

Rugby High School Track & Field Results
CARRINGTON KIWANIS/LIONS
Carrington, ND – Saturday, May 2, 2009

100 Meter Dash

Ashley Salwey - 12.80 - 1st place - **SQ**
Allison Volk - 14.81

200 Meter Dash

Jessica Jaeger - 31.15
Ashley Leier - 31.41
Allison Volk - 31.49
Emily Voeller - 32.62

400 Meter Dash

Ashley Salwey - 1:01.11 - 1st place - **SQ**
Abbey Paul - 1:07.91 - 6th place
Cassandra Jaeger - 1:08.13 - 8th place
Aubrey Hovland - 1:12.81
Josie Klein - 1:13.49

800 Meter Run

Sydney Kraft - 2:28.56 - 1st place
Paxton Klein - 2:57.50

1600 Meter Run

3200 Meter Run

100 Meter Hurdles

Ashley Salwey - 15.75 - 1st place - **SQ**

300 Meter Hurdles

Aubrey Hovland - 53.71 - 5th place

Shot Put

Molly Koenig - 32'2" - 2nd place
Emily Fritel - 30'0" - 6th place
Kelsey Mongeon - 29'11" - 7th place
Michelle Lemar - 28'8"
Gabby Samuda - 24'6"

Discus

Kelsey Mongeon - 91'9" - 3rd place
Molly Koenig - 78'2"
Emily Fritel - 74'6"
Michelle Lemar - 61'5"

Javelin

Tessa Koenig - 85'2" - 4th place
Molly Koenig - 84'10" - 5th place
Cortney Hill - 60'1"
Michelle Lemar - 59'11" - 8th place

Long Jump

Stephanie Friestad - 15'5½" - 1st place
Courtney Putnam - 15'0" - 2nd place
Abbey Paul - 14'2" - 6th place
Josie Klein - 13'½"
Gabby Samuda - 12'11"

Triple Jump

Stephanie Friestad - 31'8½" - 1st place
Courtney Putnam - 30'4½" - 2nd place
Josie Klein - 28'3¼" - 3rd place

High Jump

Aubrey Hovland - 4'11" - 1st place
Courtney Putnam - 4'5" - 4th place
Joclyn Seiler - 4'3" - 8th place

Pole Vault

Joclyn Seiler - 5'6" - 3rd place
Tessa Koenig - 5'0" - 4th place

400 Meter Relay

Stephanie Friestad(15.53), Gabby Samuda(14.13)
Ashley Leier(14.34), Allison Volk(15.10)
59.12 - 3rd place

800 Meter Relay

Tessa Koenig(28.50), Jessica Jaeger(33.87)
Gabby Samuda(31.47), Ashley Leier(33.18)
2:06.00 - 3rd place

1600 Meter Relay

Cassandra Jaeger(1:09.25), Shanaya Fred(1:09.38)
Sydney Kraft(1:05.81), Abbey Paul(1:09.62)
4:34.43 - 3rd place

3200 Meter Relay

Mariya Bernhardt(2:54.12), Jenna Fossum(2:59.06)
Shanaya Fred(2:50.79), Sydney Kraft(2:30.18)
11:14.08 - 2nd place

GIRLS TEAM SCORES

1. Carrington - 181
2. Wells County/New Rockford-Sheyenne - 176
3. Rugby - 175
4. Benson County - 63
5. Griggs County Central - 48
6. Central Prairie - 30
7. Nelson County - 19

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