

**Cascade Early Bird Invitational**  
**Cascade High School**  
**Cascade, Iowa - 4/1/2017**  
**Results**

**Girls 100 Meter Dash**

| Name                   | Year | School              | Finals | H#       |
|------------------------|------|---------------------|--------|----------|
| <b>Finals</b>          |      |                     |        |          |
| 1 Celine Rickels       | 12   | Cascade             | 13.35  | 3        |
| 2 Molly McElmeel       | 09   | Cascade             | 13.38  | 3        |
| 3 Catie Brosius        | 10   | Western Dubuque     | 13.54  | 3        |
| 4 Auna Allen           | 11   | Western Dubuque     | 13.59  | 3        |
| 5 Hunter Humphrey      | 10   | Tipton              | 13.96  | 3        |
| 6 LaMia Sisk           | 11   | Center Point-Urbana | 13.97  | 2        |
| 7 Jaden Smith          | 09   | Northeast           | 14.19  | 3 14.183 |
| 8 Maddie Goodman       | 09   | Western Dubuque     | 14.19  | 3 14.190 |
| 9 Bryn Hadsall         | 09   | Center Point-Urbana | 14.32  | 1        |
| 10 Lyndsi Wilgenbusch  | 11   | Western Dubuque     | 14.38  | 3        |
| 11 Alyssa Koch         | 10   | Calamus-Wheatland   | 14.42  | 2        |
| 12 Amanda Gorzney      | 12   | Calamus-Wheatland   | 14.48  | 2        |
| 13 Francine Jackson    | 10   | Marion              | 14.55  | 2        |
| 14 Payton Carlson      |      | West Delaware       | 14.72  | 1        |
| 15 Ally Donahue        | 09   | Marion              | 14.74  | 2        |
| 16 Morgan VanderHeiden | 12   | Calamus-Wheatland   | 14.75  | 2        |
| 17 Lilly Trumm         | 09   | Cascade             | 14.78  | 2        |
| 18 Jeebeez Hamuss      | 10   | Cascade             | 14.91  | 1        |
| 19 Alyssa Hefel        | 11   | Center Point-Urbana | 15.41  | 1        |
| 20 Sammie Flagel       | 09   | Calamus-Wheatland   | 15.63  | 1        |
| 21 Raeann Portz        | 10   | Northeast           | 15.65  | 2        |
| 22 Chloe Cechota       | 10   | Marion              | 15.96  | 1        |
| 23 Kendall Heitshusen  | 11   | Center Point-Urbana | 16.15  | 1        |
| 24 Hailey Hilby        |      | West Delaware       | 16.37  | 1        |

**Girls 200 Meter Dash**

| Name               | Year | School              | Finals | H#       |
|--------------------|------|---------------------|--------|----------|
| 1 Jenna Burds      | 10   | Western Dubuque     | 27.51  | 3        |
| 2 Addie Ulbrich    | 11   | Western Dubuque     | 28.59  | 3 28.581 |
| 3 LaMia Sisk       | 11   | Center Point-Urbana | 28.59  | 2 28.585 |
| 4 Carley Steffen   | 10   | Western Dubuque     | 28.62  | 2        |
| 5 Kelly Bergfeld   | 11   | Cascade             | 28.81  | 3        |
| 6 Alecca Gray      | 11   | Northeast           | 28.86  | 2        |
| 7 Auna Allen       | 11   | Western Dubuque     | 28.99  | 3        |
| 8 Lauren Easton    | 12   | Center Point-Urbana | 29.38  | 2        |
| 9 Kari Daubs       | 10   | Center Point-Urbana | 29.46  | 2        |
| 10 Abby Welter     | 09   | Cascade             | 29.96  | 2        |
| 11 Amanda Gorzney  | 12   | Calamus-Wheatland   | 30.24  | 1        |
| 12 Hunter Humphrey | 10   | Tipton              | 30.31  | 3        |
| 13 Alyssa Koch     | 10   | Calamus-Wheatland   | 30.99  | 1        |
| 14 Raeann Portz    | 10   | Northeast           | 32.48  | 1        |
| 15 Kassidy Flagel  | 10   | Calamus-Wheatland   | 36.09  | 1        |

