

Rugby High School Track & Field Results
VELVA INVITATIONAL
Velva, ND – Friday, May 2, 2008

100 Meter Dash

Miriah Koenig - 14.32
Stephanie Friestad - 15.68

200 Meter Dash

Emily Paul - 28.52 - 3rd place
Ashley Salwey - 28.53 - 3rd place
Rachel Hoffert - 29.14
Kelsea Volk - 29.64
Stephanie Friestad - 32.48

400 Meter Dash

Kirsten Welk - 1:05.82 - 3rd place
Kelsea Volk - 1:10.24 - 6th place
Katelyn Berube - 1:13.37

800 Meter Run

Taylor Stone - 2:41.96 - 8th place
Kirsten Welk - 2:45.48
Chelsea Halvorson - 2:47.44
Josie Klein - 3:04.00

1600 Meter Run

Sydney Kraft - 5:46.85 - 3rd place
Danielle Wangler - 5:50.71 - 5th place
Chelsea Halvorson - 5:54.86 - 7th place
Taylor Stone - 6:20.07

3200 Meter Run

Sydney Kraft - 12:23.29 - 1st place
Danielle Wangler - 12:49.51 - 2nd place
Mariya Bernhardt - 13:49.93 - 3rd place
Kristi Black - 13:59.28 - 4th place
Joclyn Seiler - 14:20.90 - 6th place

100 Meter Hurdles

Ashley Salwey - 18.23 - 4th place
Rachel Hoffert - 19.55

300 Meter Hurdles

Ashley Salwey - 49.79 - 3rd place
Emily Paul - 50.64 - 5th place
Rachel Hoffert - 54.61

Shot Put

Leah Wentz - 41'5" - 1st place - **SQ**
Stephanie Keller - 28'8"
Kelsey Mongeon - 28'0"
Nicole Hooker - 26'3"
Christine Walter - 21'8"
Emily Schmaltz - 19'2"

Discus

Leah Wentz - 116'3" - 1st place - **SQ**
Nicole Hooker - 84'8"
Stephanie Keller - 74'6"
Kelsey Mongeon - 65'9"
Emily Schmaltz - 49'5"
Christine Walter - 48'0"

Javelin

Leah Wentz - 106'3" - 1st place
Kristi Black - 77'10"
Stephanie Keller - 77'7"
Paige Haman - 77'0"
Taylor Stone - 70'6"
Mariya Bernhardt - 68'2"

Long Jump

Vanessa Friestad - 17'0" - 1st place - **SQ**
Stephanie Friestad - 13'8¾" - 7th place
Miriah Koenig - 13'3¾"
Courtney Putnam - 13'2¼"
Katelyn Berube - 12'9½"
Josie Klein - 12'8"
Nicole Jorgenson - 10'9¾"
Paige Haman - 10'2¾"

Triple Jump

Vanessa Friestad - 35'4" - 1st place - **SQ**
Stephanie Friestad - 31'2½" - 6th place
Courtney Putnam - 29'0"
Katelyn Berube - 27'11¼"
Nicole Jorgenson - 26'3¼"
Paige Haman - 25'1"
Josie Klein - 24'7½"

High Jump

Vanessa Friestad - 5'1" - 1st place - **SQ**
Courtney Putnam - 4'1"
Nicole Jorgenson - 4'1"

Pole Vault

Kristi Black - 5'6" - 3rd place

400 Meter Relay

Kelsea Volk(13.67), Emily Paul(13.17)
Miriah Koenig(12.94), Vanessa Friestad(13.84)
53.74 - 3rd place

800 Meter Relay

Kelsea Volk(27.58), Emily Paul(28.38)
Ashley Salwey(29.40), Kirsten Welk(27.00)
1:52.41 - 2nd place

1600 Meter Relay

Kirsten Welk(1:03.47), Chelsea Halvorson(1:09.80)
Danielle Wangler(1:10.14), Rachel Hoffert(1:05.93)
4:29.47 - 3rd place

3200 Meter Relay

Taylor Stone(2:35.74), Mariya Bernhardt(2:48.38)
Joclyn Seiler(2:49.72), Kristi Black(2:49.42)
11:03.41 - 3rd place

GIRLS TEAM SCORES

1. Rugby - 177
2. Velva/Drake - 135
3. Westhope/Newburg - 58
4. Des Lacs-Burlington - 40
4. Kenmare/Mohall-Lansford-Sherwood/Bowbells - 40
6. Washburn/Wilton - 37
7. Lewis and Clark - 33
7. Rolette/Wolford - 33
9. Glenburn - 31
10. Harvey - 25
11. Williams County - 24
12. New Town - 21
13. Minot Bishop Ryan - 19
14. Central McLean - 13
15. Burke County - 8
15. Divide County - 8
17. Parshall - 2

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