

Rugby High School Track & Field Results
DEVILS LAKE EARLY BIRD INVITATIONAL
Devils Lake, ND – Saturday, April 9, 2005

100 Meter Dash

Jessica Friestad - 13.43 - 6th place
Morgan Gronvold - 13.74 - 8th place
Kelsea Volk - 13.75
Mariah Koenig - 14.29
Casandra Blessum - 14.35
Tara Kuntz - 14.39
Nicole Fritel - 14.93
Stephanie Friestad - 14.96

200 Meter Dash

Chelsea Halvorson - 29.12
Ashley Salwey - 29.15
Courtney Jorgenson - 30.07
Kali Erickson - 30.72
Mariah Koenig - 31.90
Stephanie Friestad - 32.84

400 Meter Dash

Mariah Koenig - 1:12.05 - 2nd place

800 Meter Run

Kirsten Welk - 2:48.07 - 6th place

1600 Meter Run

Kirsten Welk - 6:11.48 - 4th place
Chelsea Halvorson - 6:18.60 - 7th place

3200 Meter Run

100 Meter Hurdles

Ashley Salwey - 18.58 - 4th place
Kali Erickson - 18.84 - 7th place
Kristi Black - 19.55 - 8th place
Courtney Jorgenson - 20.36

300 Meter Hurdles

Ashley Salwey - 51.68 - 2nd place
Sarah Skipper - 52.75 - 3rd place
Kristi Black - 55.92 - 8th place
Courtney Jorgenson - 59.00

Shot Put

Leah Wentz - 36'7¼" - 1st place - **SQ, MR**
Kaycee Grochow - 27'5¼"

Discus

Tara Kuntz - 57'4"

Javelin

Kristi Black - 99'9" - 1st place - **MR**
Kaycee Grochow - No Mark

Long Jump

Vanessa Friestad - 17'11" - 2nd place - **SQ, SR**
Jessica Friestad - 17'6¼" - 3rd place - **SQ**
Stephanie Friestad - 14'8½" - 4th place
Nicole Fritel - 13'6¾"
Tara Kuntz - 12'0"
Kali Erickson - 11'11"
Casandra Blessum - 11'2"

Triple Jump

Vanessa Friestad - 36'7" - 1st place - **SQ, SR, MR**
Stephanie Friestad - 28'10¾" - 4th place

High Jump

Leah Lehman - 4'9" - 1st place tie - **MR**
Vanessa Friestad - 4'9" - 1st place tie - **MR**
Sarah Skipper - 4'5" - 6th place
Casandra Blessum - 4'3" - 7th place

Pole Vault

Leah Lehman - 8'0" - 4th place
Chelsea Halvorson - 5'6" - 7th place
Kristi Black - No Height

400 Meter Relay

Kelsea Volk(14.75), Kali Erickson(14.10)
Tara Kuntz(14.35), Courtney Jorgenson(12.73)
56.04 – 3rd place

800 Meter Relay

Kelsea Volk(33.03), Vanessa Friestad(27.20)
Sarah Skipper(28.60), Morgan Gronvold(27.64)
1:56.51 - 1st place - **MR**

1600 Meter Relay

Ashley Salwey(1:09.09), Chelsea Halvorson(1:07.82)
Kirsten Welk(1:09.97), Sarah Skipper(1:07.44)
4:34.40 – 1st place - **MR**

3200 Meter Relay

GIRLS TEAM SCORES

1. Carrington - 192
2. Rugby - 155
3. Langdon - 105
4. Devils Lake - 91½
5. Benson County - 55
6. New Rockford/Sheyenne - 45½

SQ - State Qualifier
SR - School Record
MR - Meet Record