

Rugby High School Track & Field Results
REGION VI
Rugby, ND – Saturday, May 19, 2007

100 Meter Dash

Emily Paul - 12.90 - 3rd place
Morgan Gronvold - 13.16 - 6th place
Kelsea Volk - 13.23 - 7th place
Crystal Hovland - 13.69

200 Meter Dash

Emily Paul - 27.08 - 2nd place - **SQ**
Morgan Gronvold - 27.46 - 4th place
Kelsea Volk - 27.95 - 6th place
Ashley Salwey - DQ, False Start

400 Meter Dash

Kirsten Welk - 1:00.17 - 1st place - **SQ**
Casandra Blessum - 1:05.67 - 6th place
Rachel Hoffert - 1:11.33

800 Meter Run

Kirsten Welk - 2:27.99 - 1st place - **SQ**
Kristi Black - 2:45.14 - 8th place
Cortney Hill - 3:00.61

1600 Meter Run

Danielle Wangler - 5:51.91 - 3rd place
Chelsea Halvorson - 5:52.63 - 4th place
Mariya Bernhardt - 6:12.24 - 6th place
Sydney Kraft - 6:14.71 - 7th place

3200 Meter Run

Danielle Wangler - 12:55.44 - 3rd place
Chelsea Halvorson - 12:58.64 - 4th place
Mariya Bernhardt - 13:23.01 - 6th place
Joclyn Seiler - 14:11.55

100 Meter Hurdles

Ashley Salwey - 16.34 - 3rd place
Crystal Hovland - 18.08
Courtney Jorgenson - 19.43

300 Meter Hurdles

Ashley Salwey - 48.97 - 2nd place - **SQ**
Crystal Hovland - 50.30 - 3rd place
Emily Paul - 51.55 - 4th place
Courtney Jorgenson - 56.47 - 7th place
Rachel Hoffert - 58.11 - 8th place

Shot Put

Leah Wentz - 41'1" - 2nd place - **SQ**
Kaycee Grochow - 30'10½" - 7th place
Kelsey Mongeon - 27'1"

Discus

Leah Wentz - 117'7" - 2nd place - **SQ**
Kelsey Mongeon - 94'9" - 5th place

Javelin

Leah Wentz - 115'4" - 2nd place - **SQ**
Kristi Black - 88'6" - 6th place

Long Jump

Vanessa Friestad - 17'7" - 2nd place - **SQ**
Miriah Koenig - 16'1½" - 8th place
Stephanie Friestad - 15'6"
Courtney Putnam - 14'7"
Katelyn Berube - 13'11"

Triple Jump

Vanessa Friestad - 35'5" - 2nd place - **SQ**
Stephanie Friestad - 33'1½" - 4th place
Courtney Putnam - 31'5" - 8th place
Joclyn Seiler - No Mark

High Jump

Vanessa Friestad - 4'7" 4th place
Casandra Blessum - 4'5" - 5th place
Courtney Putnam - 4'1"
Joclyn Seiler - 4'1"

Pole Vault

Kristi Black - 7'0" - 4th place

400 Meter Relay

Kelsea Volk(12.93), Casandra Blessum(13.76)
Courtney Jorgenson(12.24), Crystal Hovland(13.67)
52.65 – 2nd place - **SQ**

800 Meter Relay

Kelsea Volk(29.82), Morgan Gronvold(25.43)
Emily Paul(27.73), Kirsten Welk(26.74)
1:49.70 - 1st place - **SQ**

1600 Meter Relay

Morgan Gronvold(1:05.25), Casandra Blessum(1:08.94)
Ashley Salwey(1:03.28), Kirsten Welk(1:00.88)
4:18.18 - 1st place - **SQ**

3200 Meter Relay

Cortney Hill(3:12.26), Katelyn Berube(2:48.44)
Joclyn Seiler(2:49.05), Sydney Kraft(2:55.62)
11:45.48 - 6th place

GIRLS TEAM SCORES

1. Rugby - 210
2. Minot Bishop Ryan - 136
3. Bottineau - 125
4. Velva/Sawyer/Drake - 116
5. Des Lacs-Burlington - 55
6. Glenburn - 22
7. Garrison/Max - 20½
8. Surrey - 20
9. Westhope/Newburg - 17
10. Kenmare/Mohall-Lansford-Sherwood/Bowbells - 14½
11. Towner/Granville/Upham - 4
12. Dunseith - 0

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