

Cascade Co-Ed Invitational

Cascade High School

Cascade, IA - 4/25/2013

Results

Girls 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Tessa Helmle	12	Cascade	13.17 10
2 Sydney Rickels	10	Cascade	13.27 8
3 Alaina Martensen	11	Midland	13.88 6
4 Maddie Volesky	09	Alburnett	14.05 4
5 Hannah Gruenwald	10	Maquoketa	14.25 2
6 Shalyn Wessels	09	Beckman	14.26 1
7 Heather Sabers	10	Maquoketa Va	14.28
8 Breanna Recker	11	Maquoketa Va	14.32
9 Ciara Delever	12	Calamus-Whea	14.58
10 Madison Bennett	12	Calamus-Whea	14.60
11 Alison Lawrence	09	Bellevue	14.60
12 Laurel Murphy	11	Central City	14.69
13 Heather Hippler	10	Northeast	15.01
14 Shaye Junk	10	Bellevue	15.53
15 Allena Walters	11	Alburnett	15.66
16 Erin Dickman	12	Midland	15.92

Girls 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Sarah Lampe	12	Bellevue	26.49 10
2 Danielle Kennedy	12	Beckman	27.38 8
3 Blaire Klostermann	10	Beckman	27.69 6
4 Alaina Martensen	11	Midland	28.55 4
5 Hannah Gruenwald	10	Maquoketa	28.58 2
6 Morgan Manternach	10	Maquoketa Va	29.07 1
7 Emelie Ahrendsens	10	North Cedar	29.43
8 Heather Sabers	10	Maquoketa Va	29.62
9 Jenna Scheer	12	Calamus-Whea	29.86
10 Amber Nigh	12	Maquoketa	30.23
11 Maddie Harger	11	Alburnett	30.79
12 Jessica Potter	09	Northeast	30.88
13 Rachel Gutwiler	10	North Cedar	31.10
14 Heather Hippler	10	Northeast	31.65
15 Emily White	09	Cascade	31.76
16 Riley Ruprecht	11	Alburnett	32.82
17 Caylee Ploessl	09	Bellevue	33.00
18 Courtney Sadler	09	Cascade	33.38
19 Erin Dickman	12	Midland	33.93
20 JeriAnna Bruckman	11	Calamus-Whea	40.62

Girls 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Sarah Lampe	12	Bellevue	57.99 10
2 Aubree Taylor	11	Maquoketa	1:01.51 8
3 Rylee Andresen	09	Midland	1:04.85 6
4 Megan Mensen	09	Maquoketa Va	1:05.25 4
5 Jenna Scheer	12	Calamus-Whea	1:06.97 2
6 Amber Nigh	12	Maquoketa	1:08.43 1
7 Katherine Herrig	12	Bellevue	1:08.48

8 Genesys Jara	10	Cascade	1:10.12
9 Dana Koester	09	Calamus-Whea	1:11.35
10 Emily Grant	11	Maquoketa Va	1:12.23
11 Alisha Payne	10	Cascade	1:13.22
12 Jenna Engelkens	09	North Cedar	1:13.66
13 Maddie Avery	11	Alburnett	1:16.15
14 Biianna Schurbon	11	Midland	1:17.30
15 Courtney Clemens	10	Alburnett	1:19.97
16 Sophia Lindstrum	09	Northeast	1:23.81

Girls 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Theresa Koos	12	Bellevue	2:31.07 10
2 Kate Pruess	09	North Cedar	2:32.34 8
3 Hannah Kilburg	10	Northeast	2:33.30 6
4 Nina Cray	09	Calamus-Whea	2:36.63 4
5 Kaitlynn Riley	11	Northeast	2:39.12 2
6 Rachel McDermott	09	Cascade	2:40.14 1
7 Becca Ahrendsens	10	North Cedar	2:41.87
8 Kristina Koos	09	Bellevue	2:45.09
9 Jessica Gerardy	10	Maquoketa	2:50.85
10 Macy Wright	09	Central City	2:55.22
11 Felicia Klingenberg	11	Maquoketa	2:58.11
12 Sierra Rodriguez	10	Calamus-Whea	3:01.76
13 Izzy Betzer	09	Central City	3:01.80
14 Kyrstain Heiken	10	Midland	3:11.11
15 Becca Kennedy	09	Beckman	3:15.16
16 Cassie Burkle	09	Maquoketa Va	3:20.42
17 Tamala Askeland	09	Maquoketa Va	3:24.95

Girls 1500 Meter Run

Name	Yr	School	Finals
Finals			
1 Kylie Kelchen	09	Cascade	5:13.00 10
2 Mariah Kauder	12	Cascade	5:21.19 8
3 Joyse Kaczinski	10	Northeast	5:25.51 6
4 Theresa Koos	12	Bellevue	5:29.24 4
5 Emily Franks	12	Northeast	5:37.87 2
6 Kailey Potter	10	Calamus-Whea	5:41.73 1
7 Megan Slattery	10	Calamus-Whea	5:42.11
8 Kaylee Entwisle	09	North Cedar	6:13.16
9 Izzy Betzer	09	Central City	6:14.88
10 Megan Meyer	11	North Cedar	6:20.00
11 Natalie Sullivan	09	Bellevue	6:25.50
12 Rylee Owens	10	Central City	6:31.58

Girls 3000 Meter Run

Name	Yr	School	Finals
Finals			
1 Mariah Kauder	12	Cascade	11:40.61 10
2 Erica Drake	12	Bellevue	13:30.67 8
3 Jonalyn Reif	10	North Cedar	14:50.05 6

