

**Cascade Early Bird Invitational**  
**Cascade High School**  
**Cascade, Iowa - 3/29/18**  
**Results**

**Girls 100 Meter Dash**

Name	Year	School	Finals	H#	Points
<b>Finals</b>					
1 Ellie Masten	12	Benton Community	12.50	6	10
2 Elizabeth Masten	12	Benton Community	12.80	6	8
3 Addie Ulbrich	12	Western Dubuque	13.22	6	6 13.211
4 Rylee Menster	12	Springville	13.22	6	5 13.214
5 Olivia Nebergall	10	Anamosa	13.35	6	4
6 Alyssa Spina	10	Benton Community	13.54	5	3
7 Reegan Happel	11	Lisbon	13.62	6	2
8 Lauren Slouha	11	Benton Community	13.75	5	1
9 Taylor Menster	09	Cascade	13.76	5	
10 Adeline Bowman	09	Maquoketa	13.86	1	13.857
11 Elayna Bahl	12	Western Dubuque	13.86	6	13.860
12 Hunter Humphrey	11	Tipton	13.89	6	
13 Francine Jackson	11	Marion	13.90	5	
14 Emily Anderson	12	North Linn	14.22	5	
15 Megan Pierson	09	Springville	14.46	5	
16 Emily Holub	11	North Linn	14.61	4	
17 Jaydon Bierman	09	Tipton	14.70	3	
18 Teyha Cart	12	Springville	14.79	3	
19 Molly Tschantz	10	Center Point-Urbana	14.95	3	
20 Starr Kirk	09	Anamosa	14.97	3	
21 Karis Holley	12	Marion	15.05	4	15.047
22 Grace Clark	11	Lisbon	15.05	4	15.050
23 Shea Cambell	09	Center Point-Urbana	15.06	3	
24 Galaxy Hopkins	09	North Linn	15.07	4	
25 Emma Tritle	09	Central City	15.14	2	
26 Rose Heuchelin	10	Edgewood-Colesburg	15.33	2	
27 Sara Webb	10	Tipton	15.46	4	
28 Leyla Sanchez	11	Edgewood-Colesburg	15.77	2	
29 Lauren Jackson	09	Marion	15.81	3	
30 Mercy Hicks	09	Lisbon	15.96	4	15.954
31 Bailey Hunt	09	Center Point-Urbana	15.96	2	15.958
32 Paige Moats	10	Anamosa	15.99	3	
33 Riley Strottman	09	Maquoketa	16.09	1	
34 Dara Hoskins	11	Springville	16.27	2	
35 Trisda Capelle	09	Maquoketa	16.41	1	
36 Ellie Lentz	09	Central City	16.84	2	
37 Hannah Patton	11	Central City	17.30	2	
38 Giada M	12	Central City	17.63	1	
39 Kailee Stanfield	09	North Linn	17.89	2	
40 Alycia Barclay	09	Tipton	20.49	1	

**Girls 200 Meter Dash**

Name	Year	School	Finals	H#	Points
1 Rylee Menster	12	Springville	27.59	5	10

**Cascade Early Bird Invitational**  
**Cascade High School**  
**Cascade, Iowa - 3/29/18**  
**Results**

**....Girls 200 Meter Dash**

2	Rachel Trumm	11	Cascade	27.71	5	8
3	Carley Steffen	11	Western Dubuque	28.12	5	6
4	Livvy Draves	11	Marion	28.14	5	5
5	Ella Schindler	09	Western Dubuque	28.58	5	4
6	Alyssa Spina	10	Benton Community	28.78	4	3
7	Ashtynn Lohrer	10	Benton Community	29.23	4	2
8	Madi Cherry	09	North Linn	29.34	5	1
9	Auna Allen	12	Western Dubuque	29.48	5	
10	Molly McElmeel	10	Cascade	30.29	4	
11	Brynnley Baxa	09	Lisbon	31.05	4	
12	Jaydon Bierman	09	Tipton	31.23	3	
13	Emily Holub	11	North Linn	31.54	4	
14	Shea Cambell	09	Center Point-Urbana	31.60	2	
15	Autumn Dykstra	10	Maquoketa	32.25	1	
16	Alyssa Jaeger	12	Springville	32.50	3	
17	Sam Bennett	10	Lisbon	32.74	4	
18	Afton Ties	09	Maquoketa	32.84	1	
19	Mariah Petersen	09	Tipton	32.88	2	
20	Katie Wright	11	Benton Community	33.01	3	
21	Lillie Kramer	10	Central City	33.16	3	
22	Bailey Davidson	10	Benton Community	33.31	2	
23	Courtney Petersen	09	Tipton	33.57	3	
24	Rose Heuchelin	10	Edgewood-Colesburg	33.83	2	
25	Leyla Sanchez	11	Edgewood-Colesburg	33.91	1	
26	Autumn Kirby	10	Anamosa	34.41	1	
27	Bailey Hunt	09	Center Point-Urbana	34.74	2	
28	Brielle Hahn	09	Maquoketa	35.82	1	
29	Lacey Hennick	09	Central City	36.13	1	
30	Christie Engleman	10	Central City	37.78	2	
31	Kailee Stanfield	09	North Linn	37.80	2	
32	Giada M	12	Central City	38.37	1	
33	Keegan Meyer	09	Lisbon	39.26	1	

