

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

Girls 100 Meter Dash

| Name | Year | School | Finals | H# |
|----------------------|------|---------------------|--------|----------|
| Finals | | | | |
| 1 Kayla Newbauer | 12 | North Linn | 12.88 | 3 |
| 2 Megan Maahs | 12 | Western Dubuque | 13.43 | 5 |
| 3 Mikayla Whitman | 12 | Anamosa | 13.65 | 5 |
| 4 Elayna Bahl | 10 | Western Dubuque | 13.78 | 4 |
| 5 Abbey Ingwersen | 12 | North Linn | 13.90 | 5 |
| 6 Francesca Jackson | 09 | Marion | 14.04 | 3 |
| 7 Kylie Volesky | 09 | Alburnett | 14.10 | 4 |
| 8 Gloria Coder | 12 | Marion | 14.19 | 5 |
| 9 Livvy Draves | 09 | Marion | 14.20 | 5 |
| 10 Paige Hollenback | 09 | Western Dubuque | 14.31 | 4 |
| 11 Alex Gray | 11 | Anamosa | 14.34 | 3 |
| 12 Taylor Zaruba | 10 | Anamosa | 14.35 | 5 |
| 13 Melissa Deeney | 12 | Springville | 14.45 | 3 |
| 14 Noelle Green | 11 | Cascade | 14.55 | 4 |
| 15 Taylar Skieye | 10 | Center Point-Urbana | 14.71 | 3 |
| 16 Isabella Nibaur | 09 | Regina | 15.16 | 4 |
| 17 Maddie Ingalls | 12 | Regina | 15.25 | 5 |
| 18 Brooke O'Brien | 09 | Center Point-Urbana | 15.32 | 2 |
| 19 Tessa Caryl | 10 | North Linn | 15.39 | 4 |
| 20 Natalia Rodriquez | 11 | North Linn | 15.62 | 4 |
| 21 Cassidy Rose | 11 | Alburnett | 15.67 | 3 |
| 22 Olivia Feldmann | 10 | Western Dubuque | 15.71 | 3 |
| 23 Ashlyn Fortune | 10 | Anamosa | 15.85 | 2 |
| 24 Amanda Rea | 09 | Cascade | 16.45 | 2 |
| 25 Dara Hoskins | 09 | Springville | 16.73 | 2 16.725 |
| 26 Amanda Vasey | 11 | Marion | 16.73 | 3 16.726 |
| 27 Laressa Stout | 09 | Tipton | 16.86 | 2 16.857 |
| 28 Federica Quadri | 12 | Tipton | 16.86 | 2 16.860 |
| 29 Hannah Patton | 09 | Central City | 17.09 | 1 |
| 30 Tiffany Holub | 09 | Central City | 17.13 | 1 |
| 31 Sadie Stolte | 09 | Springville | 17.38 | 2 |
| 32 YaYue Pang | 11 | Regina | 17.65 | 2 |

Girls 200 Meter Dash

| Name | Year | School | Finals | H# |
|-------------------|------|---------------------|--------|----|
| 1 Jenna Burds | 09 | Western Dubuque | 28.03 | 4 |
| 2 Keely Kinsella | 12 | Center Point-Urbana | 28.18 | 5 |
| 3 Skylar Miller | 12 | Marion | 28.24 | 5 |
| 4 Lauren Lee | 11 | Marion | 28.50 | 5 |
| 5 Mikayla Whitman | 12 | Anamosa | 28.82 | 5 |
| 6 Lynsey Dolphin | 12 | Cascade | 28.98 | 5 |
| 7 Carley Steffen | 09 | Western Dubuque | 29.09 | 4 |
| 8 Taylor Zaruba | 10 | Anamosa | 29.54 | 5 |
| 9 Callyn Fox | 09 | Center Point-Urbana | 29.56 | 4 |

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| | | | | |
|----------------------|----|---------------------|-------|---|
| 10 Nichole Kane | 09 | Springville | 29.63 | 5 |
| 11 Katherine Daubs | 10 | Center Point-Urbana | 30.69 | 5 |
| 12 Alexa Jess | 09 | Anamosa | 31.57 | 4 |
| 13 Tessa Caryl | 10 | North Linn | 32.00 | 4 |
| 14 Alyssa Silver | 09 | Central City | 32.23 | 4 |
| 15 Emily Holub | 09 | North Linn | 32.29 | 4 |
| 16 Jenna Gallery | 09 | North Linn | 32.96 | 3 |
| 17 Olivia Feldmann | 10 | Western Dubuque | 32.99 | 2 |
| 18 Kassidy Rose | 11 | Alburnett | 33.14 | 3 |
| 19 Natalia Rodriquez | 11 | North Linn | 33.55 | 3 |
| 20 Teyha Cart | 10 | Springville | 33.77 | 3 |
| 21 Emily Nugent | 09 | Regina | 33.87 | 2 |
| 22 Emma Snyder | 10 | Anamosa | 33.89 | 2 |
| 23 Madison Baxa | 10 | Marion | 34.65 | 3 |
| 24 Amanda Rea | 09 | Cascade | 34.67 | 2 |
| 25 Tiffany Holub | 09 | Central City | 34.84 | 1 |
| 26 Hannah Patton | 09 | Central City | 34.88 | 1 |
| 27 Gracy Martin | 09 | Alburnett | 35.11 | 1 |
| 28 Laressa Stout | 09 | Tipton | 35.56 | 2 |
| 29 YaYue Pang | 11 | Regina | 36.82 | 1 |
| 30 Federica Quadri | 12 | Tipton | 37.72 | 3 |
| 31 Hope Minton | 09 | Springville | 38.97 | 1 |

