

Rugby High School Track & Field Results
VELVA LAST CHANCE
Velva, ND – Monday, May 17, 2010

100 Meter Dash

Ashley Leier - 14.56
Allison Volk - 14.84
Carly Wise - 14.96

200 Meter Dash

Emily Stier - 28.31 - 6th place
Shanaya Fred - 28.37 - 7th place
Ashley Leier - 31.40
Carly Wise - 32.05
Allison Volk - 35.90

400 Meter Dash

Crystal Hovland - 1:02.18 - 2nd place
Shanaya Fred - 1:07.41
Cassandra Jaeger - 1:11.12

800 Meter Run

Sydney Kraft - 2:28.12 - 3rd place
Hannah Christenson - 2:50.64
Carleen Shively - 2:52.64
Paxton Klein - 3:01.90

1600 Meter Run

Carleen Shively - 6:21.53
Chelsea Halvorson - 6:22.50
Mariya Bernhardt - 6:34.09
Paxton Klein - 6:39.61
Cortney Stewart - 7:27.03

3200 Meter Run

Camille Klein - 14:46.00 - 6th place

100 Meter Hurdles

Crystal Hovland - 16.81 - 2nd place
Aubrey Hovland - 17.40 - 7th place

300 Meter Hurdles

Emily Stier - 51.81 - 7th place
Aubrey Hovland - 54.18
Jessica Blessum - 58.56

Shot Put

Molly Koenig - 34'9" - 3rd place
Emily Fritel - 32'9" - 6th place
Laura Fritel - 25'6"
Allison Leer - 25'½"
Caley Nelson - 20'11"
Brittany Kleespie - 20'9½"

Discus

Molly Koenig - 86'10"
Emily Fritel - 86'9"
Laura Fritel - 86'2"
Caley Nelson - 57'7"
Brittany Kleespie - 55'3"
Allison Leer - 52'8"

Javelin

Paige Haman - 109'0" - 2nd place
Molly Koenig - 96'9" - 6th place
Taylor Stone - 91'8" - 8th place
Allison Volk - 76'5"
Laura Fritel - 75'2"
Allison Leer - 55'5"

Long Jump

Courtney Putnam - 14'5½" - 3rd place
Josie Klein - 13'2¼"
Stephanie Friestad - No Mark
Caley Nelson - No Mark

Triple Jump

Stephanie Friestad - 32'8½" - 2nd place
Josie Klein - 30'10¼" - 6th place
Courtney Putnam - 30'9½" - 7th place
Caley Nelson - No Mark

High Jump

Aubrey Hovland - 4'11" - 3rd place
Courtney Putnam - 4'1" - 8th place
Jessica Blessum - 3'11"
Josie Klein - No Height

Pole Vault

Stephanie Friestad - 7'6" - 2nd place
Rachel Hoffert - 7'0" - 5th place
Jessica Blessum - 6'0" - 6th place

4 x 100 Meter Relay

Emily Paul(13.32), Aubrey Hovland(12.77)
Rachel Hoffert(13.00), Emily Stier(13.75)
52.72 - 1st place - **SQ**

4 x 200 Meter Relay

Shanaya Fred(29.79), Emily Paul(27.10)
Rachel Hoffert(27.58), Crystal Hovland(27.40)
1:51.42 - 3rd place - **SQ**

4 x 400 Meter Relay

Crystal Hovland(1:02.53), Emily Paul(1:03.56)
Rachel Hoffert(1:04.88), Sydney Kraft(1:04.84)
4:15.64 - 3rd place - **SQ**

4 x 800 Meter Relay

Chelsea Halvorson(2:36.00), Hannah Christenson(2:41.43)
Sydney Kraft(2:26.84), Taylor Stone(2:39.05)
10:23.09 - 1st place

GIRLS TEAM SCORES

1. Rugby - 128
2. Velva/Drake/Anamoose - 111
3. Watford City - 101
4. Glenburn/Westhope/Newburg - 59
5. Surrey - 58
6. Parshall - 50
7. Central McLean - 45
8. Mohall-Lansford-Sherwood - 38
9. Lewis and Clark - 27
10. Stanley/Powers Lake - 22
11. Divide County - 19
11. Minot Bishop Ryan - 19
13. Garrison/Max - 12
14. Williams County - 11
15. Bottineau - 9
16. Des Lacs-Burlington - 7
17. Harvey - 4

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