

Rugby High School Track & Field Results
MINOT RYAN ANDREW CROCKETT MEMORIAL
MSU - Minot, ND – Thursday, May 10, 2007

100 Meter Dash

Kelsea Volk - 13.34 - 4th place
Casandra Blessum - 13.41 - 5th place
Katelyn Berube - 14.35
Stephanie Friestad - 15.04

200 Meter Dash

Ashley Salwey - 27.52 - 1st place
Morgan Gronvold - 27.81 - 4th place
Miriah Koenig - 28.31
Katelyn Berube - 31.34

400 Meter Dash

Ashley Salwey - 1:02.19 - 2nd place
Casandra Blessum - 1:03.92
Morgan Gronvold - 1:04.67
Rachel Hoffert - 1:09.24
Katelyn Berube - 1:11.38

800 Meter Run

Kirsten Welk - 2:31.62 - 5th place

1600 Meter Run

Sydney Kraft - 6:20.94
Cortney Hill - 6:29.72

3200 Meter Run

Danielle Wangler - 12:29.49 - 1st place
Chelsea Halvorson - 12:30.94 - 2nd place
Mariya Bernhardt - 13:21.94 - 7th place
Joclyn Seiler - 14:39.48

100 Meter Hurdles

Crystal Hovland - 17.55 - 6th place
Emily Paul - 19.72
Courtney Jorgenson - 19.78

300 Meter Hurdles

Ashley Salwey - 47.42 - 1st place - **SQ**
Emily Paul - 50.52 - 6th place
Crystal Hovland - 55.03
Courtney Jorgenson - 54.91
Rachel Hoffert - 55.03

Shot Put

Leah Wentz - 40'10" - 1st place - **SQ**
Kelsey Mongeon - 25'2"
Nicole Hooker - 23'6"

Discus

Leah Wentz - 118'1" - 1st place - **SQ**
Kelsey Mongeon - 87'4"
Nicole Hooker - 75'4"

Javelin

Leah Wentz - 108'4" - 3rd place
Joclyn Seiler - 67'1"

Long Jump

Vanessa Friestad - 15'4½" - 2nd place
Stephanie Friestad - 14'6½" - 7th place
Miriah Koenig - 14'5"
Courtney Putnam - 13'7½"
Katelyn Berube - 12'2"

Triple Jump

Vanessa Friestad - 33'0" - 2nd place
Courtney Putnam - 31'3" - 7th place
Stephanie Friestad - 30'10" - 8th place
Joclyn Seiler - 27'8½"

High Jump

Vanessa Friestad - 4'9" - 2nd place
Casandra Blessum - 4'5" - 8th place tie
Courtney Putnam - 4'3"
Joclyn Seiler - No Height

Pole Vault

400 Meter Relay

Kelsea Volk(13.41), Morgan Gronvold(12.47)
Emily Paul(12.59), Casandra Blessum(13.77)
52.24 – 1st place - **SQ**

800 Meter Relay

Kelsea Volk(28.87), Courtney Jorgenson(29.32)
Miriah Koenig(29.64), Crystal Hovland(26.61)
DQ - Out of exchange zone between 3 & 4 runner

1600 Meter Relay

Kirsten Welk(1:01.01), Emily Paul(1:04.97)
Rachel Hoffert(1:08.71), Crystal Hovland(1:06.87)
4:21.66 – 3rd place

3200 Meter Relay

Chelsea Halvorson(2:35.93), Danielle Wangler(2:42.34)
Mariya Bernhardt(2:39.24), Kirsten Welk(2:25.35)
10:22.87 – 1st place

GIRLS TEAM SCORES

1. Rugby - 153½
2. Minot Bishop Ryan - 92
3. Velva/Drake - 76
4. Watford City - 72½
5. Rolette/Wolford - 50
6. Des Lacs-Burlington - 47
7. Williams County - 36
8. Lewis and Clark - 29
9. Stanley/Powers Lake - 26
10. Glenburn - 24
11. Parshall - 23
12. Surrey - 22
13. Killdeer - 19
14. Garrison/Max - 17
15. Westhope/Newburg - 14
16. New Town - 10
17. Kenmare/Mohall/Lansford/Sherwood/Bowbells - 7
18. Divide County - 6
19. Central McLean - 5

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