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**Girls 400 Meter Dash**

| Name                | Year | School              | Finals  | H# |
|---------------------|------|---------------------|---------|----|
| 1 Jenna Burds       | 10   | Western Dubuque     | 1:01.73 | 2  |
| 2 Reagan Rosalez    | 12   | Western Dubuque     | 1:03.63 | 2  |
| 3 Marie Knepper     | 10   | Cascade             | 1:03.70 | 2  |
| 4 Anna Hunt         | 12   | Cascade             | 1:04.78 | 2  |
| 5 Lauren Easton     | 12   | Center Point-Urbana | 1:06.48 | 2  |
| 6 Madeline Rhomberg | 10   | Cascade             | 1:07.11 | 2  |
| 7 Amanda Gorzney    | 12   | Calamus-Wheatland   | 1:10.47 | 2  |
| 8 Alyssa Koch       | 10   | Calamus-Wheatland   | 1:12.16 | 1  |
| 9 Madison Kelchen   | 10   | Cascade             | 1:12.66 | 2  |
| 10 Ellie Loes       | 12   | Cascade             | 1:13.69 | 1  |
| 11 Libby Freiburger | 09   | Western Dubuque     | 1:14.29 | 1  |
| 12 Sammie Flagel    | 09   | Calamus-Wheatland   | 1:15.39 | 1  |
| 13 Hailey Hilby     |      | West Delaware       | 1:20.40 | 1  |
| 14 Madreann Dillon  | 11   | Center Point-Urbana | 1:21.31 | 1  |
| 15 Ally Ulbrich     | 09   | Western Dubuque     | 1:23.43 | 1  |
| 16 Emma Hearn       | 09   | Center Point-Urbana | 1:27.10 | 1  |

**Girls 800 Meter Run**

| Name                | Year | School              | Finals  |
|---------------------|------|---------------------|---------|
| 1 Rebecca McDermott | 12   | Cascade             | 2:26.17 |
| 2 Jordan Burds      | 10   | Western Dubuque     | 2:31.53 |
| 3 Chloe Neighbor    | 10   | Center Point-Urbana | 2:37.32 |
| 4 Carly Hasken      | 11   | Northeast           | 2:39.97 |
| 5 Kenzie Mente      | 12   | Tipton              | 2:40.52 |
| 6 Ella Oberman      | 09   | Northeast           | 2:42.48 |
| 7 Karly Millikin    | 10   | Center Point-Urbana | 2:43.12 |
| 8 Callie Neighbor   | 11   | Center Point-Urbana | 2:50.06 |
| 9 Jess Hoffman      | 09   | Cascade             | 2:52.34 |
| 10 Leah Wille       | 10   | Western Dubuque     | 2:52.95 |
| 11 Bryanna Grant    | 12   | Center Point-Urbana | 2:56.73 |
| 12 Aliyah Weber     | 09   | Cascade             | 3:06.19 |
| 13 Ashlyn Curry     | 09   | Tipton              | 3:15.09 |

**Girls 1500 Meter Run**

| Name                | Year | School              | Finals  |
|---------------------|------|---------------------|---------|
| 1 Adrianna Katcher  | 09   | Center Point-Urbana | 5:00.53 |
| 2 Madeline Rhomberg | 10   | Cascade             | 5:06.71 |
| 3 Hallie Kephart    | 10   | Marion              | 5:09.78 |
| 4 Chloe Neighbor    | 10   | Center Point-Urbana | 5:26.63 |
| 5 Sydney Woods      | 10   | Center Point-Urbana | 5:30.45 |
| 6 Madison Kelchen   | 10   | Cascade             | 5:44.80 |
| 7 Leah Wille        | 10   | Western Dubuque     | 5:59.87 |
| 8 Amanda Behnke     | 11   | Western Dubuque     | 6:01.70 |

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**....Girls 1500 Meter Run**

|                       |                        |         |
|-----------------------|------------------------|---------|
| 9 Alyssa Elijah       | 11 Tipton              | 6:09.24 |
| 10 Zoe Rezac          | 11 Tipton              | 6:17.63 |
| 11 Jessica Grundmeyer | 11 Center Point-Urbana | 6:24.93 |

**Girls 3000 Meter Run**

| Name               | Year School            | Finals   |
|--------------------|------------------------|----------|
| 1 Adrianna Katcher | 09 Center Point-Urbana | 10:33.88 |
| 2 Camryn Reeg      | 11 Bellevue            | 10:49.54 |
| 3 Callie Neighbor  | 11 Center Point-Urbana | 12:24.23 |
| 4 Leah Wille       | 10 Western Dubuque     | 12:25.88 |
| 5 Ella Oberman     | 09 Northeast           | 12:58.91 |
| 6 Madreann Dillon  | 11 Center Point-Urbana | 13:34.21 |

