

Cascade Early Bird Invitational

Cascade High School

Cascade, Iowa - 4/2/2015

Results

Girls 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Mikayla Whitman	11	Anamosa	13.32
2 Chrissy Hoogland	11	Springville	13.57
3 Celine Rickels	10	Cascade	13.64
4 Megan Maahs	11	Western Dubu	13.65
5 Gloria Coder	11	Marion	13.82
6 Abbey Ingwersen	11	North Linn	14.09
7 Maddy Clark	12	Western Dubu	14.13
8 Emily Anderson	09	North Linn	14.17
9 Kelly Bergfeld	9	Cascade	14.24
10 Samantha DeMoss	09	Tipton	14.64
11 Allie Lipkes	09	Marion	14.77
12 Kylie Knepper	10	Cascade	14.80
13 Lexie Rausch	11	Cascade	14.87
14 Tessa Engen	12	Central City	14.90
15 Cassidy Olberding	10	Western Dubu	14.92
16 Emily Falkers	09	Tipton	14.93
17 Jasmine Valley	09	North Linn	15.09
18 Jacqueline Hicks	09	Marion	15.13
19 Teyha Cart	09	Springville	15.18
20 Tessa Caryl	09	North Linn	15.31
21 Karis Holley	09	Marion	15.40
22 Veronica Jons	09	North Linn	15.51
23 Regann Pfeiler	09	Western Dubu	15.54
24 Destiny Hard	10	Springville	15.54
25 Nicole Miller	11	Springville	15.77
26 Sienna Hancock	09	North Linn	15.83
27 Braquel Leeper	10	Tipton	16.25
28 Alexis Klinkhammer	09	Western Dubu	16.37
29 Anna Freitag	09	Marion	16.38
30 Rhiannon Keast	10	Anamosa	17.49
31 Breanna Elam	10	Central City	17.65

Girls 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Rylee Menster	09	Springville	27.52
2 Megan Maahs	11	Western Dubu	27.85
3 Alyssa Crock	11	Tipton	27.88
4 Auna Allen	09	Western Dubu	28.69
5 Skylar Miller	11	Marion	29.17
6 Abbey Koerperich	12	Western Dubu	29.50
7 Abby Kolarik	12	Marion	29.83
8 Ashlee Bell	10	Springville	30.20
9 Samantha DeMoss	09	Tipton	30.36
10 Zoe Ryan	09	Cascade	30.39
11 Kelly Bergfeld	9	Cascade	30.77
12 Kylie Knepper	10	Cascade	30.96

13 Lexie Rausch	11	Cascade	30.98
14 Cassidy Olberding	10	Western Dubu	31.07
15 Tonya Menke	09	Cascade	31.25
16 Alyssa Jaeger	09	Springville	31.50
17 Sydney Kramer	10	Central City	31.73
18 Pauline Weah	11	Marion	31.75
19 Tessa Engen	12	Central City	32.03
20 Tessa Caryl	09	North Linn	32.08
21 Jasmine Valley	09	North Linn	32.24
22 Jacqueline Hicks	09	Marion	32.28
23 Cassie Klendworth	10	North Linn	32.43
24 Veronica Jons	09	North Linn	32.56
25 Sienna Hancock	09	North Linn	32.82
26 Anna Freitag	09	Marion	33.96
27 Maddie Strausser	09	Anamosa	36.43
28 Breanna Elam	10	Central City	37.87

Girls 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Megan Maahs	11	Western Dubu	1:02.13
2 Kenzie Redmond	09	Marion	1:06.78
3 Anne Ryan	09	Cascade	1:06.94
4 Nicoline Fredensborg	12	Tipton	1:09.36
5 Sami Johnson	09	Springville	1:09.86
6 Madisyn Woods	09	North Linn	1:10.40
7 Maddie Weber	09	Cascade	1:14.04
8 Braquel Leeper	10	Tipton	1:15.07
9 Annie Detweiler	11	Central City	1:16.60
10 Madison Baxa	09	Marion	1:17.75
11 Gabby Appelhans	12	Central City	1:18.55
12 Mallory Thul	10	Western Dubu	1:18.69
13 Emily Tompkins	09	Anamosa	1:18.99
14 Rylee Owens	12	Central City	1:20.10
15 Shayla Allan	09	Marion	1:22.96

Girls 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Macie Weber	11	Cascade	2:28.34
2 Sydney Mertens	09	North Linn	2:30.16
3 Alyssa Dougherty	11	Western Dubu	2:31.58
4 Cassie Hermsen	09	Western Dubu	2:37.16
5 Laura Snyder	11	Western Dubu	2:38.99
6 Caitlyn Smith	09	Marion	2:41.99
7 Lucy Syverson	10	North Linn	2:42.58
8 Chole Rice	09	Marion	2:42.83
9 Claire Nieman	11	Western Dubu	2:43.28
10 Sam Livingston	12	Marion	2:44.34
11 Kelsi Hundorf	09	Marion	2:45.49
12 Brittany Savolt	10	Western Dubu	2:45.53

Cascade Early Bird Invitational

Cascade High School

Cascade, Iowa - 4/2/2015

Results

Finals ... (Girls 800 Meter Run)

Name	Yr	School	Finals
13 Maicee Pierce	09	Western Dubu	2:45.97
14 Lyndsi Wilgenbusch	09	Western Dubu	2:46.49
15 Madyson Pershy	10	North Linn	2:47.26
16 Ahdelle George	09	Western Dubu	2:47.46
17 Tiffany Schott	09	Tipton	2:48.00
18 Sarah Kluesner	11	Western Dubu	2:48.99
19 Samantha Uhlenkamp	10	Central City	2:49.27
20 Regan Smock	09	North Linn	2:50.55
21 Alyssa Elijah	09	Tipton	2:51.26
22 Peyton Smith	09	Western Dubu	2:51.88
23 Mallory Holub	10	North Linn	2:52.63
24 Olivia Dlouhy	10	Springville	2:54.69
25 Emmarie Huseman	09	Tipton	2:55.40
26 Maeve Westemeier	09	North Linn	2:57.34
27 Zoe Rezac	09	Tipton	3:00.85
28 Brianna Werges	10	North Linn	3:03.64
29 Emily Kramer	10	Central City	3:03.73
30 Blair Owens	09	Central City	3:08.26
31 Rachel Gloeckner	12	Springville	3:12.60

Girls 1500 Meter Run

Name	Yr	School	Finals
1 Rebecca McDermott	10	Cascade	5:10.10
2 Maddie Bach	11	Marion	5:18.58
3 Laura Snyder	11	Western Dubu	5:24.91
4 Alyssa Dougherty	11	Western Dubu	5:34.06
5 Katelyn Gloeckner	10	Springville	5:37.42
6 Nicole Uhlenkamp	12	Central City	5:42.35
7 Jackie Falconer	11	North Linn	5:51.24
8 Ellie Konzett	11	Marion	5:52.20
9 Kayla Carrothers	12	North Linn	5:59.61
10 Alana Hromidko	09	North Linn	6:05.00
11 Zoe Rezac	09	Tipton	6:09.73
12 Hannah Vanderlinden	11	Marion	6:10.26
13 Amanda Behnke	09	Western Dubu	6:35.29
14 Cassie Williams	10	North Linn	6:54.01

Girls 3000 Meter Run

Name	Yr	School	Finals
1 Kylie Kelchen	11	Cascade	11:13.20
2 Maddie Bach	11	Marion	11:17.75
3 Laura Snyder	11	Western Dubu	11:34.42
4 Alyssa Dougherty	11	Western Dubu	12:01.34
5 Katelyn Gloeckner	10	Springville	12:12.24
6 Nicole Uhlenkamp	12	Central City	12:25.49
7 Ellie Konzett	11	Marion	12:42.83
8 Kayla Carrothers	12	North Linn	12:59.70

9 Jackie Falconer	11	North Linn	13:03.28
10 Emmarie Huseman	09	Tipton	13:07.13
11 Alana Hromidko	09	North Linn	13:29.88
12 Cassie Williams	10	North Linn	14:51.26
13 Laura Webb	10	Tipton	14:59.93

