

Cascade Co-Ed Invitational
Cascade High School
Cascade, Iowa - 4/25/2019
Results

Girls 100 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
Finals					
1 Grace Elvert	12	Calamus-Wheatland	13.50	3	10
2 McKayla Koelker	10	Beckman	13.56	3	8
3 Alyssa McElmeel	10	Calamus-Wheatland	13.60	3	6
4 Jana Erens	11	Northeast	14.15	3	5
5 Jeryn Loyd	10	Jesup	14.16	3	4
6 Payton Beaman	10	Maquoketa Valley	14.20	3	3
7 Valery Meyer	9	Beckman	14.23	2	2
8 Libby Felton	10	Cascade	14.56	3	1
9 Julia Ludwig	10	Cascade	14.67	2	
10 Brezlyn Grote	9	Jesup	14.76	2	
11 Jaden Smith	11	Northeast	15.08	2	
12 Elisa Manganotto	12	Midland	16.15	1	
13 Hannah Patton	12	Central City	17.22	1	

Girls 200 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
1 McKayla Koelker	10	Beckman	28.34	3	10
2 Maddie Knapp	10	Cascade	28.53	3	8
3 Payton McHone	11	Jesup	29.61	2	6
4 Jana Erens	11	Northeast	29.66	3	5
5 Sydney Weber	10	Cascade	30.35	3	4
6 Jacie Lange	9	Jesup	30.37	2	3
7 Taya Tucker	10	Maquoketa Valley	30.51	2	2
8 Maddy Anderegg	12	Maquoketa Valley	30.90	2	1
9 Paula Braun	9	Beckman	34.78	2	

Girls 400 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
1 Drew Jensen	12	Midland	1:02.58	2	10
2 Abby Welter	11	Cascade	1:06.37	2	8
3 Payton Beaman	10	Maquoketa Valley	1:07.83	2	6
4 Sariann Uhlehkamp	12	Central City	1:11.89	2	5
5 Alexis Shaffer	12	Cascade	1:13.46	2	4
6 Hailey Davis	9	Jesup	1:17.80	1	3
7 Holli Hogan	10	Maquoketa Valley	1:18.34	1	2
8 Brianna Kennedy	12	Beckman	1:26.16	1	1
9 Sydney Reiter	9	Beckman	1:27.81	1	

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Girls 800 Meter Run Varsity

Name	Year	School	Finals	Points
1 Amber Friedrichsen	12	Northeast	2:40.66	10
2 Miya Messerich	11	Northeast	2:41.28	8
3 Harley Bradtke	9	Cascade	2:44.36	6
4 Isabelle Kluesner	10	Beckman	2:47.63	5
5 Mara Moore	10	Jesup	2:51.78	4
6 Jacklyn Whitson	12	Central City	2:52.10	3
7 Sariann Uhlehkamp	12	Central City	2:53.41	2
8 Allie Knipper	11	Maquoketa Valley	2:55.41	1
9 Maci Boffeli	9	Cascade	2:56.77	

Girls 1500 Meter Run Varsity

Name	Year	School	Finals	Points
1 Madeline Rhomberg	12	Cascade	5:07.98	10
2 Madison Kelchen	12	Cascade	5:32.04	8
3 Nicole Schmitt	12	Beckman	5:53.22	6
4 Marlee DeVore	9	Jesup	6:13.81	5
5 Jaiden Porter	11	Maquoketa Valley	6:32.91	4

Girls 3000 Meter Run Varsity

Name	Year	School	Finals	Points
1 Madison Kelchen	12	Cascade	12:05.61	10
2 Marlee DeVore	9	Jesup	13:12.93	8
3 Carrie Staal	9	Central City	13:35.21	6
4 Shannon Morris	10	Cascade	13:56.32	5
5 Chloe Weipert	10	Edgewood-Colesburg	14:48.96	4

Girls 100 Meter Hurdles Varsity

Name	Year	School	Finals	H#	Points
1 Addie McDermott	12	Beckman	16.13	3	10
2 Jordan Simon	11	Cascade	17.05	3	8
3 Mae Felton	12	Cascade	17.45	3	6
4 Madison Messerich	9	Northeast	19.27	3	5
5 Katilyn Deutmeyer	12	Maquoketa Valley	19.42	2	4
6 Kendra Hillers	9	Maquoketa Valley	19.92	2	3
7 Andrea Gibbs	11	Jesup	20.41	2	2
8 Noa Marting	11	Jesup	20.47	2	1
9 Bryce Guilliams	10	Northeast	20.76	2	

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Girls 400 Meter Hurdles Varsity

