

RUGBY GIRLS TRACK & FIELD TEAM AWARDS

2014 Class B North Central Region Champion	2001 Class B Region VI Runner-Up
2013 Class B North Central Region Champion	2000 Class B Region VI Runner-Up
2012 State Class B 4th Place	1999 Class B Region VI Champion
2012 Class B North Central Region Champion	1998 State Class B 3rd Place
2011 State Class B Champion	1998 Class B Region VI Champion
2011 Class B Region VI Champion	1997 State Class B 5th Place
2010 State Class B 3rd Place	1997 Class B Region VI Champion
2010 Class B Region VI Champion	1996 Class B Region VI Champion
2009 State Class B Champion	1995 Class B Region VI Champion
2009 Class B Region VI Runner-Up	1994 Class B Region VI Champion
2008 State Class B Runner-Up	1993 State Class B 5th Place
2008 Class B Region VI Champion	1993 Class B Region VI Runner-Up
2007 State Class B Runner-Up	1992 State Class B 3rd Place
2007 Class B Region VI Champion	1992 Class B Region VI Champion
2006 Class B Region VI Runner-Up	1991 Class B Region VI Runner-Up
2005 Class B Region VI Champion	1970 State 4th Place
2004 Class B Region VI Champion	1970 District V Champion
2003 Class B Region VI Champion	1969 District V Champion
2002 State Class B 5th Place	1968 District V Champion
2002 Class B Region VI Runner-Up	

RUGBY GIRLS TRACK & FIELD STATE PLACEWINNERS

CLASS B

2014 - 200 Meter Dash - Emily Stier - 7th place - 26.47
2014 - Triple Jump - Lauren Kraft - 8th place - 34'2½"
2014 - 4 x 100 Meter Relay - 4th place - 51.82 - Kaitlyn Jones, Sara Stier, Kassi Jorgenson, Emily Stier
2014 - 4 x 400 Meter Relay - 4th place - 4:11.82 - Karin Selland, Anni Stier, Hannah Christenson, Emily Stier
2014 - 4 x 800 Meter Relay - 4th place - 10:16.65 - Allison Foster, Bailey Nelson, Hannah Christenson Tristin Lunde
2013 - 200 Meter Dash - Emily Stier - 6th place - 26.37
2013 - 400 Meter Dash - Hannah Christenson - 8th place - 1:01.03
2013 - 100 Meter Hurdles - Aubrey Hovland - 4th place - 15.91
2013 - Javelin - Mattie Schmitt - 8th place - 122'8"
2013 - Long Jump - Aubrey Hovland - 4th place - 17'¾"
2013 - High Jump - Aubrey Hovland - Champion - 5'5"
2013 - 4 x 400 Meter Relay - 5th place - 4:16.05 - Karin Selland, Hannah Christenson, Kaitlyn Jones, Emily Stier
2013 - 4 x 800 Meter Relay - 6th place - 10:20.92 - Karin Selland, Lauren Christenson, Hannah Christenson, Tristin Lunde
2012 - 1600 Meter Run - Sydney Kraft - Champion - 5:14.59
2012 - 1600 Meter Run - Lauren Christenson - 6th place - 5:27.06
2012 - 3200 Meter Run - Lauren Christenson - 3rd place - 11:48.14
2012 - 3200 Meter Run - Sydney Kraft - 4th place - 11:52.49
2012 - 100 Meter Hurdles - Aubrey Hovland - 6th place - 16.44
2012 - Triple Jump - Aubrey Hovland - 7th place - 33'11¼"
2012 - High Jump - Aubrey Hovland - Champion - 5'6"
2012 - 4 x 100 Meter Relay - 8th place - 53.35 - Aubrey Hovland, Abbey Paul, Kassi Jorgenson, Emily Stier
2012 - 4 x 400 Meter Relay - 8th place - 4:19.81 - Hannah Christenson, Karin Selland, Kaitlyn Jones, Emily Stier
2012 - 4 x 800 Meter Relay - 3rd place - 9:59.65 - Karin Selland, Hannah Christenson, Lauren Christenson, Sydney Kraft
2011 - 800 Meter Run - Sydney Kraft - 8th place - 2:27.74
2011 - 1600 Meter Run - Sydney Kraft - Runner-Up - 5:23.43
2011 - 3200 Meter Run - Sydney Kraft - 3rd place - 11:53.77
2011 - 3200 Meter Run - Lauren Christenson - 6th place - 12:12.23
2011 - 3200 Meter Run - Chandra Yankton - 7th place - 12:16.03
2011 - 300 Meter Hurdles - Crystal Hovland - Champion - 45.81
2011 - Shot Put - Molly Koenig - 7th place - 37'4"
2011 - High Jump - Aubrey Hovland - Runner-Up - 5'2"
2011 - 4 x 100 Meter Relay - 3rd place - 51.65 - Shanaya Fred, Aubrey Hovland, Rachel Hoffert, Emily Stier
2011 - 4 x 200 Meter Relay - Champion - 1:48.59 - Crystal Hovland, Aubrey Hovland, Rachel Hoffert, Emily Stier
2011 - 4 x 400 Meter Relay - 3rd place - 4:13.43 - Crystal Hovland, Rachel Hoffert, Shanaya Fred, Emily Stier
2011 - 4 x 800 Meter Relay - 7th place - 10:26.05 - Hannah Christenson, Chandra Yankton, Lauren Christenson, Sydney Kraft
2010 - 800 Meter Run - Sydney Kraft - 6th place - 2:25.82
2010 - 1600 Meter Run - Sydney Kraft - 4th place - 5:21.75

