

Rugby High School Track & Field Results
CENTRAL NORTH DAKOTA CONFERENCE
Fessenden, ND – Tuesday, May 6, 2008

100 Meter Dash

Kelsea Volk - 13.51 - 6th place
Miriah Koenig - 14.14
Crystal Hovland - 14.24
Stephanie Friestad - 14.90
Courtney Putnam - 15.15

200 Meter Dash

Kelsea Volk - 29.04 - 8th place
Miriah Koenig - 29.42
Stephanie Friestad - 31.72
Tessa Koenig - 33.50

400 Meter Dash

Kirsten Welk - 1:04.73 - 3rd place
Rachel Hoffert - 1:06.89 - 5th place
Katelyn Berube - 1:12.16
Josie Klein - 1:16.45

800 Meter Run

Sydney Kraft - 2:36.31 - 4th place
Taylor Stone - 2:39.64 - 5th place

1600 Meter Run

Sydney Kraft - 6:00.08 - 5th place
Taylor Stone - 6:06.52 - 6th place
Mariya Bernhardt - 6:18.60 - 7th place
Kristi Black - 6:28.82
Joclyn Seiler - 6:35.89

3200 Meter Run

Danielle Wangler - 12:07.93 - 2nd place - **SQ**
Chelsea Halvorson - 12:43.36 - 4th place
Mariya Bernhardt - 13:23.89 - 5th place
Joclyn Seiler - 14:31.91 - 7th place

100 Meter Hurdles

Ashley Salwey - 17.24 - 2nd place
Crystal Hovland - 18.39 - 3rd place

300 Meter Hurdles

Ashley Salwey - 47.41 - 2nd place - **SQ**
Crystal Hovland - 49.86 - 5th place
Emily Paul - 51.53
Rachel Hoffert - 51.67

Shot Put

Leah Wentz - 41'4" - 1st place - **SQ, MR**
Kelsey Mongeon - 28'4" - 7th place
Stephanie Keller - 25'6"
Nicole Hooker - 25'3"
Christine Walter - 20'3"
Emily Schmaltz - 19'4"

Discus

Leah Wentz - 115'8" - 1st place - **SQ**
Kelsey Mongeon - 89'0" - 4th place
Nicole Hooker - 74'3"
Stephanie Keller - 69'7"
Emily Schmaltz - 52'4"
Christine Walter - 47'1"

Javelin

Kristi Black - 87'4" - 1st place
Tessa Koenig - 84'6" - 2nd place
Paige Haman - 81'5" - 4th place
Stephanie Keller - 78'4" - 5th place
Taylor Stone - 64'0"
Mariya Bernhardt - 59'7"

Long Jump

Vanessa Friestad - 17'3" - 1st place - **SQ, MR**
Stephanie Friestad - 15'2½" - 6th place
Courtney Putnam - 14'½"
Miriah Koenig - 13'4"
Katelyn Berube - 13'1"
Nicole Jorgenson - 12'3½"
Paige Haman - 12'3"
Josie Klein - 12'3"
Tessa Koenig - 12'3"

Triple Jump

Vanessa Friestad - 35'5" - 2nd place - **SQ**
Stephanie Friestad - 31'6" - 4th place
Courtney Putnam - 30'1½" - 7th place
Katelyn Berube - 26'10"
Nicole Jorgenson - 26'3¼"
Josie Klein - 26'1½"

High Jump

Vanessa Friestad - 4'9" - 2nd place
Crystal Hovland - 4'5" - 3rd place
Nicole Jorgenson - 4'3" - 5th place
Courtney Putnam - 4'1" - 6th place

Pole Vault

Event not held due to rain

400 Meter Relay

Kelsea Volk(13.72), Emily Paul(12.62)
Miriah Koenig(13.92), Vanessa Friestad(12.92)
53.09 - 2nd place

800 Meter Relay

Kelsea Volk(27.93), Emily Paul(28.33)
Ashley Salwey(28.56), Kirsten Welk(27.69)
1:52.26 - 1st place

1600 Meter Relay

Emily Paul(1:04.67), Rachel Hoffert(1:03.66)
Ashley Salwey(1:01.49), Kirsten Welk(1:03.15)
4:12.90 - 2nd place - **SQ**

3200 Meter Relay

Danielle Wangler(2:32.34), Chelsea Halvorson(2:35.69)
Sydney Kraft(2:34.75), Kirsten Welk(2:29.81)
10:12.57 - 1st place - **SQ**

GIRLS TEAM SCORES

1. Rugby - 216
2. Velva/Drake - 177
3. Wells County/New Rockford-Sheyenne - 94
4. Benson County - 73
5. Harvey - 42
6. Sheridan County/Anamoose - 32
7. Garrison/Max - 28
8. Northern Lights - 21

SQ - State Qualifier
SR - School Record
MR - Meet Record