

Rugby High School Track & Field Results
REGION VI
Rugby, ND – Saturday, May 20, 2006

100 Meter Dash

Kelsea Volk - 13.23 - 4th place
Casandra Blessum - 13.27 - 5th place
Crystal Hovland - 13.64 - 8th place
Morgan Gronvold - 13.66
Miriah Koenig - 13.83

200 Meter Dash

Ashley Salwey - 26.86 - 3rd place
Morgan Gronvold - 27.70 - 6th place
Kelsea Volk - 28.09
Emily Paul - 28.79
Crystal Hovland - 29.04

400 Meter Dash

Ashley Salwey - 1:01.82 - 2nd place - **SQ**
Morgan Gronvold - 1:03.85 - 5th place
Crystal Hovland - 1:04.98 - 7th place
Marne Johnson - 1:10.97

800 Meter Run

Kirsten Welk - 2:34.42 - 3rd place
Brittany Fritel - 2:43.55

1600 Meter Run

Kirsten Welk - 5:40.55 - 2nd place - **SQ**
Chelsea Halvorson - 5:55.31 - 6th place
Danielle Wangler - 5:57.82 - 7th place

3200 Meter Run

Chelsea Halvorson - 13:05.69 - 3rd place
Danielle Wangler - 13:08.55 - 4th place
Kelsey McAtee - 13:16.16 - 6th place
Mariya Bernhardt - 13:39.55 - 8th place
Nicole Hager - 16:59.87

100 Meter Hurdles

Courtney Jorgenson - 17.10 - 4th place
Kali Erickson - 17.54 - 5th place

300 Meter Hurdles

Ashley Salwey - 47.04 - 1st place - **SQ**
Courtney Jorgenson - 50.84 - 5th place
Kali Erickson - 52.16 - 7th place

Shot Put

Leah Wentz - 40'1" - 3rd place - **SQ**
Amanda Heilman - 35'10½" - 4th place - **SQ**
Kaycee Grochow - 30'3½"

Discus

Leah Wentz - 122'0" - 2nd place - **SQ, SR**
Amanda Heilman - No Mark

Javelin

Leah Wentz - 105'8" - 4th place
Kristi Black - 93'6" - 7th place
Kaycee Grochow - 86'0" - 8th place
Amanda Heilman - 85'6"

Long Jump

Vanessa Friestad - 17'3½" - 1st place - **SQ**
Stephanie Friestad - 15'8¾" 5th place
Courtney Putnam - 15'2¼" - 8th place
Nicole Fritel - 14'½"
Markelle Schmaltz - 13'10"

Triple Jump

Vanessa Friestad - 35'½" - 2nd place - **SQ**
Stephanie Friestad - 32'4½" - 6th place
Courtney Putnam - 32'½" - 7th place
Joclyn Seiler - 28'9"
Nicole Fritel - 28'0"

High Jump

Vanessa Friestad - 4'11" - 2nd place - **SQ**
Casandra Blessum - 4'7" - 5th place
Markelle Schmaltz - 4'5" - 8th place
Courtney Putnam - 4'3"
Nicole Jorgenson - 4'3"

Pole Vault

Brittany Fritel - 6'0"
Emily Paul - 6'0"

400 Meter Relay

Kelsea Volk(12.95), Casandra Blessum(13.910)
Marah Schiele(13.01), Courtney Jorgenson(13.03)
52.92 - 2nd place - **SQ**

800 Meter Relay

Kelsea Volk(29.00), Casandra Blessum(28.18)
Emily Paul(29.60), Courtney Jorgenson(26.52)
1:53.45 - 3rd place

1600 Meter Relay

Morgan Gronvold(1:03.59), Kirsten Welk(1:01.91)
Crystal Hovland(1:05.36), Ashley Salwey(1:01.68)
4:12.74 - 2nd place - **SQ**

3200 Meter Relay

Kelsey McAtee(2:38.48), Emily Paul(2:49.31)
Mariya Bernhardt(2:41.53), Brittany Fritel(2:35.05)
10:44.83 - 2nd place - **SQ**

GIRLS TEAM SCORES

1. Bottineau - 207
2. Rugby - 190
3. Minot Bishop Ryan - 104
4. Velva/Sawyer/Drake - 103
5. Kenmare/Mohall-Lansford/Sherwood - 55
6. Des Lacs-Burlington - 44
7. Surrey - 14
8. Garrison/Max - 11
9. Westhope/Newburg - 7
10. Glenburn - 5
11. Anamoose - 1
12. Dunseith - 0
13. Towner/Granville/Upham - 0

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