

Rugby High School Track & Field Results
CENTRAL NORTH DAKOTA CONFERENCE
Rugby, ND – Tuesday, May 5, 2015

100 Meter Dash

Emily Stier - 12.97 - 2nd place - **SQ**
Kourtney Sattler - 14.57
Caitlyn Jungberg - 14.57
Morgan Oppen - 14.82
Lillie Landers - 16.46

200 Meter Dash

Emily Stier - 26.61 - 2nd place - **SQ**
Sara Stier - 28.07 - 4th place
Anni Stier - 28.51 - 5th place
Lillie Landers - 33.99

400 Meter Dash

Anni Stier - 1:05.16 - 2nd place
Karin Selland - 1:09.71 - 6th place

800 Meter Run

Tristin Lunde - 2:37.29 - 1st place
Dessa Denich - 2:59.60 - 7th place

1600 Meter Run

Bailey Nelson - 6:23.65 - 1st place
Dessa Denich - 6:44.10 - 2nd place

3200 Meter Run

Allison Foster - 12:47.41 - 1st place

100 Meter Hurdles

Jazlyn Brossart - 18.32 - 1st place
Morgan Oppen - 19.31 - 4th place
Lillie Landers - 21.81

300 Meter Hurdles

Jazlyn Brossart - 54.62 - 5th place
Anni Stier - 55.19 - 6th place
Morgan Oppen - 57.85

Long Jump

Emily Stier - 16'11" - 1st place - **SQ**
Sara Stier - 16'3½" - 2nd place
Lauren Kraft - 16'2½" - 3rd place
Maria Blessum - 16'2¼" - 4th place
Kourtney Sattler - 13'½"
Caitlyn Jungberg - 13'0"

Triple Jump

Sara Stier - 34'10½" - 1st place - **SQ**
Maria Blessum - 34'7½" - 2nd place - **SQ**
Lauren Kraft - 32'9" - 3rd place
Caitlyn Jungberg - 27'10½" - 5th place
Kourtney Sattler - 26'9" - 7th place

High Jump

Jessica Blessum - 4'9" - 2nd place
Kourtney Sattler - 4'3" - 4th place

Pole Vault

Jessica Blessum - 9'0" - 1st place - **SQ, MR**
Maria Blessum - 7'6" - 2nd place tie
Jazlyn Brossart - 6'6" - 4th place
Morgan Oppen - 5'6" - 6th place

Shot Put

Kari Fritel - 37'9" - 1st place - **SQ**
Matty Koenig - 31'5" - 3rd place
Shea Heidlebaugh - 29'1" - 4th place
Whitney Gronvold - 27'4" - 7th place
Morgan Hjelden - 25'7"

Discus

Shea Heidlebaugh - 93'7" - 2nd place
Whitney Gronvold - 84'2" - 3rd place
Morgan Hjelden - 83'5" - 4th place
Matty Koenig - 82'9" - 5th place
Alexis Thompson - 54'6"

Javelin

Kari Fritel - 80'10" - 5th place
Alexis Thompson - 78'1" - 7th place
Morgan Hjelden - 74'9"
Whitney Gronvold - 73'9"
Matty Koenig - 72'0"

4 x 100 Meter Relay

Sara Stier(13.81), Anni Stier(12.72)
Maria Blessum(13.28), Emily Stier(12.92)
52.73 - 1st place - **SQ**

4 x 200 Meter Relay

Lauren Kraft(30.09), Jazlyn Brossart(31.36)
Karin Selland(33.64), Caitlyn Jungberg(28.15)
2:03.24 - 4th place

4 x 400 Meter Relay

Karin Selland(1:07.94), Tristin Lunde(1:05.72)
Bailey Nelson(1:08.14), Allison Foster(1:05.85)
4:27.65 - 1st place

4 x 800 Meter Relay

Karin Selland(2:51.47), Tristin Lunde(2:37.75)
Bailey Nelson(2:46.72), Allison Foster(2:41.41)
10:57.35 - 1st place

GIRLS TEAM SCORES

1. Rugby - 282
2. Harvey-Wells County - 142
3. Velve/Drake-Anamoose/Sawyer - 91
4. New Rockford-Sheyenne - 48
5. Benson County - 23
6. Rolette/Wolford - 20
6. Glenburn - 20
8. Northern Lights - 19