2010 - 3200 Meter Run - Sydney Kraft - 4th place - 11:49.43
2010 - 100 Meter Hurdles - Crystal Hovland - 7th place - 17.38
2010 - 300 Meter Hurdles - Crystal Hovland - Champion - 45.83
2010 - High Jump - Aubrey Hovland - 5'3" - 3rd place
2010 - Long Jump - Stephanie Friestad - 16'10½" - 3rd place
2010 - Triple Jump - Stephanie Friestad - 35'1½" - 4th place
2010 - 4 x 100 Meter Relay - 4th place - 52.52 - Emily Paul, Aubrey Hovland, Rachel Hoffert, Emily Stier
2010 - 4 x 400 Meter Relay - 3rd place - 4:13.94 - Emily Paul, Rachel Hoffert, Sydney Kraft, Crystal Hovland
2009 - 800 Meter Run - Sydney Kraft - Champion - 2:21.56
2009 - 1600 Meter Run - Sydney Kraft - Champion - 5:17.23
2009 - 3200 Meter Run - Sydney Kraft - 3rd place - 11:40.53
2009 - 100 Meter Hurdles - Ashley Salwey - Champion - 15.59
2009 - 300 Meter Hurdles - Ashley Salwey - Champion - 45.29
2009 - 300 Meter Hurdles - Crystal Hovland - Runner-Up - 46.17
2009 - High Jump - Aubrey Hovland - 6th place - 4'11"
2009 - 4 x 200 Meter Relay - 7th place - 1:48.97 - Ashley Salwey, Aubrey Hovland, Rachel Hoffert, Crystal Hovland
2009 - 4 x 400 Meter Relay - 4th place - 4:10.09 - Sydney Kraft, Rachel Hoffert, Crystal Hovland, Ashley Salwey
2008 - 3200 Meter Run - Sydney Kraft - 5th place - 11:57.90
2008 - 300 Meter Hurdles - Ashley Salwey - 7th place - 48.14
2008 - Shot Put - Leah Wentz - Champion - 43'7"
2008 - Discus - Leah Wentz - 3rd place - 122'6"
2008 - Long Jump - Vanessa Friestad - 3rd place - 17'9½"
2008 - Triple Jump - Vanessa Friestad - 5th place - 35'7½"
2008 - High Jump - Vanessa Friestad - 6th place 3-way tie - 5'1"
2008 - 4 x 100 Meter Relay - 3rd place - 51.71 - Kelsea Volk, Emily Paul, Casandra Blessum, Crystal Hovland
2008 - 4 x 200 Meter Relay - 3rd place - 1:49.18 - Kelsea Volk, Emily Paul, Casandra Blessum, Ashley Salwey
2008 - 4 x 400 Meter Relay - 5th place - 4:11.48 - Emily Paul, Casandra Blessum, Kirsten Welk, Ashley Salwey
2008 - 4 x 800 Meter Relay - 8th place - 10:25.50 - Chelsea Halvorson, Danielle Wangler, Kirsten Welk, Sydney Kraft
2007 - 400 Meter Dash - Kirsten Welk - 7th place - 1:01.46
2007 - 300 Meter Hurdles - Ashley Salwey - 6th place - 48.57
2007 - Shot Put - Leah Wentz - Champion - 42'8"
2007 - Discus - Leah Wentz - 7th place - 115'4"
2007 - Long Jump - Vanessa Friestad - 3rd place - 17'2¼"
2007 - Triple Jump - Vanessa Friestad - 4th place - 35'9¾"
2007 - 4 x 100 Meter Relay - Runner-Up - 51.35 - Kelsea Volk, Morgan Gronvold, Casandra Blessum, Emily Paul
2007 - 4 x 200 Meter Relay - 3rd place - 1:48.56 - Ashley Salwey, Morgan Gronvold, Emily Paul, Kirsten Welk
2007 - 4 x 400 Meter Relay - Champion - 4:09.34 - Morgan Gronvold, Casandra Blessum, Ashley Salwey, Kirsten Welk
2006 - 300 Meter Hurdles - Ashley Salwey - 5th place - 46.83
2006 - Shot Put - Leah Wentz - 6th place - 38'9"
2006 - Long Jump - Vanessa Friestad - 4th place - 17'6"

