

# Rugby High School Track & Field Results

## NORTH CENTRAL REGION

### Rugby, ND – Saturday, May 18, 2013

#### 100 Meter Dash

Aubrey Hovland - 13.48 - 4th place  
Shanaya Fred - 13.67 - 5th place  
Kassi Jorgenson - 13.75 - 7th place  
Lauren Kraft - 14.36  
Alicia Leier - 14.84

#### 200 Meter Dash

Emily Stier - 27.39 - 1st place - **SQ**  
Kaitlyn Jones - 29.33 - 5th place  
Kassi Jorgenson - 29.38 - 6th place

#### 400 Meter Dash

Karin Selland - 1:03.93 - 1st place - **SQ**  
Kaitlyn Boucher - 1:09.43 - 7th place

#### 800 Meter Run

Tristin Lunde - 2:31.77 - 3rd place - **SQ**  
Lauren Christenson - 2:42.33  
Alexis Thompson - 2:51.92  
Tashal Trottier - 3:49.61

#### 1600 Meter Run

Tristin Lunde - 5:34.89 - 2nd place - **SQ**  
Jacque Blessum - 6:04.60 - 7th place

#### 3200 Meter Run

Tristin Lunde - 12:24.95 - 4th place  
Allison Foster - 12:54.21 - 5th place  
Jacque Blessum - 14:24.95 - 8th place

#### 100 Meter Hurdles

Aubrey Hovland - 16.19 - 1st place - **SQ**  
Jazlyn Brossart - 19.51 - 8th place  
Morgan Oppen - 19.52  
Sara Stier - 21.28

#### 300 Meter Hurdles

Emily Stier - 49.51 - 2nd place - **SQ**  
Breanna Thompson - 53.90 - 6th place  
Sara Stier - 54.45 - 8th place  
Jazlyn Brossart - 56.89  
Morgan Oppen - 59.19

#### Shot Put

Mattie Schmitt - 32'0" - 5th place  
Laura Fritel - 31'9" - 6th place  
Kari Fritel - 30'5"  
Matty Koenig - 30'3"  
Maddie Uhlenkamp - 29'6"

#### Discus

Mattie Schmitt - 102'7" - 5th place  
Laura Fritel - 95'4" - 7th place  
Maddie Uhlenkamp - 78'4"  
Morgan Hjelden - 74'2"  
Allison Leer - 67'2"

#### Javelin

Mattie Schmitt - 112'5" - 1st place - **SQ**  
Maddie Uhlenkamp - 95'4" - 5th place  
Allison Volk - 87'2"  
Laura Fritel - 82'10"  
Allison Leer - 56'0"

#### High Jump

Aubrey Hovland - 5'1" - 2nd place - **SQ**  
Jessica Blessum - 4'9" - 4th place  
Taylor Wangerin - 4'7" - 6th place  
Breanna Thompson - 4'5" - 7th place 3 way tie  
Kylie Scherr - 4'1"

#### Long Jump

Allison Volk - 15'1" - 6th place  
Cassandra Jaeger - 15'½" - 7th place  
Kaitlyn Jones - 14'3"  
Sara Stier - 13'8"  
Maddie Uhlenkamp - No Mark

#### Triple Jump

Aubrey Hovland - 1st place - **SQ**  
Allison Volk - 30'¾" - 6th place  
Cassandra Jaeger - 29'8½" - 7th place

#### Pole Vault

Jessica Blessum - 8'0" - 1st place - **SQ**  
Kayla Voeller - 6'6" - 3rd place tie - **SQ**  
Jazlyn Brossart - 6'6" - 3rd place tie  
McKenzie Johnson - 6'0" - 5th place tie  
Morgan Oppen - 6'0" - 7th place

#### 4 x 100 Meter Relay

Kaitlyn Jones(13.60), Shanaya Fred(13.35)  
Kassi Jorgenson(13.24), Cassandra Jaeger(13.86)  
54.05 - 2nd place - **SQ**

#### 4 x 200 Meter Relay

Sara Stier(28.51), Breanna Thompson(29.18)  
Kassi Jorgenson(28.90), Emily Stier(26.37)  
1:52.96 - 1st place - **SQ**

#### 4 x 400 Meter Relay

Karin Selland(1:04.28), Breanna Thompson(1:06.88)  
Kaitlyn Jones(1:05.97), Emily Stier(1:03.46)  
4:20.59 - 1st place - **SQ**

#### 4 x 800 Meter Relay

Allison Foster(2:40.01), Bailey Nelson(2:37.04)  
Alexis Thompson(2:45.20), Lauren Christenson(2:41.03)  
10:43.28 - 2nd place - **SQ**

#### GIRLS TEAM SCORES

1. Rugby - 215½
2. Velva/Drake-Anamoose - 119
3. Benson County - 73
4. Harvey/Wells County - 69
5. Bottineau - 54
6. North Star - 47
7. New Rockford-Sheyenne - 42½
8. Northern Lights - 42
9. Rolette/Wolford - 31
10. Glenburn/Westhope/Newburg - 27
11. Four Winds/Warwick - 1