**Girls 400 Meter Dash**

Name	Year	School	Finals	H#	Points	
1	Livvy Draves	11	Marion	1:04.33	4	10
2	Sommer Daniel	10	Tipton	1:04.90	4	8
3	Madeline Rhomberg	11	Cascade	1:07.54	4	6
4	Madison Kelchen	11	Cascade	1:08.31	3	5
5	Kelley Leisure	09	Tipton	1:08.98	4	4
6	Madi Wagaman	12	Springville	1:09.66	4	3
7	Abbie Lenton	09	Western Dubuque	1:10.20	3	2
8	Reegan Happel	11	Lisbon	1:10.62	4	1
9	Jaden Thys	09	Benton Community	1:10.65	3	
10	Holly Faley	11	Marion	1:11.94	3	
11	Natalie Gallery	10	North Linn	1:12.40	4	
12	Tanasiah Walker	11	Benton Community	1:14.24	3	

**Cascade Early Bird Invitational**  
**Cascade High School**  
**Cascade, Iowa - 3/29/18**  
**Results**

**....Girls 400 Meter Dash**

13 Maddie Weber	12 Cascade	1:14.52	2
14 Sariann Uhlehkamp	11 Central City	1:15.27	3
15 Sam Soreson	09 Marion	1:15.47	2
16 Alyssa Jaeger	12 Springville	1:15.52	2
17 Sydney Burke	10 North Linn	1:16.28	4
18 Afton Ties	09 Maquoketa	1:16.81	1
19 Callie Neighbor	12 Center Point-Urbana	1:17.32	2
20 Lauren Price	11 Benton Community	1:17.34	3
21 Anna McDermott	09 Cascade	1:18.83	1
22 Autumn Kirby	10 Anamosa	1:19.53	2
23 Meggan Post	09 Western Dubuque	1:21.70	1
24 Hanna Theisen	11 Western Dubuque	1:22.40	1
25 Kenadi Krenz	12 Tipton	1:25.17	2
26 Kallie Brown	09 Maquoketa	1:31.63	1
27 Bew Techawongprasert	12 Springville	1:44.48	1

**Girls 800 Meter Run**

Name	Year School	Finals	H#	Points
1 Corinne Gadiant	11 Anamosa	2:28.11	3	10
2 Adrianna Katcher	10 Center Point-Urbana	2:30.75	3	8
3 Elly Burds	09 Western Dubuque	2:35.47	3	6
4 Chloe Neighbor	11 Center Point-Urbana	2:35.97	3	5
5 Emily Staal	10 Central City	2:38.02	3	4
6 Marie Knepper	11 Cascade	2:38.13	3	3
7 Maggie McQuillen	10 Anamosa	2:40.91	3	2
8 Abby Welter	10 Cascade	2:41.03	3	1
9 Lauren Woeste	10 Benton Community	2:42.59	2	
10 Hannah Bridgewater	10 North Linn	2:42.95	3	
11 Lauren Klein	09 Western Dubuque	2:45.96	2	
12 Hallie Kephart	11 Marion	2:45.97	3	
13 Maddie Morningstar	12 Lisbon	2:46.92	3	
14 Maria Gudenkauf	12 Western Dubuque	2:48.16	2	
15 Amanda Smith	11 Tipton	2:49.07	3	
16 Jessica Grundmeyer	12 Center Point-Urbana	2:49.45	2	
17 Morgan Ashley	11 Marion	2:52.28	1	
18 Grace Morningstar	10 Lisbon	2:54.42	3	
19 Alyssa Silver	11 Central City	2:54.56	2	
20 Elizabeth Riniker	09 Anamosa	2:55.75	2	
21 Katelyn Buscher	09 Benton Community	2:56.56	2	
22 Maddie Weber	12 Cascade	2:56.94	1	
23 Liz Stejskal	09 Springville	2:58.93	2	
24 Jady Abodeely	11 Center Point-Urbana	2:59.70	1	
25 Darci Rawson	09 North Linn	2:59.83	1	
26 Kaitlyn Sommerfelt	09 North Linn	3:03.57	2	
27 Maci Steffen	09 Western Dubuque	3:05.59	2	
28 Zanne Novick	10 Springville	3:09.01	1	
29 Jacklyn Whitson	11 Central City	3:11.13	2	

**Cascade Early Bird Invitational**  
**Cascade High School**  
**Cascade, Iowa - 3/29/18**  
**Results**

**....Girls 800 Meter Run**

30	Alexa Greene	09	Marion	3:15.61	1
31	Kayley Clark	09	Tipton	3:21.92	1
32	Chloe Weipert	09	Edgewood-Colesburg	3:26.54	1
33	Evah Owens	09	Central City	3:29.09	2
34	Mia Knapp	11	Lisbon	3:48.54	1

**Girls 1500 Meter Run**

Name	Year	School	Finals	H#	Points		
1	Madison	Kelchen	11	Cascade	5:16.76	2	10
2	Madeline	Rhomberg	11	Cascade	5:18.11	2	8
3	Emma	Duncan	12	Anamosa	5:21.55	2	6
4	Janelle	Staal	11	Central City	5:27.01	2	5
5	Claire	Duncan	12	Anamosa	5:38.03	2	4
6	Hailee	Ricklefs	09	Benton Community	5:53.98	2	3
7	Leah	Fitch	09	Marion	6:02.01	2	2
8	Leah	Wille	11	Western Dubuque	6:05.80	2	1
9	Rena	Hasselbusch	10	Lisbon	6:06.40	2	
10	Kallie	Wallick	09	Tipton	6:06.74	2	
11	Shannon	Morris	09	Cascade	6:07.82	1	
12	Zoe	Stonebraker	09	Tipton	6:08.38	2	
13	Olivia	Wilson	11	Benton Community	6:09.22	1	
14	Gabi	Witte	09	Center Point-Urbana	6:12.84	1	
15	Tessa	Helms	09	North Linn	6:18.31	1	
16	Amanda	Behnke	12	Western Dubuque	6:18.91	1	
17	Madreann	Dillon	12	Center Point-Urbana	6:20.88	1	
18	Amber	Meyers	12	Western Dubuque	6:29.17	1	
19	Sariann	Uhlehkamp	11	Central City	6:31.95	2	
20	Callie	Neighbor	12	Center Point-Urbana	6:31.97	1	
21	Morgan	Ingwersen	11	North Linn	6:48.16	1	
22	Emma	Bock	10	Lisbon	6:50.96	2	
23	Kylie	Hanshaw	12	Springville	6:53.77	1	
24	Lilith	Biehl	11	Maquoketa	6:57.14	1	
25	Rachael	Jackson	09	North Linn	7:04.59	1	
26	Anna	McDermott	09	Cascade	7:30.00	1	
27	Reaghan	Jackson	09	North Linn	7:35.64	1	

