

**Rugby High School Track & Field Results**  
**HARVEY INVITATIONAL**  
**Harvey, ND – Tuesday, April 15, 2008**

**100 Meter Dash**

Kelsea Volk - 13.38 - 2nd place  
Vanessa Friestad - 13.97  
Miriah Koenig - 14.09  
Katelyn Berube - 14.80  
Stephanie Friestad - 15.01  
Courtney Putnam - 15.29

**200 Meter Dash**

Emily Paul - 27.53 - 2nd place  
Crystal Hovland - 28.43 - 5th place  
Kelsea Volk - 28.46 - 6th place  
Rachel Hoffert - 29.11  
Katelyn Berube - 31.05  
Stephanie Friestad - 31.76  
Tessa Koenig - 33.65

**400 Meter Dash**

Rachel Hoffert - 1:08.24 - 5th place  
Kirsten Welk - 1:09.25 - 6th place  
Josie Klein - 1:19.28

**800 Meter Run**

Kristi Black - 2:52.78 - 4th place  
Mariya Bernhardt - 2:57.53 - 8th place  
Josie Klein - 3:19.18

**1600 Meter Run**

Chelsea Halvorson - 6:11.75 - 4th place  
Taylor Stone - 6:15.73 - 5th place  
Mariya Bernhardt - 6:20.75 - 6th place  
Joclyn Seiler - 6:36.17 - 8th place

**3200 Meter Run**

Danielle Wangler - 12:55.94 - 2nd place  
Sydney Kraft - 13:15.78 - 3rd place  
Taylor Stone - 14:11.53 - 4th place  
Joclyn Seiler - 14:58.43 - 8th place

**100 Meter Hurdles**

Ashley Salwey - 17.40 - 4th place  
Crystal Hovland - 17.57 - 6th place  
Rachel Hoffert - 19.53

**300 Meter Hurdles**

Emily Paul - 50.84 - 3rd place  
Ashley Salwey - 50.93 - 4th place  
Crystal Hovland - 51.79 - 6th place  
Rachel Hoffert - 53.05 - 8th place

**Shot Put**

Leah Wentz - 41'0" - 1st place - **SQ**  
Stephanie Keller - 26'10"  
Nicole Hooker - 26'0"  
Kelsey Mongeon - 24'6"  
Emily Schmaltz - 20'5"  
Christine Walter - 18'9½"

**Discus**

Leah Wentz - 114'7" - 1st place  
Kelsey Mongeon - 89'6" - 3rd place  
Stephanie Keller - 71'4"  
Nicole Hooker - 67'10"  
Christine Walter - 52'9"

**Javelin**

Leah Wentz - 101'5" - 3rd place  
Kristi Black - 93'11" - 5th place  
Stephanie Keller - 90'4" - 6th place  
Tessa Koenig - 79'0"  
Taylor Stone - 73'0"  
Paige Haman - 68'5"  
Mariya Bernhardt - 67'8"

**Long Jump**

Vanessa Friestad - 16'11½" - 1st place - **SQ**  
Stephanie Friestad - 13'9½" - 5th place  
Courtney Putnam - 13'2¾" - 7th place  
Katelyn Berube - 12'7" - 8th place  
Miriah Koenig - 12'1"  
Josie Klein - 11'7"  
Tessa Koenig - 11'4"  
Paige Haman - 10'6"  
Nicole Jorgenson - 8'6"

**Triple Jump**

Vanessa Friestad - 35'6" - 1st place - **SQ**  
Stephanie Friestad - 31'8½" - 3rd place  
Courtney Putnam - 28'11½" - 7th place  
Paige Haman - 26'5"  
Nicole Jorgenson - No Mark

**High Jump**

Vanessa Friestad - 4'11" - 2nd place  
Casandra Blessum - 4'7" - 4th place 3-way tie  
Nicole Jorgenson - 4'3"  
Courtney Putnam - 4'1"

**Pole Vault**

Kristi Black - 7'6" - 2nd place  
Chelsea Halvorson - 7'0" - 3rd place

**400 Meter Relay**

Kelsea Volk(13.18), Emily Paul(12.93)  
Casandra Blessum(13.59), Kirsten Welk(13.92)  
53.51 - 1st place

**800 Meter Relay**

Kelsea Volk(30.18), Emily Paul(25.91)  
Casandra Blessum(28.45), Kirsten Welk(28.28)  
1:52.54 - 1st place

**1600 Meter Relay**

Crystal Hovland(1:06.90), Casandra Blessum(1:06.88)  
Ashley Salwey(1:06.18), Kirsten Welk(1:05.27)  
4:25.20 - 1st place

**3200 Meter Relay**

Danielle Wangler(2:32.88), Chelsea Halvorson(2:37.54)  
Kristi Black(2:43.24), Sydney Kraft(2:37.42)  
10:31.00 - 1st place

**GIRLS TEAM SCORES**

1. Rugby - 234
2. Wells County/Sheyenne-New Rockford - 116
3. Benson County - 105½
4. Rolette/Wolford - 80
5. Carrington - 74½
6. Harvey - 40
7. Sheridan County/Anamoose - 20
8. Surrey - 18

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