2006 - Triple Jump - Vanessa Friestad - 7th place - 34'10"

2006 - 400 Meter Relay - 5th place - 51.38 - Kelsea Volk, Casandra Blessum, Morgan Gronvold, Crystal Hovland

2006 - 1600 Meter Relay - 6th place - 4:12.45 - Morgan Gronvold, Kirsten Welk, Crystal Hovland, Ashley Salwey

2005 - 400 Meter Dash - Sarah Skipper - 8th place - 1:05.36

2005 - Shot Put - Leah Wentz - 4th place - 38'10½"

2005 - Long Jump - Vanessa Friestad - Runner-Up - 17'11¾"

2005 - Long Jump - Jessica Friestad - 5th place - 17'1¼"

2005 - Triple Jump - Vanessa Friestad - 5th place - 34'11¾"

2005 - Pole Vault - Jana Gronvold - 8th place tie - 8'6"

2005 - 400 Meter Relay - 8th place - 52.52 - Courtney Jorgenson, Jessica Tuchscherer, Morgan Gronvold, Shannon Swanson

2004 - 300 Meter Hurdles - Jessica Tuchscherer - 8th place - 47.01

2004 - Shot Put - Leah Wentz - 6th place - 38'1"

2004 - High Jump - Stephanie Leer - 6th place - 5'1"

2004 - Long Jump - Jessica Friestad - 5th place - 17'5¾"

2004 - Triple Jump - Vanessa Friestad - 7th place - 33'11"

2004 - Pole Vault - Jana Gronvold - 6th place - 9'3"

2004 - 400 Meter Relay - 5th place - 51.20 - Tallie Stebner, Morgan Gronvold, Valerie Moller, Shannon Swanson

2004 - 800 Meter Relay - 7th place - 2:11.44 - Tallie Stebner, Jessica Tuchscherer, Valerie Moller, Shannon Swanson

2003 - High Jump - Olivia Friestad - 7th place - 5'1"

2003 - Long Jump - Olivia Friestad - 6th place - 16'9¾"

2003 - Triple Jump - Olivia Friestad - 5th place - 34'10¼"

2003 - Pole Vault - Jana Gronvold - 6th place - 9'0"

2002 - 100 Meter Dash - Brandilyn Gronvold - 4th place - 12.91

2002 - 200 Meter Dash - Brandilyn Gronvold - Runner-Up - 26.37

2002 - Triple Jump - Olivia Friestad - 5th place - 33'10¼"

2002 - 400 Meter Relay - Runner-Up - 51.14 - Tallie Stebner, Tami Rocheleau, Valerie Moller, Brandilyn Gronvold

2002 - 1600 Meter Relay - Runner-Up - 4:11.46 - Jessica Tuchscherer, Valerie Moller, Tami Rocheleau, Brandilyn Gronvold

2001 - 400 Meter Dash - Brandilyn Gronvold - 8th place - 1:01.27

2001 - Triple Jump - Olivia Friestad - 3rd place - 34'10¼"

2001 - Pole Vault - Tami Rocheleau - 5th place tie - 8'0"

2001 - 800 Meter Relay - 7th place - 1:52.32 - Hallie Anderson, Tami Rocheleau, Valerie Moller, Brandilyn Gronvold