**Girls 3000 Meter Run**

Name	Year	School	Finals	Points		
1	Emily	Staal	10	Central City	10:45.64	10
2	Adrianna	Katcher	10	Center Point-Urbana	10:49.96	8
3	Emma	Duncan	12	Anamosa	11:20.57	6
4	Hallie	Kephart	11	Marion	11:23.77	5
5	Claire	Duncan	12	Anamosa	11:40.19	4
6	Lauren	Klein	09	Western Dubuque	12:15.34	3
7	Elizabeth	Riniker	09	Anamosa	12:41.44	2

**Cascade Early Bird Invitational**  
**Cascade High School**  
**Cascade, Iowa - 3/29/18**  
**Results**

**....Girls 3000 Meter Run**

8 Lori Anderson	11 Benton Community	13:27.38	1
9 Tessa Helms	09 North Linn	13:29.37	
10 Emma Bock	10 Lisbon	14:14.65	
11 Seterah Dillon	09 Center Point-Urbana	14:18.17	
12 Chloe Weipert	09 Edgewood-Colesburg	14:32.11	
13 Hannah Sperfslage	12 Lisbon	15:02.05	
14 Mia Knapp	11 Lisbon	15:48.80	

**Girls 100 Meter Hurdles**

Name	Year School	Finals	H#	Points
1 Grace Martensen	11 Benton Community	15.30	4	10
2 Elayna Bahl	12 Western Dubuque	15.99	4	8
3 Laura Maschino	12 Benton Community	17.34	4	6
4 Carolyn Pickup	10 Maquoketa	17.53	1	5
5 Mallory Thys	10 Benton Community	17.79	4	4
6 Rylee Bockenstedt	11 Western Dubuque	17.84	3	3
7 Mae Felton	11 Cascade	17.91	3	2
8 Rachael Caryl	10 North Linn	17.98	4	1
9 Brittany Koppes	12 Cascade	18.25	4	
10 Ashlyn Curry	10 Tipton	18.42	3	
11 Desarae Letts	11 North Linn	18.50	4	
12 Brie Bennis	11 Maquoketa	18.73	1	
13 Blake Ehler	11 Tipton	18.75	3	
14 Maysun Marshall	10 Lisbon	18.76	3	
15 Nell Sybesma	10 Maquoketa	18.78	1	
16 Tori Bettcher	09 Western Dubuque	18.82	2	
17 Bri Young	10 Marion	19.02	3	
18 Natalie Gallery	10 North Linn	19.37	4	
19 Rylan Allison	10 Lisbon	19.48	2	
20 Sophia Carlson	09 Benton Community	19.66	3	
21 Galaxy Hopkins	09 North Linn	19.69	3	
22 Molly Tschantz	10 Center Point-Urbana	19.79	2	
23 Jaiden Neuhaus	09 Anamosa	20.08	2	
24 Julia Ludwig	09 Cascade	20.35	2	
25 Rose Heuchelin	10 Edgewood-Colesburg	20.96	2	
26 Libby Felton	09 Cascade	21.02	1	
27 Natalie Ehlinger	09 Maquoketa	21.93	1	
28 Lauren Jackson	09 Marion	23.19	1	
29 Lily Schaum	10 Springville	26.25	1	

**Girls 400 Meter Hurdles**

Name	Year School	Finals	H#	Points
1 Carolyn Pickup	10 Maquoketa	1:15.24	2	10
2 Olivia Rauch	09 North Linn	1:17.25	2	8
3 Tiffany Schott	12 Tipton	1:19.48	2	6

**Cascade Early Bird Invitational  
 Cascade High School  
 Cascade, Iowa - 3/29/18  
 Results**

**....Girls 400 Meter Hurdles**

4 Rachael Caryl	10 North Linn	1:22.30	2	5
5 Rylan Allison	10 Lisbon	1:23.34	1	4
6 Rachel Rhomberg	09 Cascade	1:24.78	1	3
7 Ashlyn Curry	10 Tipton	1:25.49	2	2
8 Alexis Shaffer	11 Cascade	1:26.36	2	1
9 Libby Freiburger	10 Western Dubuque	1:28.47	1	1:28.465
10 Reegan Happel	11 Lisbon	1:28.47	2	1:28.466
11 Claire Wade	09 North Linn	1:29.12	1	
12 Tori Bettcher	09 Western Dubuque	1:29.95	1	
13 Emily Finn	11 Benton Community	1:37.87	1	

