

**Rugby High School Track & Field Results**  
**STATE CLASS "B"**  
**Bismarck, ND – Friday & Saturday, May 28 &29, 2010**

**100 Meter Dash**

Rachel Hoffert - 13.24 - Prelims

**200 Meter Dash**

**400 Meter Dash**

**800 Meter Run**

Sydney Kraft - 2:25.82 - **6th place**

**1600 Meter Run**

Sydney Kraft - 5:21.75 - **4th place**

**3200 Meter Run**

Sydney Kraft - 11:49.43 - **4th place**

**100 Meter Hurdles**

Crystal Hovland - 16.42 - Prelims  
 Finals - 17.38 - **7th place**

Aubrey Hovland - 16.95 - Prelims

**300 Meter Hurdles**

Crystal Hovland - 45.45 - Prelims  
 Finals - 45.83 - **State Champion**

**Long Jump**

Stephanie Friestad - 16'10½" - **3rd place**

**Triple Jump**

Stephanie Friestad - 35'1½" - **4th place**

**Pole Vault**

Stephanie Friestad - No Height

**High Jump**

Aubrey Hovland - 5'3" - **3rd place**

**Shot Put**

Molly Koenig - 35'1½"

**Discus**

**Javelin**

Paige Haman - 102'6"

**4 x 100 Meter Relay**

Emily Paul(13.15), Aubrey Hovland(12.81)  
 Rachel Hoffert(12.66), Emily Stier(12.84)  
 Prelims - 51.46

Emily Paul(12.76), Aubrey Hovland(12.77)  
 Rachel Hoffert(13.99), Emily Stier(13.00)  
 Finals - 52.52 - **4th place**

**4 x 200 Meter Relay**

Shanaya Fred(29.60), Emily Paul(26.76)  
 Rachel Hoffert(26.19), Crystal Hovland(26.40)  
 Prelims - 1:48.95

Shanaya Fred(), Emily Paul()  
 Rachel Hoffert(), Crystal Hovland()  
 Finals - Disqualified - Did not make first exchange

**4 x 400 Meter Relay**

Emily Paul(1:02.99), Rachel Hoffert(1:04.37)  
 Sydney Kraft(1:04.88), Crystal Hovland(1:01.70)  
 4:13.94 - **3rd place**

**4 x 800 Meter Relay**

TEAM SCORES		
1.	Benson County	74
2.	Hazen	65
3.	Rugby	53
4.	Carrington	49
5.	Velva/Drake/Anamoose	44
6.	Dickinson Trinity	38
7.	Lisbon	31
8.	Griggs County Central/Midkota	29
9.	Napoleon	27
10.	Langdon/Munich	23
11.	Botineau	22
12.	Bowman County	20
13.	Watford City	19
14.	North Sargent/Sargent Central	18
15.	Killdeer	15½
16.	Mott-Regent	15
	Finley-Sharon/Hope-Page	15
18.	Kindred	13
	Thompson	13
20.	New Town	11
	Park River/Fordville-Lankin/Adams-Edinburg/Edmore	11
22.	Cavalier	10½
23.	Richland	9
	Surrey	9
	North Border	9
	Larimore	9
27.	Parshall	8
	New Rockford-Sheyenne/Wells County	8
29.	Hankinson	7
30.	Beulah	6
	Northern Cass	6
32.	Central Prairie	5
	Maple Valley/Enderlin	5
34.	Linton/Hazelton-Moffit-Braddock	4
	Stanley/Powers Lake	4
	Milnor/Wyndmere/Lidgerwood	4
	Dunseith	4
38.	Central McLean	3
	Oakes	3
	Valley City	3
	Strasburg	3
	Mayville-Portland-Clifford-Galesburg	3
43.	Kenmare-Bowbells	2
	Minot Bishop Ryan	2
	Standing Rock/Selfridge	2
	Washburn/Wilton	2
47.	Montpelier	1
	Hatton/Northwood	1