

**Cascade Early Bird Invitational**  
**Cascade High School**  
**Cascade, Iowa - 3/28/2013**  
**Results**

**Girls 100 Meter Dash**

Name	Yr	School	Finals	
<b>Finals</b>				
1	Olivia Loy	11	Anamosa	12.95
2	Tessa Helmle	12	Cascade	13.20
3	Sydney Rickels	10	Cascade	13.47
4	Mikayla Whitman	09	Anamosa	13.52
5	Keyonna Parnell	10	Western Dubu	13.72
6	Lynsey Dolphin	09	Cascade	13.85
7	Maddie Clark	10	Western Dubu	14.04
8	Kelsey Kirk	10	Marion	14.39
9	Gloria Coder	09	Marion	14.56
10	Sam Daily	10	Anamosa	14.61
11	Kayla Greif	12	Central City	14.67
12	Laurel Murphy	11	Central City	14.78
13	Jami Keeton	09	Marion	14.89
14	Courtney Sadler	09	Cascade	15.43
15	Shyanne Kirby	11	Anamosa	15.48
16	Megan Thomas	11	Anamosa	15.81
17	Allena Walters	11	Alburnett	15.84
18	Courtney Zeets	12	Marion	15.93
19	Madi Pavlis	09	Central City	16.27
20	Anna Luenig	12	Marion	16.55
21	Megan Overly	10	Alburnett	16.75

**Girls 200 Meter Dash**

Name	Yr	School	Finals	
<b>Finals</b>				
1	Olivia Loy	11	Anamosa	26.60
2	Abby Kolarik	10	Marion	27.56
3	Nicole Sanborn	12	Anamosa	28.41
4	Laura Tucker	11	Cascade	30.02
5	Kamry McLaughlin	12	Anamosa	30.27
6	Kelsey Kirk	10	Marion	30.36
7	Ally Merfeld	11	Cascade	30.67
8	Lexie Rausch	09	Cascade	30.96
9	Gloria Coder	09	Marion	31.00
10	Leah Pedersen	12	Marion	31.09
11	Jami Keeton	09	Marion	31.46
12	Brooke Bergfeld	10	Cascade	31.52
13	Mikayla Shultz	12	Marion	31.74
14	Megan McDermott	11	Cascade	31.85
15	Rachel Longfellow	10	Alburnett	32.05
16	Marissa Conrad	11	Western Dubu	32.41
17	Haley Donovan	09	Western Dubu	32.65
18	Emily White	09	Cascade	33.03
19	Madi Pavlis	09	Central City	34.01
20	Allena Walters	11	Alburnett	34.32

**Girls 400 Meter Dash**

Name	Yr	School	Finals	
<b>Finals</b>				
1	Abby Kolarik	10	Marion	1:04.37
2	Claire Nieman	09	Western Dubu	1:10.33
3	Hennesey Jara	10	Cascade	1:13.10
4	Haley Donovan	09	Western Dubu	1:15.98
5	Alisha Payne	10	Cascade	1:16.09
6	April Orcutt	11	Anamosa	1:16.78

**Girls 800 Meter Run**

Name	Yr	School	Finals	
<b>Finals</b>				
1	Brette Corey	12	Western Dubu	2:25.02
2	Dakota Tell	12	Western Dubu	2:28.21
3	Rachel M. Demmer	11	Western Dubu	2:32.50
4	Macie Weber	09	Cascade	2:38.89
5	Haley Dullea	09	Marion	2:50.74
6	Hannah Vanderlinden	09	Marion	2:58.03
7	Izzy Betzer	09	Central City	3:02.43
8	McKenzie Machart	12	Anamosa	3:03.71
9	April Orcutt	11	Anamosa	3:08.28
10	Ellie Conzett	09	Marion	3:09.71
11	McKenna Kelchen	09	Western Dubu	3:13.39
12	Tessa Engen	10	Central City	3:14.80