Girls 100 Meter Hurdles

Name	Yr	School	Finals
1 Hanna Horsfield	09	Western Dubu	17.31
2 Elayna Bahl	09	Western Dubu	17.34
3 Noelle Green	10	Cascade	17.66
4 Megan Frommelt	10	Western Dubu	17.83
5 Ashley Botsford	12	Western Dubu	17.93
6 Courtney Sadler	11	Cascade	18.11
7 Sydney Brase	10	Marion	18.14
8 Ashley Brady	11	Springville	18.62
9 Rebecca Aberle	10	North Linn	18.65
10 Kennadee Bockenstedt	11	Western Dubu	18.72
11 Abby Kolarik	12	Marion	18.72
12 Rachel Zumbach	10	North Linn	19.76
13 Alyssa Jaeger	09	Springville	19.98
14 Kennedy Clark	09	Western Dubu	20.07
15 Taylor Zaruba	09	Anamosa	21.78

Girls 400 Meter Hurdles

Name	Yr	School	Finals
1 Kennadee Bockenstedt	11	Western Dubu	1:11.88
2 Rachel McDermott	11	Cascade	1:12.21
3 Megan Frommelt	10	Western Dubu	1:12.81
4 Sydney Brase	10	Marion	1:13.11
5 Ellie Siech	12	Tipton	1:14.87
6 Hanna Horsfield	09	Western Dubu	1:17.50
7 Elayna Bahl	09	Western Dubu	1:18.95
8 Rebecca Aberle	10	North Linn	1:20.07
9 Anna LeGrand	09	North Linn	1:22.65

Girls 4x100 Meter Relay

Team	Relay	Finals
1 Western Dubuque		53.12
1) Maddy Clark 12	2) Blair Burds 10	
3) Sierra Tentis 11	4) Abbey Koerperich 12	
2 Cascade		54.25
1) Celine Rickels 10	2) Anne Ryan 09	
3) Brittany Koppes 09	4) Annie Meyer 10	
3 North Linn		54.40
1) Abby Klendworth 11	2) Emily Anderson 09	
3) Cassie Rawson 11	4) Abbey Ingwersen 11	

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Finals ... (Girls 4x100 Meter Relay)

Team	Relay	Finals
4 Western Dubuque	B	55.21
1) Elayna Bahl 09	2) Megan Frommelt 10	
3) Ashley Botsford 12	4) Maggie Burds 10	
5 Springville		55.42
1) Ashley Brady 11	2) Chrissy Hoogland 11	
3) Megan Wagaman 11	4) Ashlee Bell 10	
6 Western Dubuque	C	56.06
1) Hanna Horsfield 09	2) Emma Steil 09	
3) Paige Deppe 11	4) Kennadee Bockenstedt 11	
7 Tipton		56.45
1) Samantha DeMoss 09	2) Emilee Hamann 10	
3) Jenny Jebesen 12	4) Michele O'Haver 11	
8 Anamosa		57.06
1) Mikayla Whitman 11	2) Sophie Wilt 09	
3) Fanny Bore 12	4) Taylor Zaruba 09	
9 Cascade	C	57.46
1) Tori Freiburger 09	2) Noelle Green 10	
3) Rachel Recker 10	4) Courtney Sadler 11	
10 Marion		57.64
1) Johanna Steggall 12	2) Gloria Coder 11	
3) Abby Kolarik 12	4) Skylar Miller 11	
11 Cascade	B	58.13
1) Tonya Menke 09	2) Kylie Knepper 10	
3) Zoe Ryan 09	4) Lexie Rausch 11	
12 Central City		58.90
1) Tessa Engen 12	2) Gabby Appelkans 12	
3) Sydney Kramer 10	4) Shelby Malone 12	
13 Marion	B	59.58
1) Brenna Johnson 10	2) Allie Lipkes 09	
3) Karis Holley 09	4) Camryn Cannoy 10	
14 Anamosa	B	1:01.41
1) Ciara Soper 11	2) Emily Tompkins 09	
3) Ashlyn Fortune 09	4) Rayanne Zeltner 09	
15 Western Dubuque	D	1:02.30
1) Olivia Feldmann 09	2) Alexis Klinkhammer 09	
3) Meghan Sigwarth 09	4) Regann Pfeiler 09	
16 Marion	C	1:03.27
1) Madison Baxa 09	2) Anna Freitag 09	
3) Jacqueline Hicks 09	4) Shayla Allan 09	
17 Tipton	B	1:03.36
1) Braquel Leeper 10	2) Michaela Triemer 09	
3) Emily Falkers 09	4) Nicoline Fredensborg 12	
18 Springville	C	1:05.04
1) Hallie Corum 11	2) Olivia Dlouhy 10	
3) Rachel Gloeckner 12	4) Sophie Stolte 10	

Girls 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Cascade		1:52.53
1) Celine Rickels 10	2) Annie Meyer 10	
3) Lynsey Dolphin 11	4) Lisa Tucker 10	
2 Western Dubuque		1:53.03
1) Maggie Burds 10	2) Blair Burds 10	
3) Abbey Koerperich 12	4) Maddy Clark 12	
3 Springville		1:53.92
1) Chrissy Hoogland 11	2) Megan Wagaman 11	
3) Marissa Kilburg 10	4) Rylee Menster 09	
4 Marion		1:54.29
1) Johanna Steggall 12	2) Andrea Etrz 11	
3) Gloria Coder 11	4) Skylar Miller 11	
5 North Linn		1:56.13
1) Abby Klendworth 11	2) Emily Anderson 09	
3) Cassie Rawson 11	4) Abbey Ingwersen 11	
6 Western Dubuque	B	1:57.15
1) Kelli Denlinger 10	2) Reagan Rosalez 10	
3) Morgan Pitz 10	4) Paige Deppe 11	
7 Anamosa		1:57.93
1) Mikayla Whitman 11	2) Sophie Wilt 09	
3) Taylor Zaruba 09	4) Fanny Bore 12	
8 Tipton		2:00.81
1) Emilee Hamann 10	2) Samantha DeMoss 09	
3) Jenny Jebesen 12	4) Emily Falkers 09	
9 Central City		2:03.44
1) Courtney McGovern 09	2) Sydney Kramer 10	
3) Tessa Engen 12	4) Shelby Malone 12	
10 Marion	B	2:03.75
1) Jessica Ertz 11	2) Brenna Johnson 10	
3) Olivia Cechota 12	4) Camryn Cannoy 10	
11 Anamosa	B	2:17.33
1) Ciara Soper 11	2) Ashlyn Fortune 09	
3) Rhiannon Keast 10	4) Rayanne Zeltner 09	

Girls 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 North Linn		4:10.31
1) Taylor Burke 12	2) Maddie Boer 12	
3) Sydney Mertens 09	4) Nicole Miller 12	
2 Cascade		4:17.95
1) Lynsey Dolphin 11	2) Lisa Tucker 10	
3) Rachel McDermott 11	4) Macie Weber 11	
3 Western Dubuque		4:21.33
1) Reagan Rosalez 10	2) Cassie Hermesen 09	
3) Morgan Pitz 10	4) Megan Maahs 11	

**Cascade Early Bird Invitational
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Results

Finals ... (Girls 4x400 Meter Relay)

Team	Relay	Finals
4 Cascade	B	4:39.17
1) Kylie Kelchen 11	2) Rebecca McDermott 10	
3) Tori Freiburger 09	4) Maddie Weber 09	
5 Western Dubuque	B	4:39.97
1) Brittany Savolt 10	2) Claire Nieman 11	
3) McKenna Olberding 12	4) Sarah Kluesner 11	
6 Marion		4:40.10
1) Kenzie Redmond 09	2) Jamie Draeger 12	
3) Chole Rice 09	4) Sam Livingston 12	
7 Marion	B	4:43.80
1) Kelsi Hundorf 09	2) Caitlyn Smith 09	
3) Olivia Cechota 12	4) Heather Blazek 11	
8 Western Dubuque	D	4:46.00
1) Maicee Pierce 09	2) Auna Allen 09	
3) Kelli Denlinger 10	4) Lyndsi Wilgenbusch 09	
9 North Linn	B	4:47.49
1) Lucy Syverson 10	2) Anna LeGrand 09	
3) Madisyn Woods 09	4) Cassie Rawson 11	
10 North Linn	C	4:59.28
1) Cassie Klendworth 10	2) Rachel Zumbach 10	
3) Rebecca Aberle 10	4) Mallory Holub 10	
11 Springville	B	5:00.26
1) Sophie Stolte 10	2) Sami Johnson 09	
3) Clara Lonnheim 11	4) Hallie Corum 11	
12 Tipton	B	5:03.87
1) Laura Webb 10	2) Emmarie Huseman 09	
3) Zoe Rezac 09	4) Alyssa Elijah 09	
13 Western Dubuque	C	5:11.95
1) Maria Gudenkauf 09	2) Ahdelle George 09	
3) Kennedy Clark 09	4) Mallory Thul 10	
14 Central City		5:20.77
1) Emily Kramer 10	2) Annie Detweiler 11	
3) Rylee Owens 12	4) Blair Owens 09	

Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 North Linn		10:02.35
1) Taylor Burke 12	2) Maddie Boer 12	
3) Sydney Mertens 09	4) Nicole Miller 12	
2 Cascade		10:35.68
1) Macie Weber 11	2) Rachel McDermott 11	
3) Maddie Weber 09	4) Rebecca McDermott 10	
3 Western Dubuque		10:56.93
1) Claire Nieman 11	2) Brittany Savolt 10	
3) Sarah Kluesner 11	4) McKenna Olberding 12	
4 Marion		11:04.16
1) Kenzie Redmond 09	2) Sydney Brase 10	
3) Kelsi Hundorf 09	4) Chole Rice 09	

5 Anamosa		11:05.20
1) Emma Duncan 09	2) Bailey Sams 12	
3) Claire Duncan 09	4) Alex Oldham 12	
6 Tipton		11:14.01
1) Emilee Hamann 10	2) Tiffany Schott 09	
3) Alyssa Elijah 09	4) Kenzie Mente 10	
7 Marion	B	11:26.00
1) Andrea Etrz 11	2) Caitlyn Smith 09	
3) Heather Blazek 11	4) Hannah Vanderlinden 11	
8 Western Dubuque	B	11:29.51
1) Maria Gudenkauf 09	2) Maicee Pierce 09	
3) Ahdelle George 09	4) Peyton Smith 09	
9 North Linn	B	11:50.43
1) Mallory Holub 10	2) Regan Smock 09	
3) Madysyn Pershy 10	4) Maeve Westemeier 09	
10 Springville		12:22.74
1) Hallie Corum 11	2) Sophie Stolte 10	
3) Clara Lonnheim 11	4) Kylie Hanshaw 09	
11 Central City		12:38.79
1) Monica Cruise 10	2) Annie Detweiler 11	
3) Emily Kramer 10	4) Blair Owens 09	

Girls 800 Sprint Medley

Team	Relay	Finals
Finals		
1 North Linn		1:53.28
1) Abby Klendworth 11	2) Abbey Ingwersen 11	
3) Maddie Boer 12	4) Nicole Miller 12	
2 Springville		1:59.63
1) Ashley Brady 11	2) Chrissy Hoogland 11	
3) Megan Wagaman 11	4) Rylee Menster 09	
3 Marion		2:00.44
1) Skylar Miller 11	2) Gloria Coder 11	
3) Jamie Draeger 12	4) Andrea Etrz 11	
4 Cascade		2:00.46
1) Brittany Koppes 09	2) Lisa Tucker 10	
3) Anne Ryan 09	4) Lynsey Dolphin 11	
5 Western Dubuque		2:00.73
1) Kelli Denlinger 10	2) Maggie Burds 10	
3) Reagan Rosalez 10	4) Morgan Pitz 10	
6 Western Dubuque	B	2:01.74
1) Sierra Tentis 11	2) Blair Burds 10	
3) Abbey Koerperich 12	4) Maddy Clark 12	
7 Anamosa		2:02.23
1) Mikayla Whitman 11	2) Sophie Wilt 09	
3) Fanny Bore 12	4) Bailey Sams 12	
8 Tipton		2:04.15
1) Alyssa Crock 11	2) Michele O'Haver 11	
3) Emilee Hamann 10	4) Kenzie Mente 10	

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Finals ... (Girls 800 Sprint Medley)

Team	Relay	Finals
9 Springville	B	2:06.10
1) Ashlee Bell 10	2) Melissa Deeney 11	
3) Sydney Williams 11	4) Madi Wagaman 09	
10 Western Dubuque	C	2:12.51
1) Regann Pfeiler 09	2) Kennedy Clark 09	
3) Emma Steil 09	4) Maria Gudenkauf 09	
11 Central City		2:15.23
1) Courtney McGovern 09	2) Shelby Malone 12	
3) Sydney Kramer 10	4) Samantha Uhlenkamp 10	
12 Tipton	B	2:19.59
1) Jenny Jebesen 12	2) Michaela Triemer 09	
3) Braquel Leeper 10	4) Laura Webb 10	
13 Anamosa	B	2:21.18
1) Ciara Soper 11	2) Ashlyn Fortune 09	
3) Rayanne Zeltner 09	4) Alex Oldham 12	
14 Marion	B	2:23.56
1) Pauline Weah 11	2) Karis Holley 09	
3) Olivia Cechota 12	4) Madison Baxa 09	
15 Western Dubuque	D	2:26.55
1) Olivia Feldmann 09	2) Alexis Klinkhammer 09	
3) Meghan Sigwarth 09	4) Mallory Thul 10	

Girls Distance Medley

Team	Relay	Finals
Finals		
1 Tipton		4:38.68
1) Michele O'Haver 11	2) Ellie Siech 12	
3) Alyssa Crock 11	4) Kenzie Mentel 10	
2 Cascade		4:42.11
1) Tonya Menke 09	2) Tori Freiburger 09	
3) Zoe Ryan 09	4) Kylie Kelchen 11	
3 Anamosa		4:45.62
1) Alex Oldham 12	2) Emma Duncan 09	
3) Claire Duncan 09	4) Bailey Sams 12	
4 Marion		4:46.57
1) Johanna Steggall 12	2) Abby Kolarik 12	
3) Jamie Draeger 12	4) Sam Livingston 12	
5 North Linn		4:48.07
1) Anna LeGrand 09	2) Megan Lyness 12	
3) Cassie Klendworth 10	4) Lucy Syverson 10	
6 Western Dubuque		4:48.70
1) Kelli Denlinger 10	2) Blair Burds 10	
3) Auna Allen 09	4) Lyndsi Wilgenbusch 09	
7 Central City		4:52.62
1) Courtney McGovern 09	2) Shelby Malone 12	
3) Samantha Uhlenkamp 10	4) Nicole Uhlenkamp 12	
8 Springville		4:55.36
1) Ashley Brady 11	2) Melissa Deeney 11	
3) Sydney Williams 11	4) Olivia Dlouhy 10	

9 Western Dubuque	B	5:22.12
1) Olivia Feldmann 09	2) Meghan Sigwarth 09	
3) Emma Steil 09	4) Amanda Behnke 09	

Girls 4x100 Meter Shuttle Hurdle

Team	Relay	Finals
Finals		
1 North Linn		1:08.99
1) Abby Klendworth 11	2) Taylor Burke 12	
3) Brooke Dobney 12	4) Maddie Boer 12	
2 Western Dubuque		1:10.70
1) Elayna Bahl 09	2) Megan Frommelt 10	
3) Sierra Tentis 11	4) Kennadee Bockenstedt 11	
3 Cascade		1:14.23
1) Brittany Koppes 09	2) Rachel Recker 10	
3) Courtney Sadler 11	4) Noelle Green 10	
--- Western Dubuque	B	DNF
1) Hanna Horsfield 09	2) Ashley Botsford 12	
3) Kennedy Clark 09	4) Kendra Elgin 10	

Girls High Jump

Name	Yr	School	Finals
Finals			
1 Cassie Hermsen	09	Western Dubu	5-01.00
1 Paige Deppe	11	Western Dubu	5-01.00
3 Mandy Rawson	11	North Linn	4-10.00
4 Alyssa Jaeger	09	Springville	4-08.00
4 Reagan Rosalez	10	Western Dubu	4-08.00
6 Samantha Uhlenkamp	10	Central City	4-06.00
7 Kylie Knepper	10	Cascade	4-04.00
7 Rayanne Zeltner	09	Anamosa	4-04.00
7 Haley Blazek	10	Marion	4-04.00
7 Chloe Rea	12	Cascade	4-04.00
11 Emily Kramer	10	Central City	4-02.00
--- Michaela Triemer	09	Tipton	NH

Girls Long Jump

Name	Yr	School	Finals
Finals			
1 Rylee Menster	09	Springville	16-10.00
2 Brittany Koppes	09	Cascade	16-06.00
3 Cassie Hermsen	09	Western Dubu	16-01.25
4 Auna Allen	09	Western Dubu	15-07.00
5 Morgan Pitz	10	Western Dubu	15-02.00
6 Johanna Steggall	12	Marion	14-06.00
7 Tonya Menke	09	Cascade	13-10.00
8 Lisa Tucker	10	Cascade	13-09.25
9 Courtney McGovern	09	Central City	13-08.25
10 Emily Farkers	09	Tipton	13-05.75
11 Sierra Dougherty	10	North Linn	13-05.00
12 Alyssa Thomas	11	Marion	12-08.25

