

Rugby High School Track & Field Results
REGION VI
Rugby, ND – Saturday, May 16, 2009

100 Meter Dash

Ashley Salwey - 12.61 - 1st place - **SQ**
Crystal Hovland - 13.18 - 8th place
Rachel Allickson - 14.00
Carly Wise - 14.46
Gabby Samuda - 14.85

200 Meter Dash

Ashley Salwey - 26.77 - 1st place - **SQ**
Crystal Hovland - 27.89 - 5th place
Rachel Allickson - 29.88
Ashley Leier - 30.97

400 Meter Dash

Shanaya Fred - 1:08.13
Abbey Paul - 1:08.77
Cassandra Jaeger - 1:10.23
Carly Wise - 1:11.62

800 Meter Run

Sydney Kraft - 2:24.65 - 1st place - **SQ**
Kristi Black - 2:43.67

1600 Meter Run

Sydney Kraft - 5:28.16 - 1st place - **SQ**
Hannah Christenson - 6:09.64
Mariya Bernhardt - 6:28.52
Cortney Hill - 7:13.31

3200 Meter Run

Jenna Fossum - 13:25.92 - 6th place
Hannah Christenson - 13:27.93 - 7th place
Paxton Klein - 14:20.62
Joclyn Seiler - 15:00.12

100 Meter Hurdles

Ashley Salwey - 14.76 - 1st place - **SQ, MR, SR**
Aubrey Hovland - 17.06 - 3rd place
Crystal Hovland - 17.20 - 4th place

300 Meter Hurdles

Ashley Salwey - 46.93 - 1st place - **SQ**
Crystal Hovland - 48.51 - 2nd place - **SQ**
Aubrey Hovland - 51.01 - 7th place

Long Jump

Stephanie Friestad - 15'11½" - 7th place
Courtney Putnam - 15'9"
Josie Klein - 15'1½"
Abbey Paul - 14'2"
Katelyn Berube - 13'10½"

Triple Jump

Josie Klein - 33'9½" - 2nd place - **SQ**
Courtney Putnam - 32'4½" - 7th place
Stephanie Friestad - 29'7½"
Katelyn Berube - 29'7"
Jessica Jaeger - No Mark

Pole Vault

Joclyn Seiler - No Height

High Jump

Aubrey Hovland - 4'11" - 1st place - **SQ**
Joclyn Seiler - 4'3"
Courtney Putnam - 4'3"
Jessica Jaeger - 3'11"
Emily Voeller - No Height

Shot Put

Molly Koenig - 33'7" - 2nd place - **SQ**
Kelsey Mongeon - 31'2" - 6th place
Emily Fritel - 28'9"
Michelle Lemar - 27'11"
Nicole Hooker - 26'10"

Discus

Kelsey Mongeon - 87'7" - 8th place
Maddie Cameron - 74'0"
Emily Fritel - 73'3"
Molly Koenig - 64'11"
Nicole Hooker - No Mark

Javelin

Kristi Black - 90'5" - 7th place
Paige Haman - 86'8"
Molly Koenig - 83'8"
Kenzie Cameron - 81'4"
Michelle Lemar - 67'11"

4 x 100 Meter Relay

Rachel Allickson(13.72), Chelsea Halvorson(13.19)
Rachel Hoffert(13.12), Aubrey Hovland(14.41)
54.40 – 5th place

4 x 200 Meter Relay

Rachel Allickson(29.06), Chelsea Halvorson(29.50)
Rachel Hoffert(28.69), Abbey Paul(28.87)
1:56.15 – 4th place

4 x 400 Meter Relay

Rachel Hoffert(1:06.12), Abbey Paul(1:08.79)
Shanaya Fred(1:07.81), Sydney Kraft(1:05.60)
4:28.29 - 4th place

4 x 800 Meter Relay

Taylor Stone(2:37.85), Chelsea Halvorson(2:40.09)
Jenna Fossum(2:43.28), Sydney Kraft(2:26.84)
10:28.04 - 2nd place - **SQ**

GIRLS TEAM SCORES

1. Velve/Drake - 169½
2. Rugby - 149
3. Bottineau - 97
4. Minot Bishop Ryan - 54
4. Westhope/Newburg - 54
6. Dunseith - 45
7. Surrey - 40
8. Kenmare/Bowbells - 37
9. Glenburn - 29
10. Des Lacs-Burlington - 28½
11. Mohall-Lansford-Sherwood - 20
12. Garrison - 4