

## **RUGBY GIRLS TRACK & FIELD TEAM AWARDS**

2017 Class B North Central Region Champion  
2016 Class B North Central Region Champion  
2015 Class B North Central Region Champion  
2014 Class B North Central Region Champion  
2013 Class B North Central Region Champion  
2012 State Class B 4th Place  
2012 Class B North Central Region Champion  
2011 State Class B Champion  
2011 Class B Region VI Champion  
2010 State Class B 3rd Place  
2010 Class B Region VI Champion  
2009 State Class B Champion  
2009 Class B Region VI Runner-Up  
2008 State Class B Runner-Up  
2008 Class B Region VI Champion  
2007 State Class B Runner-Up  
2007 Class B Region VI Champion  
2006 Class B Region VI Runner-Up  
2005 Class B Region VI Champion  
2004 Class B Region VI Champion  
2003 Class B Region VI Champion

2002 State Class B 5th Place  
2002 Class B Region VI Runner-Up  
2001 Class B Region VI Runner-Up  
2000 Class B Region VI Runner-Up  
1999 Class B Region VI Champion  
1998 State Class B 3rd Place  
1998 Class B Region VI Champion  
1997 State Class B 5th Place  
1997 Class B Region VI Champion  
1996 Class B Region VI Champion  
1995 Class B Region VI Champion  
1994 Class B Region VI Champion  
1993 State Class B 5th Place  
1993 Class B Region VI Runner-Up  
1992 State Class B 3rd Place  
1992 Class B Region VI Champion  
1991 Class B Region VI Runner-Up  
1970 State 4th Place  
1970 District V Champion  
1969 District V Champion  
1968 District V Champion

# RUGBY GIRLS TRACK & FIELD STATE PLACEWINNERS

## CLASS B

2017 - 100 Meter Dash - Kristina Brossart - 7th place - 13.41  
2017 - Discus - Maddie Uhlenkamp - Runner-Up - 117'4"  
2017 - Triple Jump - Brooke Blessum - 6th place - 34'10¼"  
2017 - Pole Vault - Maria Blessum - Runner-Up - 10'3"  
2017 - 4 x 100 Meter Relay - 8th place - 51.68 - Maria Blessum, Anni Stier, Sara Stier, Kristina Brossart  
2017 - 4 x 200 Meter Relay - 5th place - 1:48.53 - Maria Blessum, Anni Stier, Tristin Lunde, Kristina Brossart  
2016 - 100 Meter Dash - Kristina Brossart - 8th place - 13.18  
2016 - 300 Meter Hurdles - Anni Stier - 6th place - 47.46  
2016 - Triple Jump - Sara Stier - 4th place - 35'0"  
2016 - Pole Vault - Maria Blessum - 3rd place - 10'6"  
2016 - 4 x 100 Meter Relay - 5th place - 52.35 - Kristina Brossart, Anni Stier, Sara Stier, Maria Blessum  
2016 - 4 x 200 Meter Relay - 3rd place - 1:48.37 - Kristina Brossart, Anni Stier, Sara Stier, Maria Blessum  
2016 - 4 x 400 Meter Relay - 4th place - 4:08.97 - Kristina Brossart, Tristin Lunde, Maria Blessum, Anni Stier  
2015 - 300 Meter Hurdles - Emily Stier - 6th place - 47.61  
2015 - Shot Put - Kari Fritel - 3rd place - 39'2"  
2015 - Long Jump - Emily Stier - Runner-Up - 17'7¼"  
2015 - Triple Jump - Sara Stier - 7th place - 34'5"  
2015 - Triple Jump - Lauren Kraft - 8th place - 34'4"  
2015 - High Jump - Jessica Blessum - 6th place 4 way tie - 4'11"  
2015 - Pole Vault - Jessica Blessum - Runner-Up - 10'3"  
2015 - 4 x 200 Meter Relay - 7th place - 1:50.30 - Sara Stier, Anni Stier, Maria Blessum, Emily Stier  
2015 - 4 x 400 Meter Relay - Runner-Up - 4:08.13 - Maria Blessum, Anni Stier, Allison Foster, Emily Stier  
2014 - 200 Meter Dash - Emily Stier - 7th place - 26.47  
2014 - Triple Jump - Lauren Kraft - 8th place - 34'2½"  
2014 - 4 x 100 Meter Relay - 4th place - 51.82 - Kaitlyn Jones, Sara Stier, Kassi Jorgenson, Emily Stier  
2014 - 4 x 400 Meter Relay - 4th place - 4:11.82 - Karin Selland, Anni Stier, Hannah Christenson, Emily Stier  
2014 - 4 x 800 Meter Relay - 4th place - 10:16.65 - Allison Foster, Bailey Nelson, Hannah Christenson, Tristin Lunde  
2013 - 200 Meter Dash - Emily Stier - 6th place - 26.37  
2013 - 400 Meter Dash - Hannah Christenson - 8th place - 1:01.03  
2013 - 100 Meter Hurdles - Aubrey Hovland - 4th place - 15.91  
2013 - Javelin - Mattie Schmitt - 8th place - 122'8"  
2013 - Long Jump - Aubrey Hovland - 4th place - 17'¾"  
2013 - High Jump - Aubrey Hovland - Champion - 5'5"  
2013 - 4 x 400 Meter Relay - 5th place - 4:16.05 - Karin Selland, Hannah Christenson, Kaitlyn Jones, Emily Stier  
2013 - 4 x 800 Meter Relay - 6th place - 10:20.92 - Karin Selland, Lauren Christenson, Hannah Christenson, Tristin Lunde  
2012 - 1600 Meter Run - Sydney Kraft - Champion - 5:14.59  
2012 - 1600 Meter Run - Lauren Christenson - 6th place - 5:27.06

