

Rugby High School Track & Field Results

CENTRAL NORTH DAKOTA CONFERENCE INDOOR INVITATIONAL

Minot State University Dome, Minot, ND – Friday, April 1, 2011

55 Meter Dash

Crystal Hovland - 7.60 - 2nd place
 Rachel Hoffert - 7.65 - 3rd place
 Emily Stier - 7.73 - 4th place
 Kassi Jorgenson - 7.86 - 6th place
 Aubrey Hovland - 8.13 - 8th place
 Alicia Leier - 8.22
 Allison Volk - 8.27

200 Meter Dash

Rachel Hoffert - 29.27 - 3rd place
 Emily Stier - 29.91 - 5th place
 Kassi Jorgenson - 30.49 - 8th place
 Alicia Leier - 30.89
 Aubrey Hovland - 31.93
 Jessica Blessum - 32.96

400 Meter Dash

Bailey Nelson - 1:09.96 - 6th place
 Alicia Leier - 1:10.30 - 7th place
 McKenzie Johnson - 1:16.85

800 Meter Run

Sydney Kraft - 2:38.57 - 2nd place
 Bailey Nelson - 2:52.25 - 7th place
 Alexis Thompson - 2:52.27 - 8th place
 McKenzie Johnson - 3:23.42

1600 Meter Run

Chandra Yankton - 5:50.30 - 1st place
 Allison Foster - 7:02.00

3200 Meter Run

Lauren Christenson - 13:52.62 - 1st place
 Hannah Christenson - 14:29.70 - 2nd place

55 Meter Hurdles

Crystal Hovland - 8.89 - 1st place
 Jessica Blessum - 11.79

Long Jump

Abbey Paul - 14'11³/₄" - 1st place
 Anja Selland - 13'7³/₄" - 6th place
 Alicia Leier - 13'5" - 8th place
 Allison Volk - 13'1¹/₄"
 Keylee Odden - 12'11³/₄"
 Jessica Blessum - 12'8³/₄"

Triple Jump

Abbey Paul - 31'6¹/₄" - 1st place
 Anja Selland - 29'2¹/₂" - 5th place
 Keylee Odden - No Mark

Pole Vault

High Jump

Aubrey Hovland - 5'3" - 1st place
 Jessica Blessum - 4'7" - 4th place

Shot Put

Molley Koenig - 36'8¹/₂" - 1st place
 Michelle Lemar - 31'1" - 7th place
 Laura Fritel - 30'6" - 8th place
 Emily Fritel - 29'8"
 Mattie Schmitt - 25'3"

4 x 1 Lap Relay

Rachel Hoffert(21.68), Crystal Hovland(21.53)
 Emily Stier(22.23), Aubrey Hovland(23.48)
 1:28.68 – 1st place

4 x 400 Meter Relay

Chandra Yankton(1:10.24), Rachel Hoffert(1:08.86)
 Emily Stier(1:07.55), Sydney Kraft(1:08.28)
 4:34.85 - 2nd place

4 x 800 Meter Relay

Chandra Yankton(2:38.86), Hannah Christenson(2:44.72)
 Alexis Thompson(2:53.60), Sydney Kraft(2:39.68)
 10:57.83 - 1st place

GIRLS TEAM SCORES

1) Rugby	172
2) Harvey/Wells County	84
3) Benson County	83
4) New Rockford-Sheyenne	59
5) Shiloh Christian	39
6) North Star	28
6) Killdeer	28
8) Lewis and Clark	17
9) Glenburn/Westhope/Newburg	11
9) Northern Lights	11
11) Center-Stanton	6