

Cascade Co-Ed Invitational
Cascade High School
Cascade, Iowa - 4/27/18
Results

Girls 100 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
Finals					
1 Samantha Wall	11	Maquoketa Valley	12.97	3	10
2 Emma Dusanek	11	Midland	13.14	3	8
3 Grace Elvert	11	Calamus-Wheatland	13.52	3	6
4 Alyssa McElmeel	9	Calamus-Wheatland	13.71	3	5
5 Allison Tibbott	11	Edgewood-Colesburg	14.08	3	4
6 Jaden Smith	10	Northeast	14.22	3	3
7 Libby Felton	9	Cascade	14.32	3	2
8 Paige Thines	9	Easton Valley	14.36	3	1
9 Sydney Weber	9	Cascade	14.38	2	
10 Maddy Anderegg	11	Maquoketa Valley	14.83	2	
11 Gloria Rauen	9	Beckman	15.01	2	
12 Melanie Lutgen	9	Beckman	15.05	2	
13 Kenna Duesing	9	Bellevue	15.33	2	
14 Jenna Jensen	10	Jesup	15.57	2	
15 Maisy Johnson	9	Easton Valley	15.73	2	
16 Lisa Beckley	11	Bellevue	16.14	2	
17 Hannah Chase	9	Midland	16.61	1	
18 Mia Kelzer	9	Edgewood-Colesburg	16.73	1	
19 Giada M	12	Central City	17.00	1	
20 Sara Burke	9	Jesup	17.94	1	

Girls 200 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
1 Hailey Messerich	12	Easton Valley	27.23	3	10
2 Kara Orcutt	12	Maquoketa Valley	27.31	3	8
3 Grace Elvert	11	Calamus-Wheatland	27.65	3	6
4 Alyssa McElmeel	9	Calamus-Wheatland	28.01	3	5
5 Lily Aulwes	10	Edgewood-Colesburg	28.52	3	4
6 Juliana Penniston	9	Bellevue	28.85	3	3
7 Alexis Jensen	11	Jesup	29.18	2	2
8 Maddie Knapp	9	Cascade	29.32	2	1
9 Sydney Weber	9	Cascade	29.56	3	
10 Maddy Anderegg	11	Maquoketa Valley	30.14	2	
11 Riley Mihm	11	Jesup	30.22	2	
12 Emma Fowler	9	Northeast	30.92	2	
13 Emma Fritcher	9	Central City	31.67	2	
14 Blair Owens	12	Central City	31.75	2	
15 Nell McDermott	9	Beckman	31.80	1	
16 Brennah Ricketts	10	Midland	32.53	2	
17 Gloria Rauen	9	Beckman	32.54	1	
18 Lauren Eganhouse	11	Midland	34.73	1	
19 Mia Kelzer	9	Edgewood-Colesburg	34.86	1	

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Girls 400 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
1 Drew Jensen	11	Midland	1:05.41	2	10
2 Emma Dusanek	11	Midland	1:05.77	2	8
3 Sara Kilburg	11	Easton Valley	1:06.47	2	6
4 Rachel Rhomberg	9	Cascade	1:11.12	2	5
5 Maddie Knapp	9	Cascade	1:11.24	2	4
6 Makenzie Petersen	9	Northeast	1:15.01	2	3
7 Jacklyn Whitson	11	Central City	1:18.10	2	2
8 Delaney Bergan	11	Edgewood-Colesburg	1:18.27	1	1
9 Shelby March	10	Maquoketa Valley	1:25.20	1	
10 Grace Wegmann	10	Maquoketa Valley	1:35.41	1	

Girls 800 Meter Run Varsity

Name	Year	School	Finals	Points
1 Emily Staal	10	Central City	2:31.73	10
2 Miya Messerich	10	Northeast	2:39.29	8
3 Amber Friedrichsen	11	Northeast	2:47.68	6
4 Kayla Folkers	11	Midland	2:49.22	5
5 Kylie Wilberding	12	Jesup	2:51.78	4
6 Delaney Bergan	11	Edgewood-Colesburg	2:52.13	3
7 Mara Moore	9	Jesup	2:53.21	2
8 Shannon Morris	9	Cascade	2:55.70	1
9 Maddie Weber	12	Cascade	2:59.62	
10 Lindsey Banowetz	10	Bellevue	2:59.99	
11 Casey Fry	12	Maquoketa Valley	3:01.83	
12 Jaiden Porter	10	Maquoketa Valley	3:02.86	
13 Delanie Uppena	11	Midland	3:04.04	
14 Paige Heileman	9	Calamus-Wheatland	3:05.83	
15 Emma Daniel	9	Bellevue	3:08.92	

