

Cascade Co-Ed Invitational

Cascade High School

Cascade, IA - 5/1/2014

Results

Girls 100 Meter Dash

Name	Yr	School	Finals
Finals			
1	Tierra Hildebrandt	11 Northeast	13.07 10
2	Aleenah Marcucci	10 Northeast	13.14 8
3	Anne Nolting	11 Bellevue	13.21 6
4	Celine Rickels	09 Cascade	13.35 5
5	Hannah Gruenwald	11 Maquoketa	13.75 4
6	Shalyn Wessels	10 Beckman	13.91 3
7	Alaina Martensen	12 Midland	14.05 2
8	Isabel Brehm	10 Beckman	14.13 1
9	Alison Lawrence	10 Bellevue	14.16
10	Lexie Rausch	10 Cascade	14.31
11	Emily Grant	12 Maquoketa Va	14.35
12	Jenna Holtz	11 Maquoketa	14.36
13	Laurel Murphy	12 Central City	14.62
14	Rachel Longfellow	11 Alburnett	14.80
15	Caitlin Schuman	09 Maquoketa Va	15.06
16	Riley Ruprecht	12 Alburnett	15.27
17	Kaci Gottschalk	09 North Cedar	16.53
18	Mequela Witt	10 North Cedar	16.59
19	Magdolena Schausberger	11 Jesup	16.73
20	Katie Stecklein	10 Midland	18.80

Girls 200 Meter Dash

Name	Yr	School	Finals
Finals			
1	Tierra Hildebrandt	11 Northeast	27.30 10
2	Celine Rickels	09 Cascade	27.79 8
3	Katelyn DeWald	11 Jesup	28.38 6
4	Megan Mensen	10 Maquoketa Va	28.51 5
5	Alaina Martensen	12 Midland	29.14 4
6	Jenna Holtz	11 Maquoketa	29.32 3
7	Heather Sabers	11 Maquoketa Va	29.58 2
8	Grace Nebel	10 Beckman	29.84 1
9	Shelby Malone	11 Central City	31.30
10	Genesys Jara	11 Cascade	31.50
11	Anna Olberding	09 Beckman	31.58
12	Jill Freeland	11 Alburnett	31.68
13	Rebecca Warren	09 Maquoketa	33.54
14	Sydney Stender	09 Midland	34.45

Girls 400 Meter Dash

Name	Yr	School	Finals
Finals			
1	Rachel McDermott	10 Cascade	1:04.56 10
2	Rylee Andresen	10 Midland	1:04.68 8
3	Bailey Whittenbaugh	12 Maquoketa Va	1:05.95 6
4	Maddy Marshall	11 North Cedar	1:06.84 5
5	Kailey Potter	11 Calamus-Whea	1:09.24 4

6	Lindsey Hermsen	12 Beckman	1:11.79 3
7	Dana Koester	10 Calamus-Whea	1:11.84 2
8	Tess Nissen	12 Maquoketa	1:12.31 1
9	Hailey Scholtes	10 Bellevue	1:13.29
10	Ellie Loes	09 Cascade	1:14.57
11	Larissa Moore	09 North Cedar	1:15.06
12	Rebecca Warren	09 Maquoketa	1:23.81
13	Alexis Everett	11 Jesup	1:25.36

Girls 800 Meter Run

Name	Yr	School	Finals
Finals			
1	Macie Weber	10 Cascade	2:27.98 10
2	Piper Thomas	11 Jesup	2:28.66 8
3	Kylie Kelchen	10 Cascade	2:30.24 6
4	Kylie Marshall	11 North Cedar	2:31.31 5
5	Nina Cray	10 Calamus-Whea	2:34.80 4
6	Maddie Kaczinski	09 Northeast	2:40.02 3
7	Jessica Gerardy	11 Maquoketa	2:42.15 2
8	Morgan VanderHeiden	09 Calamus-Whea	2:42.71 1
9	Anna Possehl	11 Alburnett	2:44.81
10	Rylee Owens	11 Central City	2:53.35
11	Becky Decker	09 Beckman	2:55.07
12	Becca Kennedy	10 Beckman	2:56.68
13	Megan Meyer	12 North Cedar	3:01.78
14	Ashley Becker	12 Maquoketa	3:03.42
15	Monica Cruise	09 Central City	3:10.00

Girls 1500 Meter Run

Name	Yr	School	Finals
Finals			
1	Kylie Kelchen	10 Cascade	5:10.97 10
2	Rebecca McDermott	09 Cascade	5:12.79 8
3	Hannah Kilburg	11 Northeast	5:13.35 6
4	Janey Saunders	09 Maquoketa	5:47.57 5
5	Megan Slattery	11 Calamus-Whea	5:50.62 4
6	Jaelynn Folkers	09 Midland	6:03.88 3
7	Macy Wright	10 Central City	6:05.88 2
8	Felicia Klingenberg	12 Maquoketa	6:06.74 1
9	Bethany Weltzin	12 Jesup	6:11.23
10	Izzy Betzer	10 Central City	6:46.06
11	Megan Meyer	12 North Cedar	7:07.92

Girls 3000 Meter Run

Name	Yr	School	Finals
Finals			
1	Megan Slattery	11 Calamus-Whea	11:56.46 10
2	Janey Saunders	09 Maquoketa	12:11.34 8
3	Anna Henkaline	09 Maquoketa Va	12:38.43 6
4	Jaelynn Folkers	09 Midland	12:44.70 5
5	Nichole Winter	09 Maquoketa Va	12:46.71 4

Cascade Co-Ed Invitational

**Cascade High School
Cascade, IA - 5/1/2014**

Results

Finals ... (Girls 3000 Meter Run)

Name	Yr	School	Finals
6 Nicole Uhlenkamp	11	Central City	13:02.64 3
7 Felicia Klingenberg	12	Maquoketa	13:15.23 2
8 Monica Cruise	09	Central City	14:20.00 1

Girls 100 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Aleenah Marcucci	10	Northeast	15.36 10
2 Carly Marshall	11	North Cedar	16.99 8
3 Noelle Green	09	Cascade	17.34 6
4 Catia Atienza	09	Maquoketa	17.61 5
5 Lexie Troutman	11	Beckman	18.50 4
6 Marlaina Orcutt	12	Maquoketa Va	19.03 3
7 Lexie Lammers	10	Beckman	19.51 2
8 Shauna McAleer	09	Northeast	19.98 1