**Girls 1500 Meter Run**

Name	Yr	School	Finals	
<b>Finals</b>				
1	Dakota Tell	12	Western Dubu	5:14.91
2	Kylie Kelchen	09	Cascade	5:21.89
3	Alyssa Dougherty	09	Western Dubu	5:40.42
4	Rachel McDermott	09	Cascade	5:48.42
5	Liyah Rodasta	11	Western Dubu	5:59.10
6	Mackenzi Hefel	12	Western Dubu	6:03.63
7	Macy Wright	09	Central City	6:05.81
8	Tracy Ruppel	11	Anamosa	6:19.54
9	Rylee Owens	10	Central City	6:24.34
10	Peyton Bourgeois	10	Marion	6:28.22
11	McKenzie Machart	12	Anamosa	6:39.20

**Girls 3000 Meter Run**

Name	Yr	School	Finals	
<b>Finals</b>				
1	Kylie Kelchen	09	Cascade	11:21.30
2	Alex Oldham	10	Anamosa	12:47.22

**Girls 100 Meter Hurdles**

Name	Yr	School	Finals	
<b>Finals</b>				
1	Bridget Melloy	12	Cascade	17.47

**Cascade Early Bird Invitational  
 Cascade High School  
 Cascade, Iowa - 3/28/2013**

**Results**

**Finals ... (Girls 100 Meter Hurdles)**

Name	Yr	School	Finals
2 Sara Davis	12	Western Dubu	17.62
3 Kelsey Schonhoff	12	Cascade	17.68
4 Katie Serbousek	09	Marion	18.50
5 Courtney Sadler	09	Cascade	19.78
6 Sierra Tentis	09	Western Dubu	20.16
7 Brittny Breashears	11	Anamosa	20.20
8 Shyanne Kirby	11	Anamosa	20.34
9 Taylor Wheeler	11	Anamosa	20.66
10 Haley MacInerney	09	Western Dubu	22.77
11 Peyton Bourgeois	10	Marion	23.11

**Girls 400 Meter Hurdles**

Name	Yr	School	Finals
1 Hennesey Jara	10	Cascade	1:27.45
2 Alisha Payne	10	Cascade	1:29.84

**Girls 4x100 Meter Relay**

Team	Relay	Finals
1 Anamosa		52.90
1) Kamry McLaughlin 12	2) Mikayla Whitman 09	
3) Nicole Sanborn 12	4) Olivia Loy 11	
2 Western Dubuque		53.09
1) Keyonna Parnell 10	2) Michelle Fagerlind 12	
3) Maddie Clark 10	4) Sara Davis 12	
3 Cascade		53.92
1) Sydney Rickels 10	2) Abbey Meyer 11	
3) Bailey Holmes 10	4) Tessa Helmle 12	
4 Cascade	B	57.06
1) Kelsey Schonhoff 12	2) Ally Merfeld 11	
3) Megan McDermott 11	4) Bridget Melloy 12	
5 Marion	B	57.37
1) Jami Keeton 09	2) Johanna Steggall 10	
3) Leah Pedersen 12	4) Skylar Miller 09	
6 Central City		57.66
1) Kayla Greif 12	2) Laurel Murphy 11	
3) Shelby Malone 10	4) Promise Wright 12	
7 Alburnett		58.22
1) Bethany Peterson 11	2) Maddie Harger 11	
3) Anna Possehl 10	4) Taylor Huber 09	
8 Western Dubuque	B	58.94
1) Rachel A. Demmer 11	2) Paige Deppe 09	
3) Shelby Montag 10	4) Erica Kennedy 11	
9 Cascade	C	59.66
1) Chloe Rea 10	2) Lexie Rausch 09	
3) Emily White 09	4) Courtney Sadler 09	

10 Anamosa	B	1:00.81
1) Sam Daily 10	2) Mallory Wagner 11	
3) Courtney Harmon 12	4) Taylor Wheeler 11	
11 Alburnett	B	1:01.05
1) Kelsey Yauslin 09	2) Allena Walters 11	
3) Bekah Reed 10	4) Savannah Washburn 10	
12 Marion		1:02.91
1) Mikayla Shultz 12	2) Courtney Zeets 12	
3) Morgan Schmidt 11	4) Anna Luenig 12	

