

Rugby High School Track & Field Results
DEVILS LAKE GERRELLS INVITATIONAL
Devils Lake, ND – Monday, April 10, 2006

100 Meter Dash

Kelsea Volk - 13.84 - 7th place
Marah Schiele - 14.70
Nicole Fritel - 14.80
Marne Johnson - 15.24

200 Meter Dash

Crystal Hovland - 29.47 - 5th place
Kelsea Volk - 30.19
Marah Schiele - 32.15
Nicole Fritel - 32.90
Brittany Fritel - False Start

400 Meter Dash

Crystal Hovland - 1:08.57 - 5th place
Brittany Fritel - 1:11.08
Marne Johnson - 1:16.38

800 Meter Run

Joclyn Seiler - 2:58.15
Mariya Bernhardt - 3:00.72

1600 Meter Run

Danielle Wangler - 6:08.15 - 5th place
Mariya Bernhardt - 6:39.96
Nicole Hager - 6:58.05

3200 Meter Run

Kirsten Welk - 12:38.89 - 2nd place
Kelsey McAtee - 14:05.96 - 5th place
Nicole Hager - 15:27.80 - 8th place

100 Meter Hurdles

Ashley Salwey - 18.06 - 6th place
Kali Erickson - 18.52 - 8th place
Courtney Jorgenson - 19.04
Mariya Bernhardt - 22.52

300 Meter Hurdles

Ashley Salwey - 50.27 - 2nd place
Courtney Jorgenson - 54.90 - 8th place
Kali Erickson - 57.59

Shot Put

Leah Wentz - 39'0" - 1st place - **SQ**
Amanda Heilman - 33'4" - 5th place
Kaycee Grochow - 28'9½"
Amanda Blay - 25'¼"

Discus

Leah Wentz - 115'2" - 2nd place - **SQ**
Amanda Heilman - 104'2"
Amanda Blay - 68'8"

Javelin

Leah Wentz - 92'5" - 6th place
Amanda Heilman - 86'8" - 8th place
Amanda Blay - 79'8"

Long Jump

Vanessa Friestad - 16'7½" - 1st place - **SQ**
Stephanie Friestad - 14'8" - 3rd place
Nicole Fritel - 14'1½" - 6th place
Casandra Blessum - 14'1"
Markelle Schmaltz - 13'10"
Marah Schiele - 12'3"

Triple Jump

Vanessa Friestad - 32'8¾" - 2nd place
Casandra Blessum - 30'10¼" - 4th place
Stephanie Friestad - 30'0" - 5th place
Joclyn Seiler - 29'4¾" - 7th place
Markelle Schmaltz - 28'9"

High Jump

Casandra Blessum - 4'5" - 5th place
Markelle Schmaltz - 4'3" - 8th place
Joclyn Seiler - No Height

Pole Vault

400 Meter Relay

Kelsea Volk(13.66), Ashley Salwey(13.95)
Kali Erickson(14.69), Courtney Jorgenson(13.21)
55.44 – 6th place

800 Meter Relay

Kelsea Volk(29.92), Ashley Salwey(30.30)
Casandra Blessum(27.41), Courtney Jorgenson(29.23)
1:56.71 - 4th place

1600 Meter Relay

Crystal Hovland(1:10.62), Danielle Wangler(1:13.24)
Brittany Fritel(1:11.39), Kirsten Welk(1:05.35)
4:40.93 – 5th place

3200 Meter Relay

Crystal Hovland(2:44.97), Kelsey McAtee(2:42.70)
Kirsten Welk(2:32.00), Danielle Wangler(2:39.25)
10:38.95 - 1st place

GIRLS TEAM SCORES

1. Rugby - 136
2. Benson County - 127
3. Langdon - 82
4. Devils Lake - 79½
5. Drayton-St. Thomas-Valley - 73½
6. Rolette/Wolford - 62
7. Larimore - 44
8. Surrey - 36
9. Nelson County - 27
10. New Rockford/Sheyenne - 24
11. Wells County - 20
12. Belcourt - 15
13. Northern Lights - 4

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