

Cascade Co-Ed Invitational
Cascade High School
Cascade, IA - 4/28/2016
Results

Girls 100 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
Finals					
1 Celine Rickels	11	Cascade	13.00	3	10
2 Rachel Trumm	09	Cascade	13.28	3	8
3 Drew Jensen	09	Midland	13.87	3	6
4 Emma Dusanek	09	Midland	13.88	3	5
5 Alison Lawrence	12	Bellevue	14.26	3	4
6 Lexi Schwien	10	Calamus-Wheatland	14.38	3	3
7 Natalie Spooner	10	Northeast	14.62	3	2
8 Anna Olberding	11	Beckman	14.78	2	1
9 Sydney Kramer	11	Central City	14.81	3	
10 Maci Freiburger	09	Maquoketa Valley	14.82	2	
11 Raeann Portz	09	Northeast	14.94	2	
12 Madison Imler	10	Maquoketa Valley	14.95	2	
13 Angelica Perez	11	Jesup	15.04	2	
14 Lexie Lammers	12	Beckman	15.10	2	
15 Akela Warm	10	Jesup	15.14	1	
16 Lisa Beckley	09	Bellevue	15.33	2	
17 McKalyn Steward	11	Calamus-Wheatland	15.49	1	
18 Cassidy Rose	11	Alburnett	16.01	1	
19 Madi Pavlis	12	Central City	16.17	1	
20 Josi Raboldt	12	Alburnett	17.23	1	

Girls 200 Meter Dash Varsity

Name	Year	School	Finals	H#	Points	
1 Morgan Funke	10	Beckman	26.60	3	10	
2 Anne Ryan	10	Cascade	27.73	3	8	
3 Lynsey Dolphin	12	Cascade	28.21	3	6	
4 Drew Jensen	09	Midland	28.35	3	5	28.342
5 Hailey Messerich	10	Easton Valley	28.35	3	4	28.348
6 Remington Comried	09	Alburnett	29.38	3	3	
7 Megan Hogan	12	Maquoketa Valley	29.39	2	2	
8 Morgan VanderHeiden	11	Calamus-Wheatland	29.54	2	1	
9 Maddy Anderegg	09	Maquoketa Valley	31.06	1		
10 Anna Olberding	11	Beckman	31.68	2		
11 Raeann Portz	09	Northeast	31.89	2		
12 Izzy Betzer	12	Central City	32.74	1		
13 Sariann Uhlehkamp	09	Central City	33.07	2		
14 Maleah Lichty	10	Jesup	33.19	1		
15 Kathyrn Napierkowski	09	Northeast	33.33	1		
16 Destiny Knapp	09	Midland	33.69	1		
17 Josi Raboldt	12	Alburnett	37.01	2		

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Girls 400 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
1 Rachel McDermott	12	Cascade	1:02.80	2	10
2 Drew Jensen	09	Midland	1:03.81	2	8
3 Samantha Uhlenkamp	11	Central City	1:04.76	2	6
4 Rylee Andresen	12	Midland	1:05.49	2	5
5 Alyssa Kremer	11	Bellevue	1:05.86	2	4
6 Anna Hunt	11	Cascade	1:06.00	2	3
7 Alexis Jensen	09	Jesup	1:06.42	1	2
8 Annika Frank	10	Bellevue	1:06.44	2	1
9 Ashlynn Ciesielski	12	Jesup	1:07.20	2	
10 Olivia Hoeger	09	Maquoketa Valley	1:08.33	1	
11 Kayla Kennicker	10	Northeast	1:16.60	1	
12 Madison Ott	09	Maquoketa Valley	1:19.53	1	
13 Izzy Betzer	12	Central City	1:23.58	1	

Girls 800 Meter Run Varsity

Name	Year	School	Finals	Points
1 Rebecca McDermott	11	Cascade	2:25.65	10
2 Macie Weber	12	Cascade	2:27.84	8
3 Nina Cray	12	Calamus-Wheatland	2:32.07	6
4 Riley Mihm	09	Jesup	2:34.73	5
5 Carly Hasken	10	Northeast	2:37.02	4
6 Maddie Kaczinski	11	Northeast	2:42.63	3
7 Janelle Staal	09	Central City	2:44.17	2
8 Delanie Uppena	09	Midland	2:45.32	1
9 Casey Fry	10	Maquoketa Valley	2:46.49	
10 Autumn Geiger	09	Bellevue	2:47.59	
11 Sarah Tegeler	12	Beckman	2:56.66	
12 Megan Rausch	09	Maquoketa Valley	2:59.11	
13 Alyssa Poll	10	Bellevue	3:32.81	

