

Tuesday, May 29, 2007



RUGBY HIGH SCHOOL 2007 VARSITY GIRLS EVENT LEADERS CHART



100 METER DASH

1. Emily Paul	Region VI	12.90
2. Morgan Gronvold	Region VI	13.16
3. Kelsea Volk	Region VI	13.23
4. Crystal Hovland	Devils Lake Rotary	13.28
5. Casandra Blessum	Crockett Memorial	13.41
6. Miriah Koenig	Hanneman	13.51
7. Vanessa Friestad	CNDC Outdoor	13.71
8. Courtney Jorgenson	Harvey Inv.	13.78
9. Courtney Putnam	CNDC Outdoor	14.27
10. Katelyn Berube	Crockett Memorial	14.35
11. Stephanie Friestad	Devils Lake Rotary	14.49
12. Brittany Fritel	Lloyd Memorial	14.69

200 METER DASH

1. Emily Paul	Devils Lake Rotary	26.93
	Region VI	27.08 SQ
2. Ashley Salwey	Devils Lake Rotary	27.10
3. Morgan Gronvold	Devils Lake Rotary	27.33
4. Kirsten Welk	Hazen Classic	27.58
5. Casandra Blessum	CNDC Outdoor	27.60
6. Kelsea Volk	Hanneman	27.83
7. Crystal Hovland	Devils Lake Rotary	28.10
8. Miriah Koenig	Crockett Memorial	28.31
9. Courtney Jorgenson	DL Gerrells	30.02
10. Vanessa Friestad	Lloyd Memorial	30.62
11. Katelyn Berube	Hanneman	30.87
12. Courtney Putnam	Lloyd Memorial	31.08
13. Stephanie Friestad	Hanneman	31.58

400 METER DASH

1. Kirsten Welk	Region VI	1:00.17 SQ
2. Ashley Salwey	Crockett Memorial	1:02.19
3. Casandra Blessum	Crockett Memorial	1:03.92
4. Morgan Gronvold	Crockett Memorial	1:04.67
5. Miriah Koenig	Hanneman	1:07.00
6. Emily Paul	Hazen Classic	1:08.66
7. Rachel Hoffert	Crockett Memorial	1:09.24
8. Vanessa Friestad	Harvey Inv.	1:10.67
9. Brittany Fritel	Lloyd Memorial	1:10.76
10. Katelyn Berube	Lloyd Memorial	1:10.90

800 METER RUN

1. Kirsten Welk	Region VI	2:27.99 SQ
2. Chelsea Halvorson	CNDC Outdoor	2:36.84
3. Mariya Bernhardt	Hanneman	2:41.88
4. Kristi Black	Region VI	2:45.14
5. Danielle Wangler	Panther Booster	2:47.01
6. Brittany Fritel	Hanneman	2:54.33
7. Joclyn Seiler	Harvey Inv.	2:56.89
8. Cortney Hill	Region VI	3:00.61
9. Sydney Kraft	Devils Lake Rotary	3:02.43

1600 METER RUN

1. Chelsea Halvorson	Hanneman	5:47.83
2. Danielle Wangler	Hanneman	5:51.16
3. Kirsten Welk	DL Gerrells	5:51.63
4. Mariya Bernhardt	Lloyd Memorial	6:07.55
5. Sydney Kraft	Region VI	6:14.71
6. Kristi Black	Hanneman	6:21.09
7. Cortney Hill	Crockett Memorial	6:29.72
8. Joclyn Seiler	DL Gerrells	6:37.53

3200 METER RUN

1. Danielle Wangler	Lloyd Memorial	12:28.56
2. Chelsea Halvorson	Crockett Memorial	12:30.94
3. Mariya Bernhardt	Crockett Memorial	13:21.94
4. Joclyn Seiler	Devils Lake Rotary	14:09.11

100 METER HURDLES

1. Ashley Salwey	Hanneman	16.28 SQ
2. Crystal Hovland	Crockett Memorial	17.55
3. Courtney Jorgenson	Hazen Classic	18.78
4. Emily Paul	Lloyd Memorial	19.54
5.		

