

**Rugby High School Track & Field Results**  
**NORTH DAKOTA STATE UNIVERSITY STATE INDOOR INVITATIONAL**  
**Shelly Ellig Indoor Track & Field Facility - NDSU, Fargo, ND – Saturday, March 28, 2015**

**60 Meter Dash**

Emily Stier - 8.52 Prelims, 8.53 Finals - 7th place  
Lauren Kraft - 8.93  
Jazlyn Brossart - 9.34

**200 Meter Dash**

Emily Stier - 28.63 - 5th place  
Sara Stier - 29.47  
Anni Stier - 29.74  
Emily Salwey - 33.31

**400 Meter Dash**

Anni Stier – 1:04.93 - 4th place  
Maria Blessum - 1:07.56  
Karin Selland - 1:10.91  
Emily Salwey - 1:13.33

**800 Meter Run**

Kelly Swanson - 3:02.39  
Taylor Nelson - 3:03.15

**1 Mile Run**

Tristin Lunde - 5:55.88 - 6th place

**2 Mile Run**

Allison Foster - 12:28.68 - 6th place

**60 Meter Hurdles**

Maria Blessum - 10.95  
Jazlyn Brossart - 11.67  
Morgan Oppen - 11.93  
Emily Salwey - 12.42

**Long Jump**

Sara Stier - 15'½" - 7th place  
Emily Stier - 14'6½"  
Lauren Kraft - 14'5½"  
Kourtney Sattler - 12'9½"

**Triple Jump**

Lauren Kraft - 31'3" - 7th place  
Kourtney Sattler - 27'5½"

**Pole Vault**

Maria Blessum - 7'6" - 5th place  
Karsyn Hager - 6'0"  
Jazlyn Brossart - 6'0"  
Morgan Oppen - NH

**High Jump**

**Shot Put**

Kari Fritel - 36'11" - 4th place  
Morgan Hjelden - 28'4"  
Shea Heidlebaugh - 28'4"  
Matty Koenig - 27'1"

**4 x 200 Meter Relay**

Anni Stier(28.94), Sara Stier(28.85)  
Karin Selland(29.36), Emily Stier(27.28)  
1:54.43 – 2nd place

**4 x 400 Meter Relay**

Karin Selland(1:09.95), Sara Stier(1:09.73)  
Maria Blessum(1:07.05), Anni Stier(1:03.98)  
4:30.71 - 3rd place

**4 x 800 Meter Relay**

Allison Foster(2:39.88), Kelly Swanson(3:08.29)  
Taylor Nelson(2:55.85), Tristin Lunde(2:35.28)  
11:19.30 - 1st place

**GIRLS TEAM SCORES**

1. Carrington - 65.17
2. Langdon Area - 55
3. Rugby - 54
4. Shiloh Christian - 52
5. Lisbon - 46.5
6. Watford City - 46
7. Kindred - 41
8. Barnes County North - 32
9. Central Cass- 31
10. Drayton - 23.5
11. Linton - 18
11. Mayville-Portland-Clifford-Galesburg - 18
13. Thompson - 15
14. Oak Grove - 13
14. Medina - 13
16. Northern Cass - 8
17. Milnor/Wyndmere/Lidgerwood - 7.83
18. Sargent Central - 7
19. White Shield - 6
19. Grant County - 6
21. Harvey-Wells County - 4
21. Midkota - 4
23. Garrison - 2
23. Northwood - 2