

**Rugby High School Track & Field Results**  
**Northwood Lions Invitational**  
**Cushman Field - Grand Forks, ND – Saturday, May 13, 2006**

**100 Meter Dash**

Kelsea Volk - 13.27 - 4<sup>th</sup> place  
Miriah Koenig - 14.08  
Marah Schiele - 14.09

**200 Meter Dash**

Courtney Jorgenson - 28.00 - 5<sup>th</sup> place  
Kelsea Volk - 28.15 - 6<sup>th</sup> place  
Emily Paul - 28.68  
Kali Erickson - 29.68  
Miriah Koenig - 29.82  
Marah Schiele - 30.09

**400 Meter Dash**

Crystal Hovland - 1:07.46 - 8<sup>th</sup> place

**800 Meter Run**

Kirsten Welk - 2:40.49 - 4<sup>th</sup> place  
Chelsea Halvorson - 2:41.87 - 5<sup>th</sup> place  
Brittany Fritel - 2:45.54 - 6<sup>th</sup> place  
Joclyn Seiler - 2:51.52

**1600 Meter Run**

Kirsten Welk - 5:40.74 - 1<sup>st</sup> place  
Chelsea Halvorson - 5:50.64 - 4<sup>th</sup> place  
Danielle Wangler - 5:57.46 - 7<sup>th</sup> place  
Kelsey McAtee - 6:08.09

**3200 Meter Run**

Kelsey McAtee - 13:14.76 - 5<sup>th</sup> place  
Danielle Wangler - 13:29.51 - 7<sup>th</sup> place  
Mariya Bernhardt - 13:51.14

**100 Meter Hurdles**

Courtney Jorgenson - 17.50 - 4<sup>th</sup> place  
Kali Erickson - 17.91 - 6<sup>th</sup> place  
Emily Paul - 20.86

**300 Meter Hurdles**

Courtney Jorgenson - 52.57 - 4<sup>th</sup> place  
Kali Erickson - 53.40 - 6<sup>th</sup> place

**Shot Put**

Leah Wentz - 36'8" - 1<sup>st</sup> place - **SQ**  
Amanda Heilman - 34'4" - 5<sup>th</sup> place  
Kaycee Grochow - 26'5"

**Discus**

Leah Wentz - 109'0" - 3<sup>rd</sup> place  
Amanda Heilman - 107'1" - 4<sup>th</sup> place

**Javelin**

Leah Wentz - 107'4" - 4<sup>th</sup> place  
Kristi Black - 99'1" - 5<sup>th</sup> place  
Amanda Heilman - 96'11" - 6<sup>th</sup> place  
Kaycee Grochow - 83'7"

**Long Jump**

Courtney Putnam - 15'2" - 3<sup>rd</sup> place  
Markelle Schmaltz - 14'11" - 5<sup>th</sup> place  
Nicole Fritel - 14'4½" - 8<sup>th</sup> place

**Triple Jump**

Courtney Putnam - 31'9" - 2<sup>nd</sup> place  
Casandra Blessum - 29'11½" - 6<sup>th</sup> place  
Joclyn Seiler - 28'½"  
Markelle Schmaltz - 27'6"  
Nicole Fritel - 27'1"

**High Jump**

Casandra Blessum - 4'7" - 3<sup>rd</sup> tie  
Markelle Schmaltz - 4'5" - 7<sup>th</sup> tie  
Courtney Putnam - 4'5"  
Joclyn Seiler - 3'11"

**Pole Vault**

Brittany Fritel - 6'6" - 7<sup>th</sup> tie  
Emily Paul - No Height

**400 Meter Relay**

Kelsea Volk(13.29), Casandra Blessum(13.49)  
Courtney Jorgenson(12.33), Morgan Gronvold(13.40)  
52.62 - 1<sup>st</sup> place - **SQ**

**800 Meter Relay**

Kelsea Volk(28.71), Casandra Blessum(27.29)  
Morgan Gronvold(26.42), Ashley Salwey(27.31)  
1:49.96 - 1<sup>st</sup> place - **SQ**

**1600 Meter Relay**

Morgan Gronvold(1:04.21), Crystal Hovland(1:07.77)  
Kirsten Welk(1:04.02), Ashley Salwey(1:02.44)  
4:18.67 - 1<sup>st</sup> place

**3200 Meter Relay**

Brittany Fritel(2:41.42), Emily Paul(2:36.85)  
Crystal Hovland(2:43.37), Mariya Bernhardt(2:41.65)  
10:43.73 - 2<sup>nd</sup> place

**GIRLS TEAM SCORES**

1. Rugby - 168
2. Langdon - 119
3. Drayton/St. Thomas-Valley - 74
4. Larimore - 66
5. North Border - 56.5
6. Mayville-Portland-Clifford-Galesburg - 48
7. Hatton/Northwood - 42
8. Grafton - 38.5
9. Park River - 36
10. Hillsboro - 24
10. Nelson County - 24
12. Midway/Minto - 18
13. Cavalier - 11
14. Thompson - 5

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