

Rugby High School Track & Field Results
CENTRAL NORTH DAKOTA CONFERENCE - OUTDOOR
Fessenden, ND – Tuesday, May 11, 2010

100 Meter Dash

Crystal Hovland - 13.94 - 5th place
Emily Paul - 13.95 - 6th place
Rachel Schmaltz - 15.12

200 Meter Dash

Rachel Hoffert - 27.85 - 5th place
Shanaya Fred - 28.69 - 8th place
Josie Klein - 31.02

400 Meter Dash

Shanaya Fred - 1:05.07 - 4th place

800 Meter Run

Chelsea Halvorson - 2:46.77 - 6th place
Taylor Stone - 2:47.65 - 7th place
Cortney Stewart - 3:24.52 - 8th place

1600 Meter Run

Mariya Bernhardt - 6:24.20 - 5th place
Paxton Klein - 6:48.14 - 7th place
Cortney Stewart - 7:22.17 - 8th place

3200 Meter Run

Sydney Kraft - 11:52.17 - 2nd place - **SQ**
Hannah Christenson - 13:40.89 - 5th place
Paxton Klein - 15:09.61 - 6th place

100 Meter Hurdles

Crystal Hovland - 16.97 - 1st place
Aubrey Hovland - 19.39 - 5th place

300 Meter Hurdles

Crystal Hovland - 47.84 - 1st place - **SQ**
Emily Stier - 51.76 - 4th place

Shot Put

Molly Koenig - 35'11" - 1st place - **SQ**
Kelsey Mongeon - 30'5½" - 6th place
Naomi Cobb - 29'5" - 8th place
Emily Fritel - 29'4"
Michelle Lemar - 27'1"
Kenzie Cameron - 26'9"
Laura Fritel - 25'4"
Brittany Kleespie - 20'11"
Caley Nelson - 19'10"
Allison Leer - 19'9½"

Discus

Kelsey Mongeon - 96'5" - 2nd place
Emily Fritel - 79'1" - 7th place
Naomi Cobb - 78'8" - 8th place
Molly Koenig - 77'0"
Michelle Lemar - 71'9"
Laura Fritel - 70'4"
Kenzie Cameron - 70'1"
Paige Haman - 69'0"
Caley Nelson - 58'2"
Allison Leer - 56'4"
Brittany Kleespie - 51'9"

Javelin

Paige Haman - 107'1" - 2nd place
Molly Koenig - 101'5" - 5th place
Taylor Stone - 92'11" - 7th place
Kenzie Cameron - 80'5"
Michelle Lemar - 80'1"
Naomi Cobb - 76'7"
Laura Fritel - 65'0"
Cortney Stewart - 60'5"
Allison Leer - 57'2"

Long Jump

Stephanie Friestad - 16'1" - 3rd place
Courtney Putnam - 14'11" - 5th place
Josie Klein - 14'7¾" - 7th place
Caley Nelson - 11'9"

Triple Jump

Courtney Putnam - 32'0" - 4th place
Josie Klein - 31'6¼" - 5th place
Stephanie Friestad - No Mark
Caley Nelson - No Mark

High Jump

Aubrey Hovland - 4'11" - 1st place
Courtney Putnam - 4'1" - 4th place
Josie Klein - No Height

Pole Vault

Stephanie Friestad - 7'6" - 1st place
Rachel Hoffert - No Height

4 x 100 Meter Relay

Emily Paul(13.38), Aubrey Hovland(12.52)
Stephanie Friestad(13.74), Emily Stier(14.11)
53.59 - 2nd place

4 x 200 Meter Relay

Emily Paul(26.95), Rachel Hoffert(28.04)
Aubrey Hovland(28.55), Shanaya Fred(28.37)
1:51.84 - 1st place

4 x 400 Meter Relay

Crystal Hovland(1:03.01), Rachel Hoffert(1:02.67)
Emily Paul(1:03.14), Emily Stier(1:04.21)
4:12.84 - 2nd place - **SQ**

4 x 800 Meter Relay

Taylor Stone(2:37.61), Chelsea Halvorson(2:40.29)
Hannah Christenson(2:42.85), Sydney Kraft(2:27.61)
10:28.12 - 2nd place

GIRLS TEAM SCORES

1. Rugby - 193
2. Velve/Drake/Anamoose - 162
3. Benson County - 131
4. New Rockford-Sheyenne/Wells County - 90
5. Central McClean - 45
6. Northern Lights - 33
7. Harvey - 25
8. Garrison/Max - 20

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