Girls 400 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Aleenah Marcucci	10	Northeast	1:07.29 10
2 Hailey Schwenker	09	Maquoketa	1:08.60 8
3 Cortlyn Kasik	12	North Cedar	1:10.64 6
4 Maria Brown	12	Beckman	1:12.02 5
5 Carly Marshall	11	North Cedar	1:13.33 4
6 Laura Tucker	12	Cascade	1:14.19 3
7 Rylee Andresen	10	Midland	1:14.23 2
8 Samantha Uhlenkamp	09	Central City	1:15.58 1
9 Ellie Loes	09	Cascade	1:17.94
10 Marlaina Orcutt	12	Maquoketa Va	1:24.90
11 Cassidy Wilson	09	Maquoketa Va	1:25.95
12 Nicole Uhlenkamp	11	Central City	1:25.98
--- Aubree Taylor	12	Maquoketa	FS

Girls 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Cascade		51.43 10
1) Celine Rickels 09	2) Sydney Rickels 11	
3) Abbey Meyer 12	4) Holly Hunt 12	
2 Northeast		52.98 8
1) Rylee Dickey 10	2) Peyton Gray 12	
3) Aleenah Marcucci 10	4) Tierra Hildebrandt 11	
3 Maquoketa		53.52 6
1) Hannah Gruenwald 11	2) Hailey Schwenker 09	
3) Jenna Holtz 11	4) Aubree Taylor 12	
4 North Cedar		54.10 5
1) Hailey Rohloff 09	2) Emelie Ahrendsen 11	
3) Alison Malaby 12	4) Allison Jensen 12	

5 Beckman		54.63 4
1) Maria Brown 12	2) Shalyn Wessels 10	
3) Grace Nebel 10	4) Isabel Brehm 10	
6 Maquoketa Valley		54.97 3
1) Breanna Recker 12	2) Emily Grant 12	
3) Haley Hillers 12	4) Heather Sabers 11	
7 Alburnett		55.98 2
1) Maddie Harger 12	2) Rachel Longfellow 11	
3) Bethany Peterson 12	4) Vanessa Hoyle 09	
8 Central City		1:00.07 1
1) Tessa Engen 11	2) Emily Kramer 09	
3) Madi Pavlis 10	4) Alexa Starry 11	
9 Jesup		1:00.45
1) Ashlynn Ciesielski 10	2) Allie Flaucher 11	
3) Alexis Everett 11	4) Katelyn DeBerg 12	

Girls 4x100 Meter Relay JV

Team	Relay	Finals
Finals		
1 Cascade		57.06
1) Kelsey Sadler 12	2) Kylie Knepper 09	
3) Rachel Recker 09	4) Lexie Rausch 10	
2 Beckman		57.88
1) Lindsey Hermsen 12	2) Lexie Lammers 10	
3) Lexie Troutman 11	4) Anna Olberding 09	
3 Maquoketa Valley		58.87
1) Caitlin Schuman 09	2) Aspen Britt 09	
3) Angela Wendt 09	4) Megan Hogan 10	
4 North Cedar		59.04
1) Meranda Thimmes 10	2) Caitlyn Lange 09	
3) Makayla Maschmann 09	4) Kaitlyn Jilovec 09	
5 Midland		1:00.35
1) Gabi Martens 12	2) Kara Gnade 10	
3) Kyrstain Heiken 11	4) Sydney Stender 09	
6 Northeast		1:01.64
1) Whitney Petersen 09	2) Shauna McAleer 09	
3) Heather Hippler 11	4) Jenna Lauritzen 09	
7 Alburnett		1:01.78
1) Riley Ruprecht 12	2) Jill Freeland 11	
3) Cassidy Rose 09	4) Anna Possehl 11	
8 Central City		1:05.72
1) Annie Detweiler 10	2) Jackie Applehaunse 12	
3) Kelsey Kellogg 12	4) Samantha Crist 12	

Girls 4x100 Meter Relay Weight

Team	Relay	Finals
Finals		
1 North Cedar		1:04.33
1) Morgan Sander 09	2) Hannah Bachmann 09	
3) Chloe Tieskoetter 09	4) Michelle Henkel 10	

Cascade Co-Ed Invitational
Cascade High School
Cascade, IA - 5/1/2014

Results

Girls 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Cascade		1:47.12 10
1) Abbey Meyer 12	2) Celine Rickels 09	
3) Sydney Rickels 11	4) Holly Hunt 12	
2 Maquoketa		1:52.47 8
1) Shelby Pettyjohn 09	2) Hailey Schwenker 09	
3) Jenna Holtz 11	4) Aubree Taylor 12	
3 Maquoketa Valley		1:54.31 6
1) Breanna Recker 12	2) Morgan Manternach 11	
3) Heather Sabers 11	4) Brianna Mensen 09	
4 North Cedar		1:55.21 5
1) Emelie Ahrendsen 11	2) Alison Malaby 12	
3) Becca Ahrendsen 11	4) Allison Jensen 12	
5 Alburnett		1:58.44 4
1) Maddie Harger 12	2) Rachel Longfellow 11	
3) Bethany Peterson 12	4) Vanessa Hoyle 09	
6 Northeast		1:58.73 3
1) Sydney Kucera 09	2) Rylee Dickey 10	
3) Peyton Gray 12	4) Jessica Potter 10	
7 Central City		2:01.92 2
1) Samantha Uhlenkamp 09	2) Laurel Murphy 12	
3) Tessa Engen 11	4) Alexa Starry 11	
8 Bellevue		2:02.80 1
1) Caylee Ploessl 10	2) Kortney Kirby 09	
3) Holly Herrig 09	4) Alyssa Kremer 09	
9 Jesup		2:08.11
1) Haley Donlea 12	2) Payton Joblinske 09	
3) Bethany Weltzin 12	4) Katelyn DeBerg 12	
10 Calamus-Wheatland		2:11.31
1) Karina Dunn 12	2) Jalen Snowbarger 12	
3) Celine Decorvet 11	4) Katrina Scheer 10	

Girls 4x200 Meter Relay JV

Team	Relay	Finals
Finals		
1 Cascade		2:00.69
1) Kylie Knepper 09	2) Genesys Jara 11	
3) Alisha Payne 11	4) Lisa Tucker 09	
2 Maquoketa Valley		2:03.94
1) Megan Hogan 10	2) Taylor White 09	
3) Cassidy Wilson 09	4) Caitlin Schuman 09	
3 North Cedar		2:06.59
1) Ayla Biallas 12	2) Erin Ruchotzke 10	
3) Aubrey Cady 09	4) Meranda Thimmes 10	
4 Midland		2:08.11
1) Gabi Martens 12	2) Kara Gnade 10	
3) Kyrstain Heiken 11	4) Becca Crock 10	

