

Cascade Early Bird Invitational
Cascade High School
Cascade, Iowa - 3/31/2016
Results

Boys 100 Meter Dash

Name	Year	School	Finals	H#
Finals				
1 Boone Husmann	12	Anamosa	11.44	7
2 Nicholas Holt	12	Independence	11.85	7
3 Nathan Stenger	12	Regina	11.89	6
4 Chandler Johnson	12	Center Point-Urbana	11.93	7
5 Mac Meyer	12	East Buchanan	11.98	7
6 Jordan Challis	12	Tipton	12.01	6
7 Gavin Cooper	09	Monticello	12.12	7
8 Max Keleher	10	Monticello	12.44	7 12.433
9 Seth Blake	11	Springville	12.44	5 12.440
10 Josh Holley	12	Marion	12.45	6
11 Austin Lieurance	10	Cascade	12.50	6
12 Derek Kuntz	10	Cascade	12.53	5 12.525
13 Zach March	09	Springville	12.53	5 12.528
14 Michael Martensen	11	Anamosa	12.54	6
15 Dylan Palmersheim	12	Edgewood-Colesburg	12.66	4
16 Logan Smith	11	Cascade	12.75	5
17 Seth House	10	Independence	12.80	4
18 Ken Westrick	12	Regina	12.82	7
19 Niklas Brede	12	Springville	12.91	5
20 Tucker Nelson	11	Springville	12.92	5
21 CJ Garnett	10	Center Point-Urbana	12.98	3 12.971
22 Wade McKinney	10	Central City	12.98	6 12.972
23 Raven Horrach	12	Marion	13.07	4
24 Ethan Backes	10	Jesup	13.08	4 13.076
24 Gavin Pospisil	12	Central City	13.08	6 13.076
26 Anthony Witherow	12	East Buchanan	13.09	4
27 Jarett Steward	11	Marion	13.11	4
28 Kim Green Holgerman	12	Tipton	13.12	3
29 Jack Anderson	09	Center Point-Urbana	13.16	3
30 Aaron Wendell	09	Center Point-Urbana	13.17	3
31 Andrew Hoeger-Pint	09	Edgewood-Colesburg	13.18	5
32 Brody Brokaw	09	Monticello	13.26	2
33 Jordan Hettinger	11	East Buchanan	13.46	2
34 Taylor Fox	09	East Buchanan	13.50	5
35 Paden Zell	09	Tipton	13.56	2
36 Noah Hansen	12	Marion	13.59	4
37 Jayden Hansen	09	Jesup	13.61	3
38 Davis Butler	09	Tipton	13.70	2
39 Brenden Noonan	11	Cascade	13.72	3
40 Blake Thoma	11	Jesup	13.86	4
41 Dakota Funke	11	Edgewood-Colesburg	14.22	2
42 Josh Suedkamp	09	Regina	14.42	2
43 Alex Peterson	09	Anamosa	14.68	7
44 Zach Tovar	09	Jesup	14.74	3
45 Adam Kohl	09	Anamosa	14.80	2
46 Cody Gray	10	Central City	14.82	1

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47	Brandon Ragona	09	Regina	14.91	2
48	Harry Backer	09	Independence	15.39	1
49	Alex Hoffner	09	Central City	15.47	1

Boys 200 Meter Dash

Name	Year	School	Finals	H#	
1	Carter Holmes	11	Cascade	23.52	6
2	Jack Edeker	12	Regina	23.67	6
3	Dalton Clark	11	Tipton	24.21	6
4	Jack Jensen	11	Regina	24.25	6
5	Alek Comstock	12	Tipton	24.46	5
6	Dirk Snyder	12	Anamosa	24.51	6
7	Kyle Marsh	09	Central City	25.09	5
8	Michael Conlon	10	Regina	25.22	6
9	Andrew Tjaden	11	Monticello	25.46	4
10	Cole Jamison	12	Anamosa	25.54	5
11	Jon Karteus	10	Center Point-Urbana	25.56	6
12	Nathan Dietiker	09	Anamosa	25.70	5
13	Alex Kremer	11	Monticello	25.80	3
14	Derek Weitzenkamp	09	Jesup	25.82	5
15	Brady Helle	11	Edgewood-Colesburg	25.97	3
16	Dylan Palmersheim	12	Edgewood-Colesburg	26.04	5
17	Drew Schmit	11	Jesup	26.09	5
18	Austin Kirchmann	11	Springville	26.10	4
19	Conner Bailey	10	Marion	26.14	2
20	Derek Kuntz	10	Cascade	26.16	4
21	Trey Holub	09	Central City	26.21	5
22	Nate Holub	11	Marion	26.53	4
23	Isaac Campbell	12	Central City	26.72	3
24	Blake Willenborg	12	Central City	26.79	3
25	Dakota Morris	11	Center Point-Urbana	26.83	2
26	Jackson Knepper	09	Cascade	26.86	4
27	Jarett Steward	11	Marion	27.44	2
28	Andrew Stewart	09	Tipton	27.54	2
29	Andrew Hoeger-Pint	09	Edgewood-Colesburg	27.61	4
30	TJ Nealson	10	Monticello	27.62	1
31	Nathan Schmitt	09	East Buchanan	27.66	3
32	Tyler Ball	10	East Buchanan	27.67	3
33	Derek Koppes	10	Cascade	27.86	2
34	Josh White	11	Monticello	27.88	2
35	Paden Zell	09	Tipton	27.94	1 27.932
35	Andrew Bischoff	10	Marion	27.94	2 27.932
37	Blake Thoma	11	Jesup	28.14	4
38	Malen Mulford	10	East Buchanan	28.15	4
39	Collin Naaktgeboren	10	Center Point-Urbana	28.28	3
40	Anthony Witherow	12	East Buchanan	28.31	3
41	Zach Tovar	09	Jesup	30.31	2