**Girls 4x200 Meter Relay**

Team	Relay	Finals
1 Cascade		1:49.40
1) Tessa Helmle 12	2) Sydney Rickels 10	
3) Lynsey Dolphin 09	4) Abbey Meyer 11	
2 Anamosa		1:51.35
1) Kamry McLaughlin 12	2) Mikayla Whitman 09	
3) Nicole Sanborn 12	4) Olivia Loy 11	
3 Western Dubuque		1:53.52
1) Keyonna Parnell 10	2) Maddie Clark 10	
3) Michelle Fagerlind 12	4) Abigail Mahoney 11	
4 Marion	C	1:55.61
1) Jamie Draeger 10	2) Ellen Cannon 12	
3) Skylar Miller 09	4) Johanna Steggall 10	
5 Alburnett		2:02.58
1) Bethany Peterson 11	2) Maddie Volesky 09	
3) Maddie Harger 11	4) Taylor Huber 09	
6 Central City		2:04.58
1) Kayla Greif 12	2) Laurel Murphy 11	
3) Promise Wright 12	4) Shelby Malone 10	
7 Marion	B	2:05.57
1) Kelsey Kirk 10	2) Heather Blazek 09	
3) Michaela Jacobs 10	4) Mikayla Shultz 12	
8 Anamosa	B	2:06.01
1) Taylor Wheeler 11	2) Mallory Wagner 11	
3) Tawny Menster 10	4) Sophia Corpstein 12	
9 Alburnett	B	2:09.85
1) Rachel Longfellow 10	2) Savannah Washburn 10	
3) Bekah Reed 10	4) Kelsey Yauslin 09	
-- Marion		DQ
1) Morgan Schmidt 11	2) Courtney Zeets 12	
3) Anna Luenig 12	4) Gloria Coder 09	

**Girls 4x400 Meter Relay**

Team	Relay	Finals
1 Western Dubuque		4:23.55
1) Sara Davis 12	2) Rachel M. Demmer 11	
3) Abigail Mahoney 11	4) Brette Corey 12	

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**Finals ... (Girls 4x400 Meter Relay)**

Team	Relay	Finals
2 Marion	B	4:39.72
1) Jamie Draeger 10	2) Ellen Cannon 12	
3) Sam Livingston 10	4) Haley Dullea 09	
3 Cascade		4:45.78
1) Lynsey Dolphin 09	2) Laura Tucker 11	
3) Brooke Bergfeld 10	4) Alisha Payne 10	
4 Cascade	B	4:47.63
1) Kylie Kelchen 09	2) Macie Weber 09	
3) Rachel McDermott 09	4) Hennesey Jara 10	
5 Western Dubuque	B	4:52.42
1) Breanna Reisen 10	2) Sarah Kluesner 09	
3) Mikaela Naber 11	4) Claire Nieman 09	
6 Marion		5:01.82
1) Hannah Vanderlinden 09	2) Katie Serbousek 09	
3) Heather Blazek 09	4) Ellie Conzett 09	
7 Alburnett		5:13.64
1) Jill Freeland 10	2) Maddie Avery 11	
3) Kaitlyn Kristiansen 11	4) Maddie Volesky 09	
8 Western Dubuque	C	5:27.61
1) Laura Snyder 09	2) Angela Delaney 09	
3) Lyvia Clasen 09	4) Kate Schlueter 12	

**Girls 4x800 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Western Dubuque		10:24.31
1) Mackenzi Hefel 12	2) Rachel M. Demmer 11	
3) Dakota Tell 12	4) Brette Corey 12	
2 Western Dubuque	B	11:36.23
1) Alyssa Dougherty 09	2) Mikaela Naber 11	
3) Liyah Rodasta 11	4) Megan Rauen 12	
3 Marion		11:57.50
1) Haley Dullea 09	2) Sam Livingston 10	
3) Hannah Vanderlinden 09	4) Peyton Bourgeois 10	
4 Central City		12:06.65
1) Annie Detweiler 09	2) Tessa Engen 10	
3) Macy Wright 09	4) Izzy Betzer 09	
5 Western Dubuque	C	12:32.93
1) Laura Snyder 09	2) Angela Delaney 09	
3) Lyvia Clasen 09	4) Kate Schlueter 12	

