

**Rugby High School Track & Field Results  
Central North Dakota Conference Outdoor  
Fessenden, ND – Tuesday, May 9, 2006**

**100 Meter Dash**

Kelsea Volk - 13.17 - 2<sup>nd</sup> place  
Morgan Gronvold - 13.26 - 3<sup>rd</sup> place  
Marne Johnson - 13.83 - 8<sup>th</sup> place  
Marah Schiele - 14.16

**200 Meter Dash**

Ashley Salwey - 26.50 - 1<sup>st</sup> place - **SQ**  
Morgan Gronvold - 27.35 - 3<sup>rd</sup> place  
Kelsea Volk - 27.83 - 4<sup>th</sup> place  
Marah Schiele - 29.76

**400 Meter Dash**

Ashley Salwey - 1:01.50 - 2<sup>nd</sup> place - **SQ**  
Morgan Gronvold - 1:03.64 - 3<sup>rd</sup> place

**800 Meter Run**

Kirsten Welk - 2:29.71 - 2<sup>nd</sup> place  
Kelsey McAtee - 2:42.74 - 3<sup>rd</sup> place  
Chelsea Halvorson - 2:47.66 - 4<sup>th</sup> place

**1600 Meter Run**

Kirsten Welk - 5:40.48 - 3<sup>rd</sup> place  
Danielle Wangler - 5:59.83 - 5<sup>th</sup> place  
Chelsea Halvorson - 6:02.65 - 6<sup>th</sup> place

**3200 Meter Run**

Danielle Wangler - 12:53.78 - 2<sup>nd</sup> place  
Kelsey McAtee - 13:32.99 - 3<sup>rd</sup> place

**100 Meter Hurdles**

Courtney Jorgenson - 17.55 - 1<sup>st</sup> place  
Kali Erickson - 17.59 - 2<sup>nd</sup> place

**300 Meter Hurdles**

Ashley Salwey - 45.43 - 2<sup>nd</sup> place - **SQ, SR**  
Courtney Jorgenson - 51.20 - 4<sup>th</sup> place  
Kali Erickson - 53.18 - 8<sup>th</sup> place

**Shot Put**

Leah Wentz - 38'9" - 1<sup>st</sup> place - **SQ**  
Amanda Heilman - 34'4" - 3<sup>rd</sup> place  
Kaycee Grochow - 27'3"

**Discus**

Leah Wentz - 109'8" - 2<sup>nd</sup> place  
Amanda Heilman - 107'6" - 3<sup>rd</sup> place

**Javelin**

Leah Wentz - 108'5" - 2<sup>nd</sup> place  
Amanda Heilman - 89'7" - 4<sup>th</sup> place  
Kaycee Grochow - 78'2" - 7<sup>th</sup> place

**Long Jump**

Vanessa Friestad - 16'7½" - 1<sup>st</sup> place - **SQ**  
Stephanie Friestad - 14'11¾" - 4<sup>th</sup> place  
Nicole Fritel - 14'6" - 6<sup>th</sup> place  
Markelle Schmaltz - 14'1" - 7<sup>th</sup> place  
Casandra Blessum - 12'1½"

**Triple Jump**

Vanessa Friestad - 35'½" - 1<sup>st</sup> place - **SQ, MR**  
Stephanie Friestad - 32'10½" - 3<sup>rd</sup> place  
Markelle Schmaltz - 28'3½"  
Casandra Blessum - 28'1¾"  
Nicole Fritel - 26'5"

**High Jump**

Casandra Blessum - 4'3" - 2<sup>nd</sup> place

**Pole Vault**

**400 Meter Relay**

Kelsea Volk(13.80), Courtney Jorgenson(12.89)  
Marah Schiele(14.15), Kali Erickson(12.68)  
53.58 - 1<sup>st</sup> place

**800 Meter Relay**

Kelsea Volk(30.49), Casandra Blessum(25.69)  
Kali Erickson(29.07), Courtney Jorgenson(27.07)  
1:52.45 - 1<sup>st</sup> place

**1600 Meter Relay**

Morgan Gronvold(1:03.92), Kirsten Welk(1:04.24)  
Chelsea Halvorson(1:07.41), Ashley Salwey(1:01.40)  
4:17.04 - 1<sup>st</sup> place

**3200 Meter Relay**

Kelsey McAtee(2:35.54), Danielle Wangler(2:36.57)  
Chelsea Halvorson(2:36.68), Kirsten Welk(2:25.82)  
10:14.58 - 2<sup>nd</sup> place - **SQ**

**GIRLS TEAM SCORES**

1. Rugby - 255
2. Benson County - 178
3. Harvey - 89
4. Wells County - 55
5. New Rockford/Sheyenne - 43
6. Northern Lights - 19
7. Anamoose - 9
8. Towner/Granville/Upham - 5

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