

Rugby High School Track & Field Results
CENTRAL NORTH DAKOTA CONFERENCE INDOOR INVITATIONAL
MSU Dome, Minot, ND – Monday, April 1, 2013

55 Meter Dash

Shanaya Fred - 7.80 - 5th place
Emily Stier - 7.83 - 6th place
Kaitlyn Jones - 7.84 - 7th place
Lauren Kraft - 8.22
Allison Volk - 8.31
Cassandra Jaeger - 8.35
Madie Schmaltz - 8.51
Morgan Oppen - 8.56
Jazlyn Brossart - 8.59
Keylee Odden - 8.87
Kayla Voeller - 9.27

200 Meter Dash

Shanaya Fred - 5th place - 29.59
Kaitlyn Jones - 6th place - 29.68
Breanna Thompson - 7th place - 29.95
Lauren Kraft - 31.24
Sara Stier - 31.93
Cassandra Jaeger - 32.31
Madie Schmaltz - 33.60
Jazlyn Brossart - 37.77

400 Meter Dash

Hannah Christenson - 1st place - 1:06.80
Karin Selland - 3rd place - 1:10.57
Lauren Kraft - 1:13.71
Sara Stier - 1:16.08
Madie Schmaltz - 1:19.27

800 Meter Run

Hannah Christenson - 2:47.83 - 6th place
Jessica Blessum - 3:00.89
Alexis Thompson - 3:01.86

1600 Meter Run

Allison Foster - 3rd place - 6:17.14
Lauren Christenson - 4th place - 6:19.84

3200 Meter Run

Tristin Lunde - 2nd place - 13:36.70
Jacque Blessum - 3rd place - 14:18.73

55 Meter Hurdles

Aubrey Hovland - 9.05 - 1st place
Morgan Oppen - 11.02
Sara Stier - 11.80
Breanna Thompson - 11.99

Long Jump

Aubrey Hovland - 2nd place - 16'1"
Kaitlyn Jones - 5th place - 15'0"
Cassandra Jaeger - 7th place - 14'8½"
Allison Volk - 14'0"
Karin Selland - 13'0"
Taylor Wangerin - 12'11½"
Keylee Odden - 12'8"

Triple Jump

Cassandra Jaeger - 4th place - 30'1"
Allison Volk - 5th place - 29'4½"
Taylor Wangerin - 8th place - 26'9"
Keylee Odden - No Mark

Pole Vault

Jessica Blessum - 4th place - 7'0"
Jazlyn Brossart - 7th place - 5'6"
Kayla Voeller - 5'0"
Morgan Oppen - 5'0"

High Jump

Aubrey Hovland - 1st place - 4'11"
Jessica Blessum - 3rd place tie - 4'5"
Taylor Wangerin - 5th place - 4'5"
Breanna Thompson - 7th place - 4'5"
Kylie Scherr - 8th place - 4'1"
Allison Foster - 3'11"

Shot Put

Laura Fritel - 3rd place - 32'11"
Kari Fritel - 5th place - 30'11"
Mattie Schmitt - 7th place - 29'2"
Matty Koenig - 27'6½"
Shea Heidlebaugh - 25'3"
Allison Leer - 23'7½"

4 x 1 Lap Relay

Aubrey Hovland(20.53), Shanaya Fred(23.33)
Hannah Christenson(23.10), Emily Stier(23.02)
1:29.98 – 1st place

4 x 400 Meter Relay

Hannah Christenson(1:04.97), Allison Foster(1:11.25)
Kaitlyn Jones(1:10.15), Karin Selland(1:11.77)
4:38.14 - 1st place

4 x 800 Meter Relay

Tristin Lunde(2:43.50), Allison Foster(2:50.61)
Alexis Thompson(2:50.78), Lauren Christenson(2:42.19)
11:07.08 - 1st place

GIRLS TEAM SCORES

1. Rugby - 168½
2. Langdon - 69½
3. Killdeer - 54
4. New Rockford-Sheyenne - 48½
5. Strasburg - 35
5. Trenton/Trinity Christian - 35
7. Westhope/Newburg/Glenburn - 34
8. Harvey/Wells County - 31
9. Mohall-Lansford-Sherwood - 28
10. Rolette/Wolford - 23½
11. Northern Lights - 22
12. Benson County - 11