5 Northeast		2:08.89
1) Heather Hippler 11	2) Whitney Petersen 09	
3) Emily Buech 12	4) Jenna Lauritzen 09	
6 Alburnett		2:18.24
1) Jill Freeland 11	2) Riley Ruprecht 12	
3) Cassidy Rose 09	4) Lexi Green 10	
7 Central City		2:22.59
1) Nicole Uhlenkamp 11	2) Jackie Applehaunse 12	
3) Samantha Crist 12	4) Izzy Betzer 10	

Girls 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Cascade		4:16.47 10
1) Lynsey Dolphin 10	2) Abbey Meyer 12	
3) Anna Hunt 09	4) Holly Hunt 12	
2 North Cedar		4:21.99 8
1) Cortlyn Kasik 12	2) Kylie Marshall 11	
3) Carly Marshall 11	4) Becca Ahrendsen 11	
3 Maquoketa Valley		4:27.60 6
1) Bailey Whittenbaugh 12	2) Megan Mensen 10	
3) Maddie Digmann 12	4) Brianna Mensen 09	
4 Beckman		4:29.43 5
1) Grace Nebel 10	2) Maria Brown 12	
3) Isabel Brehm 10	4) Lindsey Hermesen 12	
5 Calamus-Wheatland		4:45.56 4
1) Nina Cray 10	2) Kailey Potter 11	
3) Morgan VanderHeiden 09	4) Jalen Snowbarger 12	
6 Central City		4:56.32 3
1) Shelby Malone 11	2) Rylee Owens 11	
3) Laurel Murphy 12	4) Samantha Uhlenkamp 09	

Girls 4x400 Meter Relay JV

Team	Relay	Finals
Finals		
1 Cascade		4:27.70
1) Macie Weber 10	2) Rachel McDermott 10	
3) Laura Tucker 12	4) Lisa Tucker 09	
2 North Cedar		4:36.98
1) Beth Curley 11	2) Maddy Marshall 11	
3) Daphne Hoeffler 09	4) Martha Jesuit 09	
3 Beckman		5:07.65
1) Anna Olberding 09	2) Becky Decker 09	
3) Sarah Tegeler 10	4) Becca Kennedy 10	
4 Midland		5:08.60
1) Aubrey Soper 11	2) Liberty Uppena 09	
3) Kyrstain Heiken 11	4) Breanna Finn 09	
5 Central City		5:08.83
1) Tessa Engen 11	2) Nicole Uhlenkamp 11	
3) Annie Detweiler 10	4) Macy Wright 10	

Cascade Co-Ed Invitational
Cascade High School
Cascade, IA - 5/1/2014

Results

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

Team	Relay	Finals
6 Calamus-Wheatland		5:21.63
1) Dana Koester 10	2) Megan Slattery 11	
3) Sierra Rodriguez 11	4) Amanda Gorzney 09	

Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Cascade		10:07.77 10
1) Macie Weber 10	2) Rachel McDermott 10	
3) Kylie Kelchen 10	4) Rebecca McDermott 09	
2 North Cedar		10:40.63 8
1) Kate Pruess 10	2) Beth Curley 11	
3) Becca Ahrendsen 11	4) Daphne Hoeffler 09	
3 Calamus-Wheatland		10:54.02 6
1) Morgan VanderHeiden 09	2) Kailey Potter 11	
3) Dana Koester 10	4) Nina Cray 10	
4 Central City		11:41.74 5
1) Samantha Uhlenkamp 09	2) Tessa Engen 11	
3) Shelby Malone 11	4) Rylee Owens 11	
5 Maquoketa		11:48.03 4
1) Jessica Gerardy 11	2) Tess Nissen 12	
3) Ashley Becker 12	4) Ellie Burmahl 09	
6 Jesup		12:05.34 3
1) Katelyn Dahl 10	2) Payton Joblinske 09	
3) Alissa Brown 12	4) Krisha Tonne 11	
7 Midland		13:44.28 2
1) Breanna Finn 09	2) Becca Crock 10	
3) Kyrstain Heiken 11	4) Aubrey Soper 11	

Girls 800 Sprint Medley

Team	Relay	Finals
Finals		
1 Cascade		1:57.10 10
1) Anna Hunt 09	2) Sydney Rickels 11	
3) Abbey Meyer 12	4) Lynsey Dolphin 10	
2 Jesup		1:59.56 8
1) Katelyn Dahl 10	2) Haley Donlea 12	
3) Katelyn DeWald 11	4) Piper Thomas 11	
3 Maquoketa Valley		2:00.45 6
1) Breanna Recker 12	2) Brianna Mensen 09	
3) Morgan Manternach 11	4) Megan Mensen 10	
4 Northeast		2:02.80 5
1) Jessica Potter 10	2) Peyton Gray 12	
3) Rylee Dickey 10	4) Haleigh Hughes 11	
5 Alburnett		2:08.56 4
1) Rachel Longfellow 11	2) Vanessa Hoyle 09	
3) Maddie Harger 12	4) Bethany Peterson 12	

6 North Cedar		2:12.60 3
1) Ayla Biallas 12	2) Rachel Gutwiler 11	
3) Erin Ruchotzke 10	4) Taylor Kress 09	
7 Calamus-Wheatland		2:19.48 2
1) Karina Dunn 12	2) Katrina Scheer 10	
3) Jalen Snowbarger 12	4) Sierra Rodriguez 11	
8 Central City		2:19.57 1
1) Alexa Starry 11	2) Laurel Murphy 12	
3) Annie Detweiler 10	4) Emily Kramer 09	

Girls Distance Medley

Team	Relay	Finals
Finals		
1 Cascade		4:27.13 10
1) Anna Hunt 09	2) Sydney Rickels 11	
3) Lynsey Dolphin 10	4) Rebecca McDermott 09	
2 Northeast		4:29.11 8
1) Tierra Hildebrandt 11	2) Rylee Dickey 10	
3) Haleigh Hughes 11	4) Hannah Kilburg 11	
3 North Cedar		4:33.84 6
1) Hailey Rohloff 09	2) Martha Jesuit 09	
3) Kylie Marshall 11	4) Cortlyn Kasik 12	
4 Jesup		4:41.57 5
1) Katelyn DeWald 11	2) Katelyn Dahl 10	
3) Ashlynn Ciesielski 10	4) Piper Thomas 11	
5 Maquoketa Valley		5:07.26 4
1) Breanna Recker 12	2) Haley Hillers 12	
3) Maddie Digmann 12	4) Aspen Britt 09	
6 Bellevue		5:11.86 3
1) Holly Herrig 09	2) Kortney Kirby 09	
3) Molly Sieverding 10	4) Kristina Koos 10	
7 Beckman		5:13.80 2
1) Anna Olberding 09	2) Lexie Lammers 10	
3) Sarah Tegeler 10	4) Becca Kennedy 10	
8 Calamus-Wheatland		5:18.19 1
1) Katrina Scheer 10	2) Celine Decorvet 11	
3) Amanda Gorzney 09	4) Sierra Rodriguez 11	
--- Central City		DQ
1) Madi Pavlis 10	2) Annie Detweiler 10	
3) Emily Kramer 09	4) Macy Wright 10	