**Girls 800 Sprint Medley**

Team	Relay	Finals
<b>Finals</b>		
1 Cascade		1:53.72
1) Sydney Rickels 10	2) Bailey Holmes 10	
3) Tessa Helmle 12	4) Abbey Meyer 11	

2 Anamosa		2:06.50
1) Tawny Menster 10	2) Mallory Wagner 11	
3) Sophia Corpstein 12	4) Bailey Sams 10	
3 Western Dubuque		2:08.04
1) Sierra Tentis 09	2) Abigail Mahoney 11	
3) Michelle Fagerlind 12	4) Breanna Reisen 10	
4 Marion	B	2:08.42
1) Kelsey Kirk 10	2) Leah Pedersen 12	
3) Katie Serbousek 09	4) Haley Dullea 09	
5 Alburnett		2:10.61
1) Maddie Harger 11	2) Anna Possehl 10	
3) Taylor Huber 09	4) Bethany Peterson 11	
6 Central City		2:12.36
1) Laurel Murphy 11	2) Kayla Greif 12	
3) Samantha Nielsen 12	4) Shelby Malone 10	
7 Marion	C	2:14.61
1) Skylar Miller 09	2) Jami Keeton 09	
3) Heather Blazek 09	4) Sam Livingston 10	
8 Western Dubuque	B	2:14.96
1) Shelby Montag 10	2) Erica Kennedy 11	
3) Rachel A. Demmer 11	4) Haley MacInerney 09	
9 Marion		2:18.14
1) Mikayla Shultz 12	2) Courtney Zeets 12	
3) Morgan Schmidt 11	4) Michaela Jacobs 10	
10 Alburnett	B	2:20.82
1) Rachel Longfellow 10	2) Bekah Reed 10	
3) Maddie Avery 11	4) Kelsey Yauslin 09	
11 Anamosa	B	2:21.64
1) Sam Daily 10	2) Courtney Harmon 12	
3) Taylor Wheeler 11	4) April Orcutt 11	

**Girls Distance Medley**

Team	Relay	Finals
<b>Finals</b>		
1 Marion	B	4:43.05
1) Jamie Draeger 10	2) Morgan Kolarik 12	
3) Sam Livingston 10	4) Ellen Cannon 12	
2 Cascade	B	4:49.13
1) Chloe Rea 10	2) Emily White 09	
3) Laura Tucker 11	4) Rachel McDermott 09	
3 Cascade		4:50.62
1) Bailey Holmes 10	2) Lexie Rausch 09	
3) Brooke Bergfeld 10	4) Macie Weber 09	
4 Western Dubuque		4:58.40
1) Sara Davis 12	2) Michelle Fagerlind 12	
3) Breanna Reisen 10	4) Sarah Kluesner 09	
5 Anamosa		4:59.73
1) Tawny Menster 10	2) Kamry McLaughlin 12	
3) Amber Kenney 10	4) Bailey Sams 10	

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**Finals ... (Girls Distance Medley)**

Team	Relay	Finals
6 Marion		5:09.19
1) Johanna Steggall 10	2) Leah Pedersen 12	
3) Heather Blazek 09	4) Ellie Conzett 09	
7 Alburnett		5:15.71
1) Maddie Volesky 09	2) Kaitlyn Kristiansen 11	
3) Jill Freeland 10	4) Anna Possehl 10	

**Girls 4x100 Meter Shuttle Hurdle**

Team	Relay	Finals
1 Cascade		1:16.69
1) Kelsey Schonhoff 12	2) Ally Merfeld 11	
3) Megan McDermott 11	4) Bridget Melloy 12	
2 Western Dubuque		1:27.59
1) Sierra Tentis 09	2) Haley MacInerney 09	
3) Haley Donovan 09	4) Marissa Conrad 11	

**Girls High Jump**

Name	Yr	School	Finals
1 Katie Green	12	Cascade	4-10.00
2 Sophia Corpstein	12	Anamosa	J4-10.00
3 Bethany Peterson	11	Alburnett	4-08.00
4 Paige Deppe	09	Western Dubu	J4-08.00
5 Kelsey Kellogg	11	Central City	4-02.00
--- Gloria Coder	09	Marion	NH
--- Anna Luenig	12	Marion	NH

