

Cascade Early Bird Invitational
Cascade High School
Cascade, Iowa - 3/28/2019
Results

Girls 100 Meter Dash

Name	Year	School	Finals	H#	Points
Finals					
1 Ella Schindler	10	Western Dubuque	13.46	3	10
2 Lauren Dufoe	11	Center Point-Urbana	13.80	3	8
3 Callyn Fox	12	Center Point-Urbana	13.81	3	6
4 Kari Daubs	12	Center Point-Urbana	13.91	3	5
5 Sammy Recker	9	Western Dubuque	14.11	3	4
6 Isabell Kreel	10	Center Point-Urbana	14.89	3	3
7 Hailey Noonan	9	Western Dubuque	15.16	3	2
8 Megan McDermott	9	Western Dubuque	15.23	3	1
9 Lauren Jackson	10	Marion	15.40	2	
10 Elena Holub	9	Marion	15.41	2	
11 Anna Hennings	11	Springville	15.58	1	
12 Autumn Kirby	11	Anamosa	15.72	2	
13 Madison Tumility	9	Marion	16.07	2	
14 Jodi Brown	9	Central City	16.09	2	
15 Caya Engen	9	Central City	16.10	2	
16 Katravia Burns	10	Anamosa	16.45	2	
17 Ellie Lentz	10	Central City	16.54	1	
18 Gulia Garooni	12	Central City	17.58	1	
19 Alexa Hutchcraft	9	Springville	18.67	1	

Girls 200 Meter Dash

Name	Year	School	Finals	H#	Points
1 Carley Steffen	12	Western Dubuque	27.99	3	10
2 Rylee Clark	12	Center Point-Urbana	28.54	3	8
3 Nicki Thomas	11	Center Point-Urbana	28.77	3	6
4 Maddie Knapp	10	Cascade	28.89	3	5
5 Ella Schindler	10	Western Dubuque	29.15	3	4
6 Kay Mundy	11	Marion	29.22	2	3
7 Savannah Nealman	9	Springville	30.19	3	2
8 Nyvaeh Bowen	11	Central City	30.89	3	1
9 Delaney Frater	10	Anamosa	30.94	2	
10 Alyssa Silver	12	Central City	31.01	2	
11 Cynthia Beltz	9	Marion	31.13	2	
12 Starr Kirk	10	Anamosa	31.35	2	
13 Sydney Neilsen	12	Marion	31.64	2	
14 Abby Christiansen	9	Springville	31.82	1	
15 Shea Cambell	10	Center Point-Urbana	31.96	2	
16 Megan Decker	9	Anamosa	32.53	1	
17 Larissa Nelson -moser	9	Marion	32.83	2	
18 Bailey Hunt	10	Center Point-Urbana	34.05	1	
19 Lauren Wilson	9	Springville	34.36	1	
20 Makayla Erdman	9	Springville	35.19	1	
21 Lexi Bronemann	9	Anamosa	36.64	1	

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Girls 400 Meter Dash

Name	Year	School	Finals	H#	Points
1 Jordan Burds	12	Western Dubuque	1:05.83	3	10
2 Karly Millikin	12	Center Point-Urbana	1:10.09	3	8
3 Avery Manderscheid	12	Marion	1:10.31	3	6
4 Liz Stejskal	10	Springville	1:10.42	3	5
5 Evah Owens	10	Central City	1:11.52	3	4
6 Sariann Uhlehkamp	12	Central City	1:12.97	3	3
7 Sydney Neilsen	12	Marion	1:13.60	2	2
8 Elena Holub	9	Marion	1:15.51	2	1
9 Kennedy Vogt	10	Center Point-Urbana	1:15.64	2	
10 Hanna Theisen	12	Western Dubuque	1:18.39	2	
11 Megan Decker	9	Anamosa	1:18.96	1	
12 Carrie Staal	9	Central City	1:19.34	2	
13 Maja Gusick	9	Center Point-Urbana	1:20.68	2	
14 Madison Tumility	9	Marion	1:21.08	2	
15 Lexi Bronemann	9	Anamosa	1:23.22	1	
16 Mara Sims	9	Anamosa	1:24.33	1	
17 Zanne Novick	11	Springville	1:24.83	1	
-- Alyssa Silver	12	Central City	FS	3	

