

Rugby High School Track & Field Results
DEVILS LAKE GERRELLS INVITATIONAL
Devils Lake, ND – Saturday, April 16, 2005

100 Meter Dash

Jessica Tuchscherer - 13.27 - 2nd place
Jessica Friestad - 13.45 - 6th place
Kelsea Volk - 13.73
Casandra Blessum - 14.23
Marah Schiele - 14.58
Courtney Weiss - 14.64
Nicole Fritel - 14.66
Stephanie Friestad - 14.80

200 Meter Dash

Valerie Moller - 27.01 - 2nd place
Shannon Swanson - 27.48 - 4th place
Courtney Jorgenson - 29.19
Casandra Blessum - 29.67
Kelsea Volk - 29.98
Courtney Weiss - 30.94
Nicole Fritel - 31.01
Marah Schiele - 31.43

400 Meter Dash

Chelsea Halvorson - 1:04.61 - 2nd place
Kelsea Volk - 1:09.79

800 Meter Run

Kelsey McAtee - 2:36.80 - 5th place
Kristi Black - 2:40.20 - 7th place

1600 Meter Run

Danielle Wangler - 6:02.71 - 3rd place

3200 Meter Run

Kirsten Welk - 13:04.08 - 2nd place
Danielle Wangler - 14:21.45 - 4th place

100 Meter Hurdles

Sarah Skipper - 17.78 - 6th place
Ashley Salwey - 18.27 - 7th place
Kali Erickson - 18.94
Courtney Jorgenson - 19.93
Kristi Black - 20.73

300 Meter Hurdles

Ashley Salwey - 48.73 - 2nd place
Kristi Black - 53.72 - 5th place
Courtney Jorgenson - 55.40 - 7th place
Kali Erickson - 56.08 - 8th place

Shot Put

Leah Wentz - 37'6" - 1st place - **SQ**
Amanda Heilman - 30'11" - 7th place
Kaycee Grochow - 28'0"
Allison Brossart - 25'9"

Discus

Leah Wentz - 100'4" - 5th place
Amanda Heilman - 79'1"
Kaycee Grochow - 68'2"
Allison Brossart - 68'0"

Javelin

Jana Gronvold - 100'11" - 2nd place
Leah Wentz - 96'1" - 6th place
Kristi Black - 89'9" - 8th place
Amanda Heilman - 83'9"
Jena Suchor - 68'9"
Allison Brossart - 63'0"

Long Jump

Vanessa Friestad - 17'7" - 1st place - **SQ, MR**
Jessica Friestad - 17'4½" - 2nd place - **SQ**
Stephanie Friestad - 14'5¼" - 5th place
Nicole Fritel - 13'9" - 7th place
Kali Erickson - 13'¾"
Courtney Weiss - 12'2"
Marah Schiele - 11'7"
Casandra Blessum - 11'3¾"
Tara Kuntz - 11'3¼"

Triple Jump

Vanessa Friestad - 35'6½" - 1st place - **SQ**
Stephanie Friestad - No Mark

High Jump

Vanessa Friestad - 5'1" - 2nd place - **SQ**
Leah Lehman - 4'11" - 3rd place
Sarah Skipper - 4'11" - 5th place
Casandra Blessum - 4'1"

Pole Vault

Jana Gronvold - 8'6" - 1st place
Leah Lehman - 8'0" - 3rd place tie

400 Meter Relay

Valerie Moller(13.23), Jessica Tuchscherer(13.38)
Jessica Friestad(12.21), Shannon Swanson(13.21)
52.19 – 1st place - **SQ**

800 Meter Relay

Valerie Moller(29.38), Morgan Gronvold(26.43)
Vanessa Friestad(28.18), Shannon Swanson(26.52)
1:50.55 - 1st place - **SQ**

1600 Meter Relay

Valerie Moller(1:02.52), Chelsea Halvorson(1:04.99)
Ashley Salwey(1:02.32), Sarah Skipper(1:03.04)
4:12.90 – 1st place - **SQ**

3200 Meter Relay

Chelsea Halvorson(2:32.29), Sarah Skipper(2:33.69)
Kelsey McAtee(2:34.27), Kirsten Welk(2:34.10)
10:15.40 - 2nd place - **SQ**

GIRLS TEAM SCORES

1. Rugby - 210½
2. Langdon - 145
3. Benson County - 81
4. Devils Lake - 58
5. Jamestown - 54
6. Wells County - 52
7. Surrey - 37
8. Rolette/Wolford - 34
9. Larimore - 22½
10. Northern Lights - 20
11. Cavalier - 13
12. New Rockford/Sheyenne - 3
13. Four Winds - 0

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