**Girls Long Jump**

Name	Yr	School	Finals
1 Nicole Sanborn	12	Anamosa	16-08.25
2 Mikayla Whitman	09	Anamosa	15-11.75
3 Abbey Meyer	11	Cascade	15-09.50
4 Maddie Clark	10	Western Dubu	14-11.25
5 Johanna Steggall	10	Marion	14-05.00
6 Keyonna Parnell	10	Western Dubu	14-04.25
7 Bailey Holmes	10	Cascade	14-01.25
8 Sam Daily	10	Anamosa	13-10.25
9 Taylor Huber	09	Alburnett	13-05.00
10 Maddie Volesky	09	Alburnett	12-09.25
11 Claire Nieman	09	Western Dubu	J12-09.25
12 Michaela Jacobs	10	Marion	12-09.00
13 Savannah Washburn	10	Alburnett	12-08.50
14 Chloe Rea	10	Cascade	12-05.50
15 Maddie Harger	11	Alburnett	11-10.00

**Boys 100 Meter Dash**

Name	Yr	School	Finals
1 Mason McGraw	11	East Buchana	11.62
2 Vincent Mossman	12	East Buchana	11.78
3 Boone Husmann	09	Anamosa	11.88
4 Khaleal Walker	12	Marion	11.90
5 Brenden Weber	12	Cascade	12.04
6 Ethan Herran	12	Marion	12.11
7 Nate Bergfeld	10	Cascade	12.20
8 Isiah Michaca	09	Marion	12.34
9 Evan Simon	10	Cascade	12.37
10 Dylon Kula	12	Anamosa	12.57
11 Ryan Miller	09	Anamosa	12.68
12 Dontavious Young	10	Marion	12.70
13 Dustyn Lucas	10	Anamosa	12.73
14 Nick McCarry	11	Central City	13.02
15 Cole Hoffman	09	Cascade	13.03
16 Ty Houska	10	Anamosa	13.08
17 Evan Gibbs	09	Cascade	13.39
18 Jarrett Knepper	09	Cascade	13.61
19 Noah Hansen	09	Marion	13.92
20 Alek Norris	09	Independence	13.93
21 Dominic Eeltramea		Anamosa	14.59
22 Brett Bowers	10	Independence	14.89
23 Phillip Lockhart	09	Marion	14.95
24 Johnny Ely	12	Anamosa	15.22
25 Jeremy Klenk	09	Central City	15.56
26 Tiegan Wilson	09	Marion	15.76
27 Luke Lampe	09	Independence	15.77
28 Mitch Ciesielski	11	Independence	16.05
29 Jacob Keener	10	Marion	17.03
30 Trenton Cabell	10	Independence	17.20

**Boys 200 Meter Dash**

Name	Yr	School	Finals
1 Mason McGraw	11	East Buchana	23.33
2 Devin LeBeau	12	Marion	23.40
3 Vincent Mossman	12	East Buchana	23.88
4 Kurt Trumm	09	Cascade	25.39
5 Isiah Michaca	09	Marion	25.62
6 Marshall Gibbs	10	Independence	25.98
7 Ryan Miller	09	Anamosa	26.18
8 Dontavious Young	10	Marion	26.21
9 Cole Hoffman	09	Cascade	26.43
10 Tyler Zumbach	09	Anamosa	26.66
11 Jarrett Knepper	09	Cascade	27.10
12 Evan Gibbs	09	Cascade	27.11
13 Ryan Bergfeld	10	Cascade	27.24

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**Finals ... (Boys 200 Meter Dash)**

