

Rugby High School Track & Field Results
NORTH DAKOTA STATE UNIVERSITY STATE INDOOR INVITATIONAL
NDSU Bison Sports Arena, Fargo, ND – Saturday, March 25, 2006

All times are FAT (Fully Automatic Timing)

60 Meter Dash

Kelsea Volk - 8.83
 Courtney Jorgenson - 8.87
 Marah Schiele - 9.31
 Stephanie Friestad - 9.62

200 Meter Dash

Ashley Salwey - 29.66
 Kelsea Volk - 30.01
 Courtney Jorgenson - 30.06
 Kelsea Volk - 30.97

400 Meter Dash

Ashley Salwey - 1:07.85
 Brittany Fritel - 1:11.05
 Emily Paul - 1:12.16

1600 Meter Run

Mariya Bernhardt - 6:37.15

60 Meter Hurdles

Ashley Salwey - Prelims - 10.76
 Finals - 10.70 - 6th place
 Courtney Jorgenson - 12.00

Long Jump

Stephanie Friestad - 13'7½"
 Markelle Schmaltz - 12'2"
 Marah Schiele - 11'3"

Triple Jump

Stephanie Friestad - 29'9"
 Joclyn Seiler - 27'9½"
 Markelle Schmaltz - 24'6½"

High Jump

Joclyn Seiler - No Height

Shot Put

Leah Wentz - 36'11" - 2nd place
 Amanda Heilman - 33'6½"
 Kaycee Grochow - 26'11"

4 x 200 Meter Relay

Kelsea Volk(30.27), Marah Schiele(31.94)
 Courtney Jorgenson(29.93), Ashley Salwey(28.16)
 2:00.56 – 3rd place

4 x 400 Meter Relay

Kelsey McAtee(1:11.46), Danielle Wangler(1:13.65)
 Chelsea Halvorson(1:10.35), Kirsten Welk(1:06.69)
 4:42.30

4 x 800 Meter Relay

Kirsten Welk(2:49.15), Danielle Wangler(2:49.79)
 Chelsea Halvorson(2:49.80), Kelsey McAtee(2:55.07)
 11:24.09

GIRLS TEAM SCORES

| | |
|---|-------|
| 1) Carrington | 66 |
| 2) Benson County | 65.50 |
| 3) Milnor-Wyndmere-Lidgerwood | 52 |
| 4) Lisbon | 35 |
| 5) Hazen High School | 32 |
| 6) Langdon High School | 29 |
| 7) New Salem High School | 27 |
| 7) Bishop Ryan High School | 27 |
| 9) Hope-Page | 20 |
| 10) Fargo Oak Grove | 18.50 |
| 11) Napoleon | 16 |
| 12) Rugby High School | 15 |
| 13) Griggs County Central/Finley-Sharon | 10 |
| 14) Larimore High School | 9 |
| 15) Hatton-Northwood Thunder | 8 |
| 15) Park River | 8 |
| 15) Drayton-St. Thomas-Valley | 8 |
| 18) New Town High School | 6 |
| 18) Thompson Public School | 6 |
| 20) Central Cass | 4 |
| 21) Tappen Public School | 3 |