

Rugby High School Girls Track & Field Results

REGION VI

Rugby, ND – Saturday, May 21, 2005

100 Meter Dash

Valerie Moller – 13.13 – 5th place
 Jessica Tuchscherer – 13.18 – 6th place
 Kelsea Volk – 13.54
 Mariah Koenig – 13.55
 Marah Schiele – 14.32

200 Meter Dash

Morgan Gronvold – 26.67 – 5th place – **SQ**
 Sarah Skipper – 26.85 – 7th place
 Shannon Swanson – 26.97 – 8th place
 Courtney Jorgenson – 27.73
 Valerie Moller – 27.84

400 Meter Dash

Valerie Moller – 1:04.18 – 3rd place
 Ashley Salwey – 1:06.45 – 7th place
 Morgan Gronvold – 1:07.71
 Casandra Blessum – 1:09.95
 Mariah Koenig – 1:11.02

800 Meter Run

Chelsea Halvorson – 2:30.50 – 3rd place
 Kelsey McAtee – 2:40.41 – 8th place
 Kristi Black – 2:54.40
 Joclyn Seiler – 2:56.45

1600 Meter Run

Chelsea Halvorson – 5:38.59 – 1st place – **SQ**
 Kirsten Welk – 5:41.70 – 4th place
 Kelsey McAtee – 5:42.88 – 5th place
 Danielle Wangler – 6:10.40
 Jena Suchor – 7:12.65

3200 Meter Run

Kirsten Welk – 13:01.37 – 3rd place
 Danielle Wangler – 14:06.36 – 6th place
 Nicole Hager – 14:59.33 – 8th place

100 Meter Hurdles

Kali Erickson – 17.18 – 4th place
 Courtney Jorgenson – 18.30 – 8th place
 Sarah Skipper – False Start

300 Meter Hurdles

Ashley Salwey – 48.85 – 2nd place – **SQ**
 Kali Erickson – 53.38 – 4th place
 Sarah Skipper – False Start

Shot Put

Leah Wentz – 39'11½" – 2nd place – **SQ, SR**
 Amanda Heilman – 33'11½" – 6th place
 Kaycee Grochow – 28'0"
 Allison Brossart – 25'7½"
 Amanda Blay – 24'9½"

Discus

Leah Wentz – 105'1" – 5th place
 Amanda Heilman – 89'7"
 Allison Brossart – 71'6"
 Amanda Blay – 69'9"
 Tara Kuntz – 64'4"

Javelin

Jana Gronvold – 106'4" – 4th place
 Amanda Heilman – 88'4"
 Leah Wentz – 87'6"
 Kristi Black – 82'2"
 Amanda Blay – 81'1"

Long Jump

Vanessa Friestad – 16'11" – 3rd place – **SQ**
 Jessica Friestad – 16'6½" – 4th place – **SQ**
 Casandra Blessum – 14'8" – 7th place
 Stephanie Friestad – 14'0"
 Nicole Fritel – 12'11¾"

Triple Jump

Vanessa Friestad – 34'6¾" – 1st place – **SQ**
 Stephanie Friestad – 30'2¾" – 6th place
 Joclyn Seiler – 27'9½"

High Jump

Vanessa Friestad – 5'1" – 1st place – **SQ**
 Leah Lehman – 4'9" – 2nd place – **SQ**
 Casandra Blessum – 3'11"
 Sarah Skipper – No Height
 Joclyn Seiler – No Height

Pole Vault

Jana Gronvold – 8'6" – 3rd place
 Leah Lehman – 7'0" – 4th place
 Kristi Black – 6'0" – 5th place

400 Meter Relay

Courtney Jorgenson(13.19), Jessica Tuchscherer(13.20)
 Mariah Koenig(12.50), Shannon Swanson(13.36)
 52.28 – 2nd place – **SQ**

800 Meter Relay

Courtney Jorgenson(28.07), Ashley Salwey(28.40)
 Morgan Gronvold(26.79), Shannon Swanson(27.48)
 1:50.91 – 2nd place – **SQ**

1600 Meter Relay

Valerie Moller(1:02.95), Chelsea Halvorson(1:05.40)
 Morgan Gronvold(1:05.81), Ashley Salwey(1:03.60)
 4:17.75 – 3rd place

3200 Meter Relay

Nicole Hager(2:49.67), Danielle Wangler(2:48.53)
 Joclyn Seiler(2:48.53), Kristi Black(2:47.11)
 11:13.69 – 6th place

TEAM SCORES		
1.	Rugby	181
2.	Bottineau	155
3.	Velva/Sawyer/Drake	108
4.	Des Lacs-Burlington/Berthold	83
5.	Minot Bishop Ryan	56
6.	Surrey	38
7.	Mohall-Lansford-Sherwood	35
8.	Kenmare	25
9.	Garrison/Max	24
10.	Glenburn	15
11.	Westhope/Newburg	9
12.	Anamoose	3
13.	Dunseith	2
14.	Towner/Granville/Upham	0

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