

Rugby High School Track & Field Results
CENTRAL NORTH DAKOTA CONFERENCE - OUTDOOR
Fessenden, ND – Tuesday, May 8, 2007

100 Meter Dash

Morgan Gronvold - 13.36 - 6th place
Emily Paul - 13.48 7th place
Kelsea Volk - 13.61
Vanessa Friestad - 13.71
Miriah Koenig - 13.90
Courtney Putnam - 14.27
Courtney Jorgenson - 14.32
Stephanie Friestad - 14.73
Katelyn Berube - 14.74

200 Meter Dash

Emily Paul - 27.15 - 2nd place
Casandra Blessum - 27.60 - 4th place
Kelsea Volk - 28.18 - 7th place
Miriah Koenig - 29.12
Courtney Jorgenson - 30.95
Katelyn Berube - 31.57
Stephanie Friestad - 32.32

400 Meter Dash

Kirsten Welk - 1:03.00 - 4th place
Miriah Koenig - 1:08.71 - 8th place

800 Meter Run

Kirsten Welk - 2:31.14 - 3rd place
Chelsea Halvorson - 2:36.84 - 7th place
Kristi Black - 2:50.67

1600 Meter Run

Chelsea Halvorson - 5:50.10 - 4th place
Danielle Wangler - 6:19.65 - 5th place

3200 Meter Run

Danielle Wangler - 12:48.55 - 4th place
Mariya Bernhardt - 13:28.12 - 5th place
Joclyn Seiler - 15:15.06

100 Meter Hurdles

Ashley Salwey - 16.47 - 1st place - **SQ**
Courtney Jorgenson - 19.81

300 Meter Hurdles

Ashley Salwey - 46.82 - 2nd place - **SQ**
Emily Paul - 50.56 - 4th place
Courtney Jorgenson - 55.93

Shot Put

Leah Wentz - 39'10" - 1st place - **SQ**
Kaycee Grochow - 30'9" - 4th place
Kelsey Mongeon - 27'2"
Nicole Hooker - 25'3"
Amanda Longie - 21'7"

Discus

Leah Wentz - 110'9" - 2nd place
Kelsey Mongeon - 85'1" - 5th place
Amanda Longie - 80'5"
Nicole Hooker - 70'9"

Javelin

Leah Wentz - 108'2" - 1st place
Kristi Black - 88'10" - 7th place
Kaycee Grochow - 82'1" - 8th place
Joclyn Seiler - 68'5"

Long Jump

Vanessa Friestad - 16'7½" - 2nd place - **SQ**
Miriah Koenig - 16'3½" - 4th place
Stephanie Friestad - 16'0" - 5th place
Courtney Putnam - 14'9½"
Katelyn Berube - 11'7"

Triple Jump

Vanessa Friestad - 35'7½" - 2nd place - **SQ**
Stephanie Friestad - 33'0" - 6th place
Courtney Putnam - 31'9½" - 7th place

High Jump

Vanessa Friestad - 4'11" - 2nd place
Casandra Blessum - 4'7" - 4th place
Joclyn Seiler - 4'1" - 7th place
Courtney Putnam - 4'1" - 8th place

Pole Vault

Kristi Black - 7'0" - 2nd place

400 Meter Relay

Kelsea Volk(13.08), Morgan Gronvold(13.36)
Emily Paul(12.30), Casandra Blessum(13.24)
51.99 – 1st place - **SQ, MR**

800 Meter Relay

Kelsea Volk(27.41), Ashley Salwey(27.88)
Morgan Gronvold(27.30), Kirsten Welk(26.70)
1:49.26 - 1st place - **SQ, MR**

1600 Meter Relay

Morgan Gronvold(1:03.77), Casandra Blessum(1:03.81)
Ashley Salwey(1:02.39), Kirsten Welk(1:01.58)
4:11.53 – 1st place - **SQ, MR**

3200 Meter Relay

Katelyn Berube(2:45.62), Kristi Black(2:42.49)
Joclyn Seiler(2:52.77), Mariya Bernhardt(2:45.53)
11:06.37 – 2nd place

GIRLS TEAM SCORES

1. Rugby - 209
2. Benson County - 185
3. Harvey - 112
4. Wells County - 69½
5. New Rockford/Sheyenne - 46
6. Sheridan County/Anamoose - 38
7. Northern Lights - 29½
8. Towner/Granville/Upham - 9

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