Girls 1500 Meter Run Varsity

Name	Year	School	Finals	Points
1 Madeline Rhomberg	11	Cascade	5:14.45	10
2 Madison Kelchen	11	Cascade	5:18.04	8
3 Janelle Staal	11	Central City	5:20.98	6
4 Emily Treptow	11	Jesup	5:26.44	5
5 Camryn Reeg	12	Bellevue	5:29.82	4
6 Grace Thompson	10	Jesup	5:56.91	3
7 Sariann Uhlehkamp	11	Central City	6:06.18	2
8 Chloe Weipert	9	Edgewood-Colesburg	6:49.41	1

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Girls 3000 Meter Run Varsity

Name	Year	School	Finals	Points
1 Madeline Rhomberg	11	Cascade	11:47.01	10
2 Madison Kelchen	11	Cascade	11:47.03	8
3 Mara Moore	9	Jesup	13:11.54	6
4 Nicole Schmitt	11	Beckman	13:27.44	5
5 Olivia Thier	10	Beckman	13:29.02	4
6 Emma Daniel	9	Bellevue	14:36.37	3
7 Chloe Weipert	9	Edgewood-Colesburg	15:02.42	2

Girls 100 Meter Hurdles Varsity

Name	Year	School	Finals	H#	Points
1 Lily Aulwes	10	Edgewood-Colesburg	16.99	2	10
2 Jordan Simon	10	Cascade	17.01	2	8
3 Kara Orcutt	12	Maquoketa Valley	18.02	2	6
4 Mae Felton	11	Cascade	18.27	2	5
5 Keeya Kunde	9	Easton Valley	18.88	2	4
6 Noa Marting	10	Jesup	19.38	2	3
7 Kelsi Askeland	11	Edgewood-Colesburg	19.87	2	2
8 Andrea Gibbs	10	Jesup	20.07	1	1
9 Nell McDermott	9	Beckman	20.10	1	
10 Kailyn Hogan	10	Maquoketa Valley	20.53	2	
11 Bryce Guilliams	9	Northeast	20.81	1	
12 Lauren Eganhouse	11	Midland	21.20	1	
13 Autumn Sedgwick	11	Calamus-Wheatland	21.27	1	
14 Brooklyn Kucera	9	Northeast	21.37	1	
15 Melanie Lutgen	9	Beckman	21.48	1	

Girls 400 Meter Hurdles Varsity

Name	Year	School	Finals	H#	Points
1 Zoe Miller	10	Jesup	1:16.65	2	10
2 Olivia Thier	10	Beckman	1:24.95	2	8
3 Alexis Shaffer	11	Cascade	1:25.12	2	6
4 Evah Owens	9	Central City	1:25.31	1	5
5 Brooklyn Kucera	9	Northeast	1:27.65	2	4
6 Alex Schmitz	9	Edgewood-Colesburg	1:29.06	1	3
7 Bryce Guilliams	9	Northeast	1:39.91	1	2
-- Rachel Rhomberg	9	Cascade	DQ	2	

Girls 4x100 Meter Relay Varsity

School	Finals	H#	Points
1 Cascade 1) Taylor Menster 9 2) Jordan Simon 10	53.31	2	10