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42	Cody Fry	09	Edgewood-Colesburg	30.34	1
43	Matt Niec	09	Center Point-Urbana	31.74	1
44	Marshall Cordes	09	Springville	32.43	1

Boys 400 Meter Dash

Name	Year	School	Finals	H#	
1	Carter Holmes	11	Cascade	53.41	6
2	Kolin Schulte	12	Anamosa	53.82	6
3	Jack Edeker	12	Regina	54.52	6
4	Nicholas Holt	12	Independence	55.37	6
5	Andrew Adamec	12	Regina	55.96	6
6	Alek Comstock	12	Tipton	55.98	5
7	Grant Meth	10	Marion	56.70	6
8	Jon Karteus	10	Center Point-Urbana	57.17	6
9	Cole Vanbrocklin	10	Jesup	57.19	5
10	Kenyon Hosch	10	Independence	57.50	4
11	Ryan Bonthius	10	Regina	57.85	5
12	Nathan Dietiker	09	Anamosa	58.13	5
13	Dakota Morris	11	Center Point-Urbana	58.38	4
14	Zac Mclean	09	Anamosa	58.44	2
15	Jon Stuelke	11	Center Point-Urbana	58.45	4
16	Cole Jamison	12	Anamosa	58.65	5
17	Dylan Palmersheim	12	Edgewood-Colesburg	58.85	4
18	Carter Gilmore	12	Springville	58.99	4
19	Nick Schnoebelen	12	Regina	59.65	4
20	Conner Bailey	10	Marion	59.98	3
21	Derek Koppes	10	Cascade	1:00.59	3
22	Sam Hall	11	Central City	1:00.64	6
23	Zach Mead	09	Jesup	1:00.73	3
24	Derek Weitzenkamp	09	Jesup	1:00.90	5
25	Connor Horn	10	Independence	1:01.06	2
26	Drew Schmit	11	Jesup	1:01.13	4
27	Jared Fopma	11	Marion	1:01.20	5
28	Hunter Tenley	10	Tipton	1:01.46	4
29	Isaak Hahn	11	Marion	1:01.47	3
30	Alex Nealson	10	Monticello	1:01.80	3
31	Seth House	10	Independence	1:01.92	3
32	Brandon Rollinger	11	Central City	1:02.10	3
33	Jacob Kelly	09	East Buchanan	1:02.23	3
34	Nathaniel Wade	10	Central City	1:02.65	5
35	TJ Nealson	10	Monticello	1:04.12	2
36	Logan Heims	09	Edgewood-Colesburg	1:05.05	2
37	Jerry Chen	09	Cascade	1:05.29	2
38	Mike Jones	12	Edgewood-Colesburg	1:05.76	2
39	Carter Palmer	10	East Buchanan	1:06.08	1
40	Kal Hoeger	09	Edgewood-Colesburg	1:08.41	2
41	Brady Beranek	09	Tipton	1:08.54	2

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42 CJ Eicher	09 Tipton	1:10.15	1
43 Matt Niec	09 Center Point-Urbana	1:10.61	1
44 James JP Kane	11 Springville	1:11.43	1
45 John Stanford	10 East Buchanan	1:12.97	1

Boys 800 Meter Run

Name	Year	School	Finals	H#
1 Myles Bach	10	Marion	2:10.14	3
2 Marty Knepper	11	Cascade	2:11.12	3
3 Ryan Bonthius	10	Regina	2:13.57	3
4 Nathan Meyer	10	Regina	2:14.58	3
5 Zac Mclean	09	Anamosa	2:15.98	3
6 Gabe Countryman	10	Anamosa	2:16.33	2
7 Noah Sams	10	Anamosa	2:18.23	3
8 Dakota Wolf	12	Jesup	2:20.73	3
9 Sam Bierman	11	Tipton	2:20.77	2
10 Jared Almandinger	12	Marion	2:21.71	2
11 Jared Fopma	11	Marion	2:22.30	3
12 Jed Wyse	09	Center Point-Urbana	2:24.13	2
13 Blake Lindsey	11	Center Point-Urbana	2:25.23	2
14 Alex McCombs	12	Jesup	2:25.74	2
15 Austin Kirchmann	11	Springville	2:26.25	2
16 Derek Koppes	10	Cascade	2:26.87	3
17 Ben Ellis	09	Tipton	2:29.73	2
18 David Titman	09	Monticello	2:29.86	2
19 Corey Wallick	10	Tipton	2:30.00	2
20 Chase Luensman	09	Monticello	2:31.10	3
21 Alan Janssen	09	Monticello	2:31.83	2
22 Connor Cromer	11	Tipton	2:33.05	2
23 Connor Bjornsen	10	Marion	2:33.15	2
24 Garrett Wolf	12	Central City	2:35.02	1
25 Ian Ochoa	11	Regina	2:35.95	1
26 Jerry Chen	09	Cascade	2:36.03	1
27 Logan Cole	09	Jesup	2:37.10	1
28 Angel Nunez	09	Cascade	2:37.12	1
29 Dylan Crawford	10	East Buchanan	2:40.46	1
30 Austin Timm	09	Monticello	2:43.08	1
31 Tyler Schnell	09	Center Point-Urbana	2:44.90	1
32 Mason Higgins	09	East Buchanan	2:50.55	1
33 James JP Kane	11	Springville	2:52.67	1
34 Noah George	10	Center Point-Urbana	2:53.79	1
35 Isaiah Walsh	10	Jesup	2:55.44	1

