

**Rugby High School Track & Field Results**  
**DEVILS LAKE ROTARY INVITATIONAL**  
**Devils Lake, ND – Monday, May 14, 2007**

**100 Meter Dash**

Emily Paul - 13.12 - 4th place  
Morgan Gronvold - 13.17 - 6th place  
Crystal Hovland - 7th place tie - 13.28  
Kelsea Volk - 13.37  
Miriah Koenig - 14.02  
Courtney Jorgenson - 14.05  
Katelyn Berube - 14.44  
Stephanie Friestad - 14.49

**200 Meter Dash**

Emily Paul - 26.93 - 2nd place  
Ashley Salwey - 27.10 - 3rd place  
Morgan Gronvold - 27.33 - 4th place  
Casandra Blessum - 27.85 - 6th place  
Crystal Hovland - 28.10 - 7th place  
Kelsea Volk - 28.30  
Courtney Jorgenson - 30.81  
Katelyn Berube - 31.23

**400 Meter Dash**

Ashley Salwey - 1:05.03 - 4th place  
Katelyn Berube - 1:13.87

**800 Meter Run**

Kirsten Welk - 2:35.26 - 6th place  
Chelsea Halvorson - 2:46.77  
Kristi Black - 2:49.98  
Sydney Kraft - 3:02.43  
Cortney Hill - 3:03.11

**1600 Meter Run**

Chelsea Halvorson - 5:56.79 - 2nd place  
Mariya Bernhardt - 6:11.18 - 4th place

**3200 Meter Run**

Danielle Wangler - 12:39.82 - 1st place  
Mariya Bernhardt - 13:42.34 - 3rd place  
Joclyn Seiler - 14:09.11 - 4th place

**100 Meter Hurdles**

Ashley Salwey - 17.49 - 3rd place  
Crystal Hovland - 18.67 - 8th place  
Courtney Jorgenson - 19.72

**300 Meter Hurdles**

Crystal Hovland - 49.72 - 3rd place  
Courtney Jorgenson - 57.33

**Shot Put**

Leah Wentz - 40'0" - 1st place - **SQ**  
Nicole Hooker - 25'10½"  
Amanda Longie - 20'1"

**Discus**

Leah Wentz - 124'4" - 2nd place - **SQ**  
Amanda Longie - 78'9"  
Nicole Hooker - 67'6"

**Javelin**

Leah Wentz - 108'4" - 2nd place  
Kristi Black - 86'4"

**Long Jump**

Vanessa Friestad - 15'6¼" - 3rd place  
Stephanie Friestad - 15'4¼" - 4th place  
Miriah Koenig - 13'7"  
Courtney Putnam - 13'4"  
Katelyn Berube - 13'1½"

**Triple Jump**

Vanessa Friestad - 35'1" - 1st place - **SQ**  
Stephanie Friestad - 32'10" - 3rd place  
Courtney Putnam - 31'7¾" - 5th place  
Joclyn Seiler - 28'5" - 7th place

**High Jump**

Casandra Blessum - 4'5" - 4th place  
Courtney Putnam - 4'3" - 7th place  
Joclyn Seiler - 4'1"  
Vanessa Friestad - No Height

**Pole Vault**

Kristi Black - 6'0" - 6th place

**400 Meter Relay**

Kelsea Volk(13.85), Morgan Gronvold(11.83)  
Casandra Blessum(13.31), Emily Paul(13.83)  
52.83 – 2nd place

**800 Meter Relay**

Emily Paul(27.14), Ashley Salwey(29.48)  
Casandra Blessum(26.08), Kirsten Welk(28.62)  
1:51.47 - 1st place - **SQ**

**1600 Meter Relay**

**3200 Meter Relay**

Sydney Kraft(2:53.44), Kristi Black(2:46.46)  
Joclyn Seiler(2:54.73), Cortney Hill(3:01.00)  
11:35.58 - 3rd place

**GIRLS TEAM SCORES**

1. Rugby - 181½
2. Langdon - 129
3. Devils Lake - 93
4. Rolette/Wolford - 76
5. Harvey - 68½
6. New Rockford/Sheyenne - 48
7. Wells County - 43
8. Benson County - 26
9. Nelson County - 19
10. Belcourt - 13
11. Sheridan County/Anamoose - 11
12. Westhope/Newburg - 5
13. Dunseith - 4
14. North Star - 1

**SQ - State Qualifier**  
**SR - School Record**  
**MR - Meet Record**