

Rugby High School Track & Field Results
REGION VI
Rugby, ND – Saturday, May 17, 2008

100 Meter Dash

Emily Paul - 12.84 - 3rd place
Kelsea Volk - 13.16 - 5th place
Vanessa Friestad - 13.34
Miriah Koenig - 13.55

200 Meter Dash

Ashley Salwey - 26.42 - 1st place - **SQ**
Emily Paul - 26.67 - 4th place - **SQ**
Kelsea Volk - 27.62 - 7th place
Miriah Koenig - 28.57

400 Meter Dash

Kirsten Welk - 1:04.09 - 3rd place
Rachel Hoffert - 1:06.90 - 7th place

800 Meter Run

Kirsten Welk - 2:40.06 - 8th place
Taylor Stone - 2:50.00
Josie Klein - 3:03.14

1600 Meter Run

Sydney Kraft - 5:36.95 - 2nd place - **SQ**
Danielle Wangler - 5:43.57 - 3rd place
Chelsea Halvorson - 6:06.64 - 7th place

3200 Meter Run

Danielle Wangler - 12:44.42 - 1st place - **SQ**
Sydney Kraft - 13:05.16 - 2nd place - **SQ**
Chelsea Halvorson - 13:28.88 - 4th place
Mariya Bernhardt - 13:45.62 - 5th place
Joclyn Seiler - 14:56.72

100 Meter Hurdles

Ashley Salwey - 15.65 - 3rd place - **SQ**
Crystal Hovland - 16.62 - 4th place
Aubrey Hovland - 18.46

300 Meter Hurdles

Ashley Salwey - 47.37 - 2nd place - **SQ**
Crystal Hovland - 49.31 - 4th place
Rachel Hoffert - 51.73 - 7th place
Aubrey Hovland - 53.50

Shot Put

Leah Wentz - 42'9" - 1st place - **SQ**
Kelsey Mongeon - 29'1" - 7th place
Stephanie Keller - 26'6½"
Nicole Hooker - 23'0"
Christine Walter - 20'0"

Discus

Leah Wentz - 113'7" - 1st place - **SQ**
Kelsey Mongeon - 92'7" - 5th place
Stephanie Keller - 77'2"
Nicole Hooker - 72'0"
Emily Schmaltz - 53'9"

Javelin

Leah Wentz - 104'5" - 2nd place - **SQ**
Paige Haman - 94'7" - 4th place
Kristi Black - 91'0" - 5th place
Stephanie Keller - 79'11"

Long Jump

Vanessa Friestad - 18'4" - 1st place - **SQ, MR, SR**
Stephanie Friestad - 16'5¼" - 7th place - **SQ**
Miriah Koenig - 16'½" - 8th place
Courtney Putnam - 15'4"
Katelyn Berube - 13'7¾"

Triple Jump

Vanessa Friestad - 36'0" - 1st place - **SQ**
Stephanie Friestad - 34'0" - 5th place - **SQ**
Courtney Putnam - 31'3½"
Katelyn Berube - 29'11¼"
Josie Klein - 26'2"

High Jump

Vanessa Friestad - 5'1" - 1st place - **SQ**
Aubrey Hovland - 4'9" - 2nd place tie - **SQ**
Crystal Hovland - 4'9" - 2nd place tie
Nicole Jorgenson - 4'5" - 8th place
Courtney Putnam - 4'5"

Pole Vault

Chelsea Halvorson - 7'6" - 4th place
Kristi Black - 6'6" - 6th place tie

400 Meter Relay

Kelsea Volk(12.92), Emily Paul(11.80)
Casandra Blessum(13.05), Crystal Hovland(13.50)
51.35 - 1st place - **SQ**

800 Meter Relay

Kelsea Volk(26.47), Emily Paul(27.20)
Casandra Blessum(27.44), Kirsten Welk(27.21)
1:48.18 - 1st place - **SQ**

1600 Meter Relay

Kirsten Welk(1:04.76), Casandra Blessum(1:05.16)
Sydney Kraft(1:08.73), Ashley Salwey(1:02.10)
4:20.68 - 3rd place

3200 Meter Relay

Kristi Black(2:43.90), Mariya Bernhardt(2:48.45)
Joclyn Seiler(2:45.80), Taylor Stone(2:40.21)
10:58.53 - 4th place

GIRLS TEAM SCORES

1. Rugby - 238½
2. Velve/Drake - 146
3. Bottineau - 105
4. Kenmare/Mohall-Lansford-Sherwood/Bowbells - 47
5. Westhope/Newburg - 42
6. Garrison/Max - 36
7. Des Lacs-Burlington - 35½
8. Minot Bishop Ryan - 33
9. Glenburn - 27
10. Surrey - 22
11. Dunseith - 3

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