**Girls 4x100 Meter Relay**

School	Finals	H#	Points
1 Benton Community	51.53	3	10
1) Gabbi Garman 12	2) Ellie Masten 12		
3) Elizabeth Masten 12	4) Grace Martensen 11		
2 Anamosa	54.43	3	8
1) Jessie Frasher 11	2) Sophie Wilt 12		
3) Taylor Zaruba 12	4) Olivia Nebergall 10		
3 Western Dubuque	54.55	3	6
1) Catie Brosius 11	2) Paige Hollenback 11		
3) Ella Schindler 09	4) Auna Allen 12		
4 Tipton	55.04	3	5
1) Emily Hermsen 11	2) Sommer Daniel 10		
3) Karlee Kamberling 10	4) Rachel Bierman 09		
5 North Linn	55.58	3	4
1) Madi Cherry 09	2) Anna LeGrand 12		
3) Emily Anderson 12	4) Ashley Tull 12		
6 Center Point-Urbana	55.98	2	3
1) Callyn Fox 11	2) LaMia Sisk 12		
3) Haley Engen 11	4) Madison Willson 11		
7 Lisbon	56.92	2	2
1) Maysun Marshall 10	2) Taylor Techau 09		
3) Maya Davis 12	4) Sam Schrantz 11		
8 Cascade	57.41	3	1
1) Brittany Koppes 12	2) Molly McElmeel 10		
3) Sydney Weber 09	4) Maddie Knapp 09		
9 Benton Community 'B'	x57.58	2	
1) Alyssa Spina 10	2) Laura Maschino 12		
3) Kailey Bridgewater 10	4) Shakayla Lamer 09		
10 Cascade 'B'	x57.61	2	
1) Julia Ludwig 09	2) Mae Felton 11		
3) Libby Felton 09	4) Jordan Simon 10		
11 Anamosa 'B'	x58.57	1	
1) Sammy Prybil 11	2) Lauren Martonsen 09		
3) Starr Kirk 09	4) Grace Lubben 09		
12 Western Dubuque 'B'	x58.71	1	

**Cascade Early Bird Invitational  
 Cascade High School  
 Cascade, Iowa - 3/29/18  
 Results**

**....Girls 4x100 Meter Relay**

1) Rylee Bockenstedt 11	2) Tori Bettcher 09		
3) Maddie Goodman 10	4) Lexi Maas 09		
13 Maquoketa		59.07	3
1) Brie Bennis 11	2) Natalie Ehlinger 09		
3) Adeline Bowman 09	4) Autumn Dykstra 10		
14 Springville		59.28	2
1) Teyha Cart 12	2) Lily Schaum 10		
3) Kelly Kirchmann 10	4) Megan Pierson 09		
15 Tipton 'B'		x1:00.36	2
1) Jaydon Bierman 09	2) Courtney Petersen 09		
3) Mariah Petersen 09	4) Alyssa Elijah 12		
16 North Linn 'B'		x1:00.90	2
1) Emma Ries 09	2) Ellie Ware 09		
3) Maddy Cavalier 10	4) Galaxy Hopkins 09		
17 Lisbon 'B'		x1:05.97	1
1) Mercy Hicks 09	2) Cassie Kay Ross 09		
3) Lauren Sylvester 09	4) Maya Kohl 09		
18 Central City 'B'		1:16.35	1
1) Hannah Patton 11	2) Jacklyn Whitson 11		
3) Ellie Lentz 09	4) Lacey Hennick 09		
19 Central City		x1:16.75	1
1) Elise Skelton 10	2) Emma Tritle 09		
3) Giada M 12	4) Christie Engleman 10		

**Girls 4x200 Meter Relay**

School	Finals	H#	Points
1 Benton Community	1:50.21	3	10
1) Lauren Slouha 11	2) Ellie Masten 12		
3) Shelby Hulsebus 12	4) Elizabeth Masten 12		
2 Western Dubuque	1:52.76	3	8
1) Jenna Burds 11	2) Catie Brosius 11		
3) Cassie Hermsen 12	4) Addie Ulbrich 12		
3 Cascade	1:55.25	3	6
1) Taylor Menster 09	2) Molly McElmeel 10		
3) Jordan Simon 10	4) Rachel Trumm 11		
4 Marion	1:56.70	3	5
1) Maddy Redmond 11	2) Riley Wright 09		
3) Maddie Knapp 11	4) Chole Trca 11		
5 Tipton	1:57.51	3	4
1) Emily Hermsen 11	2) Rachel Bierman 09		
3) Karlee Kamberling 10	4) Hunter Humphrey 11		
6 North Linn	1:58.30	3	3
1) Anna LeGrand 12	2) Madisyn Woods 12		
3) Emily Anderson 12	4) Ashley Tull 12		
7 Lisbon	2:00.10	3	2
1) Madison Schnipkoweit 09	2) Taylor Techau 09		
3) Sam Schrantz 11	4) Kiah Kilburg 09		

**Cascade Early Bird Invitational  
 Cascade High School  
 Cascade, Iowa - 3/29/18  
 Results**

**....Girls 4x200 Meter Relay**

8 Anamosa	2:00.19	3	1
1) Taylor Zaruba 12			
3) Gabby Gadiant 10			
9 Benton Community 'B'	x2:01.34	2	
1) Megan Schulte 09			
3) Kailey Bridgewater 10			
10 Marion 'B'	x2:02.09	1	
1) Ally Donahue 10			
3) Francine Jackson 11			
11 Center Point-Urbana	2:02.60	2	
1) Haley Engen 11			
3) Karly Millikin 11			
12 Springville	2:04.38	2	
1) Nichole Kane 11			
3) Kelly Kirchmann 10			
13 Anamosa 'B'	x2:05.18	1	
1) Lauren Martonsen 09			
3) Grace Lubben 09			
14 Cascade 'B'	x2:07.36	2	
1) Sydney Weber 09			
3) Maddie Knapp 09			
15 Tipton 'B'	x2:08.80	2	
1) Courtney Petersen 09			
3) Mariah Petersen 09			
16 North Linn 'B'	x2:09.83	2	
1) Emma Ries 09			
3) Maddy Cavalier 10			
17 Central City	2:11.48	2	
1) Lillie Kramer 10			
3) Elise Skelton 10			
18 Central City 'B'	x2:14.16	1	
1) Lacey Hennick 09			
3) Evah Owens 09			
19 Maquoketa	2:15.89	1	
1) Riley Strottman 09			
3) Brielle Hahn 09			
20 Lisbon 'B'	x2:18.27	2	
1) Mercy Hicks 09			
3) Lauren Sylvester 09			

