

Rugby High School Track & Field Results
CENTRAL NORTH DAKOTA CONFERENCE INDOOR INVITATIONAL
Minot State University Dome, Minot, ND – Thursday, April 1, 2010

55 Meter Dash

Shanaya Fred - 8.38
 Cassandra Jaeger - 8.78

200 Meter Dash

Crystal Hovland - 27.99 - 1st place
 Shanaya Fred - 29.73 - 4th place
 Aubrey Hovland - 31.14
 Cassandra Jaeger - 32.23

400 Meter Dash

Jenna Fossum - 1:10.15 - 6th place
 Cassandra Jaeger - 1:13.52

800 Meter Run

Jenna Fossum - 2:51.34 - 5th place

1600 Meter Run

Hannah Christenson - 6:55.06 - 5th place

3200 Meter Run

55 Meter Hurdles

Crystal Hovland - 9.51 - 1st place
 Aubrey Hovland - 9.79 - 2nd place

Long Jump

Stephanie Friestad - 16'1" - 2nd place
 Courtney Putnam - 14'8½" - 4th place

Triple Jump

Stephanie Friestad - 32'1½" - 1st place
 Courtney Putnam - 31'½" - 2nd place

Pole Vault

Stephanie Friestad - No Height

High Jump

Aubrey Hovland - 4'11" - 1st place
 Courtney Putnam - 4'5" - 4th place

Shot Put

Molley Koenig - 33'7½" - 2nd place
 Michelle Lemar - 28'10" - 8th place
 Kenzie Cameron - 27'1"
 Naomi Cobb - 26'7"
 Maddie Cameron - 24'9"
 Brittany Kleespie - 19'8"
 Caley Nelson - 19'8"

4 x 1 Lap Relay

Crystal Hovland(20.53), Stephanie Friestad(24.09)
 Aubrey Hovland(23.46), Shanaya Fred(23.68)
 1:31.76 – 1st place

4 x 400 Meter Relay

Crystal Hovland(1:00.69), Mariya Bernhardt(1:14.10)
 Taylor Stone(1:10.77), Shanaya Fred(1:08.82)
 4:34.38 - 1st place

4 x 800 Meter Relay

Mariya Bernhardt(2:58.22), Cortney Stewart(3:28.07)
 Taylor Stone(2:49.56), Hannah Christenson(3:09.41)
 12:25.26 - 3rd place

GIRLS TEAM SCORES

1) Rugby	125
2) Benson County	76
3) Langdon	74
4) Wells County/New Rockford	67
5) Harvey	35
6) Des Lacs-Burlington	33
7) Glenburn/Westhope	32
8) Garrison	31
9) Center-Stanton	26
10) Northern Lights	18
11) Mohall-Lansford-Sherwood	14
12) Dunseith	8
13) North Star	5