

**Rugby High School Track & Field Results**  
**REGION VI**  
**Rugby, ND – Saturday, May 22, 2010**

**100 Meter Dash**

Rachel Hoffert - 12.84 - 1st place - **SQ**  
Emily Paul - 13.63 - 6th place  
Ashley Leier - 14.36  
Carly Wise - 14.38  
Rachel Schmaltz - 14.64

**200 Meter Dash**

Crystal Hovland - 26.50 - 1st place - **SQ**  
Rachel Hoffert - 26.57 - 3rd place - **SQ**  
Kassi Jorgenson - 28.04  
Alicia Leier - 30.52

**400 Meter Dash**

Crystal Hovland - 1:02.18 - 2nd place - **SQ**  
Shanaya Fred - 1:05.34 - 8th place  
Cassandra Jaeger - 1:08.26  
Alicia Leier - 1:10.90

**800 Meter Run**

Sydney Kraft - 2:30.20 - 2nd place - **SQ**  
Taylor Stone - 2:52.70  
Cortney Stewart - 3:22.41

**1600 Meter Run**

Sydney Kraft - 5:42.81 - 4th place  
Hannah Christenson - 6:29.58  
Mariya Bernhardt - 6:50.01

**3200 Meter Run**

Hannah Christenson - 13:31.57 - 4th place  
Carleen Shively - 13:59.16 - 6th place  
Alexis Thompson - 14:15.24 - 7th place  
Paxton Klein - 14:21.28 - 8th place  
Camille Klein - 14:59.38

**100 Meter Hurdles**

Crystal Hovland - 15.91 - 1st place - **SQ**  
Aubrey Hovland - 16.50 - 3rd place - **SQ**

**300 Meter Hurdles**

Crystal Hovland - 46.43 - 1st place - **SQ, MR**  
Jessica Blessum - 59.52 - 8th place

**Long Jump**

Stephanie Friestad - 17'7" - 1st place - **SQ**  
Courtney Putnam - 14'9" - 7th place  
Josie Klein - 12'8"

**Triple Jump**

Stephanie Friestad - 34'1½" - 2nd place - **SQ**  
Courtney Putnam - 30'11½" - 6th place  
Josie Klein - 27'4½"

**Pole Vault**

Stephanie Friestad - 8'6" - 2nd place - **SQ**  
Rachel Hoffert - 7'6" - 5th place  
Jessica Blessum - 6'0" - 8th place

**High Jump**

Aubrey Hovland - 5'2" - 1st place - **SQ**  
Courtney Putnam - 4'5" - 5th place  
Jessica Blessum - 4'1"

**Shot Put**

Molly Koenig - 35'8" - 2nd place - **SQ**  
Emily Fritel - 32'10" - 5th place  
Kelsey Mongeon - 30'7" - 8th place  
Laura Fritel - 28'3"  
Naomi Cobb - 27'4"

**Discus**

Emily Fritel - 102'4" - 4th place  
Kelsey Mongeon - 97'5" - 6th place  
Laura Fritel - 79'5"  
Molly Koenig - 78'0"  
Naomi Cobb - 75'6"

**Javelin**

Paige Haman - 105'3" - 2nd place - **SQ**  
Molly Koenig - 98'11" - 5th place  
Taylor Stone - 91'2"  
Naomi Cobb - 75'8"  
Allison Volk - 60'10"

**4 x 100 Meter Relay**

Shanaya Fred(13.79), Aubrey Hovland(14.27)  
Stephanie Friestad(12.73), Emily Paul(12.72)  
53.30 – 2nd place - **SQ**

**4 x 200 Meter Relay**

Shanaya Fred(28.93), Aubrey Hovland(27.43)  
Emily Paul(28.47), Rachel Hoffert(26.65)  
1:51.47 – 2nd place - **SQ**

**4 x 400 Meter Relay**

Shanaya Fred(1:07.81), Cassandra Jaeger(1:09.67)  
Emily Paul(1:03.53), Sydney Kraft(1:06.05)  
4:26.87 - 4th place

**4 x 800 Meter Relay**

Chelsea Halvorson(2:45.76), Taylor Stone(2:40.84)  
Hannah Christenson(2:42.80), Sydney Kraft(2:39.25)  
10:48.72 - 3rd place

**GIRLS TEAM SCORES**

1. Rugby - 199
2. Velve/Drake/Anamoose - 162
3. Bottineau - 86
4. Surrey - 82
5. Minot Bishop Ryan - 49
6. Glenburn/Westhope/Newburg - 48
7. Mohall-Lansford-Sherwood - 31
8. Garrison/Max - 25
8. Kenmare-Bowbells - 25
10. Des Lacs-Burlington - 19
11. Dunseith - 8