2000 - Triple Jump - Tara Grove - 5th place - 34'3 ½"

2000 - 400 Meter Relay - 5th place - 51.68 - Hallie Anderson, Brandilyn Gronvold, Tara Grove, Tami Rocheleau

1999 - 200 Meter Dash - Staci Hager - 7th place - 26.78

1999 - Shot Put - Rachael Wentz - 7th place - 37'11 ½"

1999 - Long Jump - Staci Hager - 7th place - 16'4 ¾"

1999 - Triple Jump - Tara Grove - 5th place - 34'8 ¼"

1998 - 100 Meter Dash - Staci Hager - 6th place - 13.17

1998 - 200 Meter Dash - Stephanie Vangsnes - 4th place - 26.28

1998 - 200 Meter Dash - Staci Hager - 8th place - 27.53

1998 - 400 Meter Dash - Stephanie Vangsnes - Champion - 58.02
1998 - 300 Meter Hurdles - Jennifer Black - 4th place - 46.19
1998 - Long Jump - Tara Grove - 6th place - 16'5"
1998 - 400 Meter Relay - 5th place - 51.55 - Amanda Friestad, Brandilyn Gronvold, Tara Grove, Staci Hager
1998 - 800 Meter Relay - Runner-Up - 1:46.95 - Brandilyn Gronvold, Stephanie Vangsnes, Cassie Hagel, Staci Hager
1998 - 1600 Meter Relay - 4th place - 4:07.25 - Cassie Hagel, Jennifer Black, Brandilyn Gronvold, Stephanie Vangsnes
1997 - 100 Meter Dash - Staci Hager - 4th place - 13.01
1997 - 400 Meter Dash - Stephanie Vangsnes - 3rd place - 59.66
1997 - 300 Meter Hurdles - Jennifer Black - 6th place - 49.11
1997 - High Jump - Katie Seil - Runner-Up - 5'2"
1997 - Long Jump - Staci Hager - 6th place - 15'7 1/2"
1997 - 400 Meter Relay - 4th place - 51.87 - Tara Grove, Brandilyn Gronvold, Hallie Anderson, Staci Hager
1997 - 800 Meter Relay - 4th place - 1:48.60 - Hallie Anderson, Tara Grove, Cassie Hagel, Stephanie Vangsnes
1997 - 1600 Meter Relay - 3rd place - 4:08.50 - Cassie Hagel, Tara Grove, Jennifer Black, Stephanie Vangsnes
1996 - 100 Meter Dash - Staci Hager - 5th place - 13.30
1996 - 200 Meter Dash - Staci Hager - 7th place - 26.67
1996 - High Jump - Katie Seil - 6th place tie - 5'0"
1996 - 400 Meter Relay - 6th place - 52.06 - Renae Schell, Gretchen Schulz, Tara Grove, Staci Hager
1996 - 800 Meter Relay - 3rd place - 1:47.76 - Gretchen Schulz, Cassie Hagel, Stephanie Vangsnes, Staci Hager
1995 - 400 Meter Relay - Champion - 51.39 - Gretchen Schulz, Bobbi Jo Blomster, Erika Schiele, Staci Hager
1995 - 800 Meter Relay - Runner-Up - 1:48.16 - Gretchen Schulz, Bobbi Jo Blomster, Erika Schiele, Staci Hager
1994 - Discus - Heather Uhlenkamp - 6th place - 119'9"
1994 - Shot Put - Heather Uhlenkamp - 7th place - 36'11"
1994 - 400 Meter Relay - Runner-Up - 51.25 - Gretchen Schulz, Bobbi Jo Blomster, Erika Schiele, Tami Leier
1994 - 800 Meter Relay - Runner-Up - 1:48.16 - Staci Hager, Bobbi Jo Blomster, Erika Schiele, Tami Leier
1993 - Shot Put - Heather Uhlenkamp - 6th place - 35'1"
1993 - 400 Meter Relay - Champion - 51.83 - Gretchen Schulz, Bobbi Jo Blomster, Erika Schiele, Tami Leier
1993 - 800 Meter Relay - Champion - 1:48.09 - Gretchen Schulz, Bobbi Jo Blomster, Erika Schiele, Tami Leier
1993 - 1600 Meter Relay - 3rd place - 4:12.97 - Bobbi Jo Blomster, Tracey Voeller, Paula Reierson, Tami Leier
1992 - 400 Meter Relay - Runner-Up - 52.78 - Gretchen Schulz, Bobbi Jo Blomster, Erika Schiele, Tami Leier
1992 - 800 Meter Relay - Runner-Up - 1:53.02 - Erika Schiele, Paula Reierson, Bobbi Jo Blomster, Tami Leier
1992 - 1600 Meter Relay - Runner-Up - 4:15.23 - Erika Schiele, Tracey Voeller, Bobbi Jo Blomster, Tami Leier
1992 - 3200 Meter Relay - Runner-Up - 10:18.63 - Barbie Selensky, Nicole Godel, Tracey Voeller, Paula Reierson
1991 - 400 Meter Relay - 4th place - 52.32 - Gretchen Schulz, Tricia Anderson, Erika Schiele, Tami Leier
1991 - 800 Meter Relay - Runner-Up - 1:49.08 - Janelle Ebach, Tricia Anderson, Paula Reierson, Tami Leier
1991 - 3200 Meter Relay - Runner-Up - 10:05.43 - Barbie Selensky, Nicole Godel, Tracey Voeller, Paula Reierson