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Finals ... (Girls Long Jump)

Name	Yr	School	Finals
13 Rebecca Aberle	10	North Linn	12-04.00
14 Regann Pfeiler	09	Western Dubu	11-08.75
15 Meghan Sigwarth	09	Western Dubu	10-06.50

Girls Shot Put

Name	Yr	School	Finals
Finals			
1 Mahila Brown	11	Marion	39-07.25
2 Regan Kelchen	12	Western Dubu	38-05.00
3 Breanna Smith	11	Marion	35-05.75
4 Allison Tucker	11	Western Dubu	34-06.50
5 Caitlin Himes	11	Tipton	32-09.25
6 Kaytlyn Frasher	11	North Linn	32-05.00
7 Abbie Ruggeberg	09	Cascade	31-07.00
8 Alicia Steepleton	10	Marion	30-11.25
9 Sam Anderson	11	North Linn	30-02.00
10 Jocelyn Wiese	11	Western Dubu	29-08.75
11 Allie Ryan	09	Tipton	29-06.75
12 Bailey Clemens	10	Cascade	29-05.00
13 Rachel Schmitt	10	Western Dubu	29-04.00
14 Gaby Hall	09	Western Dubu	29-02.50
15 Ashley Tull	09	North Linn	29-01.75
16 Gracie Cross	09	North Linn	28-01.25
17 Kayleigh Simon	09	Western Dubu	27-06.75
18 McKenzie Maahs	09	Western Dubu	27-01.75
19 Haley Blazek	10	Marion	27-01.00
20 Mikayla Nachazel	09	Springville	25-11.00
21 Ali Braden	09	Anamosa	25-01.50
22 Gabby Appelhans	12	Central City	25-00.50
23 Natalie Pins	10	Western Dubu	23-11.00
24 Hannah Olsen	09	Marion	23-06.00
25 Lisa Schroeder	11	Western Dubu	22-08.00

Girls Discus Throw

Name	Yr	School	Finals
Finals			
1 Haley Blazek	10	Marion	105-05
2 Kaytlyn Frasher	11	North Linn	104-07
3 Breanna Smith	11	Marion	100-06
4 Allison Tucker	11	Western Dubu	99-07
5 Mahila Brown	11	Marion	94-05
6 Sam Anderson	11	North Linn	91-09
7 Ali Braden	09	Anamosa	88-09
8 Gaby Hall	09	Western Dubu	87-07
9 Regan Kelchen	12	Western Dubu	84-00
10 Rachel Schmitt	10	Western Dubu	82-04
11 McKenna Beaty	11	North Linn	81-10
12 Kiersten Bean	11	North Linn	76-08
13 Jocelyn Wiese	11	Western Dubu	76-00

14 Alicia Steepleton	10	Marion	75-05
15 Natalie Pins	10	Western Dubu	72-01
16 Bailey Clemens	10	Cascade	71-10
17 Nicole Miller	11	Springville	69-04
18 McKenna Merck	10	Marion	68-10
19 Teyha Cart	09	Springville	67-03
20 Allie Ryan	09	Tipton	66-07
21 Kayleigh Simon	09	Western Dubu	65-09
22 Hannah Olsen	09	Marion	65-00
23 Abbie Ruggeberg	09	Cascade	61-00
24 Ashley Tull	09	North Linn	60-07
25 Gracie Cross	09	North Linn	51-06
26 Lisa Schroeder	11	Western Dubu	50-06
27 McKenzie Maahs	09	Western Dubu	41-06
--- Caitlin Himes	11	Tipton	ND

Boys 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Boone Husmann	11	Anamosa	11.62
2 Mac Meyer	11	East Buchana	12.02
3 Nate Bergfeld	12	Cascade	12.05
4 Ty Houska	12	Anamosa	12.15
5 Skylar Cook	12	Marion	12.25
6 Josh Holley	11	Marion	12.27
7 Ryan Bettenga	10	Marion	12.32
8 Joe Fish	09	Anamosa	12.38
9 Chad Griggs	12	Central City	12.39
10 Tommy Brokaw	11	Monticello	12.44
11 Dan McElmeel	12	Cascade	12.54
12 Bryce Winters	10	Jesup	12.58
13 Colin Butzlaff	11	Independence	12.61
14 Andrew Lorimer	12	Springville	12.73
15 Brendan Claussen	10	Tipton	12.74
16 Ben Butler	12	Cascade	12.77
17 Nate Holub	10	Marion	12.77
18 Isaac Campbell	11	Central City	12.86
19 Derek Kuntz	09	Cascade	12.87
20 George Lowery	09	Independence	12.99
21 Justin Kress	11	East Buchana	13.00
22 Jonathan Clausen	12	Edgewood-Col	13.11
23 Jacob Manternach	09	Monticello	13.15
24 Jr. West	11	Marion	13.21
25 Wyatt Heims	11	Anamosa	13.22
26 Jacob McNelly	11	Central City	13.23
27 Alex Kremer	10	Monticello	13.27
28 John Reuter	09	Jesup	13.27
29 Brady Helle	10	Edgewood-Col	13.30
30 David Gray	11	Monticello	13.31
31 Anthony Witherow	11	East Buchana	13.31
32 Kyle Oline	10	Jesup	13.34

Cascade Early Bird Invitational

Cascade High School

Cascade, Iowa - 4/2/2015

Results

Finals ... (Boys 100 Meter Dash)

Name	Yr	School	Finals
33 Ethan Backes	09	Jesup	13.37
34 Hunter Garrett	09	Cascade	13.42
35 Maxwell McGraw	09	East Buchana	13.47
36 Brian Sayre	09	Anamosa	13.48
37 Tyler Ball	09	East Buchana	13.56
38 Conner Bailey	09	Marion	13.60
39 Nick Bockenstedt	09	Edgewood-Col	13.74
40 Jake Ohl	09	East Buchana	13.81
41 Collin Fischer	10	Edgewood-Col	13.83
42 Nate Moeller	11	Tipton	13.87
42 Chris Deeter	09	Marion	13.87
44 Malen Mulford	09	East Buchana	14.05
45 Caleb Mason	10	Springville	14.17
46 Preston Geerts	10	Cascade	14.25
47 Jordan Hettinger	10	East Buchana	14.29
48 Ashtin VanGordon	10	Cascade	14.31
49 Caleb Weber	09	Cascade	14.99
50 Nolan Smith	11	Springville	15.09
51 Blake Schommer	09	Independence	15.39
52 Kody Deutmeyer	09	Edgewood-Col	16.19
53 Jeremiah Snow	09	Anamosa	16.73
54 Avery Troester	12	Springville	17.24
55 Nathaniel Dosland	09	East Buchana	18.45

Boys 200 Meter Dash

Name	Yr	School	Finals
1 Boone Husmann	11	Anamosa	23.75
2 Carter Holmes	10	Cascade	24.27
3 Dalton Clark	10	Tipton	24.58
4 Alex Cabrera	10	Anamosa	24.58
5 Jay Mclean	10	Anamosa	24.64
6 Ryan Bettenga	10	Marion	24.80
7 Ty Houska	12	Anamosa	24.81
8 Clayton Kraus	09	Monticello	25.01
9 Levi Fritch	10	Central City	25.04
10 Dan McElmeel	12	Cascade	25.29
11 Mac Meyer	11	East Buchana	25.46
12 Colin Butzlaff	11	Independence	25.63
13 Corbin Frush	12	Jesup	25.81
14 Nate Holub	10	Marion	25.84
15 George Lowery	09	Independence	26.25
16 Josh Heims	12	Edgewood-Col	26.25
17 Mason Wood	10	Independence	26.27
18 Kiko Camera	12	Edgewood-Col	26.47
19 Jarrett Knepper	11	Cascade	26.51
20 Mitchell Gibbs	09	Cascade	26.57
21 Isaac Campbell	11	Central City	26.62
22 Caine Worm	11	Central City	26.68

