

# Rugby High School Girls Track & Field Results

## VELVA INVITATIONAL

### Velva, ND – Saturday, May 8, 2004

#### 100 Meter Dash

Valerie Moller – 13.54 – 4<sup>th</sup> place  
Tallie Stebner – 13.61 – 6<sup>th</sup> place  
Courtney Weiss – 14.90  
Nicole Fritel – 14.92  
Kristen Laib – 15.91

#### 200 Meter Dash

Valerie Moller – 26.65 – 2<sup>nd</sup> place – **State Qualifier**  
Shannon Swanson – 26.90 – 3<sup>rd</sup> place  
Tallie Stebner – 27.65 – 8<sup>th</sup> place  
Morgan Gronvold – 28.06  
Courtney Weiss – 30.34  
Nicole Fritel – 30.56  
Courtney Jorgenson – 31.10  
Kristen Laib – 33.57

#### 400 Meter Dash

Valerie Moller – 1:01.12 – 2<sup>nd</sup> place – **State Qualifier**  
Sarah Skipper – 1:01.41 – 3<sup>rd</sup> place – **State Qualifier**  
Morgan Gronvold – 1:06.00 – 7<sup>th</sup> place  
Kristen Laib – 1:21.54

#### 800 Meter Run

Kellie Pieterick – 2:37.44 – 7<sup>th</sup> place  
Kelsey McAtee – 2:40.76

#### 1600 Meter Run

Kelsey McAtee – 5:44.03 – 4<sup>th</sup> place  
Kirsten Welk – 5:45.98 – 5<sup>th</sup> place  
Kellie Pieterick – 5:56.34 – 6<sup>th</sup> place  
Jena Suchor – 6:52.22  
Nicole Hager – 6:55.23

#### 3200 Meter Run

Kirsten Welk – 12:51.16 – 3<sup>rd</sup> place  
Sarah Skipper – 13:26.77 – 6<sup>th</sup> place  
Danielle Wangler – 14:08.26  
Crystal Schaan – 14:19.33  
Jena Suchor – 14:41.18  
Nicole Hager – 15:49.11

#### 100 Meter Hurdles

Stephanie Leer – 18.25 – 7<sup>th</sup> place  
Courtney Jorgenson – 19.95  
Ashley Salwey – 20.68  
Kristi Black – 22.99

#### 300 Meter Hurdles

Courtney Jorgenson – 55.31 – 6<sup>th</sup> place

#### Shot Put

Leah Wentz – 34'8" – 5<sup>th</sup> place  
Jana Gronvold – 29'1"  
Kristen Knain – 28'9"  
Kaycee Grochow – 24'9"  
Rachael Schneibel – 24'7"

#### Discus

Leah Wentz – 108'6" – 2<sup>nd</sup> place  
Kristen Knain – 86'1"  
Rachael Schneibel – 71'10"

#### Javelin

Leah Wentz – 102'5" – 5<sup>th</sup> place

#### Javelin (continued)

Jana Gronvold – 91'5"  
Kristi Black – 79'9"  
Kaycee Grochow – 67'9"

#### Long Jump

Jessica Friestad – 15'4½" – 1<sup>st</sup> place  
Vanessa Friestad – 14'9" – 2<sup>nd</sup> place  
Leah Lehman – 14'3½" – 4<sup>th</sup> place  
Heidi Bird – 13'7½" – 8<sup>th</sup> place  
Courtney Weiss – 12'4"  
Nicole Fritel – 11'11"

#### Triple Jump

Vanessa Friestad – 34'5" – 2<sup>nd</sup> place – **State Qualifier**  
Jessica Friestad – 33'4" – 4<sup>th</sup> place  
Stephanie Leer – 30'10½" – 7<sup>th</sup> place  
Leah Lehman – 29'10"

#### High Jump

Stephanie Leer – 5'1" – 1<sup>st</sup> place – **State Qualifier**  
Leah Lehman – 4'11" – 4<sup>th</sup> place  
Vanessa Friestad – 4'7" – 5<sup>th</sup> place  
Heidi Bird – 4'3"

#### Pole Vault

Jana Gronvold – 8'1" – 3<sup>rd</sup> place  
Kellie Pieterick – 7'1" – 7<sup>th</sup> place tie

#### 400 Meter Relay

Tallie Stebner(13.82), Morgan Gronvold(12.72)  
Jessica Friestad(12.64), Shannon Swanson(12.97)  
52.34 – 4<sup>th</sup> place – **State Qualifier**

#### 800 Meter Relay

Tallie Stebner(29.10), Morgan Gronvold(27.44)  
Stephanie Leer(28.78), Shannon Swanson(26.56)  
1:52.00 – 2<sup>nd</sup> place

#### 1600 Meter Relay

Courtney Jorgenson(1:11.30), Kellie Pieterick(1:10.07)  
Leah Lehman(1:10.66), Valerie Moller(1:06.99)  
4:39.05 – 5<sup>th</sup> place

#### 3200 Meter Relay

Ashley Salwey(2:48.50), Kristi Black(2:45.98)  
Crystal Schaan(2:46.01), Danielle Wangler(2:48.99)  
11:09.31 – 3<sup>rd</sup> place

#### TEAM SCORES

1. Rugby - 171½
2. Velva/Sawyer/Drake - 146½
3. Bottineau - 103½
4. Minot Ryan - 85½
5. Des Lacs-Burlington/Berthold – 54
6. Wells County – 52
7. Towner/Granville/Upham – 32
8. Surrey – 32
9. Kenmare/Bowbells – 16
10. Garrison-Max – 11
11. Anamoose – 8
12. Westhope/Newburg – 7
13. New Rockford/Sheyenne – 5
14. Glenburn - 4