

Rugby High School Track & Field Results
WELLS COUNTY TRACK BACKERS INVITATIONAL
Fessenden, ND – Tuesday, May 13, 2008

100 Meter Dash

Crystal Hovland - 13.49 - 4th place
Kelsea Volk - 13.51 - 5th place
Vanessa Friestad - 13.67 - 7th place
Miriah Koenig - 13.91
Aubrey Hovland - 14.28
Stephanie Friestad - 14.74
Emily Paul - False Start

200 Meter Dash

Emily Paul - 27.51 - 3rd place
Kelsea Volk - 28.33 - 7th place
Miriah Koenig - 29.38
Stephanie Friestad - 31.65

400 Meter Dash

Crystal Hovland - 1:06.91

800 Meter Run

Taylor Stone - 2:39.93 - 5th place
Josie Klein - 2:57.24

1600 Meter Run

3200 Meter Run

Danielle Wangler - 12:05.04 - 1st place - **SQ, MR, SR**
Sydney Kraft - 12:22.78 - 4th place
Chelsea Halvorson - 12:45.79 - 5th place
Mariya Bernhardt - 13:19.69 - 6th place

100 Meter Hurdles

Ashley Salwey - 16.38 - 2nd place - **SQ**

300 Meter Hurdles

Crystal Hovland - 49.66 - 4th place
Aubrey Hovland - 53.45 - 8th place

Shot Put

Leah Wentz - 43'4" - 1st place- **SQ, MR**
Nicole Hooker - 25'7"

Discus

Leah Wentz - 121'6" - 1st place - **SQ, MR**
Nicole Hooker - 80'6"

Javelin

Leah Wentz - 97'11" - 3rd place
Tessa Koenig - 88'7" - 5th place
Taylor Stone - 66'7"
Mariya Bernhardt - 58'6"

Long Jump

Vanessa Friestad - 17'9" - 1st place - **SQ, MR**
Stephanie Friestad - 16'1" - 5th place
Courtney Putnam - 14'10" - 8th place
Miriah Koenig - 14'7"
Nicole Jorgenson - 13'3"
Josie Klein - 12'5½"
Tessa Koenig - 11'4½"

Triple Jump

Vanessa Friestad - 35'8" - 2nd place - **SQ**
Stephanie Friestad - 32'10" - 4th place
Courtney Putnam - 30'11" - 6th place
Nicole Jorgenson - 27'1" - 7th place
Josie Klein - 26'10½" - 8th place

High Jump

Vanessa Friestad - 4'9" - 1st place
Crystal Hovland - 4'5" - 5th place
Courtney Putnam - 4'3" - 6th place
Aubrey Hovland - 4'1" - 7th place tie

Pole Vault

Chelsea Halvorson - 7'6" - 3rd place

400 Meter Relay

Kelsea Volk(13.61), Emily Paul(12.90)
Miriah Koenig(12.01), Casandra Blessum(13.49)
52.07 - 1st place - **SQ**

800 Meter Relay

Kelsea Volk(27.13), Kirsten Welk(27.45)
Ashley Salwey(26.85), Casandra Blessum(27.44)
1:48.83 - 1st place - **SQ, MR**

1600 Meter Relay

Emily Paul(1:03.63), Casandra Blessum(1:03.31)
Kirsten Welk(1:01.81), Ashley Salwey(1:02.40)
4:11.22 - 1st place - **SQ, MR**

3200 Meter Relay

Chelsea Halvorson(2:30.71), Danielle Wangler(2:30.47)
Kirsten Welk(2:26.41), Sydney Kraft(2:28.66)
9:56.25 - 1st place - **SQ, MR, SR**

GIRLS TEAM SCORES

1. Rugby - 187½
2. Carrington - 94
3. Wells County/New Rockford-Sheyenne - 82
4. Rolette/Wolford - 66½
5. Des Lacs-Burlington - 62
6. Westhope/Newburg - 57
7. Benson County - 50
8. Glenburn - 49
9. Minot Bishop Ryan - 37
10. Tappen - 33
11. Velve/Drake - 22
12. Harvey - 6
13. Shiloh Christian - 2

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