Girls 1500 Meter Run Varsity

Name	Year	School	Finals	Points
1 Rebecca McDermott	11	Cascade	5:11.65	10
2 Emily Treptow	09	Jesup	5:18.12	8
3 Madeline Rhomberg	09	Cascade	5:20.72	6
4 Nina Cray	12	Calamus-Wheatland	5:28.97	5
5 Jaelynn Folkers	11	Midland	5:34.77	4
6 Jenna Neighbor	09	Alburnett	5:51.56	3
7 Sariann Uhlehkamp	09	Central City	6:01.09	2
8 Nichole Winter	11	Maquoketa Valley	6:02.85	1
9 Delanie Uppena	09	Midland	6:05.74	
10 Mikayla Callan	11	Maquoketa Valley	6:34.36	

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Girls 3000 Meter Run Varsity

Name	Year	School	Finals	Points
1 Camryn Reeg	10	Bellevue	11:22.32	10
2 Kylie Kelchen	12	Cascade	11:35.55	8
3 Jaelynn Folkers	11	Midland	11:39.83	6
4 Madison Kelchen	09	Cascade	11:40.77	5
5 Janelle Staal	09	Central City	12:05.03	4

Girls 100 Meter Hurdles Varsity

Name	Year	School	Finals	H#	Points
1 Lisa Tucker	11	Cascade	16.31	2	10
2 Isabel Brehm	12	Beckman	16.53	2	8
3 Noelle Green	11	Cascade	16.89	2	6
4 McKenna Dierks	10	Northeast	17.67	2	5
5 Jayna Farrell	11	Northeast	18.45	1	4
6 Angela Wendt	11	Maquoketa Valley	18.79	2	3
7 Brooklynn Ossmann	11	Alburnett	19.04	1	2
8 Lexie Lammers	12	Beckman	19.20	1	1
9 Amber Rolf	10	Jesup	19.80	1	
10 Katilyn Deutmeyer	09	Maquoketa Valley	19.96	1	
11 McKenna Benischek	10	Calamus-Wheatland	20.17	1	
12 Lauren Eganhouse	09	Midland	22.71	1	
13 Autumn Sedgwick	09	Calamus-Wheatland	23.55	1	

Girls 400 Meter Hurdles Varsity

Name	Year	School	Finals	Points
1 Annika Wall	11	Jesup	1:10.69	10
2 Kara Orcutt	10	Maquoketa Valley	1:11.29	8
3 Rachel McDermott	12	Cascade	1:11.48	6
4 Rylee Andresen	12	Midland	1:12.48	5
5 Alexis Jensen	09	Jesup	1:15.08	4
6 Ellie Loes	11	Cascade	1:19.30	3

Girls 4x100 Meter Relay Varsity

School	Finals	Points
1 Cascade	51.93	10
1) Brittany Koppes 10		
2) Anne Ryan 10		
3) Annie Meyer 11		
4) Celine Rickels 11		
2 Beckman	52.34	8
1) Isabel Brehm 12		
2) Morgan Funke 10		
3) Grace Nebel 12		
4) Isabelle Bennett 09		
3 Alburnett	55.06	6
1) Kylie Volesky 09		
2) Maddy Schuchmann 09		

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....Girls 4x100 Meter Relay Varsity

3) Remington Comried 09	4) Madison Osborn 09		
4 Maquoketa Valley		56.26	5
1) Ashley Stogdill 11	2) Madison Imler 10		
3) Megan Hogan 12	4) Maddy Anderegg 09		
5 Calamus-Wheatland		57.08	4
1) Jaelyn Diericks 12	2) Amanda Gorzney 11		
3) McKenna Benischek 10	4) Lexi Schwien 10		
6 Jesup		58.58	3
1) Akela Warm 10	2) Payton Joblinske 11		
3) Haley Donlea 12	4) Amber Rolf 10		
7 Central City		59.79	2
1) Madison Fleming 09	2) Sydney Kramer 11		
3) Madison Tritle 09	4) Emily Kramer 11		

