

**Rugby High School Track & Field Results**  
**DEVILS LAKE GERRELLS INVITATIONAL**  
**Devils Lake, ND – Saturday, April 14, 2007**

**100 Meter Dash**

Morgan Gronvold - 13.64  
Miriah Koenig - 13.89  
Katelyn Berube - 15.21  
Stephanie Friestad - 15.32

**200 Meter Dash**

Morgan Gronvold - 28.31 - 7th place  
Kelsea Volk - 28.63  
Emily Paul - 28.65  
Miriah Koenig - 29.21  
Courtney Jorgenson - 30.02  
Katelyn Berube - 31.35  
Stephanie Friestad - 32.51

**400 Meter Dash**

Miriah Koenig - 1:07.30 - 6th place  
Brittany Fritel - 1:11.79

**800 Meter Run**

Kirsten Welk - 2:37.22 - 2nd place  
Chelsea Halvorson - 2:45.46 - 6th place

**1600 Meter Run**

Kirsten Welk - 5:51.63 - 4th place  
Danielle Wangler - 5:55.86 - 6th place  
Kristi Black - 6:28.32  
Joclyn Seiler - 6:37.53

**3200 Meter Run**

Danielle Wangler - 13:24.87 - 4th place  
Mariya Bernhardt - 13:43.86 - 5th place

**100 Meter Hurdles**

Courtney Jorgenson - 20.04  
Emily Paul - 20.54

**300 Meter Hurdles**

Ashley Salwey - 50.83 - 2nd place  
Emily Paul - 54.49 - 6th place  
Courtney Jorgenson - 59.83

**Shot Put**

Leah Wentz - 36'3½" - 1st place - **SQ**  
Kaycee Grochow - 28'1"  
Nicole Hooker - 24'11"  
Kelsey Mongeon - 24'3"

**Discus**

Leah Wentz - 111'0" - 1st place  
Kelsey Mongeon - 65'0"

**Javelin**

Leah Wentz - 104'4" - 2nd place  
Kristi Black - 90'10" - 7th place  
Joclyn Seiler - 67'5"

**Long Jump**

Vanessa Friestad - 16'6½" - 1st place - **SQ**  
Stephanie Friestad - 14'6" - 5th place  
Courtney Putnam - 14'1" - 7th place  
Katelyn Berube - 11'6"

**Triple Jump**

Vanessa Friestad - 31'11½" - 2nd place  
Stephanie Friestad - 30'5½" - 6th place  
Courtney Putnam - 30'5" - 7th place  
Joclyn Seiler - 28'1¼" - 8th place

**High Jump**

Vanessa Friestad - 4'9" - 2nd place  
Casandra Blessum - 4'7" - 4th place  
Courtney Putnam - 4'3" - 6th place  
Joclyn Seiler - 4'1" - 8th place tie

**Pole Vault**

Brittany Fritel - 6'6" - 2nd place  
Emily Paul - 6'0" - 3rd place  
Kristi Black - 6'0" - 4th place

**400 Meter Relay**

Kelsea Volk(13.69), Morgan Gronvold(12.64)  
Casandra Blessum(12.73), Ashley Salwey(13.61)  
52.73 – 1st place - **SQ**

**800 Meter Relay**

Kelsea Volk(30.19), Morgan Gronvold(26.88)  
Casandra Blessum(27.56), Ashley Salwey(27.01)  
1:51.91 - 2nd place

**1600 Meter Relay**

Casandra Blessum(1:06.01), Kirsten Welk(1:03.95)  
Chelsea Halvorson(1:08.58), Ashley Salwey(1:05.11)  
4:23.77 – 1st place

**3200 Meter Relay**

Brittany Fritel(2:55.53), Mariya Bernhardt(2:46.02)  
Kristi Black(2:42.36), Chelsea Halvorson(2:42.18)  
11:06.35 - 2nd place

**GIRLS TEAM SCORES**

1. Rugby - 176
2. Benson County - 120
3. Devils Lake - 89
4. Rolette/Wolford - 82
5. Wells County - 55
6. Grafton - 45
7. Langdon - 42
8. Drayton/St. Thomas/Valley - 27
8. New Rockford/Sheyenne - 27
10. Surrey - 20
11. Nelson County - 17
12. Sheridan County - 10
13. Northern Lights - 9
14. Valley City - 3

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