Girls 800 Meter Run

Name	Year	School	Finals	H#	Points
1 Emily Staal	11	Central City	2:34.41	2	10
2 Janelle Staal	12	Central City	2:35.39	2	8
3 Abby Fairbanks	11	Anamosa	2:40.55	2	6
4 Ava Claussen-Tubbs	9	Anamosa	2:42.46	2	5
5 Lilly Boge	9	Western Dubuque	2:44.59	2	4
6 Amber Meyers	12	Western Dubuque	2:45.79	2	3
7 Caydenze Schultz	9	Springville	2:58.44	2	2
8 Jacklyn Whitson	12	Central City	3:00.67	2	1
9 Tasha Greene	9	Marion	3:06.66	1	
10 Gabi Witte	10	Center Point-Urbana	3:07.91	1	
11 Carrie Staal	9	Central City	3:08.51	1	
12 Jayden Daugherty	9	Center Point-Urbana	3:17.48	1	
13 Leah Taylor	9	Center Point-Urbana	3:18.52	1	
14 Hanna Theisen	12	Western Dubuque	3:28.95	1	

Girls 1500 Meter Run

Name	Year	School	Finals	Points
1 Adrianna Katcher	11	Center Point-Urbana	5:05.04	10
2 Corinne Gadiant	12	Anamosa	5:07.74	8
3 Emily Staal	11	Central City	5:09.75	6
4 Kora Katcher	9	Center Point-Urbana	5:20.81	5
5 Lilly Boge	9	Western Dubuque	5:25.69	4

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....Girls 1500 Meter Run

6	Janelle Staal	12	Central City	5:39.54	3
7	Maddy Heims	10	Anamosa	5:46.52	2
8	Sydney Woods	12	Center Point-Urbana	5:50.81	1
9	Liz Stejskal	10	Springville	5:53.23	
10	Karly Millikin	12	Center Point-Urbana	6:04.92	
11	Katie Flitsch	9	Central City	6:10.81	
12	Carrie Staal	9	Central City	6:35.45	
13	Emma Dales	9	Anamosa	6:56.49	
14	Mara Sims	9	Anamosa	7:09.01	

Girls 3000 Meter Run

Name	Year	School	Finals	Points	
1	Emily Staal	11	Central City	10:47.83	10
2	Adrianna Katcher	11	Center Point-Urbana	11:08.99	8
3	Hallie Kephart	12	Marion	11:48.65	6
4	Maddy Heims	10	Anamosa	12:23.85	5
5	Caydenze Schultz	9	Springville	12:30.21	4
6	Gabi Witte	10	Center Point-Urbana	14:07.69	3
7	Emma Dales	9	Anamosa	14:24.42	2

Girls 100 Meter Hurdles

Name	Year	School	Finals	H#	Points
1	Meredith Bahl	9	Western Dubuque	17.16	2 10
2	Madison Prier	9	Marion	17.75	2 8
3	Kali Spicer	12	Springville	17.97	2 6
4	Ali Zittergruen	9	Center Point-Urbana	18.32	2 5
5	Kaylee Elgin	11	Western Dubuque	19.44	2 4
6	Molly Dunne	9	Marion	20.08	2 3
7	Shelby Rollinger	9	Central City	20.43	2 2
8	Kylie Kramer	9	Marion	20.93	2 1
9	Jordyn Erickson	11	Anamosa	21.04	1
10	Lauren Wilson	9	Springville	21.07	1
11	Kailee Jacobs	9	Springville	21.20	1
12	Maura Rauch	9	Center Point-Urbana	21.42	1
13	Autumn Kirby	11	Anamosa	21.49	1

Girls 400 Meter Hurdles

Name	Year	School	Finals	H#	Points
1	Maggie McQuillen	11	Anamosa	1:11.32	2 10
2	Madison Prier	9	Marion	1:13.29	2 8
3	Ali Zittergruen	9	Center Point-Urbana	1:20.90	2 6
4	Alexis Shaffer	12	Cascade	1:22.21	2 5
5	Molly Dunne	9	Marion	1:23.22	2 4