Name	Yr	School	Finals
14 Geret Smith	11	Anamosa	27.35
15 Alex Knepper	11	Cascade	27.53
16 Matthew Halfman	09	Marion	28.46
17 Dalton Beecher	09	Cascade	29.08
18 Noah Hansen	09	Marion	29.13
19 Jacob Keener	10	Marion	29.85
20 Brett Bowers	10	Independence	30.46
21 Dominick Beltramea	09	Anamosa	30.95
22 Phillip Lockhart	09	Marion	31.08
23 Johnny Ely	12	Anamosa	31.18
24 Mitch Ciesielski	11	Independence	33.91
25 Tiegan Wilson	09	Marion	34.40
26 Trenton Cabell	10	Independence	36.51

**Boys 400 Meter Dash**

Name	Yr	School	Finals
1 Mitchell Oberbroeckling	11	Cascade	52.64
2 Levi Dolphin	11	Cascade	53.69
3 Alec Gates	12	Independence	54.56
4 Kurt Trumm	09	Cascade	56.44
5 Marshall Gibbs	10	Independence	58.17
6 Nick McCarry	11	Central City	59.03
7 Geret Smith	11	Anamosa	59.68
8 Alex Knepper	11	Cascade	1:00.07
9 Mitchell Livingston	10	Marion	1:01.90
10 Matthew Halfman	09	Marion	1:02.13
11 Grant Young	11	East Buchana	1:02.79
12 Nate Schmidt	09	Marion	1:03.16
13 Ryan Bergfeld	10	Cascade	1:03.51
14 Griffin Cabalka	09	East Buchana	1:03.92
15 Preston Murphy	10	Marion	1:04.63
16 Aj Lucas	09	Central City	1:04.73
17 Dalton Beecher	09	Cascade	1:05.23

**Boys 800 Meter Run**

Name	Yr	School	Finals
1 Preston Kauder	10	Cascade	2:11.15
2 Hunter Reifschneider	10	Marion	2:17.70
3 Marshall Gibbs	10	Independence	2:19.84
4 Mitchell Livingston	10	Marion	2:24.50
5 Colton Forster	10	Marion	2:27.93
6 Chance Cook	10	East Buchana	2:33.86
7 Ryan Bergfeld	10	Cascade	2:37.84
8 Dalton Beecher	09	Cascade	2:39.40
9 Nate Schmidt	09	Marion	2:39.47
10 Mitch Ohl	09	Independence	2:53.71
11 Matt Ohl	09	Independence	2:58.93

**Boys 1600 Meter Run**

Name	Yr	School	Finals
1 Hunter Reifschneider	10	Marion	5:05.16
2 Ben Wheeler	12	Anamosa	5:32.06
3 David Machart	09	Anamosa	5:37.44
4 Justin Kress	09	East Buchana	5:42.53
5 Derek Porter	09	Independence	5:42.98
6 Cale Thorson	09	Anamosa	6:00.04
7 Garrett Wolf	09	Central City	6:36.23

**Boys 3200 Meter Run**

Name	Yr	School	Finals
1 Dain Gerber	12	Anamosa	10:04.08
2 Preston Kauder	10	Cascade	10:21.25
3 Bryce Switzer	12	Anamosa	10:51.68
4 Colton Forster	10	Marion	10:54.73
5 Ben Wheeler	12	Anamosa	11:54.20
6 David Machart	09	Anamosa	12:04.55
7 Garrett Wolf	09	Central City	13:57.79

**Boys 110 Meter Hurdles**

Name	Yr	School	Finals
1 Isaac Frazier	12	Marion	15.46
2 Quinn Cannoy	11	Marion	15.68
3 Deshawn Quinn	10	Marion	17.41
4 Jared Manternach	12	Cascade	17.75
5 Luke Recker	10	Cascade	18.10
6 Sam Knepper	12	Cascade	18.11
7 Alex Foust	10	Cascade	20.20
8 Joe Knepper	09	Cascade	20.79
9 River Garrett	09	Cascade	21.57

**Boys 400 Meter Hurdles**

Name	Yr	School	Finals
1 Alec Gates	12	Independence	59.59
2 Dalton Gardner	10	Marion	1:06.16
3 Jordan Hofer	10	East Buchana	1:09.04
4 Justin Arebaugh	10	Marion	1:09.56
5 Alex Foust	10	Cascade	1:10.24
6 Griffin Cabalka	09	East Buchana	1:14.13

