

Rugby High School Girls Track & Field Results
CENTRAL NORTH DAKOTA CONFERENCE INDOOR INVITATIONAL
Minot State University Dome, Minot, ND – Friday, April 2, 2004

55 Meter Dash

Valerie Moller – 7.97 – 8th place
Tallie Stebner – 8.09
Kristen Laib – 9.30

200 Meter Dash

Jessica Tuchscherer – 28.92 – 2nd place
Tallie Stebner – 29.83 – 4th place
Courtney Jorgenson – 32.39
Kristen Laib – 33.98

400 Meter Dash

Jessica Tuchscherer – 1:06.71 – 1st place
Tina Childress – 1:11.44 – 8th place
Courtney Jorgenson – 1:17.48
Kirsten Welk – 1:18.37

800 Meter Run

Kellie Pieterick – 2:51.08 – 7th place
Kirsten Welk – 2:53.16 – 8th place

1600 Meter Run

Sarah Skipper – 6:20.51 – 3rd place
Nicole Hager – 7:35.38

3200 Meter Run

Danielle Wangler – 13:23.59 – 3rd place
Nicole Hager – 17:17.75 – 6th place

55 Meter Hurdles

Stephanie Leer – 10.23 – 7th place
Jessica Tank – 11.16
Courtney Jorgenson – 11.29

Shot Put

Leah Wentz – 35'1" – 1st place
Amanda Heilman – 29'3½"
Jana Gronvold – 27'½"
Kaycee Grochow – 26'7"
Rachael Schneibel – 25'1½"
Sarah Halls – 17'4"
Stephanie Skwiera – 16'3"

Long Jump

Jessica Friestad – 15'½" – 1st place
Leah Lehman – 13'8½" – 5th place
Jana Gronvold – 11'2"

Triple Jump

Jessica Friestad – 30'10" – 3rd place
Stephanie Leer – 29'2½" – 5th place

High Jump

Stephanie Leer – 4'11" – 1st place
Leah Lehman – 4'3" – 7th place

Pole Vault

Jana Gronvold – 8'0" – 1st place
Kellie Pieterick – 7'0" – 3rd place

4 x 1 Lap Relay

Tallie Stebner(23.17), Leah Lehman(24.56)
Valerie Moller(22.49), Jessica Tuchscherer(22.56)
1:32.82 – 1st place

1600 Meter Relay

Sarah Skipper(1:06.98), Kellie Pieterick(1:09.78)
Valerie Moller(1:07.91), Jessica Tuchscherer(1:07.45)
4:32.04 – 1st place

3200 Meter Relay

Sarah Skipper(2:43.82), Danielle Wangler(2:51.14)
Kirsten Welk(2:50.00), Kellie Pieterick(2:50.34)
11:15.26 – 2nd place

TEAM SCORES

- 1. Rugby – 135**
2. Velva/Sawyer/Drake – 87 1/3
3. Benson County – 68
4. Harvey – 61 1/3
5. Des Lacs-Burlington – 41
6. Wells County – 40
7. Towner/Granville/Upham – 40
8. New Rockford/Sheyenne – 25 1/3
9. Northern Lights – 22
10. Mohall/Sherwood – 14
11. Glenburn – 12
12. Garrison-Max – 11
13. Westhope/Newburg – 9
14. Anamoose – 8
15. Dunseith – 7
16. Four Winds - 1