**Girls 100 Meter Hurdles**

| Name               | Year School        | Finals | H# |
|--------------------|--------------------|--------|----|
| 1 Lisa Tucker      | 12 Cascade         | 15.79  | 2  |
| 2 Elayna Bahl      | 11 Western Dubuque | 15.91  | 2  |
| 3 Alecca Gray      | 11 Northeast       | 16.65  | 2  |
| 4 Noelle Green     | 12 Cascade         | 16.96  | 2  |
| 5 Sydney Brase     | 12 Marion          | 17.39  | 2  |
| 6 Brittany Koppes  | 11 Cascade         | 17.41  | 2  |
| 7 Rachel Recker    | 12 Cascade         | 17.73  | 2  |
| 8 Jayna Farrell    | 12 Northeast       | 18.73  | 1  |
| 9 Jacqueline Hicks | 10 Marion          | 19.04  | 1  |
| 10 Shauna McAleer  | 12 Northeast       | 19.59  | 1  |
| 11 Payton Carlson  | West Delaware      | 19.80  | 1  |
| 12 Ashlyn Curry    | 09 Tipton          | 20.05  | 1  |
| 13 Lilly Trumm     | 09 Cascade         | 20.82  | 1  |
| 14 Bethany Foster  | 09 Marion          | 22.24  | 2  |

**Girls 400 Meter Hurdles**

| Name                | Year School        | Finals  |
|---------------------|--------------------|---------|
| 1 Sydney Brase      | 12 Marion          | 1:10.46 |
| 2 Lisa Tucker       | 12 Cascade         | 1:10.50 |
| 3 Tiffany Schott    | 11 Tipton          | 1:15.66 |
| 4 Rayne Hollenback  | 10 Western Dubuque | 1:15.97 |
| 5 Rylee Bockenstedt | 10 Western Dubuque | 1:17.99 |
| 6 Jacqueline Hicks  | 10 Marion          | 1:18.12 |

**Cascade Early Bird Invitational**  
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**Girls 4x100 Meter Relay**

| School                    | Finals                  |
|---------------------------|-------------------------|
| 1 Cascade                 | 51.14                   |
| 1) Molly McElmeel 09      | 2) Anne Ryan 11         |
| 3) Annie Meyer 12         | 4) Celine Rickels 12    |
| 2 Western Dubuque         | 52.04                   |
| 1) Paige Hollenback 10    | 2) Cassie Hermsen 11    |
| 3) Elayna Bahl 11         | 4) Blair Burds 12       |
| 3 Cascade 'B'             | x54.92                  |
| 1) Kelly Bergfeld 11      | 2) Lilly Trumm 09       |
| 3) Jeebeez Hamuss 10      | 4) Jordan Simon 09      |
| 4 Marion                  | 55.79                   |
| 1) Maddy Redmond 10       | 2) Kay Mundy 09         |
| 3) Bethany Foster 09      | 4) Sydney Brase 12      |
| 5 Northeast               | 56.13                   |
| 1) Alecca Gray 11         | 2) Jayna Farrell 12     |
| 3) Shauna McAleer 12      | 4) Jaden Smith 09       |
| 6 Western Dubuque 'B'     | x57.35                  |
| 1) Maddie Goodman 09      | 2) Olivia Hosch 09      |
| 3) Regan Pfeiler 11       | 4) Rylee Bockenstedt 10 |
| 7 Marion 'B'              | x58.20                  |
| 1) Savannah Valvoda 10    | 2) Ally Donahue 09      |
| 3) Chole Cocheta 10       | 4) Francine Jackson 10  |
| 8 Calamus-Wheatland       | 58.88                   |
| 1) Lexi Schwien 11        | 2) Amanda Gorzney 12    |
| 3) Morgan VanderHeiden 12 | 4) Alyssa Koch 10       |

**Girls 4x200 Meter Relay**

| School                 | Finals                 |
|------------------------|------------------------|
| 1 Cascade              | 1:47.66                |
| 1) Celine Rickels 12   | 2) Anne Ryan 11        |
| 3) Annie Meyer 12      | 4) Rachel Trumm 10     |
| 2 Western Dubuque      | 1:50.35                |
| 1) Paige Hollenback 10 | 2) Cassie Hermsen 11   |
| 3) Kendra Elgin 12     | 4) Blair Burds 12      |
| 3 West Delaware        | 1:57.86                |
| 4 Cascade 'B'          | x2:01.37               |
| 1) Jeebeez Hamuss 10   | 2) Jordan Simon 09     |
| 3) Alexis Shaffer 10   | 4) Maddie Weber 11     |
| 5 Marion 'B'           | 2:02.88                |
| 1) Savannah Valvoda 10 | 2) Ally Donahue 09     |
| 3) Chole Cocheta 10    | 4) Francine Jackson 10 |
| 6 Western Dubuque 'B'  | x2:03.62               |
| 1) Maddie Goodman 09   | 2) Olivia Hosch 09     |
| 3) Kaylee Elgin 09     | 4) Regan Pfeiler 11    |

