

Rugby High School Track & Field Results

NORTH DAKOTA STATE UNIVERSITY STATE INDOOR INVITATIONAL

NDSU Bison Sports Arena, Fargo, ND – Saturday, March 24, 2007

All times are FAT (Fully Automatic Timing)

60 Meter Dash

Kelsea Volk - 8.58 - Prelims
8.64 - Finals
Casandra Blessum - 8.92
Miriah Koenig - 9.08
Morgan Gronvold - 9.14

200 Meter Dash

Kelsea Volk - 29.16 - 8th place
Morgan Gronvold - 29.90
Miriah Koenig - 31.70
Courtney Jorgenson - 32.79

400 Meter Dash

Casandra Blessum - 1:07.75
Emily Paul - 1:10.88
Miriah Koenig - 1:12.27

800 Meter Run

Kirsten Welk - 2:40.89 - 5th place
Chelsea Halvorson - 2:50.51
Brittany Fritel - 2:54.81

1600 Meter Run

Danielle Wangler - 6:08.00 - 6th place
Mariya Bernhardt - 6:26.74
Kristi Black - 6:33.50

60 Meter Hurdles

Ashley Salwey - Prelims - 10.82
Finals - 10.82 - 8th place
Emily Paul - 12.06
Courtney Jorgenson - 12.10

Long Jump

Vanessa Friestad - 15'9¼" - 2nd place
Stephanie Friestad - 14'11" - 7th place
Courtney Putnam - 13½"

Triple Jump

Vanessa Friestad - 32'1¼" - 6th place
Stephanie Friestad - 30'4"
Courtney Putnam - 28'1"

Pole Vault

Kristi Black - No Height

High Jump

Vanessa Friestad - 4'6" - 8th place
Casandra Blessum - 4'4"
Courtney Putnam - No Height

Shot Put

Leah Wentz - 38½" - 1st place
Kaycee Grochow - 28'0"
Nicole Hooker - 23'4"

4 x 200 Meter Relay

Kelsea Volk(28.73), Courtney Jorgenson(32.17)
Ashley Salwey(28.17), Morgan Gronvold(29.63)
1:58.70 – 6th place

4 x 400 Meter Relay

Kirsten Welk(1:04.29), Chelsea Halvorson(1:09.74)
Brittany Fritel(1:11.82), Ashley Salwey(1:08.02)
4:33.87 - 2nd place

4 x 800 Meter Relay

Danielle Wangler(2:56.54), Mariya Bernhardt(2:54.11)
Chelsea Halvorson(2:55.54), Kirsten Welk(2:38.07)
11:24.26 - 3rd place

GIRLS TEAM SCORES

1) Benson County	86
2) Lisbon	75
3) Hazen	58.5
4) Rugby	50
5) Langdon Area	37.5
6) Maple Valley	34
7) Napoleon	33
8) Griggs County Central	31
9) Finley-Sharon/Hope-Page	25
10) Ellendale	18
11) New Town	16
12) Hatton/Northwood	15
13) Northern Cass	13
14) North Central	11
15) Carrington	10
16) Larimore	9
17) New Rockford-Sheyenne	8
18) Shiloh Christian	7
19) Sheridan County	6
19) Mayville-Portland-Clifford-Galesburg	6
21) Grant County	5
21) Glenburn	5
21) Milnor/Wyndmere/Ligderwood	5
24) Drayton/St.Thomas-Valley	4
25) Thompson	3
26) Central Cass	1
26) Cavalier	1