2012 - 3200 Meter Run - Lauren Christenson - 3rd place - 11:48.14  
2012 - 3200 Meter Run - Sydney Kraft - 4th place - 11:52.49  
2012 - 100 Meter Hurdles - Aubrey Hovland - 6th place - 16.44  
2012 - Triple Jump - Aubrey Hovland - 7th place - 33'11¼"  
2012 - High Jump - Aubrey Hovland - Champion - 5'6"  
2012 - 4 x 100 Meter Relay - 8th place - 53.35 - Aubrey Hovland, Abbey Paul, Kassi Jorgenson, Emily Stier  
2012 - 4 x 400 Meter Relay - 8th place - 4:19.81 - Hannah Christenson, Karin Selland, Kaitlyn Jones, Emily Stier  
2012 - 4 x 800 Meter Relay - 3rd place - 9:59.65 - Karin Selland, Hannah Christenson, Lauren Christenson, Sydney Kraft  
2011 - 800 Meter Run - Sydney Kraft - 8th place - 2:27.74  
2011 - 1600 Meter Run - Sydney Kraft - Runner-Up - 5:23.43  
2011 - 3200 Meter Run - Sydney Kraft - 3rd place - 11:53.77  
2011 - 3200 Meter Run - Lauren Christenson - 6th place - 12:12.23  
2011 - 3200 Meter Run - Chandra Yankton - 7th place - 12:16.03  
2011 - 300 Meter Hurdles - Crystal Hovland - Champion - 45.81  
2011 - Shot Put - Molly Koenig - 7th place - 37'4"  
2011 - High Jump - Aubrey Hovland - Runner-Up - 5'2"  
2011 - 4 x 100 Meter Relay - 3rd place - 51.65 - Shanaya Fred, Aubrey Hovland, Rachel Hoffert, Emily Stier  
2011 - 4 x 200 Meter Relay - Champion - 1:48.59 - Crystal Hovland, Aubrey Hovland, Rachel Hoffert, Emily Stier  
2011 - 4 x 400 Meter Relay - 3rd place - 4:13.43 - Crystal Hovland, Rachel Hoffert, Shanaya Fred, Emily Stier  
2011 - 4 x 800 Meter Relay - 7th place - 10:26.05 - Hannah Christenson, Chandra Yankton, Lauren Christenson, Sydney Kraft  
2010 - 800 Meter Run - Sydney Kraft - 6th place - 2:25.82  
2010 - 1600 Meter Run - Sydney Kraft - 4th place - 5:21.75  
2010 - 3200 Meter Run - Sydney Kraft - 4th place - 11:49.43  
2010 - 100 Meter Hurdles - Crystal Hovland - 7th place - 17.38  
2010 - 300 Meter Hurdles - Crystal Hovland - Champion - 45.83  
2010 - High Jump - Aubrey Hovland - 5'3" - 3rd place  
2010 - Long Jump - Stephanie Friestad - 16'10½" - 3rd place  
2010 - Triple Jump - Stephanie Friestad - 35'1½" - 4th place  
2010 - 4 x 100 Meter Relay - 4th place - 52.52 - Emily Paul, Aubrey Hovland, Rachel Hoffert, Emily Stier  
2010 - 4 x 400 Meter Relay - 3rd place - 4:13.94 - Emily Paul, Rachel Hoffert, Sydney Kraft, Crystal Hovland  
2009 - 800 Meter Run - Sydney Kraft - Champion - 2:21.56  
2009 - 1600 Meter Run - Sydney Kraft - Champion - 5:17.23  
2009 - 3200 Meter Run - Sydney Kraft - 3rd place - 11:40.53  
2009 - 100 Meter Hurdles - Ashley Salwey - Champion - 15.59  
2009 - 300 Meter Hurdles - Ashley Salwey - Champion - 45.29  
2009 - 300 Meter Hurdles - Crystal Hovland - Runner-Up - 46.17  
2009 - High Jump - Aubrey Hovland - 6th place - 4'11"  
2009 - 4 x 200 Meter Relay - 7th place - 1:48.97 - Ashley Salwey, Aubrey Hovland, Rachel Hoffert, Crystal Hovland  
2009 - 4 x 400 Meter Relay - 4th place - 4:10.09 - Sydney Kraft, Rachel Hoffert, Crystal Hovland, Ashley Salwey  
2008 - 3200 Meter Run - Sydney Kraft - 5th place - 11:57.90