**Cascade Co-Ed Invitational
Cascade High School
Cascade, IA - 4/25/2013**

Results

Girls 100 Meter Hurdles

Name	Yr	School	Finals
Finals			
1	Bridget Melloy	12	Cascade 16.50 10
2	Ashley Holtz	10	Maquoketa Va 17.15 8
3	Nicole Fischer	12	Cascade 17.19 6
4	Isabel Brehm	09	Beckman 17.54 4
5	Morgan McAleer	12	Northeast 18.07 2
6	Rachel Kilburg	11	Bellevue 18.36 1
7	Jordan Bendixen	10	North Cedar 18.67
8	Allison Vandemore	11	Maquoketa 18.89
9	Rachel Gutwiler	10	North Cedar 19.05
10	Maria Brown	11	Beckman 19.16
11	Shannon Pestka	10	Midland 19.30
12	Tiffany Hoeger	10	Maquoketa Va 19.39
13	Taylor Domer	12	Bellevue 20.03
14	Jenna Holtz	10	Maquoketa 20.08
15	Alexandria Kleinsmith	10	Calamus-Whea 23.53

Girls 400 Meter Hurdles

Name	Yr	School	Finals
Finals			
1	Cortlyn Kasik	11	North Cedar 1:12.71 10
2	Carly Marshall	10	North Cedar 1:14.93 8
3	Biianna Schurbon	11	Midland 1:20.97 6
4	Genesys Jara	10	Cascade 1:21.68 4
5	Alaina Feltes	12	Maquoketa Va 1:22.28 2
6	Alisha Payne	10	Cascade 1:25.56 1
7	Marlaina Orcutt	11	Maquoketa Va 1:28.42

Girls 4x100 Meter Relay JV

Team	Relay	Finals
Finals		
1	Beckman	55.95
	1) Emily Funke 12	2) Shalyn Wessels 09
	3) Isabel Brehm 09	4) Maria Brown 11
2	Maquoketa Valley	56.96
	1) Ashley Holtz 10	2) Breanna Recker 11
	3) Haley Hillers 11	4) Megan Mensen 09
3	North Cedar	57.33
	1) Emelie Ahrendsen 10	2) Emily Flockhart 11
	3) Alison Malaby 11	4) Jordan Bendixen 10
4	Cascade	58.36
	1) Chloe Rea 10	2) Allison Gibbs 12
	3) Emily White 09	4) Courtney Sadler 09
5	Calamus-Wheatland	58.61
	1) Jalen Snowbarger 11	2) Katrina Scheer 09
	3) Stephanie Petersen 11	4) Mikaela Crossen 11
6	Central City	59.24
	1) Kayla Greif 12	2) Laurel Murphy 11
	3) Tessa Engen 10	4) Promise Wright 12
7	Alburnett	59.42
	1) Maddie Volesky 09	2) Bethany Peterson 11
	3) Maddie Harger 11	4) Taylor Huber 09

8	Midland	1:00.83
	1) Michelle Feuss 12	2) Kayla Bisinger 10
	3) Nichole Hulke 12	4) Gabi Martens 11
9	Bellevue	1:02.68
	1) Jackie Kremer 11	2) Shaye Junk 10
	3) Souvenir Cai 11	4) Kaytie Jess 11

Girls 4x100 Meter Relay

Team	Relay	Finals
Finals		
1	Beckman	51.69 10
	1) Claire Willenbring 12	2) Brooke Klostermann 10
	3) Blaire Klostermann 10	4) Danielle Kennedy 12
2	Maquoketa Valley	54.42 8
	1) Ashley Holtz 10	2) Breanna Recker 11
	3) Haley Hillers 11	4) Megan Mensen 09
3	Alburnett	55.64 6
	1) Maddie Volesky 09	2) Bethany Peterson 11
	3) Maddie Harger 11	4) Taylor Huber 09
4	Northeast	55.93 4
	1) Peyton Gray 11	2) Haleigh Hughes 10
	3) Morgan McAleer 12	4) Alyssa Roth 09
5	Cascade	56.21 2
	1) Megan McDermott 11	2) Ally Merfeld 11
	3) Kelsey Schonhoff 12	4) Lexie Rausch 09
6	Bellevue	57.21 1
	1) Anna Ambrosy 09	2) Caylee Ploessl 09
	3) Rachel Kilburg 11	4) Alison Lawrence 09
7	Calamus-Wheatland	58.35
	1) Madison Bennett 12	2) Marie Gorzney 12
	3) Ciara Delever 12	4) Jenna Scheer 12

Girls 4x200 Meter Relay JV

Team	Relay	Finals
Finals		
1	Cascade	1:55.46
	1) Bailey Holmes 10	2) Lynsey Dolphin 09
	3) Chloe Rea 10	4) Lexie Rausch 09
2	Midland	2:02.55
	1) Michelle Feuss 12	2) Shannon Pestka 10
	3) Kayla Bisinger 10	4) Gabi Martens 11
3	North Cedar	2:02.59
	1) Emily Flockhart 11	2) Alison Malaby 11
	3) Kylie Marshall 10	4) Mariah Butterbrodt 11
4	Alburnett	2:05.13
	1) Maddie Volesky 09	2) Bethany Peterson 11
	3) Maddie Harger 11	4) Taylor Huber 09
5	Bellevue	2:13.29
	1) Maci Reeg 10	2) Shaye Junk 10
	3) Caroline Herrig 10	4) Jackie Kremer 11
6	Calamus-Wheatland	2:20.20
	1) Ciara Delever 12	2) Katrina Scheer 09
	3) Alexandria Kleinsmith 10	4) JeriAnna Bruckman 11