**Cascade Co-Ed Invitational
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....Girls 4x100 Meter Relay Varsity

3) Molly McElmeel 10	4) Rachel Trumm 11			
2 Northeast		55.33	2	8
1) Miya Messerich 10	2) Jaden Smith 10			
3) Valerie Spooner 9	4) Emma Fowler 9			
3 Maquoketa Valley		55.45	2	6
1) Kara Orcutt 12	2) Brooke Wilson 11			
3) Kailyn Hogan 10	4) Samantha Wall 11			
4 Edgewood-Colesburg		55.51	2	5
1) Allison Tibbott 11	2) Lily Aulwes 10			
3) Erica Voss 11	4) Ashley Hogan 9			
5 Bellevue		56.64	1	4
1) Brin Daugherty 10	2) Juliana Penniston 9			
3) Lindsey Banowetz 10	4) Aubrie Hager 11			
6 Jesup		57.32	2	3
1) Alexis Jensen 11	2) Brianna Lingenfelter 10			
3) Kristin Sadler 10	4) Riley Mihm 11			
7 Calamus-Wheatland		59.34	2	2
1) Grace Elvert 11	2) Hannah Anderson 11			
3) Autumn Sedgwick 11	4) Alyssa McElmeel 9			
8 Midland		1:00.88	1	1
1) Elizabeth Block 11	2) Brennah Ricketts 10			
3) Tatem Galloway 10	4) Kayla Folkers 11			
9 Central City		1:01.42	1	
1) Lillie Kramer 10	2) Christie Engleman 10			
3) Elise Skelton 10	4) Emma Tritle 9			

Girls 4x200 Meter Relay Varsity

School	Finals	H#	Points
1 Cascade	1:54.16	2	10
1) Taylor Menster 9	2) Marie Knepper 11		
3) Molly McElmeel 10	4) Rachel Trumm 11		
2 Easton Valley	1:58.29	2	8
1) Sydney Stoll 10	2) Kelsey Feller 12		
3) Paige Thines 9	4) Hailey Messerich 12		
3 Northeast	2:01.04	2	6
1) Miya Messerich 10	2) Jaden Smith 10		
3) Valerie Spooner 9	4) Emma Fowler 9		
4 Jesup	2:01.66	2	5
1) Alexis Jensen 11	2) Payton McHone 10		
3) Brianna Lingenfelter 10	4) Riley Mihm 11		
5 Maquoketa Valley	2:04.60	2	4
1) Maddy Anderegg 11	2) Brooke Wilson 11		
3) Emerson Whittenbaugh 9	4) Samantha Wall 11		
6 Bellevue	2:05.12	2	3
1) Brin Daugherty 10	2) Hannah Irwin 10		
3) Juliana Penniston 9	4) Aubrie Hager 11		
7 Central City	2:08.32	1	2

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....Girls 4x200 Meter Relay Varsity

1) Elise Skelton 10	2) Emma Fritcher 9		
3) Lillie Kramer 10	4) Alyssa Silver 11		
8 Midland		2:10.05	1 1
1) Tatem Galloway 10	2) Taylor Bahnsen 10		
3) Hannah Chase 9	4) Elizabeth Block 11		
9 Calamus-Wheatland		2:14.45	1
1) Lexi Schwien 12	2) Hannah Anderson 11		
3) Madison Thompson 9	4) Marlie Delever 11		

Girls 4x400 Meter Relay Varsity

School	Finals	Points
1 Cascade	4:18.84	10
1) Marie Knepper 11	2) Abby Welter 10	
3) Rachel Trumm 11	4) Taylor Menster 9	
2 Midland	4:36.14	8
1) Emma Dusanek 11	2) Ella Rupp 9	
3) Ari Hacke 9	4) Drew Jensen 11	
3 Maquoketa Valley	4:46.66	6
1) Payton Beaman 9	2) Allie Knipper 10	
3) Kara Orcutt 12	4) Samantha Wall 11	
4 Northeast	4:58.28	5
1) Amber Friedrichsen 11	2) Makenzie Petersen 9	
3) Ella Oberman 10	4) Valerie Spooner 9	
5 Central City	5:00.57	4
1) Nyvaeh Bowen 10	2) Blair Owens 12	
3) Emma Fritcher 9	4) Evah Owens 9	