Girls 400 Meter Dash

| Name | Year | School | Finals | H# |
|-----------------------|------|---------------------|---------|----|
| 1 Madi Wagaman | 10 | Springville | 1:04.78 | 4 |
| 2 Claire Duncan | 10 | Anamosa | 1:06.14 | 4 |
| 3 Claire Nieman | 12 | Western Dubuque | 1:06.61 | 4 |
| 4 Anna Hunt | 11 | Cascade | 1:06.64 | 4 |
| 5 Alexis Shaffer | 09 | Cascade | 1:08.41 | 4 |
| 6 Kenzie Redmond | 10 | Marion | 1:09.19 | 4 |
| 7 Kassie Behnke | 10 | Anamosa | 1:10.32 | 4 |
| 8 Anna LeGrand | 10 | North Linn | 1:10.63 | 4 |
| 9 Maria Gudenkauf | 10 | Western Dubuque | 1:11.83 | 2 |
| 10 Jacqueline Hicks | 10 | Marion | 1:12.06 | 3 |
| 11 Ellie Loes | 11 | Cascade | 1:14.60 | 2 |
| 12 Jessica Grundmeyer | 10 | Center Point-Urbana | 1:14.70 | 3 |
| 13 Kari Daubs | 09 | Center Point-Urbana | 1:15.86 | 3 |
| 14 Emily Kramer | 11 | Central City | 1:17.79 | 3 |
| 15 Emily Holub | 09 | North Linn | 1:17.81 | 3 |
| 16 Brie Sperfslage | 09 | Alburnett | 1:17.90 | 2 |
| 17 Katie Binns | 09 | Tipton | 1:17.99 | 3 |
| 18 Kelsi Tidwell | 11 | Marion | 1:18.24 | 3 |
| 19 Maggie Burds | 11 | Western Dubuque | 1:23.67 | 1 |
| 20 KaLyn Collins | 09 | Springville | 1:24.13 | 2 |
| 21 Hope Minton | 09 | Springville | 1:25.19 | 1 |
| 22 Izzy Betzer | 12 | Central City | 1:27.21 | 1 |

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| | | | |
|----------------------|--------------------|---------|---|
| 23 Charli Mosier | 09 Tipton | 1:28.94 | 2 |
| 24 Emily Smith-Meese | 10 Marion | 1:32.04 | 3 |
| 25 Melissa Ludwig | 11 Western Dubuque | 1:35.15 | 1 |

Girls 800 Meter Run

| Name | Year School | Finals | H# |
|----------------------|------------------------|---------|----|
| 1 Maddie Bach | 12 Marion | 2:27.17 | 3 |
| 2 Jordan Burds | 09 Western Dubuque | 2:31.30 | 3 |
| 3 Alyssa Dougherty | 12 Western Dubuque | 2:37.83 | 3 |
| 4 Marie Knepper | 09 Cascade | 2:40.39 | 3 |
| 5 Avery Manderschied | 09 Marion | 2:40.65 | 3 |
| 6 Lexi Woode | 09 Marion | 2:41.11 | 3 |
| 7 Emma Duncan | 10 Anamosa | 2:41.45 | 3 |
| 8 Chloe Neighbor | 09 Center Point-Urbana | 2:42.37 | 3 |
| 9 Madison Kelchen | 09 Cascade | 2:42.72 | 2 |
| 10 Callie Neighbor | 10 Center Point-Urbana | 2:43.71 | 2 |
| 11 Lucy Syverson | 11 North Linn | 2:44.22 | 2 |
| 12 Jackie Falconer | 12 North Linn | 2:46.02 | 2 |
| 13 Sarah Kluesner | 12 Western Dubuque | 2:46.43 | 2 |
| 14 Brittany Savolt | 11 Western Dubuque | 2:48.32 | 2 |
| 15 Amanda Smith | 09 Tipton | 2:48.57 | 3 |
| 16 Mallory Holub | 11 North Linn | 2:50.77 | 2 |
| 17 Olivia Dlouhy | 11 Springville | 2:51.56 | 2 |
| 18 Chole Rice | 10 Marion | 2:52.06 | 3 |
| 19 Sariann Uhlehkamp | 09 Central City | 2:53.96 | 1 |
| 20 Allison Woods | 12 Center Point-Urbana | 2:54.12 | 2 |
| 21 Jessie Frasher | 09 Anamosa | 2:57.74 | 2 |
| 22 Jacklyn Whitson | 09 Central City | 3:02.67 | 1 |
| 23 Madreann Dillon | 10 Center Point-Urbana | 3:04.68 | 2 |
| 24 Lexi Maruga | 11 Anamosa | 3:05.23 | 1 |
| 25 Hallie Corum | 12 Springville | 3:05.71 | 1 |
| 26 Erica Shumaker | 11 Tipton | 3:08.98 | 1 |
| 27 Zoe Rezac | 10 Tipton | 3:09.06 | 2 |
| 28 Emma Robinson | 09 North Linn | 3:11.82 | 1 |
| 29 Izzy Betzer | 12 Central City | 3:32.10 | 1 |
| 30 Charli Mosier | 09 Tipton | 3:37.93 | 1 |