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Boys 1600 Meter Run

Name	Year	School	Finals	H#
1 Myles Bach	10	Marion	4:39.20	2
2 Jeremy Fopma	10	Marion	4:44.84	2
3 Jordan Loes	12	Monticello	4:48.60	2
4 Wyatt Gatrost	12	Center Point-Urbana	4:50.55	2
5 Aaron Loes	10	Monticello	4:50.96	2
6 Sam Lorimer	11	Springville	4:54.09	2
7 Kyle Schepanski	12	Anamosa	5:00.29	2
8 Jacob Wessel	10	Edgewood-Colesburg	5:05.48	2
9 Nick Putz	12	Edgewood-Colesburg	5:06.23	2
10 Daniel Miller	10	Anamosa	5:08.38	2
11 Noah Dierks	10	Center Point-Urbana	5:08.57	2
12 Ryan Krapfl	12	Anamosa	5:11.17	2
13 Harrison Vanderlinden	09	Marion	5:11.34	2
14 Nick Ward	11	Marion	5:23.26	2
15 Alex McCombs	12	Jesup	5:25.29	2
16 Sam Bierman	11	Tipton	5:27.11	1
17 Logan Seeley	10	Anamosa	5:27.35	2
18 Gannon Cook	11	East Buchanan	5:28.72	2
19 Noah Jedlicka	09	Tipton	5:29.31	1
20 Cade Nolan	09	Jesup	5:30.64	1
21 Alex Moore	10	Jesup	5:35.32	1
22 Braxton VanAlst	10	Central City	5:35.51	1
23 Jacob Lindauer	11	Monticello	5:36.49	1
24 Corey Wallick	10	Tipton	5:41.51	1
25 Christian French	10	East Buchanan	5:42.78	1
26 Caleb Fuessley	09	Center Point-Urbana	5:48.48	1
27 Dakota Wolf	12	Jesup	5:49.18	2
28 Ben Barnhart	10	Monticello	5:54.09	1
29 Mason Higgins	09	East Buchanan	6:10.18	1
30 Zach Kratz	09	Regina	6:10.21	1
31 Ian Ochoa	11	Regina	6:12.12	1
32 Austin Smith	09	Springville	6:18.73	1
33 Patrick Conway	09	Center Point-Urbana	6:56.56	1
34 Joel Sueppel	11	Regina	7:39.59	1

Boys 3200 Meter Run

Name	Year	School	Finals
1 Chase Luensman	09	Monticello	10:41.55
2 Nick Putz	12	Edgewood-Colesburg	10:42.91
3 Tyler Hospodarsky	11	Monticello	10:46.41
4 Noah Sams	10	Anamosa	10:50.95
5 Marty Knepper	11	Cascade	10:52.09
6 Jacob Wessel	10	Edgewood-Colesburg	10:56.06
7 Kevin Ockenfels	12	Center Point-Urbana	11:08.93
8 Nathan Meyer	10	Regina	11:10.87

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9	Gannon Cook	11	East Buchanan	11:33.34
10	Alex McCombs	12	Jesup	11:34.99
11	Jed Wyse	09	Center Point-Urbana	11:41.74
12	Eian Countryman	10	Anamosa	11:55.79
13	Alex Moore	10	Jesup	11:55.97
14	Christian French	10	East Buchanan	12:14.29
15	Payton Auman	10	Anamosa	12:32.90
16	Luke Otting	09	Anamosa	12:44.74
17	Garrett Wolf	12	Central City	12:48.02
18	Zach Kratz	09	Regina	13:14.59
19	Ian Ochoa	11	Regina	13:23.14
20	Isaiah Walsh	10	Jesup	14:20.09

Boys 110 Meter Hurdles

Name	Year	School	Finals	H#
1	JoJo Frost	11	Center Point-Urbana	14.56 3
2	Logan Sarchett	12	Center Point-Urbana	15.31 2
3	Will McAllister	11	Cascade	15.35 3
4	Trevor Wehling	12	Anamosa	15.96 3
5	Blair Brooks	10	Marion	16.47 3
6	Wes Zell	11	Tipton	16.51 2
7	Michael Lueken	12	Edgewood-Colesburg	16.52 3
8	Liam Curoe	10	Cascade	16.76 2
9	Trevor Paulsen	09	Marion	17.44 2
10	Tyler Zumbach	12	Anamosa	17.91 3
11	Storm Matthias	12	Central City	17.98 2
12	Garrett Wellman	10	Jesup	18.74 2
13	Andrew Blakely	11	Springville	19.35 1
14	Trey Robertson	10	Marion	19.41 1 19.402
15	Justin Kress	12	East Buchanan	19.41 1 19.406
16	Nathan Dietiker	09	Anamosa	19.62 2
17	Mason Rahe	09	Marion	20.55 1
18	Jenub Wan	10	Central City	21.68 1
19	Sam Lincoln	12	Regina	21.84 3

Boys 400 Meter Hurdles

Name	Year	School	Finals	H#
1	JoJo Frost	11	Center Point-Urbana	55.88 3
2	Sam Lincoln	12	Regina	57.98 3
3	Griffin Ormsby	12	Tipton	59.59 3
4	Jay Mclean	11	Anamosa	1:01.63 3
5	Blair Brooks	10	Marion	1:01.64 3
6	Tristan Miller	09	Center Point-Urbana	1:03.98 2
7	Garrett Wellman	10	Jesup	1:04.20 2
8	Jacob Clark	12	Jesup	1:04.81 1