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**Girls 4x400 Meter Relay**

| School                    | Finals                   |
|---------------------------|--------------------------|
| 1 Cascade                 | 4:12.04                  |
| 1) Rachel Trumm 10        | 2) Marie Knepper 10      |
| 3) Abby Welter 09         | 4) Rebecca McDermott 12  |
| 2 Western Dubuque         | 4:17.36                  |
| 1) Addie Ulbrich 11       | 2) Jordan Burds 10       |
| 3) Sydney Rosalez 10      | 4) Reagan Rosalez 12     |
| 3 Northeast               | 4:31.59                  |
| 1) Carly Hasken 11        | 2) Sydney Kucera 12      |
| 3) Miya Messerich 09      | 4) Amber Friedrichsen 10 |
| 4 Center Point-Urbana     | 4:36.56                  |
| 1) Katherine Daubs 11     | 2) Lauren Easton 12      |
| 3) Karly Millikin 10      | 4) Haley Engen 10        |
| 5 Marion                  | 4:40.60                  |
| 1) Bree Fentress 09       | 2) Karlee Walker 09      |
| 3) Meghan Greene 09       | 4) Avery Manderschied 10 |
| 6 Western Dubuque 'B'     | x4:52.28                 |
| 1) Lyndsi Wilgenbusch 11  | 2) Carley Steffen 10     |
| 3) Kaylee Elgin 09        | 4) Lexi Klostermann 10   |
| 7 Center Point-Urbana 'B' | x4:52.92                 |
| 1) Kari Daubs 10          | 2) Sydney Woods 10       |
| 3) LaMia Sisk 11          | 4) Jadyn Abodeely 10     |
| 8 Cascade 'B'             | x4:56.55                 |
| 1) Alexis Shaffer 10      | 2) Ellie Loes 12         |
| 3) Maddie Weber 11        | 4) Jess Hoffman 09       |

**Girls 4x800 Meter Relay**

| School                  | Finals                   |
|-------------------------|--------------------------|
| 1 Cascade               | 10:19.44                 |
| 1) Madeline Rhomberg 10 | 2) Marie Knepper 10      |
| 3) Madison Kelchen 10   | 4) Rebecca McDermott 12  |
| 2 West Delaware         | 10:42.85                 |
| 3 Marion                | 10:49.77                 |
| 1) Bree Fentress 09     | 2) Karlee Walker 09      |
| 3) Meghan Greene 09     | 4) Avery Manderschied 10 |
| 4 Center Point-Urbana   | 10:57.71                 |
| 1) Lauren Easton 12     | 2) Karly Millikin 10     |
| 3) Sydney Woods 10      | 4) Jadyn Abodeely 10     |
| 5 Tipton                | 11:17.73                 |
| 1) Kenzie Mente 12      | 2) Zoe Rezac 11          |
| 3) Alyssa Elijah 11     | 4) Tiffany Schott 11     |
| 6 Western Dubuque       | 11:39.05                 |
| 1) Sydney Rosalez 10    | 2) Mya Krapfl 11         |
| 3) Jordan Vontalge 09   | 4) Amanda Behnke 11      |
| 7 Cascade 'B'           | x11:45.44                |
| 1) Jess Hoffman 09      | 2) Ellie Loes 12         |

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**....Girls 4x800 Meter Relay**