Girls 4x200 Meter Relay Varsity

School	Finals	H#	Points
1 Cascade	1:47.95	2	10
1) Celine Rickels 11	2) Anne Ryan 10		
3) Annie Meyer 11	4) Rachel Trumm 09		
2 Alburnett	1:54.95	2	8
1) Kylie Volesky 09	2) Maddy Schuchmann 09		
3) Remington Comried 09	4) Madison Osborn 09		
3 Easton Valley	1:55.06	2	6
1) Hailey Messerich 10	2) Kelsey Feller 10		
3) Sara Kilburg 09	4) Kimberly Huerta 12		
4 Beckman	1:55.57	2	5
1) Isabelle Bennett 09	2) Katie Fitzgerald 10		
3) Grace Nebel 12	4) Anika Brehm 10		
5 Calamus-Wheatland	1:57.22	2	4
1) Jaelyn Diericks 12	2) Amanda Gorzney 11		
3) Morgan VanderHeiden 11	4) Grace Elvert 09		
6 Northeast	2:01.01	2	3
1) Shauna McAleer 11	2) Amber Fredrichsen 09		
3) Sydney Kucera 11	4) Natalie Spooner 10		
7 Jesup	2:05.59	1	2
1) Akela Warm 10	2) Kennedy Backes 09		
3) Payton Joblinske 11	4) Angelica Perez 11		
8 Bellevue	2:06.42	1	1
1) Ashley Nemmers 09	2) Tara Linden 09		
3) Alison Lawrence 12	4) Kailey Miller 09		
9 Central City	2:06.46	1	
1) Madison Fleming 09	2) Gabby Cruise 09		
3) Madison Tritle 09	4) Emily Kramer 11		

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Girls 4x400 Meter Relay Varsity

School	Finals	Points
1 Cascade	4:14.22	10
1) Lynsey Dolphin 12	2) Rachel Trumm 09	
3) Marie Knepper 09	4) Macie Weber 12	
2 Maquoketa Valley	4:21.87	8
1) Kara Orcutt 10	2) Brianna Mensen 11	
3) Aspen Britt 11	4) Rejji Smith 10	
3 Northeast	4:28.33	6
1) Carly Hasken 10	2) Maddie Kaczinski 11	
3) Amber Fredrichsen 09	4) Sydney Kucera 11	
4 Midland	4:32.09	5
1) Emma Dusanek 09	2) Jaelynn Folkers 11	
3) Rylee Andresen 12	4) Drew Jensen 09	
5 Central City	4:42.20	4
1) Samantha Uhlenkamp 11	2) Janelle Staal 09	
3) Alyssa Silver 09	4) Miriam Blackmore 09	
6 Calamus-Wheatland	4:46.57	3
1) Dana Koester 12	2) Jaelyn Diericks 12	
3) Morgan VanderHeiden 11	4) Amanda Gorzney 11	

Girls 4x800 Meter Relay Varsity

School	Finals	Points
1 Cascade	10:04.65	10
1) Macie Weber 12	2) Rachel McDermott 12	
3) Marie Knepper 09	4) Rebecca McDermott 11	
2 Jesup	10:30.14	8
1) Emily Treptow 09	2) Riley Mihm 09	
3) Kylie Wilberding 10	4) Annika Wall 11	
3 Beckman	11:17.24	6
1) Emma Squiers 09	2) Nicole Schmitt 09	
3) Faye Meyer 10	4) Becca Kennedy 12	
4 Central City	11:46.47	5
1) Samantha Uhlenkamp 11	2) Jacklyn Whitson 09	
3) Monica Cruise 11	4) Sariann Uhlehkamp 09	

Girls 800 Sprint Medley Varsity

School	Finals	Points
1 Cascade	1:55.20	10
1) Brittany Koppes 10	2) Annie Meyer 11	
3) Celine Rickels 11	4) Rachel Trumm 09	
2 Calamus-Wheatland	2:03.13	8
1) Amanda Gorzney 11	2) Lexi Schwien 10	
3) Grace Elvert 09	4) Dana Koester 12	
3 Alburnett	2:05.09	6

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....Girls 800 Sprint Medley Varsity

1) Kylie Volesky 09	2) Remington Comried 09	
3) Maddy Schuchmann 09	4) Madison Osborn 09	
4 Jesup		2:09.84 5
1) Akela Warm 10	2) Amber Rolf 10	
3) Payton Joblinske 11	4) Angelica Perez 11	
5 Central City		2:16.58 4
1) Emily Kramer 11	2) Madison Tritle 09	
3) Alyssa Silver 09	4) Miriam Blackmore 09	
-- Maquoketa Valley		DNF
1) Caitlin Schuman 11	2) Ashley Stogdill 11	
3) Olivia Hoeger 09	4) Megan Mensen 12	