Girls 1500 Meter Run

| Name | Year School | Finals |
|---------------------|------------------------|---------|
| 1 Rebecca McDermott | 11 Cascade | 5:17.67 |
| 2 Hallie Kephart | 09 Marion | 5:28.96 |
| 3 Callie Neighbor | 10 Center Point-Urbana | 5:33.90 |
| 4 Madeline Rhomberg | 09 Cascade | 5:36.11 |
| 5 Alyssa Dougherty | 12 Western Dubuque | 5:42.38 |
| 6 Sydney Woods | 09 Center Point-Urbana | 5:43.14 |

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....Girls 1500 Meter Run

| | | | | |
|----|----------------------|----|---------------------|---------|
| 7 | Ellie Conzett | 12 | Marion | 5:44.55 |
| 8 | Kelsi Hundorf | 10 | Marion | 5:49.77 |
| 9 | Mary Catherine Graff | 09 | Regina | 5:50.56 |
| 10 | Jessica Ertz | 12 | Marion | 5:51.77 |
| 11 | Karly Millikin | 09 | Center Point-Urbana | 5:55.10 |
| 12 | Sariann Uhlehkamp | 09 | Central City | 5:55.90 |
| 13 | Alana Hromidko | 10 | North Linn | 5:55.94 |
| 14 | Elle Scriver | 09 | Springville | 5:57.56 |
| 15 | Natalie Shank | 10 | Regina | 6:00.02 |
| 16 | Maria Gudenkauf | 10 | Western Dubuque | 6:00.30 |
| 17 | Kylie Reierson | 09 | North Linn | 6:03.02 |
| 18 | Bryanna Grant | 11 | Center Point-Urbana | 6:04.85 |
| 19 | Monica Cruise | 11 | Central City | 6:07.49 |
| 20 | Emmarie Huseman | 10 | Tipton | 6:14.33 |

Girls 3000 Meter Run

| Name | Year | School | Finals |
|------|-------------------|------------------------|----------|
| 1 | Hallie Kephart | 09 Marion | 11:22.00 |
| 2 | Ellie Conzett | 12 Marion | 12:07.00 |
| 3 | Allison Woods | 12 Center Point-Urbana | 12:13.00 |
| 4 | Jessica Ertz | 12 Marion | 12:28.00 |
| 5 | Alana Hromidko | 10 North Linn | 12:36.00 |
| 6 | Katelyn Gloeckner | 11 Springville | 12:43.00 |
| 7 | Janelle Staal | 09 Central City | 12:44.00 |
| 8 | Kylie Reierson | 09 North Linn | 12:46.00 |
| 9 | Madreann Dillon | 10 Center Point-Urbana | 13:28.00 |
| 10 | Alexis Folkers | 09 North Linn | 13:32.00 |
| 11 | Zoe Rezac | 10 Tipton | 13:40.00 |

Girls 100 Meter Hurdles

| Name | Year | School | Finals | H# |
|------|----------------------|--------------------|--------|----|
| 1 | Elayna Bahl | 10 Western Dubuque | 16.18 | 3 |
| 2 | Lisa Tucker | 11 Cascade | 16.85 | 3 |
| 3 | Abby Klendworth | 12 North Linn | 17.30 | 3 |
| 4 | Kennadee Bockenstedt | 12 Western Dubuque | 17.42 | 3 |
| 5 | Brittany Koppes | 10 Cascade | 17.53 | 3 |
| 6 | Noelle Green | 11 Cascade | 17.74 | 3 |
| 7 | Sydney Brase | 11 Marion | 17.93 | 3 |
| 8 | Rachel Zumbach | 11 North Linn | 18.18 | 3 |
| 9 | Tiffany Schott | 10 Tipton | 18.22 | 1 |
| 10 | Rachel Recker | 11 Cascade | 18.33 | 2 |
| 11 | Kali Spicer | 09 Springville | 18.42 | 2 |
| 12 | Katie Serbousek | 12 Marion | 18.64 | 2 |
| 13 | Kennedy Clark | 10 Western Dubuque | 18.79 | 1 |
| 14 | Addie McDermott | 09 Western Dubuque | 19.04 | 1 |

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| | | | | | |
|----|----------------|----|-------------|-------|---|
| 15 | Rebecca Aberle | 11 | North Linn | 19.09 | 2 |
| 16 | Blake Ehler | 09 | Tipton | 19.10 | 1 |
| 17 | Celcia Daubs | 09 | Marion | 19.14 | 2 |
| 18 | Maddie Redmond | 09 | Marion | 19.71 | 2 |
| 19 | Ashley Brady | 12 | Springville | 19.98 | 2 |
| 20 | Jenna Gallery | 09 | North Linn | 20.31 | 2 |

Girls 400 Meter Hurdles

| ===== | | | | | |
|-------|------------|-------------|--------|-----------------|-----------|
| Name | Year | School | Finals | H# | |
| ===== | | | | | |
| 1 | Sydney | Brase | 11 | Marion | 1:11.61 2 |
| 2 | Lisa | Tucker | 11 | Cascade | 1:14.72 2 |
| 3 | Kennadee | Bockenstedt | 12 | Western Dubuque | 1:14.78 2 |
| 4 | Rebecca | Aberle | 11 | North Linn | 1:17.00 2 |
| 5 | Desarae | Letts | 09 | North Linn | 1:17.75 1 |
| 6 | Addie | McDermott | 09 | Western Dubuque | 1:19.05 1 |
| 7 | Tiffany | Schott | 10 | Tipton | 1:19.45 2 |
| 8 | Hanna | Horsfield | 10 | Western Dubuque | 1:21.87 2 |
| 9 | Rachel | Zumbach | 11 | North Linn | 1:23.22 2 |
| 10 | Jacqueline | Hicks | 10 | Marion | 1:23.30 2 |
| 11 | Ellie | Loes | 11 | Cascade | 1:23.45 1 |
| 12 | Kennedy | Clark | 10 | Western Dubuque | 1:23.90 1 |
| 13 | Rylee | Chapman | 09 | Springville | 1:27.51 1 |
| 14 | Brie | Sperfslage | 09 | Alburnett | 1:29.38 1 |