300 METER HURDLES

1. Ashley Salwey	CNDC Outdoor	46.82 SQ
2. Crystal Hovland	Devils Lake Rotary	49.72
3. Emily Paul	Crockett Memorial	50.52
4. Courtney Jorgenson	Crockett Memorial	54.91
5. Rachel Hoffert	Crockett Memorial	55.03

SHOT PUT

1. Leah Wentz	State Class B	42'8" SQ SR
2. Kaycee Grochow	Region VI	30'10½"
3. Kelsey Mongeon	Lloyd Memorial	28'0"
4. Nicole Hooker	Devils Lake Rotary	25'10½"
5. Amanda Longie	CNDC Outdoor	21'7"
6.		

DISCUS

1. Leah Wentz	Panther Booster	127'2" SQ SR
2. Kelsey Mongeon	Region VI	94'9"
3. Amanda Longie	CNDC Outdoor	80'5"
4. Nicole Hooker	Crockett Memorial	75'4"
5.		
6.		

JAVELIN

1. Leah Wentz	Region VI	115'4" SQ SR
2. Kristi Black	Hazen Classic	94'6"
3. Kaycee Grochow	Hanneman	83'2"
4. Joclyn Seiler	Hanneman	73'5"
5. Nicole Hooker	Harvey Inv.	49'5"
6.		
7.		
8.		

LONG JUMP

1. Vanessa Friestad	Region VI	17'7" SQ
2. Miriah Koenig	CNDC Outdoor	16'3½"
3. Stephanie Friestad	CNDC Outdoor	16'0"
4. Courtney Putnam	CNDC Outdoor	14'9½"
5. Casandra Blessum	Hanneman	14'8"
6. Katelyn Berube	Region VI	13'11"
7.		
8.		
9.		

HIGH JUMP

1. Vanessa Friestad	CNDC Outdoor	4'11"	
2. Casandra Blessum	DL Gerrells, Hazen Classic CNDC Outdoor	4'7"	
	Courtney Putnam	Hazen Classic	4'7"
4. Joclyn Seiler	DL Gerrells, Harvey Inv. Panther Booster, Lloyd Memorial, Hanneman, CNDC Outdoor, Devils Lake Rotary, Region VI	4'1"	

TRIPLE JUMP

1. Vanessa Friestad	State Class B	35'9¾" SQ
2. Stephanie Friestad	Region VI	33'1½"
3. Courtney Putnam	Hanneman	32'6"
4. Joclyn Seiler	Lloyd Memorial	28'11½"
5.		

POLE VAULT

1. Kristi Black	CNDC Outdoor, Region VI	7'0"
2. Brittany Fritel	DL Gerrells, Lloyd Memorial	6'6"
3. Emily Paul	DL Gerrells, Harvey Inv. Panther Booster	6'0"
4.		

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MR - Meet Record
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4 x 100 METER RELAY

1.	Kelsea Volk, Morgan Gronvold Casandra Blessum, Emily Paul	State Class B	51.35 Finals 51.89 Prelims
2.	Kelsea Volk, Morgan Gronvold Emily Paul, Casandra Blessum	CNDC Outdoor	51.99 SQ
3.	Kelsea Volk, Morgan Gronvold Miriah Koenig, Casandra Blessum	Hanneman	52.21 SQ
4.	Kelsea Volk, Morgan Gronvold Emily Paul, Casandra Blessum	Crockett Memorial	52.24 SQ
5.	Kelsea Volk, Casandra Blessum Courtney Jorgenson, Crystal Hovland	Region VI	52.65 SQ
6.	Kelsea Volk, Morgan Gronvold Casandra Blessum, Ashley Salwey	DL Gerrells	52.73 SQ
7.	Kelsea Volk, Morgan Gronvold Casandra Blessum, Emily Paul	DL Rotary	52.83
8.	Kelsea Volk, Morgan Gronvold Miriah Koenig, Crystal Hovland	Lloyd Memorial	53.30
9.	Kelsea Volk, Morgan Gronvold Miriah Koenig, Casandra Blessum	Hazen Classic	54.00
10.	Kelsea Volk, Morgan Gronvold Miriah Koenig, Emily Paul	Panther Booster	54.10
11.	Kelsea Volk, Morgan Gronvold Miriah Koenig, Emily Paul	Harvey Inv.	54.30
12.			