Girls Distance Medley Varsity

School	Finals	Points
1 Cascade	4:22.26	10
1) Anne Ryan 10	2) Lynsey Dolphin 12	
3) Marie Knepper 09	4) Rebecca McDermott 11	
2 Calamus-Wheatland	4:28.99	8
1) Jaelyn Diericks 12	2) Grace Elvert 09	
3) Dana Koester 12	4) Nina Cray 12	
3 Maquoketa Valley	4:41.56	6
1) Caitlin Schuman 11	2) Aspen Britt 11	
3) Brianna Mensen 11	4) Rejji Smith 10	
4 Easton Valley	4:46.55	5
1) Hailey Messerich 10	2) Kelsey Feller 10	
3) Sara Kilburg 09	4) Kimberly Huerta 12	
5 Alburnett	5:03.85	4
1) Kylie Volesky 09	2) Kassidy Rose 11	
3) Brie Sperflage 09	4) Jenna Neighbor 09	
6 Jesup	5:09.38	3
1) Rhianna Bigwood 09	2) Haley Donlea 12	
3) Kennedy Backes 09	4) Camrin Moore 09	
7 Central City	5:10.60	2
1) Miriam Blackmore 09	2) Gabby Cruise 09	
3) Alyssa Silver 09	4) Jacklyn Whitson 09	
8 Bellevue	5:15.06	1
1) Ashley Nemmers 09	2) Tara Linden 09	
3) Alyssa Poll 10	4) Autumn Geiger 09	

Girls 4x100 Meter Shuttle Hurdle Varsity

School	Finals	Points
1 Cascade	1:08.24	10
1) Brittany Koppes 10	2) Noelle Green 11	
3) Courtney Sadler 12	4) Lisa Tucker 11	
2 Beckman	1:09.51	8

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....Girls 4x100 Meter Shuttle Hurdle Varsity

1) Isabel Brehm 12	2) Heather Boeckenstedt 09		
3) Anika Brehm 10	4) Brooke Lucas 10		
-- Maquoketa Valley		DQ	6
1) Megan Mensen 12	2) Angela Wendt 11		
3) Katilyn Deutmeyer 09	4) Kara Leibold 09		

Girls High Jump Varsity

Name	Year School	Finals	Points
1 Maddy Schuchmann	09 Alburnett	5-00.00	10
2 Shauna McAleer	11 Northeast	4-10.00	8
3 Lisa Tucker	11 Cascade	J4-10.00	6
4 Morgan VanderHeiden	11 Calamus-Wheatland	4-08.00	5
5 Brie Sperflage	09 Alburnett	4-06.00	4
6 Mae Felton	09 Cascade	4-02.00	3

Girls Long Jump Varsity

Name	Year School	Finals	Points
1 Brittany Koppes	10 Cascade	16-06.50	10
2 Hailey Messerich	10 Easton Valley	15-11.50	8
3 Grace Elvert	09 Calamus-Wheatland	15-02.50	6
4 Madison Osborn	09 Alburnett	14-10.50	5
5 Kelly Bergfeld	10 Cascade	14-03.50	4
6 Holly Herrig	11 Bellevue	13-11.75	3
7 Maddie Kaczinski	11 Northeast	12-07.00	2
8 Autumn Geiger	09 Bellevue	11-09.00	1

Girls Shot Put Varsity

Name	Year School	Finals	Points
1 Bremma Seeser	11 Northeast	36-06.00	10
2 Libertie Uppena	11 Midland	34-06.25	8
3 Abbie Ruggeberg	10 Cascade	33-06.00	6
4 Bailey Clemens	11 Cascade	30-05.00	5
5 Kayla Hospodarsky	10 Alburnett	30-03.50	4
6 Sara Flores	09 Midland	30-01.75	3
7 Whitney Wilson	12 Maquoketa Valley	30-00.50	2
8 Rose Haven	09 Maquoketa Valley	29-07.50	1
9 Marcella Kieritopf	10 Northeast	29-01.50	
10 Kennedy Thines	10 Easton Valley	28-02.25	
11 Hannah Lueck	10 Beckman	28-02.00	
12 Hannah Patton	09 Central City	27-03.75	
13 Sabrina Bormann	12 Easton Valley	26-11.00	
14 Anna Dunne	09 Bellevue	26-09.00	
15 Emma Olson	11 Calamus-Wheatland	25-06.50	

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....Girls Shot Put Varsity

16 Kailey Walker	12 Alburnett	25-02.00
17 Caitlin Kennedy	10 Beckman	23-08.50
18 Hope Finley	11 Calamus-Wheatland	22-09.75

