

**Rugby High School Track & Field Results**  
**NORTH DAKOTA STATE UNIVERSITY STATE INDOOR INVITATIONAL**  
**NDSU Bison Sports Arena, Fargo, ND – Saturday, March 26, 2005**

All times are FAT (Fully Automatic Timing)

**60 Meter Dash**

Valerie Moller - 8.44 - 2<sup>nd</sup> place  
Morgan Gronvold - 8.80 - 6<sup>th</sup> place  
Kelsea Volk - 9.17  
Tara Kuntz - 9.38

**200 Meter Dash**

Valerie Moller - 28.12 - 2<sup>nd</sup> place  
Shannon Swanson - 29.64  
Morgan Gronvold - 30.41  
Kelsea Volk - 30.97

Boys - Taylor Yoder - 30.36

**400 Meter Dash**

Ashley Salwey - 1:06.77  
Chelsea Halvorson - 1:08.27

Boys - Taylor Yoder - 1:12.17

**800 Meter Run**

Kelsey McAtee - 2:40.88 - 6<sup>th</sup> place  
Kristi Black - 2:45.08  
Sarah Skipper - 2:45.50

Boys - Dylan Yoder - 2:16.78 - 6<sup>th</sup> place  
Jeremy Johnston - 2:34.49

**1600 Meter Run**

Danielle Wangler - 6:15.50 - 5<sup>th</sup> place  
Nicole Hager - 7:04.89

Boys - Dylan Yoder - 5:09.61  
Jeremy Johnston - 5:32.77

**3000 Meter Run**

Kirsten Welk - 12:38.32 - 2<sup>nd</sup> place  
Danielle Wangler - 12:42.36 - 3<sup>rd</sup> place  
Nicole Hager - 14:37.04

**60 Meter Hurdles**

Ashley Salwey - 11.53  
Kristi Black - 13.08

**Long Jump**

Jessica Friestad - 16'6" - 1<sup>st</sup> place  
Vanessa Friestad - 16'4" - 3<sup>rd</sup> place  
Kelsea Volk - 12'0"

**Triple Jump**

Vanessa Friestad - 34'5" - 1<sup>st</sup> place  
Jessica Friestad - 30'8"  
Stephanie Friestad - 25'11"

**High Jump**

Vanessa Friestad - 4'10" - 6<sup>th</sup> place  
Sarah Skipper - 4'4"  
Casandra Blessum - NH

**4 x 200 Meter Relay**

Valerie Moller(29.64), Jessica Friestad(30.40)  
Morgan Gronvold(28.60), Shannon Swanson(28.75)  
1:57.52 - 1<sup>st</sup> place

**4 x 400 Meter Relay**

Ashley Salwey(1:06.52), Sarah Skipper(1:05.65)  
Chelsea Halvorson(1:09.49), Valerie Moller(1:06.67)  
4:29.17 - 1<sup>st</sup> place

**4 x 800 Meter Relay**

Chelsea Halvorson(2:40.22), Sarah Skipper(2:36.97)  
Kirsten Welk(2:40.93), Kelsey McAtee(2:37.65)  
10:36.05 - 2<sup>nd</sup> place

**GIRLS TEAM SCORES**

1. Rugby - 89
2. Lisbon - 55
3. Benson County - 53
4. Langdon - 50
5. Kindred - 44
6. Milnor/Wyndmere/Lidgerwood - 33
7. Hope-Page - 37
8. Wells County - 31
9. New Town - 18
10. Ellendale - 15
11. Drayton - 11
12. North Border - 11
13. Barnes County - 8
14. Northern Lights - 4
15. Napoleon - 3
16. Ashley - 1
17. New Rockford/Sheyenne - 1