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9 Andrew Blakely	11 Springville	1:05.35	2
10 Justin Kress	12 East Buchanan	1:05.98	3
11 Tucker Nelson	11 Springville	1:06.06	2
12 Greg Novey	11 Central City	1:06.56	2
13 Bryce Valvoda	11 Marion	1:09.89	2
14 Gavin Betzer	10 Anamosa	1:09.99	2
15 Aman Egge	09 Anamosa	1:11.26	1
16 Raven Horrach	12 Marion	1:12.60	1
17 Walker Marsh	09 Anamosa	1:14.47	1
18 James Mossman	09 East Buchanan	1:17.36	1

Boys 4x100 Meter Relay

School	Finals	H#
1 Jesup	45.65	2
1) Alex Warm 12	2) Brendan Murray 12	
3) Ethan Wyant 11	4) Andrew Mattson 12	
2 Anamosa	46.76	2
1) Joe Fish 10	2) Alex Cabrera 11	
3) Jay Mclean 11	4) Boone Husmann 12	
3 Tipton	47.04	2
1) Alek Comstock 12	2) Jordan Challis 12	
3) Dalton Clark 11	4) Brendan Claussen 11	
4 Monticello	47.14	2
1) Andrew Mescher 10	2) Max Keleher 10	
3) Gavin Cooper 09	4) Clayton Kraus 10	
5 Center Point-Urbana	47.19	1
1) Logan Sarchett 12	2) Jon Stuelke 11	
3) Max Chesmore 09	4) Chandler Johnson 12	
6 Regina	47.64	2
1) Michael Conlon 10	2) Christian Iben 11	
3) Nathan Stenger 12	4) Brady Bigley 11	
7 Monticello 'B'	48.13	1
1) Avery Martinsen 09	2) Noah Steiner 12	
3) Andrew Tjaden 11	4) Alex Kremer 11	
8 Cascade	48.49	2
1) Mitchell Gibbs 10	2) Austin Lieurance 10	
3) Jackson Knepper 09	4) Derek Kuntz 10	
9 East Buchanan	48.81	2
1) Mac Meyer 12	2) Carter Downer 11	
3) Nolan Meyer 09	4) Jacob Schmitt 12	
10 Marion	48.92	2
1) Hunter Johnson 10	2) Keanu Quinn 12	
3) Ben Woods 10	4) Nate Holub 11	
11 Central City	50.79	1
1) Trey Holub 09	2) Aj Lucas 12	
3) Sam Hall 11	4) Kyle Marsh 09	
12 Marion 'B'	51.51	1



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1) Trace Whitlock 09	2) Austin Griest 09		
3) Noah Hansen 12	4) Trey Robertson 10		
13 Center Point-Urbana 'B'		51.64	1
1) Dakota Morris 11	2) Jack Anderson 09		
3) Aaron Wendell 09	4) Collin Naaktgeboren 10		
14 Jesup 'B'		51.98	1
1) Ethan Backes 10	2) Blake Thoma 11		
3) Jayden Hansen 09	4) Zach Mead 09		
15 East Buchanan 'B'		53.00	1
1) Spencer Cook 10	2) Jake Ohl 10		
3) Taylor Fox 09	4) Brock Naber 09		
16 Anamosa 'B'		55.15	1
1) Maverick Tjaden 09	2) Gavin Betzer 10		
3) Walker Marsh 09	4) Alex Peterson 09		

Boys 4x200 Meter Relay

School		Finals	H#
1 Jesup		1:36.13	3
1) Brendan Murray 12	2) Ethan Wyant 11		
3) Alex Warm 12	4) Andrew Mattson 12		
2 Anamosa		1:37.52	3
1) Joe Fish 10	2) Alex Cabrera 11		
3) Jay Mclean 11	4) Boone Husmann 12		
3 Monticello		1:37.83	3
1) Andrew Mescher 10	2) Noah Steiner 12		
3) Clayton Kraus 10	4) Max Keleher 10		
4 Marion		1:38.17	3
1) Eli Matthess 12	2) Jacob Manderscheid 12		
3) William Hicks 11	4) Nathaniel Schmidt 12		
5 Monticello 'B'		1:40.99	2
1) Gavin Cooper 09	2) Avery Martinsen 09		
3) Taylor Manternach 11	4) carter Broneman 12		
6 East Buchanan		1:41.32	2
1) Mac Meyer 12	2) Carter Downer 11		
3) Brock Naber 09	4) Jacob Schmitt 12		
7 Regina		1:42.74	3
1) Christian Iben 11	2) Michael Conlon 10		
3) Brady Bigley 11	4) Jake Phillips 10		
8 Springville		1:42.77	2
1) Austin Kirchmann 11	2) Max Boland 12		
3) Niklas Brede 12	4) Zach March 09		
9 Center Point-Urbana		1:42.86	3
1) Chandler Johnson 12	2) Max Chesmore 09		
3) Collin Naaktgeboren 10	4) Devin Smith 09		
10 Tipton		1:43.20	3
1) Jordan Challis 12	2) Dalton Clark 11		
3) Blaise Thumma 10	4) Quinten Mesick 10		



