

Rugby High School Track & Field Results
HARVEY INVITATIONAL
Harvey, ND – Tuesday, April 19, 2005

100 Meter Dash

Valerie Moller - 13.30 - 3rd place
Jessica Tuchscherer - 13.54 - 7th place
Kelsea Volk - 13.69 - 8th place
Jessica Friestad - 13.70
Tara Kuntz - 14.55
Courtney Weiss - 14.93
Marah Schiele - 15.06
Nicole Fritel - 15.13

200 Meter Dash

Valerie Moller - 27.09 - 1st place
Morgan Gronvold - 27.70 - 4th place
Kelsea Volk - 29.73
Courtney Jorgenson - 30.19
Casandra Blessum - 30.49
Marah Schiele - 31.49

400 Meter Dash

Valerie Moller - 1:03.72 - 3rd place
Casandra Blessum - 1:12.00
Courtney Weiss - 1:15.43
Nicole Fritel - 1:18.93

800 Meter Run

Kirsten Welk - 2:43.18 - 5th place
Danielle Wangler - 2:56.99

1600 Meter Run

Kirsten Welk - 5:54.29 - 3rd place
Danielle Wangler - 6:09.40 - 5th place
Nicole Hager - 6:49.75
Jena Suchor - 7:27.93

3200 Meter Run

Nicole Hager - 14:56.43 - 5th place

100 Meter Hurdles

Sarah Skipper - 18.75 - 6th place
Courtney Jorgenson - 20.00
Kali Erickson - 20.07

300 Meter Hurdles

Sarah Skipper - 49.58 - 2nd place
Courtney Jorgenson - 56.53 - 6th place
Kali Erickson - 57.78

Shot Put

Leah Wentz - 35'2" - 1st place
Amanda Heilman - 32'1½" - 3rd place
Kaycee Grochow - 28'2½"
Jana Gronvold - 25'10"

Discus

Leah Wentz - 100'7" - 3rd place
Amanda Heilman - 72'10"
Tara Kuntz - 54'2"

Javelin

Jana Gronvold - 99'8" - 5th place
Leah Wentz - 90'3" - 7th place
Amanda Heilman - 84'7"
Jena Suchor - 65'0"

Long Jump

Vanessa Friestad - 16'7" - 1st place - **SQ**
Kali Erickson - 13'3" - 5th place
Nicole Fritel - 13'1¼" - 8th place
Courtney Weiss - 12'7"
Tara Kuntz - 11'9½"
Marah Schiele - 11'0"
Jessica Friestad - NM

Triple Jump

Vanessa Friestad - 35'6¾" - 1st place - **SQ, MR**

High Jump

Vanessa Friestad - 4'11" - 1st place tie
Leah Lehman - 4'11" - 1st place tie
Sarah Skipper - 4'5" - 4th place
Casandra Blessum - NH

Pole Vault

Jana Gronvold - 8'6" - 2nd place
Leah Lehman - 7'0" - 4th place

400 Meter Relay

Jessica Friestad(15.10), Jessica Tuchscherer(14.01)
Morgan Gronvold(11.76), Shannon Swanson(13.41)
54.51 – 2nd place

800 Meter Relay

Jessica Friestad(30.62), Sarah Skipper(27.33)
Morgan Gronvold(28.80), Shannon Swanson(27.42)
1:54.23 - 2nd place

1600 Meter Relay

Valerie Moller(1:05.87), Vanessa Friestad(1:08.35)
Danielle Wangler(1:12.30), Kirsten Welk(1:06.19)
4:32.99 – 3rd place

3200 Meter Relay

GIRLS TEAM SCORES

1. Rugby - 171
2. Carrington - 126
3. Benson County - 95
4. Wells County - 75
5. Washburn/Wilton - 63
6. Harvey - 50
7. Underwood/Turtle Lake-Mercer - 45
7. Velva/Sawyer/Drake - 45
9. Surrey - 15
10. Anamoose - 9
10. New Rockford/Sheyenne - 9
12. Towner/Granville/Upham - 4

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