Girls 4x800 Meter Relay Varsity

School	Finals	Points
1 Cascade	10:56.90	10
1) Marie Knepper 11	2) Abby Welter 10	
3) Madison Kelchen 11	4) Madeline Rhomberg 11	
2 Central City	10:59.80	8
1) Sariann Uhlehkamp 11	2) Alyssa Silver 11	
3) Janelle Staal 11	4) Emily Staal 10	
3 Jesup	11:28.31	6
1) Zoe Miller 10	2) Payton McHone 10	
3) Riley Mihm 11	4) Emily Treptow 11	
4 Northeast	11:30.15	5
1) Amber Friedrichsen 11	2) Makenzie Petersen 9	
3) Miya Messerich 10	4) Ella Oberman 10	
5 Midland	12:12.48	4
1) Delanie Uppena 11	2) Ella Rupp 9	
3) Taylor Bahnsen 10	4) Kayla Folkers 11	



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Girls 800 Sprint Medley Varsity

School	Finals	H#	Points
1 Cascade	1:57.65	2	10
1) Taylor Menster 9			
3) Molly McElmeel 10			
2 Easton Valley	1:59.89	2	8
1) Sydney Stoll 10			
3) Hailey Messerich 12			
3 Midland	2:02.12	2	6
1) Ella Rupp 9			
3) Drew Jensen 11			
4 Bellevue	2:08.26	1	5
1) Brin Daugherty 10			
3) Lindsey Banowetz 10			
5 Maquoketa Valley	2:12.17	2	4
1) Maddy Anderegg 11			
3) Taya Tucker 9			
6 Jesup	2:14.04	1	3
1) Jenna Jensen 10			
3) Jeryn Loyd 9			
7 Edgewood-Colesburg	2:16.22	1	2
1) Allison Tibbott 11			
3) Laura Bueno 11			
8 Central City	2:19.29	2	1
1) Lillie Kramer 10			
3) Nyvaeh Bowen 10			
9 Calamus-Wheatland	2:22.59	2	
1) Lexi Schwien 12			
3) Serina Carpenter 12			

Girls Distance Medley Varsity

School	Finals	H#	Points
1 Cascade	4:42.55	2	10
1) Molly McElmeel 10			
3) Abby Welter 10			
2 Jesup	4:50.69	2	8
1) Alexis Jensen 11			
3) Zoe Miller 10			
3 Central City	4:52.91	2	6
1) Lillie Kramer 10			
3) Nyvaeh Bowen 10			
4 Beckman	4:54.72	2	5
1) McKayla Koelker 9			
3) Katie Fitzgerald 12			
5 Bellevue	4:59.30	2	4
1) Aubrie Hager 11			
3) Kailey Miller 11			

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....Girls Distance Medley Varsity

6 Maquoketa Valley	5:15.23	1	3
1) Ella Imler 9	2) Kailyn Hogan 10		
3) Payton Beaman 9	4) Casey Fry 12		
7 Easton Valley	5:30.81	2	2
1) Hanna Bormann 12	2) Calli Beck 10		
3) Maddi Klemme 9	4) Liviah Johnson 9		
8 Calamus-Wheatland	5:38.10	1	1
1) Madison Thompson 9	2) Autumn Sedgwick 11		
3) Marlie Delever 11	4) Paige Heileman 9		

Girls 4x100 Meter Shuttle Hurdle Varsity

School	Finals	Points
1 Cascade	1:11.48	10
1) Brittany Koppes 12	2) Mae Felton 11	
3) Julia Ludwig 9	4) Jordan Simon 10	
2 Easton Valley	1:18.57	8
1) Sarah Driscoll 10	2) Hanna Bormann 12	
3) Hally Rittmer 11	4) Keeya Kunde 9	
3 Edgewood-Colesburg	1:22.38	6
1) Lily Aulwes 10	2) Allison Tibbott 11	
3) Erica Voss 11	4) Kelsi Askeland 11	

Girls High Jump Varsity

Name	Year School	Finals	Points
1 Anna McDermott	9 Cascade	4-08.00	10
2 Abby Green	11 Easton Valley	J4-08.00	8
3 Maddi Klemme	9 Easton Valley	J4-08.00	6
4 Lilly Trumm	10 Cascade	4-06.00	5
5 Emma Fritcher	9 Central City	J4-06.00	4
6 Tatem Galloway	10 Midland	4-02.00	3
-- Kendra McCombs	9 Jesup	NH	

