

Rugby High School Track & Field Results

CENTRAL NORTH DAKOTA CONFERENCE OUTDOOR

Rugby, ND – Tuesday, May 7, 2013

100 Meter Dash

Shanaya Fred - 13.79 - 4th place
Kassi Jorgenson - 13.89 - 5th place
Breanna Thompson - 14.23 - 6th place
Lauren Kraft - 14.43 - 8th place
Alicia Leier - 14.82
Cassandra Jaeger - 14.92
Allison Volk - 14.98

200 Meter Dash

Sara Stier - 29.28 - 4th place
Lauren Kraft - 29.66 - 6th place
Alicia Leier - 30.61
Cassandra Jaeger - 30.63

400 Meter Dash

Hannah Christenson - 1:02.20 - 1st place
Breanna Thompson - 1:06.84 - 2nd place

800 Meter Run

Lauren Christenson - 2:36.94 - 3rd place
Tristin Lunde - 2:41.60 - 8th place
Karin Selland - 2:41.91
Hannah Christenson - 2:45.43
Kylie Scherr - 3:08.82

1600 Meter Run

Tristin Lunde - 5:51.72 - 3rd place
Karin Selland - 6:21.10 - 7th place
Alexis Thompson - 6:38.02
McKenzie Johnson - 6:52.25
Kylie Scherr - 7:42.90

3200 Meter Run

Allison Foster - 12:49.41 - 3rd place

100 Meter Hurdles

Aubrey Hovland - 16.58 - 1st place - **SQ**
Sara Stier - 19.38 - 4th place

300 Meter Hurdles

Emily Stier - 49.02 - 1st place
Breanna Thompson - 54.52 - 4th place
Sara Stier - 55.56 - 6th place

Shot Put

Kari Fritel - 34'5½" - 2nd place
Mattie Schmitt - 32'4½" - 3rd place
Laura Fritel - 31'8½" - 5th place
Allison Leer - 26'3"

Discus

Laura Fritel - 97'8" - 3rd place
Mattie Schmitt - 96'10" - 4th place
Kari Fritel - 78'8" - 8th place
Allison Leer - 74'4"

Javelin

Mattie Schmitt - 102'0" - 2nd place
Laura Fritel - 91'0" - 5th place
Allison Volk - 85'8" - 6th place
Kari Fritel - 66'4"
Allison Leer - 62'9"

High Jump

Aubrey Hovland - 5'1" - 2nd place - **SQ**
Jessica Blessum - 4'9" - 4th place tie
Breanna Thompson - 4'7" - 8th place
Allison Foster - No Height
Kylie Scherr - No Height
Taylor Wangerin - No Height

Long Jump

Aubrey Hovland - 16'8½" - 1st place - **SQ**
Kaitlyn Jones - 14'10" - 5th place
Sara Stier - 14'9½" - 6th place
Cassandra Jaeger - 14'9" - 7th place
Allison Volk - 13'9½"

Triple Jump

Aubrey Hovland - 33'10" - 1st place
Cassandra Jaeger - 28'10¾" - 4th place
Allison Volk - 28'9¼" - 5th place
Taylor Wangerin - 27'2½"

Pole Vault

Jessica Blessum - 8'0" - 1st place
McKenzie Johnson - 6'0" - 3rd place

4 x 100 Meter Relay

Kaitlyn Jones(13.65), Emily Stier(12.86)
Kassi Jorgenson(12.82), Shanaya Fred(13.86)
53.19 - 1st place

4 x 200 Meter Relay

Kaitlyn Jones(30.15), Emily Stier(28.19)
Kassi Jorgenson(27.38), Shanaya Fred(28.93)
1:54.65 - 2nd place

4 x 400 Meter Relay

Emily Stier(1:04.41), Tristin Lunde(1:09.96)
Kaitlyn Jones(1:05.68), Hannah Christenson(1:04.32)
4:24.37 - 1st place

4 x 800 Meter Relay

Allison Foster(2:41.18), Bailey Nelson(2:41.32)
Jessica Blessum(2:47.04), Alexis Thompson(2:50.22)
10:59.76 - 2nd place

GIRLS TEAM SCORES

1. Rugby - 241½
2. Benson County - 87½
3. Velva/Drake-Anamoose - 73
4. New Rockford-Sheyenne - 62
5. Central McLean - 61
6. Northern Lights - 52
7. Harvey/Wells County - 51
8. Rolette/Wolford - 43