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....Girls 400 Meter Hurdles

6 Evah Owens	10 Central City	1:26.03	2	3
7 Molly Schlitter	9 Marion	1:26.77	1	2
8 Liz Blakely	9 Springville	1:27.28	1	1

Girls 4x100 Meter Relay

School	Finals	H#	Points
1 Western Dubuque	53.09	2	10
1) Paige Hollenback 12	2) Sammy Recker 9		
3) Ella Schindler 10	4) Carley Steffen 12		
2 Center Point-Urbana	53.15	2	8
1) Nicki Thomas 11	2) Callyn Fox 12		
3) Rylee Clark 12	4) Kari Daubs 12		
3 Marion	54.58	2	6
1) Chole Trca 12	2) Maddie Knapp 12		
3) Maddy Redmond 12	4) Livvy Draves 12		
4 Cascade	57.50	2	5
1) Sklyar Pachtinger 9	2) Maddie Knapp 10		
3) Alexis Shaffer 12	4) Grace Bergfeld 9		
5 Western Dubuque 'B'	x57.94	1	
1) Hailey Noonan 9	2) Teresa Petsche 11		
3) Megan McDermott 9	4) Kaylee Elgin 11		
6 Anamosa	58.22	2	4
1) Cydney Davis 9	2) Jessie Frasher 12		
3) Anna Rowley 9	4) Sammy Prybil 12		
7 Marion 'B'	x58.54	2	
1) Sydney Bulage 9	2) Cynthia Beltz 9		
3) Autumn Poston 9	4) Kylie Kramer 9		
8 Central City	59.00	2	3
1) Emma Tritle 10	2) Lillie Kramer 11		
3) Emma Fritcher 10	4) Evah Owens 10		
9 Center Point-Urbana 'B'	x59.13	1	
1) Kennedy Vogt 10	2) Shea Cambell 10		
3) Bailey Hunt 10	4) Maura Rauch 9		
10 Springville	1:00.50	1	2
1) Megan Pearson 10	2) Abby Christiansen 9		
3) Lily Schaum 11	4) Rebeccq Brecht 10		
11 Central City 'B'	x1:01.14	1	
1) Natalie Noonan 9	2) Caya Engen 9		
3) Shelby Rollinger 9	4) Sara Reid 9		
12 Springville 'B'	x1:05.76	1	
1) Brooklyn Reed 9	2) Jennifer Deeney 9		
3) Makayla Erdman 9	4) Libby Moore 9		

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Girls 4x200 Meter Relay

School	Finals	H#	Points
1 Center Point-Urbana 1) Lauren Dufoe 11 3) Rylee Clark 12	1:53.05	2	10
2 Western Dubuque 1) Paige Hollenback 12 3) Ella Schindler 10	1:53.18	2	8
3 Marion 1) Maddy Redmond 12 3) Maddie Knapp 12	1:54.93	2	6
4 Cascade 1) Sklyar Pachtinger 9 3) Alexis Shaffer 12	2:03.61	2	5
5 Marion 'B' 1) Sydney Bulage 9 3) Elise Mehaffey 9	x2:03.72	1	
6 Springville 1) Megan Pierson 10 3) Lily Schaum 11	2:03.96	2	4
7 Anamosa 1) Cydney Davis 9 3) Delaney Frater 10	2:06.45	2	3
8 Western Dubuque 'B' 1) Sammy Recker 9 3) Megan McDermott 9	x2:08.13	2	
9 Central City 1) Emma Tritle 10 3) Emma Fritcher 10	2:09.33	2	2
10 Central City 'B' 1) Natalie Noonan 9 3) Sara Reid 9	x2:13.31	1	
11 Springville 'B' 1) Morgan Nachazel 9 3) Libby Moore 9	x2:14.11	1	

Girls 4x400 Meter Relay

School	Finals	H#	Points
1 Western Dubuque 1) Audrey Biermann 9 3) Jordan Burds 12	4:24.13	2	10
2 Anamosa 1) Gabby Gadiant 11 3) Ava Claussen-Tubbs 9	4:25.99	2	8
3 Marion 1) Riley Wright 10 3) Kay Mundy 11	4:31.07	2	6

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....Girls 4x400 Meter Relay

4 Marion 'B'	x4:46.81	1	
1) Emily Meth 9			
3) Maggie McAllister 9			
5 Central City	5:03.14	2	5
1) Alyssa Silver 12			
3) Sariann Uhlehkamp 12			
6 Center Point-Urbana 'B'	5:21.23	1	4
1) Maura Rauch 9			
3) Leah Taylor 9			
7 Springville 'B'	5:33.63	1	3
1) Hannah Stuppi 12			
3) Zanne Novick 11			