Girls 4x100 Meter Relay

| ===== | | | | | |
|--------|------------------------|-------|---|-----------------------|--|
| School | Finals | H# | | | |
| ===== | | | | | |
| 1 | North Linn | 53.28 | 3 | | |
| | 1) Ashley Tull 10 | | | 2) Kayla Newbauer 12 | |
| | 3) Abbey Ingwersen 12 | | | 4) Abby Klendworth 12 | |
| 2 | Tipton | 53.74 | 3 | | |
| | 1) Hunter Humphrey 09 | | | 2) Emilee Hamann 11 | |
| | 3) Michele O'Haver 12 | | | 4) Alyssa Crock 12 | |
| 3 | Western Dubuque | 53.85 | 3 | | |
| | 1) Sierra Tentis 12 | | | 2) Paige Deppe 12 | |
| | 3) Blair Burds 11 | | | 4) Megan Maahs 12 | |
| 4 | Cascade | 54.09 | 3 | | |
| | 1) Celine Rickels 11 | | | 2) Annie Meyer 11 | |
| | 3) Brittany Koppes 10 | | | 4) Anne Ryan 10 | |
| 5 | Marion | 54.31 | 3 | | |
| | 1) Skylar Miller 12 | | | 2) Gloria Coder 12 | |
| | 3) Chole Trca 09 | | | 4) Livvy Draves 09 | |
| 6 | Western Dubuque 'B' | 56.66 | 2 | | |
| | 1) Paige Hollenback 09 | | | 2) Hanna Horsfield 10 | |
| | 3) Kendra Elgin 11 | | | 4) Kennedy Clark 10 | |
| 7 | Regina | 57.42 | 2 | | |



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....Girls 4x100 Meter Relay

| | | | |
|-------------------------|-------------------------|---------|---|
| 1) Maddie Ingalls 12 | 2) Jessica Hunter 09 | | |
| 3) Grace Swenning 11 | 4) Emma Corkery 11 | | |
| 8 Center Point-Urbana | | 58.04 | 2 |
| 1) Callyn Fox 09 | 2) Kari Daubs 09 | | |
| 3) Taylar Skieye 10 | 4) Emelie Dagna 11 | | |
| 9 Springville | | 58.31 | 3 |
| 1) Chrissy Hoogland 12 | 2) Marissa Kilburg 11 | | |
| 3) Destiny Hard 11 | 4) Ashlee Bell 11 | | |
| 10 Cascade 'B' | | 58.49 | 2 |
| 1) Rachel Recker 11 | 2) Kelly Bergfeld 10 | | |
| 3) Courtney Sadler 12 | 4) Noelle Green 11 | | |
| 11 Alburnett | | 58.87 | 3 |
| 1) Kylie Volesky 09 | 2) Maddy Schuchmann 09 | | |
| 3) Remington Comried 09 | 4) Madison Osborn 09 | | |
| 12 Marion 'B' | | 59.25 | 2 |
| 1) Pauline Weah 12 | 2) Savannah Valvoda 09 | | |
| 3) Karis Holley 10 | 4) Chole Jenatscheck 09 | | |
| 13 Central City | | 59.58 | 2 |
| 1) Miriam Blackmore 09 | 2) Madison Fleming 09 | | |
| 3) Gabby Cruise 09 | 4) Madison Tritle 09 | | |
| 14 Regina 'B' | | 1:05.01 | 2 |
| 1) Isabella Nibaur 09 | 2) Carrigan O'Connor 09 | | |
| 3) Katrina Chambliss 10 | 4) Elizabeth Klesner 11 | | |
| 15 Tipton 'B' | | 1:05.06 | 1 |
| 1) Blake Ehler 09 | 2) Hannah Hodges 09 | | |
| 3) Gabby Lyons 10 | 4) Emma Pratt 09 | | |
| 16 Springville 'B' | | 1:06.85 | 1 |
| 1) Jacinde Lillard 10 | 2) Charley Hall 10 | | |
| 3) Madi Fah 10 | 4) Jade Hard 09 | | |

Girls 4x200 Meter Relay

| School | Finals | H# |
|-----------------------|-----------------------|----|
| 1 North Linn | 1:53.04 | 3 |
| 1) Ashley Tull 10 | 2) Kayla Newbauer 12 | |
| 3) Abbey Ingwersen 12 | 4) Abby Klendworth 12 | |
| 2 Western Dubuque | 1:53.96 | 3 |
| 1) Auna Allen 10 | 2) Sierra Tentis 12 | |
| 3) Blair Burds 11 | 4) Megan Maahs 12 | |
| 3 Marion | 1:54.17 | 3 |
| 1) Skylar Miller 12 | 2) Chole Trca 09 | |
| 3) Lauren Lee 11 | 4) Livvy Draves 09 | |
| 4 Cascade | 1:54.69 | 3 |
| 1) Celine Rickels 11 | 2) Annie Meyer 11 | |
| 3) Lynsey Dolphin 12 | 4) Anne Ryan 10 | |
| 5 Anamosa | 1:58.73 | 3 |
| 1) Rayanne Zeltner 10 | 2) Sophie Wilt 10 | |
| 3) Taylor Zaruba 10 | 4) Mikayla Whitman 12 | |

