

Rugby High School Track & Field Results
STATE CLASS "B"
Bismarck, ND – Friday, May 26 - Saturday, May 27, 2007

100 Meter Dash

200 Meter Dash

Emily Paul - 28.04 - Prelims

400 Meter Dash

Kirsten Welk - 1:00.20 - Prelims
 1:01.46 - Finals - 7th place

800 Meter Run

1600 Meter Run

3200 Meter Run

100 Meter Hurdles

Ashley Salwey - 16.83 - Prelims

300 Meter Hurdles

Ashley Salwey - 48.11 - Prelims
 48.57 - Finals - 6th place

Shot Put

Leah Wentz - 42'8" - State Champion - **SR**

Discus

Leah Wentz - 115'4" - 7th place

Javelin

Leah Wentz - 106'5"

Long Jump

Vanessa Friestad - 17'2¼" - 3rd place

Triple Jump

Vanessa Friestad - 35'9¾" - 4th place

High Jump

Pole Vault

400 Meter Relay

Kelsea Volk(13.12), Morgan Gronvold(12.76)
 Casandra Blessum(12.85), Emily Paul(13.16)
 51.89 - Prelims

Kelsea Volk(12.97), Morgan Gronvold(11.96)
 Casandra Blessum(12.54), Emily Paul(13.88)
 51.35 - Finals - 2nd place

800 Meter Relay

Ashley Salwey(28.70), Morgan Gronvold(26.34)
 Emily Paul(28.22), Kirsten Welk(27.53)
 1:50.79 - Prelims

Ashley Salwey(27.77), Morgan Gronvold(26.84)
 Emily Paul(25.98), Kirsten Welk(27.97)
 1:48.56 - Finals - 3rd place

1600 Meter Relay

Morgan Gronvold(1:01.83), Casandra Blessum(1:02.86)
 Ashley Salwey(1:03.49), Kirsten Welk(1:01.16)
 4:09.34 - State Champions

3200 Meter Relay

Danielle Wangler(2:35.39), Mariya Bernhardt(2:46.57)
 Kristi Black(2:39.86), Chelsea Halvorson(2:41.99)
 10:43.81

TEAM SCORES		
1.	Benson County	94½
2.	Rugby	52
3.	Minot Bishop Ryan	48½
4.	Bowman County	43
5.	Bottineau	40
6.	Maple Valley/Enderlin	36
7.	Hazen	35½
8.	Lisbon	32
	Park River/Fordville-Lankin/Adams-Edmore	32
10.	Griggs County Central	31
11.	Langdon/Munich	28½
12.	Hillsboro/Central Valley	23
13.	Velva/Drake	21
	Milnor/Wyndmere/Lidgerwood	21
15.	Dickinson Trinity	19
16.	Harvey	16
	Finley-Sharon/Hope-Page	16
	Watford City	16
	New Salem	16
20.	Grafton	14
21.	Ellendale	13
22.	Williams County	12
23.	Rolette/Wolford	10
24.	Drayton/St. Thomas/Valley	6½
25.	Killdeer	6
	Scranton	6
	Oakes	6
	Carrington	6
29.	Cavalier	5
	Richardton-Taylor	5
	Fargo Oak Grove	5
32.	Edgeley/Kulm	4
	Minto/Midway	4
	Larimore	4
35.	Hazleton-Moffit-Braddock	3½
36.	Beulah	3
37.	Grant County/Flasher	2
38.	Hatton/Northwood	1½
39.	New Town	1
	Napoleon	1
	Barnes County North	1
	Mott-Regent	1

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