

**Rugby High School Track & Field Results**  
**HAZEN SAKAKAWEA COUNTRY CLASSIC**  
**Hazen, ND – Saturday, May 5, 2007**

All times are FAT (Fully Automatic Timing)

**100 Meter Dash**

Kelsea Volk - 13.57 - 4th place  
Morgan Gronvold - 13.70 - 5th place  
Miriah Koenig - 13.95 - 8th place  
Vanessa Friestad - 14.05  
Courtney Putnam - 14.78  
Katelyn Berube - 14.83  
Stephanie Friestad - 15.03

**200 Meter Dash**

Kirsten Welk - 27.58 - 3rd place  
Kelsea Volk - 28.12 - 8th place  
Miriah Koenig - 29.72  
Courtney Jorgenson - 30.24  
Katelyn Berube - 31.39  
Stephanie Friestad - 31.78

**400 Meter Dash**

Kirsten Welk - 1:03.64 - 3rd place  
Emily Paul - 1:08.66 - 8th place  
Miriah Koenig - 1:10.42  
Katelyn Berube - 1:12.31

**800 Meter Run**

Kristi Black - 2:46.83 - 8th place  
Mariya Bernhardt - 2:54.09

**1600 Meter Run**

Chelsea Halvorson - 6:06.44 - 6th place  
Mariya Bernhardt - 6:15.84

**3200 Meter Run**

Danielle Wangler - 13:06.24 - 1st place  
Chelsea Halvorson - 13:46.21 - 3rd place

**100 Meter Hurdles**

Ashley Salwey - 17.38 - 5th place  
Courtney Jorgenson - 18.78

**300 Meter Hurdles**

Ashley Salwey - 47.60 - 1st place - **SQ**  
Emily Paul - 50.99 - 6th place  
Crystal Hovland - 51.29 - 7th place  
Courtney Jorgenson - 55.37

**Shot Put**

Leah Wentz - 35'8½" - 1st place - **SQ**  
Kelsey Mongeon - 26'7½"  
Kaycee Grochow - 26'1"  
Nicole Hooker - 25'6"  
Amanda Longie - 20'1"

**Discus**

Leah Wentz - 113'11" - 3rd place  
Amanda Longie - 77'2"  
Kelsey Mongeon - 73'5"  
Nicole Hooker - 48'0"

**Javelin**

Leah Wentz - 109'3" - 2nd place  
Kristi Black - 94'6" - 8th place  
Kaycee Grochow - 80'6"

**Long Jump**

Vanessa Friestad - 16'11" - 1st place - **SQ**  
Stephanie Friestad - 15'8½" - 4th place  
Courtney Putnam - 13'11¼"  
Katelyn Berube - 12'6"

**Triple Jump**

Vanessa Friestad - 33'8¾" - 4th place  
Courtney Putnam - 31'3¼"  
Stephanie Friestad - 31'2"

**High Jump**

Vanessa Friestad - 4'9" - 3rd place tie 3 way  
Casandra Blessum - 4'7" - 8th place tie 3 way  
Courtney Putnam - 4'7" - 8th place tie 3 way

**Pole Vault**

Kristi Black - 6'6" - 5th place tie  
Brittany Fritel - 6'0" - 8th place

**400 Meter Relay**

Kelsea Volk(13.51), Morgan Gronvold(13.34)  
Miriah Koenig(13.87), Casandra Blessum(12.86)  
54.00 – 4th place

**800 Meter Relay**

Kelsea Volk(28.32), Ashley Salwey(26.53)  
Casandra Blessum(29.02), Kirsten Welk(26.36)  
1:50.64 - 1st place - **SQ**

**1600 Meter Relay**

Morgan Gronvold(1:05.38), Kirsten Welk(1:01.85)  
Casandra Blessum(1:06.16), Ashley Salwey(1:06.37)  
4:19.93 – 1st place

**3200 Meter Relay**

Courtney Hill(2:44.92), Mariya Bernhardt(2:45.67)  
Kristi Black(2:45.35), Danielle Wangler(2:40.42)  
10:56.89 – 2nd place

**GIRLS TEAM SCORES**

1. Hazen - 169½
2. Rugby - 151 ⅙
3. Dickinson Trinity - 68½
4. Bottineau - 65
5. Beulah - 56
6. New Salem - 54
7. Washburn/Wilton - 53¼
8. Carrington - 50½
9. Central McLean - 17
10. Mott-Regent - 16
11. Center-Stanton - 7

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