**Cascade Co-Ed Invitational
 Cascade High School
 Cascade, IA - 4/25/2013
 Results**

Finals ... (Girls 4x200 Meter Relay JV)

Team	Relay	Finals
---	Beckman	DQ
	1) Kara Kranz 09	2) Samantha Vorwald 12
	3) Samantha Otto 09	4) Lexie Lammers 09

Girls 4x200 Meter Relay

Team	Relay	Finals
Finals		
1	Cascade	1:46.43 10
	1) Abbey Meyer 11	2) Sydney Rickels 10
	3) Holly Hunt 11	4) Tessa Helmle 12
2	Beckman	1:48.44 8
	1) Claire Willenbring 12	2) Brooke Klostermann 10
	3) Blaire Klostermann 10	4) Danielle Kennedy 12
3	Alburnett	1:56.92 6
	1) Maddie Volesky 09	2) Bethany Peterson 11
	3) Maddie Harger 11	4) Taylor Huber 09
4	Northeast	1:57.92 4
	1) Haleigh Hughes 10	2) Peyton Gray 11
	3) Alyssa Roth 09	4) Alicia Perez 10
5	Calamus-Wheatland	2:01.59 2
	1) Jalen Snowbarger 11	2) Marie Gorzney 12
	3) Mikaela Crossen 11	4) Madison Bennett 12
6	Bellevue	2:01.65 1
	1) Maci Reeg 10	2) Anna Ambrosy 09
	3) Caylee Ploessl 09	4) Alison Lawrence 09
7	Maquoketa Valley	2:04.68
	1) Angie Wilson 09	2) Erin Digmann 09
	3) Sydney Barton 11	4) Macy Anderegg 09
8	Central City	2:05.71
	1) Kayla Greif 12	2) Laurel Murphy 11
	3) Samantha Nielsen 12	4) Tessa Engen 10

Girls 4x400 Meter Relay

Team	Relay	Finals
Finals		
1	Beckman	4:19.14 10
	1) Claire Willenbring 12	2) Brooke Klostermann 10
	3) Blaire Klostermann 10	4) Danielle Kennedy 12
2	North Cedar	4:29.06 8
	1) Cortlyn Kasik 11	2) Beth Curley 10
	3) Kate Pruess 09	4) Kylie Marshall 10
3	Cascade	4:41.04 6
	1) Macie Weber 09	2) Rachel McDermott 09
	3) Molly Vonderhaar 12	4) Kylie Kelchen 09
4	Maquoketa Valley	4:43.23 4
	1) Bailey Whittenbaugh 11	2) Angie Wilson 09
	3) Megan Hogan 09	4) Heather Sabers 10
5	Bellevue	4:51.46 2
	1) Katherine Herrig 12	2) Kristina Koos 09
	3) Caroline Herrig 10	4) Molly Sieverding 09

Girls 4x400 Meter Relay JV

Team	Relay	Finals
Finals		
1	Cascade	4:45.45
2	North Cedar	4:45.51
3	Calamus-Wheatland	5:01.64

Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1	Bellevue	10:11.38 10
	1) Katherine Herrig 12	2) Theresa Koos 12
	3) Kristina Koos 09	4) Sarah Lampe 12
2	Cascade	10:16.84 8
	1) Macie Weber 09	2) Molly Vonderhaar 12
	3) Rachel McDermott 09	4) Kylie Kelchen 09
3	Northeast	10:28.77 6
	1) Hannah Kilburg 10	2) Joyse Kaczinski 10
	3) Kaitlynn Riley 11	4) Emily Franks 12
4	Calamus-Wheatland	11:04.44 4
	1) Dana Koester 09	2) Kailey Potter 10
	3) Megan Slattery 10	4) Nina Cray 09
5	North Cedar	11:09.60 2
	1) Beth Curley 10	2) Becca Ahrendsen 10
	3) Kylie Marshall 10	4) Gioia Mezzogori 12
6	Maquoketa	11:56.81 1
	1) Felicia Klingenberg 11	2) Tess Nissen 11
	3) Ashley Becker 11	4) Marissa Till 11
7	Central City	12:05.00
	1) Macy Wright 09	2) Izzy Betzer 09
	3) Annie Detweiler 09	4) Rylee Owens 10
8	Maquoketa Valley	12:06.21
	1) Emily Lagrant 09	2) Maddie Digmann 11
	3) Megan Hogan 09	4) Alaina Feltes 12

Girls 800 Sprint Medley

Team	Relay	Finals
Finals		
1	Bellevue	1:56.64 10
	1) Anna Ambrosy 09	2) Mariah Steines 11
	3) Rachel Kilburg 11	4) Sarah Lampe 12
2	Maquoketa Valley	2:00.79 8
	1) Ashley Holtz 10	2) Breanna Recker 11
	3) Morgan Manternach 10	4) Bailey Whittenbaugh 11
3	Northeast	2:02.57 6
	1) Peyton Gray 11	2) Alicia Perez 10
	3) Haleigh Hughes 10	4) Alyssa Roth 09
4	Midland	2:04.34 4
	1) Michelle Feuss 12	2) Shannon Pestka 10
	3) Alaina Martensen 11	4) Rylee Andresen 09
5	Alburnett	2:06.91 2
	1) Maddie Volesky 09	2) Maddie Harger 11
	3) Taylor Huber 09	4) Bethany Peterson 11

**Cascade Co-Ed Invitational
 Cascade High School
 Cascade, IA - 4/25/2013
 Results**

Finals ... (Girls 800 Sprint Medley)