- 3) Maddie Weber 11
- 4) Aliyah Weber 09

**Girls 800 Sprint Medley**

| School                    | Finals                  |
|---------------------------|-------------------------|
| 1 Cascade                 | 1:53.51                 |
| 1) Celine Rickels 12      | 2) Anne Ryan 11         |
| 3) Annie Meyer 12         | 4) Rebecca McDermott 12 |
| 2 Center Point-Urbana     | 1:59.24                 |
| 1) Kari Daubs 10          | 2) LaMia Sisk 11        |
| 3) Katherine Daubs 11     | 4) Chloe Neighbor 10    |
| 3 Cascade 'B'             | x2:01.37                |
| 1) Molly McElmeel 09      | 2) Jeebeez Hamuss 10    |
| 3) Kelly Bergfeld 11      | 4) Alexis Shaffer 10    |
| 4 Northeast               | 2:03.37                 |
| 1) Jaden Smith 09         | 2) Alecca Gray 11       |
| 3) Amber Friedrichsen 10  | 4) Carly Hasken 11      |
| 5 Marion                  | 2:05.19                 |
| 1) Maddy Redmond 10       | 2) Kay Mundy 09         |
| 3) Bethany Foster 09      | 4) Jacqueline Hicks 10  |
| 6 Center Point-Urbana 'B' | x2:10.78                |
| 1) Bryn Hadsall 09        | 2) Alyssa Hefel 11      |
| 3) Haley Engen 10         | 4) Bryanna Grant 12     |
| -- Western Dubuque 'B'    | DQ                      |
| 1) Rayne Hollenback 10    | 2) Olivia Hosch 09      |
| 3) Lyndsi Wilgenbusch 11  | 4) Libby Freiburger 09  |
| -- Western Dubuque        | DQ                      |
| 1) Paige Hollenback 10    | 2) Catie Brosius 10     |
| 3) Blair Burds 12         | 4) Jenna Burds 10       |

**Girls Distance Medley**

| School                    | Finals                 |
|---------------------------|------------------------|
| 1 Center Point-Urbana     | 4:30.62                |
| 1) Kari Daubs 10          | 2) Katherine Daubs 11  |
| 3) Chloe Neighbor 10      | 4) Adrianna Katcher 09 |
| 2 Marion                  | 4:34.10                |
| 1) Maddy Redmond 10       | 2) Kay Mundy 09        |
| 3) Sydney Brase 12        | 4) Hallie Kephart 10   |
| 3 Cascade                 | 4:41.10                |
| 1) Kelly Bergfeld 11      | 2) Jordan Simon 09     |
| 3) Alexis Shaffer 10      | 4) Abby Welter 09      |
| 4 Northeast               | 4:48.22                |
| 1) Amber Friedrichsen 10  | 2) Sydney Kucera 12    |
| 3) Miya Messerich 09      | 4) Maddie Kaczinski 12 |
| 5 Center Point-Urbana 'B' | x5:25.73               |
| 1) Karly Millikin 10      | 2) Jadyn Abodeely 10   |



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**....Girls Shot Put**

|                            |                        |           |
|----------------------------|------------------------|-----------|
| 8 Gaby Hall                | 11 Western Dubuque     | 33-02.50  |
| 9 Adaja Collins            | West Delaware          | 32-09.00  |
| 10 Jaydyn Palmer           | 10 Center Point-Urbana | 32-07.00  |
| 11 Lexi Engen              | 12 Center Point-Urbana | 31-11.00  |
| 12 Christine Borckrinstedt | Western Dubuque        | 31-05.00  |
| 13 McKenzie Maahs          | 11 Western Dubuque     | 31-04.00  |
| 14 Marcella Kieritopf      | 11 Northeast           | J31-04.00 |
| 15 Rachel Schmitt          | 12 Western Dubuque     | 29-10.00  |
| 16 Madi Kalb               | 11 Western Dubuque     | 26-07.75  |
| 17 Emma Olson              | 12 Calamus-Wheatland   | 25-04.00  |
| 18 Dani Federspiel         | 12 Cascade             | 24-10.00  |
| 19 Mckenna Merck           | 12 Marion              | 20-00.00  |

**Girls Discus Throw**

| Name                      | Year School            | Finals |
|---------------------------|------------------------|--------|
| 1 Jaydyn Palmer           | 10 Center Point-Urbana | 102-08 |
| 2 Alicia Steepleton       | 12 Marion              | 100-10 |
| 3 Lexi Engen              | 12 Center Point-Urbana | 99-11  |
| 4 Bremma Seeser           | 12 Northeast           | 94-01  |
| 5 Marcella Kieritopf      | 11 Northeast           | 92-00  |
| 6 Morgan Willson          | 10 Center Point-Urbana | 90-10  |
| 7 Lauren Willson          | 12 Center Point-Urbana | 89-04  |
| 8 Caitlin Kennedy         | Beckman                | 84-10  |
| 9 Christine Borckrinstedt | Western Dubuque        | 81-10  |
| 10 Claire Abbot           | 09 Northeast           | 79-05  |
| 11 Rachel Schmitt         | 12 Western Dubuque     | 76-10  |
| 12 Jenna Hoefler          | 10 Western Dubuque     | 76-09  |
| 13 Gaby Hall              | 11 Western Dubuque     | 75-05  |
| 14 Amber Boeckenstedt     | Beckman                | 72-11  |
| 15 Madi Kalb              | 11 Western Dubuque     | 67-01  |
| 16 Mckenna Merck          | 12 Marion              | 66-08  |