Girls 4x100 Meter Shuttle Hurdle

Team	Relay	Finals
Finals		
1 Bellevue		1:12.22 10
1) Rachel Kilburg 12	2) Marissa Schroeder 09	
3) Jackie Kremer 12	4) Anna Ambrosy 10	
2 North Cedar		1:12.65 8
1) Cortlyn Kasik 12	2) Carly Marshall 11	
3) Allison Jensen 12	4) Meranda Thimmes 10	

Cascade Co-Ed Invitational

Cascade High School
 Cascade, IA - 5/1/2014

Results

Finals ... (Girls 4x100 Meter Shuttle Hurdle)

Team	Relay	Finals
3 Cascade		1:13.30 6
1) Noelle Green 09	2) Rachel Recker 09	
3) Kelsey Sadler 12	4) Courtney Sadler 10	
4 Maquoketa		1:13.55 5
1) Janey Saunders 09	2) Hailey Schwenker 09	
3) Catia Atienza 09	4) Aubree Taylor 12	
5 Beckman		1:13.78 4
1) Isabel Brehm 10	2) Lexie Troutman 11	
3) Lexie Lammers 10	4) Maria Brown 12	
6 Maquoketa Valley		1:20.15 3
1) Cassidy Wilson 09	2) Angela Wendt 09	
3) Marlaina Orcutt 12	4) Megan Mensen 10	
7 Northeast		1:23.42 2
1) Jayna Farrell 09	2) Whitney Petersen 09	
3) Shauna McAleer 09	4) Heather Hippler 11	

Girls High Jump

Name	Yr	School	Finals
Finals			
1 Bethany Peterson	12	Alburnett	5-00.00 10
2 Morgan VanderHeiden	09	Calamus-Whea	4-06.00 8
3 Gabi Martens	12	Midland	4-04.00 6
4 Addie Oberman	12	Northeast	J4-04.00 3.5
4 Heather Sabers	11	Maquoketa Va	J4-04.00 3.5
4 Catia Atienza	09	Maquoketa	J4-04.00 3.5
4 Rylee Andresen	10	Midland	J4-04.00 3.5
8 Martha Jesuit	09	North Cedar	J4-04.00 1
9 Kylie Knepper	09	Cascade	J4-04.00
10 Chloe Rea	11	Cascade	4-02.00
--- Shauna McAleer	09	Northeast	NH
--- Aubrey Cady	09	North Cedar	NH

Girls Long Jump

Name	Yr	School	Finals
Finals			
1 Holly Hunt	12	Cascade	16-05.00 10
2 Shalyn Wessels	10	Beckman	16-01.00 8
3 Alaina Martensen	12	Midland	15-03.00 6
4 Allison Jensen	12	North Cedar	15-02.00 5
5 Lisa Tucker	09	Cascade	14-05.50 4
6 Megan Hogan	10	Maquoketa Va	14-00.75 3
7 Vanessa Hoyle	09	Alburnett	13-10.25 2
8 Addie Oberman	12	Northeast	13-01.50 1
9 Kara Gnade	10	Midland	12-11.50
10 Emily Kramer	09	Central City	12-04.75
11 Alexa Starry	11	Central City	12-04.00
12 Jonalyn Reif	11	North Cedar	12-03.00
--- Amanda Gorzney	09	Calamus-Whea	ND

Girls Shot Put

Name	Yr	School	Finals
Finals			
1 Bremma Seeser	09	Northeast	35-01.25 10
2 Alissa Brown	12	Jesup	34-03.00 8
3 Elle Hoffman	12	Cascade	33-03.00 6
4 Emily Grant	12	Maquoketa Va	32-08.75 5
5 Whitney Wilson	10	Maquoketa Va	32-00.75 4
6 Kelsey Hickson	11	Bellevue	31-03.00 3
7 Claire Molony	11	Cascade	30-05.00 2
8 Kelsey Jess	12	Bellevue	30-01.50 1
9 Carli Strathman	10	Maquoketa	29-06.00
10 Kate Francois	11	Alburnett	29-05.25
11 Morgan Rahe	11	Beckman	28-07.00
12 Beth Nelson		Northeast	27-08.75
13 Jackie Applehaunse	12	Central City	27-07.00
14 Kelsey Kellogg	12	Central City	25-06.00
15 Morgan Sander	09	North Cedar	24-05.25
16 Kailey Walker	10	Alburnett	23-07.00
17 Taylor Casel	10	Maquoketa	22-08.50
18 Bailey Newell	10	Midland	22-01.75
19 Johanna Manders	11	Midland	20-04.75
20 Chloe Tieskoetter	09	North Cedar	19-07.50

Girls Discus Throw

Name	Yr	School	Finals
Finals			
1 Elle Hoffman	12	Cascade	109-09 10
2 Morgan Rahe	11	Beckman	103-00 8
3 Traci Trenkamp	12	Northeast	95-03 6
4 Liberty Uppena	09	Midland	89-03 5
5 Alissa Brown	12	Jesup	87-07 4
6 Whitney Wilson	10	Maquoketa Va	86-05 3
7 Alison Sheehy	09	Maquoketa Va	86-04 2
8 Kate Francois	11	Alburnett	79-05 1
9 Kaitlynn Miller	12	Alburnett	79-02
10 Kelsey Hickson	11	Bellevue	78-11
11 Morgan Sander	09	North Cedar	78-00
12 Bailey Clemens	09	Cascade	77-04
13 Carli Strathman	10	Maquoketa	74-10
14 Taylor Casel	10	Maquoketa	74-06
15 Allie Flaucher	11	Jesup	72-09
16 Michelle Henkel	10	North Cedar	71-11
17 Jackie Applehaunse	12	Central City	70-03
18 Leah Maze		Northeast	66-01
19 Alanna Block	11	Midland	64-09
20 Kelsey Kellogg	12	Central City	58-11

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Cascade High School
Cascade, IA - 5/1/2014

