

**Rugby High School Track & Field Results**  
**CLARK AND SHARON LLOYD MEMORIAL**  
**Fessenden, ND – Tuesday, April 22, 2008**

**100 Meter Dash**

Emily Paul - 13.00 - 6th place  
Kelsea Volk - 13.30 - 8th place  
Miriah Koenig - 14.34  
Courtney Putnam - 14.69  
Katelyn Berube - 14.82  
Stephanie Friestad - 14.94  
Crystal Hovland - False Start

**200 Meter Dash**

Kelsea Volk - 28.27 - 8th place  
Crystal Hovland - 28.48  
Vanessa Friestad - 28.54  
Rachel Hoffert - 28.62  
Aubrey Hovland - 29.85  
Katelyn Berube - 31.24  
Stephanie Friestad - 31.57

**400 Meter Dash**

Kirsten Welk - 1:05.63 - 2nd place  
Chelsea Halvorson - 1:08.73 - 7th place  
Rachel Hoffert - 1:10.38  
Josie Klein - 1:18.17

**800 Meter Run**

Taylor Stone - 2:45.24 - 8th place  
Joclyn Seiler - 2:57.47  
Mariya Bernhardt - 2:58.93  
Josie Klein - 3:19.40

**1600 Meter Run**

Taylor Stone - 6:05.80 - 4th place  
Mariya Bernhardt - 6:22.05 - 5th place  
Joclyn Seiler - 6:29.50 - 8th place

**3200 Meter Run**

Sydney Kraft - 12:11.23 - 2nd place - **SQ**  
Danielle Wangler - 12:39.53 - 4th place

**100 Meter Hurdles**

Ashley Salwey - 17.52 - 7th place  
Crystal Hovland - 17.77  
Aubrey Hovland - 18.50  
Rachel Hoffert - 19.86

**300 Meter Hurdles**

Ashley Salwey - 49.47 - 2nd place  
Crystal Hovland - 51.56 - 5th place  
Rachel Hoffert - 53.92 - 8th place

**Shot Put**

Leah Wentz - 39'10" - 2nd place - **SQ**  
Kelsey Mongeon - 27'11"  
Stephanie Keller - 27'0"  
Nicole Hooker - 25'6"  
Christine Walter - 22'6"  
Emily Schmaltz - 20'6"

**Discus**

Leah Wentz - 117'9" - 2nd place - **SQ**  
Kelsey Mongeon - 83'10"  
Nicole Hooker - 72'6"  
Stephanie Keller - 72'4"  
Christine Walter - 59'10"  
Emily Schmaltz - 56'0"

**Javelin**

Paige Haman - 79'7"  
Stephanie Keller - 72'9"  
Mariya Bernhardt - 64'7"  
Taylor Stone - ?

**Long Jump**

Vanessa Friestad - 17'10" - 1st place - **SQ, MR**  
Stephanie Friestad - 16'0" - 4th place  
Courtney Putnam - 14'4"  
Josie Klein - 13'8"  
Katelyn Berube - 13'5½"  
Paige Haman - 10'11"  
Miriah Koenig - No Mark  
Nicole Jorgenson - No Mark

**Triple Jump**

Vanessa Friestad - 35'9½" - 1st place - **SQ, MR**  
Courtney Putnam - 30'6½" - 7th place  
Stephanie Friestad - 30'6½" - 8th place  
Katelyn Berube - 27'10"  
Josie Klein - 27'1½"  
Paige Haman - 25'6½"  
Nicole Jorgenson - No Mark

**High Jump**

Vanessa Friestad - 4'11" - 1st place  
Casandra Blessum - 4'3"  
Aubrey Hovland - 4'1"  
Courtney Putnam - No Height  
Nicole Jorgenson - No Height

**Pole Vault**

Chelsea Halvorson - No Height

**400 Meter Relay**

Kelsea Volk(13.03), Emily Paul(14.24)  
Miriah Koenig(12.49), Casandra Blessum(13.45)  
53.17 - 1st place

**800 Meter Relay**

Kelsea Volk(29.39), Emily Paul(27.97)  
Casandra Blessum(27.55), Ashley Salwey(27.15)  
1:52.20 - 2nd place

**1600 Meter Relay**

Emily Paul(1:03.81), Casandra Blessum(1:04.25)  
Ashley Salwey(1:04.36), Kirsten Welk(1:03.54)  
4:15.99 - 1st place - **SQ**

**3200 Meter Relay**

Danielle Wangler(2:33.38), Sydney Kraft(2:32.75)  
Chelsea Halvorson(2:33.68), Kirsten Welk(2:32.89)  
10:12.54 - 1st place - **SQ**

**GIRLS TEAM SCORES**

1. Griggs County Central - 148
2. Rugby - 146
3. Hazen - 71
4. Benson County - 68
5. Carrington - 66½
6. Washburn/Wilton - 65
7. Wells County/New Rockford-Sheyenne - 60
8. Rolette/Wolford - 38
9. Steele-Dawson/Wing-Tuttle - 24
10. Harvey - 16
10. Central McLean - 16
12. Center-Stanton - 10
13. Sheridan County/Anamoose - 8½
14. Central Prairie - 1
15. Tappen - 1

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