23 Austin Kirchmann	10	Springville	26.68
24 Jonathan Clausen	12	Edgewood-Col	26.77
25 Wyatt Heims	11	Anamosa	26.85
26 Spencer Gritton	11	Tipton	27.06
27 Kyle Oline	10	Jesup	27.07
28 Liam Curoe	09	Cascade	27.07
29 Jacob Manternach	09	Monticello	27.13
30 Tyler Lieneau	10	Jesup	27.16
31 Brian Sayre	09	Anamosa	27.16
32 Ashton VanAlst	12	Central City	27.29
33 Ethan Backes	09	Jesup	27.41
34 Cain Hoffman	10	Cascade	27.47
35 Maxwell McGraw	09	East Buchana	27.48
36 Ryan Bergfeld	12	Cascade	27.52
37 Phillip Lockhart	11	Marion	27.61
38 Blake Simon	09	Cascade	27.68
39 Jacob Maloney	10	Marion	27.70
40 Noah Hansen	11	Marion	28.01
41 Nick Bockenstedt	09	Edgewood-Col	28.02
42 Tyler Ball	09	East Buchana	28.03
43 Derek Hanshaw	12	Springville	28.04
44 Hunter Garrett	09	Cascade	28.59
45 Malen Mulford	09	East Buchana	28.96
46 Anthony Witherow	11	East Buchana	28.96
47 Randy Synder	10	East Buchana	29.18
48 Preston Geerts	10	Cascade	29.28
49 Matt Carson	11	Springville	29.44
50 Spencer Cook	09	East Buchana	29.76
51 Jenub Wan	09	Central City	30.97
52 Nolan Smith	11	Springville	31.64
53 John Stanford	09	East Buchana	31.81
54 Jeremiah Snow	09	Anamosa	35.25

Boys 400 Meter Dash

Name	Yr	School	Finals
1 Ethan Wyant	10	Jesup	53.26
2 Riley Murray	12	Jesup	53.60
3 Grant Meth	09	Marion	53.71
4 Anakin Hall	12	Anamosa	54.17
5 Nathaniel Schmidt	11	Marion	54.32
6 Jay Mclean	10	Anamosa	54.46
7 Jacob Manderscheid	11	Marion	55.58
8 John Larkin	10	Cascade	55.94
9 Dirk Synder	11	Anamosa	56.22
10 Cole Vanbrocklin	09	Jesup	56.89
11 Austin Lieurance	09	Cascade	57.08
12 Logan Smith	10	Cascade	57.73
13 Gavin Timp	12	Anamosa	58.24
14 Tyler Williams	10	East Buchana	58.37
15 Elliott Meyer	10	Edgewood-Col	58.60

Cascade Early Bird Invitational

Cascade High School

Cascade, Iowa - 4/2/2015

Results

Finals ... (Boys 400 Meter Dash)

Name	Yr	School	Finals
16 Tucker Nelson	10	Springville	58.66
17 Logan Seeley	09	Anamosa	58.87
18 Jarrett Knepper	11	Cascade	59.10
19 Colin Butzlaff	11	Independence	59.40
20 Mike Cooper	12	Springville	59.85
21 Wyatt Ehr	10	Marion	59.95
22 Blaise Thumma	09	Tipton	1:00.11
23 Cain Hoffman	10	Cascade	1:00.33
24 Ryan Menster	12	Springville	1:00.44
25 Justin Arebaugh	12	Marion	1:00.53
26 Kenyon Hosch	09	Independence	1:00.60
27 Austin Kirchmann	10	Springville	1:00.93
28 Andrew Askeland	11	Edgewood-Col	1:01.19
29 Spencer Gritton	11	Tipton	1:01.56
30 Ashton VanAlst	12	Central City	1:01.96
31 Sergio Barbero	12	Tipton	1:01.99
32 Hunter Johnson	09	Marion	1:02.01
33 Caine Worm	11	Central City	1:02.32
34 Jared Almandinger	11	Marion	1:02.58
35 Tyler Ball	09	East Buchana	1:02.65
36 Mitchell Gibbs	09	Cascade	1:02.67
37 Adam Goedken	11	Independence	1:02.71
38 Ryan Bergfeld	12	Cascade	1:03.02
39 Michael Walker	09	Central City	1:03.05
40 Austin Tibbott	11	Edgewood-Col	1:04.95
41 Brandon Rollinger	10	Central City	1:05.13
42 John Stanford	09	East Buchana	1:11.29
43 Carter Palmer	09	East Buchana	1:12.45
44 Dylan Crawford	09	East Buchana	1:19.05

Boys 800 Meter Run

Name	Yr	School	Finals
1 Preston Kauder	12	Cascade	2:08.98
2 Hunter Reifschneider	12	Marion	2:11.70
3 Kyle Schepanski	11	Anamosa	2:15.73
4 Noah Sams	09	Anamosa	2:16.46
5 Nick Putz	11	Edgewood-Col	2:17.15
6 Alex McCombs	11	Jesup	2:19.02
7 Bryce Deerberg	09	Tipton	2:19.23
8 Daunte Appleby	09	Independence	2:22.70
9 Tyler Hospodarsky	10	Monticello	2:24.66
10 Cain Hoffman	10	Cascade	2:25.39
11 Derek Koppes	09	Cascade	2:25.83
12 Gannon Cook	10	East Buchana	2:26.65
13 Austin Kirchmann	10	Springville	2:27.41
14 Sergio Barbero	12	Tipton	2:27.80
15 Sam Bierman	10	Tipton	2:28.85
16 Christian French	09	East Buchana	2:29.77

17 Angus Wacker	11	Anamosa	2:32.06
18 Jacob Lindauer	10	Monticello	2:33.08
19 Kyle Wessels	11	East Buchana	2:33.66
20 Brandon Rollinger	10	Central City	2:34.02
21 Ryan Bergfeld	12	Cascade	2:34.72
22 Ryan Weber	12	Jesup	2:36.17
23 Connor Bjornsen	09	Marion	2:37.62
24 Connor Cromer	10	Tipton	2:41.40
25 Mitch Ohl	11	Independence	2:41.72
26 Alex Nealson	09	Monticello	2:44.39
27 Matt Ohl	11	Independence	2:48.07
28 Dylan Crawford	09	East Buchana	2:50.24
29 Brandon Engling	10	Cascade	2:51.56
30 Garrett Richter	10	Jesup	2:55.02
31 Carter Palmer	09	East Buchana	3:03.29
32 Ryan Tonn	12	Jesup	3:06.69

Boys 1600 Meter Run

Name	Yr	School	Finals
1 Preston Kauder	12	Cascade	4:41.97
2 Sam Lorimer	10	Springville	4:44.87
3 Jeremy Fopma	09	Marion	4:48.50
4 Myles Bach	09	Marion	4:48.53
5 Kyle Schepanski	11	Anamosa	4:49.38
6 Hunter Reifschneider	12	Marion	4:50.42
7 Colton Forster	12	Marion	4:58.97
8 Ryan Krapfl	11	Anamosa	4:59.17
9 Noah Sams	09	Anamosa	4:59.97
10 Tyler Hospodarsky	10	Monticello	5:03.78
11 Jake Crawford	10	Independence	5:06.61
12 Jacob Wessel	09	Edgewood-Col	5:08.52
13 Aaron Loes	09	Monticello	5:11.92
14 Gannon Cook	10	East Buchana	5:18.11
15 Matt Pelzer	11	Tipton	5:23.77
16 Salem Snoop	11	Marion	5:29.58
17 Ryan Miller	11	Anamosa	5:34.65
18 Gabe Countryman	09	Anamosa	5:35.15
19 Christian French	09	East Buchana	5:35.27
20 Corey Wallick	09	Tipton	5:39.45
21 Jacob Lindauer	10	Monticello	5:39.47
22 Garrett Wolf	11	Central City	5:49.37
23 Randy Synder	10	East Buchana	5:51.15
24 Logan Walsh	10	Tipton	5:53.49
25 Eian Countryman	09	Anamosa	5:54.11
26 Payton Auman	09	Anamosa	5:55.17
27 Alex Nealson	09	Monticello	5:55.79
28 Brandon Engling	10	Cascade	5:57.45
29 Colin Zeets	10	Marion	6:46.46
30 Ryan Tonn	12	Jesup	6:48.73

Cascade Early Bird Invitational**Cascade High School****Cascade, Iowa - 4/2/2015****Results****Boys 3200 Meter Run**

