

Rugby High School Track & Field Results
HARVEY INVITATIONAL
Harvey, ND – Tuesday, April 17, 2007

100 Meter Dash

Kelsea Volk - 13.34 - 3rd place
Crystal Hovland - 13.46 - 5th place
Casandra Blessum - 13.48 - 6th place
Morgan Gronvold - 13.72 - 8th place
Courtney Jorgenson - 13.78
Miriah Koenig - 13.87
Stephanie Friestad - 15.13

200 Meter Dash

Kirsten Welk - 27.91 - 3rd place
Morgan Gronvold - 28.78 - 4th place
Crystal Hovland - 29.01 - 6th place
Kelsea Volk - 29.16 - 7th place
Miriah Koenig - 29.81
Courtney Jorgenson - 31.57
Katelyn Berube - 31.91

400 Meter Dash

Kirsten Welk - 1:03.57 - 2nd place
Emily Paul - 1:09.79 - 7th place
Vanessa Friestad - 1:10.67
Miriah Koenig - 1:11.01
Katelyn Berube - 1:14.50

800 Meter Run

Mariya Bernhardt - 2:46.41 - 6th place
Kristi Black - 2:55.17
Joclyn Seiler - 2:56.89

1600 Meter Run

Danielle Wangler - 6:01.37 - 5th place
Chelsea Halvorson - 6:07.27 - 7th place
Mariya Bernhardt - 6:17.08

3200 Meter Run

Danielle Wangler - 13:06.88 - 2nd place
Chelsea Halvorson - 13:17.75 - 3rd place

100 Meter Hurdles

Courtney Jorgenson - 19.87

300 Meter Hurdles

Ashley Salwey - 50.72 - 3rd place
Crystal Hovland - 55.17
Emily Paul - 55.25
Courtney Jorgenson - 58.53

Shot Put

Leah Wentz - 38'0" - 1st place - **SQ**
Kaycee Grochow - 29'11" - 6th place
Kelsey Mongeon - 23'5"
Nicole Hooker - 22'11"

Discus

Leah Wentz - 122'7" - 1st place - **SQ, SR**
Kelsey Mongeon - 70'1"

Javelin

Leah Wentz - 111'9" - 1st place - **SR**
Kristi Black - 94'0" - 6th place
Kaycee Grochow - 79'11"
Joclyn Seiler - 58'5"
Nicole Hooker - 49'5"

Long Jump

Vanessa Friestad - 15'4" - 2nd place
Stephanie Friestad - 14'5" - 5th place
Courtney Putnam - 14'4" - 6th place
Katelyn Berube - 10'11"

Triple Jump

Stephanie Friestad - 31'8½" - 3rd place
Vanessa Friestad - 31'5" - 5th place
Courtney Putnam - 30'11½" - 6th place
Joclyn Seiler - 26'11"

High Jump

Vanessa Friestad - 4'9" - 2nd place
Casandra Blessum - 4'5" - 3rd place
Courtney Putnam - 4'3" - 5th place tie
Joclyn Seiler - 4'1"

Pole Vault

Kristi Black - 6'6" - 4th place
Emily Paul - 6'0" - 5th place tie

400 Meter Relay

Kelsea Volk(13.43), Morgan Gronvold(13.19)
Miriah Koenig(15.42), Emily Paul(12.28)
54.30 – 3rd place

800 Meter Relay

Kelsea Volk(29.53), Morgan Gronvold(28.37)
Casandra Blessum(27.43), Ashley Salwey(28.50)
1:54.05 - 2nd place

1600 Meter Relay

Kirsten Welk(1:03.82), Casandra Blessum(1:06.46)
Crystal Hovland(1:06.66), Ashley Salwey(1:08.88)
4:25.91 – 2nd place

3200 Meter Relay

Danielle Wangler(2:44.00), Kristi Black(2:42.32)
Chelsea Halvorson(2:41.22), Kirsten Welk(2:33.67)
10:41.44 - 1st place

GIRLS TEAM SCORES

1. Rugby - 191
2. Benson County - 154
3. Carrington - 112½
4. Rolette/Wolford - 79½
5. Harvey - 65
6. Wells County - 49
7. New Rockford/Sheyenne - 33½
8. Sheridan County/Anamoose - 18½
9. Northern Lights - 15
10. Westhope/Newburg - 12
11. Towner/Granville/Upham - 7

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