

Rugby High School Track & Field Results
VELVA INVITATIONAL
Velva, ND – Saturday, April 25, 2009

100 Meter Dash

Carly Wise - 14.68
Cassandra Jaeger - 14.68
Rachel Allickson - 14.91
Gabby Samuda - 15.09
Allison Volk - 15.96
Keylee Odden - 16.19

200 Meter Dash

Ashley Salwey - 26.84 - 1st place
Rachel Allickson - 30.65
Gabby Samuda - 31.31
Carly Wise - 31.56
Stephanie Friestad - 31.75
Cassandra Jaeger - 31.81
Allison Volk - 32.93
Keylee Odden - 34.34
Paxton Klein - 35.12

400 Meter Dash

Cassandra Jaeger - 1:09.84 - 6th place tie
Paxton Klein - 1:16.62
Keylee Odden - 1:17.34

800 Meter Run

Sydney Kraft - 2:35.52 - 2nd place
Joclyn Seiler - 3:04.96

1600 Meter Run

Sydney Kraft - 5:41.84 - 2nd place

3200 Meter Run

Jenna Fossum - 13:07.71 - 1st place
Mariya Bernhardt - 14:19.98 - 4th place

100 Meter Hurdles

Aubrey Hovland - 18.00 - 1st place

300 Meter Hurdles

Ashley Salwey - 48.34 - 1st place - **SQ**
Crystal Hovland - 49.84 - 2nd place
Aubrey Hovland - 54.62 - 7th place

Shot Put

Emily Fritel - 30'7" - 7th place
Michelle Lemar - 28'9½"
Gabby Samuda - 24'9"

Discus

Michelle Lemar - 61'1"
Emily Fritel - 60'2"

Javelin

Mariya Bernhardt - 75'2"
Michelle Lemar - 74'8"
Emily Fritel - 59'2"

Long Jump

Stephanie Friestad - 14'8" - 4th place
Courtney Putnam - 14'5½" - 5th place
Abbey Paul - 11'9"
Jessica Jaeger - 10'¼"
Emily Voeller - 9'9½"
Gabby Samuda - 9'7"

Triple Jump

Stephanie Friestad - 31'11¾" - 3rd place
Courtney Putnam - 31'1" - 5th place
Jessica Jaeger - 24'4"
Emily Voeller - 22'5"
Abbey Paul - No Mark

High Jump

Aubrey Hovland - 4'9" - 2nd place
Crystal Hovland - 4'7" - 6th place
Joclyn Seiler - 4'3"
Abbey Paul - 4'1"
Emily Voeller - 4'1"
Courtney Putnam - No Height
Jessica Jaeger - No Height

Pole Vault

Joclyn Seiler - 6'0" - 2nd place

400 Meter Relay

Crystal Hovland(13.28), Courtney Putnam(13.19)
Chelsea Halvorson(13.63), Ashley Salwey(13.09)
54.20 - 2nd place

800 Meter Relay

Crystal Hovland(27.88), Aubrey Hovland(28.59)
Chelsea Halvorson(29.16), Ashley Salwey(27.81)
1:53.34 - 2nd place

1600 Meter Relay

Sydney Kraft(1:04.72), Abbey Paul(1:07.94)
Rachel Allickson(1:10.97), Carly Wise(1:11.16)
4:34.83 - 2nd place

3200 Meter Relay

Jenna Fossum(2:46.79), Mariya Bernhardt(2:52.65)
Paxton Klein(3:02.72), Joclyn Seiler(3:03.94)
11:45.93 - 3rd place

GIRLS TEAM SCORES

1. Velva/Drake - 170
2. Rugby - 146½
3. Westhope/Newburg - 60
4. Minot Ryan - 55
5. Des Lacs-Burlington - 51
6. Sheridan County/Anamoose - 47
7. Mohall-Lansford-Sherwood - 45
8. Divide County - 38
8. Harvey - 38
10. Kenmare/Bowbells - 26

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