**Girls 4x400 Meter Relay**

School	Finals	H#	Points
1 Western Dubuque	4:18.90	3	10
1) Jenna Burds 11			
3) Jordan Burds 11			
2 Cascade	4:26.00	3	8
1) Taylor Menster 09			
2) Marie Knepper 11			





**Cascade Early Bird Invitational  
 Cascade High School  
 Cascade, Iowa - 3/29/18  
 Results**

**....Girls 4x400 Meter Relay**

3) Abby Welter 10	4) Rachel Trumm 11		
3 Anamosa	4:29.24	3	6
1) Kassie Behnke 12	2) Abby Fairbanks 10		
3) Maggie McQuillen 10	4) Corinne Gadiant 11		
4 Tipton	4:34.40	3	5
1) Emily Hermsen 11	2) Sommer Daniel 10		
3) Rachel Bierman 09	4) Hailey Stewart 09		
5 North Linn	4:35.98	3	4
1) Madisyn Woods 12	2) Rachael Caryl 10		
3) Olivia Rauch 09	4) Hannah Bridgewater 10		
6 Lisbon	4:37.04	3	3
1) Olivia Hasselmann 10	2) Brynnley Baxa 09		
3) Maddie Morningstar 12	4) Kiah Kilburg 09		
7 Cascade 'B'	x4:48.67	2	
1) Alexis Shaffer 11	2) Maddie Weber 12		
3) Madeline Rhomberg 11	4) Madison Kelchen 11		
8 Benton Community	4:50.12	2	2
1) Shelby Hulsebus 12	2) Lauren Slouha 11		
3) Jaden Thys 09	4) Mallory Thys 10		
9 Anamosa 'B'	x4:50.27	2	
1) Jaiden Neuhaus 09	2) Lily Rogers 09		
3) Alexa Jess 11	4) Gabby Gadiant 10		
10 Springville	5:00.16	3	1
1) Madi Wagaman 12	2) Sami Johnson 12		
3) Nichole Kane 11	4) Rylee Menster 12		
11 Center Point-Urbana	5:06.94	1	
1) Karly Millikin 11	2) Isabell Kreel 09		
3) Jessica Grundmeyer 12	4) Faith Maue 09		
12 North Linn 'B'	x5:08.51	2	
1) Claire Wade 09	2) Kaitlyn Sommerfelt 09		
3) Emma Robinson 11	4) Sydney Burke 10		
13 Central City	5:11.04	2	
1) Alyssa Silver 11	2) Blair Owens 12		
3) Nyvaeh Bowen 10	4) Janelle Staal 11		
14 Maquoketa	5:11.87	3	
1) Emily VanZummeren 11	2) Afton Ties 09		
3) Nell Sybesma 10	4) Carolyn Pickup 10		
15 Lisbon 'B'	x5:15.36	2	
1) Sam Schrantz 11	2) Sam Bennett 10		
3) Grace Morningstar 10	4) Hannah Sperfslage 12		
16 Western Dubuque 'B'	x5:26.83	1	
1) Maria Gudenkauf 12	2) Maci Steffen 09		
3) Meggan Post 09	4) Hanna Theisen 11		

**Girls 4x800 Meter Relay**

School	Finals	Points
1 Cascade	10:22.49	10

**Cascade Early Bird Invitational  
 Cascade High School  
 Cascade, Iowa - 3/29/18  
 Results**

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

1) Madeline Rhomberg 11	2) Marie Knepper 11		
3) Abby Welter 10	4) Madison Kelchen 11		
2 Western Dubuque		10:47.98	8
1) Jordan Burds 11	2) Leah Wille 11		
3) Maria Gudenkauf 12	4) Elly Burds 09		
3 North Linn		11:02.78	6
1) Madisyn Woods 12	2) Madi Cherry 09		
3) Kaitlyn Sommerfelt 09	4) Hannah Bridgewater 10		
4 Benton Community		11:05.66	5
1) Paige King 11	2) Lauren Woeste 10		
3) Hailee Ricklefs 09	4) Katelyn Buscher 09		
5 Lisbon		11:07.55	4
1) Renae Hasselbusch 10	2) Brynnley Baxa 09		
3) Grace Morningstar 10	4) Maddie Morningstar 12		
6 Marion		11:07.69	3
1) Avery Mandersceid 11	2) Karlee Walker 10		
3) Morgan Ashley 11	4) Summer Williams 11		
7 Central City		11:25.61	2
1) Janelle Staal 11	2) Sariann Uhlehkamp 11		
3) Jacklyn Whitson 11	4) Blair Owens 12		
8 Anamosa		11:25.93	1
1) Kassie Behnke 12	2) Lily Rogers 09		
3) Alexa Jess 11	4) Madalyn Heims 09		
9 Tipton		11:34.12	
1) Tiffany Schott 12	2) Amanda Smith 11		
3) Hailey Stewart 09	4) Zoe Rezac 12		
10 Western Dubuque 'B'		x11:54.98	
1) Abbie Lenton 09	2) Amelia Klostermann 09		
3) Amanda Behnke 12	4) Maddie Goodman 10		
11 Center Point-Urbana		12:04.45	
1) Karly Millikin 11	2) Gabi Witte 09		
3) Madreann Dillon 12	4) Faith Maue 09		
12 North Linn 'B'		x12:13.13	
1) Sydney Burke 10	2) Darci Rawson 09		
3) Morgan Ingwersen 11	4) Emma Robinson 11		
13 Benton Community 'B'		x12:15.40	
1) Jaden Thys 09	2) Tanasiah Walker 11		
3) Olivia Price 09	4) Alyssa Ellis 12		