Team	Relay	Finals
6 Cascade		2:10.40 1
1) Megan McDermott 11	2) Ally Merfeld 11	
3) Laura Tucker 11	4) Nicole Fischer 12	
7 Central City		2:16.14
1) Kayla Greif 12	2) Samantha Nielsen 12	
3) Madi Pavlis 09	4) Annie Detweiler 09	
8 Calamus-Wheatland		2:21.24
1) Katrina Scheer 09	2) Alexandria Kleinsmith 10	
3) Stephanie Petersen 11	4) Sierra Rodriguez 10	

Girls Distance Medley

Team	Relay	Finals
1 Cascade		5:01.51 10
1) Holly Hunt 11	2) Lynsey Dolphin 09	
3) Brooke Bergfeld 10	4) Laura Tucker 11	
2 Alburnett		5:04.54 8
1) Rachel Longfellow 10	2) Kelsey Yauslin 09	
3) Jill Freeland 10	4) Anna Possehl 10	
3 Bellevue		5:05.99 6
1) Maci Reeg 10	2) Caylee Ploessl 09	
3) Caroline Herrig 10	4) Molly Sieverding 09	
4 Beckman		5:26.80 4
1) Kara Kranz 09	2) Samantha Vorwald 12	
3) Lindsey Hermsen 11	4) Becca Kennedy 09	
5 Central City		5:32.99 2
1) Madi Pavlis 09	2) Samantha Nielsen 12	
3) Annie Detweiler 09	4) Rylee Owens 10	

Girls 4x100 Meter Shuttle Hurdle

Team	Relay	Finals
1 Cascade		1:09.04 10
1) Kelsey Schonhoff 12	2) Nicole Fischer 12	
3) Ally Merfeld 11	4) Bridget Melloy 12	
2 Maquoketa		1:12.43 8
1) Aubree Taylor 11	2) Amber Nigh 12	
3) Jenna Holtz 10	4) Allison Vandemore 11	
3 North Cedar		1:13.61 6
1) Cortlyn Kasik 11	2) Carly Marshall 10	
3) Jordan Bendixen 10	4) Maddy Marshall 10	
4 Maquoketa Valley		1:14.65 4
1) Ashley Holtz 10	2) Morgan Manternach 10	
3) Shawnae Hoeger 09	4) Megan Mensen 09	
5 Bellevue		1:15.30 2
1) Rachel Kilburg 11	2) Anna Ambrosy 09	
3) Mariah Steines 11	4) Jackie Kremer 11	
6 Beckman		1:15.97 1
1) Isabel Brehm 09	2) Lexie Troutman 10	
3) Lexie Lammers 09	4) Maria Brown 11	
7 Northeast		1:22.00
1) Morgan McAleer 12	2) Jessica Potter 09	
3) Alicia Perez 10	4) Ashley Kruse 10	

Girls High Jump

Name	Yr	School	Finals
Finals			
1 Katie Green	12	Cascade	4-10.00 10
2 Heather Sabers	10	Maquoketa Va	4-08.00 8
3 Bethany Peterson	11	Alburnett	J4-08.00 6
4 Gabi Martens	11	Midland	4-04.00 3
4 Rylee Andresen	09	Midland	4-04.00 3
6 Kaytie Jess	11	Bellevue	4-02.00 1
7 Megan Mensen	09	Maquoketa Va	J4-02.00
8 Kelsey Kellogg	11	Central City	J4-02.00
--- Stephanie Petersen	11	Calamus-Whea	NH

Girls Long Jump

Name	Yr	School	Finals
Finals			
1 Abbey Meyer	11	Cascade	15-08.50 10
2 Bailey Holmes	10	Cascade	15-00.50 8
3 Shalyn Wessels	09	Beckman	14-09.50 6
4 Shannon Pestka	10	Midland	14-02.25 4
5 Alaina Martensen	11	Midland	14-02.00 2
6 Peyton Gray	11	Northeast	13-05.25 1
7 Taylor Huber	09	Alburnett	13-05.00
8 Kelsey Yauslin	09	Alburnett	13-03.50
9 Maddie Hiland	11	Bellevue	13-00.50
10 Jackie Kremer	11	Bellevue	12-09.75
10 Morgan McAleer	12	Northeast	12-09.75
12 Maria Brown	11	Beckman	12-07.25
13 Emily Lagrant	09	Maquoketa Va	12-04.75
14 Megan Hogan	09	Maquoketa Va	12-04.00

Girls Shot Put

Name	Yr	School	Finals
Finals			
1 Claire Molony	10	Cascade	34-07.00 10
2 Elle Hoffman	11	Cascade	34-01.00 8
3 Emily Grant	11	Maquoketa Va	33-03.00 6
4 Whitney Wilson	09	Maquoketa Va	31-05.75 4
5 Kate Shoop	12	Central City	31-03.50 2
6 Olivia Tuel	12	North Cedar	30-09.75 1
7 Kelsey Hickson	10	Bellevue	30-01.75
8 Kelsey Jess	11	Bellevue	29-04.50
9 Kate Francois	10	Alburnett	28-09.00
10 Morgan Rahe	10	Beckman	26-07.25
11 Ashley Kruse	10	Northeast	26-04.50
12 Sam Ross	10	Alburnett	26-00.75
13 Tammy Herbers	10	Beckman	25-00.00
14 Cassie Miller	09	Maquoketa	24-06.50
15 Abby Skladzien	12	Maquoketa	24-00.00
16 Michelle Henkel	09	North Cedar	21-09.00
17 Bailey Newell	09	Midland	21-02.50
18 Kaitlyn Trenkamp	11	Northeast	18-10.25
19 Caroline DeWulf	10	Calamus-Whea	18-08.25