**Boys 4x100 Meter Relay**

Team	Relay	Finals
1 Marion		45.43
	1) Khaleal Walker 12	2) Isaac Smith 12
	3) Cedrick Williams 12	4) Devin LeBeau 12

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**Finals ... (Boys 4x100 Meter Relay)**

Team	Relay	Finals
2 Cascade		46.66
1) Nate Bergfeld 10	2) Harris Takes 11	
3) Evan Simon 10	4) Brenden Weber 12	
3 East Buchanan		46.70
1) Vincent Mossman 12	2) Brad Kerkove 12	
3) Jacob Schmitt 09	4) Mason McGraw 11	
4 Anamosa		48.65
1) Dylon Kula 12	2) Ryan Miller 09	
3) Dustyn Lucas 10	4) Boone Husmann 09	
5 Marion	C	48.74
1) Dontavious Young 10	2) Mason Lakose 10	
3) Devin Quinn 10	4) Deshawn Quinn 10	
6 Marion	B	48.92
1) Brad Willimack 10	2) Derek Smith 10	
3) Austin Brown 10	4) Hayden Meister 10	
7 Cascade	B	50.29
1) Tyler Ries 12	2) Jared Manternach 12	
3) Sam Knepper 12	4) Luke Recker 10	
8 Marion	D	52.77
1) Noah Hansen 09	2) Isiah Michaca 09	
3) Nick Connely 12	4) Preston Murphy 10	
9 Cascade	C	53.47
1) Trace Hoffman 09	2) Joe Knepper 09	
3) River Garrett 09	4) Evan Gibbs 09	
10 East Buchanan	B	54.11
1) Griffin Cabalka 09	2) Justin Kress 09	
3) Bryce Hepker 11	4) Lane Dosland 11	
11 Anamosa	B	55.03
1) Ty Houska 10	2) Dominick Beltramea 09	
3) Austin Seehusen 11	4) Johnny Ely 12	
12 Independence		55.09
1) Alec Gates 12	2) Andrew Meiborg 12	
3) Sam Callahan 12	4) Caleb Studebaker 12	
13 Independence	B	58.01
1) Mitch Ciesielski 11	2) Brett Bowers 10	
3) Trenton Cabell 10	4) Alek Norris 09	

**Boys 4x200 Meter Relay**

Team	Relay	Finals
1 Marion		1:33.76
1) Khaleal Walker 12	2) Issac Smith 12	
3) Cedrick Williams 12	4) Devin LeBeau 12	
2 East Buchanan		1:36.12
1) Vincent Mossman 12	2) Brad Kerkove 12	
3) Jacob Schmitt 09	4) Mason McGraw 11	
3 Anamosa		1:40.80
1) Dylon Kula 12	2) Dylan Gapinski 12	
3) Ryan Miller 09	4) Boone Husmann 09	

4 Marion	B	1:41.51
1) Brad Willimack 10	2) Derek Smith 10	
3) Austin Brown 10	4) Hayden Meister 10	
5 Marion	C	1:42.21
1) Dontavious Young 10	2) Mason Lakose 10	
3) Devin Quinn 10	4) Dalton Gardner 10	
6 Anamosa	B	1:45.81
1) Dustyn Lucas 10	2) Spencer Hinrichsen 10	
3) Ty Houska 10	4) Anakin Hall 10	
7 Independence	B	2:05.86
1) Mitch Ohl 09	2) Luke Lampe 09	
3) Matt Ohl 09	4) Alex Kremer 12	
--- Independence		DQ
1) Alek Norris 09	2) Ryan Hansen 11	
3) Nicholas Gorman 09	4) Derek Porter 09	