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....Girls 4x200 Meter Relay

| | | |
|-------------------------|-------------------------|---|
| 6 Alburnett | 1:59.19 | 3 |
| 1) Kylie Volesky 09 | 2) Maddy Schuchmann 09 | |
| 3) Remington Comried 09 | 4) Madison Osborn 09 | |
| 7 Western Dubuque 'B' | 2:00.45 | 2 |
| 1) Paige Hollenback 09 | 2) Carley Steffen 09 | |
| 3) Paige Deppe 12 | 4) Kendra Elgin 11 | |
| 8 Regina | 2:01.51 | 3 |
| 1) Maddie Ingalls 12 | 2) Emma Corkery 11 | |
| 3) Katrina Chambliss 10 | 4) Grace Swenning 11 | |
| 9 Cascade 'B' | 2:02.26 | 2 |
| 1) Kelly Bergfeld 10 | 2) Tonya Menke 10 | |
| 3) Mae Felton 09 | 4) Courtney Sadler 12 | |
| 10 Center Point-Urbana | 2:03.28 | 3 |
| 1) Katelyn Banning 11 | 2) Karly Millikin 09 | |
| 3) Morgan Husmann 09 | 4) Emelie Dagna 11 | |
| 11 Springville | 2:05.45 | 2 |
| 1) Melissa Deeney 12 | 2) Destiny Hard 11 | |
| 3) Marissa Kilburg 11 | 4) Ashlee Bell 11 | |
| 12 Regina 'B' | 2:06.91 | 2 |
| 1) Jessica Hunter 09 | 2) Carrigan O'Connor 09 | |
| 3) Isabella Nibaur 09 | 4) Elizabeth Klesner 11 | |
| 13 Marion 'B' | 2:07.26 | 2 |
| 1) Chole Cocheta 09 | 2) Lindsey Miller 10 | |
| 3) Pauline Weah 12 | 4) Brenna Johnson 11 | |
| 14 Central City | 2:12.23 | 2 |
| 1) Madison Fleming 09 | 2) Gabby Cruise 09 | |
| 3) Riley Malone 09 | 4) Madison Tritle 09 | |
| 15 Anamosa 'B' | 2:14.07 | 1 |
| 1) Alex Gray 11 | 2) Haley Nelson 09 | |
| 3) Emma Snyder 10 | 4) Raylene Schultz 09 | |
| 16 Springville 'B' | 2:25.17 | 1 |
| 1) Jacinde Lillard 10 | 2) Charley Hall 10 | |
| 3) Sadie Stolte 09 | 4) Madi Fah 10 | |

Girls 4x400 Meter Relay

| School | Finals | H# |
|----------------------|-------------------------|----|
| 1 Cascade | 4:19.42 | 2 |
| 1) Lynsey Dolphin 12 | 2) Rachel Trumm 09 | |
| 3) Marie Knepper 09 | 4) Rebecca McDermott 11 | |
| 2 Western Dubuque | 4:22.50 | 2 |
| 1) Jenna Burds 09 | 2) Claire Nieman 12 | |
| 3) Jordan Burds 09 | 4) Megan Maahs 12 | |
| 3 Marion | 4:26.38 | 2 |
| 1) Maddie Bach 12 | 2) Kenzie Redmond 10 | |
| 3) Lauren Lee 11 | 4) Andrea Etrz 12 | |
| 4 Springville | 4:32.43 | 2 |
| 1) Madi Wagaman 10 | 2) Kylie Hanshaw 10 | |

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| | | | |
|----------------------------|--------------------------|---------|---|
| 3) Sami Johnson 10 | 4) Nichole Kane 09 | | |
| 5 North Linn | | 4:39.71 | 1 |
| 1) Mallory Holub 11 | 2) Rachel Zumbach 11 | | |
| 3) Anna LeGrand 10 | 4) Rebecca Aberle 11 | | |
| 6 Center Point-Urbana | | 4:43.47 | 2 |
| 1) Madison Willson 09 | 2) Morgan Husmann 09 | | |
| 3) Keely Kinsella 12 | 4) Katherine Daubs 10 | | |
| 7 Marion 'B' | | 4:44.72 | 1 |
| 1) Chole Rice 10 | 2) Avery Manderschied 09 | | |
| 3) Ellie Harold 09 | 4) Randi Wright 10 | | |
| 8 Regina | | 4:46.26 | 2 |
| 1) Katrina Chambliss 10 | 2) Elizabeth Klesner 11 | | |
| 3) Emma Corkery 11 | 4) Grace Swenning 11 | | |
| 9 Cascade 'B' | | 4:47.45 | 1 |
| 1) Alexis Shaffer 09 | 2) Madeline Rhomberg 09 | | |
| 3) Maddie Weber 10 | 4) Madison Kelchen 09 | | |
| 10 Central City | | 4:50.38 | 1 |
| 1) Alyssa Silver 09 | 2) Janelle Staal 09 | | |
| 3) Miriam Blackmore 09 | 4) Samantha Uhlenkamp 11 | | |
| 11 Western Dubuque 'B' | | 4:50.49 | 1 |
| 1) Carley Steffen 09 | 2) Sarah Kluesner 12 | | |
| 3) Brittany Savolt 11 | 4) Addie McDermott 09 | | |
| 12 Center Point-Urbana 'B' | | 4:55.06 | 2 |
| 1) Katelyn Banning 11 | 2) Haley Engen 09 | | |
| 3) Jessica Grundmeyer 10 | 4) Jady Abodeely 09 | | |
| 13 Springville 'B' | | 5:04.19 | 1 |
| 1) Melissa Deeney 12 | 2) Alyssa Jaeger 10 | | |
| 3) Mikayla Nachazel 10 | 4) Hannah Stuppi 09 | | |
| 14 North Linn 'B' | | 5:07.52 | 1 |
| 1) Emily Holub 09 | 2) Emma Robinson 09 | | |
| 3) Alexis Folkers 09 | 4) Desarae Letts 09 | | |