2008 - 300 Meter Hurdles - Ashley Salwey - 7th place - 48.14  
 2008 - Shot Put - Leah Wentz - Champion - 43'7"  
 2008 - Discus - Leah Wentz - 3rd place - 122'6"  
 2008 - Long Jump - Vanessa Friestad - 3rd place - 17'9½"  
 2008 - Triple Jump - Vanessa Friestad - 5th place - 35'7½"  
 2008 - High Jump - Vanessa Friestad - 6th place 3-way tie - 5'1"  
 2008 - 4 x 100 Meter Relay - 3rd place - 51.71 - Kelsea Volk, Emily Paul, Casandra Blessum, Crystal Hovland  
 2008 - 4 x 200 Meter Relay - 3rd place - 1:49.18 - Kelsea Volk, Emily Paul, Casandra Blessum, Ashley Salwey  
 2008 - 4 x 400 Meter Relay - 5th place - 4:11.48 - Emily Paul, Casandra Blessum, Kirsten Welk, Ashley Salwey  
 2008 - 4 x 800 Meter Relay - 8th place - 10:25.50 - Chelsea Halvorson, Danielle Wangler, Kirsten Welk, Sydney Kraft  
 2007 - 400 Meter Dash - Kirsten Welk - 7th place - 1:01.46  
 2007 - 300 Meter Hurdles - Ashley Salwey - 6th place - 48.57  
 2007 - Shot Put - Leah Wentz - Champion - 42'8"  
 2007 - Discus - Leah Wentz - 7th place - 115'4"  
 2007 - Long Jump - Vanessa Friestad - 3rd place - 17'2¼"  
 2007 - Triple Jump - Vanessa Friestad - 4th place - 35'9¾"  
 2007 - 4 x 100 Meter Relay - Runner-Up - 51.35 - Kelsea Volk, Morgan Gronvold, Casandra Blessum, Emily Paul  
 2007 - 4 x 200 Meter Relay - 3rd place - 1:48.56 - Ashley Salwey, Morgan Gronvold, Emily Paul, Kirsten Welk  
 2007 - 4 x 400 Meter Relay - Champion - 4:09.34 - Morgan Gronvold, Casandra Blessum, Ashley Salwey, Kirsten Welk  
 2006 - 300 Meter Hurdles - Ashley Salwey - 5th place - 46.83  
 2006 - Shot Put - Leah Wentz - 6th place - 38'9"  
 2006 - Long Jump - Vanessa Friestad - 4th place - 17'6"  
 2006 - Triple Jump - Vanessa Friestad - 7th place - 34'10"  
 2006 - 400 Meter Relay - 5th place - 51.38 - Kelsea Volk, Casandra Blessum, Morgan Gronvold, Crystal Hovland  
 2006 - 1600 Meter Relay - 6th place - 4:12.45 - Morgan Gronvold, Kirsten Welk, Crystal Hovland, Ashley Salwey  
 2005 - 400 Meter Dash - Sarah Skipper - 8th place - 1:05.36  
 2005 - Shot Put - Leah Wentz - 4th place - 38'10½"  
 2005 - Long Jump - Vanessa Friestad - Runner-Up - 17'11¾"  
 2005 - Long Jump - Jessica Friestad - 5th place - 17'1¼"  
 2005 - Triple Jump - Vanessa Friestad - 5th place - 34'11¾"  
 2005 - Pole Vault - Jana Gronvold - 8th place tie - 8'6"  
 2005 - 400 Meter Relay - 8th place - 52.52 - Courtney Jorgenson, Jessica Tuchscherer, Morgan Gronvold, Shannon Swanson  
 2004 - 300 Meter Hurdles - Jessica Tuchscherer - 8th place - 47.01  
 2004 - Shot Put - Leah Wentz - 6th place - 38'1"  
 2004 - High Jump - Stephanie Leer - 6th place - 5'1"  
 2004 - Long Jump - Jessica Friestad - 5th place - 17'5¾"  
 2004 - Triple Jump - Vanessa Friestad - 7th place - 33'11"  
 2004 - Pole Vault - Jana Gronvold - 6th place - 9'3"  
 2004 - 400 Meter Relay - 5th place - 51.20 - Tallie Stebner, Morgan Gronvold, Valerie Moller, Shannon Swanson  
 2004 - 800 Meter Relay - 7th place - 2:11.44 - Tallie Stebner, Jessica Tuchscherer, Valerie Moller, Shannon Swanson