Name	Year	School	Finals	H#	Points
1 Addie McDermott	12	Beckman	1:10.09	2	10
2 Elizabeth Gibbs	9	Cascade	1:10.51	2	8
3 Zoe Miller	11	Jesup	1:11.97	2	6
4 Rachel Rhomberg	10	Cascade	1:12.59	2	5
5 Madison Messerich	9	Northeast	1:17.97	2	4
6 Kendra Hillers	9	Maquoketa Valley	1:24.19	1	3
7 Brooklyn Kucera	10	Northeast	1:24.71	1	2
8 Olivia Thier	11	Beckman	1:25.45	1	1

Girls 4x100 Meter Relay Varsity

School	Finals	H#	Points
1 Cascade	53.25	2	10
1) Molly McElmeel 11			
2) Rachel Trumm 12			
3) Maddie Knapp 10			
4) Jordan Simon 11			
2 Maquoketa Valley	55.78	2	8
1) Maddy Anderegg 12			
2) Ella Imler 10			
3) Kailyn Hogan 11			
4) Amaya Hunt 9			
3 Northeast	55.82	2	6
1) Miya Messerich 11			
2) Madison Messerich 9			
3) Jana Erens 11			
4) Jaden Smith 11			
4 Beckman	57.55	2	5
1) McKenna Milbert 9			
2) Valery Meyer 9			
3) Nell McDermott 10			
4) Addie Koelker 9			
5 Jesup	1:01.22	2	4
1) Noa Marting 11			
2) Andrea Gibbs 11			
3) Jenna Jensen 11			
4) Hailey Nie 9			

Girls 4x200 Meter Relay Varsity

School	Finals	H#	Points
1 Maquoketa Valley	1:57.18	2	10
1) Amaya Hunt 9			
2) Kailyn Hogan 11			
3) Caelyn Sands 9			
4) Samantha Wall 12			
2 Beckman	2:02.24	2	8
1) McKenna Milbert 9			
2) Valery Meyer 9			
3) Nell McDermott 10			
4) Addie Koelker 9			
3 Northeast	2:03.10	2	6
1) Miya Messerich 11			
2) Amber Friedrichsen 12			
3) Jana Erens 11			
4) Jaden Smith 11			
4 Jesup	2:04.88	2	5
1) Jeryn Loyd 10			
2) Hailey Nie 9			
3) Mallory Becker 9			
4) Jayla Lichty 9			
-- Cascade	DQ	2	
1) Molly McElmeel 11			
2) Rachel Trumm 12			

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....Girls 800 Sprint Medley Varsity

3 Midland		2:04.71	2	6
1) Taylor Bahnsen 11	2) Ari Hacke 10			
3) Drew Jensen 12	4) Ella Rupp 10			
4 Beckman		2:08.25	2	5
1) McKenna Milbert 9	2) Addie Koelker 9			
3) Valery Meyer 9	4) Isabelle Kluesner 10			
5 Jesup		2:09.18	2	4
1) Jeryn Loyd 10	2) Jacie Lange 9			
3) Jayla Lichty 9	4) Payton McHone 11			
6 Central City		2:10.07	2	3
1) Lillie Kramer 11	2) Shelby Rollinger 9			
3) Elise Skelton 11	4) Nyvaeh Bowen 11			
7 Edgewood-Colesburg		2:11.07	2	2
1) Erica Voss 12	2) Kelsey Hansel 9			
3) Ella Aulwes 9	4) Delaney Bergan 12			
8 Northeast		2:16.40	1	1
1) Kyra Dague 9	2) Danica Eberhart 9			
3) Brooklyn Kucera 10	4) Emma Fowler 10			
9 Bellevue		2:18.53	1	
1) Kenna Duesing 10	2) Aubrie Hager 12			
3) Brin Daugherty 11	4) Lindsey Banowetz 11			
10 Calamus-Wheatland		2:35.75	1	
1) Hannah Anderson 12	2) Autumn Sedgwick 12			
3) Kassidy Flagel 12	4) Marlie Delever 12			
-- Cascade		DQ	2	
1) Molly McElmeel 11	2) Taylor Menster 10			
3) Maddie Knapp 10	4) Abby Welter 11			

Girls Distance Medley Varsity

School		Finals	H#	Points
1 Cascade		4:38.52	2	10
1) Molly McElmeel 11	2) Elizabeth Gibbs 9			
3) Rachel Trumm 12	4) Marie Knepper 12			
2 Jesup		4:54.09	2	8
1) Jacie Lange 9	2) Payton McHone 11			4:54.082
3) Zoe Miller 11	4) Mara Moore 10			
3 Midland		4:54.09	2	6
1) Taylor Bahnsen 11	2) Ella Rupp 10			4:54.089
3) Drew Jensen 12	4) Kayla Folkers 12			
4 Maquoketa Valley		5:13.00	1	5
1) Maddy Anderegg 12	2) Ella Imler 10			
3) Emerson Whittenbaugh 10	4) Carissa Sabers 9			
5 Northeast		5:14.27	1	4
1) Kyra Dague 9	2) Emma Fowler 10			
3) Elizabeth Chambers 9	4) Ella Oberman 11			