**Boys 4x400 Meter Relay**

Team	Relay	Finals
1 Marion		3:33.12
1) Isaac Smith 12	2) Trevor Hardaman 11	
3) Peter Rethwisch 12	4) Isaac Frazier 12	
2 Cascade		3:37.89
1) Mitchell Oberbroeckling 11	2) Kurt Trumm 09	
3) Evan Simon 10	4) Levi Dolphin 11	
3 Anamosa		3:57.10
1) Dylan Gapinski 12	2) Bryce Switzer 12	
3) Geret Smith 11	4) Dain Gerber 12	
4 Cascade	B	4:04.68
1) Cole Hoffman 09	2) Preston Kauder 10	
3) Alex Knepper 11	4) Jarrett Knepper 09	
5 East Buchanan		4:09.02
1) Grant Young 11	2) Nathan Creveling 11	
3) Jordan Hoefler 10	4) Sebastian Nicolay 11	
6 Anamosa	B	4:23.95
1) David Machart 09	2) Ben Wheeler 12	
3) Cale Thorson 09	4) Spencer Hinrichsen 10	

**Boys 4x800 Meter Relay**

Team	Relay	Finals
1 Marion		9:14.01
1) Trevor Hardaman 11	2) Peter Rethwisch 12	
3) Jacob Manderscheid 09	4) Austin Yirkovsky 10	
2 East Buchanan		10:32.18
1) Nathan Creveling 11	2) Jordan Hoefler 10	
3) Justin Kress 09	4) Chance Cook 10	
3 Independence		11:00.50
1) Hayden Vest 09	2) Matt Ohl 09	
3) Mitch Ohl 09	4) Alex Kremer 12	



**Cascade Early Bird Invitational  
 Cascade High School  
 Cascade, Iowa - 3/28/2013  
 Results**

**Boys Distance Medley**

Team	Relay	Finals
<b>Finals</b>		
1 Cascade		3:47.40
1) Nate Bergfeld 10	2) Brenden Weber 12	
3) Levi Dolphin 11	4) Mitchell Oberbroeckling 11	
2 Anamosa		3:58.60
1) Boone Husmann 09	2) Dylon Kula 12	
3) Dylan Gapinski 12	4) Dain Gerber 12	
3 Marion		4:03.42
1) Ethan Herran 12	2) Cedrick Williams 12	
3) Quinn Cannoy 11	4) Austin Yirkovsky 10	
4 Marion	B	4:08.43
1) Brad Willimack 10	2) Austin Brown 10	
3) Hayden Meister 10	4) Jacob Manderscheid 09	
5 East Buchanan		4:13.66
6 Anamosa	B	4:15.59
1) Dustyn Lucas 10	2) Ryan Miller 09	
3) Anakin Hall 10	4) Bryce Switzer 12	
7 Independence		4:39.96
1) Alek Norris 09	2) Ryan Hansen 11	
3) Derek Porter 09	4) Caleb Studebaker 12	

**Boys 4x110 Meter Shuttle Hurdle**

Team	Relay	Finals
<b>Finals</b>		
1 Marion		1:01.40
1) Quinn Cannoy 11	2) Cedrick Williams 12	
3) Deshawn Quinn 10	4) Isaac Frazier 12	
2 Cascade		1:05.02
1) Tyler Ries 12	2) Jared Manternach 12	
3) Sam Knepper 12	4) Harris Takes 11	
3 Cascade	B	1:12.07
1) Luke Recker 10	2) Ben Butler 10	
3) Alex Foust 10	4) Joe Knepper 09	
4 Marion	B	1:14.05
1) Devin Quinn 10	2) Justin Arebaugh 10	
3) Nick Connely 12	4) Dalton Gardner 10	
--- Cascade	C	DNF
1) Trace Hoffman 09	2) Jarrett Knepper 09	
3) River Garrett 09	4) Eric Rea 11	

**Boys High Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Isaac Frazier	12	Marion	6-02.00
2 Timmie Kleitsch	12	Cascade	5-10.00
3 Devin Quinn	10	Marion	5-08.00
4 Derek Smith	10	Marion	J5-08.00
5 Trace Hoffman	09	Cascade	5-06.00

6 Austin Seehusen	11	Anamosa	5-00.00
--- Nicholas Gorman	09	Independence	NH

**Boys Long Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Deshawn Quinn	10	Marion	18-04.00
2 Dalton Gardner	10	Marion	17-07.50
3 Hayden Meister	10	Marion	16-07.00
4 Isiah Michaca	09	Marion	16-04.00
5 Aj Lucas	09	Central City	14-10.00