

**Rugby High School Track & Field Results**  
**CENTRAL NORTH DAKOTA CONFERENCE INDOOR INVITATIONAL**  
**MSU Dome, Minot, ND – Friday, April 3, 2009**

**55 Meter Dash**

Ashley Salwey - 7.53 - 2nd place  
Courtney Putnam - 8.48  
Gabby Samuda - 8.48  
Rachel Allickson - 8.50  
Ashley Leier - 8.50  
Abbey Paul - 8.50  
Carly Wise - 8.74  
Jessica Jaeger - 9.26

**200 Meter Dash**

Ashley Salwey - 27.76 - 2nd place  
Crystal Hovland - 28.78 - 4th place  
Katelyn Berube - 32.58  
Carly Wise - 32.58  
Jessica Jaeger - 33.67  
Emily Voeller - 35.39  
Paxton Klein - 36.23

**400 Meter Dash**

Rachel Allickson - 1:15.61  
Josie Klein - 1:16.47  
Paxton Klein - 1:21.20

**800 Meter Run**

Kristi Black - 2:49.21 - 7th place  
Taylor Stone - 2:50.53 - 8th place

**1600 Meter Run**

Jenna Fossum - 6:21.31 - 4th place  
Mariya Bernhardt - 6:21.65 - 5th place  
Cortney Hill - 7:38.29

**3200 Meter Run**

Sydney Kraft - 12:59.09 - 1st place

**55 Meter Hurdles**

Ashley Salwey - 9.07 - 1st place  
Crystal Hovland - 9.70 - 3rd place

**Long Jump**

Courtney Putnam - 14'6"  
Katelyn Berube - 12'6½"  
Gabby Samuda - 11'11"  
Emily Voeller - 11'7¼"  
Josie Klein - No Mark

**Triple Jump**

Courtney Putnam - 30'6" - 6th place  
Paige Haman - 28'6"  
Josie Klein - 27'10"  
Katelyn Berube - 26'10¼"  
Abbey Paul - No Mark

**Pole Vault**

**High Jump**

Courtney Putnam - 4'7" - 3rd place  
Crystal Hovland - 4'5" - 4th place  
Abbey Paul - 4'1" - 6th place  
Jessica Jaeger - No Height

**Shot Put**

Molly Koenig - 28'10¾"  
Kelsey Mongeon - 28'6"  
Michelle Lemar - 26'9¼"  
Kenzie Cameron - 26'7"  
Nicole Hooker - 26'3"  
Madeline Cameron - 25'2½"  
Gabby Samuda - 23'10¼"  
Paige Haman - 22'10"  
Ashley Leier - 20'8½"  
Janessa Veach - 18'5½"  
Emerald Collins - 17'10"  
Emily Schmaltz - 17'3"

**4 x 1 Lap Relay**

Rachel Allickson(24.22), Chelsea Halvorson(22.94)  
Ashley Salwey(21.91), Crystal Hovland(22.19)  
1:30.80 – 1st place

**4 x 400 Meter Relay**

Abbey Paul(1:07.88), Taylor Stone(1:14.94)  
Jenna Fossum(1:12.71), Kristi Black(1:14.16)  
4:49.81 - 4th place

**4 x 800 Meter Relay**

Chelsea Halvorson(2:49.72), Kristi Black(2:43.53)  
Taylor Stone(2:46.00), Sydney Kraft(2:34.57)  
10:53.97 - 2nd place

**GIRLS TEAM SCORES**

1. New Rockford-Sheyenne/Wells County - 101
2. Rugby - 99
3. Velva/Drake - 94
4. Benson County - 87
5. Lewis & Clark - 30
5. Mohall-Lansford-Sherwood - 30
7. Glenburn - 24
8. Harvey - 21
9. Sheridan County/Anamoose - 19
10. Westhope/Newburg - 13
11. Northern Lights - 11
12. Garrison/Max - 1