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11 Cascade	1:44.00	2
1) Mitchell Gibbs 10	2) Austin Lieurance 10	
3) Jackson Knepper 09	4) Logan Smith 11	
12 Marion 'B'	1:44.23	3
1) Dawson Kirk 10	2) Jevin Manderscheid 10	
3) Trace Whitlock 09	4) Ben Woods 10	
13 Independence	1:45.43	2
1) Cyrus Butters 10	2) Jacob Schwarting 11	
3) Jake Crawford 11	4) Mason Wood 11	
14 Tipton 'B'	1:46.06	2
1) Hunter Tenley 10	2) Marcus Norli 12	
3) Kim Green Holgerman 12	4) Parker Jensen 11	
15 Central City	1:46.70	1
1) Aj Lucas 12	2) Blake Willenborg 12	
3) Gavin Pospisil 12	4) Isaac Campbell 12	
16 Anamosa 'B'	1:49.82	2
1) Gavin Betzer 10	2) Dylan Wood 12	
3) Walker Marsh 09	4) Brady Lasack 09	
17 Center Point-Urbana 'B'	1:51.23	1
1) Jack Anderson 09	2) Cameron Hasleiet 09	
3) Maverick Gatrost 09	4) Cole Randall 10	
18 East Buchanan 'B'	1:52.33	1
1) Nathan Schmitt 09	2) Malen Mulford 10	
3) James Mossman 09	4) Tyler Ball 10	
19 Jesup 'B'	1:53.75	1
1) Kyle Oline 11	2) Blake Thoma 11	
3) Logan Cole 09	4) Zach Mead 09	
-- Independence 'B'	DQ	2
1) Blake Schommer 10	2) Zander Smith 09	
3) Joe Kaiser 09	4) Tristan Cordes 09	

Boys 4x400 Meter Relay

School	Finals	H#
1 Monticello	3:30.91	2
1) Derek Manternach 12	2) Jordan Loes 12	
3) Garrett Rieniets 12	4) Matt Manternach 12	
2 Regina	3:33.50	2
1) Andrew Adamec 12	2) Jack Jensen 11	
3) Jack Edeker 12	4) Sam Lincoln 12	
3 Marion	3:34.14	2
1) Eli Matthess 12	2) Nathaniel Schmidt 12	
3) William Hicks 11	4) Jacob Manderscheid 12	
4 Center Point-Urbana	3:34.87	2
1) Jon Karteus 10	2) JoJo Frost 11	
3) Kevin Ockenfels 12	4) Wyatt Gatrost 12	
5 Jesup	3:34.90	2
1) Brendan Murray 12	2) Andrew Mattson 12	



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3) Jacob Clark 12	4) Ethan Wyant 11		
6 Anamosa		3:36.16	2
1) Joe Fish 10	2) Boone Husmann 12		
3) Jay Mclean 11	4) Kolin Schulte 12		
7 Center Point-Urbana 'B'		3:49.68	1
1) Logan Sarchett 12	2) Tristan Miller 09		
3) Devin Smith 09	4) Cameron Hasleiet 09		
8 Tipton		3:51.86	2
1) Blaise Thumma 10	2) Quinten Mesick 10		
3) Wes Zell 11	4) Griffin Ormsby 12		
9 Anamosa 'B'		3:52.29	1
1) Dirk Snyder 12	2) Brian Sayre 10		
3) Kyle Schepanski 12	4) Eian Countryman 10		
10 Jesup 'B'		3:55.99	1
1) Kyle Deberg 12	2) Cole Vanbrocklin 10		
3) Derek Weitzenkamp 09	4) Kyle Oline 11		
11 Marion 'B'		3:57.62	1
1) Jacob Deeter 12	2) Trevor Paulsen 09		
3) Mitchell McAllister 09	4) Jevin Manderscheid 10		
12 Tipton 'B'		3:58.38	1
1) Bryce Deerberg 10	2) Matt Pelzer 12		
3) Dillon McCollough 11	4) Marcus Norli 12		
13 East Buchanan		4:11.18	1
1) Anthony Witherow 12	2) Carter Downer 11		
3) Kyle Wessels 12	4) Tyler Williams 11		
14 Springville		4:18.74	1
1) Austin Smith 09	2) Brady Barner 12		
3) Andrew Blakely 11	4) Tucker Nelson 11		
15 East Buchanan 'B'		4:26.22	1
1) Tyler Ball 10	2) Rylie Kolthoff 09		
3) Malen Mulford 10	4) Jacob Kelly 09		

Boys 4x800 Meter Relay

School	Finals
1 Monticello	8:46.75
1) Derek Manternach 12	2) Zach Holmes 12
3) Garrett Nietert 12	4) Matt Manternach 12
2 Center Point-Urbana	9:00.59
1) Tristan Miller 09	2) Wyatt Gatrost 12
3) Cameron Hasleiet 09	4) Noah Dierks 10
3 Anamosa	9:10.06
1) Logan Seeley 10	2) Kyle Schepanski 12
3) Zac Mclean 09	4) Brian Sayre 10
4 Springville	9:17.55
1) Sam Lorimer 11	2) Brady Barner 12
3) Caleb Christiansen 09	4) Andrew Blakely 11
5 Jesup	9:21.41

**Cascade Early Bird Invitational
 Cascade High School
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....Boys 4x800 Meter Relay