Girls Long Jump Varsity

Name	Year School	Finals	Points
1 Grace Elvert	11 Calamus-Wheatland	16-01.00	10
2 Hailey Messerich	12 Easton Valley	16-00.00	8
3 Zoe Miller	10 Jesup	15-10.00	6
4 Jordan Simon	10 Cascade	14-10.50	5
5 Brittany Koppes	12 Cascade	14-03.50	4
6 Noa Marting	10 Jesup	13-10.50	3
7 Liviah Johnson	9 Easton Valley	13-06.50	2
8 Jaden Smith	10 Northeast	13-04.00	1
9 Emma Trittle	9 Central City	11-09.00	

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Girls Shot Put Varsity

Name	Year	School	Finals	Points
1 Claire Abbot	10	Northeast	35-10.75	10
2 Haley Fitzpatrick	11	Edgewood-Colesburg	35-02.50	8
3 Hannah Lueck	12	Beckman	33-10.00	6
4 Lydia Helle	10	Maquoketa Valley	33-05.50	5
5 Kennedy Thines	12	Easton Valley	33-01.25	4
6 Shayla Oster	9	Bellevue	33-00.00	3
7 Kylie Pickett	10	Bellevue	32-07.00	2
8 Sara Flores	11	Midland	31-06.00	1
9 Calli Beck	10	Easton Valley	29-11.00	
10 Krista Ries	9	Maquoketa Valley	29-05.75	
11 Jessica Lueken	11	Beckman	29-05.00	
12 Lexie Schroeder	11	Calamus-Wheatland	29-0.50	
13 Kristin Sadler	10	Jesup	27-08.50	
14 Alyssa Pessman	9	Northeast	26-11.75	
15 Sydney Burns	12	Cascade	25-10.00	
16 Kaeti Taylor-Mere	10	Midland	24-11.00	
17 Hannah Patton	11	Central City	24-10.75	
18 Lacey Hennick	9	Central City	24-07.75	
19 Mirrisa Mashek	10	Jesup	24-06.00	
20 Olivia Welsh	9	Edgewood-Colesburg	23-11.50	
21 Lauren VonMuenster	10	Calamus-Wheatland	23-07.00	

Girls Discus Throw Varsity

Name	Year	School	Finals	Points
1 Shayla Oster	9	Bellevue	110-05	10
2 Abby Green	11	Easton Valley	108-09	8
3 Lydia Helle	10	Maquoketa Valley	103-06	6
4 Haley Fitzpatrick	11	Edgewood-Colesburg	99-02	5
5 Kennedy Thines	12	Easton Valley	98-02	4
6 Brittany Lingenfelter	10	Jesup	90-00	3
7 Hannah Lueck	12	Beckman	89-00	2
8 Claire Abbot	10	Northeast	88-08	1
9 Krista Ries	9	Maquoketa Valley	84-09	
10 Caitlin Kennedy	12	Beckman	84-01	
11 Lexie Schroeder	11	Calamus-Wheatland	82-00	
12 Hannah Patton	11	Central City	79-04	
13 Anna Dunne	11	Bellevue	77-11	
14 Sydney Burns	12	Cascade	75-08	
15 Sara Flores	11	Midland	72-02	
16 Alyssa Pessman	9	Northeast	69-01	
17 Sydney Boeckmann	9	Calamus-Wheatland	67-01	
18 Kaeti Taylor-Mere	10	Midland	66-03	
19 Olivia Welsh	9	Edgewood-Colesburg	65-08	
20 Bella Kresser	9	Jesup	63-01	
21 Lacey Hennick	9	Central City	52-07	

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Girls 4x100 Meter Relay Junior Varsity

School	Finals
1 Cascade	57.70
1) Brittany Koppes 12	2) Mae Felton 11
3) Julia Ludwig 9	4) Libby Felton 9
2 Maquoketa Valley	58.95
1) Ella Imler 9	2) Holli Hogan 9
3) Reece Mensen 9	4) Emerson Whittenbaugh 9
3 Bellevue	59.62
1) Kenna Duesing 9	2) Hannah Irwin 10
3) Maddie Weber 10	4) Grace Sprank 11
4 Edgewood-Colesburg	1:02.07
1) Laura Bueno 11	2) Alex Schmitz 9
3) Leyla Sanchez 11	4) Mia Kelzer 9
5 Northeast	1:04.71
1) Brooklyn Kucera 9	2) Raeann Portz 11
3) Bryce Guilliams 9	4) Micayla Martin 9
6 Central City	1:04.90
1) Evah Owens 9	2) Giada M 12
3) Ellie Lentz 9	4) Lacey Hennick 9
7 Calamus-Wheatland	1:04.94
1) Serina Carpenter 12	2) Kassidy Flagel 11
3) Marlie Delever 11	4) Emma Bopp 9

