

Rugby High School Track & Field Results
CENTRAL NORTH DAKOTA CONFERENCE INDOOR INVITATIONAL
Minot State University Dome, Minot, ND – Tuesday, March 29, 2005

55 Meter Dash

Jessica Friestad - 8.03 - 3rd place
Jessica Tuchscherer - 8.13
Shannon Swanson - 8.17
Mariah Koenig - 8.35
Tara Kuntz - 8.37
Kali Erickson - 8.54
Casandra Blessum - 8.55
Marah Schiele - 8.93

200 Meter Dash

Shannon Swanson - 30.08 - 7th place
Jessica Tuchscherer - 30.30
Ashley Salwey - 30.99
Chelsea Halvorson - 31.20
Mariah Koenig - 31.88
Kali Erickson - 32.12
Tara Kuntz - 33.34
Marah Schiele - 33.60
Stephanie Friestad - 33.60

400 Meter Dash

Ashley Salwey - 1:08.90 - 1st place
Chelsea Halvorson - 1:09.51 - 4th place
Kali Erickson - 1:13.40

800 Meter Run

Kristi Black - 2:50.38 - 5th place
Mariya Bernhardt - 3:19.79

1600 Meter Run

Danielle Wangler – 6:17.97 - 6th place

3000 Meter Run

Danielle Wangler - 13:56.70 - 2nd place
Nicole Hager - 16:08.90 - 4th place

55 Meter Hurdles

Ashley Salwey - 10.65
Kali Erickson - 11.28
Kristi Black - 11.44

Long Jump

Jessica Friestad – 15'7½" – 2nd place
Vanessa Friestad - 15'7" - 3rd place
Stephanie Friestad - 14'11" - 4th place
Leah Lehman - 12'4½"
Tara Kuntz – 11'9½"

Triple Jump

Vanessa Friestad - 33'9" - 1st place
Jessica Friestad – 30'11½" - 6th place
Stephanie Friestad - 30'½" - 8th place

High Jump

Vanessa Friestad - 4'7" - 3rd place
Leah Lehman - 4'5" - 5th place
Casandra Blessum - NH
Joclyn Seiler - NH

Pole Vault

Jana Gronvold - 7'0" - 1st place
Leah Lehman - 6'0" - 2nd place

Shot Put

Amanda Heilman - 29'11"
Jana Gronvold - 26'11"
Allison Brossart - 25'2"

4 x 1 Lap Relay

Mariah Koenig(24.22), Shannon Swanson(19.79)
Jessica Friestad(23.19), Jessica Tuchscherer(24.96)
1:35.98 – 4th place

1600 Meter Relay

Vanessa Friestad(1:09.79), Ashley Salwey(1:09.15)
Chelsea Halvorson(1:09.99), Kristi Black(1:13.70)
4:42.56 – 3rd place

3200 Meter Relay

Mariya Bernhardt(3:07.97), Kristi Black(2:51.72)
Joclyn Seiler(3:12.43), Nicole Hager(3:16.15)
12:28.58 - 5th place

GIRLS TEAM SCORES

1. Rugby - 119
2. Benson County – 99½
3. Des Lacs-Burlington/Berthold – 88
4. Minot Ryan – 64
5. Wells County – 51
6. Northern Lights – 35½
7. Garrison/Max – 32
8. Harvey – 24
9. New Rockford/Sheyenne – 15
9. Westhope/Newburg – 15
11. Glenburn – 6
12. Anamoose – 3
13. Towner/Granville/Upham – 2