4 x 200 METER RELAY

1.	Ashley Salwey, Morgan Gronvold Emily Paul, Kirsten Welk	State Class B	1:48.56 Finals 1:50.79 Prelims
2.	Kelsea Volk, Ashley Salwey Morgan Gronvold, Kirsten Welk	CNDC Outdoor	1:49.26 SQ
3.	Emily Paul, Morgan Gronvold Ashley Salwey, Kirsten Welk	Hanneman	1:49.52 SQ
4.	Kelsea Volk, Morgan Gronvold Emily Paul, Kirsten Welk	Region VI	1:49.70 SQ
5.	Kelsea Volk, Ashley Salwey Casandra Blessum, Kirsten Welk	Hazen Classic	1:50.64 SQ
6.	Emily Paul, Ashley Salwey Casandra Blessum, Kirsten Welk	DL Rotary	1:51.47 SQ
7.	Kelsea Volk, Morgan Gronvold Casandra Blessum, Ashley Salwey	DL Gerrells	1:51.91
8.	Kelsea Volk, Ashley Salwey Morgan Gronvold, Kirsten Welk	Lloyd Memorial	1:52.11
9.	Kelsea Volk, Morgan Gronvold Casandra Blessum, Ashley Salwey	Harvey Inv.	1:54.05
10.	Kelsea Volk, Morgan Gronvold Casandra Blessum, Kirsten Welk	Panther Booster	1:55.05
11.			
12.			

4 x 400 METER RELAY

1.	Morgan Gronvold, Casandra Blessum Ashley Salwey, Kirsten Welk	State Class B	4:09.34 SQ
2.	Morgan Gronvold, Casandra Blessum Ashley Salwey, Kirsten Welk	Hanneman	4:10.45 SQ
3.	Morgan Gronvold, Casandra Blessum Ashley Salwey, Kirsten Welk	CNDC Outdoor	4:11.53 SQ
4.	Morgan Gronvold, Casandra Blessum Ashley Salwey, Kirsten Welk	Region VI	4:18.18
5.	Morgan Gronvold, Kirsten Welk Casandra Blessum, Ashley Salwey	Hazen Classic	4:19.93
6.	Kirsten Welk, Emily Paul Rachel Hoffert, Crystal Hovland	Crockett Memorial	4:21.66
7.	Kirsten Welk, Casandra Blessum Crystal Hovland, Emily Paul	Lloyd Memorial	4:21.96
8.	Casandra Blessum, Kirsten Welk Chelsea Halvorson, Ashley Salwey	DL Gerrells	4:23.77
9.	Kirsten Welk, Casandra Blessum Crystal Hovland, Ashley Salwey	Harvey Inv.	4:25.91
10.	Kirsten Welk, Casandra Blessum Vanessa Friestad, Emily Paul	Panther Booster	4:31.57
11.			

4 x 800 METER RELAY

1.	Chelsea Halvorson, Danielle Wangler Mariya Bernhardt, Kirsten Welk	Lloyd Memorial	10:15.68 SQ
2.	Chelsea Halvorson, Danielle Wangler Mariya Bernhardt, Kirsten Welk	Crockett Memorial	10:22.87
3.	Danielle Wangler, Kristi Black Chelsea Halvorson, Kirsten Welk	Harvey Inv.	10:41.44
4.	Danielle Wangler, Mariya Bernhardt Kristi Black, Chelsea Halvorson	State Class B	10:43.81
5.	Cortney Hill, Mariya Bernhardt Kristi Black, Danielle Wangler	Hazen Classic	10:56.89
6.	Brittany Fritel, Mariya Bernhardt Kristi Black, Chelsea Halvorson	DL Gerrells	11:06.35
7.	Katelyn Berube, Kristi Black Joclyn Seiler, Mariya Bernhardt	CNDC Outdoor	11:06.37
8.	Cortney Hill, Brittany Fritel Joclyn Seiler, Mariya Bernhardt	Hanneman	11:27.46
9.	Sydney Kraft, Kristi Black Joclyn Seiler, Cortney Hill	DL Rotary	11:35.58
10.	Cortney Hill, Katelyn Berube Joclyn Seiler, Sydney Kraft	Region VI	11:45.48

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