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Girls 4x100 Meter Shuttle Hurdle Varsity

School	Finals	H#	Points
1 Cascade	1:09.40	2	10
1) Mae Felton 12	2) Rachel Rhomberg 10		
3) Elizabeth Gibbs 9	4) Jordan Simon 11		
2 Beckman	1:17.02	2	8
1) Kiersten Schmitt 9	2) Addie McDermott 12		
3) Addie Koelker 9	4) Nell McDermott 10		
3 Jesup	1:25.61	1	6
1) Noa Marting 11	2) Andrea Gibbs 11		
3) Hailey Nie 9	4) Maddie Tomson 9		
4 Northeast	1:26.49	1	5
1) Aubrie Kruse 9	2) Kayelee Hanssen 9		
3) Brooklyn Kucera 10	4) Elizabeth Chambers 9		

Girls High Jump Varsity

Name	Year	School	Finals	Points
1 Anna McDermott	10	Cascade	4-08.00	10
2 Maddi Klemme	10	Easton Valley	J4-08.00	7
2 Kiersten Schmitt	9	Beckman	J4-08.00	7
4 Emma Fritcher	10	Central City	J4-08.00	5
5 Mallory Becker	9	Jesup	J4-08.00	4
6 Elizabeth Chambers	9	Northeast	4-06.00	2.50
6 Kelsey Hansel	9	Edgewood-Colesburg	4-06.00	2.50
8 Payton Beaman	10	Maquoketa Valley	4-04.00	1
9 Jordan Hogan	9	Maquoketa Valley	4-02.00	
-- Hally Rittmer	12	Easton Valley	NH	
-- Jersey Even	9	Jesup	NH	

Girls Long Jump Varsity

Name	Year	School	Finals	Points
1 Zoe Miller	11	Jesup	15-10.50	10
2 Jaden Smith	11	Northeast	14-08.50	8
3 Nell McDermott	10	Beckman	14-06.50	6
4 Taya Tucker	10	Maquoketa Valley	14-05.00	5
5 Addy Widel	9	Calamus-Wheatland	14-03.00	4
6 Sklyar Pachtinger	9	Cascade	14-01.00	3
7 Sophie Callahan	11	Cascade	13-09.00	2
8 Sarah Driscoll	11	Easton Valley	13-07.00	1
9 Emma Himmelreich	11	Easton Valley	13-06.00	
10 Emma Richter	9	Maquoketa Valley	13-01.50	
11 Natalie Noonan	9	Central City	12-09.50	
12 Noa Marting	11	Jesup	11-10.50	
13 Elisa Manganotto	12	Midland	10-10.50	

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Girls Shot Put Varsity

Name	Year	School	Finals	H#	Points
1 Lydia Helle	11	Maquoketa Valley	34-11.00	2	10
2 Sally Paulsen	11	Bellevue	32-07.00	2	8
3 Abbi Moraetes	10	Northeast	32-05.75	2	6
4 Lexie Schroeder	12	Calamus-Wheatland	31-09.75	2	5
5 Gracie Dykes	9	Jesup	31-09.50	2	4
6 Calli Beck	11	Easton Valley	31-04.50	2	3
7 Abby Green	12	Easton Valley	30-05.00	2	2
8 Annie Hoffman	9	Edgewood-Colesburg	29-07.50	1	1
9 Dakota Wilke	10	Northeast	27-00.50	1	
10 Hannah Patton	12	Central City	26-11.00	2	
11 Hannah Lahr	12	Maquoketa Valley	26-03.00	1	
12 Lauren VonMuenster	11	Calamus-Wheatland	26-01.50	2	
13 Kaeti Taylor-Mere	11	Midland	26-01.00	1	
14 Ballie Uppena	9	Midland	26-00.50	1	
15 Mirrisa Mashek	11	Jesup	25-01.00	1	
16 Olivia Welsh	10	Edgewood-Colesburg	24-01.50	1	
17 Alyssa Manders	9	Bellevue	23-04.50	2	
18 Ellie Lentz	10	Central City	21-00.00	1	
19 Grace Bergfeld	9	Cascade	19-00.50	1	