Results

Boys 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Trevor Kanakares	11	North Cedar	11.74 10
2 Dylan Miller	12	Alburnett	11.96 8
3 Dan McElmeel	11	Cascade	12.06 6
4 David Mosher	12	Central City	12.10 5
5 Dillon Caves	10	Alburnett	12.13 4
6 Bryce Bemer	09	North Cedar	12.14 3
7 Ryan Parmely	11	Maquoketa Va	12.20 2
8 nick wall	11	Northeast	12.26 1
9 Carter Holmes	09	Cascade	12.49
10 Jacob Schmitt	10	East Buchana	12.52
11 Garrett Rickels	09	Calamus-Whea	12.52
12 Brad Ertl	11	Beckman	12.76
13 Dawson Paulsen	09	Midland	12.77
14 Anthony Witherow	10	East Buchana	12.93
15 Gavin Pospisil	10	Central City	12.95
16 tyler oestreich	11	Northeast	13.04
17 Trevor Usher	11	Midland	13.26
18 Brady Helle	09	Edgewood-Col	13.28
19 Hunter Moser	12	Edgewood-Col	13.60

Boys 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Derrick Gray	12	North Cedar	24.08 10
2 Trevor Kanakares	11	North Cedar	24.60 8
3 Dylan Miller	12	Alburnett	24.65 6
4 Cole Hoffman	10	Cascade	24.70 5
5 Kolton Rose	11	Alburnett	24.88 4
6 Nolan Kennedy	11	Beckman	25.04 3
7 Garrett Rickels	09	Calamus-Whea	25.88 2
8 aaron mcculley	09	Northeast	25.89 1
9 colton galusha	10	Northeast	25.89
10 Grant Miller	11	Midland	26.05
11 Cale Roelofsen	11	Midland	26.17
12 Anthony Witherow	10	East Buchana	26.71
13 Josh Leech	11	Calamus-Whea	26.93
14 Elliot Gaul	10	Beckman	26.96
15 Josh Heims	11	Edgewood-Col	26.99
16 Sam Hall	09	Central City	27.43
17 Kyle Wessels	10	East Buchana	27.67
18 Brady Helle	09	Edgewood-Col	28.80
19 Brock White	09	Central City	29.62

Boys 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Levi Dolphin	12	Cascade	51.23 10

2 Derrick Gray	12	North Cedar	53.92 8
3 Blake Proesch	12	North Cedar	54.42 6
4 Nate Bergfeld	11	Cascade	54.69 5
5 Nolan Kennedy	11	Beckman	54.78 4
6 Derek Salow	11	Maquoketa Va	55.45 3
7 Ben Carstensen	12	Midland	56.09 2
8 mitchel moehr	11	Northeast	56.99 1
9 Nick McCarry	12	Central City	57.80
10 Elliott Meyer	09	Edgewood-Col	58.42
11 David Benischek	12	Calamus-Whea	58.45
12 Jacob Schmitt	10	East Buchana	59.30
13 Elliot Gaul	10	Beckman	59.95
14 Tanner Hoyer	09	Alburnett	1:00.30
15 Sam Anderson	10	Alburnett	1:02.08
16 Carter Downer	09	East Buchana	1:02.83
17 Skyler Tracy	09	Midland	1:03.02
18 Zach Poell	12	Calamus-Whea	1:05.91

Boys 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Trever Greene	11	North Cedar	2:06.57 10
2 Preston Kauder	11	Cascade	2:06.70 8
3 Derek Salow	11	Maquoketa Va	2:08.50 6
4 Nick Fallon	10	Beckman	2:12.39 5
5 Trace Jensen	09	Midland	2:13.37 4
6 Riley Holst	11	North Cedar	2:13.81 3
7 gabe empen	10	Northeast	2:14.53 2
8 sam smith	11	Northeast	2:15.34 1
9 Elliott Meyer	09	Edgewood-Col	2:16.51
10 Michael Lueken	10	Edgewood-Col	2:22.70
11 Ethan Sperflage	11	Alburnett	2:23.72
12 Dalton Hogan	10	Alburnett	2:30.24
13 Jordan Hoefler	11	East Buchana	2:35.72
14 Ryan Bergfeld	11	Cascade	2:39.74
15 Garrett Wolf	10	Central City	2:44.63
16 Madison Gravel	11	Midland	2:46.03

Boys 1600 Meter Run

Name	Yr	School	Finals
Finals			
1 eli kaczynski	12	Northeast	4:33.39 10
2 Preston Kauder	11	Cascade	4:44.13 8
3 Riley Holst	11	North Cedar	4:57.99 6
4 Derek Salow	11	Maquoketa Va	4:59.76 5
5 Dalton Hogan	10	Alburnett	5:15.33 4
6 hunter bielenberg	11	Northeast	5:17.10 3
7 Gannon Cook	09	East Buchana	5:19.35 2
8 Landon Hunter	09	Midland	5:21.30 1
9 Marty Knepper	09	Cascade	5:29.82
10 Nick Putz	10	Edgewood-Col	5:38.97

Cascade Co-Ed Invitational

**Cascade High School
Cascade, IA - 5/1/2014**

Results

Finals ... (Boys 1600 Meter Run)

Name	Yr	School	Finals
11 Sam Reilly	12	Midland	5:44.43
12 Wyatt Anians	11	Calamus-Whea	5:46.03
13 Bryant Meyer-Kemp	09	Maquoketa Va	5:46.36
14 Mike Jones	10	Edgewood-Col	5:46.98
15 Grant Neighbor	09	Alburnett	5:48.38
16 Bobby Michel	12	East Buchana	6:06.49
17 Erik Wolf	12	Central City	6:25.56

Boys 3200 Meter Run

Name	Yr	School	Finals
1 christian knutsen	11	Northeast	10:58.73 10
2 Gannon Cook	09	East Buchana	11:07.32 8
3 Nick Putz	10	Edgewood-Col	11:13.38 6
4 Sam Reilly	12	Midland	11:34.21 5
5 steven flesch	12	Northeast	11:45.05 4
6 Marty Knepper	09	Cascade	11:46.28 3
7 Mike Jones	10	Edgewood-Col	12:09.62 2
8 Tim Schurig	12	North Cedar	12:20.61 1
--- Garrett Wolf	10	Central City	DQ

Boys 110 Meter Hurdles

Name	Yr	School	Finals
1 Harris Takes	12	Cascade	15.08 10
2 Eric Knipper	12	Maquoketa Va	16.26 8
3 Will McAllister	09	Cascade	16.89 6
4 Jayden Johnson	11	North Cedar	17.01 5
5 ryan murphy	10	Northeast	17.08 4
6 Michael Lueken	10	Edgewood-Col	17.65 3
7 Dalton Yutesler	11	North Cedar	18.54 2
8 Austin VanAlst	09	Central City	18.96 1
9 Matt Aller	09	Alburnett	19.01
10 Hunter Moser	12	Edgewood-Col	20.14
11 Nick Costello	12	Calamus-Whea	20.29
12 Andrew Barnett	11	Alburnett	21.45
13 Jordan Hoefler	11	East Buchana	22.84

