

Rugby High School Track & Field Results
CENTRAL NORTH DAKOTA CONFERENCE INDOOR INVITATIONAL
Minot State University Dome - MSU, Minot, ND – Thursday, April 2, 2015

55 Meter Dash

Sara Stier - 7.74
Emily Stier - 7.82
Anni Stier - 7.97
Lauren Kraft - 7.97
Karin Selland - 7.97
Caitlyn Jungberg - 8.44
Kourtney Sattler - 8.60

200 Meter Dash

Anni Stier - 29.89
Karin Selland - 30.63
Caitlyn Jungberg - 32.00
Emily Salwey - 32.70
Karsyn Hager - 33.30
Kourtney Sattler - 33.69

400 Meter Dash

Allison Foster – 1:05.75 - 2nd place
Maria Blessum - 1:06.19 - 4th place
Tristin Lunde - 1:07.05 - 6th place
Bailey Nelson - 1:13.56
Jessica Blessum - 1:13.78
Emily Salwey - 1:13.97

800 Meter Run

Taylor Nelson - 2:59.53 - 8th place

1600 Meter Run

Elli Duchscherer - Did Not Finish

3200 Meter Run

55 Meter Hurdles

Maria Blessum - 10.30 - 7th place
Sara Stier - 10.37 - 8th place
Emily Salwey - 11.53

Long Jump

Emily Stier - 16'½" - 1st place
Lauren Kraft - 15'4½" - 3rd place
Kourtney Sattler - 13'7½"
Caitlyn Jungberg - 11'11½"

Triple Jump

Lauren Kraft - 32'2" - 1st place
Kourtney Sattler - 28'11½" - 4th place

Pole Vault

Jessica Blessum - 7'6" - 2nd place tie
Maria Blessum - 7'6" - 2nd place tie
Karsyn Hager - 6'0" - 4th place

High Jump

Jessica Blessum - 4'9" - 1st place

Shot Put

Shea Heidlebaugh - 28'1" - 4th place
Morgan Hjelden - 28'0" - 5th place
Whitney Gronvold - 25'4"
Alexis Thompson - 22'3"

4 x 1 Lap(160 Meter) Relay

Anni Stier(23.60), Lauren Kraft(22.83)
Karin Selland(23.88), Emily Stier(21.83)
1:32.14 – 2nd place

4 x 400 Meter Relay

Emily Stier(1:04.24), Emily Salwey(1:15.96)
Maria Blessum(1:06.68), Anni Stier(1:05.92)
4:32.80 - 1st place

4 x 800 Meter Relay

Allison Foster(2:37.34), Bailey Nelson(2:49.32)
Taylor Nelson(2:57.86), Tristin Lunde(2:35.52)
11:00.04 - 1st place

GIRLS TEAM SCORES

1. Rugby - 117
2. Langdon Area - 79
3. Killdeer - 60
4. Harvey-Wells County - 55
5. Shiloh Christian - 36
6. Garrison/Max - 32
7. New Rockford-Sheyenne - 31
8. Grant County/Flasher - 28
9. Beulah- 27
10. Velva/Drake-Anamoose - 23
11. Des Lacs-Burlington/Lewis & Clark - 22
12. Trenton/Trinity Christian - 17
13. Benson County - 16
14. Rolette/Wolford - 8
15. Dunseith - 7
16. Glenburn - 6