- | | | |
|-----------------------------|---------------------------|----------|
| 1) Jacob Clark 12 | 2) Cade Nolan 09 | |
| 3) Dakota Wolf 12 | 4) Kyle Deberg 12 | |
| 6 Anamosa 'B' | | 9:24.45 |
| 1) Ryan Krapfl 12 | 2) Dylan Rickels 09 | |
| 3) Daniel Miller 10 | 4) Taylor Siebels 10 | |
| 7 Marion | | 9:40.21 |
| 1) Matthew Brase 09 | 2) Ethan Johnston 09 | |
| 3) Nate Miller 09 | 4) Jared Almandinger 12 | |
| 8 Central City | | 9:45.81 |
| 1) Nathaniel Wade 10 | 2) Kyle Marsh 09 | |
| 3) Braxton VanAlst 10 | 4) Michael Walker 10 | |
| 9 Marion 'B' | | 9:47.83 |
| 1) Harrison Vanderlinden 09 | 2) Mitchell McAllister 09 | |
| 3) Nick Ward 11 | 4) Connor Bjornsen 10 | |
| 10 Tipton | | 9:51.41 |
| 1) Matt Pelzer 12 | 2) Ben Ellis 09 | |
| 3) Dillon McCollough 11 | 4) Corey Wallick 10 | |
| 11 Monticello 'B' | | 9:58.68 |
| 1) Connor Franzenburg 11 | 2) Aaron Loes 10 | |
| 3) Jacob Lindauer 11 | 4) Alan Janssen 09 | |
| 12 East Buchanan | | 10:08.50 |
| 1) Rylie Kolthoff 09 | 2) Tyler Williams 11 | |
| 3) Dylan Crawford 10 | 4) Randy Synder 11 | |
| 13 Center Point-Urbana 'B' | | 10:21.84 |
| 1) Maverick Gatrost 09 | 2) Caleb Fuessley 09 | |
| 3) Cole Randall 10 | 4) Tyler Schnell 09 | |
| 14 Tipton 'B' | | 10:35.51 |
| 1) Steve Eiler 12 | 2) Connor Cromer 11 | |
| 3) Noah Jedlicka 09 | 4) Chance Koch 09 | |
| 15 Independence | | 10:46.10 |
| 1) Spencer Rothman 09 | 2) Kaleb VanGorder 09 | |
| 3) Matt Ohl 12 | 4) Mitch Ohl 12 | |
| 16 Jesup 'B' | | 10:51.46 |
| 1) Ethan Backes 10 | 2) Zach Tovar 09 | |
| 3) Logan Cole 09 | 4) Jayden Hansen 09 | |
| 17 East Buchanan 'B' | | 11:12.92 |
| 1) John Stanford 10 | 2) Carter Palmer 10 | |
| 3) Kyle Wessels 12 | 4) Mason Higgins 09 | |

Boys Distance Medley

School	Finals	H#
1 Monticello	3:39.51	3
1) Garrett Rieniets 12	2) Andrew Mescher 10	
3) Derek Manternach 12	4) Matt Manternach 12	
2 Anamosa	3:47.52	3
1) Alex Cabrera 11	2) Michael Martensen 11	
3) Joe Fish 10	4) Kolin Schulte 12	



Cascade Early Bird Invitational
Cascade High School
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....Boys Distance Medley

3 Springville	3:58.45	3
1) Seth Blake 11	2) Niklas Brede 12	
3) Zach March 09	4) Sam Lorimer 11	
4 Center Point-Urbana	4:00.14	2
1) Chandler Johnson 12	2) Max Chesmore 09	
3) Noah Dierks 10	4) Kevin Ockenfels 12	
5 Jesup	4:00.62	3
1) Alex Warm 12	2) Brendan Murray 12	
3) Cole Vanbrocklin 10	4) Kyle Deberg 12	
6 East Buchanan	4:01.18	3
1) Mac Meyer 12	2) Carter Downer 11	
3) Tyler Williams 11	4) Jacob Schmitt 12	
7 Tipton	4:02.51	2
1) Blaise Thumma 10	2) Quinten Mesick 10	
3) Matt Pelzer 12	4) Bryce Deerberg 10	
8 Regina	4:06.11	2
1) Jake Phillips 10	2) Christian Iben 11	
3) Andrew Adamec 12	4) Nick Schnoebelen 12	
9 Marion	4:07.95	3
1) Josh Holley 12	2) Dawson Kirk 10	
3) Nate Miller 09	4) Jeremy Fopma 10	
10 Springville 'B'	4:09.54	3
1) Henry Hoogland 10	2) Carter Gilmore 12	
3) Max Boland 12	4) Caleb Christiansen 09	
11 Monticello 'B'	4:10.46	3
1) Taylor Manternach 11	2) Noah Steiner 12	
3) Zach Holmes 12	4) Tyler Hospodarsky 11	
12 Anamosa 'B'	4:16.09	1
1) Dylan Wood 12	2) Cole Wickham 09	
3) Dylan Rickels 09	4) Eian Countryman 10	
13 Central City	4:17.56	2
1) Trey Holub 09	2) Kyle Marsh 09	
3) Sam Hall 11	4) Brandon Rollinger 11	
14 Marion 'B'	4:17.99	2
1) Jacob Deeter 12	2) Mason Rahe 09	
3) Ethan Johnston 09	4) Matthew Brase 09	
15 Edgewood-Colesburg	4:32.49	1
1) Brady Helle 11	2) Andrew Hoeger-Pint 09	
3) Logan Heims 09	4) Mike Jones 12	
16 Center Point-Urbana 'B'	4:34.02	2
1) CJ Garnett 10	2) Aaron Wendell 09	
3) Maverick Gatrost 09	4) Caleb Fuessley 09	
17 Tipton 'B'	4:37.88	1
1) Hunter Tenley 10	2) Marcus Norli 12	
3) Dillon McCollough 11	4) Steve Eiler 12	
18 East Buchanan 'B'	4:45.14	2
1) Nolan Meyer 09	2) Brock Naber 09	
3) Jacob Kelly 09	4) Rylie Kolthoff 09	

**Cascade Early Bird Invitational
 Cascade High School
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Boys 4x110 Meter Shuttle Hurdle