Boys 400 Meter Hurdles

Name	Yr	School	Finals
1 Kurt Trumm	10	Cascade	56.58 10
2 nick kennicker	10	Northeast	58.26 8
3 Seth Hamilton	12	North Cedar	59.71 6
4 Ben Carstensen	12	Midland	59.96 5
5 Jayden Johnson	11	North Cedar	1:00.74 4
6 Eric Knipper	12	Maquoketa Va	1:01.51 3
7 Sam Stelken	09	Beckman	1:02.36 2
8 David Benischek	12	Calamus-Whea	1:02.96 1

9 Jacob Schmitt	10	East Buchana	1:04.83
10 trevor schaver	12	Northeast	1:04.85
11 Wyatt Thibadeau	12	Maquoketa Va	1:05.33
12 Cody Barnes	12	Midland	1:07.33
13 Greg Novey	09	Central City	1:10.36
14 Matt Aller	09	Alburnett	1:10.38
15 Andrew Barnett	11	Alburnett	1:15.48

Boys 4x100 Meter Relay Weight

Team	Relay	Finals
Finals		
1 North Cedar		54.23
1) Carter Johnson 09	2) Nick Frommelt 11	
3) Noah Sander 11	4) Hunter Smith 12	
2 Central City		55.14
1) Erik Wolf 12	2) Storm Matthias 10	
3) Ashton VanAlst 11	4) George Kaufman 12	
3 Edgewood-Colesburg		56.60
1) Moritz Uhlhorn 11	2) Chad Moser 11	
3) Jerimiah Bailey 11	4) Greg Saddoris 09	

Boys 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Beckman		45.94 10
1) Liam O'Connor 11	2) Noah Smith 10	
3) Eric Boeckenstedt 11	4) Tony Anstoetter 12	
2 Cascade		46.05 8
1) Nate Bergfeld 11	2) Dan McElmeel 11	
3) Harris Takes 12	4) Levi Dolphin 12	
3 Maquoketa Valley		46.68 6
1) Ryan Parmely 11	2) Ben Dzaboff 12	
3) Zak Harbach 09	4) Eric Knipper 12	
4 Alburnett		47.15 5
1) Dillon Caves 10	2) Dalton Lillie 12	
3) Kolton Rose 11	4) Dylan Miller 12	
5 Northeast		47.50 4
1) tevin stoecker 12	2) ryan murphy 10	
3) mitchel moehr 11	4) nick wall 11	
6 North Cedar		47.74 3
1) Bryce Bemer 09	2) Jameson Rasmussen 12	
3) Gavin Sahr 10	4) Trevor Kanakares 11	
7 Central City		49.23 2
1) Aj Lucas 10	2) Chad Griggs 11	
3) Nick McCarry 12	4) David Mosher 12	
8 Edgewood-Colesburg		50.40 1
1) Hunter Moser 12	2) Josh Heims 11	
3) Brady Helle 09	4) Dylan Palmersheim 10	
9 Midland		50.96
1) Cale Roelofsen 11	2) Dawson Paulsen 09	
3) Eli Slouha 10	4) Trevor Usher 11	

Cascade Co-Ed Invitational

Cascade High School
 Cascade, IA - 5/1/2014

Results

Boys 4x100 Meter Relay JV

Team	Relay	Finals
Finals		
1 Northeast		48.55
1) aaron mcculley 09	2) axel dondiego 09	
3) justin lambert 10	4) tyler oestreich 11	
2 Cascade		49.29
1) Evan Gibbs 10	2) Cole Hoffman 10	
3) River Garrett 10	4) Joe Knepper 10	
3 North Cedar		52.08
1) Riley Powers 11	2) Clayton Carstianson 10	
3) Andrew Reif 09	4) Landon Weber 11	
4 East Buchanan		52.90
1) Carter Downer 09	2) Kyle Wessels 10	
3) Lane Dosland 12	4) Bobby Michel 12	
5 Alburnett		53.57
1) Matt Aller 09	2) Tray Gallagher 10	
3) Andrew Barnett 11	4) Tanner Hoyer 09	
6 Midland		55.74
1) Levi Dosland 11	2) Skylar Mullins 09	
3) Ethan Wherry 10	4) Cody Tracy 09	

Boys 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Beckman		1:35.88 10
1) Liam O'Connor 11	2) Noah Smith 10	
3) Eric Boeckenstedt 11	4) Dillon Keegan 10	
2 Cascade		1:39.05 8
1) Cole Hoffman 10	2) Evan Simon 11	
3) Carter Holmes 09	4) Dan McElmeel 11	
3 Alburnett		1:39.94 6
1) Dalton Lillie 12	2) Dillon Caves 10	
3) Kolton Rose 11	4) Dylan Miller 12	
4 Maquoketa Valley		1:40.02 5
1) Ryan Parmely 11	2) Ben Dzaboff 12	
3) Zak Harbach 09	4) Wyatt Thibadeau 12	
5 North Cedar		1:40.80 4
1) Bryce Bemer 09	2) Jameson Rasmussen 12	
3) Gavin Sahr 10	4) Trevor Kanakares 11	
6 Central City		1:41.51 3
1) Aj Lucas 10	2) Chad Griggs 11	
3) Nick McCarry 12	4) David Mosher 12	
7 Midland		1:44.38 2
1) Cale Roelofsen 11	2) Dawson Paulsen 09	
3) Eli Slouha 10	4) Grant Miller 11	
--- Northeast		DNF
1) sam smith 11	2) axel dondiego 09	
3) colton galusha 10	4) nick sellnau 11	

Boys 4x200 Meter Relay JV

Team	Relay	Finals
Finals		
1 Cascade		1:44.19
1) Evan Gibbs 10	2) River Garrett 10	
3) Joe Knepper 10	4) Luke Recker 11	
2 Northeast		1:45.69
1) aaron mcculley 09	2) alex sellnau 11	
3) christian knutsen 11	4) tyler oestreich 11	
3 Midland		1:46.48
1) Madison Gravel 11	2) Trevor Usher 11	
3) Skylar Mullins 09	4) David Tracy 11	
4 Central City		1:47.19
1) Ashton VanAlst 11	2) Sam Hall 09	
3) Gavin Pospisil 10	4) Storm Matthias 10	
5 North Cedar		1:47.44
1) Dalton Yutesler 11	2) Torrey Wilhau 10	
3) Landon Weber 11	4) Kaleb Galloway 10	
6 Calamus-Wheatland		1:48.82
1) Ki Sosa 09	2) Eric DeWulf 11	
3) Zach Poell 12	4) Cole Moeller 09	
7 Edgewood-Colesburg		1:52.80
1) Brady Helle 09	2) Moritz Uhlhorn 11	
3) Greg Sadoris 09	4) Dylan Palmersheim 10	
8 East Buchanan		1:53.29
1) Justin Kress 10	2) Kyle Wessels 10	
3) Lane Dosland 12	4) Bobby Michel 12	