Girls Discus Throw Varsity

Name	Year	School	Finals	H#	Points
1 Marina Diez Pousa	10	Jesup	114-09	2	10
2 Brittany Lingenfelter	11	Jesup	98-09	2	8
3 Lydia Helle	11	Maquoketa Valley	98-06	2	6
4 Sally Paulsen	11	Bellevue	86-08	2	5
5 Anna Dunne	12	Bellevue	80-11	2	4
6 Kaeti Taylor-Mere	11	Midland	75-11	1	3
7 Paige Winter	9	Maquoketa Valley	75-10	1	2
8 Sara Reid	9	Central City	74-03	2	1
9 Dakota Wilke	10	Northeast	71-02	1	
10 Ballie Uppena	9	Midland	68-11	1	
11 Emily Knudtson	9	Calamus-Wheatland	68-10	2	
12 Olivia Welsh	10	Edgewood-Colesburg	68-00	1	
13 Abbi Moraetes	10	Northeast	67-05	1	
14 Annie Hoffman	9	Edgewood-Colesburg	66-06	1	
15 Sydney Weber	10	Cascade	60-06	1	
16 Shannon Morris	10	Cascade	56-08	1	

Girls 4x100 Meter Relay Junior Varsity

School	Finals	H#
1 Cascade	56.43	2
1) Brooke Denniston 10		
2) Sophie Callahan 11		

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....Girls 4x100 Meter Relay Junior Varsity

3) Julia Ludwig 10	4) Libby Felton 10		
2 Maquoketa Valley		57.29	2
1) Molly Anderegg 9	2) Reece Mensen 10		
3) Emma Richter 9	4) Taya Tucker 10		
3 Northeast		59.91	2
1) Kyra Dague 9	2) Emma Fowler 10		
3) Makenzie Petersen 10	4) Amber Friedrichsen 12		
4 Beckman		1:00.60	2
1) Melanie Lutgen 10	2) Emma Oberbroeckling 9		
3) Gloria Rauen 11	4) Annie Gulick 9		
5 Jesup		1:05.92	2
1) Gracie Petrillo 9	2) Fiona Brua 9		
3) Eve Close 9	4) Chloe Hartley 11		

Girls 4x200 Meter Relay Junior Varsity

School	Finals	H#
1 Maquoketa Valley	2:05.75	2
1) Molly Anderegg 9	2) Reece Mensen 10	
3) Taya Tucker 10	4) Emma Richter 9	
2 Cascade	2:07.60	2
1) Brooke Denniston 10	2) Sophie Callahan 11	
3) Sklyar Pachtinger 9	4) Grace Bergfeld 9	
3 Jesup	2:11.62	2
1) Gracie Petrillo 9	2) Fiona Brua 9	
3) Brezlyn Grote 9	4) Anna Sweeney 9	
4 Northeast	2:11.73	2
1) Kayelee Hanssen 9	2) Aubrie Kruse 9	
3) Emma Garien 10	4) Danica Eberhart 9	

Girls 4x400 Meter Relay Junior Varsity

School	Finals
1 Cascade	4:55.36
1) Harley Bradtke 9	2) Maci Boffeli 9
3) Alexis Shaffer 12	4) Shannon Morris 10
2 Maquoketa Valley	5:12.53
1) Carissa Sabers 9	2) Avery Krapfl 9
3) Kriya Atwell 9	4) Jordan Hogan 9
3 Jesup	5:16.68
1) Sydney Thoma 9	2) Hailey Davis 9
3) Marlee DeVore 9	4) Fiona Brua 9



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Girls 800 Sprint Medley Junior Varsity

School	Finals
1 Cascade	2:11.24
1) Julia Ludwig 10	2) Libby Felton 10
3) Sydney Weber 10	4) Alexis Shaffer 12
2 Bellevue	2:21.75
1) Makenna Putman 10	2) Claire Dunne 9
3) Jordan Beasley 9	4) Grace Sprank 12
3 Calamus-Wheatland	2:22.65
1) Sammie Flagel 11	2) Emma Bopp 10
3) Madison Thompson 10	4) Camryn Schnede 9
4 Central City	2:24.18
1) Natalie Noonan 9	2) Caya Engen 9
3) Sara Reid 9	4) Jacklyn Whitson 12

Women - Varsity - Team Rankings - 19 Events Scored

1) Cascade	156	2) Jesup	111
3) Beckman	100	4) Maquoketa Valley	90
5) Northeast	88.50	6) Central City	30
7) Calamus-Wheatland	25	7) Midland	25
7) Bellevue	25	10) Easton Valley	21
11) Edgewood-Colesburg	9.50		

Men - Varsity - Team Rankings - 19 Events Scored

1) Maquoketa Valley	152	2) Northeast	137
3) Cascade	93	4) Beckman	81
5) Springville	63	6) North Cedar	44
7) Midland	32	8) Calamus-Wheatland	27
8) Central City	27	10) West Branch	24
11) Edgewood-Colesburg	5		