School	Finals	H#
1 Anamosa	1:01.49	4
1) Trevor Wehling 12	2) Dirk Snyder 12	
3) Kolin Schulte 12	4) Tyler Zumbach 12	
2 Center Point-Urbana	1:03.00	4
1) Logan Sarchett 12	2) Devin Smith 09	
3) JoJo Frost 11	4) Tristan Miller 09	
3 Tipton	1:04.73	4
1) Griffin Ormsby 12	2) Parker Jensen 11	
3) Davis Butler 09	4) Wes Zell 11	
4 Cascade	1:06.57	3
1) Will McAllister 11	2) Liam Curoe 10	
3) Mitchell Gibbs 10	4) Austin Lieurance 10	
5 Jesup	1:09.74	4
1) Alex Warm 12	2) Dylan Brown 09	
3) Garrett Wellman 10	4) Jacob Clark 12	
6 Central City	1:09.78	3
1) Sam Hall 11	2) Greg Novey 11	
3) Storm Matthias 12	4) Jenub Wan 10	
7 Marion	1:10.15	3
1) Hunter Johnson 10	2) Trevor Paulsen 09	
3) Isaak Hahn 11	4) Keanu Quinn 12	
8 Anamosa 'B'	1:12.12	2
1) Nathan Dietiker 09	2) Cole Jamison 12	
3) Gavin Betzer 10	4) Maverick Tjaden 09	
9 Marion 'B'	1:13.02	2
1) Bryce Valvoda 11	2) Jevin Manderscheid 10	
3) Mason Rahe 09	4) Trey Robertson 10	
10 Independence	1:14.12	2
1) Mason Wood 11	2) Cyrus Butters 10	
3) Jacob Schwarting 11	4) Jake Crawford 11	
11 East Buchanan	1:16.65	1
1) Justin Kress 12	2) James Mossman 09	
3) Jake Ohl 10	4) Spencer Cook 10	
12 Center Point-Urbana 'B'	1:17.26	1
1) CJ Garnett 10	2) Maverick Gatrost 09	
3) Patrick Conway 09	4) Jon Stuelke 11	
13 Independence 'B'	1:19.98	2
1) Sean Geortsema 09	2) Hunter Shannon 09	
3) Robert Stivers 09	4) Jerome Stivers 09	

Boys High Jump

Name	Year School	Finals
1 Noah Steiner	12 Monticello	6-05.00
2 Tyler Zumbach	12 Anamosa	6-00.00
3 Ken Westrick	12 Regina	5-10.00



Cascade Early Bird Invitational
Cascade High School
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....Boys High Jump

3 Blair Brooks	10 Marion	5-10.00
5 Garrett Rieniets	12 Monticello	J5-10.00
7 Avery Martinsen	09 Monticello	J5-08.00
7 Jon Stuelke	11 Center Point-Urbana	5-06.00
7 Dirk Snyder	12 Anamosa	5-06.00
9 Wade McKinney	10 Central City	J5-06.00
10 Andrew Stewart	09 Tipton	5-04.00
11 Cade Nolan	09 Jesup	5-02.00
11 Dylan Palmersheim	12 Edgewood-Colesburg	5-02.00
11 Kyle Oline	11 Jesup	5-02.00
11 Nolan Meyer	09 East Buchanan	5-02.00
11 Drew Schmit	11 Jesup	5-02.00
-- Bryce Deerberg	10 Tipton	NH
-- Aman Egge	09 Anamosa	NH
-- Neal Eckhoff	09 Regina	NH
-- Ethan Johnston	09 Marion	NH
-- Nate Miller	09 Marion	NH
-- Austin Griest	09 Marion	NH
-- Sean Geortsema	09 Independence	NH
-- Robert Stivers	09 Independence	NH

Boys Long Jump

Name	Year	School	Finals
1 Ethan Wyant	11	Jesup	20-04.25
2 Nathan Stenger	12	Regina	19-11.00
3 Blair Brooks	10	Marion	19-09.75
4 Cole Jamison	12	Anamosa	18-08.25
5 Tyler Zumbach	12	Anamosa	18-08.00
6 Michael Lueken	12	Edgewood-Colesburg	18-07.00
7 Alex Nealson	10	Monticello	18-01.00
8 carter Broneman	12	Monticello	J18-01.00
9 Logan Seeley	10	Anamosa	17-09.50
10 Quinten Mesick	10	Tipton	17-07.75
11 Devin Smith	09	Center Point-Urbana	17-02.50
12 Dawson Kirk	10	Marion	17-01.75
13 Kenyon Hosch	10	Independence	17-01.00
14 Brady Barner	12	Springville	16-11.00
15 Zac Mclean	09	Anamosa	16-10.00
16 Cole Vanbrocklin	10	Jesup	16-06.00
17 Derek Weitzenkamp	09	Jesup	16-05.50
18 Christian Iben	11	Regina	16-04.50
19 Collin Naaktgeboren	10	Center Point-Urbana	16-04.00
20 Spencer Cook	10	East Buchanan	16-03.25
21 Anthony Witherow	12	East Buchanan	16-01.00
22 Michael Walker	10	Central City	16-00.50
23 Josh Holley	12	Marion	16-00.00
24 TJ Nealson	10	Monticello	15-09.25

Cascade Early Bird Invitational
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....Boys Long Jump

25	CJ Garnett	10	Center Point-Urbana	15-08.00
26	Keanu Quinn	12	Marion	15-06.00
27	Kyle Wessels	12	East Buchanan	15-04.75
28	Blaise Thumma	10	Tipton	15-01.00
29	Max Chesmore	09	Center Point-Urbana	15-00.75
30	Ethan Backes	10	Jesup	15-00.00