Name	Yr	School	Finals
Finals			
1 Eric Lenz	12	Tipton	10:01.37
2 Matt Manternach	11	Monticello	10:07.60
3 Colton Forster	12	Marion	10:12.70
4 Jeremy Fopma	09	Marion	10:17.26
5 Jordan Loes	11	Monticello	10:28.11
6 Myles Bach	09	Marion	10:31.01
7 Nick Putz	11	Edgewood-Col	11:05.78
8 Alex McCombs	11	Jesup	11:22.80
9 Matt Pelzer	11	Tipton	11:23.47
10 Marty Knepper	10	Cascade	11:24.81
11 Bryce Deerberg	09	Tipton	11:27.82
12 Ryan Miller	11	Anamosa	11:29.40
13 Jacob Wessel	09	Edgewood-Col	11:40.57
14 Christian French	09	East Buchana	11:42.17
15 Gannon Cook	10	East Buchana	11:43.44
16 Connor Bjornsen	09	Marion	12:39.90
17 Logan Heath	10	Central City	12:41.82
18 Gabe Countryman	09	Anamosa	12:45.40
19 Pierce Fairbanks	09	Anamosa	13:04.14
20 Ryan Weber	12	Jesup	13:17.02
21 Connor Cromer	10	Tipton	13:43.99
--- Garrett Wolf	11	Central City	DNF

Boys 110 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Wes Zell	10	Tipton	16.10
2 Blair Brooks	09	Marion	16.75
3 Tyler Zumbach	11	Anamosa	16.89
4 Devin Quinn	12	Marion	16.91
5 Trevor Wehling	11	Anamosa	16.96
6 Michael Lueken	11	Edgewood-Col	17.35
7 Griffin Ormsby	11	Tipton	18.18
8 Liam Curoe	09	Cascade	18.19
9 Corbin Frush	12	Jesup	18.55
10 Austin VanAlst	10	Central City	18.72
11 Alex Cabrera	10	Anamosa	19.43
12 Gavin Betzer	09	Anamosa	19.85
13 Jenub Wan	09	Central City	20.29

Boys 400 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Matt Manternach	11	Monticello	57.29
2 Kurt Trumm	11	Cascade	57.73
3 Jordan Loes	11	Monticello	59.25
4 Kolin Schulte	11	Anamosa	59.54

5 Jacob Schmitt	11	East Buchana	1:03.39
6 Cory Mueller	12	Tipton	1:04.23
7 Dirk Synder	11	Anamosa	1:05.26
8 Justin Arebaugh	12	Marion	1:05.42
9 Jacob Schwarting	10	Independence	1:06.00
10 Lee Beringer	10	Cascade	1:06.25
11 Austin VanAlst	10	Central City	1:08.17
12 Elliott Meyer	10	Edgewood-Col	1:08.41
13 Tucker Nelson	10	Springville	1:08.53
14 Parker Jensen	10	Tipton	1:09.25
15 Greg Novey	10	Central City	1:09.35
16 Garrett Wellman	09	Jesup	1:10.05
17 Caleb Mason	10	Springville	1:12.12

Boys 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Cascade		45.67
1) Nate Bergfeld 12	2) Carter Holmes 10	
3) Evan Simon 12	4) Dan McElmeel 12	
2 Anamosa	B	46.36
1) Alex Cabrera 10	2) Dirk Synder 11	
3) Logan Seeley 09	4) Chandler Ruley 12	
3 Marion		46.88
1) Ryan Bettenga 10	2) Josh Holley 11	
3) Eli Matthes 11	4) Skylar Cook 12	
4 Jesup		47.72
1) Brendan Murray 11	2) Riley Murray 12	
3) Alex Warm 11	4) Andrew Mattson 11	
5 Anamosa		48.63
1) Trevor Wehling 11	2) Ty Houska 12	
3) Jay Mclean 10	4) Boone Husmann 11	
6 Monticello		49.23
1) Trent Aitchison 12	2) Tommy Brokaw 11	
3) Garrett Rieniets 11	4) Max Keleher 09	
7 Monticello	B	50.66
1) Jacob Manternach 09	2) Clayton Kraus 09	
3) David Gray 11	4) Alex Kremer 10	
8 Independence		51.60
1) Cyrus Butters 09	2) Seth House 09	
3) Noah Gall 09	4) Andrew Wright 10	
9 East Buchanan		51.63
1) Maxwell McGraw 09	2) Carter Downer 10	
3) Kyle Wessels 11	4) Tyler Ball 09	
10 Tipton	B	51.76
1) Griffin Ormsby 11	2) Nile McFaddon 10	
3) Parker Jensen 10	4) Blaise Thumma 09	
11 Cascade	C	51.93
1) Ben Butler 12	2) Nolan Weber 12	
3) Derek Kuntz 09	4) Ashtin VanGordon 10	

**Cascade Early Bird Invitational
Cascade High School
Cascade, Iowa - 4/2/2015**

Results

Finals ... (Boys 4x100 Meter Relay)

Team	Relay	Finals
12 Marion	B	52.18
1) Chase Bruns 12	2) Jr. West 11	
3) Phillip Lockhart 11	4) Noah Hansen 11	
13 Anamosa	C	55.25
1) Zach Seehusen 09	2) Wyatt Heims 11	
3) Gavin Timp 12	4) Gavin Betzer 09	
14 Springville		59.09
1) Nolan Smith 11	2) Avery Troester 12	
3) Pablo Penalba 12	4) Mike Cooper 12	
--- Cascade	B	DQ
1) Will McAllister 10	2) Austin Lieurance 09	
3) Luke Recker 12	4) Mitchell Gibbs 09	

Boys 4x200 Meter Relay

Team	Relay	Finals
1 Cascade		1:34.70
1) Nate Bergfeld 12	2) Carter Holmes 10	
3) Evan Simon 12	4) Kurt Trumm 11	
2 Tipton		1:36.44
1) Jordan Challis 11	2) Dalton Clark 10	
3) Koby Johnston 11	4) Alek Comstock 11	
3 Marion		1:37.07
1) Ryan Bettenga 10	2) Josh Holley 11	
3) Eli Matthes 11	4) Deshaun Quinn 12	
4 Monticello		1:37.53
1) Trent Aitchison 12	2) Noah Steiner 11	
3) Tommy Brokaw 11	4) Jarrett Easton 12	
5 Jesup		1:38.71
1) Alex Warm 11	2) Brendan Murray 11	
3) Bryce Winters 10	4) Andrew Mattson 11	
6 Anamosa		1:39.69
1) Ty Houska 12	2) Joe Fish 09	
3) Kyle Sayre 11	4) Zach Seehusen 09	
7 Monticello	B	1:42.77
1) Alex Kremer 10	2) David Gray 11	
3) Clayton Kraus 09	4) Jacob Manternach 09	
8 Springville		1:43.17
1) Seth Blake 10	2) Cody Blake 12	
3) Andrew Lorimer 12	4) Henry Hoogland 09	
9 Central City		1:43.21
1) Aj Lucas 11	2) Wade McKinney 09	
3) Jacob McNelly 11	4) Storm Matthias 11	
10 Tipton	B	1:44.02
1) Brendan Claussen 10	2) Trysten Schwenker 09	
3) Parker Jensen 10	4) Cory Mueller 12	
11 Marion	C	1:45.11
1) Jevin Manderscheid 09	2) Ben Woods 09	
3) Jr. West 11	4) William Hicks 10	

12 East Buchanan		1:46.13
1) Kyle Wessels 11	2) Spencer Cook 09	
3) Tyler Williams 10	4) Jacob Schmitt 11	
13 Independence		1:46.80
1) George Lowery 09	2) Mason Wood 10	
3) Seth House 09	4) Jacob Schwarting 10	
14 Marion	B	1:47.73
1) Jacob Deeter 11	2) Isaak Hahn 10	
3) Noah Hansen 11	4) Phillip Lockhart 11	
15 Marion	D	1:50.18
1) Jacob Maloney 10	2) Trey Robertson 09	
3) Bryce Valvoda 10	4) Caleb Wagner 09	
16 Jesup	B	1:50.73
1) Ethan Backes 09	2) Garrett Wellman 09	
3) John Reuter 09	4) Kyle Oline 10	
17 Edgewood-Colesburg		1:53.31
1) Collin Fischer 10	2) Brady Helle 10	
3) Mike Jones 11	4) Nick Bockenstedt 09	

