

Rugby High School Track & Field Results
HAZEN LAST CHANCE
Hazen, ND – Tuesday, May 16, 2006

100 Meter Dash

Emily Paul - 13.45 - 3rd place
Miriah Koenig - 13.66 - 6th place
Crystal Hovland - 13.78 - 8th place
Marne Johnson - 14.02
Marah Schiele - 14.04
Brittany Fritel - 14.99

200 Meter Dash

Morgan Gronvold - 26.99 - 4th place
Kelsea Volk - 27.45 - 7th place
Courtney Jorgenson - 27.48 - 8th place
Emily Paul - 28.61
Crystal Hovland - 28.72
Brittany Fritel - 28.80
Miriah Koenig - 29.23
Kali Erickson - 29.28
Marah Schiele - 29.90

400 Meter Dash

Ashley Salwey - 1:04.01 - 2nd place
Crystal Hovland - 1:04.77 - 4th place
Chelsea Halvorson - 1:05.58 - 7th place
Brittany Fritel - 1:07.21
Emily Paul - 1:10.46

800 Meter Run

Kelsey McAtee - 2:39.95 - 7th place
Danielle Wangler - 2:46.87

1600 Meter Run

Danielle Wangler - 5:56.94 - 3rd place
Kelsey McAtee - 6:03.80 - 6th place

3200 Meter Run

Kirsten Welk - 12:07.44 - 2nd place - **SQ, SR**
Chelsea Halvorson - 13:03.43 - 5th place
Mariya Bernhardt - 13:58.37 - 8th place
Joclyn Seiler - 15:24.58

100 Meter Hurdles

Courtney Jorgenson - 16.89 - 5th place
Kali Erickson - 17.53 - 6th place

300 Meter Hurdles

Courtney Jorgenson - 51.30 - 7th place
Kali Erickson - 52.38

Shot Put

Amanda Heilman - 34'2" - 4th place
Kaycee Grochow - 28'11½"

Discus

Amanda Heilman - 105'7" - 3rd place

Javelin

Leah Wentz - 109'3" - 4th place
Kristi Black - 94'2" - 7th place
Amanda Heilman - 89'11"
Kaycee Grochow - 85'0"

Long Jump

Vanessa Friestad - 17'½" - 3rd place - **SQ**
Stephanie Friestad - 15'8" - 6th place
Courtney Putnam - 15'2¼"
Nicole Fritel - 14'6¾"

Triple Jump

Vanessa Friestad - 35'3" - 1st place - **SQ**
Stephanie Friestad - 32'2½" - 8th place
Courtney Putnam - 30'4"
Nicole Fritel - 29'0"
Joclyn Seiler - 26'9"

High Jump

Vanessa Friestad - 5'2" - 2nd place - **SQ**
Casandra Blessum - 4'7" - 7th place
Courtney Putnam - 4'1"
Joclyn Seiler - 4'1"

Pole Vault

Brittany Fritel - No Height
Emily Paul - No Height

400 Meter Relay

Kelsea Volk(12.90), Casandra Blessum(13.46)
Courtney Jorgenson(11.54), Morgan Gronvold(13.35)
51.14 - 2nd place - **SQ**

800 Meter Relay

Kelsea Volk(28.00), Casandra Blessum(27.61)
Morgan Gronvold(25.61), Ashley Salwey(26.62)
1:47.78 - 1st place - **SQ**

1600 Meter Relay

Morgan Gronvold(1:02.11), Kirsten Welk(1:03.91)
Casandra Blessum(1:05.34), Ashley Salwey(1:02.40)
4:13.66 - 2nd place - **SQ**

3200 Meter Relay

GIRLS TEAM SCORES

1. Rugby - 140
2. Hazen - 129.5
3. Bottineau - 119
4. New Town - 63
5. New Salem - 51
6. Velva/Sawyer/Drake - 41
7. Beulah - 40.5
8. Underwood/Turtle Lake-Mercer - 36
9. Washburn/Wilton - 23
10. Zeeland - 15
11. Mott/Regent - 14
12. Strasburg - 13
13. Garrison/Max - 12
13. Glenburn - 12
15. Flasher - 10
16. Glen Ullin/Hebron - 5
16. Grant County - 5
18. Shiloh Christian - 2

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