Girls 4x800 Meter Relay

| School | Finals |
|--------------------------|-------------------------|
| 1 Marion | 10:19.32 |
| 1) Maddie Bach 12 | 2) Lexi Woode 09 |
| 3) Avery Manderschied 09 | 4) Andrea Etrz 12 |
| 2 Western Dubuque | 10:35.61 |
| 1) Claire Nieman 12 | 2) Jordan Burds 09 |
| 3) Sarah Kluesner 12 | 4) Brittany Savolt 11 |
| 3 Cascade | 10:47.76 |
| 1) Marie Knepper 09 | 2) Madeline Rhomberg 09 |
| 3) Madison Kelchen 09 | 4) Maddie Weber 10 |
| 4 Center Point-Urbana | 11:08.55 |
| 1) Callie Neighbor 10 | 2) Morgan Husmann 09 |
| 3) Karly Millikin 09 | 4) Sydney Woods 09 |
| 5 Anamosa | 11:15.66 |

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| | |
|---------------------------|----------------------------|
| 1) Claire Duncan 10 | 2) Jessie Frasher 09 |
| 3) Kassie Behnke 10 | 4) Emma Duncan 10 |
| 6 Springville | 11:31.87 |
| 1) Elle Scriver 09 | 2) Sami Johnson 10 |
| 3) Hannah Stuppi 09 | 4) Olivia Dlouhy 11 |
| 7 Center Point-Urbana 'B' | 11:41.04 |
| 1) Jessica Grundmeyer 10 | 2) Katherine Daubs 10 |
| 3) Bryanna Grant 11 | 4) Haley Engen 09 |
| 8 Central City | 11:42.81 |
| 1) Jacklyn Whitson 09 | 2) Monica Cruise 11 |
| 3) Sariann Uhlehkamp 09 | 4) Samantha Uhlenkamp 11 |
| 9 Regina | 11:43.08 |
| 1) Natalie Shank 10 | 2) Elizabeth Klesner 11 |
| 3) Carrigan O'Connor 09 | 4) Mary Catherine Graff 09 |

Girls 800 Sprint Medley

| School | Finals | H# |
|---------------------------|--------------------------|----|
| 1 Cascade | 1:59.99 | 2 |
| 1) Anne Ryan 10 | 2) Annie Meyer 11 | |
| 3) Celine Rickels 11 | 4) Rachel Trumm 09 | |
| 2 Western Dubuque | 2:01.94 | 2 |
| 1) Paige Hollenback 09 | 2) Sierra Tentis 12 | |
| 3) Blair Burds 11 | 4) Claire Nieman 12 | |
| 3 Marion | 2:02.01 | 2 |
| 1) Skylar Miller 12 | 2) Chole Trca 09 | |
| 3) Gloria Coder 12 | 4) Andrea Etrz 12 | |
| 4 Anamosa | 2:04.99 | 2 |
| 1) Rayanne Zeltner 10 | 2) Mikayla Whitman 12 | |
| 3) Sophie Wilt 10 | 4) Kassie Behnke 10 | |
| 5 Center Point-Urbana | 2:05.92 | 2 |
| 1) Madison Willson 09 | 2) Katelyn Banning 11 | |
| 3) Keely Kinsella 12 | 4) Morgan Husmann 09 | |
| 6 Springville | 2:06.55 | 2 |
| 1) Ashley Brady 12 | 2) Chrissy Hoogland 12 | |
| 3) Madi Wagaman 10 | 4) Rylee Menster 10 | |
| 7 Alburnett | 2:09.75 | 2 |
| 1) Kylie Volesky 09 | 2) Madison Osborn 09 | |
| 3) Maddy Schuchmann 09 | 4) Remington Comried 09 | |
| 8 Central City | 2:10.10 | 1 |
| 1) Madison Tritle 09 | 2) Alyssa Silver 09 | |
| 3) Miriam Blackmore 09 | 4) Samantha Uhlenkamp 11 | |
| 9 Center Point-Urbana 'B' | 2:12.03 | 1 |
| 1) Brooke O'Brien 09 | 2) Emelie Dagna 11 | |
| 3) Kari Daubs 09 | 4) Jadyne Abodeely 09 | |
| 10 Marion 'B' | 2:12.05 | 1 |
| 1) Chole Cocheta 09 | 2) Savannah Valvoda 09 | |
| 3) Ellie Harold 09 | 4) Randi Wright 10 | |