Boys 4x400 Meter Relay

Team	Relay	Finals
1 Monticello		3:37.21
1) Matt Manternach 11	2) Jarrett Easton 12	
3) Noah Steiner 11	4) Jordan Loes 11	
2 Tipton		3:38.17
1) Eric Lenz 12	2) Koby Johnston 11	
3) Wes Zell 10	4) Alek Comstock 11	
3 Cascade		3:38.40
1) Evan Simon 12	2) Carter Holmes 10	
3) John Larkin 10	4) Kurt Trumm 11	
4 Jesup		3:40.85
1) Ethan Wyant 10	2) Brendan Murray 11	
3) Jacob Clark 11	4) Riley Murray 12	
5 Anamosa		3:43.57
1) Boone Husmann 11	2) Jay Mclean 10	
3) Kolin Schulte 11	4) Anakin Hall 12	
6 Marion		3:46.19
1) Jacob Manderscheid 11	2) Blair Brooks 09	
3) Grant Meth 09	4) Nathaniel Schmidt 11	
7 Monticello	B	3:53.65
1) Garrett Nietert 11	2) Zach Holmes 11	
3) Justin Dirks 12	4) Connor Franzenburg 10	
8 Cascade	B	3:55.67
1) Dilan Simon 10	2) Connor Otting 10	
3) Logan Smith 10	4) Jarrett Knepper 11	
9 Anamosa	B	3:56.66
1) Joe Fish 09	2) Noah Sams 09	
3) Kyle Sayre 11	4) Kyle Schepanski 11	

**Cascade Early Bird Invitational
Cascade High School
Cascade, Iowa - 4/2/2015**

Results

Finals ... (Boys 4x400 Meter Relay)

Team	Relay	Finals
10 East Buchanan		4:01.00
1) Justin Kress 11	2) Carter Downer 10	
3) Tyler Williams 10	4) Jacob Schmitt 11	
11 Marion	B	4:03.12
1) Jacob Deeter 11	2) Wyatt Ehr 10	
3) Jevin Manderscheid 09	4) Isaak Hahn 10	
12 Edgewood-Colesburg		4:05.08
1) Michael Lueken 11	2) Jonathan Clausen 12	
3) Josh Heims 12	4) Elliott Meyer 10	
13 Cascade	C	4:11.63
1) Cain Hoffman 10	2) Blake Simon 09	
3) Derek Koppes 09	4) Lee Beringer 10	
14 Independence		4:11.74
1) Isaiah Miller 10	2) Kenyon Hosch 09	
3) Mason Wood 10	4) Jacob Schwarting 10	
15 Tipton	B	4:13.39
1) Trysten Schwenker 09	2) Zach Ford 10	
3) Nate Moeller 11	4) Spencer Gritton 11	
16 Edgewood-Colesburg	B	4:15.40
1) Kiko Camera 12	2) Jacob Wessel 09	
3) Nick Putz 11	4) Austin Tibbott 11	
17 Anamosa	C	4:16.82
1) Ryan Krapfl 11	2) Brian Sayre 09	
3) Gabe Countryman 09	4) Pierce Fairbanks 09	
18 Springville		4:22.03
1) Tucker Nelson 10	2) Andrew Blakely 10	
3) Caleb Mason 10	4) Matt Carson 11	
19 Marion	C	4:26.27
1) Caleb Wagner 09	2) Jeremy Fopma 09	
3) Chris Deeter 09	4) Nick Ward 10	

Boys 4x800 Meter Relay

Team	Relay	Finals
1 Monticello		8:38.09
1) Jarrett Easton 12	2) Derek Manternach 11	
3) Zach Holmes 11	4) Justin Dirks 12	
2 Anamosa		8:38.63
1) Noah Sams 09	2) Anakin Hall 12	
3) Kolin Schulte 11	4) Kyle Schepanski 11	
3 Jesup		8:51.65
1) Riley Murray 12	2) Dakota Wolf 11	
3) Jacob Clark 11	4) Ethan Wyant 10	
4 Marion		8:54.77
1) Jacob Manderscheid 11	2) Hunter Reifschneider 12	
3) Jared Almandinger 11	4) Nathaniel Schmidt 11	
5 Cascade		8:59.39
1) Connor Otting 10	2) Preston Kauder 12	
3) Lee Beringer 10	4) Dilan Simon 10	

6 Monticello	B	9:30.65
1) Connor Franzenburg 10	2) Aaron Loes 09	
3) Garrett Nietert 11	4) Tylor Boheman 10	
7 Springville		9:48.07
1) Sam Lorimer 10	2) Brady Barner 11	
3) Matt Carson 11	4) Derek Hanshaw 12	
8 Edgewood-Colesburg		10:03.93
1) Andrew Askeland 11	2) Mike Jones 11	
3) Austin Tibbott 11	4) Kiko Camera 12	
9 Anamosa	B	10:05.87
1) Ryan Krapfl 11	2) Logan Seeley 09	
3) Eian Countryman 09	4) Payton Auman 09	
10 Tipton		10:16.67
1) Sergio Barbero 12	2) Sam Bierman 10	
3) Logan Walsh 10	4) Corey Wallick 09	
11 Marion	B	10:19.32
1) Wyatt Ehr 10	2) William Hicks 10	
3) Salem Snoop 11	4) Nick Ward 10	
12 Independence		10:55.11
1) Adam Goedken 11	2) Jake Crawford 10	
3) Andrew Wright 10	4) Jacob Schwarting 10	
13 East Buchanan		11:08.43
1) John Stanford 09	2) Carter Palmer 09	
3) Dylan Crawford 09	4) Randy Synder 10	

Boys Distance Medley

Team	Relay	Finals
1 Tipton		3:47.36
1) Jordan Challis 11	2) Koby Johnston 11	
3) Alek Comstock 11	4) Eric Lenz 12	
2 Monticello		3:51.49
1) Garrett Rieniets 11	2) Jarrett Easton 12	
3) Max Keleher 09	4) Derek Manternach 11	
3 Springville		3:56.14
1) Seth Blake 10	2) Andrew Lorimer 12	
3) Mike Cooper 12	4) Sam Lorimer 10	
4 Jesup		4:03.36
1) Alex Warm 11	2) Brendan Murray 11	
3) Andrew Mattson 11	4) Cole Vanbrocklin 09	
5 Cascade		4:04.09
1) Austin Lieurance 09	2) Logan Smith 10	
3) Connor Otting 10	4) Marty Knepper 10	
6 Anamosa		4:04.33
1) Joe Fish 09	2) Zach Seehusen 09	
3) Logan Seeley 09	4) Ryan Krapfl 11	
7 Marion		4:05.32
1) Deshaun Quinn 12	2) Devin Quinn 12	
3) Jacob Deeter 11	4) Jared Almandinger 11	

**Cascade Early Bird Invitational
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Results

Finals ... (Boys Distance Medley)

Team	Relay	Finals
8 Central City		4:06.83
1) Chad Griggs 12	2) Storm Matthias 11	
3) Levi Flitch 10	4) Aj Lucas 11	
9 East Buchanan		4:12.87
1) Mac Meyer 11	2) Carter Downer 10	
3) Jordan Hoefer 12	4) Justin Kress 11	
10 Tipton	B	4:22.21
1) Trysten Schwenker 09	2) Nate Moeller 11	
3) Blaise Thumma 09	4) Zach Ford 10	
11 Springville	B	4:26.04
1) Henry Hoogland 09	2) Pablo Penalba 12	
3) Ryan Menster 12	4) Brady Barner 11	
12 Edgewood-Colesburg		4:29.79
1) Collin Fischer 10	2) Kiko Camera 12	
3) Andrew Askeland 11	4) Mike Jones 11	
13 Marion	B	4:30.77
1) Jevin Manderscheid 09	2) Zach Cochran 09	
3) Ben Woods 09	4) Salem Snoop 11	
14 Marion	C	4:37.80
1) Conner Bailey 09	2) Trey Robertson 09	
3) William Hicks 10	4) Bryce Valvoda 10	

Boys 4x110 Meter Shuttle Hurdle

Team	Relay	Finals
1 Marion		1:02.75
1) Devin Quinn 12	2) Deshaun Quinn 12	
3) Blair Brooks 09	4) Skylar Cook 12	
2 Cascade		1:03.00
1) Kurt Trumm 11	2) Liam Curoe 09	
3) Luke Recker 12	4) Will McAllister 10	
3 Anamosa		1:03.10
1) Trevor Wehling 11	2) Chandler Ruley 12	
3) Gavin Timp 12	4) Tyler Zumbach 11	
4 Tipton		1:06.00
1) Griffin Ormsby 11	2) Parker Jensen 10	
3) Cory Mueller 12	4) Wes Zell 10	
5 Edgewood-Colesburg		1:08.04
1) Josh Heims 12	2) Jonathan Clausen 12	
3) Elliott Meyer 10	4) Michael Lueken 11	
6 Anamosa	B	1:11.41
1) Kolin Schulte 11	2) Alex Cabrera 10	
3) Dirk Synder 11	4) Gavin Betzer 09	
7 Central City		1:12.25
1) Sam Hall 10	2) Greg Novey 10	
3) Storm Matthias 11	4) Austin VanAlst 10	
8 Marion	B	1:13.87
1) Zach Cochran 09	2) Bryce Valvoda 10	
3) Trey Robertson 09	4) Isaak Hahn 10	

