

**Rugby High School Track & Field Results**  
**HARVEY INVITATIONAL**  
**Harvey, ND – Tuesday, April 18, 2006**

**100 Meter Dash**

Morgan Gronvold - 13.33 - 3<sup>rd</sup> place  
Kelsea Volk - 13.59 - 5<sup>th</sup> place  
Courtney Jorgenson - 13.78 - 7<sup>th</sup> place  
Marah Schiele - 14.37  
Nicole Fritel - 14.70  
Stephanie Friestad - 15.17  
Marne Johnson - 15.68

**200 Meter Dash**

Morgan Gronvold - 28.66 - 3<sup>rd</sup> place  
Kelsea Volk - 29.73  
Crystal Hovland - 29.91  
Brittany Fritel - 31.56  
Marah Schiele - 32.28  
Marne Johnson - 32.29

**400 Meter Dash**

Ashley Salwey - 1:07.14 - 4<sup>th</sup> place  
Crystal Hovland - 1:07.66 - 5<sup>th</sup> place

**800 Meter Run**

Danielle Wangler - 2:43.46 - 5<sup>th</sup> place  
Kelsey McAtee - 2:48.36 - 8<sup>th</sup> place  
Mariya Bernhardt - 3:02.81

**1600 Meter Run**

Danielle Wangler - 5:57.78 - 2<sup>nd</sup> place  
Kelsey McAtee - 6:15.19 - 4<sup>th</sup> place  
Kirsten Welk - 6:32.10 - 7<sup>th</sup> place

**3200 Meter Run**

Kirsten Welk - 13:13.58 - 2<sup>nd</sup> place

**100 Meter Hurdles**

Kali Erickson - 17.96 - 4<sup>th</sup> place  
Courtney Jorgenson - 19.00 - 8<sup>th</sup> place  
Mariya Bernhardt - 22.12  
Emily Paul - 22.53

**300 Meter Hurdles**

Ashley Salwey - 51.23 - 1<sup>st</sup> place  
Courtney Jorgenson - 55.61  
Kali Erickson - 56.59

**Shot Put**

Leah Wentz - 40'7" - 1<sup>st</sup> place - **SQ, SR**  
Amanda Heilman - 35'½" - 2<sup>nd</sup> place  
Kaycee Grochow - 26'7"

**Discus**

Leah Wentz - 114'10" - 2<sup>nd</sup> place  
Amanda Heilman - 100'6" - 4<sup>th</sup> place

**Javelin**

Amanda Heilman - 95'1" - 5<sup>th</sup> place  
Amanda Blay - 66'0"

**Long Jump**

Stephanie Friestad - 14'4" - 6<sup>th</sup> place  
Casandra Blessum - 13'10" - 8<sup>th</sup> place  
Markelle Schmaltz - 13'1¼"  
Nicole Fritel - 13'1"  
Kali Erickson - 12'10½"

**Triple Jump**

Stephanie Friestad - 31'7" - 4<sup>th</sup> place  
Casandra Blessum - 27'11"  
Joclyn Seiler - 27'8"  
Markelle Schmaltz - 26'6"  
Nicole Fritel - 26'1"

**High Jump**

Casandra Blessum - 4'5" - 3<sup>rd</sup> place  
Markelle Schmaltz - 4'3" - 4<sup>th</sup> place  
Joclyn Seiler - No Height

**Pole Vault**

**400 Meter Relay**

Kali Erickson(14.37), Kelsea Volk(13.02)  
Marah Schiele(14.74), Brittany Fritel(15.32)  
57.45 – 4<sup>th</sup> place

**800 Meter Relay**

Courtney Jorgenson(30.46), Casandra Blessum(29.04)  
Kirsten Welk(28.47), Crystal Hovland(29.00)  
1:57.09 - 2<sup>nd</sup> place

**1600 Meter Relay**

Ashley Salwey(1:05.55), Courtney Jorgenson(1:09.74)  
Emily Paul(1:17.06), Danielle Wangler(1:09.99)  
4:42.41 - 4<sup>th</sup> place

**3200 Meter Relay**

Mariya Bernhardt(3:01.32), Nicole Hager(3:20.86)  
Emily Paul(3:02.55), Joclyn Seiler(2:59.00)  
12:23.68 - 5<sup>th</sup> place

**GIRLS TEAM SCORES**

1. Carrington - 178
2. Rugby - 140
3. Benson County - 124
4. Harvey - 89
5. Rolette/Wolford - 70
6. Sheyenne/New Rockford - 44
7. Wells County - 36
8. Sheridan County - 16
9. Glenburn - 8

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