Cascade Co-Ed Invitational

Cascade High School

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Results

Girls Discus Throw

Name	Yr	School	Finals
Finals			
1 Elle Hoffman	11	Cascade	105-08 10
2 Traci Trenkamp	11	Northeast	96-10 8
3 Morgan Rahe	10	Beckman	95-09 6
4 Sam Ross	10	Alburnett	86-00 4
5 Ally Bottorff	10	Bellevue	85-01 2
6 Tammy Herbers	10	Beckman	J85-01 1
7 Olivia Tuel	12	North Cedar	82-08
8 Emily Grant	11	Maquoketa Va	81-04
9 Cassie Miller	09	Maquoketa	80-06
10 Whitney Wilson	09	Maquoketa Va	80-02
11 Abby Skladzien	12	Maquoketa	74-04
12 Claire Molony	10	Cascade	71-03
13 Ashley Kruse	10	Northeast	69-01
14 Kaitlynn Miller	11	Alburnett	67-08
15 Michelle Henkel	09	North Cedar	65-03
16 Caroline DeWulf	10	Calamus-Whea	36-10
--- Kelsey Hickson	10	Bellevue	FOUL

Boys 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Mason McGraw	11	East Buchana	11.72 10
2 Brenden Weber	12	Cascade	11.89 8
3 Colton Martin	12	Alburnett	11.91 6
4 Brad Kerkove	12	East Buchana	11.99 4
5 ben hildebrandt	12	Northeast	12.05 2
6 nick wall	10	Northeast	12.35 1
7 Ben Dzaboff	11	Maquoketa Va	12.42
8 Trevor Kanakares	10	North Cedar	12.50
9 Alec Hoffman	12	Cascade	12.53
10 DeLoss Liebe	10	Alburnett	12.58
11 Grant Miller	10	Midland	12.87
12 Dylan Benischek	12	Calamus-Whea	12.95
13 Brad Ertl	10	Beckman	12.97
14 Danny Solis	09	Calamus-Whea	12.98
15 Ryan Eganhouse	11	Midland	12.99
16 Gavin Pospisil	09	Central City	13.32
17 Torrey Wilhau	09	North Cedar	13.50
18 Carter Shaull	09	Beckman	13.70
19 Calvin Orcutt	09	Maquoketa Va	13.87

Boys 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Colton Martin	12	Alburnett	24.39 10
2 Derrick Gray	11	North Cedar	24.39 8
3 Tyler Ries	12	Cascade	25.15 6
4 Carter Funke	12	Maquoketa Va	25.35 4
5 DeLoss Liebe	10	Alburnett	25.77 2
6 charlie bormann	11	Northeast	26.05 1
7 Grant Young	11	East Buchana	26.17

8 Grant Miller	10	Midland	26.22
9 Brad Ertl	10	Beckman	26.29
10 Danny Solis	09	Calamus-Whea	26.31
11 Dylan Benischek	12	Calamus-Whea	26.54
12 Mitch Manternach	12	Maquoketa Va	26.82
13 Carter Shaull	09	Beckman	26.82
14 alex sellnau	10	Northeast	27.08
15 Dylan Deerberg	10	North Cedar	27.20
16 Storm Matthias	09	Central City	27.59
17 Ashton VanAlst	10	Central City	27.88
18 Pat Driscoll	12	Cascade	28.08

Boys 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Levi Dolphin	11	Cascade	51.37 10
2 Kasey Lasack	12	Midland	53.63 8
3 Derrick Gray	11	North Cedar	54.87 6
4 Derek Salow	10	Maquoketa Va	55.48 4
5 Jonas Cayenz	10	Beckman	56.89 2
6 Jared Coyle	11	Maquoketa Va	57.83 1
7 nick sellnau	10	Northeast	58.12
8 colton galusha	09	Northeast	58.13
9 Trever Greene	10	North Cedar	58.19
10 Elliot Gaul	09	Beckman	58.76
11 Jon Santillan	12	Midland	59.52
12 Jarrett Knepper	09	Cascade	59.55
13 Aj Lucas	09	Central City	1:01.69
14 Zach Poell	11	Calamus-Whea	1:01.93
15 Sam Anderson	09	Alburnett	1:03.51
16 Ian McFadden	11	Central City	1:16.11

Boys 800 Meter Run

Name	Yr	School	Finals
Finals			
1 eli kaczenski	11	Northeast	2:07.44 10
2 Derek Salow	10	Maquoketa Va	2:13.17 8
3 Riley Holst	10	North Cedar	2:14.14 6
4 Tim Jolk	12	North Cedar	2:17.58 4
5 brendon butler	11	Northeast	2:21.31 2
6 Kyle Pegorick	12	Midland	2:22.09 1
7 Matthew Strong	12	Midland	2:22.11
8 Cody Naber	11	Beckman	2:24.23
9 Ethan Sperflage	10	Alburnett	2:24.37
10 Ky Dierks	12	Alburnett	2:26.83
11 Chance Cook	10	East Buchana	2:35.66
12 Jonathan Licht	09	Calamus-Whea	2:37.97
13 Ryan Bergfeld	10	Cascade	2:40.82
14 Greg Guetzko	10	Maquoketa Va	2:43.85
15 Wyatt Anians	10	Calamus-Whea	2:46.99
16 Dalton Beecher	09	Cascade	2:50.67

