

Rugby High School Track & Field Results

VELVA INVITATIONAL

Velva, ND – Friday, May 1, 2009

100 Meter Dash

Ashley Leier - 14.79
Cassandra Jaeger - 14.94
Stephanie Friestad - 15.00
Katelyn Berube - 15.03
Gabby Samuda - 15.24
Carly Wise - 15.31
Paige Haman - 15.84

200 Meter Dash

Ashley Salwey - 26.43 - 1st place - **SQ**
Jessica Jaeger - 30.96
Carly Wise - 31.15
Ashley Leier - 31.15
Gabby Samuda - 31.90
Stephanie Friestad - 32.14

400 Meter Dash

Cassandra Jaeger - 1:09.84 - 8th place
Carly Wise - 1:10.46

800 Meter Run

Sydney Kraft - 2:32.18 - 3rd place
Josie Klein - 3:02.36
Paxton Klein - 3:03.59

1600 Meter Run

Sydney Kraft - 5:31.52 - 1st place - **SQ**

3200 Meter Run

Jenna Fossum - 13:40.93 - 4th place
Joclyn Seiler - 15:01.62 - 6th place

100 Meter Hurdles

Ashley Salwey - 15.58 - 1st place - **SQ, SR**
Crystal Hovland - 17.62 - 5th place
Aubrey Hovland - 17.88 - 7th place

300 Meter Hurdles

Ashley Salwey - 46.06 - 1st place - **SQ**
Crystal Hovland - 49.37 - 3rd place

Shot Put

Molly Koenig - 31'8" - 6th place
Kelsey Mongeon - 30'11" - 8th place
Emily Fritel - 28'8"
Michelle Lemar - 27'6"
Nicole Hooker - 25'5"
Kenzie Cameron - 24'4"
Maddy Cameron - 23'0"
Gabby Samuda - 22'8"
Emerald Collins - 20'8"
Emily Schmaltz - 19'0"

Discus

Kelsey Mongeon - 90'6" - 7th place
Nicole Hooker - 78'0"
Maddy Cameron - 71'2"
Paige Haman - 65'0"
Emily Fritel - 64'2"
Kenzie Cameron - 62'0"
Michelle Lemar - 54'10"
Molly Koenig - 53'0"
Ashley Leier - 52'4"
Emily Schmaltz - 48'9"
Emerald Collins - 42'0"

Javelin

Kristi Black - 88'9" - 7th place
Tessa Koenig - 87'11" - 8th place
Paige Haman - 84'10"
Molly Koenig - 73'2"
Mariya Bernhardt - 71'6"
Maddy Cameron - 71'5"
Kenzie Cameron - 69'10"
Emily Fritel - 63'1"
Michelle Lemar - 62'10"
Cortney Hill - 59'8"
Ashley Leier - 54'0"

Long Jump

Stephanie Friestad - 14'5" - 7th place
Courtney Putnam - 13'5"
Abbey Paul - 13'0"
Katelyn Berube - 12'8"
Tessa Koenig - 12'7"
Josie Klein - 11'8½"
Gabby Samuda - 11'5½"
Jessica Jaeger - 10'8"
Emily Voeller - 10'5"

Triple Jump

Stephanie Friestad - 32'3½" - 4th place
Courtney Putnam - 30'7½" - 8th place
Josie Klein - 28'6"
Katelyn Berube - 27'8"
Paige Haman - 26'10"
Jessica Jaeger - 25'4"
Emily Voeller - 22'8"

High Jump

Aubrey Hovland - 4'7" - 4th place
Joclyn Seiler - 4'3"
Courtney Putnam - 4'3"
Jessica Jaeger - No Height
Abbey Paul - No Height
Emily Voeller - No Height

Pole Vault

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

400 Meter Relay

Crystal Hovland(13.50), Aubrey Hovland(12.91)
Carly Wise(15.71), Courtney Putnam(13.31)
55.46 - 5th place

800 Meter Relay

Crystal Hovland(28.10), Aubrey Hovland(27.25)
Abbey Paul(29.44), Ashley Salwey(26.77)
1:51.41 - 1st place - **SQ**

1600 Meter Relay

Sydney Kraft(1:05.47), Abbey Paul(1:10.35)
Shanaya Fred(1:12.59), Cassandra Jaeger(1:10.71)
4:39.34 - 3rd place

3200 Meter Relay

Jenna Fossum(2:49.79), Mariya Bernhardt(2:47.43)
Shanaya Fred(2:44.54), Taylor Stone(2:43.56)
11:05.24 - 2nd place

GIRLS TEAM SCORES

1. Velva/Drake - 150½
2. Rugby - 123½
3. Bottineau - 104
4. Washburn/Wilton - 51
5. Harvey - 38
5. Lewis & Clark - 38
7. Mohall-Lansford-Sherwood - 34
8. Glenburn - 32
9. Minot Ryan - 23
10. Surrey - 22
11. Sheridan County/Anamoose - 19
12. New Town - 18
12. Williams County - 18
14. Central McLean - 12
14. Des Lacs-Burlington - 12
14. Kenmare/Bowbells - 12
17. Rolette/Wolford - 4
18. Burke Central - 1

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