

# Rugby High School Girls Track & Field Results

## CNDC Outdoor

### Fessenden, ND – Tuesday, May 10, 2005

#### 100 Meter Dash

Jessica Tuchscherer - 13.11 - 2<sup>nd</sup> place  
Morgan Gronvold - 13.32 - 3<sup>rd</sup> place  
Courtney Jorgenson - 13.43 - 5<sup>th</sup> place  
Tara Kuntz - 14.18 - 8<sup>th</sup> place  
Nicole Fritel - 14.72  
Marah Schiele - 14.85  
Courtney Weiss - 15.35

#### 200 Meter Dash

Morgan Gronvold - 28.24 - 2<sup>nd</sup> place  
Courtney Jorgenson - 29.36 - 4<sup>th</sup> place  
Nicole Fritel - 31.97 - 6<sup>th</sup> place  
Marah Schiele - 32.23 - 8<sup>th</sup> place

#### 400 Meter Dash

Morgan Gronvold - 1:04.92 - 3<sup>rd</sup> place  
Casandra Blessum - 1:09.36 - 7<sup>th</sup> place

#### 800 Meter Run

Kelsey McAtee - 2:39.61 - 4<sup>th</sup> place

#### 1600 Meter Run

Kelsey McAtee - 5:57.41 - 3<sup>rd</sup> place  
Kirsten Welk - 6:04.29 - 4<sup>th</sup> place  
Nicole Hager - 6:41.50 - 8<sup>th</sup> place  
Jena Suchor - 7:22.00

#### 3200 Meter Run

Kirsten Welk - 13:23.34 - 2<sup>nd</sup> place  
Nicole Hager - 14:33.26 - 5<sup>th</sup> place

#### 100 Meter Hurdles

Sarah Skipper - 17.07 - 1<sup>st</sup> place  
Kali Erickson - 18.18 - 5<sup>th</sup> place

#### 300 Meter Hurdles

Sarah Skipper - 49.36 - 2<sup>nd</sup> place  
Kali Erickson - 53.39 - 3<sup>rd</sup> place

#### Shot Put

Leah Wentz - 36'6" - 1<sup>st</sup> place - **SQ**  
Amanda Heilman - 30'4" - 6<sup>th</sup> place  
Kaycee Grochow - 28'2"  
Allison Brossart - 25'0"

#### Discus

Leah Wentz - 98'7" - 5<sup>th</sup> place  
Amanda Heilman - 72'8"  
Allison Brossart - 69'0"  
Tara Kuntz - 56'1"

#### Javelin

Jana Gronvold - 93'3" - 4<sup>th</sup> place  
Amanda Heilman - 79'10" - 8<sup>th</sup> place  
Jena Suchor - 71'7"  
Allison Brossart - 66'4"  
Tara Kuntz - 58'4"

#### Long Jump

Vanessa Friestad - 17'2½" - 1<sup>st</sup> place - **SQ, MR**  
Nicole Fritel - 14'1½" - 5<sup>th</sup> place  
Kali Erickson - 13'4" - 8<sup>th</sup> place  
Casandra Blessum - 12'9¼"  
Courtney Weiss - 12'5"  
Tara Kuntz - 12'4½"  
Marah Schiele - 10'11"

#### Triple Jump

Vanessa Friestad - 33'11½" - 1<sup>st</sup> place - **SQ**

#### High Jump

Leah Lehman - 4'11" - 1<sup>st</sup> place tie  
Vanessa Friestad - 4'11" - 1<sup>st</sup> place tie  
Sarah Skipper - 4'7" - 4<sup>th</sup> place  
Casandra Blessum - No Height

#### Pole Vault

Jana Gronvold - 8'6" - 1<sup>st</sup> place  
Leah Lehman - 8'6" - 2<sup>nd</sup> place

#### 400 Meter Relay

Courtney Jorgenson(13.47), Jessica Tuchscherer(13.81)  
Kelsea Volk(12.22), Shannon Swanson(13.43)  
53.02 - 1<sup>st</sup> place

#### 800 Meter Relay

Courtney Jorgenson(28.44), Kali Erickson(30.58)  
Kelsea Volk(28.92), Shannon Swanson(27.00)  
1:55.09 - 2<sup>nd</sup> place

#### 1600 Meter Relay

Morgan Gronvold(1:06.95), Kelsea Volk(1:13.60)  
Kelsey McAtee(1:10.68), Sarah Skipper(1:04.48)  
4:35.71 - 2<sup>nd</sup> place

#### 3200 Meter Relay

#### TEAM SCORES

1. Rugby – 216
2. Benson County - 142
3. Harvey - 84
4. Wells County - 69
5. Northern Lights - 63
6. New Rockford/Sheyenne - 55
7. Anamoose - 47
8. Towner/Granville/Upham - 10

**SQ – State Qualifying**  
**MR – Meet Record**  
**SR – School Record**