Cascade Co-Ed Invitational

Cascade High School

Cascade, IA - 4/25/2013

Results

Boys 1600 Meter Run

Name	Yr	School	Finals
Finals			
1 Preston Kauder	10	Cascade	4:50.20 10
2 Riley Holst	10	North Cedar	4:55.83 8
3 Nick Fallon	09	Beckman	4:57.02 6
4 Tim Jolk	12	North Cedar	5:02.87 4
5 Jason McVay	12	Alburnett	5:07.43 2
6 brendon butler	11	Northeast	5:10.29 1
7 Justin Kress	09	East Buchana	5:26.80
8 Josh Walker	12	Alburnett	5:26.93
9 jaden butler	09	Northeast	5:28.75
10 Sam Reilly	11	Midland	5:45.61
11 Jonathan Licht	09	Calamus-Whea	5:50.52
12 Cole Miller	12	Midland	5:51.15
13 Wyatt Anians	10	Calamus-Whea	6:32.14
--- Garrett Wolf	09	Central City	DNF

Boys 3200 Meter Run

Name	Yr	School	Finals
Finals			
1 Preston Kauder	10	Cascade	10:11.65 10
2 Jason McVay	12	Alburnett	10:42.94 8
3 Sebastian Nicolay	11	East Buchana	11:27.74 6
4 hunter bielenberg	10	Northeast	11:35.24 4
5 Sam Reilly	11	Midland	11:55.46 2
6 Eric Hansen	12	North Cedar	12:26.44 1
7 Scott Atherton	10	Alburnett	12:28.29
8 Garrett Wolf	09	Central City	12:34.12
9 Steven Fresch	11	Northeast	12:45.48

Boys 110 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Eric Knipper	11	Maquoketa Va	16.46 10
2 Jared Manternach	12	Cascade	16.62 8
3 Seth Hamilton	11	North Cedar	17.33 6
4 nick kennicker	09	Northeast	17.82 4
5 Sam Knepper	12	Cascade	17.84 2
6 Ben Carstensen	11	Midland	18.60 1
7 Dalton Yutesler	10	North Cedar	19.09
8 Cody Barnes	11	Midland	20.62
9 zack egggers	09	Northeast	21.99
10 Andrew Barnett	10	Alburnett	22.56

Boys 400 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Johnny Hogan	12	Beckman	59.22 10
2 Kyle Mensen	12	Beckman	59.56 8
3 Seth Hamilton	11	North Cedar	59.58 6
4 nick kennicker	09	Northeast	1:00.01 4
5 Jayden Johnson	10	North Cedar	1:01.34 2
6 Ben Carstensen	11	Midland	1:02.72 1

7 ryan murphy	09	Northeast	1:03.74
8 Trace Hoffman	09	Cascade	1:04.56
9 Nick McCarry	11	Central City	1:05.14
10 Eric Knipper	11	Maquoketa Va	1:05.79
11 Alex Foust	10	Cascade	1:06.04
12 TJ Bowen	12	Midland	1:10.42
13 Andrew Barnett	10	Alburnett	1:16.69

Boys 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 East Buchanan		45.74 10
1) Vincent Mossman 12	2) Brad Kerkove 12	
3) Jacob Schmitt 09	4) Mason McGraw 11	
2 Cascade		45.88 8
1) Nate Bergfeld 10	2) Alec Hoffman 12	
3) Evan Simon 10	4) Brenden Weber 12	
3 Alburnett		46.46 6
1) Cory Martin 09	2) Kolton Rose 10	
3) Dylan Miller 11	4) Colton Martin 12	
4 Northeast		46.96 4
1) ben hildebrandt 12	2) bo lingle 12	
3) tevin stoecker 11	4) Kevin Boughton 12	
5 Maquoketa Valley		47.21 2
1) Ben Dzaboff 11	2) Carter Funke 12	
3) Ryan Parmely 10	4) Aaron Dzaboff 11	
6 Beckman		47.62 1
1) Noah Smith 09	2) Ben Hageman 09	
3) Liam O'Connor 10	4) Jonas Cayenz 10	
7 Midland		51.88
1) Ryan Eganhouse 11	2) Trevor Usher 10	
3) Levi Dosland 10	4) Grant Miller 10	

Boys 4x100 Meter Relay JV

Team	Relay	Finals
Finals		
1 Northeast		49.46
1) tanner near 09	2) ryan murphy 09	
3) tevin stoecker 11	4) Kevin Boughton 12	
2 North Cedar		51.96
1) Hunter Smith 11	2) Dylan Deerberg 10	
3) Torrey Wilhau 09	4) Hunter Adney 10	
3 Maquoketa Valley		52.06
1) Jeremy Fischer 09	2) Tyler Yonkovic 11	
3) Tanner Hargrafen 11	4) Mitch Manternach 12	
4 Central City		52.25
1) Ashton VanAlst 10	2) Gavin Pospisil 09	
3) Aj Lucas 09	4) Nick McCarry 11	
5 Alburnett		52.47
1) Cory Martin 09	2) Kolton Rose 10	
3) Dylan Miller 11	4) Colton Martin 12	
6 East Buchanan		53.09
1) Griffin Cabalka 09	2) Justin Kress 09	
3) Lane Dosland 11	4) Bryce Hepker 11	

Cascade Co-Ed Invitational

Cascade High School

Cascade, IA - 4/25/2013

Results

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

Team	Relay	Finals
7 Cascade		53.61
1) Evan Gibbs 09	2) Luke Recker 10	
3) Ben Butler 10	4) Joe Knepper 09	