9 Jesup		1:15.43
1) Corbin Frush 12	2) Garrett Wellman 09	
3) Jacob Clark 11	4) Alex Warm 11	
--- Cascade	B	DNF
1) John Larkin 10	2) Mitchell Gibbs 09	
3) Preston Geerts 10	4) Hunter Garrett 09	

Boys High Jump

Name	Yr	School	Finals
Finals			
1 Tyler Zumbach	11	Anamosa	6-04.00
2 Noah Steiner	11	Monticello	6-03.00
3 Blair Brooks	09	Marion	6-02.00
4 Trace Hoffman	11	Cascade	5-10.00
5 Devin Quinn	12	Marion	5-08.00
5 Chandler Ruley	12	Anamosa	5-08.00
7 John Larkin	10	Cascade	5-06.00
8 Zach Seehusen	09	Anamosa	5-04.00
8 Wade McKinney	09	Central City	5-04.00
10 Jacob Maloney	10	Marion	5-02.00
--- Kyle Oline	10	Jesup	NH
--- Zach Ford	10	Tipton	NH
--- Kenyon Hosch	09	Independence	NH
--- Liam Curoe	09	Cascade	NH
--- Cole Vanbrocklin	09	Jesup	NH

Boys Long Jump

Name	Yr	School	Finals
Finals			
1 Michael Lueken	11	Edgewood-Col	19-09.00
2 Deshaun Quinn	12	Marion	19-07.50
3 Chandler Ruley	12	Anamosa	19-03.00
4 Tyler Zumbach	11	Anamosa	19-02.50
5 Dan McElmeel	12	Cascade	18-09.50
6 Ethan Wyant	10	Jesup	18-09.25
7 Colin Butzlaff	11	Independence	18-08.25
8 Trevor Wehling	11	Anamosa	18-07.50
9 Jacob Maloney	10	Marion	18-02.25
10 Kyle Sayre	11	Anamosa	17-10.75
11 Maxwell McGraw	09	East Buchana	17-10.25
12 Blake Simon	09	Cascade	17-06.00
13 Mac Meyer	11	East Buchana	17-02.00
14 Jevin Manderscheid	09	Marion	16-09.25
15 Anthony Witherow	11	East Buchana	16-09.00
16 Brady Barner	11	Springville	16-06.75
17 Josh Holley	11	Marion	16-03.25
18 William Hicks	10	Marion	15-11.50
19 Ethan Backes	09	Jesup	15-02.25
20 Jake Ohl	09	East Buchana	14-11.00
21 Blaise Thumma	09	Tipton	14-10.75
22 Michael Walker	09	Central City	14-10.50

Cascade Early Bird Invitational

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Results

Finals ... (Boys Long Jump)

Name	Yr	School	Finals
23 Spencer Cook	09	East Buchana	14-10.00
24 Collin Fischer	10	Edgewood-Col	14-08.75
25 Chris Deeter	09	Marion	14-07.50
26 Austin Lieurance	09	Cascade	14-01.00
27 John Reuter	09	Jesup	12-07.75

Boys Shot Put

Name	Yr	School	Finals
1 Jayson Blunt	12	Monticello	50-00.25
2 Drew Beall	12	Anamosa	47-03.00
3 Cody Blake	12	Springville	45-02.00
4 Chase Bruns	12	Marion	43-10.50
5 Zach Timm	11	Monticello	43-02.00
6 Bryce Winters	10	Jesup	42-10.00
7 Colby Toenies	11	Anamosa	42-06.50
8 Nolan Weber	12	Cascade	40-04.50
9 Seth Smith	12	Jesup	39-04.50
10 Seth Blake	10	Springville	38-09.75
11 Chad Moser	12	Edgewood-Col	38-05.00
12 Kolton Crock	10	Tipton	37-06.50
13 Nate Holub	10	Marion	35-09.50
13 Garrett Richter	10	Jesup	35-09.50
15 Reece Norton	12	Monticello	34-10.50
16 Lane Stahlberg	11	Monticello	33-03.00
17 Ashtin VanGordon	10	Cascade	33-00.25
18 Brady Helle	10	Edgewood-Col	32-07.50
19 Jordan Hettinger	10	East Buchana	32-06.00
20 Ryan Draeger	10	Marion	32-02.50
21 Pablo Penalba	12	Springville	32-02.25
22 Caleb Wagner	09	Marion	31-11.75
23 Ben Butler	12	Cascade	31-09.00
24 Jacob Lorenzen	09	Monticello	31-06.50
25 Derek Kuntz	09	Cascade	31-06.00
25 Wade McKinney	09	Central City	31-06.00
27 John Ciha	10	Central City	31-03.50
28 Jordan Leach	09	Jesup	30-11.00
29 Robert Pejchl	09	Monticello	30-06.00
30 Dakota Funke	10	Edgewood-Col	30-05.00
31 Cody Gray	09	Central City	30-03.50
32 Caleb Weber	09	Cascade	30-00.50
33 Bryce Silver	09	Central City	29-01.00
34 Quentin Recker	9	Cascade	28-03.00
35 Sebastian Thon	12	Tipton	28-02.50
36 Logan Schroeder	10	Tipton	28-02.25
37 Avery Troester	12	Springville	27-05.75
38 Mitchell Huff	10	Cascade	27-01.50
39 Kevin Lin	10	Cascade	26-05.00
40 Ben Kelly	09	Independence	25-01.00

41 Tyler Kuper	09	Monticello	24-05.50
42 Drew Moeller	12	Tipton	22-08.50
43 Jeramiah Snow	09	Anamosa	22-01.75
44 Nathaniel Dosland	09	East Buchana	20-07.25

Boys Discus Throw

Name	Yr	School	Finals
1 Drew Beall	12	Anamosa	139-07
2 Jayson Blunt	12	Monticello	137-08
3 Tyler Lieneau	10	Jesup	133-02
4 Seth Smith	12	Jesup	121-05
5 Chase Bruns	12	Marion	112-10
6 Colby Toenies	11	Anamosa	108-05
7 Zach Timm	11	Monticello	105-05
8 Ashton VanAlst	12	Central City	101-09
9 Kolton Crock	10	Tipton	98-07
10 Bryce Winters	10	Jesup	96-08
11 Garrett Richter	10	Jesup	96-06
12 Nolan Weber	12	Cascade	94-06
13 Cody Blake	12	Springville	93-06
14 Ben Butler	12	Cascade	91-00
15 Mitchell Huff	10	Cascade	88-07
16 Dakota Funke	10	Edgewood-Col	86-06
17 Chad Moser	12	Edgewood-Col	85-06
18 Logan Schroeder	10	Tipton	82-07
19 Sebastian Thon	12	Tipton	82-00
20 Jordan Leach	09	Jesup	80-10
21 Mitch Ohl	11	Independence	73-09
22 Caleb Weber	09	Cascade	70-08
23 Jake Ohl	09	East Buchana	70-07
24 Bryce Silver	09	Central City	70-03
24 Caleb Wagner	09	Marion	70-03
26 Ashtin VanGordon	10	Cascade	68-09
27 Quentin Recker	9	Cascade	67-11
28 Grant Meth	09	Marion	67-07
29 Derek Kuntz	09	Cascade	59-04
30 Matt Ohl	11	Independence	57-06
31 Kevin Lin	10	Cascade	48-06
32 Kody Deutmeyer	09	Edgewood-Col	37-10

Boys 4x100 Meter Relay Weight Man's

Team	Relay	Finals
1 Central City		52.33
	1) Cody Gray 09	2) Ashton VanAlst 12
	3) Gavin Pospisil 11	4) John Ciha 10
2 Edgewood-Colesburg		59.52
	1) Chad Moser 12	2) Dakota Funke 10
	3) Brady Helle 10	4) Kody Deutmeyer 09

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Finals ... (Boys 4x100 Meter Relay Weight Man's)		
Team	Relay	Finals
3 Jesup		1:00.12
1) Ryan Tonn 12	2) James May 09	
3) Jordan Leach 09	4) Garrett Richter 10	
4 Monticello		1:01.39
1) Jayson Blunt 12	2) Zach Timm 11	
3) Reece Norton 12	4) Lane Stahlberg 11	
5 Tipton		1:03.78
1) Sebastian Thon 12	2) Logan Schroeder 10	
3) Kolton Crock 10	4) Drew Moeller 12	