**Girls 800 Sprint Medley**

School	Finals	H#	Points
1 Benton Community	1:53.64	3	10
1) Gabbi Garman 12	2) Grace Martensen 11		
3) Ellie Masten 12	4) Shelby Hulsebus 12		
2 Anamosa	1:54.89	3	8
1) Taylor Zaruba 12	2) Sophie Wilt 12		
3) Olivia Nebergall 10	4) Corinne Gadiant 11		

**Cascade Early Bird Invitational**  
**Cascade High School**  
**Cascade, Iowa - 3/29/18**  
**Results**

**....Girls 800 Sprint Medley**

3 Center Point-Urbana	1:58.08	3	6
1) Callyn Fox 11	2) Madison Willson 11		
3) Katherine Daubs 12	4) Chloe Neighbor 11		
4 Cascade	1:58.74	3	5
1) Taylor Menster 09	2) Sydney Weber 09		
3) Molly McElmeel 10	4) Rachel Trumm 11		
5 North Linn	1:59.16	3	4
1) Emily Anderson 12	2) Anna LeGrand 12		
3) Ashley Tull 12	4) Hannah Bridgewater 10		
6 Anamosa 'B'	x2:00.45	2	
1) Jessie Frasher 11	2) Grace Lubben 09		
3) Sammy Prybil 11	4) Abby Fairbanks 10		
7 Marion	2:00.78	3	3
1) Maddy Redmond 11	2) Maddie Knapp 11		
3) Chole Trca 11	4) Riley Wright 09		
8 Lisbon	2:03.72	3	2
1) Sam Schrantz 11	2) Taylor Techau 09		
3) Kiah Kilburg 09	4) Olivia Hasselmann 10		
9 Tipton	2:05.14	2	1
1) Hunter Humphrey 11	2) Alyssa Elijah 12		
3) Karlee Kamberling 10	4) Kelley Leisue 09		
10 Center Point-Urbana 'B'	x2:08.48	1	
1) Haley Engen 11	2) Isabell Kreel 09		
3) Kari Daubs 11	4) Jessica Grundmeyer 12		
11 Central City	2:08.56	2	
1) Lillie Kramer 10	2) Emma Fritcher 09		
3) Alyssa Silver 11	4) Nyvaeh Bowen 10		
12 Springville	2:08.77	3	
1) Nichole Kane 11	2) Megan Pierson 09		
3) Sami Johnson 12	4) Kylie Hanshaw 12		
13 Western Dubuque 'B'	2:09.90	1	
1) Maddie Goodman 10	2) Lexi Maas 09		
3) Carley Steffen 11	4) Libby Freiburger 10		
14 Cascade 'B'	x2:10.12	1	
1) Libby Felton 09	2) Shannon Morris 09		
3) Rachel Rhomberg 09	4) Maddie Knapp 09		
15 Maquoketa	2:10.17	2	
1) Brie Bennis 11	2) Natalie Ehlinger 09		
3) Nell Sybesma 10	4) Emily VanZummeren 11		
16 Lisbon 'B'	x2:16.51	2	
1) Rylan Allison 10	2) Grace Clark 11		
3) Sam Bennett 10	4) Maya Kohl 09		
17 Benton Community 'B'	x2:18.02	2	
1) Parker Schroeder 09	2) Megan Schulte 09		
3) Kailey Bridgewater 10	4) Lauren Price 11		
18 Marion 'B'	x2:19.24	1	
1) Lauren Jackson 09	2) Bri Young 10		
3) Summer Williams 11	4) Alexa Greene 09		
19 North Linn 'B'	x2:19.68	1	

**Cascade Early Bird Invitational  
 Cascade High School  
 Cascade, Iowa - 3/29/18  
 Results**

**....Girls 800 Sprint Medley**

- |                         |                   |          |   |
|-------------------------|-------------------|----------|---|
| 1) Berkley Garman 09    | 2) Emilie Hass 09 |          |   |
| 3) Galaxy Hopkins 09    | 4) Claire Wade 09 |          |   |
| 20 Central City 'B'     |                   | x2:19.85 | 2 |
| 1) Elise Skelton 10     | 2) Emma Tritle 09 |          |   |
| 3) Christie Engleman 10 | 4) Evah Owens 09  |          |   |

