

# Rugby High School Girls Track & Field Results

## REGION VI

### Rugby, ND – Saturday, May 22, 2004

#### 100 Meter Dash

Tallie Stebner - 13.30 - 4<sup>th</sup> place  
Morgan Gronvold - 13.45 - 6<sup>th</sup> place  
Courtney Weiss - 14.39  
Nicole Fritel - 14.78

#### 200 Meter Dash

Jessica Tuchscherer - 26.87 - 1<sup>st</sup> place - **State Qualifier**  
Shannon Swanson - 26.89 - 2<sup>nd</sup> place - **State Qualifier**  
Valerie Moller - 27.60 - 5<sup>th</sup> place  
Tallie Stebner - 27.75 - 6<sup>th</sup> place  
Kristen Laib - 32.83

#### 400 Meter Dash

Jessica Tuchscherer - 1:01.00 - 1<sup>st</sup> place - **State Qualifier**  
Valerie Moller - 1:01.06 - 2<sup>nd</sup> place - **State Qualifier**  
Sarah Skipper - 1:02.07 - 4<sup>th</sup> place

#### 800 Meter Run

Kelsey McAtee - 2:36.87 - 8<sup>th</sup> place  
Ashley Salwey - 2:43.00  
Kristi Black - 2:47.47  
Kellie Pieterick - 2:49.75

#### 1600 Meter Run

Kelsey McAtee - 5:45.91 - 2<sup>nd</sup> place - **State Qualifier**  
Kirsten Welk - 5:54.40 - 5<sup>th</sup> place  
Kellie Pieterick - 6:08.80 - 8<sup>th</sup> place  
Jena Suchor - 6:50.58  
Nicole Hager - 6:54.04

#### 3200 Meter Run

Kirsten Welk - 12:56.69 - 4<sup>th</sup> place  
Danielle Wangler - 13:15.67 - 6<sup>th</sup> place  
Crystal Schaan - No Time Recorded  
Jena Suchor - 15:00.74  
Nicole Hager - 16:14.63

#### 100 Meter Hurdles

Stephanie Leer - 16.89 - 4<sup>th</sup> place  
Courtney Jorgenson - 19.46  
Ashley Salwey - 21.50

#### 300 Meter Hurdles

Jessica Tuchscherer - 46.73 - 1<sup>st</sup> place - **State Qualifier**  
Ashley Salwey - 53.05  
Courtney Jorgenson - 55.99

#### Shot Put

Leah Wentz - 34'7" - 3<sup>rd</sup> place  
Amanda Heilman - 29'2"  
Jana Gronvold - 27'9"  
Kristen Knain - 26'3"  
Stephanie Skwiera - 16'7"

#### Discus

Leah Wentz - 81'4"  
Amanda Heilman - 80'8"  
Rachael Schneibel - 73'5"  
Kristen Knain - 65'6"  
Sarah Halls - 57'3"

#### Javelin

Jana Gronvold - 99'3" - 4<sup>th</sup> place  
Amanda Heilman - 93'6" - 8<sup>th</sup> place

#### Javelin (continued)

Leah Wentz - 92'1"  
Kristi Black - 84'9"  
Kaycee Grochow - 58'3"

#### Long Jump

Jessica Friestad - 17'5" - 2<sup>nd</sup> place  
**State Qualifier - School Record**  
Vanessa Friestad - 15'11" - 5<sup>th</sup> place  
Stephanie Leer - 15'9½" - 6<sup>th</sup> place  
Tina Childress - 15'3½"  
Heidi Bird - 14'10"

#### Triple Jump

Vanessa Friestad - 35'2¾" - 1<sup>st</sup> place - **State Qualifier**  
Tina Childress - 33'10¾" - 3<sup>rd</sup> place - **State Qualifier**  
Jessica Friestad - 33'9" - 4<sup>th</sup> place - **State Qualifier**  
Stephanie Leer - 32'6½" - 7<sup>th</sup> place  
Leah Lehman - 31'4" - 8<sup>th</sup> place

#### High Jump

Stephanie Leer - 4'11" - 1<sup>st</sup> place - **State Qualifier**  
Leah Lehman - 4'7" - 4<sup>th</sup> place tie  
Vanessa Friestad - 4'7" - 6<sup>th</sup> place tie  
Heidi Bird - No Height

#### Pole Vault

Jana Gronvold - 8'0" - 5<sup>th</sup> place  
Kellie Pieterick - 7'0" - 8<sup>th</sup> place  
Leah Lehman - 6'6"

#### 400 Meter Relay

Tallie Stebner(13.50), Morgan Gronvold(13.25)  
Jessica Friestad(13.50), Shannon Swanson(12.39)  
52.80 - 2<sup>nd</sup> place - **State Qualifier**

#### 800 Meter Relay

Tallie Stebner(29.13), Morgan Gronvold(27.67)  
Valerie Moller(27.24), Shannon Swanson(26.33)  
Disqualified – Out of exchange zone between 1 & 2

#### 1600 Meter Relay

Valerie Moller(1:02.10), Sarah Skipper(1:05.23)  
Morgan Gronvold(1:05.05), Jessica Tuchscherer(1:03.89)  
4:16.32 - 1<sup>st</sup> place - **State Qualifier**

#### 3200 Meter Relay

Sarah Skipper(2:31.86), Kristi Black(2:46.50)  
Crystal Schaan(2:47.14), Danielle Wangler(2:45.09)  
10:59.45 - 3<sup>rd</sup> place

#### TEAM SCORES

1. Rugby - 190
2. Bottineau - 122½
3. Velsa/Sawyer/Drake - 114
4. Minot Bishop Ryan - 72
5. Mohall/Sherwood - 71
6. Des Lacs-Burlington/Berthold – 45½
7. Garrison-Max – 27
8. Towner/Granville/Upham – 26
9. Surrey – 24
10. Kenmare/Bowbells – 19
11. Glenburn – 12
12. Anamoose – 10
13. Dunseith - 4
14. Westhope/Newburg – 0