2003 - High Jump - Olivia Friestad- 7th place - 5'1"  
 2003 - Long Jump - Olivia Friestad - 6th place - 16'9¾"  
 2003 - Triple Jump - Olivia Friestad - 5th place - 34'10¼"  
 2003 - Pole Vault - Jana Gronvold - 6th place - 9'0"  
 2002 - 100 Meter Dash - Brandilyn Gronvold - 4th place - 12.91  
 2002 - 200 Meter Dash - Brandilyn Gronvold - Runner-Up - 26.37  
 2002 - Triple Jump - Olivia Friestad - 5th place - 33'10¼"  
 2002 - 400 Meter Relay - Runner-Up - 51.14 - Tallie Stebner, Tami Rocheleau, Valerie Moller, Brandilyn Gronvold  
 2002 - 1600 Meter Relay - Runner-Up - 4:11.46 - Jessica Tuchscherer, Valerie Moller, Tami Rocheleau, Brandilyn Gronvold  
 2001 - 400 Meter Dash - Brandilyn Gronvold - 8th place - 1:01.27  
 2001 - Triple Jump - Olivia Friestad - 3rd place - 34'10¼"  
 2001 - Pole Vault - Tami Rocheleau - 5th place tie - 8'0"  
 2001 - 800 Meter Relay - 7th place - 1:52.32 - Hallie Anderson, Tami Rocheleau, Valerie Moller, Brandilyn Gronvold  
 2000 - Triple Jump - Tara Grove - 5th place - 34'3 ½"  
 2000 - 400 Meter Relay - 5th place - 51.68 - Hallie Anderson, Brandilyn Gronvold, Tara Grove, Tami Rocheleau  
 1999 - 200 Meter Dash - Staci Hager - 7th place - 26.78  
 1999 - Shot Put - Rachael Wentz - 7th place - 37'11 ½"  
 1999 - Long Jump - Staci Hager - 7th place - 16'4 ¾"  
 1999 - Triple Jump - Tara Grove - 5th place - 34'8 ¼"  
 1998 - 100 Meter Dash - Staci Hager - 6th place - 13.17  
 1998 - 200 Meter Dash - Stephanie Vangsnes - 4th place - 26.28  
 1998 - 200 Meter Dash - Staci Hager - 8th place - 27.53  
 1998 - 400 Meter Dash - Stephanie Vangsnes - Champion - 58.02  
 1998 - 300 Meter Hurdles - Jennifer Black - 4th place - 46.19  
 1998 - Long Jump - Tara Grove - 6th place - 16'5"  
 1998 - 400 Meter Relay - 5th place - 51.55 - Amanda Friestad, Brandilyn Gronvold, Tara Grove, Staci Hager  
 1998 - 800 Meter Relay - Runner-Up - 1:46.95 - Brandilyn Gronvold, Stephanie Vangsnes, Cassie Hagel, Staci Hager  
 1998 - 1600 Meter Relay - 4th place - 4:07.25 - Cassie Hagel, Jennifer Black, Brandilyn Gronvold, Stephanie Vangsnes  
 1997 - 100 Meter Dash - Staci Hager - 4th place - 13.01  
 1997 - 400 Meter Dash - Stephanie Vangsnes - 3rd place - 59.66  
 1997 - 300 Meter Hurdles - Jennifer Black - 6th place - 49.11  
 1997 - High Jump - Katie Seil - Runner-Up - 5'2"  
 1997 - Long Jump - Staci Hager - 6th place - 15'7 ½"  
 1997 - 400 Meter Relay - 4th place - 51.87 - Tara Grove, Brandilyn Gronvold, Hallie Anderson, Staci Hager  
 1997 - 800 Meter Relay - 4th place - 1:48.60 - Hallie Anderson, Tara Grove, Cassie Hagel, Stephanie Vangsnes  
 1997 - 1600 Meter Relay - 3rd place - 4:08.50 - Cassie Hagel, Tara Grove, Jennifer Black, Stephanie Vangsnes  
 1996 - 100 Meter Dash - Staci Hager - 5th place - 13.30  
 1996 - 200 Meter Dash - Staci Hager - 7th place - 26.67  
 1996 - High Jump - Katie Seil - 6th place tie - 5'0"  
 1996 - 400 Meter Relay - 6th place - 52.06 - Renae Schell, Gretchen Schulz, Tara Grove, Staci Hager