**Girls Distance Medley**

School	Finals	H#	Points
1 Anamosa	4:43.36	2	10
1) Jessie Frasher 11	2) Gabby Gadiant 10		
3) Maggie McQuillen 10	4) Abby Fairbanks 10		
2 Center Point-Urbana	4:48.77	2	8
1) Callyn Fox 11	2) LaMia Sisk 12		
3) Katherine Daubs 12	4) Sydney Woods 11		
3 Tipton	4:50.15	2	6
1) Emily Hermsen 11	2) Rachel Bierman 09		
3) Alyssa Elijah 12	4) Amanda Smith 11		
4 Marion	4:50.56	2	5
1) Ally Donahue 10	2) Bethany Foster 10		
3) Lexi Woode 11	4) Leah Fitch 09		
5 Central City	4:50.92	2	4
1) Lillie Kramer 10	2) Alyssa Silver 11		
3) Nyvaeh Bowen 10	4) Emily Staal 10		
6 Western Dubuque	4:51.24	2	3
1) Paige Hollenback 11	2) Carley Steffen 11		
3) Ella Schindler 09	4) Amber Meyers 12		
7 Lisbon	4:57.67	2	2
1) Madison Schnipkoweit 09	2) Olivia Hasselmann 10		
3) Kiah Kilburg 09	4) Renae Hasselbusch 10		
8 Cascade	5:12.96	2	1
1) Maddie Knapp 09	2) Libby Felton 09		
3) Alexis Shaffer 11	4) Rachel Rhomberg 09		
9 Springville	5:24.08	1	
1) Kelly Kirchmann 10	2) Lily Schaum 10		
3) Liz Stejskal 09	4) Hannah Stuppi 11		
10 Central City 'B'	x5:35.24	1	
1) Elise Skelton 10	2) Blair Owens 12		
3) Emma Fritcher 09	4) Evah Owens 09		
11 Lisbon 'B'	x5:41.32	1	
1) Maya Davis 12	2) Cassie Kay Ross 09		
3) Hannah Sperflage 12	4) Emma Bock 10		
12 Benton Community	5:52.79	1	
1) Bailey Davidson 10	2) Katie Wright 11		
3) Maya Sahu 11	4) Olivia Price 09		
13 North Linn	6:03.98	1	
1) Berkley Garman 09	2) Emilie Hass 09		
3) Reaghan Jackson 09	4) Rachael Jackson 09		



**Cascade Early Bird Invitational**  
**Cascade High School**  
**Cascade, Iowa - 3/29/18**  
**Results**

**Girls 4x100 Meter Shuttle Hurdle**

School	Finals	H#	Points
1 Benton Community	1:07.53	2	10
1) Laura Maschino 12			
3) Mallory Thys 10			
2 North Linn	1:11.88	2	8
1) Rachael Caryl 10			
3) Olivia Rauch 09			
3 Cascade	1:13.27	1	6
1) Brittany Koppes 12			
3) Julia Ludwig 09			
4 Tipton	1:15.69	2	5
1) Blake Ehler 11			
3) Liz Bierman 09			
5 Maquoketa	1:16.32	2	4
1) Brie Bennis 11			
3) Nell Sybesma 10			
6 Benton Community 'B'	x1:20.20	1	
1) Sophia Carlson 09			
3) Parker Schroeder 09			
7 Lisbon	1:21.73	1	3
1) Maysun Marshall 10			
3) Emily Butteris 10			

**Girls High Jump**

Name	Year School	Finals	Points
1 Olivia Nebergall	10 Anamosa	5-05.00	10
2 Cassie Hermsen	12 Western Dubuque	5-00.00	8
3 Alyssa Jaeger	12 Springville	4-10.00	6
4 Anna McDermott	09 Cascade	4-06.00	5
5 Grace Clark	11 Lisbon	4-04.00	4
6 Maysun Marshall	10 Lisbon	J4-04.00	3
7 Lilly Trumm	10 Cascade	J4-04.00	2
8 Natalie Gallery	10 North Linn	J4-04.00	1
-- Maya Davis	12 Lisbon	NH	

**Girls Long Jump**

Name	Year School	Finals	Points
1 Rylee Menster	12 Springville	15-11.00	10
2 Reegan Happel	11 Lisbon	15-06.00	8
3 Lauren Slouha	11 Benton Community	15-03.50	6
4 Jordan Simon	10 Cascade	14-08.00	5
5 Anna LeGrand	12 North Linn	14-06.50	4
6 Adeline Bowman	09 Maquoketa	J14-06.50	3
7 Gabby Gadiant	10 Anamosa	14-04.00	2

**Cascade Early Bird Invitational**  
**Cascade High School**  
**Cascade, Iowa - 3/29/18**  
**Results**

**....Girls Long Jump**

8	Madison Schnipkoweit	09	Lisbon	14-03.00	1
9	Madi Wagaman	12	Springville	14-01.50	
10	Lexi Maas	09	Western Dubuque	13-11.50	
11	Starr Kirk	09	Anamosa	13-10.00	
12	Brittany Koppes	12	Cascade	13-05.50	
13	Paige Hollenback	11	Western Dubuque	13-04.50	
14	Abbie Lenton	09	Western Dubuque	13-02.00	
15	Sydney Burke	10	North Linn	12-11.50	
16	Sara Webb	10	Tipton	12-11.00	
17	Autumn Kirby	10	Anamosa	12-08.50	
18	Karis Holley	12	Marion	12-02.00	