Boys 4x200 Meter Relay JV

Team	Relay	Finals
1 Cascade		1:38.41
2 Beckman		1:41.08
3 Northeast		1:43.17
4 Central City		1:47.51
5 Alburnett		1:49.32
6 North Cedar		1:49.48
7 East Buchanan		1:49.95
8 Maquoketa Valley		1:54.13

Boys 4x200 Meter Relay

Team	Relay	Finals
1 Beckman		1:32.57 10
1) Grant Hammann 11	2) Nolan Kennedy 10	
3) Mitch Steger 11	4) Nathan Digmann 12	
2 Cascade		1:33.63 8
1) Nate Bergfeld 10	2) Brenden Weber 12	
3) Levi Dolphin 11	4) Mitchell Oberbroeckling 11	
3 East Buchanan		1:34.64 6
1) Vincent Mossman 12	2) Brad Kerkove 12	
3) Jacob Schmitt 09	4) Mason McGraw 11	
4 Maquoketa Valley		1:38.49 4
1) Ben Dzaboff 11	2) Carter Funke 12	
3) Ryan Parmely 10	4) Aaron Dzaboff 11	
5 Northeast		1:38.88 2
1) ben hildebrandt 12	2) bo lingle 12	
3) william hasken 09	4) connor soenksen 12	
6 Alburnett		1:39.05 1
1) Cory Martin 09	2) Kolton Rose 10	
3) Dylan Windfield 11	4) Colton Martin 12	
7 Midland		1:40.73
1) Ben Carstensen 11	2) Seth Groth 12	
3) Ryan Leonard 12	4) Tyler Stepp 12	
8 North Cedar		1:43.94
1) Chandler Moore 10	2) Bryce Sharpless 10	
3) Blake Proesch 11	4) Trevor Kanakares 10	

Boys 4x400 Meter Relay JV

Team	Relay	Finals
1 Northeast		3:56.73
2 Cascade		3:57.09
3 Beckman		3:57.38
4 North Cedar		4:01.14
5 Midland		4:32.29

Boys 4x400 Meter Relay

Team	Relay	Finals
1 Cascade		3:31.48 10
1) Mitchell Oberbroeckling 11	2) Jacob Ferguson 12	
3) Kurt Trumm 09	4) Levi Dolphin 11	
2 Northeast		3:38.07 8
1) connor soenksen 12	2) william hasken 09	
3) mitchel moehr 10	4) nick anderson 11	
3 Beckman		3:39.58 6
1) Johnny Hogan 12	2) Kyle Mensen 12	
3) Ben Hageman 09	4) Jonas Cayenz 10	
4 North Cedar		3:47.97 4
1) Derrick Gray 11	2) Jayden Johnson 10	
3) Blake Proesch 11	4) Levi Ruchotzke 10	
5 Midland		3:53.74 2
1) Ryan Leonard 12	2) Seth Groth 12	
3) Ben Carstensen 11	4) Kasey Lasack 12	
6 Maquoketa Valley		3:58.47 1
1) Steve Huber 10	2) Ben Dzaboff 11	
3) Derek Salow 10	4) Aaron Dzaboff 11	
7 Alburnett		4:05.46
1) Dalton Lillie 11	2) Zack Hoyle 12	
3) Auston Hoyle 10	4) Tim Salder 11	

Boys 4x800 Meter Relay

Team	Relay	Finals
1 Northeast		8:26.07 10
1) nick anderson 11	2) william hasken 09	
3) eli kaczynski 11	4) connor soenksen 12	
2 Cascade		8:52.84 8
1) Levi Dolphin 11	2) Kurt Trumm 09	
3) Jacob Ferguson 12	4) Mitchell Oberbroeckling 11	
3 North Cedar		8:56.33 6
1) Tim Jolk 12	2) Trever Greene 10	
3) Riley Holst 10	4) Levi Ruchotzke 10	
4 Midland		9:28.46 4
1) Jon Santillan 12	2) TJ Bowen 12	
3) Cole Miller 12	4) Matthew Strong 12	
5 Alburnett		9:30.71 2
1) Dalton Lillie 11	2) Tim Salder 11	
3) Ky Dierks 12	4) Ethan Sperflage 10	
6 East Buchanan		10:38.32 1
1) Nathan Creveling 11	2) Jordan Hoefler 10	
3) Chance Cook 10	4) Justin Kress 09	

Boys Distance Medley

Team	Relay	Finals
1 Northeast		3:48.28 10
1) ben hildebrandt 12	2) Kevin Boughton 12	
3) connor soenksen 12	4) nick anderson 11	

Cascade Co-Ed Invitational
Cascade High School
Cascade, IA - 4/25/2013

Results

Finals ... (Boys Distance Medley)

Team	Relay	Finals
2 North Cedar		4:02.87 8
1) Trevor Kanakares 10	2) Bryce Sharpless 10	
3) Blake Proesch 11	4) Levi Ruchotzke 10	
3 Midland		4:03.46 6
1) Ryan Leonard 12	2) Tyler Stepp 12	
3) Kasey Lasack 12	4) Jon Santillan 12	
4 Alburnett		4:06.48 4
1) Auston Hoyle 10	2) Dylan Windfield 11	
3) Dalton Lillie 11	4) Jason McVay 12	
5 Cascade		4:06.84 2
1) Evan Gibbs 09	2) Luke Recker 10	
3) Cole Hoffman 09	4) Alex Knepper 11	
6 Maquoketa Valley		4:15.52 1
1) Aaron Dzaboff 11	2) Carter Funke 12	
3) Steve Huber 10	4) Jared Coyle 11	
7 Beckman		4:17.71
1) Brad Ertl 10	2) Elliot Gaul 09	
3) Robbie Kramer 10	4) Ted Ehrlich 09	
8 East Buchanan		4:20.10
1) Grant Young 11	2) Jordan Hoefer 10	
3) Nathan Creveling 11	4) Sebastian Nicolay 11	

