

Rugby High School Track & Field Results
NORTH CENTRAL REGION
Rugby, ND – Saturday, May 16, 2015

100 Meter Dash

Emily Stier - 13.03 - 2nd place - **SQ**
Kristina Brossart - 13.74 - 5th place
Sara Stier - 13.91 - 6th place
Jazlyn Brossart - 14.50

200 Meter Dash

Sara Stier - 28.42 - 3rd place - **SQ**
Karin Selland - 29.24 - 4th place
Kristina Brossart - 29.95 - 7th place
Caitlyn Jungberg - 30.40
Melanie Anderson - 31.80

400 Meter Dash

Emily Stier - 1:03.17 - 1st place - **SQ**
Anni Stier - 1:04.80 - 4th place
Karin Selland - 1:09.56 - 8th place

800 Meter Run

Tristin Lunde - 2:34.05 - 1st place - **SQ**
Bailey Nelson - 2:51.20 - 7th place
Emily Salwey - 2:54.07
Dessa Denich - 2:58.37
Kylie Scherr - 3:05.21

1600 Meter Run

Tristin Lunde - 5:55.37 - 1st place - **SQ**
Allison Foster - 6:00.41 - 3rd place - **SQ**
Bailey Nelson - 6:25.39 - 4th place
Ellie Duchscherer - 6:28.56 - 6th place
Dessa Denich - 6:43.37

3200 Meter Run

Allison Foster - 12:43.33 - 1st place - **SQ**
Ellie Duchscherer - 13:39.05 - 3rd place - **SQ**
Taylor Nelson - 14:35.81 - 5th place
Kelly Swanson - 14:40.73 - 6th place

100 Meter Hurdles

Jazlyn Brossart - 18.14 - 4th place
Morgan Oppen - 19.33
Emily Salwey - 20.20
Lillie Landers - 22.15

300 Meter Hurdles

Anni Stier - 50.84 - 2nd place - **SQ**
Jazlyn Brossart - 56.10
Lillie Landers - 1:02.86
Morgan Oppen - DQ - ran around a hurdle

Long Jump

Emily Stier - 17'8" - 1st place - **SQ**
Lauren Kraft - 16'6" - 2nd place - **SQ**
Sara Stier - 16'1" - 5th place
Melanie Anderson - 13'2½"
Caitlyn Jungberg - 12'5½"

Triple Jump

Sara Stier - 33'2½" - 1st place - **SQ**
Lauren Kraft - 32'2½" - 3rd place - **SQ**
Maria Blessum - 31'10½" - 4th place
Melanie Anderson - 30'11" - 5th place
Karsyn Hager - 28'5½" - 7th place

High Jump

Jessica Blessum - 4'11" - 2nd place - **SQ**
Karsyn Hager - 4'1" - 7th place
Kylie Scherr - 3'11"

Pole Vault

Jessica Blessum - 9'9" - 1st place - **SQ, MR, SR**
Maria Blessum - 8'6" - 2nd place - **SQ**
Jazlyn Brossart - 6'6" - 4th place
Karsyn Hager - 6'6" - 5th place
Morgan Oppen - 6'0" - 6th place tie

Shot Put

Kari Fritel - 36'1" - 1st place - **SQ**
Shea Heidlebaugh - 29'4" - 7th place
Matty Koenig - 29'4" - 8th place
Whitney Gronvold - 23'10"

Discus

Kari Fritel - 83'3" - 6th place
Matty Koenig - 82'10" - 7th place
Shea Heidlebaugh - 78'10"
Whitney Gronvold - 66'3"
Alexis Thompson - 60'1"

Javelin

Whitney Gronvold - 73'4"
Kari Fritel - 72'1"
Alexis Thompson - 70'2"
Matty Koenig - 55'9"

4 x 100 Meter Relay

Kristina Brossart(14.81), Lauren Kraft(13.75)
Karin Selland(13.56), Anni Stier(13.65)
55.77 - 4th place

4 x 200 Meter Relay

Kristina Brossart(30.75), Lauren Kraft(28.30)
Karin Selland(28.39), Maria Blessum(29.00)
1:56.44 – 2nd place - **SQ**

4 x 400 Meter Relay

Maria Blessum(1:04.74), Anni Stier(1:06.03)
Tristin Lunde(1:06.22), Emily Stier(1:03.03)
4:20.02 - 1st place - **SQ**

4 x 800 Meter Relay

Allison Foster(2:36.41), Bailey Nelson(2:41.75)
Emily Salwey(2:46.80), Tristin Lunde(2:33.28)
10:38.24 - 1st place - **SQ**

GIRLS TEAM SCORES

1. Rugby - 255½
2. Harvey-Wells County - 133
3. Velve/Drake-Anamoose/Sawyer - 81½
4. North Star - 66
5. New Rockford-Sheyenne - 52
6. Bottineau - 41
7. Benson County - 32
8. Northern Lights - 28
9. Glenburn - 19
10. Rolette/Wolford - 14
11. Warwick - 13
12. Dunseith - 1