

Rugby High School Track & Field Results
VELVA INVITATIONAL
Velva, ND – Saturday, May 6, 2006

100 Meter Dash

Kelsea Volk - 13.33 - 1st place
Morgan Gronvold - 13.40 - 2nd place
Marah Schiele - 14.03 - 6th place
Marne Johnson - 14.24 - 7th place

200 Meter Dash

Ashley Salwey - 27.39 - 2nd place
Morgan Gronvold - 28.07 - 4th place
Kelsea Volk - 28.44 - 5th place
Marah Schiele - 30.37
Marne Johnson - 31.06

400 Meter Dash

Ashley Salwey - 1:02.80 - 1st place
Morgan Gronvold - 1:05.57 - 5th place
Marne Johnson - 1:09.96

800 Meter Run

Kirsten Welk - 2:38.13 - 1st place
Chelsea Halvorson - 2:44.47 - 5th place
Kelsey McAtee - 2:51.74 - 8th place

1600 Meter Run

Kirsten Welk - 5:53.20 - 1st place
Danielle Wangler - 6:00.13 - 3rd place
Chelsea Halvorson - 6:00.95 - 4th place
Kelsey McAtee - 6:15.90

3200 Meter Run

Danielle Wangler - 13:56.31 - 1st place
Joclyn Seiler - 15:28.51 - 5th place

100 Meter Hurdles

Courtney Jorgenson - 17.96 - 3rd place

300 Meter Hurdles

Ashley Salwey - 46.97 - 1st place - **SQ**
Courtney Jorgenson - 52.62 - 6th place
Emily Paul - 54.55 - 8th place

Shot Put

Leah Wentz - 38'5" - 1st place - **SQ**
Kaycee Grochow - 28'8" - 6th place

Discus

Leah Wentz - 101'10" - 3rd place

Javelin

Leah Wentz - 104'9" - 3rd place
Kristi Black - 84'10" - 4th place
Kaycee Grochow - 72'4"

Long Jump

Stephanie Friestad - 15'0" - 1st place
Nicole Fritel - 13'0" - 7th place

Triple Jump

Stephanie Friestad - 31'5½" - 2nd place
Joclyn Seiler - 27'11" - 7th place
Nicole Fritel - 26'7"

High Jump

Casandra Blessum - 4'5" - 3rd place
Joclyn Seiler - No Height

Pole Vault

Emily Paul - 5'6" - 4th place

400 Meter Relay

Kelsea Volk(13.90), Courtney Jorgenson(12.32)
Marah Schiele(13.14), Casandra Blessum(13.31)
2nd place - 52.67 - **SQ**

800 Meter Relay

Kelsea Volk(29.40), Casandra Blessum(26.40)
Morgan Gronvold(26.79), Ashley Salwey(26.76)
1:49.39 - 2nd place - **SQ**

1600 Meter Relay

3200 Meter Relay

Danielle Wangler(2:36.36), Kelsey McAtee(2:41.43)
Chelsea Halvorson(2:38.95), Kirsten Welk(2:28.52)
10:25.21 - 1st place

GIRLS TEAM SCORES

1. Rugby - 213
2. Velva/Sawyer/Drake - 136
3. Des Lacs-Burlington - 126
4. Surrey - 70
5. Lewis & Clark (Berthold/Makoti) - 38
6. Parshall - 33
7. Williams County - 27
8. Sheridan County - 14
9. Westhope/Newburg - 13
10. Towner/Granville/Upham - 10
11. Anamoose - 9
12. Burke Central - 1

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