Boys 4x400 Meter Relay JV

Team	Relay	Finals
Finals		
1 Beckman		3:45.74
1) Nolan Kennedy 11	2) Tony Anstoetter 12	
3) Nick Wilgenbusch 11	4) Sam Stelken 09	
2 Cascade		3:46.77
1) John Larkin 09	2) Connor Otting 09	
3) Dylan Simon 09	4) Preston Kauder 11	
3 Northeast		3:54.31
1) ryan murphy 10	2) nick sellnau 11	
3) justin lambert 10	4) alex sellnau 11	
4 North Cedar		4:06.46
1) Dalton Yutesler 11	2) Landon Weber 11	
3) Torrey Wilhau 10	4) Kaleb Galloway 10	
5 Calamus-Wheatland		4:12.45
1) Ki Sosa 09	2) Zach Poell 12	
3) Joe Lopez 10	4) Wyatt Anians 11	
6 Maquoketa Valley		4:21.85
1) Colin Wendt 09	2) Alec McDowell 09	
3) Clint Krapfl 09	4) Bryant Meyer-Kemp 09	

**Cascade Co-Ed Invitational
Cascade High School
Cascade, IA - 5/1/2014**

Results

Boys 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Beckman		3:32.00 10
1) Liam O'Connor 11	2) Ben Hageman 10	
3) Mitch Steger 12	4) Dillon Keegan 10	
2 Cascade		3:33.79 8
1) Kurt Trumm 10	2) Logan Smith 09	
3) Evan Simon 11	4) Levi Dolphin 12	
3 North Cedar		3:40.30 6
1) Derrick Gray 12	2) Trever Greene 11	
3) Seth Hamilton 12	4) Blake Proesch 12	
4 Northeast		3:47.92 5
1) william hasken 10	2) nick kennicker 10	
3) colton galusha 10	4) nick anderson 12	
5 Central City		3:54.42 4
1) Levi Fritch 09	2) Aj Lucas 10	
3) Chad Griggs 11	4) David Mosher 12	
6 Midland		3:58.69 3
1) Ben Carstensen 12	2) Cody Barnes 12	
3) Grant Miller 11	4) Trace Jensen 09	
7 East Buchanan		4:05.85 2
1) Jacob Schmitt 10	2) Carter Downer 09	
3) Anthony Witherow 10	4) Nathan Creveling 12	
8 Edgewood-Colesburg		4:07.77 1
1) Elliott Meyer 09	2) Josh Heims 11	
3) Michael Lucken 10	4) Dylan Palmersheim 10	
9 Alburnett		4:22.00
1) Ethan Sperflage 11	2) Sam Anderson 10	
3) Ethan Meyer 10	4) Grant Neighbor 09	

Boys 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Northeast		8:27.86 10
1) nick kennicker 10	2) eli kaczenski 12	
3) william hasken 10	4) nick anderson 12	
2 Beckman		8:34.86 8
1) Ben Hageman 10	2) Nick Wilgenbusch 11	
3) Mitch Steger 12	4) Nick Fallon 10	
3 North Cedar		8:56.25 6
1) Derrick Gray 12	2) Trever Greene 11	
3) Riley Holst 11	4) Levi Ruchotzke 11	
4 Midland		9:27.90 5
1) Alex Martens 09	2) Landon Hunter 09	
3) Trace Jensen 09	4) Ben Carstensen 12	
5 Cascade		9:54.84 4
1) Connor Otting 09	2) Logan Smith 09	
3) Cain Hoffman 09	4) Ryan Bergfeld 11	

6 Alburnett		9:55.48 3
1) Dalton Lillie 12	2) Ethan Sperflage 11	
3) Ethan Meyer 10	4) Grant Neighbor 09	
7 East Buchanan		10:28.01 2
1) Nathan Creveling 12	2) Jordan Hoefler 11	
3) Justin Kress 10	4) Carter Downer 09	
8 Maquoketa Valley		10:35.72 1
1) Colin Wendt 09	2) Clint Krapfl 09	
3) Alec McDowell 09	4) Bryant Meyer-Kemp 09	
--- Northeast	B	X9:12.32

Boys Distance Medley

Team	Relay	Finals
Finals		
1 Beckman		3:44.32 10
1) Noah Smith 10	2) Eric Boeckenstedt 11	
3) Dillon Keegan 10	4) Ben Hageman 10	
2 Northeast		3:44.82 8
1) mitchel moehr 11	2) nick wall 11	
3) william hasken 10	4) nick anderson 12	
3 North Cedar		3:56.17 6
1) Bryce Bemer 09	2) Jameson Rasmussen 12	
3) Blake Proesch 12	4) Levi Ruchotzke 11	
4 Cascade		3:56.41 5
1) Nate Bergfeld 11	2) Evan Simon 11	
3) John Larkin 09	4) Connor Otting 09	
5 Maquoketa Valley		4:06.07 4
1) Tanner Heitz 12	2) Ben Dzaboff 12	
3) Colin Wendt 09	4) Kyle Wilson 09	
6 Calamus-Wheatland		4:08.61 3
1) Josh Leech 11	2) Garrett Rickels 09	
3) David Benischek 12	4) Joe Lopez 10	
7 Midland		4:19.10 2
1) Cale Roelofsen 11	2) Dawson Paulsen 09	
3) Grant Miller 11	4) Landon Hunter 09	
8 Alburnett		4:38.25 1
1) Sam Anderson 10	2) Dalton Lillie 12	
3) Ethan Meyer 10	4) Grant Neighbor 09	

Boys 4x110 Meter Shuttle Hurdle

Team	Relay	Finals
Finals		
1 Cascade		1:00.93 10
1) Kurt Trumm 10	2) Will McAllister 09	
3) Luke Recker 11	4) Harris Takes 12	
2 Beckman		1:00.96 8
1) Noah Smith 10	2) Sam Stelken 09	
3) Tony Anstoetter 12	4) Dillon Keegan 10	
3 North Cedar		1:04.88 6
1) Seth Hamilton 12	2) Blake Proesch 12	
3) Gavin Sahr 10	4) Jayden Johnson 11	

