

Rugby High School Track & Field Results
RUGBY PANTHER BOOSTER INVITATIONAL
Rugby, ND – Thursday, April 19, 2007

100 Meter Dash

Kelsea Volk - 13.52
Morgan Gronvold - 13.56
Miriah Koenig - 13.74

200 Meter Dash

Casandra Blessum - 28.16
Kelsea Volk - 28.43
Morgan Gronvold - 28.52
Miriah Koenig - 29.14
Courtney Jorgenson - 30.09

400 Meter Dash

Miriah Koenig - 1:11.30

800 Meter Run

Kirsten Welk - 2:39.47 - 4th place
Danielle Wangler - 2:47.01 - 7th place

1600 Meter Run

Danielle Wangler - 6:07.68 - 4th place

3200 Meter Run

Mariya Bernhardt - 13:49.26 - 4th place
Joclyn Seiler - 15:02.44 - 7th place

100 Meter Hurdles

Courtney Jorgenson - 19.73

300 Meter Hurdles

Emily Paul - 52.37 - 6th place
Courtney Jorgenson - 57.89

Shot Put

Leah Wentz - 38'5½" - 1st place - **SQ**
Kaycee Grochow - 29'8½"
Amanda Longie - No Mark

Discus

Leah Wentz - 127'2" - 2nd place - **SQ SR**
Amanda Longie - 58'11"

Javelin

Leah Wentz - 114'8" - 1st place
Kaycee Grochow - 76'3"
Joclyn Seiler - 55'9"

Long Jump

Vanessa Friestad - 15'11½" - 2nd place
Courtney Putnam - 14'2"

Triple Jump

Vanessa Friestad - 32'2½" - 3rd place
Courtney Putnam - 30'11¼" - 8th place
Joclyn Seiler - 28'6¼"

High Jump

Vanessa Friestad - 4'7" - 3rd place tie
Casandra Blessum - 4'5" - 7th place tie
Courtney Putnam - 4'3"
Joclyn Seiler - 4'1"

Pole Vault

Emily Paul - 6'0" - 6th place

400 Meter Relay

Kelsea Volk(13.84), Morgan Gronvold(14.04)
Miriah Koenig(14.39), Emily Paul(11.58)
54.10 – 2nd place

800 Meter Relay

Kelsea Volk(31.83), Morgan Gronvold(25.85)
Casandra Blessum(31.98), Kirsten Welk(25.21)
1:55.05 - 2nd place

1600 Meter Relay

Kirsten Welk(1:04.12), Casandra Blessum(1:08.78)
Vanessa Friestad(1:11.50), Emily Paul(1:07.29)
4:31.57 – 1st place

3200 Meter Relay

GIRLS TEAM SCORES

1. Minot - 268
2. Rugby - 101
3. Devils Lake - 65
4. Langdon - 59½
5. Harvey - 51½
6. Rolette/Wolford - 41
7. Wells County - 40½
8. Lewis & Clark - 32½
9. New Rockford/Sheyenne - 23
10. Surrey - 18
11. Westhope/Newburg - 10
12. Sheridan County/Anamoose - 8
12. Towner/Granville/Upham - 8
14. Northern Lights - 7
15. Belcourt - 3
16. North Star - 1

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