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

....Girls 800 Sprint Medley

| | | |
|-----------------------|---------|---|
| 11 Cascade 'B' | 2:14.27 | 1 |
| 1) Amanda Rea 09 | | |
| 3) Alexis Shaffer 09 | | |
| 12 Anamosa 'B' | 2:20.64 | 1 |
| 1) Taylor Zumbach 09 | | |
| 3) Raylene Schultz 09 | | |
| 13 Regina | 2:22.94 | 1 |
| 1) Emily Nugent 09 | | |
| 3) Isabella Nibaur 09 | | |
| 14 Tipton 'B' | 2:28.31 | 1 |
| 1) Shelby Eicher 11 | | |
| 3) Hannah Hodges 09 | | |

Girls Distance Medley

| School | Finals | H# |
|---------------------------|---------|----|
| 1 Cascade | 4:29.20 | 2 |
| 1) Celine Rickels 11 | | |
| 3) Rachel Trumm 09 | | |
| 2 Western Dubuque | 4:37.09 | 2 |
| 1) Auna Allen 10 | | |
| 3) Jenna Burds 09 | | |
| 3 Tipton | 4:47.23 | 2 |
| 1) Emilee Hamann 11 | | |
| 3) Alyssa Crock 12 | | |
| 4 Center Point-Urbana | 4:49.54 | 2 |
| 1) Keely Kinsella 12 | | |
| 3) Madison Willson 09 | | |
| 5 Springville | 4:53.40 | 2 |
| 1) Rylee Menster 10 | | |
| 3) Nichole Kane 09 | | |
| 6 Marion | 4:59.62 | 2 |
| 1) Ellie Harold 09 | | |
| 3) Chole Rice 10 | | |
| 7 Center Point-Urbana 'B' | 5:02.30 | 1 |
| 1) Emelie Dagna 11 | | |
| 3) Katherine Daubs 10 | | |
| 8 Marion 'B' | 5:03.84 | 1 |
| 1) Karis Holley 10 | | |
| 3) Heather Blazek 12 | | |
| 9 Central City | 5:13.24 | 2 |
| 1) Miriam Blackmore 09 | | |
| 3) Samantha Uhlenkamp 11 | | |
| 10 Springville 'B' | 5:19.04 | 1 |
| 1) Teyha Cart 10 | | |
| 3) Melissa Nulle 09 | | |
| 11 Tipton 'B' | 5:19.94 | 2 |
| 1) Emma Pratt 09 | | |



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

....Girls Distance Medley

| | | |
|-----------------------|-----------------------|---|
| 3) Emmarie Huseman 10 | 4) Tiffany Schott 10 | |
| 12 Central City 'B' | 5:28.39 | 1 |
| 1) Madison Fleming 09 | 2) Emily Kramer 11 | |
| 3) Riley Malone 09 | 4) Jacklyn Whitson 09 | |

Girls 4x100 Meter Shuttle Hurdle

| School | Finals | H# |
|----------------------------|-----------------------|----|
| 1 Western Dubuque | 1:11.17 | 2 |
| 1) Hanna Horsfield 10 | 2) Kendra Elgin 11 | |
| 3) Kennadee Bockenstedt 12 | 4) Elayna Bahl 10 | |
| 2 Cascade | 1:13.80 | 1 |
| 1) Brittany Koppes 10 | 2) Courtney Sadler 12 | |
| 3) Rachel Recker 11 | 4) Lisa Tucker 11 | |
| 3 North Linn | 1:14.09 | 2 |
| 1) Abby Klendworth 12 | 2) Rachel Zumbach 11 | |
| 3) Rebecca Aberle 11 | 4) Desarae Letts 09 | |
| 4 Marion | 1:16.59 | 2 |
| 1) Katie Serbousek 12 | 2) Camryn Cannoy 11 | |
| 3) Celcia Daubs 09 | 4) Sydney Brase 11 | |
| 5 Springville | 1:18.16 | 1 |
| 1) Ashley Brady 12 | 2) Rylee Chapman 09 | |
| 3) Kali Spicer 09 | 4) Ashlee Bell 11 | |

Girls High Jump

| Name | Year School | Finals |
|--------------------|--------------------|----------|
| 1 Paige Deppe | 12 Western Dubuque | 5-00.00 |
| 2 Lisa Tucker | 11 Cascade | 4-10.00 |
| 3 Maddy Schuchmann | 09 Alburnett | 4-08.00 |
| 4 Caitlyn Smith | 10 Marion | J4-08.00 |
| 5 Brie Sperfslage | 09 Alburnett | 4-06.00 |
| 6 Alyssa Jaeger | 10 Springville | J4-06.00 |
| 7 Rayanne Zeltner | 10 Anamosa | 4-04.00 |
| 9 Raylene Schultz | 09 Anamosa | J4-02.00 |
| 9 Kelly Bergfeld | 10 Cascade | J4-02.00 |
| 10 Mae Felton | 09 Cascade | J4-02.00 |
| -- Amanda Rea | 09 Cascade | NH |

Girls Long Jump

| Name | Year School | Finals |
|-------------------|----------------|----------|
| 1 Rylee Menster | 10 Springville | 16-10.25 |
| 2 Brittany Koppes | 10 Cascade | 16-00.00 |
| 3 Madison Osborn | 09 Alburnett | 15-01.25 |
| 4 Emma Corkery | 11 Regina | 14-09.25 |