**Cascade Co-Ed Invitational
Cascade High School
Cascade, IA - 5/1/2014**

Results

Finals ... (Boys 4x110 Meter Shuttle Hurdle)

Team	Relay	Finals
4 Maquoketa Valley		1:07.19 5
1) Eric Knipper 12	2) Wyatt Thibadeau 12	
3) Tanner Heitz 12	4) Kyle Wilson 09	
5 Edgewood-Colesburg		1:07.68 4
1) Michael Lueken 10	2) Elliott Meyer 09	
3) Hunter Moser 12	4) Josh Heims 11	
6 Midland		1:11.43 3
1) Cody Barnes 12	2) David Tracy 11	
3) Eli Slouha 10	4) Madison Gravel 11	
7 Central City		1:14.43 2
1) Sam Hall 09	2) Ashton VanAlst 11	
3) Greg Novey 09	4) Austin VanAlst 09	
8 East Buchanan		1:15.06 1
1) Nathan Creveling 12	2) Jordan Hoefer 11	
3) Justin Kress 10	4) Lane Dosland 12	
9 Calamus-Wheatland		1:17.13
1) David Benischek 12	2) Nick Costello 12	
3) Lucas Looney 11	4) Zach Poell 12	

Boys High Jump

Name	Yr	School	Finals
Finals			
1 Cole Moeller	09	Calamus-Whea	6-00.00 10
2 axel dondiego	09	Northeast	5-10.00 8
3 Trace Hoffman	10	Cascade	5-08.00 6
4 John Larkin	09	Cascade	5-06.00 4.5
4 Jayden Johnson	11	North Cedar	5-06.00 4.5
6 Chad Griggs	11	Central City	J5-06.00 3
7 Geffery Williams	12	North Cedar	5-04.00 2
8 Dylan Palmersheim	10	Edgewood-Col	J5-04.00 1
9 Tanner Heitz	12	Maquoketa Va	J5-04.00
10 Alex Martens	09	Midland	5-02.00
11 Skyler Tracy	09	Midland	J5-02.00

Boys Long Jump

Name	Yr	School	Finals
Finals			
1 Geffery Williams	12	North Cedar	19-08.25 10
2 Seth Hamilton	12	North Cedar	19-07.00 8
3 nick wall	11	Northeast	19-01.00 6
4 David Tracy	11	Midland	17-07.75 5
5 Garrett Rickels	09	Calamus-Whea	17-05.00 4
6 Josh Leech	11	Calamus-Whea	17-04.25 3
7 Dillon Caves	10	Alburnett	16-10.50 2
8 Dylan Simon	09	Cascade	16-08.50 1
9 Anthony Witherow	10	East Buchana	16-06.25
9 Zak Harbach	09	Maquoketa Va	16-06.25
11 Justin Kress	10	East Buchana	16-04.50
12 Levi Flicht	09	Central City	15-10.00

13 Carter Holmes	09	Cascade	15-09.75
14 aaron mcculley	09	Northeast	15-08.50
15 Gavin Pospisil	10	Central City	15-07.50
16 Skyler Tracy	09	Midland	15-05.75
17 Dalton Hogan	10	Alburnett	13-11.75
18 Ki Sosa	09	Calamus-Whea	12-08.00

Boys Shot Put

Name	Yr	School	Finals
Finals			
1 Noah Sander	11	North Cedar	45-07.00 10
2 Ryan Parmely	11	Maquoketa Va	41-09.25 8
3 Tommy Lehmann	10	Beckman	41-07.50 6
4 Nick Frommelt	11	North Cedar	40-11.00 5
5 josh soll	11	Northeast	40-02.00 4
6 tevin stoecker	12	Northeast	39-02.50 3
7 Luke Funke	09	Beckman	38-08.50 2
8 Lucas Looney	11	Calamus-Whea	38-06.75 1
9 Dan Kinsella	12	Cascade	37-05.25
10 Colton Wood	11	Alburnett	36-03.50
11 Chad Moser	11	Edgewood-Col	35-02.00
12 Jake Langhoff	10	Alburnett	34-08.75
13 Ashton VanGordon	09	Cascade	32-10.50
14 Kaleb Handle	10	Maquoketa Va	32-04.75
15 George Kaufman	12	Central City	31-09.75
16 Levi Dosland	11	Midland	28-09.00
17 Cody Tracy	09	Midland	26-09.25
18 Joel Whitymore		Calamus-Whea	24-00.25
19 Aaron Dierick		Calamus-Whea	23-09.50

Boys Discus Throw

Name	Yr	School	Finals
Finals			
1 Noah Sander	11	North Cedar	126-11 10
2 Nick Frommelt	11	North Cedar	122-06 8
3 Dan Kinsella	12	Cascade	113-07 6
4 Colton Lueck	11	Beckman	110-06 5
5 garrett moeller	12	Northeast	108-08 4
6 Devin Green	10	Cascade	104-07 3
7 Clint Krapfl	09	Maquoketa Va	103-09 2
8 Lucas Looney	11	Calamus-Whea	95-11 1
9 tevin stoecker	12	Northeast	95-09
10 Colton Wood	11	Alburnett	93-04
11 Jake Langhoff	10	Alburnett	90-01
12 Ashton VanAlst	11	Central City	85-02
13 Kaleb Handle	10	Maquoketa Va	82-02
14 Chad Moser	11	Edgewood-Col	76-09
15 Aaron Dierick		Calamus-Whea	73-08
16 Trevor Usher	11	Midland	73-03
17 Storm Matthias	10	Central City	72-05
18 Moritz Uhlhorn	11	Edgewood-Col	71-01

Cascade Co-Ed Invitational**Cascade High School
Cascade, IA - 5/1/2014****Results****Finals ... (Boys Discus Throw)**

	Name	Yr School	Finals
19	Joel Whitymore	Calamus-Whea	64-08
---	Tommy Lehmann	10 Beckman	ND

Women - Team Rankings - 19 Events Scored

1)	Cascade	164
2)	Northeast	104.5
3)	North Cedar	77
4)	Maquoketa Valley	74.5
5)	Maquoketa	65.5
6)	Beckman	50
7)	Midland	46.5
8)	Calamus-Wheatland	46
9)	Jesup	42
10)	Bellevue	24
11)	Alburnett	23
12)	Central City	19

Men - Team Rankings - 18 Events Scored

1)	North Cedar	170.5
2)	Cascade	134.5
3)	Northeast	97
4)	Beckman	83
5)	Maquoketa Valley	58
6)	Alburnett	43
7)	Midland	37
8)	Calamus-Wheatland	25
9)	Central City	20
10)	Edgewood-Colesburg	18
11)	East Buchanan	15