

RUGBY HIGH SCHOOL
GIRLS TRACK & FIELD LETTER & AWARD WINNERS
2008

Seniors

Casandra Blessum (4)
Vanessa Friestad (6)
Stephanie Keller - Towner (1)
Tara Kuntz - Stat (3)
Kelsea Volk (4)
Danielle Wangler (6)
Kirsten Welk (5)
Leah Wentz (6)

Juniors

Katelyn Berube (2)
Kristi Black (5)
Nicole Hooker (2)
Miriah Koenig (4)
Ashley Salwey (5)
Emily Schmaltz (1)
Joclyn Seiler (4)

Sophomores

Mariya Bernhardt (3)
Stephanie Friestad (4)
Chelsea Halvorson (4)
Paige Haman (1)
Nicole Jorgenson (2)
Kelsey Mongeon (2)
Courtney Putnam (3)
Taylor Stone - Towner (1)
Christine Walter - Towner (1)

Freshmen

Rachel Hoffert (2)
Crystal Hovland (3)
Josie Klein (1)
Emily Paul (3)
Samantha Rozmarynowski - Stat (1)

8TH Graders

Sydney Kraft (2)

7th Graders

Aubrey Hovland (1)

MOST VALUABLE

Vanessa Friestad

MOST DEDICATED

Danielle Wangler
Vanessa Friestad

MOST IMPROVED

Sydney Kraft

TEAM MOTIVATOR

Ashley Salwey

TEAM CAPTAINS

Casandra Blessum
Danielle Wangler

LEADING SCORER

Vanessa Friestad - 308½ points

SCHOOL RECORDS

3200 Meter Run - Sydney Kraft - 11:57.90

Shot Put - Leah Wentz - 43'7¼"

Long Jump - Vanessa Friestad - 18'4"

4 x 800 Meter Relay - 9:56.25
(Chelsea Halvorson, Danielle Wangler,
Kirsten Welk, Sydney Kraft)