Girls 4x800 Meter Relay

School	Finals	Points
1 Anamosa	10:29.77	10
1) Abby Fairbanks 11		
3) Corinne Gadiant 12		
2 Central City	11:14.26	8
1) Janelle Staal 12		
3) Alyssa Silver 12		
3 Marion	11:52.06	6
1) Morgan Ashley 12		
3) Karlee Walker 11		

Girls 800 Sprint Medley

School	Finals	H#	Points
1 Western Dubuque	1:56.73	2	10
1) Paige Hollenback 12			
3) Jenna Burds 12			
2 Marion	1:58.97	2	8
1) Chole Trca 12			
3) Maddy Redmond 12			
3 Center Point-Urbana	2:00.27	2	6
1) Rylee Clark 12			
3) Nicki Thomas 11			
4 Cascade	2:03.99	1	5
1) Sklyar Pachtinger 9			
3) Alexis Shaffer 12			
5 Western Dubuque 'B'	x2:05.47	2	
1) Kaylee Elgin 11			
3) Jordan Burds 12			
6 Springville	2:06.51	2	4
1) Megan Pierson 10			
3) Kali Spicer 12			



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....Girls 800 Sprint Medley

7 Center Point-Urbana 'B'	x2:07.02	1	
1) Kennedy Vogt 10			2) Ali Zittergruen 9
3) Kora Katcher 9			4) Karly Millikin 12
8 Central City	2:07.43	2	3
1) Lillie Kramer 11			2) Elise Skelton 11
3) Evah Owens 10			4) Nyvaeh Bowen 11
9 Marion 'B'	x2:08.75	1	
1) Larissa Nelson -moser 9			2) Lauren Jackson 10
3) Cynthia Beltz 9			4) Maggie McAllister 9
10 Anamosa	2:11.22	2	2
1) Cydney Davis 9			2) Delaney Frater 10
3) Jessie Frasher 12			4) Anna Rowley 9
11 Springville 'B'	x2:18.37	1	
1) Kailee Jacobs 9			2) Jennifer Deeney 9
3) Kelcie Clothier 9			4) Rebeccq Brecht 10
12 Central City 'B'	x2:19.51	2	
1) Emma Tritle 10			2) Emma Fritcher 10
3) Sara Reid 9			4) Jacklyn Whitson 12

Girls Distance Medley

School	Finals	Points
1 Anamosa	4:40.94	10
1) Anna Rowley 9		
3) Olivia Nebergall 11		
2 Marion	4:42.50	8
1) Chole Trca 12		
3) Kay Mundy 11		
3 Center Point-Urbana	4:43.16	6
1) Ali Zittergruen 9		
3) Nicki Thomas 11		
4 Central City	4:52.61	5
1) Lillie Kramer 11		
3) Nyvaeh Bowen 11		
5 Central City 'B'	x5:17.16	
1) Lacey Hennick 10		
3) Katie Flitsch 9		
6 Marion 'B'	x5:18.57	
1) Larissa Nelson -moser 9		
3) Tasha Greene 9		
7 Center Point-Urbana 'B'	x5:24.81	
1) Bailey Hunt 10		
3) Jayden Daugherty 9		
8 Springville	5:27.61	4
1) Brooklyn Reed 9		
3) Kelcie Clothier 9		

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Girls 4x100 Meter Shuttle Hurdle

School	Finals	Points
1 Springville	1:18.55	10
1) Nichole Kane 12	2) Savannah Nealman 9	
3) Lily Schaum 11	4) Kali Spicer 12	
2 Marion	1:22.03	8
1) Molly Dunne 9	2) Kylie Kramer 9	
3) Molly Schlitter 9	4) Madison Prier 9	
3 Springville 'B'	x1:25.02	
1) Kailee Jacobs 9	2) Rebeccq Brecht 10	
3) Liz Blakely 9	4) Lauren Wilson 9	

