Velva/Drake 4:11.43 **SQ**
Brittny T. Sarah W. Kara K. Courtney T.
2. Rugby 4:12.90 **SQ**
Emily P, Rachel H, Ashley S, Kirsten W
3. Gar/Max 4:17.75
4. Harvey 4:19.66
5. WC/NRS 4:26.31
6. Benson County 5:21.81

Triple Jump

1. Sharisa Yri 35'9.75" Benson C. **SQ**
2. Vanessa Friested 35'5" Rugby **SQ**
3. Jordan Callahan 31'10.5" Benson C.
4. Steph Freistad 31'6" Rugby
5. Breana Buehler 30'2.75" Benson C.
6. Sage Whiteman 30'2.75" SCA
7. Courtney P. 30'1.5" Rugby
8. Becca Kouragian 29'9.5" Harvey

Discus

1. Leah Wentz 115'8" Rugby **SQ**
2. Kelli Feakes 103'11" WC/NRS
3. Ashley Lommen 89'4" WC/NRS
4. Kelsey Morsoon 89'0" Rugby
5. Jasmine Massingill 87'8" SCA
6. Abigail Martwick 82'4" SCA
7. Elizabeth Schmeets 81'8" Harvey
8. Penage Braaten 79'11" Benson C.

Javelin

1. Kristi Black 87'4" Rugby
2. Tessa Koeing 84'6" Rugby
3. Taylor Brudevold 82'3" Velva/Drake
4. Paige Haman 81'5" Rugby
5. Steph Keller 78'0" Rugby
6. Denage Bradden 73'6" Benson C.
7. Juhanna Chenze 71'4" WC/NRS
8. Kaya Engen 65'9" SCA

Pole Vault**High Jump**

1. Cassandra Anderson 4'9" V/D
2. Vanessa Friestad 4'9" Rugby
3. Crystal Hovland 4'5" Rugby
4. Kari Weninger 4'3" SCA
5. Nicole Jorgenson 4'3" Rugby
6. Courtney Putnam 4'1" Rugby

Team Scores

1. Rugby 216
2. Velva/Drake 177
3. WC/NRS 94
4. Benson County 73
5. Harvey 42
6. SCA 32
7. Gar/Max 28
8. NL 21