

**Rugby High School Track & Field Results**  
**CENTRAL NORTH DAKOTA CONFERENCE**  
**Fessenden, ND – Tuesday, May 5, 2009**

**100 Meter Dash**

Ashley Leier - 14.61  
Carly Wise - 14.74  
Gabby Samuda - 14.88

**200 Meter Dash**

Ashley Salwey - 26.11 - 1st place - **SQ**  
Rachel Allickson - 30.23  
Jessica Jaeger - 30.45  
Carly Wise - 30.71  
Ashley Leier - 30.96  
Gabby Samuda - 31.33

**400 Meter Dash**

Abbey Paul - 1:07.45 - 5th place  
Rachel Allickson - 1:10.30  
Carly Wise - 1:11.58

**800 Meter Run**

Sydney Kraft - 2:25.43 - 1st place - **SQ, MR**  
Taylor Stone - 2:49.08 - 7th place  
Paxton Klein - 3:01.57

**1600 Meter Run**

Taylor Stone - 6:16.03 - 2nd place  
Courtney Hill - 7:11.95 - 4th place

**3200 Meter Run**

Jenna Fossum - 13:26.67 - 6th place  
Mariya Bernhardt - 14:05.68 - 7th place  
Joclyn Seiler - 15:12.66 - 8th place

**100 Meter Hurdles**

Ashley Salwey - 15.64 - 1st place - **SQ**  
Aubrey Hovland - 17.37 - 2nd place  
Crystal Hovland - 17.54 - 3rd place

**300 Meter Hurdles**

Crystal Hovland - 48.18 - 1st place - **SQ**  
Aubrey Hovland - 53.19 - 8th place

**Shot Put**

Molly Koenig - 31'1" - 4th place  
Kelsey Mongeon - 30'8½" - 6th place  
Emily Fritel - 29'8½"  
Michelle Lemar - 28'3¾"  
Nicole Hooker - 26'11"  
Kenzie Cameron - 24'5"  
Maddie Cameron - 23'11½"  
Emily Schmaltz - 20'10¼"  
Emerald Collins - 20'6"

**Discus**

Kelsey Mongeon - 90'11" - 4th place  
Paige Haman - 77'11"  
Molly Koenig - 71'2"  
Nicole Hooker - 70'0"  
Emily Fritel - 64'8"  
Kenzie Cameron - 62'11"  
Michelle Lemar - 62'8"  
Ashley Leier - 51'4"  
Emily Schmaltz - 47'8"  
Emerald Collins - 46'10"

**Javelin**

Tessa Koenig - 87'5" - 3rd place  
Paige Haman - 81'7" - 4th place  
Molly Koenig - 80'6" - 6th place  
Kenzie Cameron - 64'6"  
Maddie Cameron - 55'3"  
Courtney Hill - 48'2"

**Long Jump**

Stephanie Friestad - 16'1½" - 4th place  
Courtney Putnam - 15'2¼" - 8th place  
Abbey Paul - 14'6¾"  
Katelyn Berube - 13'11"  
Josie Klein - 13'8"  
Emily Voeller - 13'2"  
Gabby Samuda - 13'0"

**Triple Jump**

Stephanie Friestad - 33'11½" - 4th place  
Courtney Putnam - 33'1" - 5th place  
Josie Klein - 30'1½" - 8th place  
Katelyn Berube - 29'5½"  
Paige Haman - 27'10"  
Jessica Jaeger - 25'11"  
Emily Voeller - 24'2"

**High Jump**

Aubrey Hovland - 4'11" - 1st place  
Joclyn Seiler - 4'5" - 4th place tie  
Courtney Putnam - 4'3" - 6th place  
Jessica Jaeger - No Height  
Emily Voeller - No Height

**Pole Vault**

Joclyn Seiler - 6'0" - 1st place tie  
Tessa Koenig - 5'6" - 4th place

**400 Meter Relay**

Crystal Hovland(12.79), Chelsea Halvorson(13.84)  
Aubrey Hovland(12.78), Ashley Salwey(13.47)  
52.96 - 2nd place

**800 Meter Relay**

Rachel Allickson(31.41), Jessica Jaeger(29.41)  
Ashley Leier(30.50), Abbey Paul(29.28)  
2:00.70 - 4th place

**1600 Meter Relay**

Sydney Kraft(1:02.28), Abbey Paul(1:06.48)  
Crystal Hovland(1:04.40), Ashley Salwey(1:01.40)  
4:14.52 - 1st place - **SQ**

**3200 Meter Relay**

Taylor Stone(2:38.16), Jenna Fossum(2:40.84)  
Mariya Bernhardt(2:50.63), Sydney Kraft(2:32.78)  
10:42.30 - 3rd place

**GIRLS TEAM SCORES**

1. Rugby - 183½
2. Velve/Drake - 141½
3. Wells County/New Rockford-Sheyenne - 139
4. Benson County - 125
5. Harvey - 43
6. Sheridan County/Anamoose - 38
7. Northern Lights - 34

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