1996 - 800 Meter Relay - 3rd place - 1:47.76 - Gretchen Schulz, Cassie Hagel, Stephanie Vangsnes, Staci Hager  
 1995 - 400 Meter Relay - Champion - 51.39 - Gretchen Schulz, Bobbi Jo Blomster, Erika Schiele, Staci Hager  
 1995 - 800 Meter Relay - Runner-Up - 1:48.16 - Gretchen Schulz, Bobbi Jo Blomster, Erika Schiele, Staci Hager  
 1994 - Discus - Heather Uhlenkamp - 6th place - 119'9"  
 1994 - Shot Put - Heather Uhlenkamp - 7th place - 36'11"  
 1994 - 400 Meter Relay - Runner-Up - 51.25 - Gretchen Schulz, Bobbi Jo Blomster, Erika Schiele, Tami Leier  
 1994 - 800 Meter Relay - Runner-Up - 1:48.16 - Staci Hager, Bobbi Jo Blomster, Erika Schiele, Tami Leier  
 1993 - Shot Put - Heather Uhlenkamp - 6th place - 35'1"  
 1993 - 400 Meter Relay - Champion - 51.83 - Gretchen Schulz, Bobbi Jo Blomster, Erika Schiele, Tami Leier  
 1993 - 800 Meter Relay - Champion - 1:48.09 - Gretchen Schulz, Bobbi Jo Blomster, Erika Schiele, Tami Leier  
 1993 - 1600 Meter Relay - 3rd place - 4:12.97 - Bobbi Jo Blomster, Tracey Voeller, Paula Reiersen, Tami Leier  
 1992 - 400 Meter Relay - Runner-Up - 52.78 - Gretchen Schulz, Bobbi Jo Blomster, Erika Schiele, Tami Leier  
 1992 - 800 Meter Relay - Runner-Up - 1:53.02 - Erika Schiele, Paula Reiersen, Bobbi Jo Blomster, Tami Leier  
 1992 - 1600 Meter Relay - Runner-Up - 4:15.23 - Erika Schiele, Tracey Voeller, Bobbi Jo Blomster, Tami Leier  
 1992 - 3200 Meter Relay - Runner-Up - 10:18.63 - Barbie Selensky, Nicole Godel, Tracey Voeller, Paula Reiersen  
 1991 - 400 Meter Relay - 4th place - 52.32 - Gretchen Schulz, Tricia Anderson, Erika Schiele, Tami Leier  
 1991 - 800 Meter Relay - Runner-Up - 1:49.08 - Janelle Ebach, Tricia Anderson, Paula Reiersen, Tami Leier  
 1991 - 3200 Meter Relay - Runner-Up - 10:05.43 - Barbie Selensky, Nicole Godel, Tracey Voeller, Paula Reiersen

