

**Rugby High School Track & Field Results**  
**CARRINGTON KIWANIS INVITATIONAL**  
**Carrington, ND – Saturday, April 22, 2006**

**100 Meter Dash**

Crystal Hovland - 13.43 - 2<sup>nd</sup> place  
Kelsea Volk - 13.69 - 4<sup>th</sup> place  
Marah Schiele - 14.16  
Marne Johnson - 14.50  
Nicole Fritel - 14.60  
Stephanie Friestad - 14.90

**200 Meter Dash**

Kelsea Volk - 29.25 - 5<sup>th</sup> place  
Crystal Hovland - 29.36 - 6<sup>th</sup> place  
Kali Erickson - 29.87 - 7<sup>th</sup> place  
Marah Schiele - 30.40  
Marne Johnson - 30.53

**400 Meter Dash**

Ashley Salwey - 1:03.90 - 1<sup>st</sup> place  
Marne Johnson - 1:11.90 - 8<sup>th</sup> place

**800 Meter Run**

Kelsey McAtee - 2:46.30 - 4<sup>th</sup> place  
Danielle Wangler - 2:51.31 - 5<sup>th</sup> place  
Joclyn Seiler - 2:58.19 - 8<sup>th</sup> place

**1600 Meter Run**

Kirsten Welk - 5:52.53 - 2<sup>nd</sup> place  
Danielle Wangler - 6:03.00 - 3<sup>rd</sup> place

**3200 Meter Run**

Nicole Hager - 15:49.54 - 4<sup>th</sup> place

**100 Meter Hurdles**

Kali Erickson - 18.31 - 8<sup>th</sup> place

**300 Meter Hurdles**

Ashley Salwey - 48.31 - 2<sup>nd</sup> place - **SQ**  
Kali Erickson - 53.87

**Shot Put**

Leah Wentz - 38'0" - 2<sup>nd</sup> place - **SQ**  
Amanda Heilman - 33'4" - 4<sup>th</sup> place  
Kaycee Grochow - 25'7"

**Discus**

Leah Wentz - 116'4" - 2<sup>nd</sup> place - **SQ**  
Amanda Heilman - 105'8" - 5<sup>th</sup> place

**Javelin**

Kristi Black - 94'9" - 3<sup>rd</sup> place  
Leah Wentz - 89'8" - 6<sup>th</sup> place

**Long Jump**

Vanessa Friestad - 16'2<sup>3</sup>/<sub>4</sub>" - 2<sup>nd</sup> place  
Stephanie Friestad - 14'10'1<sup>4</sup>/<sub>4</sub>" - 4<sup>th</sup> place  
Nicole Fritel - 13'6" - 7<sup>th</sup> place  
Casandra Blessum - 13'2'1<sup>2</sup>/<sub>2</sub>"  
Kali Erickson - 12'3<sup>9</sup>/<sub>4</sub>"  
Markelle Schmaltz - ?

**Triple Jump**

Vanessa Friestad - 34'10" - 1<sup>st</sup> place - **SQ**  
Stephanie Friestad - 31'1<sup>1</sup>/<sub>2</sub>" - 3<sup>rd</sup> place  
Casandra Blessum - 30'6" - 6<sup>th</sup> place  
Joclyn Seiler - 28'0" - 8<sup>th</sup> place  
Markelle Schmaltz - 26'3"  
Nicole Fritel - No Mark

**High Jump**

Casandra Blessum - 4'7" - 2<sup>nd</sup> place  
Markelle Schmaltz - 4'5" - 5<sup>th</sup> place  
Joclyn Seiler - No Height

**Pole Vault**

**400 Meter Relay**

Kelsea Volk(13.80), Casandra Blessum(13.45)  
Marah Schiele(13.10), Crystal Hovland(12.84)  
53.37 - 1<sup>st</sup> place

**800 Meter Relay**

Kelsea Volk(29.68), Ashley Salwey(26.04)  
Morgan Gronvold(27.41), Crystal Hovland(29.04)  
1:52.21 - 1<sup>st</sup> place

**1600 Meter Relay**

Morgan Gronvold(1:03.63), Kirsten Welk(1:03.05)  
Chelsea Halvorson(1:08.55), Ashley Salwey(1:01.84)  
4:17.79 - 2<sup>nd</sup> place

**3200 Meter Relay**

Kelsey McAtee(2:39.08), Danielle Wangler(2:41.17)  
Chelsea Halvorson(2:44.69), Kirsten Welk(2:30.57)  
10:35.59 - 2<sup>nd</sup> place

**GIRLS TEAM SCORES**

1. Rugby - 188
2. Carrington - 185
3. Griggs County Central - 168
4. Hazen - 126
5. New Rockford/Sheyenne - 10

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