

# Rugby High School Girls Track & Field Results

## MANDAN KIWANIS INVITATIONAL

### Mandan, ND – Saturday, May 14, 2005

#### 100 Meter Dash

Valerie Moller – V – 12.92 – 4<sup>th</sup> place  
 Mariah Koenig – JV – 14.09 – 8<sup>th</sup> place  
 Kelsea Volk – JV – 14.12  
 Courtney Weiss – JV – 14.62  
 Nicole Fritel – JV – 14.77  
 Kali Erickson – JV – 14.79  
 Marah Schiele – JV – 15.09

#### 200 Meter Dash

Valerie Moller – V – 27.57  
 Shannon Swanson – V – 27.96  
 Morgan Gronvold – V – 28.23  
 Mariah Koenig – JV – 29.16 – 2<sup>nd</sup> place  
 Kelsea Volk – JV – 29.43 – 4<sup>th</sup> place tie  
 Courtney Jorgenson – V – 29.56  
 Courtney Weiss – JV – 31.34  
 Nicole Fritel – JV – 31.90  
 Marah Schiele – JV – 32.18

#### 400 Meter Dash

Ashley Salwey – V – 1:05.09 – 7<sup>th</sup> place  
 Mariah Koenig – JV – 1:08.53 – 2<sup>nd</sup> place  
 Casandra Blessum – JV – 1:09.37 – 5<sup>th</sup> place

#### 800 Meter Run

Kelsey McAtee – V – 2:32.89 – 8<sup>th</sup> place  
 Chelsea Halvorson – V – 2:39.25  
 Kristi Black – JV – 2:45.68 – 2<sup>nd</sup> place  
 Joclyn Seiler – JV – 2:55.68 – 5<sup>th</sup> place

#### 1600 Meter Run

Danielle Wangler – JV – 6:05.28 – 2<sup>nd</sup> place  
 Nicole Hager – JV – 6:49.44 – 7<sup>th</sup> place

#### 3200 Meter Run

Kirsten Welk – V – 13:16.92  
 Nicole Hager – JV – 14:22.86 – 4<sup>th</sup> place

#### 100 Meter Hurdles

Sarah Skipper – V – 18:04  
 Kali Erickson – JV – 18.59 – 7<sup>th</sup> place

#### 300 Meter Hurdles

Ashley Salwey – V – 49.60 – 4<sup>th</sup> place  
 Kali Erickson – JV – 57.13

#### Shot Put

Leah Wentz – V – 35'11" – **SQ**  
 Amanda Heilman – JV – 31'9½" – 2<sup>nd</sup> place  
 Kaycee Grochow – JV – 28'5½"  
 Amanda Blay – JV – 25'0"

#### Discus

Leah Wentz – V – 87'9"  
 Amanda Heilman – JV – 70'8"  
 Amanda Blay – JV – 67'9"  
 Tara Kuntz – JV – 60'5"

#### Javelin

Jana Gronvold – JV – 101'5" – 1<sup>st</sup> place  
 Kristi Black – JV – 90'2" – 5<sup>th</sup> place

VARSITY TEAM SCORES		
1.	Bismarck	181
2.	Mandan	132
3.	Bismarck Century	118
4.	Minot	80
5.	Bottineau	64½
6.	Dickinson	53
7.	Rugby	48½
8.	Hazen	22½
9.	Harvey	16½
10.	Thompson	7
11.	Shiloh Christian	4
JUNIOR VARSITY TEAM SCORES		
1.	Bismarck Century	162
2.	Mandan	159
3.	Rugby	114½
4.	Bismarck	84
5.	Minot	49
6.	Dickinson	45
7.	Harvey	36
8.	Hazen	30
9.	Bottineau	21½

#### Javelin (continued)

Amanda Blay – JV – 82'0"  
 Amanda Heilman – JV – 80'1"  
 Tara Kuntz – JV – 58'9"

#### Long Jump

Jessica Friestad – V – 16'1" – 4<sup>th</sup> place  
 Vanessa Friestad – V – 15'0"  
 Stephanie Friestad – JV – 14'10" – 1<sup>st</sup> place  
 Leah Lehman – JV – 13'6" – 5<sup>th</sup> place  
 Nicole Fritel – JV – 13'5" – 6<sup>th</sup> place  
 Tara Kuntz – JV – 12'3½"  
 Casandra Blessum – JV – 12'1"  
 Courtney Weiss – JV – 11'10"  
 Kali Erickson – JV – 11'9"  
 Marah Schiele – JV – No Mark

#### Triple Jump

Vanessa Friestad – V – 35'½" – 1<sup>st</sup> place – **SQ**  
 Stephanie Friestad – JV – 28'2½" – 6<sup>th</sup> place  
 Joclyn Seiler – JV – 27'5½"

#### High Jump

Sarah Skipper – V – 4'11" – 4<sup>th</sup> place  
 Vanessa Friestad – V – 4'9" – 8<sup>th</sup> place tie  
 Leah Lehman – JV – 4'7" – 1<sup>st</sup> place  
 Joclyn Seiler – JV – 4'1"  
 Casandra Blessum – JV – No Height  
 Stephanie Friestad – JV – No Height

#### Pole Vault

Jana Gronvold – V – 7'6"  
 Leah Lehman – JV – 7'6" – 2<sup>nd</sup> place  
 Kristi Black – JV – No Height

#### 400 Meter Relay

Courtney Jorgenson(13.43), Jessica Tuchscherer(13.85)  
 Morgan Gronvold(13.15), Shannon Swanson(12.70)  
 V – 53.31 – 4<sup>th</sup> place

#### 800 Meter Relay

Courtney Jorgenson(29.93), Valerie Moller(28.13)  
 Morgan Gronvold(28.73), Shannon Swanson(25.77)  
 V – 1:52.64 – 7<sup>th</sup> place

#### 1600 Meter Relay

Valerie Moller(1:05.11), Morgan Gronvold(1:05.72)  
 Ashley Salwey(1:04.06), Sarah Skipper(1:04.32)  
 V – 4:19.25 – 6<sup>th</sup> place

#### 3200 Meter Relay

Chelsea Halvorson(2:35.92), Sarah Skipper(2:35.97)  
 Kelsey McAtee(2:35.27), Kirsten Welk(2:40.75)  
 V – 10:28.59 – 4<sup>th</sup> place

**SQ – State Qualifying**  
**MR – Meet Record**  
**SR – School Record**