

Rugby High School Track & Field Results
RUGBY LIONS INVITATIONAL
Rugby, ND – Friday, April 22, 2005

100 Meter Dash

Jessica Friestad - 13.82 - 7th place
Kelsea Volk - 14.06 - 8th place
Courtney Jorgenson - 14.07
Mariah Koenig - 14.26
Tara Kuntz - 14.66
Casandra Blessum - 14.71
Courtney Weiss - 14.71
Nicole Fritel - 15.14
Marah Schiele - 15.15

200 Meter Dash

Valerie Moller - 27.21 - 1st place
Shannon Swanson - 28.15 - 4th place
Ashley Salwey - 28.80
Mariah Koenig - 29.26
Courtney Jorgenson - 29.52
Casandra Blessum - 29.89
Kali Erickson - 30.97
Marah Scheile - 31.57
Courtney Weiss - 31.57
Nicole Fritel - 31.78

400 Meter Dash

Sarah Skipper - 1:02.50 - 1st place
Valerie Moller - 1:03.54 - 2nd place
Chelsea Halvorson - 1:04.91 - 3rd place

800 Meter Run

Kristi Black - 2:39.09 - 1st place

1600 Meter Run

Kirsten Welk - 5:57.31 - 1st place
Danielle Wangler - 6:04.37 - 2nd place

3200 Meter Run

Kirsten Welk - 12:39.89 - 2nd place
Danielle Wangler - 13:44.38 - 4th place

100 Meter Hurdles

Ashley Salwey - 17.80 - 5th place
Kali Erickson - 18.37 - 7th place
Courtney Jorgenson - 19.53

300 Meter Hurdles

Sarah Skipper - 49.00 - 2nd place
Ashley Salwey - 49.08 - 4th place
Courtney Jorgenson - 54.74
Kali Erickson - 55.25

Shot Put

Leah Wentz - 38'3" - 1st place - **SQ**
Amanda Heilman - 31'7" - 6th place

Discus

Leah Wentz - 100'1" - 3rd place
Amanda Heilman - 80'6"
Tara Kuntz - 58'5"

Javelin

Kristi Black - 95'3" - 4th place
Jana Gronvold - 93'9" - 5th place
Amanda Heilman - 74'7"
Jena Suchor - 62'7"
Tara Kuntz - 54'7"

Long Jump

Jessica Friestad - 16'8½" - 2nd place - **SQ**
Vanessa Friestad - 16'4" - 3rd place - **SQ**
Stephanie Friestad - 14'11" - 7th place
Nicole Fritel - 13'0"
Kali Erickson - 12'11"
Courtney Weiss - 12'9¾"
Casandra Blessum - 12'7"
Tara Kuntz - 12'6"
Marah Schiele - 10'11"

Triple Jump

Vanessa Friestad - 34'5½" - 1st place - **SQ**
Stephanie Friestad - 30'6¼" - 8th place
Leah Lehman - 29'7½"

High Jump

Leah Lehman - 4'11" - 1st place
Sarah Skipper - 4'7" - 2nd place 3 way tie
Vanessa Friestad - 4'7" - 2nd place 3 way tie
Casandra Blessum - 4'1" - 8th place tie
Joclyn Seiler - 4'1" - 8th place tie

Pole Vault

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

400 Meter Relay

Jessica Friestad(14.95), Jessica Tuchscherer(12.26)
Morgan Gronvold(13.12), Shannon Swanson(12.73)
53.04 – 1st place

800 Meter Relay

Valerie Moller(28.39), Vanessa Friestad(29.35)
Morgan Gronvold(27.09), Shannon Swanson(27.25)
1:52.31 - 2nd place

1600 Meter Relay

Valerie Moller(1:04.54), Chelsea Halvorson(1:05.96)
Sarah Skipper(1:04.89), Ashley Salwey(1:04.78)
4:20.32 – 2nd place

3200 Meter Relay

Jena Suchor(3:10.58), Chelsea Halvorson(2:35.34)
Joclyn Seiler(2:55.34), Kristi Black(2:43.23)
11:25.30 - 2nd place

GIRLS TEAM SCORES

1. Rugby - 227½
2. Carrington - 129
3. Washburn/Wilton - 83½
4. Wells County - 71
5. Devils Lake - 51
6. Harvey - 46
7. Rolette/Wolford - 43
8. Benson County - 33
9. New Rockford/Sheyenne - 23
10. Towner/Granville/Upham - 10

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