

# Rugby High School Track & Field Results

## RUGBY PANTHER BOOSTER INVITATIONAL

### Rugby, ND – Thursday, April 22, 2010

#### 100 Meter Dash

Emily Paul - 13.58 - 4th place  
Shanaya Fred - 14.05  
Kassi Jorgenson - 14.06  
Cassandra Jaeger - 14.65  
Stephanie Friestad - 14.73  
Allison Volk - 14.90  
Ashley Leier - 14.98  
Carly Wise - 15.27  
Josie Klein - 15.54

#### 200 Meter Dash

Shanaya Fred - 28.05 - 6th place  
Emily Stier - 28.77  
Kassi Jorgenson - 29.17  
Cassandra Jaeger - 30.32  
Aubrey Hovland - 30.40  
Allison Volk - 30.93  
Bailey Nelson - 31.50  
Jessica Blessum - 31.55

#### 400 Meter Dash

Emily Stier - 1:06.39 - 8th place  
Cassandra Jaeger - 1:08.70  
Chelsea Halvorson - 1:12.02  
Bailey Nelson - 1:13.24  
Jessica Blessum - 1:15.77

#### 800 Meter Run

Mariya Bernhardt - 2:53.86  
Paxton Klein - 3:11.01  
Cortney Stewart - 3:19.36

#### 1600 Meter Run

Sydney Kraft - 5:35.75 - 2nd place  
Paxton Klein - 7:00.30  
Cortney Stewart - 7:21.18

#### 3200 Meter Run

Sydney Kraft - 12:28.65 - 4th place  
Hannah Christenson - 13:57.00  
Alexis Thompson - 14:52.00  
Carleen Shively - 15:01.00

#### 100 Meter Hurdles

Aubrey Hovland - 17.68 - 4th place

#### 300 Meter Hurdles

Crystal Hovland - 47.09 - 1st place - **SQ**  
Emily Stier - 52.50 - 6th place  
Jessica Blessum - 58.95  
Bailey Nelson - 59.98

#### Shot Put

Molly Koenig - 35'8" - 3rd place - **SQ**  
Kelsey Mongeon - 32'0" - 8th place  
Emily Fritel - 29'10"  
Michelle Lemar - 29'4"  
Naomi Cobb - 29'3"  
Maddie Cameron - 26'0"  
Kenzie Cameron - 25'11"  
Laura Fritel - 24'11"  
Allison Leer - 21'1"  
Brittany Kleespie - 19'7"  
Caley Nelson - 18'7"

#### Discus

Kelsey Mongeon - 97'10" - 7th place  
Michelle Lemar - 83'10"  
Naomi Cobb - 80'9"  
Molly Koenig - 76'4"  
Kenzie Cameron - 74'10"  
Maddie Cameron - 74'3"  
Emily Fritel - 71'8"  
Laura Fritel - 64'2"  
Allison Leer - 59'4"  
Caley Nelson - 54'3"  
Brittany Kleespie - 42'9"

#### Javelin

Paige Haman - 92'2" - 7th place  
Molly Koenig - 89'9" - 8th place  
Naomi Cobb - 84'9"  
Michelle Lemar - 75'11"  
Laura Fritel - 70'4"  
Maddie Cameron - 69'3"  
Kenzie Cameron - 68'0"  
Allison Volk - 66'2"  
Cassandra Jaeger - 65'0"  
Emily Fritel - 61'10"  
Ashley Leier - 60'10"  
Allison Leer - 60'6"  
Caley Nelson - 49'0"  
Brittany Kleespie - 26'5"

#### Long Jump

Stephanie Friestad - 16'1" - 1st place  
Courtney Putnam - 14'2¾"  
Josie Klein - 13'3"

#### Triple Jump

Stephanie Friestad - 33'3½" - 3rd place  
Josie Klein - 32'8½" - 4th place  
Courtney Putnam - 29'10½"

#### High Jump

Aubrey Hovland - 4'11" - 2nd place  
Courtney Putnam - 4'5"  
Josie Klein - No Height

#### Pole Vault

Stephanie Friestad - 7'0" - 3rd place  
Rachel Hoffert - 6'6" - 7th place tie  
Jessica Blessum - No Height

#### 4 x 100 Meter Relay

Emily Stier(13.82), Emily Paul(12.97)  
Rachel Hoffert(12.65), Crystal Hovland(12.97)  
52.21 - 1st place - **SQ**

#### 4 x 200 Meter Relay

Shanaya Fred(28.88), Emily Paul(26.44)  
Rachel Hoffert(28.06), Crystal Hovland(27.41)  
1:50.67 - 1st place - **SQ**

#### 4 x 400 Meter Relay

Crystal Hovland(1:02.00), Emily Paul(1:05.03)  
Rachel Hoffert(1:06.63), Shanaya Fred(1:05.81)  
4:19.32 - 1st place

#### 4 x 800 Meter Relay

Hannah Christenson(2:48.38), Chelsea Halvorson(2:47.31)  
Mariya Bernhardt(2:51.66), Taylor Stone(2:46.98)  
11:14.27 - 5th place

#### GIRLS TEAM SCORES

1. Rugby - 122½
2. Velva/Drake/Anamoose - 102
3. Surrey - 84
4. Langdon - 63
5. Benson County - 56
6. Wells County/New Rockford-Sheyenne - 39½
7. Bottineau - 35
8. Mohall-Lansford-Sherwood - 34½
9. Devils Lake - 30
10. Central McLean - 24½
11. Minot Bishop Ryan - 22
12. Glenburn/Westhope/Newburg - 21
13. Harvey - 15
13. Lewis and Clark - 15
15. Belcourt - 14
15. Garrison - 14
15. Northern Lights - 14
18. Des Lacs-Burlington - 11
18. Dunseith - 11
20. Kenmare-Bowbells - 10
21. Washburn - 2
22. Williams County - 1

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