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

....Girls Long Jump

| | | | | |
|----|-------------------|----|---------------------|----------|
| 5 | Hunter Humphrey | 09 | Tipton | 14-07.25 |
| 6 | Livvy Draves | 09 | Marion | 14-06.75 |
| 7 | Auna Allen | 10 | Western Dubuque | 14-06.25 |
| 8 | Callyn Fox | 09 | Center Point-Urbana | 14-02.50 |
| 9 | Kelly Bergfeld | 10 | Cascade | 13-10.25 |
| 10 | Jenna Burds | 09 | Western Dubuque | 13-07.75 |
| 11 | Ellie Harold | 09 | Marion | 13-06.00 |
| 12 | Mae Felton | 09 | Cascade | 13-02.25 |
| 13 | Carley Steffen | 09 | Western Dubuque | 13-00.75 |
| 14 | Anna LeGrand | 10 | North Linn | 12-09.75 |
| 15 | Ashlyn Fortune | 10 | Anamosa | 12-01.00 |
| 16 | Chole Jenatscheck | 09 | Marion | 11-09.00 |
| 17 | Denisha Wilson | 11 | Anamosa | 11-07.75 |
| 18 | Gracy Martin | 09 | Alburnett | 11-00.50 |
| 19 | Haley Nelson | 09 | Anamosa | 10-03.25 |

Girls Shot Put

| Name | Year | School | Finals | |
|------|---------------------|--------|---------------------|----------|
| 1 | Allison Tucker | 12 | Western Dubuque | 39-01.50 |
| 2 | Jamie Kofron | 09 | Tipton | 37-09.50 |
| 3 | Mahila Brown | 12 | Marion | 36-04.00 |
| 4 | Jade Hard | 09 | Springville | 35-04.50 |
| 5 | Allie Ryan | 10 | Tipton | 35-03.00 |
| 6 | Breanna Smith | 12 | Marion | 35-00.00 |
| 7 | Caitlin Himes | 12 | Tipton | 34-08.00 |
| 8 | Lauren Willson | 11 | Center Point-Urbana | 33-08.00 |
| 9 | Ashley Tull | 10 | North Linn | 31-09.25 |
| 10 | Morgan Willson | 09 | Center Point-Urbana | 31-07.50 |
| 11 | Lexi Engen | 12 | Center Point-Urbana | 30-10.00 |
| 12 | Kaytlyn Frasher | 12 | North Linn | 30-03.00 |
| 13 | Alicia Steepleton | 11 | Marion | 30-02.00 |
| 14 | Bailey Clemens | 11 | Cascade | 29-03.00 |
| 15 | Rebecca Hingst | 12 | Center Point-Urbana | 28-05.50 |
| 16 | McKenzie Maahs | 10 | Western Dubuque | 27-08.75 |
| 17 | Gracie Cross | 10 | North Linn | 26-09.00 |
| 18 | Jakalyn Frasher | 09 | North Linn | 26-06.00 |
| 19 | Kailey Walker | 12 | Alburnett | 26-05.00 |
| 20 | Jenna Hoefler | 09 | Western Dubuque | 26-04.50 |
| 21 | Byranna Simmermaker | 09 | Tipton | 25-09.50 |
| 22 | Hannah Patton | 09 | Central City | 25-02.00 |
| 23 | Hannah Olsen | 10 | Marion | 24-06.00 |
| 24 | Tonya Menke | 10 | Cascade | 24-04.25 |
| 25 | Ali Braden | 10 | Anamosa | 23-04.00 |
| 26 | Dara Hoskins | 09 | Springville | 21-10.75 |
| 27 | Lisa Schroeder | 12 | Western Dubuque | 21-01.00 |
| 28 | Tiffany Holub | 09 | Central City | 19-02.00 |

Cascade Early Bird Invitational
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Girls Discus Throw

| Name | Year | School | Finals |
|---------------------------|------|---------------------|--------|
| 1 Caitlin Himes | 12 | Tipton | 126-03 |
| 2 Haley Blazek | 11 | Marion | 117-07 |
| 3 Rebecca Hingst | 12 | Center Point-Urbana | 100-05 |
| 4 Kaytlyn Frasher | 12 | North Linn | 98-09 |
| 5 Allison Tucker | 12 | Western Dubuque | 97-00 |
| 6 Breanna Smith | 12 | Marion | 96-08 |
| 7 Jamie Kofron | 09 | Tipton | 94-04 |
| 8 Ali Braden | 10 | Anamosa | 92-07 |
| 9 Lexi Engen | 12 | Center Point-Urbana | 91-06 |
| 10 Lauren Willson | 11 | Center Point-Urbana | 88-10 |
| 11 Jade Hard | 09 | Springville | 88-06 |
| 12 Allie Ryan | 10 | Tipton | 88-02 |
| 13 Bailey Clemens | 11 | Cascade | 84-10 |
| 14 Teyha Cart | 10 | Springville | 83-02 |
| 15 Byranna Simmermaker | 09 | Tipton | 81-00 |
| 16 Gaby Hall | 10 | Western Dubuque | 80-06 |
| 17 Shelby Mackey | 09 | North Linn | 76-07 |
| 18 Mackenzie Latteyer | 12 | Center Point-Urbana | 76-04 |
| 19 Katelyn Murhammer | 11 | Regina | 74-10 |
| 20 Jocelyn Wiese | 12 | Western Dubuque | 67-03 |
| 21 Kim Rogan | 11 | North Linn | 66-06 |
| 22 Dara Hoskins | 09 | Springville | 65-03 |
| 23 Allison Oberbroeckling | 09 | Western Dubuque | 62-10 |
| 24 Tonya Menke | 10 | Cascade | 56-11 |
| 25 Emma Snyder | 10 | Anamosa | 55-08 |