CLASS A

1989 - Javelin - Gina Kreklau - Champion - 145'5"
1988 - 100 Meter Dash - Michelle Heintz - 6th place - 13.32

1988 - Long Jump - Terri Reiersen - 5th place - 16'10 ¼"
1988 - Javelin - Gina Kreklau - 3rd place - 132'4"
1987 - Javelin - Gina Kreklau - 6th place - 116'8"
1985 - 100 Meter Hurdles - Holly Jelsing - 4th place - 15.90
1985 - 400 Meter Relay - 5th place - 52.17 - Karla Mitzel, Michelle Heintz, Sherry Volk, Sheryl Volk
1984 - 100 Meter Dash - Karla Leier - 3rd place - 13.32
1984 - 200 Meter Dash - Karla Leier - 4th place - 26.95
1984 - 100 Meter Hurdles - Holly Jelsing - Runner-Up - 15.82
1984 - 300 Meter Hurdles - Holly Jelsing - 5th place - 47.86
1983 - 100 Meter Dash - Cindy Robbins - 4th place tie - 12.74
1983 - 400 Meter Relay - 5th place - 52.87 - Cindy Robbins, Kayleen Haman, Corrine Miller, Karla Leier
1982 - 100 Meter Dash - Karla Leier - 3rd place - 13.23
1982 - 200 Meter Dash - Karla Leier - 3rd place - 26.65
1982 - 300 Meter Hurdles - Holly Jelsing - 6th place - 48.35
1982 - 400 Meter Relay - Runner-Up - 50.65 - Lori Ostrem, Cindy Robbins, Susie Zweber, Karla Leier
1982 - 800 Meter Relay - Champion - 1:48.39 - Kay Haman, Lori Ostrem, Susie Zweber, Karla Leier
1981 - 800 Meter Medley Relay - 5th place - 1:53.73 - Brenda Heintz, Susie Zweber, Cindy Robbins, Karla Leier
1977 - 880 Yard Run - Kathy Kappel - 5th place - 2:23.7
1977 - Mile Run - Kathy Kappel - Runner-Up - 5:27.4
1977 - High Jump - Tammy Johnson - 4th place - 5'2"
1975 - 880 Yard Relay - 5th place - 1:50.92 - _____
1972 - High Jump - Bonnie Hagen - Runner-Up - 4'8"
1972 - Long Jump - Kim Kittilson - 5th place - 15'8¼"
1971 - High Jump - Bonnie Hagen - 5th place - 4'10"

ALL CLASSES COMBINED

1970 - Long Jump - Karla Kittilson - 5th place - _____
1970 - Long Jump - Peggy Parkman - Champion - 16'9"
1970 - Softball Throw - Peggy Parkman - Champion - 184'8"
1969 - 440 Yard Relay - 5th place tie - _____ - _____
1968 - Long Jump - Peggy Parkman - Champion - 15'8 ½"
1968 - 100 Yard Dash - Peggy Parkman - 3rd place - 11.6
1968 - 440 Yard Relay - 3rd place tie - _____ - Nancy Nielsen, Mary Jane Crook, Ann Nielsen, Peggy Parkman
1967 - Shot Put - Paulette Jacobson - 5th place - 27'9"