Boys 4x110 Meter Shuttle Hurdle

Team	Relay	Finals
1 Cascade		1:00.73 10
1) Tyler Ries 12	2) Jared Manternach 12	
3) Sam Knepper 12	4) Harris Takes 11	
2 Beckman		1:02.36 8
1) Johnny Hogan 12	2) Ben Wessels 12	
3) Ian Ross 12	4) Kyle Mensen 12	
3 Maquoketa Valley		1:07.20 6
1) Jeremy Bacon 12	2) Steve Huber 10	
3) Ryan Parmely 10	4) Eric Knipper 11	
4 North Cedar		1:07.61 4
1) Jayden Johnson 10	2) Dalton Yutesler 10	
3) Trever Greene 10	4) Seth Hamilton 11	
5 Northeast		1:09.71 2
1) tevin stoecker 11	2) ryan murphy 09	
3) nick kennicker 09	4) trevor schaver 11	
6 Alburnett		1:12.70 1
1) Dylan Windfield 11	2) Cory Martin 09	
3) Zack Hoyle 12	4) Auston Hoyle 10	
7 Midland		1:15.06
1) Kyle Pegorick 12	2) Madison Gravel 10	
3) TJ Bowen 12	4) Cody Barnes 11	

Boys High Jump

Name	Yr	School	Finals
1 bo lingle	12	Northeast	5-10.00 9
1 Timmie Kleitsch	12	Cascade	5-10.00 9
3 Jayden Johnson	10	North Cedar	5-04.00 6

4 Blake Proesch	11	North Cedar	5-02.00 4
5 Trace Hoffman	09	Cascade	5-02.00 2
6 Eric Knipper	11	Maquoketa Va	5-02.00 1
--- nick wall	10	Northeast	NH

Boys Long Jump

Name	Yr	School	Finals
1 bo lingle	12	Northeast	19-01.00 10
2 Nate Bergfeld	10	Cascade	19-00.50 8
3 Derrick Gray	11	North Cedar	18-03.75 6
4 Kasey Lasack	12	Midland	18-00.50 4
5 Seth Hamilton	11	North Cedar	17-10.50 2
6 tanner near	09	Northeast	17-01.00 1
7 Zack Hoyle	12	Alburnett	16-10.00
8 Jarrett Knepper	09	Cascade	14-11.75
9 Jadon Dodge	09	Midland	14-09.75
10 Gavin Pospisil	09	Central City	14-06.75
11 Aj Lucas	09	Central City	12-02.25

Boys Shot Put

Name	Yr	School	Finals
1 Michael Boeckenstedt	12	Beckman	47-00.50 10
2 Tyler Yonkovic	11	Maquoketa Va	45-07.50 8
3 Ryan Parmely	10	Maquoketa Va	44-00.75 6
4 Dillon Gaul	12	Beckman	43-08.50 4
5 Noah Sander	10	North Cedar	42-00.00 2
6 Ryan Leonard	12	Midland	41-00.00 1
7 tevin stoecker	11	Northeast	J41-00.00
8 Ben Weber	11	Cascade	38-09.00
9 Jacob Nelson	12	Northeast	37-08.00
10 Dan Kinsella	11	Cascade	37-07.00
11 Nick Frommelt	10	North Cedar	36-05.75
12 Jake Langhoff	09	Alburnett	33-10.25
13 Zack Hoyle	12	Alburnett	33-00.75
14 Levi Dosland	10	Midland	31-11.75
15 Griffin Cabalka	09	East Buchana	30-05.50
16 Storm Matthias	09	Central City	27-01.00

Boys Discus Throw

Name	Yr	School	Finals
1 Michael Boeckenstedt	12	Beckman	144-03 10
2 Mitch Manternach	12	Maquoketa Va	131-06 8
3 Dillon Gaul	12	Beckman	130-01 6
4 Hunter Smith	11	North Cedar	113-02 4
5 Noah Sander	10	North Cedar	111-05 2
6 garrett moeller	11	Northeast	102-11 1
7 yuciel dela cruz	10	Northeast	101-09
8 Devin Green	09	Cascade	97-10
9 Nolan Weber	10	Cascade	93-09
10 Trevor Usher	10	Midland	92-01
11 Drew Wilson	11	Maquoketa Va	90-09
12 Colton Wood	10	Alburnett	87-10

Cascade Co-Ed Invitational**Cascade High School****Cascade, IA - 4/25/2013****Results****Finals ... (Boys Discus Throw)**

	Name	Yr	School	Finals
13	Auston Hoyle	10	Alburnett	85-10
14	Storm Matthias	09	Central City	57-04

Women - Team Rankings - 19 Events Scored

1)	Cascade	171
2)	Bellevue	78
3)	Beckman	65
4)	Maquoketa Valley	57
5)	North Cedar	49
6)	Northeast	47
7)	Midland	38
8)	Alburnett	36
9)	Maquoketa	22
10)	Calamus-Wheatland	13
11)	Central City	4

Men - Team Rankings - 18 Events Scored

1)	Cascade	119
2)	North Cedar	99
3)	Northeast	86
4)	Beckman	81
5)	Maquoketa Valley	64
6)	Alburnett	42
7)	East Buchanan	37
8)	Midland	30