**Girls Shot Put**

Name	Year	School	Finals	Points	
1	Jamie Kofron	11	Tipton	42-10.75	10
2	Morgan Willson	11	Center Point-Urbana	35-03.50	8
3	Ashley Tull	12	North Linn	35-02.50	6
4	Gaby Hall	12	Western Dubuque	34-09.50	5
5	McKenzie Maahs	12	Western Dubuque	33-11.25	4
6	Allie Ryan	12	Tipton	33-07.75	3
7	Kasi McWhorter	11	Benton Community	32-06.75	2
8	Bryanna Simmermaker	11	Tipton	31-01.75	1
9	Destiny Schwartz	10	Maquoketa	30-04.75	
10	Jo Kortenkamp	10	Maquoketa	29-10.50	
11	Alexa Bright	09	Anamosa	29-05.50	
12	Jaydyn Palmer	11	Center Point-Urbana	29-02.50	
13	Claire Neighbor	09	Center Point-Urbana	29-0.50	
14	Greta Albaugh	12	Lisbon	28-11.50	
15	Madi Kalb	12	Western Dubuque	28-09.25	
16	Dakota Chappell	09	Lisbon	28-08.75	
17	Cloee Kraft	10	Marion	27-07.00	
18	Josey Manson	10	Center Point-Urbana	27-05.00	
19	Sydney Burns	12	Cascade	27-03.75	
20	Jakalyn Frasher	11	North Linn	26-11.50	
21	Ali Braden	12	Anamosa	26-10.50	
22	Gracie Cross	12	North Linn	26-06.50	
23	Hannah Patton	11	Central City	26-03.25	
24	Natalie Ott	11	Lisbon	26-0.50	
25	Liz Bierman	09	Tipton	25-04.00	
26	Emma Ries	09	North Linn	25-01.75	
27	Lacey Hennick	09	Central City	24-10.50	
28	Lauren Swanger	09	Marion	24-05.25	
29	Karsyn Semelroth	10	Benton Community	24-04.75	
30	Olivia Welsh	09	Edgewood-Colesburg	23-09.00	
31	Brittney Hansen	10	Maquoketa	23-07.25	
32	Lexi McKinney	09	Springville	23-05.25	
33	Elizabeth Deutmeyer	12	Western Dubuque	23-00.00	

**Cascade Early Bird Invitational  
 Cascade High School  
 Cascade, Iowa - 3/29/18  
 Results**

**....Girls Shot Put**

34 Ellie Lentz	09 Central City	22-10.00
35 Kaelyn Boots	10 Anamosa	22-06.50
36 Cecilia LaGrange	11 Springville	21-11.00
37 Eliza Linden	09 Maquoketa	20-11.50
38 Lexi Hotz	09 Lisbon	19-10.00
39 Ericka Braden	09 Anamosa	17-10.50
40 Azya Pope	09 Marion	17-08.75
41 Kiley Callahan	12 Cascade	15-11.50

**Girls Discus Throw**

Name	Year School	Finals	Points
1 Jamie Kofron	11 Tipton	122-02	10
2 Kasi McWhorter	11 Benton Community	97-06	8
3 Bryanna Simmermaker	11 Tipton	91-10	6
4 Destiny Schwartz	10 Maquoketa	91-00	5
5 Ali Braden	12 Anamosa	J91-00	4
6 Kelly Kirchmann	10 Springville	88-09	3
7 Morgan Willson	11 Center Point-Urbana	88-06	2
8 Angie Gorkow	11 Benton Community	87-10	1
9 Cloee Kraft	10 Marion	87-06	
10 Liz Bierman	09 Tipton	85-06	
11 Courtney Mensen	12 Western Dubuque	85-03	
12 Maddy Cavalier	10 North Linn	83-08	
13 Alexa Bright	09 Anamosa	83-00	
13 Teyha Cart	12 Springville	83-00	
15 Greta Albaugh	12 Lisbon	82-04	
16 Claire Neighbor	09 Center Point-Urbana	79-09	
17 Allie Ryan	12 Tipton	79-00	
18 Lauren Swanger	09 Marion	78-04	
19 Karsyn Semelroth	10 Benton Community	78-03	
20 Jenna Hoefler	11 Western Dubuque	78-00	
21 Dara Hoskins	11 Springville	77-00	
22 Ericka Braden	09 Anamosa	75-00	
23 Lexi McKinney	09 Springville	73-08	
24 Brittney Hansen	10 Maquoketa	71-08	
25 Natalie Ott	11 Lisbon	71-06	
26 Abigail Kluesner	09 Western Dubuque	71-04	
27 Faith Venenga	12 Lisbon	70-08	
28 Haley McMahan	09 North Linn	70-07	
29 Ellie Ware	09 North Linn	70-04	
30 Josey Manson	10 Center Point-Urbana	69-02	
31 Grace Kramer	10 Western Dubuque	67-10	
32 Sydney Burns	12 Cascade	67-07	
33 Taylor Techau	09 Lisbon	65-00	
34 Olivia Welsh	09 Edgewood-Colesburg	58-03	
35 Ellie Schwarzhoff	09 North Linn	57-04	
36 Kaelyn Boots	10 Anamosa	54-09	

**Cascade Early Bird Invitational  
 Cascade High School  
 Cascade, Iowa - 3/29/18  
 Results**

**....Girls Discus Throw**

37 Kyleigh Meyeres	10 Maquoketa	54-00
38 Kiley Callahan	12 Cascade	49-02
39 Alexandria Scott	10 Maquoketa	45-07

=====

Women - Team Rankings - 19 Events Scored

=====

1) Benton Community	115	2) Cascade	96
3) Western Dubuque	91	4) Anamosa	88
5) Tipton	76	6) North Linn	55
7) Center Point-Urbana	48	8) Lisbon	41
9) Springville	38	9) Marion	38
11) Maquoketa	27	12) Central City	25

=====

Men - Team Rankings - 19 Events Scored

=====

1) Anamosa	156	2) Monticello	122
3) Marion	104	4) Center Point-Urbana	90
5) Tipton	78	6) Cascade	42
7) Easton Valley	38	8) Edgewood-Colesburg	28
9) Maquoketa	27	10) Central City	21
11) East Buchanan	20	12) Springville	13