

Rugby High School Track & Field Results
WELLS COUNTY LLOYD MEMORIAL INVITATIONAL
Fessenden, ND – Tuesday, April 24, 2007

100 Meter Dash

Kelsea Volk - 13.34 - 3rd place
Casandra Blessum - 13.70 - 7th place
Morgan Gronvold - 14.13
Miriah Koenig - 14.16
Courtney Jorgenson - 14.32
Brittany Fritel - 14.69
Katelyn Berube - 14.70
Stephanie Friestad - 14.88

200 Meter Dash

Ashley Salwey - 27.54 - 3rd place tie
Morgan Gronvold - 28.57
Kelsea Volk - 29.13
Miriah Koenig - 29.78
Vanessa Friestad - 30.62
Courtney Jorgenson - 31.01
Courtney Putnam - 31.08
Katelyn Berube - 31.53
Stephanie Friestad - 31.63

400 Meter Dash

Kirsten Welk - 1:06.08
Miriah Koenig - 1:10.60
Brittany Fritel - 1:10.76
Katelyn Berube - 1:10.90

800 Meter Run

Chelsea Halvorson - 2:39.09
Mariya Bernhardt - 2:47.49

1600 Meter Run

Chelsea Halvorson - 6:01.45 - 5th place
Mariya Bernhardt - 6:07.55 - 6th place

3200 Meter Run

Danielle Wangler - 12:28.56 - 2nd place
Joclyn Seiler - 14:36.91 - 6th place

100 Meter Hurdles

Ashley Salwey - 17.36 - 6th place
Crystal Hovland - 18.72
Emily Paul - 19.54
Courtney Jorgenson - 19.77

300 Meter Hurdles

Ashley Salwey - 48.03 - 2nd place - **SQ**
Crystal Hovland - 50.78 - 7th place
Emily Paul - 51.37
Courtney Jorgenson - 56.04

Shot Put

Leah Wentz - 41'2" - 1st place - **SQ**
Kaycee Grochow - 28'8"
Kelsey Mongeon - 28'0"
Nicole Hooker - 24'6"
Amanda Longie - 20'3"

Discus

Leah Wentz - 119'11" - 2nd place - **SQ**
Amanda Longie - 59'9"
Nicole Hooker - No Mark
Kelsey Mongeon - No Mark

Javelin

Leah Wentz - 102'7" - 5th place
Kaycee Grochow - 77'8"
Joclyn Seiler - 70'7"
Nicole Hooker - No Mark

Long Jump

Vanessa Friestad - 16'3" - 2nd place
Stephanie Friestad - 15'5½" - 4th place
Casandra Blessum - 14'6"
Courtney Putnam - 14'3"
Katelyn Berube - 12'1"

Triple Jump

Vanessa Friestad - 32'3½" - 7th place
Stephanie Friestad - 32'1½" - 8th place
Courtney Putnam - 31'8"
Joclyn Seiler - 28'11½"

High Jump

Vanessa Friestad - 4'9" - 3rd place
Casandra Blessum - 4'5" - 7th place tie
Courtney Putnam - 4'3"
Joclyn Seiler - 4'1"

Pole Vault

Brittany Fritel - 6'6" - 6th place tie
Emily Paul - 5'6"

400 Meter Relay

Kelsea Volk(13.58), Morgan Gronvold(13.57)
Miriah Koenig(13.07), Crystal Hovland(13.01)
53.30 – 4th place

800 Meter Relay

Kelsea Volk(28.52), Ashley Salwey(26.80)
Morgan Gronvold(30.13), Kirsten Welk(26.48)
1:52.11 - 4th place

1600 Meter Relay

Kirsten Welk(1:04.77), Casandra Blessum(1:04.79)
Crystal Hovland(1:07.13), Emily Paul(1:05.14)
4:21.96 – 3rd place

3200 Meter Relay

Chelsea Halvorson(2:35.77), Danielle Wangler(2:36.06)
Mariya Bernhardt(2:38.11), Kirsten Welk(2:25.62)
10:15.68 – 3rd place - **SQ**

GIRLS TEAM SCORES

1. Hazen - 117½
2. Rugby - 114½
3. Benson County - 100
4. Griggs County Central - 93
5. Washburn/Wilton - 54½
6. Rolette/Wolford - 53½
7. Carrington - 52½
8. Harvey - 47
9. New Rockford/Sheyenne - 27
10. Sheridan County/Anamoose - 18½
11. Tappen - 18
12. Wells County - 17
13. Central McLean County - 10
13. Steele-Dawson - 10

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