Girls Discus Throw Varsity

Name	Year	School	Finals	Points
1 Alison Sheehy	11	Maquoketa Valley	103-05	10
2 Kennedy Thines	10	Easton Valley	87-00	8
3 Marcella Kieritopf	10	Northeast	85-00	6
4 Libertie Uppena	11	Midland	83-06	5
5 Jessica Lueken	09	Beckman	81-09	4
6 Kayla Hospodarsky	10	Alburnett	81-06	3
7 Bailey Clemens	11	Cascade	81-00	2
8 Rose Haven	09	Maquoketa Valley	78-04	1
9 Sabrina Bormann	12	Easton Valley	74-03	
10 Caitlin Kennedy	10	Beckman	72-07	
11 Tonya Menke	10	Cascade	70-11	
12 Mikayla Dosland	09	Midland	64-09	
13 Kailey Walker	12	Alburnett	63-04	
14 Jaima Tonne	09	Jesup	61-01	
15 Emma Olson	11	Calamus-Wheatland	60-02	
16 Hope Finley	11	Calamus-Wheatland	52-05	

Girls 4x100 Meter Relay Junior Varsity

School	Finals
-- Cascade	X56.30
1) Kelly Bergfeld 10	2) Noelle Green 11
3) Rachel Recker 11	4) Mae Felton 09
-- Beckman	X57.60
1) Anna Olberding 11	2) Heather Boeckenstedt 09
3) Lexie Lammers 12	4) Katie Fitzgerald 10
-- Alburnett	X1:02.98
1) Brooklynn Ossmann 11	2) Cassidy Rose 11
3) Brie Sperfslage 09	4) Nicole Smith 09
-- Calamus-Wheatland	X1:03.29
1) McKalyn Steward 11	2) Marlie Delever 09
3) Autumn Sedgwick 09	4) Hannah Anderson 09
-- Midland	X1:05.56
1) Lauren Eganhouse 09	2) Destiny Knapp 09
3) Delanie Uppena 09	4) Libertie Uppena 11

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Girls 4x200 Meter Relay Junior Varsity

School	Finals
-- Maquoketa Valley	X2:04.02
1) Maddy Anderegg 09	2) Brooke Wilson 09
3) Brittany Sabers 10	4) Maci Freiburger 09
-- Cascade	X2:09.70
1) Alexis Shaffer 09	2) Ellie Loes 11
3) Maddie Weber 10	4) Madison Kelchen 09
-- Calamus-Wheatland	X2:12.97
1) McKalyn Steward 11	2) Hannah Anderson 09
3) Marlie Delever 09	4) McKenna Benischek 10
-- Alburnett	X2:18.63
1) Cassidy Rose 11	2) Nicole Smith 09
3) Gracy Martin 09	4) Brie Sperfslage 09

Girls 4x400 Meter Relay Junior Varsity

School	Finals
-- Cascade	X4:45.79
1) Anna Hunt 11	2) Alexis Shaffer 09
3) Madeline Rhomberg 09	4) Kylie Kelchen 12

Girls 4x100 Meter Relay Weightpersons

School	Finals
-- Cascade	X59.64
1) Tonya Menke 10	2) Abbie Ruggeberg 10
3) Dani Federspiel 11	4) Bailey Clemens 11
-- Midland	X1:10.26
1) Sara Flores 09	2) Christiana Schoch 12
3) Mikayla Dosland 09	4) Libertie Uppena 11
-- Alburnett	X1:11.96
1) Kayla Hospodarsky 10	2) Josi Raboldt 12
3) Abby Prucha 09	4) Kailey Walker 12

Women - Varsity - Team Rankings - 19 Events Scored

1) Cascade	223	2) Midland	66
3) Alburnett	58	4) Maquoketa Valley	53
4) Calamus-Wheatland	53	4) Northeast	53
7) Beckman	51	8) Jesup	50
9) Easton Valley	31	9) Central City	31
11) Bellevue	25		

Men - Varsity - Team Rankings - 18 Events Scored

1) Cascade	145	2) North Cedar	105.50
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....Girls 4x100 Meter Relay Weightpersons

3) Maquoketa Valley	99	4) Edgewood-Colesburg	78.50
5) Beckman	64	6) Northeast	50
7) East Buchanan	45	8) West Branch	32.50
9) Midland	30	10) Central City	19
11) Calamus-Wheatland	18.50	12) Alburnett	14