

Rugby High School Track & Field Results
STATE CLASS "B"
Bismarck, ND – Friday & Saturday, May 23 & 24, 2008

100 Meter Dash

200 Meter Dash

Emily Paul - 27.09 - Prelims

400 Meter Dash

Kirsten Welk - 1:03.59 - Prelims

800 Meter Run

1600 Meter Run

Sydney Kraft - 5:52.87

3200 Meter Run

Sydney Kraft - 11:57.90 - 5th place - **SR**
 Danielle Wangler - 12:32.21

100 Meter Hurdles

Ashley Salwey - 16.84 - Prelims

300 Meter Hurdles

Ashley Salwey - 49.03 - Prelims
 48.14 - Finals - 7th place

Shot Put

Leah Wentz - 43'7" - State Champion

Discus

Leah Wentz - 122'6" - 3rd place

Javelin

Long Jump

Vanessa Friestad - 17'9½" - 3rd place
 Stephanie Friestad - 16'¼"

Triple Jump

Vanessa Friestad - 35'7½" - 5th place
 Stephanie Friestad - 32'2"

High Jump

Vanessa Friestad - 5'1" - 6th place 3-way tie
 Aubrey Hovland - No Height

Pole Vault

400 Meter Relay

Kelsea Volk(13.08), Emily Paul(12.87)
 Casandra Blessum(13.03), Crystal Hovland(13.10)
 52.08 - Prelims

Kelsea Volk(12.96), Emily Paul(12.87)
 Casandra Blessum(12.82), Crystal Hovland(13.06)
 51.71 - Finals - 3rd place

800 Meter Relay

Kelsea Volk(29.50), Emily Paul(26.55)
 Casandra Blessum(27.75), Ashley Salwey(27.23)
 1:51.03 - Prelims

Kelsea Volk(27.56), Emily Paul(27.02)
 Casandra Blessum(27.17), Ashley Salwey(27.44)
 1:49.18 - Finals - 3rd place

1600 Meter Relay

Emily Paul(1:03.10), Casandra Blessum(1:04.39)
 Kirsten Welk(1:02.82), Ashley Salwey(1:01.16)
 4:11.48 - 5th place

3200 Meter Relay

Chelsea Halvorson(2:35.85), Danielle Wangler(2:40.77)
 Kirsten Welk(2:32.80), Sydney Kraft(2:36.06)
 10:25.50 - 8th place

TEAM SCORES		
1.	Bowman County	62
2.	Rugby	51
3.	Benson County	50
	Griggs County Central	50
5.	Maple Valley/Enderlin	46
6.	Dickinson Trinity	43
7.	Velva/Drake	32
8.	Rolette/Wolford	31
	Park River/Fordville-Lankin/Adams-Edmore	31
	Hazen	31
11.	Bottineau	29
12.	Watford City	23
13.	Lisbon	22½
14.	Napoleon	20
15.	Finley-Sharon/Hope-Page	18
	Langdon/Munich	18
17.	Milnor/Wyndmere/Lidgerwood	16
	New Town	16
19.	Beulah	14
	Hillsboro/Central Valley	14
21.	Cavalier	12
22.	Richardton-Taylor	11
23.	North Sargent/Sargent Central	10
24.	Northern Cass	9
	Garrison/Max	9
26.	Minto/Midway	8
27.	Nelson County	7
28.	Williams County	6
	Montpelier	6
30.	Hazleton-Moffit-Braddock	5½
	Richland	5
32.	Grafton	4
	Larimore	4
34.	Wethope/Newburg	3
	Northern Lights	3
	Washburn/Wilton	3
	Kindred	3
	Stanley/Powers Lake	3
	Steele-Dawson/Wing	3
40.	Lewis & Clark	2
	Shiloh Christian	2
42.	Carrington	1½
	Killdeer	1½
44.	Des Lacs-Burlington	1
	Central Cass	1

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