Girls High Jump

Name	Year School	Finals	Points
1 Olivia Nebergall	11 Anamosa	4-10.00	10
2 Nichole Kane	12 Springville	4-08.00	8
3 Emma Fritcher	10 Central City	J4-08.00	6
4 Liz Blakely	9 Springville	4-02.00	5
5 Kailee Jacobs	9 Springville	4-00.00	4

Girls Long Jump

Name	Year School	Finals	Points
1 Riley Wright	10 Marion	16-06.00	10
2 Gabby Gadiant	11 Anamosa	15-03.50	8
3 Starr Kirk	10 Anamosa	14-08.50	6
4 Kelly Kirchmann	11 Springville	14-07.00	5
5 Savannah Nealman	9 Springville	14-00.00	4
6 Autumn Poston	9 Marion	13-09.50	3
7 Sklyar Pachtinger	9 Cascade	13-05.50	2
8 Teresa Petsche	11 Western Dubuque	13-05.00	1
9 Emma Tritle	10 Central City	13-04.50	
10 Autumn Kirby	11 Anamosa	13-02.50	
11 Natalie Noonan	9 Central City	12-02.50	

Girls Shot Put

Name	Year School	Finals	H#	Points
1 Jaydyn Palmer	12 Center Point-Urbana	39-02.00	2	10
2 Morgan Willson	12 Center Point-Urbana	36-03.75	2	8
3 Lexi Bright	10 Anamosa	31-07.25	2	6
4 Josey Manson	11 Center Point-Urbana	30-08.75	2	5
5 Cloee Kraft	11 Marion	30-08.50	2	4
6 Kelsey Scofield	10 Anamosa	30-07.00	2	3
7 Taryn Penney	9 Western Dubuque	27-05.75	1	2

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8	Dara Hoskins	12	Springville	27-00.00	2	1
9	Maggie Gassman	9	Western Dubuque	26-10.00	2	
10	Lauren Swanger	10	Marion	26-09.50	2	
11	Shelby Krogman	9	Western Dubuque	26-04.50	2	
12	Lacey Hennick	10	Central City	26-02.75	1	
13	Gracee Hermsen	9	Western Dubuque	25-10.50	1	
14	Claire Neighbor	10	Center Point-Urbana	25-09.75	2	
15	Sydney Bulage	9	Marion	23-10.00	1	
16	Elena Holub	9	Marion	23-02.25	1	
17	Ellie Lentz	10	Central City	21-08.25	1	
18	Jodi Brown	9	Central City	21-06.25	1	
19	Alexa Hutchcraft	9	Springville	21-02.50	1	
20	Katravia Burns	10	Anamosa	20-00.00	1	
21	Brooklyn Reed	9	Springville	19-10.75	1	

Girls Discus Throw

Name	Year	School	Finals	H#	Points	
1	Jaydyn Palmer	12	Center Point-Urbana	110-07	2	10
2	Kelsey Scofield	10	Anamosa	101-02	2	8
3	Lexi Bright	10	Anamosa	101-01	2	6
4	Morgan Willson	12	Center Point-Urbana	99-05	2	5
5	Madison Maahs	9	Western Dubuque	97-11	1	4
6	Abigail Kluesner	10	Western Dubuque	90-00	1	3
7	Lauren Swanger	10	Marion	89-03	2	2
8	Cloee Kraft	11	Marion	86-00	2	1
9	Jenna Hoefler	12	Western Dubuque	85-04	2	
10	Dara Hoskins	12	Springville	85-02	1	
11	Sara Reid	9	Central City	82-01	2	
12	Shae Hansen	10	Center Point-Urbana	75-02	1	
13	Faith Surface	11	Western Dubuque	65-04.75	1	
14	Katravia Burns	10	Anamosa	58-09	1	
15	Jennifer Deeney	9	Springville	57-04	1	
16	Alexa Hutchcraft	9	Springville	49-10	1	
17	Libby Moore	9	Springville	49-01	2	

Women - Team Rankings - 19 Events Scored

1) Center Point-Urbana	154	2) Anamosa	122
3) Western Dubuque	114	4) Marion	112
5) Central City	83	6) Springville	74
7) Cascade	27		

Men - Team Rankings - 19 Events Scored

1) Center Point-Urbana	182	2) Marion	170
3) Central City	93	4) Tipton	74
5) Easton Valley	72	6) East Buchanan	61

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....Girls Discus Throw

7) Springville	42	8) Cascade	31
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