## **CLASS A**

1989 - Javelin - Gina Kreklau - Champion - 145'5"  
 1988 - 100 Meter Dash - Michelle Heintz - 6th place - 13.32  
 1988 - Long Jump - Terri Reiersen - 5th place - 16'10 ¼"  
 1988 - Javelin - Gina Kreklau - 3rd place - 132'4"  
 1987 - Javelin - Gina Kreklau - 6th place - 116'8"  
 1985 - 100 Meter Hurdles - Holly Jelsing - 4th place - 15.90  
 1985 - 400 Meter Relay - 5th place - 52.17 - Karla Mitzel, Michelle Heintz, Sherry Volk, Sheryl Volk  
 1984 - 100 Meter Dash - Karla Leier - 3rd place - 13.32  
 1984 - 200 Meter Dash - Karla Leier - 4th place - 26.95  
 1984 - 100 Meter Hurdles - Holly Jelsing - Runner-Up - 15.82  
 1984 - 300 Meter Hurdles - Holly Jelsing - 5th place - 47.86  
 1983 - 100 Meter Dash - Cindy Robbins - 4th place tie - 12.74  
 1983 - 400 Meter Relay - 5th place - 52.87 - Cindy Robbins, Kayleen Haman, Corrine Miller, Karla Leier  
 1982 - 100 Meter Dash - Karla Leier - 3rd place - 13.23  
 1982 - 200 Meter Dash - Karla Leier - 3rd place - 26.65  
 1982 - 300 Meter Hurdles - Holly Jelsing - 6th place - 48.35  
 1982 - 400 Meter Relay - Runner-Up - 50.65 - Lori Ostrem, Cindy Robbins, Susie Zweber, Karla Leier  
 1982 - 800 Meter Relay - Champion - 1:48.39 - Kay Haman, Lori Ostrem, Susie Zweber, Karla Leier  
 1981 - 800 Meter Medley Relay - 5th place - 1:53.73 - Brenda Heintz, Susie Zweber, Cindy Robbins, Karla Leier  
 1977 - 880 Yard Run - Kathy Kappel - 5th place - 2:23.7

1977 - Mile Run - Kathy Kappel - Runner-Up - 5:27.4

1977 - High Jump - Tammy Johnson - 4th place - 5'2"

1975 - 880 Yard Relay - 5th place - 1:50.92 - \_\_\_\_\_

1972 - High Jump - Bonnie Hagen - Runner-Up - 4'8"

1972 - Long Jump - Kim Kittilson - 5th place - 15'8¼"

1971 - High Jump - Bonnie Hagen - 5th place - 4'10"

## **ALL CLASSES COMBINED**

1970 - Long Jump - Karla Kittilson - 5th place - \_\_\_\_\_

1970 - Long Jump - Peggy Parkman - Champion - 16'9"

1970 - Softball Throw - Peggy Parkman - Champion - 184'8"

1969 - 440 Yard Relay - 5th place tie - \_\_\_\_\_ - \_\_\_\_\_

1968 - Long Jump - Peggy Parkman - Champion - 15'8 ½"

1968 - 100 Yard Dash - Peggy Parkman - 3rd place - 11.6

1968 - 440 Yard Relay - 3rd place tie - \_\_\_\_\_ - Nancy Nielsen, Mary Jane Crook, Ann Nielsen, Peggy Parkman

1967 - Shot Put - Paulette Jacobson - 5th place - 27'9"