Girls 4x200 Meter Relay Junior Varsity

School	Finals
1 Maquoketa Valley	2:06.83
1) Allie Knipper 10	2) Reece Mensen 9
3) Ella Imler 9	4) Taya Tucker 9
2 Cascade	2:09.30
1) Alexis Shaffer 11	2) Maddie Weber 12
3) Shannon Morris 9	4) Julia Ludwig 9
3 Central City	2:11.96
1) Emma Tritle 9	2) Christie Engleman 10
3) Blair Owens 12	4) Evah Owens 9
4 Easton Valley	2:13.08
1) Hanna Bormann 12	2) Calli Beck 10
3) Maisy Johnson 9	4) Liviah Johnson 9
5 Bellevue	2:13.78
1) Kenna Duesing 9	2) Maddie Weber 10
3) Lisa Beckley 11	4) Grace Sprank 11
6 Jesup	2:14.22
1) Jenna Jensen 10	2) Grace Thompson 10
3) Kendra McCombs 9	4) Breanne Fischels 11
7 Edgewood-Colesburg	2:14.31
1) Leyla Sanchez 11	2) Laura Bueno 11
3) Ashley Hogan 9	4) Mia Kelzer 9

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....Girls 4x200 Meter Relay Junior Varsity

8 Calamus-Wheatland	2:21.12
1) Serina Carpenter 12	2) Kassidy Flagel 11
3) Ashley VanderHeiden 11	4) Emma Bopp 9

Girls 4x400 Meter Relay Junior Varsity

School	Finals
1 Maquoketa Valley	4:50.98
1) Casey Fry 12	2) Jaiden Porter 10
3) Ella Imler 9	4) Emerson Whittenbaugh 9
2 Cascade	4:51.80
1) Maddie Knapp 9	2) Alexis Shaffer 11
3) Shannon Morris 9	4) Maddie Weber 12

Girls 800 Sprint Medley Junior Varsity

School	Finals
1 Bellevue	2:14.73
1) Kenna Duesing 9	2) Maddie Weber 10
3) Hannah Irwin 10	4) Grace Sprank 11
2 Cascade	2:15.49
1) Sydney Weber 9	2) Libby Felton 9
3) Rachel Rhomberg 9	4) Shannon Morris 9
3 Northeast	2:23.50
1) Bryce Guilliams 9	2) Raeann Portz 11
3) Brooklyn Kucera 9	4) Micayla Martin 9
-- Calamus-Wheatland	DQ
1) Kassidy Flagel 11	2) Ashley VanderHeiden 11
3) Alyssa Koch 11	4) Madison Thompson 9

Girls 4x100 Meter Relay Weightpersons

School	Finals
1 Jesup	1:08.22
1) Andrea Gibbs 10	2) Bella Kresser 9
3) Sara Burke 9	4) Chloe Hartley 10
2 Bellevue	1:08.97
1) Shayla Oster 9	2) Sally Paulsen 10
3) Kylie Pickett 10	4) Anna Dunne 11

Women - Varsity - Team Rankings - 19 Events Scored

1) Cascade	162	2) Easton Valley	87
3) Jesup	73	4) Northeast	62
5) Maquoketa Valley	58	6) Edgewood-Colesburg	56
7) Midland	55	8) Central City	50

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....Girls 4x100 Meter Relay Weightpersons

9) Bellevue	41	10) Calamus-Wheatland	35
11) Beckman	30		

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 Men - Varsity - Team Rankings - 19 Events Scored
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1) Northeast	139	2) Calamus-Wheatland	114
3) North Cedar	112	4) Edgewood-Colesburg	92
5) Maquoketa Valley	82	6) Central City	50
7) West Branch	44	8) Cascade	42
9) Springville	30	10) Beckman	17
11) Midland	14		