Boys Shot Put

Name	Year	School	Finals	
1	Jared Brinkman	11	Regina	52-08.50
2	Colby Toenies	12	Anamosa	45-08.75
3	Zach Timm	12	Monticello	45-06.00
4	Alex Moore	10	Regina	41-07.00
5	Luke Stein	09	Regina	39-04.50
6	Garrett Richter	11	Jesup	38-10.00
7	Derek Kuntz	10	Cascade	38-08.00
8	Luke Lasack	09	Anamosa	38-07.00
9	Quentin Recker	10	Cascade	38-02.50
10	Nate Holub	11	Marion	37-11.25
11	Seth Blake	11	Springville	37-08.00
12	Nathaniel Dosland	10	East Buchanan	37-02.50
13	Isaac Kono	10	Center Point-Urbana	36-09.50
14	John Harms	12	Marion	36-07.50
15	Lake Stahlberg	09	Monticello	J36-07.50
16	Brian Sadler	10	Jesup	36-07.00
17	Riley Sullivan	12	Regina	36-02.50
18	TJ Ayers	09	Central City	36-00.00
19	Payne DeLarm	10	Cascade	35-11.25
20	Logan Schroeder	11	Tipton	35-10.50
21	Ryan Draeger	11	Marion	35-08.75
22	Kaden Jones	12	Edgewood-Colesburg	35-06.00
23	Shawn Buhr	09	Anamosa	35-05.50
24	Caleb Wagner	10	Marion	34-08.25
25	Brady Helle	11	Edgewood-Colesburg	34-08.00
26	Tyler Lieneau	11	Jesup	33-10.50
27	Isaiah Miller	11	Independence	33-08.75
28	Wyatt Starry	09	Central City	33-08.00
29	Wade Picray	09	Monticello	33-03.75
30	Chandler Seeley	09	Anamosa	32-02.50
31	Robert Pejchl	10	Monticello	32-01.75
32	Cody Westcott	09	Center Point-Urbana	31-07.25
33	Taylor Fox	09	East Buchanan	31-06.50
34	Dakota Funke	11	Edgewood-Colesburg	31-00.00
35	Jordan Hettinger	11	East Buchanan	30-11.00
35	Dylan Mente	09	Tipton	30-11.00
37	Cody Fry	09	Edgewood-Colesburg	30-10.00
38	Cody Gray	10	Central City	30-06.25

Cascade Early Bird Invitational
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....Boys Shot Put

39 Austin Brubaker	09 Center Point-Urbana	30-01.50
40 Derek Besick	09 Center Point-Urbana	29-02.50
41 Nile Coghlan	09 Central City	28-05.00
42 Austin Smith	09 Springville	25-10.00
43 Riley Reck	09 East Buchanan	25-09.00
44 Ty Daniel	10 Cascade	24-09.50
45 Evan Corum	09 Springville	24-06.50
46 Brian Beebe	09 Springville	21-05.50

Boys Discus Throw

Name	Year School	Finals
1 Tyler Lieneau	11 Jesup	136-08
2 Jared Brinkman	11 Regina	130-04
3 Brenden Noonan	11 Cascade	125-09
4 Riley Sullivan	12 Regina	124-10
5 Brian Sadler	10 Jesup	114-00
6 Alex Moore	10 Regina	113-05
7 Garrett Richter	11 Jesup	112-05
8 Grant Meth	10 Marion	109-00
9 Isaac Kono	10 Center Point-Urbana	108-03
10 Luke Lasack	09 Anamosa	104-06
10 Henry Hoogland	10 Springville	104-06
12 Caleb Wagner	10 Marion	102-03
13 John Harms	12 Marion	100-09
14 Taylor Fox	09 East Buchanan	98-05
15 Andrew Tjaden	11 Monticello	J98-05
16 Colby Toenies	12 Anamosa	97-05
17 Logan Schroeder	11 Tipton	96-10
18 Kaden Jones	12 Edgewood-Colesburg	96-03
19 Isaiah Miller	11 Independence	95-10
20 Kevin Kilburg	10 Anamosa	92-04
21 Wesley Henderson	10 Monticello	92-03
22 Dakota Funke	11 Edgewood-Colesburg	91-10
23 Wade Picray	09 Monticello	88-10
24 Sam Gordon	11 Marion	85-05
25 Caleb Weber	10 Cascade	84-08
26 Tyler Kuper	10 Monticello	80-06
27 Derek Besick	09 Center Point-Urbana	80-04
28 Tom Knepper	09 Cascade	78-10
29 Kevin Lin	11 Cascade	76-04
30 Bryce Silver	10 Central City	75-04
31 Cody Westcott	09 Center Point-Urbana	72-05
32 Jeremiah Snow	10 Anamosa	70-04
33 Austin Brubaker	09 Center Point-Urbana	70-02
34 Nile Coghlan	09 Central City	68-10
34 Jake Ohl	10 East Buchanan	68-10
36 Jordan Hettinger	11 East Buchanan	63-04

**Cascade Early Bird Invitational
 Cascade High School
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....Boys Discus Throw

37 Neal Eckhoff	09 Regina	60-09
38 Cody Fry	09 Edgewood-Colesburg	56-03
39 Dedric Schellhorn	09 Central City	56-02
40 Nathaniel Dosland	10 East Buchanan	46-07
41 Alex Hoffner	09 Central City	42-06

Boys 4x100 Meter Relay Weight Man's

School	Finals
1 Jesup	53.56
1) Brian Sadler 10	2) Lincoln Luckerth 09
3) Tyler Lieneau 11	4) Garrett Richter 11
2 Central City	53.67
1) Cody Gray 10	2) Gavin Pospisil 12
3) Wyatt Starry 09	4) Bryce Silver 10
3 Cascade	54.94
1) Payne DeLarm 10	2) Brenden Noonan 11
3) Quentin Recker 10	4) Logan Smith 11
4 Center Point-Urbana	58.06
1) Austin Brubaker 09	2) Cody Westcott 09
3) Derek Besick 09	4) Isaac Kono 10
5 Anamosa	58.98
1) Shawn Buhr 09	2) Chandler Seeley 09
3) Colby Toenies 12	4) Luke Lasack 09
6 East Buchanan	59.79
1) Jordan Hettinger 11	2) Nathaniel Dosland 10
3) Riley Reck 09	4) Carter Palmer 10